

MEETING THE INFORMATION NEEDS OF CONSUMERS/SURVIVORS IN THE TORONTO AREA

THE CONSUMER/SURVIVOR INFORMATION RESOURCE CENTRE OF TORONTO

1001 Queen St. West, Toronto M6J 1H4

Phone Hours: Monday to Friday from 9am to 5pm • Drop-in Hours: Monday to Friday from 9am to 4pm  
416 595-2882 • [csinfo@camh.ca](mailto:csinfo@camh.ca) • [www.csinfo.ca](http://www.csinfo.ca)

## Our Mission

*Drawing on the collective knowledge and lived experience of the mental health and addictions community, C/S Info provides information and resources to improve the quality of life and sense of community for all.*

## C/S Info Workshop:

### Registered Disability Tax Credit and the Registered Disability Savings Plan

Tuesday, August 29

1:00 pm to 4:00 pm

1001 Queen Street West - Training Room A, Free

Woodgreen Community Services - Financial Empowerment Program will present an overview of the Disability Tax Credit Certificate for people living with disabilities and their caregivers. Participants will learn how to qualify, apply and what other programs they may be eligible for like the Registered Disability Savings Plan and Canada Disability Savings Grant and Bond.

The Disability Tax Credit is the first step to applying for government benefits that will help you in retirement.

For more information or to RSVP, please call the C/S Info Centre at: 416-595-2882 or email: [csinfo@camh.ca](mailto:csinfo@camh.ca)

## Help the Sunshine Garden grow!

FoodShare has launched a crowdfunding campaign for one of their most beloved programs, the Sunshine Garden.: <https://fundrazr.com/SunshineGarden> - Feel free to share. As with all crowdfunding campaigns, it's easy to donate online; every little bit helps. The Sunshine Garden welcomes any help in supporting this campaign so that the garden can continue to grow and flourish.

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## An important note to our readers:

Some of the groups we advertise in The Bulletin are small, with limited resources. Often these groups communicate with participants exclusively via email or through their websites.

If you don't have internet access, feel free to give C/S Info a call: 416-595-2882 and we will be happy to assist you.

## CSI Network Forum - What we learned:

The CSI Network Forum was facilitated by Allan Strong and Melissa Corcoran. Allan shared information about the history of the consumer/survivor movement. The slides from his presentation will be available on our website soon.

After a short break, participants formed small groups and through a series of activities, made recommendations for future services. A summary of these recommendations will be shared soon.

Thank you to all the participants, volunteers, facilitators and support staff who helped make this event possible.

Right: Participant feedback from the CSI Network Forum



**“It is not how much we have, but how much we enjoy, that makes happiness.”**

-Charles Spurgeon

## Access Lynda.com training FREE with your library card!

Lynda.com is an online learning platform. There are over 3,500 video tutorial courses led by experts on web design, software development, photography, business skills, home and small office, project management, 3D + Animation, graphic design audio, music, video editing and more. Use your library card to create a personal account which will allow you to access and track your progress through your tutorials.

For more information visit: [www.tpl.ca/lynda](http://www.tpl.ca/lynda) or call 416-393-7131

The Toronto Public Library also has computers you can use to access these tutorials. Computer reservations can be made in any library branch or from anywhere that you have Internet access.

For more information about computer reservations call: 416-393-7131

## Voice Yoga

Monday, August 14 from 2:00 pm - 3:30 pm  
Secret Handshake Gallery  
170a Baldwin St. Upper  
Not wheelchair accessible - Free will offering

Voice Yoga is a fun, expressive approach to harm reduction and empowerment. Do you hear the beauty of your voice? Do you feel its power, its imagination?

We allow ourselves to sing traditionally, improvise, write a poem, make noise, laugh, read a poem. We feel energy and see ourselves in a new light.

Come join us. Let's sing, make some noise, share a poem, make a new friend, take a risk and gain confidence.

Registration and information:

creativevocalizationstudio@hotmail.com or call C/S Info at: 416-595-2882 and we'll email Voice Yoga for you.

## Mad Pride at C/S Info - Thank you!

Mad Pride at C/S Info was a huge success! Participants at the events told us they learned something new or had a great time connecting with others in our community.

Cassandra and I would like to thank everyone who joined us, it was a pleasure meeting you. A special thank you to our awesome volunteers who helped us throughout the week - **we couldn't have done it without you!**

- Christine

Left: A puppet from Carnival des Voix



## Parkdale Walking Group

High Park Happenings:  
Wednesday, August 23 – meet at 10:45 am, Departing at 11:00 am  
**from the 'west doors' outside High Park TTC Station**

Join in on the neighbourhood Wednesday Walks! All are welcome. For more information contact: [parkdalewalkinggroup@gmail.com](mailto:parkdalewalkinggroup@gmail.com) or visit: <https://parkdalewalking-group.wordpress.com/>

## App 4 Independence

You can participate in a research project exploring how an app for people with schizophrenia spectrum challenges could be helpful.

### The smart phone app is designed to:



- Connect you with your care providers
- Connect you with other people like you
- Provide you with strategies and tools designed with other people like you

### The App 4 Independence Research Project is for people who:

- Are 18 years old and over
- Have a diagnosis in the schizophrenia spectrum
- Own and use an Android OS smartphone (iPhones not eligible)
- Have a talk and data plan
- Read and speak conversational English



Surveys will take place in person at a CAMH downtown site for Toronto residents and will be done online for those outside of Toronto who cannot attend an in-person meeting

If you or someone you know would be interested in an app like this, please contact Laura Feldcamp, Research Analyst 2, at 416-535-8501 Ext.30698 or drop us an email at [laura.feldcamp@camh.ca](mailto:laura.feldcamp@camh.ca)

**camh**  
Care for Addiction and Mental Health

For more information about programs and services at CAMH please visit <http://www.camh.ca> call 416-535-8501 (or 1-800-463-6273)

REB #: 84-2016



**Photo Cred.: Leslie**—to read *Leslie's and others' favourite Toronto gems*, see page 5.

“A box without hinges, key, or lid, yet golden treasure inside is hid.”

- J. R. R. Tolkien

The Empowerment Council Presents:

# LGBTQ+ YOUTH FOCUS GROUP

Are you an LGBTQ+ youth client at CAMH?

We want to hear from you!

Participate in our focus group to discuss good and bad queer youth experiences at CAMH.

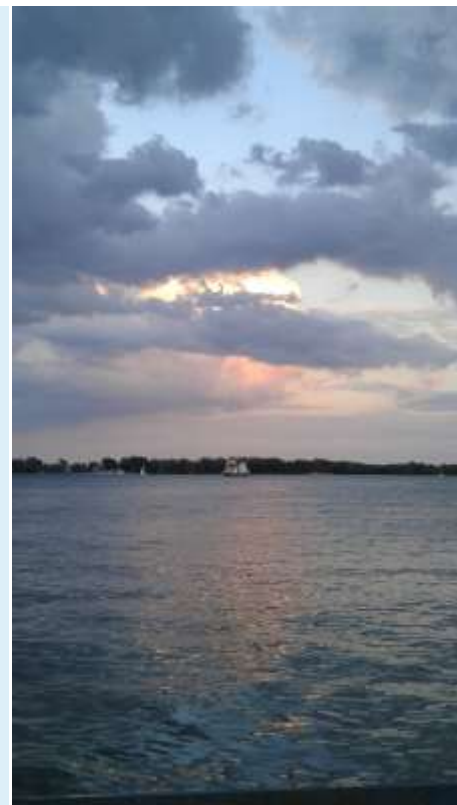
We are looking for 10-20 participants.

4:00 PM-6:00 PM | AUGUST 10, 2017

This space is for LGBTQ+ youth under 25 only.

For more info or to RSVP:  
ec.volunteer@camh.ca  
416-535-8501 ext. 33520

Refreshments provided.

**Photo Cred.: Leslie**—to read *Leslie's and others' favourite Toronto gems*, see page 5.

### **Did You Know?**

Toronto Public Libraries have MAP Passes—they allow individuals with a library card access to museums, galleries and other interesting venues for free. Inquire at your local TPL branch or visit: <http://www.torontopubliclibrary.ca/museum-arts-passes/>

### **Crazy Talks**

Crazy Talks is a monthly informal discussion featuring local and international Mad presenters. Join author Erick Fabris on the first Tuesday of each month at 7:00 pm for this free event — everyone welcome, free coffee/tea, accessible, ASL on request.

For more information including next meeting location and topic email: [madly@teksavvy.com](mailto:madly@teksavvy.com).

You can also call C/S Info closer to the date: 416-595-2882 or check out the ad in Now Magazine for more info.



# What I Love About Toronto

In our last issue we asked you what are your favorite Toronto hidden gems. Here are a few responses:

## St. Lawrence Market:

I wanted to share my story of the neighbourhood I am so lucky to live in, the St. Lawrence Market area. As a consumer survivor living with Bipolar disorder, PTSD, social anxiety and depression I have found such great peace and serenity a lot of times but walking to the waterfront. I am a hop, ski and jump from the Queen Quay and Sugar Beach and have fond memories of being a child with my father going to see the huge ships docked in the port near Redpath Sugar.

I have bouts of spontaneity that have given me and my camera some beautiful pictures and memories that when in a semi manic state I at times would otherwise might not remember. I have sent a couple recent pictures (see pages 3 and 4). It is such a diverse neighborhood with so many wonderful friendly people and of course amazing shops and The St. Lawrence Market itself. I feel blessed to be part of my community.

Regards,  
Leslie

## Kensington Market:

My favorite spot in the City is Kensington Market. I love the sights, sounds and smells of that part of the city. Whether it is the local fish monger, the cheese shop or maybe you are looking for a new army surplus jacket...Kensington Market will have that for you. You can even buy a suit at Tom's Place! I love the bagel shop where you can get wood fired bagels...and the people are gracious and friendly. There is so much to see and do.

Rex Ashley

## Grange Park:

The new revitalized Grange Park, in Toronto, is now officially open. This refreshed space offers much to see and experience for all age groups.

The Park is located behind the AGO (Art Gallery of Ontario), just south of Dundas Street between Beverly and McCaul streets to the west and east.

The local community met and planned with the AGO, the City of Toronto and neighboring organizations how to best restore this park. Planning took place over 10-13 years and the actual construction of the new vision took 15 months.

Funding for the restoration came from the City of Toronto, AGO, the W. Garfield Foundation and other community donors. The AGO funded a new door, leading out of the park and into the AGO Weston Family Learning Center. Through this door, there is now a Library Lounge open to the public. This space has access to AGO Wi-Fi, reading materials and illustrated books for children.

## Other features of the Park:

- Removal of dead trees and the addition of 60 new trees, more grass and flowers and new seating and paths and fewer fences. The new furnishings and play equipment comply with AODA (Accessibility for Ontarians with Disabilities Act). This Act aims to identify, remove and prevent barriers for people with disabilities.
- There is also a tree strategy to keep the park sustainable.
- The park has a Custodian dedicated to the Grange Park maintenance.
- There are new, clean and safe public washrooms with 2 accessible and one accessible for family.
- There is a larger play area for children – N-E corner – an area for children 2-6 years and S-E corner an area designed for 6 years and up. The playground includes a splash pad area for daytime activity.
- There is a decorative water feature at the north end of the park.
- **The park's center piece is the Large 2 Form Henry Moore Sculpture.**
- A new play area for dogs – off leash – S-W corner - secure fenced-in area

The above are some of the details I admire in this new go-to park. There are other features to discover!

Written by Joan

# Career Development

## Sound Times Support Services Community Service Worker - 1 Full Time – Permanent Position Available

Please read below before sending your resume.

Sound Times is expanding our case management team again this year.

We are a Consumer Survivor Initiative; all agency services are provided by individuals who use or have used the mental health system.

Sound Times is funded by the Toronto Central Local Health Integration Network (TC-LHIN) to provide Consumer/ Survivors of the mental health system with case management and addiction services, mental health and justice advocacy, and social supports in addition to educational and recreational opportunities.

The successful candidate will be responsible for providing individual supports for clients seeking help navigating community resources, and accessing mental health and addiction services.

Duties will include:

- Utilizing assessment tools such as the Ontario Common Assessment of Needs (OCAN) to identify client issues.
- Developing and coordinating service plans based upon unmet needs identified at assessment/intake, and guided by the expressed direction of our clients.

- Producing effective client outcomes by employing “peer-driven” approaches to client engagement.
- Providing crisis prevention and intervention as part of service planning to prevent relapse/unnecessary psychiatric hospitalization/avoidable incarceration.

Qualifications:

- People with non-social service degrees are strongly encouraged to apply. **Emphasis is placed on “lived experience” of the Mental Health, Addictions and Justice systems.**
- A Bachelors-level degree in a regulated health profession and/or a health-related field preferred.
- Minimum Social Service Worker (SSW) diploma.
- First Nations, visible minorities and other marginalized and historically dis-advantaged populations are strongly encouraged to apply.

Only those selected for an interview will be contacted. No phone calls or emails please!

Please apply using the current Charity Village posting only: <https://charityvillage.com/jobs/search-results/job-detail.aspx?id=366093&l=2>

Salary: Competitive salary and benefits.

Closing date for applications September 15, 2017.

## Fresh Start: Cleaner Supervisors

Fresh Start Cleaning and Maintenance is seeking self-motivated consumer/survivors for part time employment to be scheduled for short shifts (1.5 - 4 hours) at various locations throughout the week as well as to be utilized to fill in for employees who are sick, on vacation, or on leave in a supervisory role.

This position is 80% cleaning and 20% supervising of 1 – 5 employees. Must have a valid SIN card or equivalent

SIN document plus I.D.

If interested, please contact Karen Schwartz at 416-504-4262, ext. 227

and/or

fax/email your general application

(found at [www.freshstartclean.com](http://www.freshstartclean.com))

to [Karen@freshstartclean.com](mailto:Karen@freshstartclean.com)

# Computer Column — Sneaky Privacy Invasions

## Online Privacy

The internet has become a big part of just about everyone's lives. And unless you stop it, sites like Google and Facebook are making a little bit of money from every one who uses their services. All the info they gathered can be sold to advertisers. All that background action...snooping, gathering, sending...takes power. You might notice your battery lasting longer if you shut down the chit-chat.

Turn on Google's

<https://support.google.com/chrome/answer/95464?co=GENIE.Platform%3DDesktop&hl=en>

Turn on your phone's

<http://www.wptv.com/money/consumer/how-to-change-the-privacy-settings-on-your-android-device>

Turn on Windows 10's

<http://www.techrepublic.com/article/windows-10-violates-your-privacy-by-default-heres-how-you-can-protect-yourself/>

Network security

Wifi security has improved by leaps and bounds over the past decade or so, mostly because just about everyone uses it at some point. There are 'generic' usernames and passwords that come with the router, you need to change them as soon as possible. Usually it's something like 'User' and 'Admin', pretty easy to hack. Also change the SSID, your network name. The first SSID for any router will have the maker and model like 'Netgear R600'. Make it something a bit more creative! Extra firewall protection will make you about as secure as you can be...currently the best (IMHO) is

'CheckPoint ZoneAlarm Firewall 2017' ....and there's a free trial version so you can see if you like it.

VPN's (virtual private network) are also getting easier to set up and manage. They will provide a tunnel between your device and the internet through a third-party server. If you want to watch TV programs or other videos only available in certain countries, a VPN will allow you to do that. Here is a list of best VPN services

<https://www.pcmag.com/article2/0,2817,2403388,00.asp>

Browser Privacy

Thank you reader Deb for telling me about DuckDuckGo, a free private browser. Privacy Badger is another one that has a 'do not track' feature. Unlike Google, you can search to your heart's content without a ton of spam and popup ads plaguing you.

Banking and shopping online

Banks and other financial institutions pay a fortune for security, so they can offer their own insurance against fraud. Ask your bank about this, each is a bit different. EBay and PayPal also have their own user insurance. Online commerce would stop in it's tracks if it weren't safe so, even though fraud does happen now and again, it certainly is in the agency's interest to offer insurance.

- Martha (The Computer Gal)



## Computer Help!

Martha Gandier offers fellow consumer/survivors free over-the-phone or remote online computer advice and support with: repairs, upgrades, installations, networking, virus and spyware scans and clean-ups, coaching in MS Office, etc.

She can be reached at: [gandier47@hotmail.com](mailto:gandier47@hotmail.com) or if your computer is in really bad shape, and you can't even email, call the C/S Info Centre at: 416-595-2882 and we'll email Martha for you and then she'll call you.

*Also, if you have any computer article suggestions for Martha please let her or us know!*

# Things To Do

## ROMWalk: Whiskey, Wharf and Windmill

Wednesday, August 2: 6:00 pm

Starting Point: St. Paul's Basilica, southeast corner of Power and Queen Streets

Look for the purple ROMWalks umbrella

While walking through the Distillery district discover the commercial, industrial and residential structures built on the borders of the historic town of York that have been adapted for over the last two centuries.

## ROMWalk: Waterfront

Wednesday August 9: 6:00 pm

Starting Point: Southeast corner of Queen's Quay West and Bathurst St.

Look for the purple ROMWalks umbrella

While strolling along the Queen's Quay, learn about the evolution of Toronto's waterfront from its industrial and commercial origins. This tour will explore history, art, and architecture as well as the recent, revitalization of this area.

- These walks are free of charge and take place rain or shine
- Approximately 90 minutes to 2 hours long
- Registration is not required

For more information about RomWalks contact:  
416-586-8097 - Monday to Saturday, between 9:30 am and 3:30 pm. [info@rom.on.ca](mailto:info@rom.on.ca)

## Taste of the Danforth

August 11 to 13

Near Pape Subway Station - Pape and Danforth Avenues

Friday - 6:00 pm to 12:00 pm

Saturday - 12:00 pm to 12:00 am

Sunday - 12:00 pm to 10:00 pm

Come to enjoy food, entertainment and culture. The Krinos Taste of the Danforth is one of Toronto's signature events, showcasing the best of what our multicultural city has to offer - music and the arts, sports and — of course — food!

Visit [www.tasteofthedanforth.com](http://www.tasteofthedanforth.com) for more information!

## Pan American Food and Music Festival

Saturday, August 12: 11:00 am to 11:00 pm

Sunday, August 13: 11:00 am to 8:00 pm

Yonge Dundas Square - 1 Dundas Street East

The Pan American Food Festival celebrates the best food and great cultural diversity of the countries of North, Central and South America, and the Caribbean showcasing leading restaurants, food producers, chefs and the variety of national and regional cuisines of the Western Hemisphere.

This year there will be a focus on Canadian food and music in celebration of Canada 150. Festival highlights include:

- International food competitions
- Cooking demos
- Musical performances throughout the weekend

email: [info@panamfoodfest.com](mailto:info@panamfoodfest.com)

## Lakeshore Mardi Gras

Friday, August 4 to Monday, August 7

Colonel Sam Smith Park

1 Colonel Samuel Smith Park Dr

Participants will be able to sample a wide variety of cuisines, while enjoying Dixie, Jazz, Blues, Rock, and Country bands in one of the largest and most beautiful parks in Toronto, Colonel Samuel Smith Park, on the historic Lakeshore Grounds.

Live music will play on the main stage and buskers will perform dazzling displays of entertainment. There will also be a kid's zone, interactive games, and food vendors, a midway, and market vendors offering arts, crafts, jewelry and more.

416-912-6254

[lakeshoremardigras@gmail.com](mailto:lakeshoremardigras@gmail.com)

<http://lakeshoremardigras.ca/>



## Parliament Street Open Mic Night

Tuesday, August 15: 6:30 pm to 8:00 pm  
Toronto Public Library - Parliament Street Branch  
Story Room  
269 Gerrard Street East

Are you a writer with work that should be heard? Parliament Street Library and the Parliament Street Writers Group invite you to read at our open mic night! Work in all genres is welcome.

Interested participants are asked to submit the piece that they want to read in advance. Send your work to:

[plstaff@torontopubliclibrary.ca](mailto:plstaff@torontopubliclibrary.ca)

Works should take no more than 5 minutes to read and should be suitable for a library audience.

Stop by the Parliament Street branch or call 416-393-7663 if you have any questions.

[http://www.torontopubliclibrary.ca/detail.jsp?](http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT300575&R=EVT300575)

[Entt=RDMEVT300575&R=EVT300575](http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT300575&R=EVT300575)

## Outdoor Swimming

Did you know that The City of Toronto has 58 outdoor pools? All outdoor leisure swimming is free.

To check out the locations of the pools, call 311 or visit:

<https://www1.toronto.ca/parks/prd/facilities/outdoor-pools/>

## The Joy of Writing

Tuesdays: 7:00 pm to 8:45 pm  
Ralph Thornton Centre - Mezzanine Level  
765 Queen Street E  
Tue Aug 1  
Tue Aug 8  
Tue Aug 15

The Joy of Writing is a weekly writers' workshop and gathering where we read, write, laugh and inspire each other.

Call Lucile at 416-461-3700 for more information

[http://www.torontopubliclibrary.ca/detail.jsp?](http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT18920&R=EVT18920)

[Entt=RDMEVT18920&R=EVT18920](http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT18920&R=EVT18920)

## Adult Afternoon Movies

2:00 pm to 4:00 pm  
Toronto Public Library - Riverdale Branch  
370 Broadview Avenue

Tue, Aug 1: "Julie & Julia"

Tue, Aug 29: "La La Land"

Tue, Sep 5: "The Intern"

Tue, Sep 26: "Darjeeling Limited"

416-393-7720

[http://www.torontopubliclibrary.ca/detail.jsp?](http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT18986&R=EVT18986)

[Entt=RDMEVT18986&R=EVT18986](http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT18986&R=EVT18986)

## Habari Africa Festival

Friday, August 11 to Sunday, August 13  
Harbourfront Centre - 235 Queens Quay West

Habari Africa festival is a multi-disciplinary music and arts festival that displays the rich and diverse cultures of Africa. Join in for a weekend of exploration and engagement with the art, sounds and tastes of the continent. The festival will display an authentic African experience through presentations and workshops that celebrate the uniqueness, wealth and diversity of African music, dance, arts and culture.

For more information: 416 973 4000

[info@harbourfrontcentre.com](mailto:info@harbourfrontcentre.com)

<http://www.harbourfrontcentre.com/festivals/habariafrica/>

## Games Night

Tuesdays: 6:30 pm to 8:15 pm  
Toronto Public Library - Leaside Branch - 165 McRae Drive  
Community Room  
Upcoming Dates:  
Tue Aug 1  
Tue Aug 8  
Tue Aug 15

Join in with other adults every Tuesday night and enjoy playing games.

No registration required. Everyone welcome.

Please note, this program will take place on Mondays

For More Information:

416-396-3835

[http://www.torontopubliclibrary.ca/detail.jsp?](http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT19219&R=EVT19219)

[Entt=RDMEVT19219&R=EVT19219](http://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEVT19219&R=EVT19219)

## More Things To Do

### Phoenix Poetry Workshop

2:30 pm to 4:30 pm on recurring dates:

Saturday, August 5

Saturday, September 2

Saturday, October 7

Saturday, November 4

Toronto Public Library - College/Shaw Branch  
766 College Street

The group invites new and experienced poets of all ages to bring their work to monthly meetings. Bring a poem with six to ten copies for review by other attendees. The group will listen to you read your poem and offer constructive comments to enable improvement and growth. Enjoy the works of others as well as growing as a poet.

For more information, you can visit the group's website at [www.phoenixpoetryworkshop.ca](http://www.phoenixpoetryworkshop.ca)

Or call the College/Shaw branch - 416-393-7668

### Laughter Therapy

11:00 am to 12:00 pm on recurring dates:

Thursday, August 3

Thursday, September 7

Thursday, October 5

Toronto Public Library - Albion Branch - 1515 Albion Road

Laughter is an excellent way to reduce stress, increase performance and improve the flow of oxygen to the heart and brain. Join our Laughter Therapy exercise classes and discover how it can be the best medication. Drop in, no registration required.

For more information call: 416-394-5170

### Repair Café - Don Heights Repair Small Appliances, Bikes and "Stuff Hospital"!

Saturday, August 12, 12:00 pm to 3:00 pm

Don Heights Unitarian Congregation - 18 Wynford Dr, North York

If have any questions, the Repair Cafe can be reached by email at [info@repaircafetoronto.ca](mailto:info@repaircafetoronto.ca) or <http://repaircafetoronto.ca/>



### Subscribe For Free!

To subscribe to The Bulletin call The C/S Info Centre at 416-595-2882 or email us at [csinfo@camh.ca](mailto:csinfo@camh.ca).

The Bulletin is free to receive. If you do not have email, you can also receive it by regular mail through the generous support of the Centre for Addiction & Mental Health (CAMH).

You can also follow us on:

Facebook: [facebook.com/csinfocentre](https://www.facebook.com/csinfocentre)

Twitter: [twitter.com/CSInfoCentre](https://twitter.com/CSInfoCentre)

Where we post even more information and resources.

All previous issues are available on our website: [www.csinfo.ca](http://www.csinfo.ca)

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Disclaimer:

The views expressed do not necessarily reflect those of the Toronto Central LHIN, the Government of Ontario, CAMH, C/S Info Staff, Volunteers or Board Members.

From the C/S Info Bulletin Team and all of our wonderful volunteers: Randi, Joan and Martha (the computer gal)!

Go green; get The Bulletin by email!

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