THE COMMUNIQUÉ

The official newsletter of Amrita Toastmasters Club



Why Communiqué

Since its inception in 2016, ATC has come a long way in learning, implementing and perfecting each and every aspect of being a Toastmasters International Club. The club that began as the fruit of months of relentless effort by our Charter Members is now well on its way to conducting its milestone 100th Meet in June 2019. Imperative to this growth and success is each and every member of the Toastmasters International family, right from the senior members who guided our club in its early days organizing demo meetings and conducting educational sessions, to each and every member or guest who attends our meetings every Monday and Thursday. Editors: Purnima Gururajan, Roopa Vidhya & Gautami Sundaresan

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The Proverbial Antidote - TM Aiswarya S It is with immense pride at our growth and boundless gratitude towards everyone who has been a part of it that we present the Second Edition of "THE COMMUNIQUE".

This issue of THE COMMUNIQUE is an amalgamation of contributions from ATC members as well as members from other Toastmasters clubs across Areas L4 and L5. The newsletter also serves to document the progress of the club and its members during the said year including significant meetings and club contests, awards won, etc.

The one thing that sets Toastmasters apart from other organizations is the vast network of members that it has across the globe. It is to this huge family that we offer this newsletter, looking forward to strengthening our ties among fellow Toastmasters clubs, sharing and gaining knowledge in the process and progressing in our pursuit of excellence hand in hand.

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The President's Address

I still remember the day when I was unable to speak even a word on stage. And I also remember the day when everyone appreciated my speech and congratulated me for inspiring them. Toastmasters sculpted me from a boy who was unable to speak even a word to a man who can inspire others with his ideas.

Toastmasters is like a family.

It not only teaches you how to speak, but also about management - like how mothers do. It tutors you in communication skills - like our grandparents' storytelling. Like a strict father, it makes you a Man of discipline. It taunts you with words for our betterment - like brothers and sisters.

Where Dreams become reality.

Being a member of the International Club of Public Speaking makes me proud. Toastmasters gives us a room to explore ourselves as we all have good clarity on WHY we do WHAT we do and HOW we do, which has a power of enhancing the people around us.

Like everyone under this roof, I started my Toastmasters journey as a guest. From being a guest to a normal member, then to an Executive Committee member and finally to the most responsible position to serve my fellow Toastmasters as the President.

I believe this opportunity came to me when I stopped merely dreaming and started working. I take this time to make you believe in what I believe - "Start working on yourself and success will follow you" - that provides us the power to become great sculptors of our future.

We as a team crossed many hurdles together and succeeded with our teamwork. Let us remember and follow the same team spirit to bring more dreams into reality and pass on the Great Spirit by inspiring our successors by remembering the words of Henry Ford:

"Coming together is a beginning, staying together is progress, and working together is a success".



- TM Mitun Kumar, President, ATC

From The Editor

Looking back on my journey as the club Secretary for the last 2 terms, I realise that Toastmasters has helped me grow, both as a person and as a member. Toastmasters International is an organization that is fascinating to be part of, with its friendly environment that gives its members the stage to speak without the fear of being judged and actually encourages members to give and receive constructive feedback. From my first club meeting at Amrita where I half-heartedly let myself be dragged to the meeting to this moment where I have socialised with members of so many clubs and voluntarily taken up tasks to overcome my fear of public speaking, Amrita Toastmasters Club has moulded me into someone who is eager to express herself onstage. It has been a pleasure to work with the two sets of Executive Committee – poles apart in their ideas, yet dedicated towards the goal of taking the club to loftier peaks of success – and the deputies. I thank the faculty coordinator Mr. Ritwik for his support by giving feedback and the club members for their contribution in the form of articles and feedback. I am grateful to TM Roopa Vidhya and TM Gautami, for we worked hard together to present this issue of the club newsletter to you. We hope you find as much joy in reading this as we did in preparing the second issue of 'The Communique'.



– TM Purnima Gururajan, Secretary, ATC



Annual Report 2018-19

OVERVIEW:

The academic year of 2018-19 saw enthusiastic participation by the club members in various events, starting from the induction programme 'Pick It Up' on 10th July 2018. A total of 38 meetings were held in the year 2018-19 with the first meeting being held on 19/06/2018. The club meetings were held on Monday and Thursday every week; the last meeting #97 was held on 25/03/2019. The ExCom meetings were conducted regularly to discuss and implement ideas for the growth of the club and its members.

THE EXECUTIVE COMMITTEE:

The Executive Committee consists of the following members as on the date of the last meet:

- 1. TM Mitun Kumar President
- 2. TM Krishna Valsaraj Vice-President Education
- 3. TM Mohith Mohan Kanala Vice-President Public Relations
- 4. TM Gautami Sundaresan Vice-President Membership
- 5. TM Purnima Secretary
- 6. TM Aiswarya Sunil Sergeant-At-Arms
- 7. TM Shrivathsan CS Treasurer
- The following members were the deputies for the ExCom members: TM Krishna Murali - Vice-President - Education
- 2. TM Tanya Vice-President Public Relations
- 3. TM Roopa Vidhya Secretary
- 4. TM Sandhitha Sergeant-At-Arms
- 5. TM Rajshree Treasurer

8. TM Sai Soumya Kurra CB.EN.U4AEE160299. TM Mohith Mohan Kanala CB.EN.U4AEE1603210. TM Nivetha Srinivasan CB.EN.U4AEE18027

NOTEWORTHY MEETINGS:

Some special meetings conducted during the year include outdoor meetings (one in each term), Table Topics Marathon, Prepared Speeches Marathon, Joint Meeting with Sri Eshwar Toastmasters Club, Moments of Truth sessions, Educational Session and SWOT Analysis and the club's first Impromptu Meeting. The Educational Session and SWOT Analysis meetings were held twice, once in each semester, where members were given 'Moments of Truth' sheets to give specific feedback on various aspects of the club and how to work on areas that required further improvement which was compiled by the President and Secretary to be discussed upon by the ExCom and necessary steps were taken. It also had a Club Success Plan session which had handouts given to the members to plan their individual as well as Club goals as a Toastmaster. The first Educational Session was conducted by TM Sivasailam (CTC) on the various roles for members in a club. The academic year came to a close with a special meeting held for bidding farewell to yet another batch of our seniors, which comprises of the last set of Charter members.

CONTESTS AND CONFERENCES:

The club contests hosted by ATC held on 2nd October 2018 (Humorous Speech and Evaluation Contest) and on 2nd February 2019 (Prepared Speech and Table Topics Contest) witnessed active participation from both Amrita Toastmasters Club and Coimbatore Toastmasters Club. The award winners of the first three positions were eligible for participation in the Area Level Contest. However, for the Humorous Speech and Evaluation Contest, participants selected for contesting at the Area Level were unable to attend it - TM Aiswarya, due to End Semester examination and TM Abiram, TM Abay and TM Shivaranjan, because they had their Fast-Track examinations. The ATC members also actively took part in various Educational Sessions such as the Officers Training Programme, a District sponsored programme held on 22nd July 2018 and the Judges Training Programme which is an Area sponsored programme held on 19th August at PSG College in Coimbatore. In the Joint Division Contest of Areas L4 and L5 held at PSG-IM on 27th October 2018, similar to 'Emergence' held on 3rd February 2019, for the second term of the year. TM Kushagra (Contest Master), TM Rajshree (Timer) and TM Sandhitha (Tally Counter) made ATC proud by representing it and taking up various roles as mentioned above. TM Naren, Area Director of L4, praised for the roletakers for their exemplary performance.

Amrita Toastmasters Club conducted a contest 'Talk Your Way Through' under the 'School Zone' category of Anokha on 14th February 2019. The event consisted of Prepared Speech and Table Topics Sections for school students. At the Area-level conference for the second term, the below mentioned winners of Prepared Speech and Table Topics Contests took part in the area-level contest, from which TM Gopika went on to participate in the division-level Prepared Speech Contest held at the division-level conference 'Luminance', on 24th March 2019. TM Roopa took the role 'Master of Ceremonies' (EmCee) and TM Purnima took the role of Sergeant-At-Arms for 'Luminance'. The year came to a close with the last meeting held on 25th March 2019.

The winners for the various contests were as follows:

Humorous Speech Contest:

Winner	: TM Abay
Runner-Up	: TM Shivaranjan
2nd Runner-Up	: TM Abiram

Evaluation Contest:

Winner: TM AiswaryaRunner-Up: TM Shivaranjan2nd Runner-Up: TM Abay

Prepared Speech Contest: Winner : TM Gopika Runner-Up : TM Akaash

2nd Runner-Up : -

Table Topics Contest:

Winner : TM Krishna Valsaraj

Runner-Up : TM Sandhitha

2nd Runner-Up : TM Shivaranjan

Thus the year came to a conclusion with outstanding work by the members in achieving various targets and bringing accolades to Amrita Toastmasters Club, instilling pride and enthusiasm in the members for terms to come.

– TM Purnima Gururajan, Secretary, AT C, & ditor



Poster and a picture of the Joint Meeting conducted on 15th August 2018



Poster and a picture of the Humorous Speech and Evaluation Contest conducted on 2nd October 2018.





Poster and a picture of the Prepared Speech Marathon conducted on 3rd January 2019.



Picture of members who attended Emergence 2019, conducted on 3rd February 2019.



Picture of the Outdoor Meeting conducted on 4th February 2019.



A group photo clicked on the day of Luminance 2019, 24th March 2019.



Members of ATC with 2015 World Champion MD. Quathani at Ovation 2019

Crossword



ACROSS

- 1. from ATC to the world(10)
- 2. a man of several tongues(9)
- 3. radiance (9)
- 4. quick thinking happens here(11)
- 5. a name we all share (12)
- 6. word master(10)
- 7. you stutter ,he notes(9)

DOWN

1.vivacity(6)

2.no meeting begins or ends without this(5)

- 3. with this, we begin(10)
- 4. fluent, persuasive speaking (9)
- 5. keeper of clocks(5)
- 6. a meeting of 82 members(7)

7. patterns of stress and intonation in a language(7)

– Roopa Vidhya G, ATC

For solutions, refer to page 26

Caution! Highly Contagious!!

It was a humble beginning way back in 2011 when Toastmasters finally arrived at Coimbatore with the birth of Coimbatore Toastmasters Club (CTC). It was called, "The Town's New Social Kitchen". I attended their meeting as a guest in December 2011 when the club was 1 month old. Though I was keen to join, somehow I could not attend any of their meetings for a year due to my professional travel commitments. The second meeting I attended at CTC was the last meeting in 2012 in December. Did not delay it any further and took my Toastmasters membership at CTC. Our club had a good mix of members from different walks of life like working professionals, students, entrepreneurs, chartered accountants, an advocate, a doctor, professors, retired persons, etc.

During the end of 2013, we saw the birth of the 2nd Toastmasters club at Coimbatore, another community club and it was Coimbatore Speakers Forum. During the year 2014, a lot of demo meetings started happening at few corporates. Our club Coimbatore Toastmasters Club had a member TM Mayur Venkatesh who was an alumni from Amrita University. He had a strong desire to set up a Toastmasters club at his alma mater. We started with a few demo meetings at Amrita University with Mayur spearheading them. With the excellent support of the management, soon Amrita Toastmasters Club was a reality. Meanwhile, we had a couple of corporate clubs come into existence in 2015 and they were Manchester Ford Toastmasters Club and Vitae International Toastmasters Club and Coimbatore had one Area.

Between the years 2016 and 2018, we had more clubs come into existence and they were a mix of corporate clubs and campus clubs. They were Bosch Toastmasters Club, KIT Toastmasters Club, Eshwar Toastmasters Club. By this time, we had 2 Areas in Coimbatore. In 2016, Coimbatore hosted the first Division Conference in the city, Division G Conference Sangamam 2016. Later when Coimbatore was moved to Division L, we had hosted Levity and Luminance, the Division Conferences of Division L.

The year 2018-19 saw the birth of 2 Gavels club at Coimbatore and Toastmasters have played a good supporting role in getting these clubs into reality. We have delivered a lot of demo meetings at few corporates and the latest club that got chartered is Cameron Toastmasters Club located at Tidal Park, Coimbatore. Few more corporate clubs are on the verge of getting chartered. We have been supporting demo meetings at Pollachi and Udumalpet recently and members who hail from Tirupur and Erode have expressed desire to get Toastmasters in their cities. The way things have been progressing, I would not be surprised if we have a Division from clubs in and around Coimbatore in about 3 years time. That is the pace in which Toastmasters has been so contagiously progressing.

I am glad to write this article for Amrita Toastmasters Club's newsletter. They are a bunch of highly spirited and committed Toastmasters. I wish them life's best always.



- TM Rakesh Menon Past President, Coimbatore Toastmasters Club Area L5 Director, District 82, Toastmasters International

Journey from one milestone to the next

Hundred meetings down, Thousands more to go!

Amrita Toastmasters is one of those clubs where there is a unique culture within the club that keeps it on track to becoming one of the finest clubs in the district. It wouldn't be far fetched to say that it already is one of the best college clubs in the district. Despite having restrictions from the management regarding going out to attend other club meets in the evenings or permissions from hostel to attend district events, Amrita Toastmasters had among the highest registrations for the TLI and OTP programs of the Area; which shows that they are a serious club. Their leaders/officers have always lead by example, and the members show immense support and love for their club, something that needs to be seen to believed. Another thing you realise as soon as you walk into their club meetings, is the kind of professionalism and quality of meetings; be it the prepared speeches or the table topics, the quality is outstanding, which is not a frequent sight at college based clubs. Kudos to the wonderful toastmasters at Amrita Toastmasters, your love for your club is contagious, and I wish every club had many such enthusiastic Toastmasters as you have.

As the club crosses this milestone of 100 meetings, I wish all the members the best; go grab all the learning/education you can, make your best friends for life, and become the best version of you before you move out of this club to the next one.

When the club leaps over its first big milestone, I would suggest the club to focus on two specific areas. Mentoring and Contesting. We have some champions hiding in plain sight, the club needs to work together as a team, to help each other, and together they can grab a few championship trophies in the next district conference. Every eligible member needs to contest, and once the results are out, every member of the club comes together to help their winners climb to the next level, all the way up to the finals - this is the best piece of advice I can give you on this special milestone.

Wishing Amrita Toastmasters many more such milestones, champions and awards; and the best to all its wonderful members. Happy 100 meetings, Happy Toastmastering!



- TM Pawan Pattery Former Area L5 Director, District 82, Toastmasters International

From the Immediate Past President

It's a pleasure to be a charter member of Amrita Toastmasters Club. It has been quite a wonderful journey at ATC for me. I am grateful to our charter president TM Puneet for introducing me to the world of Toastmasters. I can vividly remember attending a demo meet for which TM Mayur had come to the meet. He was speaking so confidently on stage and he said that he could speak continuously when on stage and I was awestruck because I never had the guts to get on the stage.

Even after that, I had an internal conflict whether to join as a member because the membership fee was around 5000 rupees. Even though I was interested to be a member, the membership fees was a final hurdle awaiting to be crossed. It was then TM Shishir's golden words, "Don't hesitate to invest in your future" that encouraged me to become a member no matter what happens. Now, I am pretty sure that this is a pretty good investment where you can reap more that you sow. By reaping, it's not meant that we only improve your communication and leadership, but there is something greater than that, a family.

We have a family outside our home that pick us up when we fall down and encourages us to succeed whatever we do. When I was asked by TM Puneet to give my ice breaker, I was nervous. When I went on to the stage to deliver my ice breaker, my legs were trembling and I felt my energy draining when I went to the stage but I managed to somehow deliver my speech. I wouldn't have improved if I hadn't taken up the role of SAA, where I had to start the meeting and I was supposed to speak on stage. As I started getting comfortable on stage, my confidence grew.

And now, I can feel that I am drawing energy from stage. Taking up the role of the president has been the phase where I realized that the club should be delicately taken care of just like how a parent takes care of their child. It's the phase where anyone taking up the role serves as the face of the club and I have understood that it takes a great sense of responsibility to lead than to follow.

I wasn't ready to take up the role of lead the club, but it's an experience that will mould a leader. When I look back at my college life, it's evident that being a member of Amrita Toastmasters Club is one thing I can cherish. My best wishes to the Ex-com and members of Amrita Toastmasters Club!!!



– TM Akash V, Immediate Past President, ATC

Let it happen. Whatever it might be, everything happens for a reason.

Should I call that part of my life a mystery? Because that phase of my life has been the reason for my overall transformation and personal evolution.

Life has so much to teach us. Some of the learnings make us great people, and some of them tear us apart. If you're lucky and smart, the most interesting journey of your life would be pleasant and memorable. The most interesting journey of my life would be the time when I had to leave my family and grow as a successful person in the society. I always remember one thing that my father said. He said, "Son, there are lots of things other than studies. I don't want you to be a person whom others want to follow but to be a person who will stay forever in this world even after your last breath.". The journey of self-dependency was expensive because many people were not so honest. I was a simple boy with my own moral values.

We can't expect the journey of our life to be always pleasurable, or according to our wish. There will be ups and downs. However, I think no learnings of life are less important. The journey of my life during my every step was extremely challenging, but interesting at the same time. At that point of time, I thought I was struggling more than my peers. But now, I can see the bright side. Life had no mercy on me. But surprisingly, it turned everything in my favor at the end. I think the time which I am spending now as an intense finder is the most interesting journey overall.

Anyway, the time during my higher education was the most exciting journey of my life because I came to know how hard life could be. I had to face difficult situations alone. It made me bold. I can say this journey of my life was the best for personal improvement. Every time life teaches something to me.

It doesn't matter where I am and how I start, I always remember one thing," The expert in everything was once a beginner, it doesn't mean that you are not good enough when you fail." I had the fear of public speaking, but one day I listened to my heart that asked,"Are you going to skip this for your entire life and face a lifetime of mediocrity and pain or are you going to wake up and going to show up?".Life taught me an important lesson that it's ok to lose but not ok to quit. If I fail, I will try again and again. Even If I fail for one hundred times there is a chance for me to succeed in the next try. I am ready to face the challenge. Are you?



-TM D K Akash- ACG, ALB, PM5, DL5, President - KIT Toastmasters Club, District -82.

Drugs and Rehabilitation

Each one of us in this era owns a phone, which has become a basic necessity. The reasons for having a smartphone will be plenty but the basic reason behind having one is that it helps us to connect with people easily and to access data at a finger's touch.

We all use social network and when we do a hormone called Dopamine is released in our body. For instance, if we get a notification or a call from a loved one, Dopamine is released. Dopamine is the same hormone that is released in our body when we take alcohol or drugs, thus showing that cell phone usage is also a kind of addiction when we think about it .

We take walks with phones in our hands, failing to enjoy the walk, we take it to our board meetings and it deserves to be placed on the table, which indicates that the phones deserve more importance than the person speaking in the meeting.

Our daily routines begins and ends with our mobile phones, we live in a digitalized world where everything is done online. If you want to buy something you choose online shopping, all the transactions are now e-transactions, even the dates we go on are now online with just a swipe to the right.

What if we actually fail?

Human relationships, people's ability to bargain for a better deal, humanity to help others find their path to their destiny, the process of filling forms for transactions and patience to stand in line for accomplishing the job are lost. We fail to understand ourselves and fail to realise that we can't choose our partners with a swipe to the right, we fail to realise that face to face is better than a facetime.

Next time when you take your mobile phone think what it takes away from you.

The small talks we used to have with others while waiting is taken away by the newsfeeds and chats. We fail to actually hang out with people but are always active on 'hangouts'.

The next time when you attend a Toastmasters meeting take the opportunity to talk to people as much as you can. And start working to have real human connections . One of the places you can get this is at your club's regular meetings.

This is the effect that Toastmasters has on your character and in the end it makes you realise who you really are.



- TM Mitun Kumar, President, ATC

Cramping Your Style

How many of us are able to accept our weakness and take a step to make it our comfort area?

Toastmasters all around the world have that courage, acceptance, and spirit to listen to criticism and grow. Everyone has their own reasons to join some club. Some are free and want to occupy their time productively, someone may want to learn new skills. When I joined Amrita I started to explore various clubs in the college. I came with the aim to get comfortable on stage. In the induction program of Amrita Toastmaster club, I found my first club to join. It is one of the active clubs, I observed. I started visiting as a guest in the club. Participating in table topics as I was not a member yet. As soon as the membership form was out I registered for it.

Then the journey started with the Icebreaker Speech. I observed that in Toastmasters, we have a friendly, motivating environment and there is no discrimination on the basis of experience and seniority. It gives us a challenging task to think in different ways for various roles, plus tinkles our mind to find topics for our Speech and theme.

I felt so different after school, earlier I was shy, hesitant to speak. I tried but I failed in major aspects of it. It took too long to come out of that thought. Coming to a new place was like a fresh start for me. I felt low in the club but came over it, and moved on to the next. I learned so many lessons and met others from our club and other Toastmaster clubs. Hope to be part of it. I would say, Just take a step in an uncomfortable arena in the right direction, This way you may find your objective of life.



– TM Kushagra Agarwal, ATC

Of Magic, Might and the Stage

As long as I remember, the stage has been a thing of fascination for me. From when I was young, the stage enchanted me, and it was my dream to learn to weave that magic, to enchant others too. From endless participation in story telling competitions in primary school, and winning them too, to compère the Junior School Day, I've always loved spending time on stage, getting enthralled by the sounds and sights from the stage and the rush of exhilaration and adrenaline at a job well done. The stage was magic and I was a witch.

My confidence plummeted when I changed schools. Bigger, and with better people, I slowly started losing confidence about my ability to weave my magic on stage. It was a slow descent to chaos, and before I could comprehend what was happening, I lost my touch of magic. The spark, that brilliant scintillation which drove me to get on stage, and the desire to taste the adrenaline was gone, and I was lost. It wasn't until the final year of high school that I started to revert back to the bright-eyed witch I was during my primary school. It was due to a venture by some alumni of the school, who decided to give an idea to students on what it would be like, to be on stage, and I took to it like a duck takes to water, except I was a fish out of water for long.

But it all came back to me truly and totally due to Toastmasters. Toastmasters International helped me in getting that lost spark of magic again, helped me improve my confidence in getting back on the stage, and allowed me to reclaim the magic that I coveted all my life. That spark of magic came alive again, and now the fire's burning brighter than ever before.



– TM Gautami Sundaresan, VPM, ATC

The Proverbial Antidote

Admit it, you've always (attempted) to come off as a pretty sagacious person when you use idioms and proverbs in the middle of a conversation. Possibly no harm, right? It's a proverb, so it's more like a wise man's adage. But what if I tell you, for every proverb, there exists an equal and opposite proverb? Sounds bizarre, I agree. Take a look at a few of such pairs of proverbs, with opposite meanings –

A man's reach should exceed his grasp. A bird in the hand is worth two in the bush.

> 2. Above all, to thine own self be true. When in Rome, do as the Romans do.

3. It's never too late to learn.You can't teach an old dog new tricks.

4. Good things come in small packages. The bigger, the better.

5. If at first you don't succeed, try, try again. There's no point in beating a dead horse.

> 6. Two's company, Three's a crowd. The more, the merrier.

7. Do it well, or not at all. Half a loaf is better than none.

> 8. Nothing ventured, nothing gained. Better safe than sorry.

Never judge a book by its cover.
Clothes make the man.

10. Out of sight, out of mind. Absence makes the heart grow fonder. 11. Many hands make light work. Too many cooks spoil the broth.

> 12. Actions speak louder than words. The pen is mightier than the sword.

13. Never change horses in the middle of a stream. Variety is the spice of life.

14. Practice makes perfect. All work and no play makes Jack a dull boy.

15. A penny saved is a penny earned. The love of money is the root of all evil.

> 16. Dig the well before you are thirsty. Don't cross the bridge till you come to it.

17. A miss is as good as a mile. Half a loaf is better than none.

> 18. A miss is as good as a mile. Something is better than nothing.

Most of them are common and not too complicated for us to decipher the meanings. But when you pair the opposites together, you see how uncanny it is! What does that mean? Well, the best that I can say about this is to stray off the mainstream thinking that holds on to the belief that age old sayings always stand true. They of course, do not apply to every situation.

Practically, this means that every time you make a decision and take a step forward, you turn your life around since the other option(s) could have possibly given you a completely different situation. There's also this belief that every time you make a decision, another version of you in an alternate universe takes the exact opposite decision! Every little situation and scenario has a varied number of possibilities and you stick with the one that aligns with your values and thoughts. And in case you do find a proverb that supports what you do or say, it's likely that there's another saying that contradicts it anyway. Next time you are too stressed to make a choice amongst two close choices, keep this in mind, take a deep breath, and go for it!



– TM Aiswarya S, Sergeant at Arms, ATC

Solutions to the Crossword

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