

Panaga Outpost Pages Seria, Brunei Darussalam

Warch

Highlights:

- > How to behave around monkeys
- > Updated Emergency Contact numbers
- Outpost Vacancy your chance to join our team!

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contact us on: outpostbrunei@shell.com





Welcome to Outpost

About Outpost Seria

Outpost is an information hub for expatriate families in all stages of their posting.

We provide services such as:

- Meet and Greet for Newcomers
- Networking Events including coffee mornings and boat trips
- Workshops such as CV Writing, First Aid, How to prepare your move, Wildlife in Panaga, Third culture kids
- Weekly conversational English and Malay classes

...and much more.

Don't forget to check our Facebook page –Outpost Seria, Brunei– for up to date information.

Contact us:

Tel: +673 337 4927
Email: outpostbrunei@shell.com
URL: http://seria.globaloutpostservices.com
or: www.panagaclub.com/outpost
Facebook Group: Outpost Seria, Brunei

Or come visit!

Opening Hours:
Monday to Friday, 9 - 11 am
Please note: each Tuesday the office
will be open for courses only.

Address:

Outpost Brunei - Seria F12 Lapanpuluh A1 Panaga KB 3534

Dear "POP" readers,

No that the Moonsoon season is (almost) over and I hope you are all enjoying the beautiful weather and green landscapes around Panaga lately!

This month, I am pleased to announce the Outpost Brunei-Seria has a new Focal Point person. Marie McCready has



Thamine M.Kilbride
Public Relations
Deputy Focal Point

recently joined us in Brunei and has 10+ years working experience, mostly in the health sector. Marie is very excited to start her new position and get to know the Panaga community better. Aside from being our new Focal Point person, Marie is a certified Nurse is also hosting couple workshops taking place in March, such as "First Aid training - focusing on children" and "AED and CPR for adults". For our complete event calendar, please read page 21.

I would like to take this opportunity to thank once again Myrte Dijksman-Schouten for the outstanding work and time dedicated to Outpost Brunei-Seria as a Focal Point in the last 3 years. It's been a pleasure for all Outpost team members to meet and work with you!

I will continue my positions as Public Relations and Deputy Focal Point so please, if you have any feedback or suggestions related to Outpost Brunei-Seria, do not hesitate contacting me, in person or via e-mail: outpost-brunei@shell.com.

Have a great day!

Thamine Kilbride on behalf of the Outpost Seria team





Meet & Greet Corner

Hello Panaga People

Life is in full swing here in Panaga, with interesting community-oriented activities always going on. So, make sure to find what's right for you and 'keep it moving'!

As usual, we will be highlighting our Meet & Greet team members on duty for the month of March: Mirian, Christina, Jessica and Sultan. These ladies graciously welcome our new arrivals, never underestimating how warming it is, to see a friendly face in a new location.



Titi OwoyemiMeet & Greet
Coordinator

Do remember that your friendly, Outpost team is always on hand to offer support and local information to help you when needed, so pop into our offices during our working hours or send us an email. We are always happy to hear from you!

Warm Regards,

Titi Owoyemi Meet & Greet Coordinator.



Meet & Greet team members: March



Mirian



Christina



Jessica



Sultan



Recycling info

Recycling in KB

Where can I recycle in KB?

Tzu Chi Recycle, Lot 4341, Simpang 34, Jalan Jaya Negara. This is a family business and all proceeds go to charity.

How do I find the place?

From Jalan Maulana turn into the road with the big sign which points to the hospital (Jalan Panglima). Go through the roundabout and straight past the Shell station. Turn into the next left (Jalan Jaya Negara) and then into the fourth right (Simpang 34 – DZ vets is at this corner). Turn into the first left (Simpang 34-9). Go to the end and pull into the long driveway of the last house on your right. You are there!

What do they accept for recycling?

Plastic*

Cans (both aluminium and steel)

Paper

Cardboard (including egg cartons and tetra-paks**)

Clothes

*What types of plastic are accepted?

Hard plastics:

- Packaging from grocery items
- Takeaway containers
- Water bottles
- Juice bottles
- Shampoo-type bottles
- Detergent bottles
- > Yogurt and dip/hummus containers
- Other similar items

Soft plastics:

- CLEAR PLASTIC ONLY. A variety of bags and packaging from grocery and other items.
- NO COLOURED PLASTICS.
- Clean plastic supermarket-type bags (of any colour) for the centre to use in their
- sorting and processing.





Recycling info

**Can I recycle tetra-paks?

Yes. The centre will accept tetra-pak boxes from milk, juice etc. Please wash well, remove the plastic pouring apparatus (put this in with the hard plastics), and flatten the box

How clean should my items be?

They should be well scrubbed and rinsed out, and free of any food or detergent residues.

Do I need to sort my items for recycling before dropping them off?

Yes. It helps the centre greatly if you bring your items in separate bags or boxes.

When can I drop off items?

Anytime. Just leave your bags of clean, sorted items at the end of the driveway undercover. If you go on a Wednesday morning, the volunteer staff are there and can advise you further on the dos and don'ts.

What about bottles and other glass?

The centre does not take any type of glass. However there may be something available in Miri. Research into this is pending.

What don't they accept?

- > Glass
- > Computers
- > Photostat machines
- > Thermo flasks
- Microwave
- Air-con plastic cover
- > Tomato/ Chili Sauce bottles
- > Wine bottles
- Coloured plastic
- > Broken items
- Religious artefacts
- Car tyres

Happy recycling everyone!



Thank you to **Stathia Golding** for compiling this information and letting us share!





Outpost Vacaucy

Vacancy:



The function of **Events Coordinator** of the Shell Outpost Brunei-Seria Team

Principal Accountabilities

- Organization of all Outpost Brunei-Seria events. However, see note 1 below
- The maintenance of the Outpost Brunei-Seria events calendar
- Keeps up to date the list of host/hostess for lectures/workshops
- Facilitates all course necessities
- The maintenance of an event-module-book, containing guidelines for all events organized
- Facilitation of "thank-you-gifts" and "birthday gifts": facilitates the gifts to thank course leaders
- Outpost Brunei- Seria office shift: once a week

Task Description in detail

- Organization of Outpost events: responsible for the organization of the Outpost Brunei-Seria
 events, except for the event for Newcomers (see note 1 below). He/she will attend Outpost
 Brunei-Seria events.
- The maintenance of the Outpost event calendar: create and update the Outpost Brunei-Seria events calendar. Communicate closely with our Outpost Secretary and Public Relations Team member to advertise the events.
- List with names of volunteers: maintain the list of volunteers able to give courses/lectures (host/hostess) at Outpost Brunei-Seria.
- Course necessities/set-up: facilitate and check equipment before a lecture/an event.
- The maintenance of an Event-module-book: follow guidelines to all the events organized by Outpost Brunei- Seria, keeping track of attendance, communicating with hostess/host on number of participants.
- Facilitation of "Thank-you-gifts" and "Birthday gifts": coordinate "thank you" notes/gifts to course leaders and birthday gifts to office team members.
- Outpost office shift: at least one office-shift per week.

Note 1: The Event Coordinator assists the Meet &Greet Coordinator with the events for new arrivals. The last one stays responsible for the organization of events and attendance. **This position is available on volunteer basis.**

Potential candidates should send e-mail to outpostbrunei@shell.com with a small paragraph describing prior work experience.





Notice Board

Settling in Sessions

These informal information mornings are held every Wednesday morning, from 9:00 until 11:00am, at the Outpost office. They are designed to answer any questions regarding relocating to Brunei and settling into the community.

Please register at outpostbrunei@shell.com







Be a Guest Speaker at Outpost

Do you want to share your experience of setting up an on-line business? Do you want to help other expats build a portable career? Do you want to inspire others to follow their passions? Be our guest speaker!

Outpost is searching for guest speakers who could tell their stories of becoming an expatpreneur!

If you would like to be a guest speaker or know someone that would be interested in speaking with us, please contact outpostbrunei@shell.com or Ksenia Odintsova at ksenia.odintsova@gmail.com.



Notice Board

Outpost Opening Hours

Please be advised that the Outpost office will be closed during the school holidays (from March 24th until April 6th).

During this period we are only open for Settling in Sessions but please keep an eye on our Facebook page for further details and updates.

Thank you for your understanding!

The Outpost team



Is there something you would like to learn with Outpost?

Email us! outpostbrunei@shell.com



Volunteering in and around Brunei

Dear POP readers,

We would like to ask you to share your volunteering experiences in Brunei and the nearby countries: Where have you volunteered since moving here? How did you like it? Would you advise it to other expats?

Help your fellow expats find a good cause to support! Please send you replies to Outpost Seria at outpostbrunei@shell.com or to Ksenia Odintsova at ksenia.odintsova@gmail.com.



Notice Board

SANTA'S GROTTO NEEDS YOU

We are currently looking for a Chairperson, Treasurer, Secretary and General Committee members. Unfortunately without an office bearing Committee Santa's Grotto for 2018 cannot go ahead.

Although Santa's Grotto usually takes place in December, preparation starts early to procure gifts and get ideas for arts and crafts that help make the day magical for the children of Panaga.

If we do not have an office bearing Committee by the 30th April 2018 the Event will not go ahead this year.

Please come and help us keep this magical festive event on the calendar for 2018.

CONTACT: santasgrottopanaga@gmail.com

We at Outpost have extended our opening hours!
Visit us on Monday, Wednesday - Friday, 9 - 11 am
Please note: each Tuesday the office will be open for courses only.

Study or Work Space

Dear POP readers.

Are you currently working from home? Do you need a quiet working space away from your house? Which kind of requirements should it meet: Location? Working hours? Internet?

Outpost Seria would like to understand if there is a need for a designated study or work space. Currently the Outpost office is open for you on Friday mornings to come and work or study undisturbed.

Please, send you replies to Outpost Seria at outpostbrunei@shell.com or to Ksenia Odintsova at ksenia.odintsova@gmail.com.







Chinese New Year

Chinese New Year 2018

Chinese New Year is the most important holiday in China. In 2018, Chinese New Year begins on February 16th and marks the beginning of the Year of the Dog. Tied to the Chinese lunar calendar, the holiday was traditionally a time to honor household and heavenly deities as well as ancestors. It was also a time to bring family together for feasting. With the popular adoption of the Western calendar in 1912, the Chinese joined in celebrating January 1st as New Year's Day. China, however, continues to celebrate Chinese New Year with the traditional greeting, "Kung hei fat choi."



The Chinese calendar also included the Chinese zodiac, the cycle of twelve stations or "signs" along the apparent path of the sun through the cosmos.

Each new year was marked by the characteristics of one of the 12 zodiac animals: the rat, ox, tiger, rabbit, dragon, snake, horse, sheep, monkey, rooster, dog and pig.

Source: http://www.history.com/topics/holidays/chinese-new-year





FUN Chinese New Year Celebration











Drawing workshop

On the 13th of February Outpost hosted a Drawing and Sketching for Beginners workshop. Instructor was Annika Cederberg and the 10 hard working attendees got to practice on still life drawing with graphite pencil. The group was instructed in basic composition and shading. Thank you all for taking part in the workshop!









Newcomers Information Morning



On the 22nd of February another Information Morning for newcomers to Brunei was hosted at House 49. Not only did the newly arrived received valuable information about living in our community but also had the chance to participate in the talk on how to coexist withe the monkey around us by Mia Otzen.









Cooking Class Thai Cuisine

The success with the Outpost cooking classes continues! This time hosted by Apinya who taught a total of 18 attendees over two days to cook Tomyam seafood and Som Tam (papaya salad). Thank you so much to everyone who took part and a huge thank you to Apinya for your hospitality and sharing your expertise!



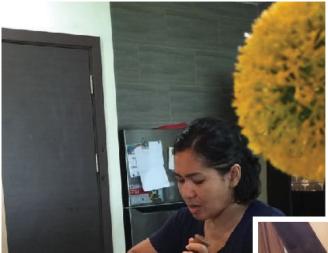








Suapshots









We are hoping to be able to offer more of these classes in the future, so keep an eye on our weekly updates and here in POP if this is something for you.

If your cooking skills are good and you would like to host a cooking class yourself, please contact us!





Lauguage Classes

Language classes sponsored by Outpost

Held in the Outpost office, Lapanpuluh 1 (A-B):

English

Hosted by Alvin

Day: Mondays

Time: 10:00-11:00am

Malay

Hosted by Adriana
Day: Tuesdays

Time: 9:30 - 10:30am Beginner

10:30 - 11:30am Intermediate

Spanish

Hosted by Carla and Yumaira

Day: Wednesdays & Thursdays

Time: 8.00 - 9.15 am

Very few spots left!

Held in the Annex room at Panaga Club:

English for Amahs

Hosted by Alvin

Day: Friday Evening Time 7:30 - 9:30pm





Brunei Public Calendar 2018

Date	Weekday	Holiday Name	Holiday Type
Jan 1	Monday	New Year's Day	
Feb 16	Friday	Chinese New Year	1st day of lunar month
Feb 17	Saturday	Chinese New Year Holiday	
Feb 23	Friday	National Day	Independence from the UK in 1984
Feb 24	Saturday	National Day Holiday	
Apr 16	Monday In lieu of Sat 14th	Israk and Mikraj	The Prophet's Night Journey and Ascension
May 17*	Thursday	Ramadan begins	
May 31	Thursday	Royal Brunei Armed Forces Day	RBAF formed 1961
Jun 4*	Monday In lieu of Sat 2nd	Nuzul Al-Quraan	Revelation of the Quran
Jun 15*	Friday	Hari Raya Aidil Fitri	End of Ramadan
Jun 18-19*	Mon-Tuesday In lieu of Sat 16 - Sun 17th	Hari Raya Aidil Fitri	
Jul 16	Monday In lieu of Sat Sun 15th	H.M. Sultan's Birthday Holiday	Commemorates the birthday of Sultan Hassanal Bolkiah in 1946
Aug 22*	Wednesday	Hari Raya Aidil Adha	Festival of the Sacrifice
Sep 11	Tuesday	Al-Hijra	Islamic New Year 1440
Nov 20	Tuesday	Maulud	Prophet Muhammad SAW's Birthday
Dec 25	Tuesday	Christmas Day	

^{*} date may vary due to the lunar calendar





Moukey Guide

A guide to Living with Monkeys

No screaming – even though monkey gestures can look scary, when we scream we only escalate the situation. To the monkeys we are the equivalent of King Kong – and if King Kong starts screaming, they get freaked out! Sometimes I suggest practicing humming when the monkeys make you nervous - if you get into this habit then if you are ever chased, your first instinct won't be to scream out and make the situation worse

Don't stare – to monkeys, staring is aggressive, they stare directly at other monkeys or humans when they are leery of what is going on. When you stare back, they don't like it. If you want to hang out and watch your neighborhood monkeys, it's a great idea to bring sunglasses, then the monkeys can't tell you are watching them closely. It is okay to look at them, just don't hold direct eye contact, especially with the adults.

Smile with your lips, not with your teeth – when a monkey 'smiles' at you – it's afraid. When you show your teeth it means you are either angry or afraid and both of those make monkeys uncomfortable and react.

No wild gestures, hand waving, stick shaking, etc movements – rapid arm waving and stick flailing is seen as aggressive by monkeys. You will be much more effective at establishing boundaries with the monkeys with simple, calm gestures – like pointing a stick at them. If you start waving the stick, that's too aggressive.

Monkey touch, monkey own – while you might not be thrilled with it, the reality is, once a monkey has snatched something, in the monkeys' minds it is theirs. You can try pointing a stick at it and it may drop the item for you to recover. If there are many adult monkeys nearby, especially males – it's best to wait until the monkeys have turned their attention elsewhere before you grab it. Even things that monkeys have set down, they still consider theirs – so it is best if they aren't looking when you go to retrieve any item.

Plastic bags are the devil – always, always, always carry reusable cloth shopping bags – they are cheap and environmentally friendly! Also they don't rip like plastic does. Monkeys cue into auditory clues like the crinkling of a plastic bag. I call it 'monkey crack' – they go bonkers for it. When bringing takeaway or groceries home its best to have them in a re-useable bag so that they never even here the sound. Same goes for kids snacks when they are playing in the park – the fewer plastic bags that make noise, the less likely they are to attract the monkeys attention. It's never a good idea for the kids to try to eat in front of the monkeys – so if they see monkeys are nearby, they should move out of site to have their snack.

Don't tug of war with the monkeys – our natural reaction to having the monkeys snatch things is to grab it right back. The problem with this is that the monkeys live in large family groups. While you might get your item back from the monkey who snatched it, their family will oftentimes see and the big males will step in to help them (ie, chase you). Even if the item is valuable, your safety matters more, period. I've had a number of items snatched by monkeys and they typically lose interest in a matter of minutes and you can recover it. The best thing you can do is make sure valuable items are in a secure place, like a backpack or purse when walking through a large group of monkeys.





Moukey Guide

Be cool: This means if the monkeys aren't reacting to you, you shouldn't react to them. If the monkeys are feeding and grooming, just walk on through and they should keep doing their thing. Don't get between a mom and her baby or let the babies climb on you. Keep a wider berth for adult males. But acting reactionary when the monkeys are otherwise not paying attention will alarm them.

Recommendations for the condo:

Keep that trash well sequestered! The number one monkey attractant is easy access trash. Even if your condo does a standup job keeping your trash secure, it's really important to take note of whether other condos do as well. Try putting in a request for night-time trash pick-up. This has worked really well in Gibraltar – their trash is collected every night (this may be something to petition for in monkey problem areas). Collection is done at night so that it is only out after the monkeys have gone to sleep and before they wake up. If you can't get a nightly pick-up find a way to keep the dumpster inside or enclosed until it is the day for trash pick-up, and ideally the pick-up can at least be changed to be after 7 pm when monkeys are sleeping. Talk to the other condo associations, residents, and managers to work as a community to reduce the trash. I've also noticed there aren't any monkey proof bins by the sleep site – there probably should be.

Strategically place bamboo sticks around the premises: It's best if you can mount umbrella stands up high so that kids aren't tempted to tease or provoke the monkeys (even if only by accident). Adults or the older kids in the complex (teens) should be the ones who have access to sticks. If the monkeys are blocking your way home, just having a bamboo walking stick should help indicate to them that they need to shift out of your way. You can point the stick (keep it low) in their direction as a means of saying 'back off please'. No waving it though! There is a fine line in communicating with monkeys

Find something that tastes bad for the walls: turmeric spray or bitter apple -

http://www.petsmart.com/product/index.jsp?productId=2754400 (test this, who knows, they may like it), http://dogcare.dailypuppy.com/make-homemade-taste-deterrent-dogs-2792.html, pepper spray, http://pets.webmd.com/taste-deterrents, pepper or chili sprays. These aren't to be sprayed at the monkeys under any circumstance (I've been asked this before – remember, if you hurt one monkey, there are 20 more there to help them). Cover the top wall surface around the condo with these regularly as well as the railings that are out of reach to people (you don't want to accidentally rub this in your eyes!). If the monkeys consistently get a bad taste in their mouths when they try to hang out at the condo, there is a good chance they'll avoid it more and more. Do this for a few weeks to help break the cycle.





Moukey Guide

Culling isn't the solution: Culling actually can make the problem much worse. Remember when I said these monkeys are among the nicest in Singapore? You live in prime monkey habitat – if your resident monkeys are removed, there are hundreds more in the surrounding area who will eventually move in. I speak from experience when I say, those monkeys are not nearly as tolerant. So while short-term you may see a reduction in conflict, it will ultimately come back worse than before. You are much better off living alongside monkeys who are very habituated or used to living directly alongside humans, than opening up a territory for monkeys who are less human friendly to move in. While the monkeys may often look scary, that's their way of communicating boundaries, and if you learn to recognize what those looks mean, most of these conflicts can be avoided before they escalate.

Hang out with the monkeys away from the condo: Many of you have had negative experiences with the monkeys – that's because you are both fighting over territory and you are in a confined space where neither group is totally comfortable. Take some time enjoying each others company in the open areas the monkeys hang out with. Monkeys grow to recognize people they see frequently and it is best if they have mostly positive associations with you off the condo site – then they will better understand that you aren't trying to hurt them when you go to move them from the condo area.

EEEP! The monkeys are in my house!: It's a good idea to have an umbrella or bamboo stick handy in a few spots in the house. Adults should be the ones to try moving the monkeys out of the house – kids, if monkeys come in the house and there are no adults nearby, just put space between yourself and the monkey, either get out of the house and find a neighbor or security guard for assistance or if they are blocking the door, play in your room. Adults – I don't encourage feeding, but if the stick method isn't working, you catch more bees with honey, you can lure the monkeys out with a bag of chips or peanuts. You may not even have to give them anything – the crinkling of the bag alone might be enough.

Amy Klegarth – aklegart@nd.edu

Sabrina Jabber – sabrina@acres.org.sg

Resources:

http://www.acres.org.sg/







March Calendar

Outpost Calendar

Tuesday, March 6th Tuesday, March 13th Thursday, March 15th Wednesday, March 21st First Aid course - focusing on Children CPR and AED course General Advises on Monkey Encounters Interview workshop

Community Calendar

Saturday, March 3rd

Festival @49, by Brunei Brits

Coming up

Date to be announced Date to be announced

Fire Fighting Course Cooking Class



More information can be found on the following pages and on our Facebook page





FIRST AID COURSE Focus on Children



First aid is the assistance given to any person suffering a sudden illness or injury.

Certified Nurse Marie

McCready will teach basic procedures performed in case of an emergency.

Date: March 6th, 2018

Time: 9:00-11:00am

Location: Lapanuluh – LOBBY AREA

Register via outpostbrunei@shell.com

Sponsored by Outpost





Monkey Talk!

Living right next to packs of monkeys might be exotic and fun for some of us, but we still need to know how to coexist with these wild animals so we can avoid accidents! On March 15th Mia Otzen will host a lecture on how to behave in a way that will minimize the risks of confrontation with the local monkeys.

Day: Thursday, March 15th

Time: 9:30 am

Place: Outpost Office, Lapanpuluh 1 A-B

Registration via outpostbrunei@shell.com



sponsored by Outpost





AED AND CPR COURSE

Date: March 13th, 2018

Time: 9:00-11:00am

Location: Lapanpuluh – LOBBY AREA

Register via outpostbrunei@shell.com



Get CPR/AED – learn how to help when it's needed most. As part of our mission to train people how to respond to and prepare for emergencies.

You may not realize it, but the response time for first responders after 911 is called averages 8-12 minutes, and during sudden cardiac arrest – each minute that defibrillation is delayed reduces someone's chances of survival by approximately 10%.

Hosted by certified Nurse Marie McCready.

Sponsored by Outpost





INTERVIEW WORKSHOP

Date: Wednesday, March 21

Time: 9.30 - 11.00

Place: Outpost office, Lapanpuluh 1 A-B

Are you going for your first interview in ages? Come along to our interview workshop to brush up your technique and practise getting your skills across.

To register email outpostbrunei@shell.com by Monday, March 19

Sponsored by Outpost





Emergency Numbers

Government Hot lines (24Hrs)	
Ambulance:	991
Police:	993
Fire & Rescue:	
Search & Rescue:	998
BSP Emergency Contact Numbers	
BSP Emergency:	337 2999
BSP HQ Security (24Hrs):	337 4292
or	
BSP HSE Duty Security:	
or	
Medical & Health Services	
Ambulance (24Hrs):	337 2200
PHC Reception (Office Hours):	
or	
Dental Clinic (Office Hours):	
Animal And Vector Control (24Hrs):	
Power & Amenities (24Hrs)	
General Building /Civil /Cooker:	875 6953
Air Cond/Fridge:	
Electrical:	
Estate (Tree Cutting):	871 0492
Smoke Detector:	
External Sewerage:	873 0095
Housing and Services (24Hrs)	
Housing:	873 3670
Camp Services:	
l l	



Panaga Health Centre

Panaga Health Centre Out Patient Department

Service hours

Monday to Thursday 7.00 am - 12.00 pm

1.00 pm - 4.00 pm

Friday 7.00 am - 12.00 pm

2.00 pm - 4.00 pm

Registration to see doctor

Monday to Thursday 7.00 am - 9.00 am

9.30 am - 11.00 am 1.00 pm - 3.00 pm

7.00 am - 11.30 am

2.00 pm - 3.30 pm

Extended Hours Clinic

Monday to Friday 7.30 pm to 8.30 pm

Location Medical Emergency Response Unit

Saturdays 9.00 am to 10.00 am Location Outpatient Clinic

Sundays and public holidays 9.00 am to 10.00 am

Location Medical Emergency Response Unit

Pusat Kesihatan Panaga

(2) Hospital Parking



Outpost Team Seria 2018



Marie McCready Focal Point



Thamine M.KilbridePublic Relations
Deputy Focal Point



Christina Suglia Treasurer



Snehal TiwariRelocations Advisor



Anna Ross Secretary



Titi OwoyemiMeet and Greet
Coordinator



Ksenia OdintsovaCareer Development
Advisor



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POP Editor



Cyrielle SossoProject Manager



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