

Day of **CARING**SM



2011 Day of Caring® Week
June 6 - 10, 2011

Project Catalogue

**SAMPLE PROJECTS ONLY.
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VOLUNTEER OPPORTUNITIES**



The Day of Caring® Project Catalogue contains projects that have been submitted to United Way of Regina by local community-based organizations. Each project listed in this catalogue contains a description, location, number of volunteers required, and budget.

Most projects will require the equivalent of 1-day's work. Some projects may require more than 1-day's work and may be assigned multiple teams to complete the project. If multiple teams are working on the same project, teams are encouraged to coordinate tasks and budget among themselves.

The project budgets are an estimate and the number of volunteers required is an approximation based upon information provided by Project Hosts. All of the information submitted with the projects will be provided to Project Teams upon the completion of the matching process.

Project Selection

Instructions:

Step 1: Go through the Project Catalogue with your team and **pick your top 3 choices**. These projects should fit with the resources and skills of your team. Once you have selected your top 3, please record the project numbers on the attached selection form. If your team is planning to complete multiple projects, please indicate.

Step 2: Return your completed selection form to United Way of Regina by May 6th, 2011. Completed selection forms can be emailed or faxed to dayofcaring@unitedwayregina.ca / 522-7199.

Your team will be notified of your project assignment as soon as possible.

Step 3: *Have fun and build lasting relationships in our community!*

Day of Caring® Week 2011
Project Selections

Team Name: _____

Team Leader: _____

Phone: _____ **Fax:** _____

Email: _____

Check box if wishing to participate in more than 1 project

#1 Choice: _____

#2 Choice: _____

#3 Choice: _____

United Way of Regina 2011 Day of Caring Project Catalogue

Intergenerational Picnic in the Park

Hosted By: Al Ritchie Health Action Centre

Project Description:

The target populations of the Al Ritchie Health Action Centre are people who have low income, single parents, youth, seniors and children. All of these groups will be invited to attend. We expect to have approximately 100 single parents, 100 low income community members, 40 seniors, 40 children and 20 youth in attendance.

Materials & Supplies:

BBQ & propane, BBQ equipment, food, games, craft materials, tents.

This project requires: 3 hours; 11:00 - 2:00

Preferred Date & Time: June 8th **2nd Choice:** n/a

Note We will hold the picnic on Wednesday June 8th, from 11:00 to 2:00.

Project # 30

15 to 30
volunteers requested

Total Project Budget:
\$1,875.00

Project Host Pays:
\$450.00

**Requested from
Volunteer Team:**
\$1,425.00

Little Things Mean A Lot

Hosted By: Canadian Mental Health Association - Regina Inc.

Project Description:

This project includes painting our front and back foyer walls and trim (some use of scaffolding in the stairway), as well as painting three of our washrooms. We're also looking for help with a BBQ lunch for volunteers, staff, and clients.

Materials & Supplies:

Paint brushes, foam rollers (CMHA is providing the handles), scaffolding rental, BBQ supplies, paying for installation of vinyl flooring by Parkland Carpet One. A detailed budget is available.

This project requires: Full Day

Preferred Date & Time: June 8th **2nd Choice:**

Note

Project # 5

10 to 15
volunteers requested

Total Project Budget:
\$2,504.64

Project Host Pays:
\$1,032.51

**Requested from
Volunteer Team:**
\$1,472.13

Patio Pick-Me-Up

Hosted By: Canadian Mental Health Association - Regina Inc.

Project Description:

Volunteers will revitalize our patio area and container garden area. Tasks will include pressure washing the brick patio area (floor and sides of walls); assembly of a new bench; repair and varnish 2-3 existing benches; sand and paint shed and picnic table; prepare and plant triangle raised garden area and planters.

Materials & Supplies:

Garden gloves, shovel, garden tools, drill & tools to assemble bench if available, BBQ supplies. Detailed budget available on request.

This project requires: All Day

Preferred Date & Time: June 8th **2nd Choice:**

Note

Project # 25

3 to 5
volunteers requested

Total Project Budget:
\$792.50

Project Host Pays:
\$68.00

**Requested from
Volunteer Team:**
\$724.50

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Shower Installation Project

Hosted By: Carmichael Outreach Inc.

Project Description:

Carmichael Outreach has been donated a 36" shower for client use. We are looking for a volunteer team with expertise in plumbing and shower installation.

Materials & Supplies:

Jackhammer rental, plumbing tools

This project requires: All Day

Preferred Date & Time: June 6th **2nd Choice:** June 7th

Note Any time that the volunteer team is available works for us. Thanks for your help!

Project # 24

2 to 5

volunteers requested

Total Project Budget:
\$300.00

Project Host Pays:
\$250.00

**Requested from
Volunteer Team:**
\$50.00

Calming the Electrical Storm

Hosted By: Family Service Regina

Project Description:

Our computer/IT room would greatly benefit from being cleaned up and organized. It would be nice to have volunteers purchase and build a sturdy and safe resin shelving unit to house and organize all the extra computer and technical equipment.

Materials & Supplies:

Resin shelving unit and tools to assemble

This project requires:

Preferred Date & Time: **2nd Choice:**

Note Any date that works for the volunteer team

Project # 3

2 to 2

volunteers requested

Total Project Budget:
\$65.00

Project Host Pays:
\$0.00

**Requested from
Volunteer Team:**
\$65.00

Care Kits

Hosted By: Family Service Regina

Project Description:

Throughout the year our agency receives donations of personal care items such as shampoos, lotions and other toiletries. We would like the volunteers to assemble care packages/gifts which will be given out to clients who are involved in our domestic violence programs.

Materials & Supplies:

Scissors, tape, gift wrap supplies.

This project requires:

Preferred Date & Time: **2nd Choice:**

Note Any date and time that works for the volunteer team.

Project # 17

2 to 2

volunteers requested

Total Project Budget:
\$50.00

Project Host Pays:
\$0.00

**Requested from
Volunteer Team:**
\$50.00

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Daisies, Doorways and a Warm Welcome

Hosted By: Family Service Regina

Project Description:

Create inviting and welcoming curb appeal by cleaning up the front, side and back of the agency. There are flowerbeds and planter boxes which would need some TLC and some new flowers or plants to brighten up the front entrance way.

Materials & Supplies:

Gardening tools, gardening gloves, outdoor cleaning supplies, assorted annual plants or flowers.

This project requires:

Preferred Date & Time:

2nd Choice:

Note Any date and time that works for the volunteer team.

Project # 29

4 to 6

volunteers requested

Total Project Budget:
\$50.00

Project Host Pays:
\$0.00

**Requested from
Volunteer Team:**
\$50.00

Toys 'n' Suds

Hosted By: Family Service Regina

Project Description:

The agency has a family/play room with toys for kids of all ages. We would like volunteers to clean the toys to sanitize them and help prevent germs from spreading.

Materials & Supplies:

Kid safe cleaning products, rubber gloves, large tubs or buckets to clean toys in, paper towels, wipes etc.,

This project requires:

Preferred Date & Time:

2nd Choice:

Note Any date & time that works for the volunteer team.

Project # 4

2 to 4

volunteers requested

Total Project Budget:
\$10.00

Project Host Pays:
\$0.00

**Requested from
Volunteer Team:**
\$10.00

From Camp Stoves to Snowshoes!

Hosted By: Girl Guides of Canada - South Horizons Area

Project Description:

Spring clean the Girl Guide storage garage which contains camp equipment, snowshoes; parade float items; yard care supplies, etc. and take inventory and organize the equipment. Girl Guide volunteers and staff will work with the group to help decide what items can be kept and what can be thrown away.

Materials & Supplies:

Work gloves

This project requires: all day

Preferred Date & Time:

2nd Choice:

Note Any date that works for the volunteer team.

Project # 37

5 to 8

volunteers requested

Total Project Budget:
\$0.00

Project Host Pays:
\$0.00

**Requested from
Volunteer Team:**
\$0.00

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Performance In The Round

Hosted By: Heritage Community Association

Project Description:

Design and construct a performance gazebo or pergola in our Art Park.

Materials & Supplies:

All tools required to build the structure. The Association will provide all materials required and the cost of renting power tools if required.

This project requires: One Day

Preferred Date & Time: 2nd Choice:

Note Any date except for Monday would work.

Project # 36

8 to 15

volunteers requested

Total Project Budget:
\$2,000.00

Project Host Pays:
\$2,000.00

**Requested from
Volunteer Team:**
\$0.00

Cookie Monster

Hosted By: Rainbow Youth Centre

Project Description:

Reach within yourself to your inner "Cookie Monster" and come to Rainbow Youth Centre armed with your most tempting and delicious cookie recipes. Use sugar, flour, eggs, and chocolate to create tasty masterpieces, and if you get the urge, break in to rendition of the song "C is for Cookie". The youth can't wait to taste your creations.

Materials & Supplies:

Your favourite cookie recipes (we could supply if you'd rather), empty ice cream pails if available, baking ingredients, Ziploc freezer bags. Rainbow Youth Centre has all of the equipment, aprons, etc.

This project requires: Full Day; 9:00 to 3:00

Preferred Date & Time: June 8th 2nd Choice: June 10th

Note Project can be done on June 8 or June 10 from 9:00 until at least 3:00.

Project # 1

4 to 6

volunteers requested

Total Project Budget:
\$175.00

Project Host Pays:
\$0.00

**Requested from
Volunteer Team:**
\$175.00

Vehicles Need Love Too!

Hosted By: Rainbow Youth Centre

Project Description:

Rainbow Youth Centre owns 8 vehicles to run youth programs. The vehicles require fluid and filter changes and other visible inspections. Auto Electric will perform the visual inspections: exterior lights, horn, battery, belts, tires, under hood fluid levels. RYC volunteers will do the removing of oil drain plugs and remove / replace oil filters. RYC volunteers will take used oil to Auto Electric for safe disposal. Auto Electric will supply a written report on each vehicle.

Materials & Supplies:

Supplies donated / cost subsidized by Auto Electric.

This project requires: 1/2 Day

Preferred Date & Time: June 6 - AM 2nd Choice:

Note

Project # 28

3 to 4

volunteers requested

Total Project Budget:
\$450.00

Project Host Pays:
\$225.00

**Requested from
Volunteer Team:**
\$225.00

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We've Got Rhythm

Hosted By: Rainbow Youth Centre

Project Description:

Project Team to sponsor (and participate in) a one hour bongo drumming workshop for youth. Workshop would be organized after school (likely from 4:00PM to 5:00PM). Project Team members would be paired up with youth participants in learning the rhythms of the bongo drum. Rainbow Youth Centre has the contacts (instructor, drum rental, youth). The project team has the supports (finances, mentors, rhythm).

Materials & Supplies:

Instructor fees, and bongo drum rentals.

This project requires: After School, 3 hours

Preferred Date & Time: June 9 - PM **2nd Choice:** June 7 - PM

Note This is an afterschool workshop that can be scheduled based on the instructor's availability.

Project # 13

4 to 10
volunteers requested

Total Project Budget:
\$250.00

Project Host Pays:
\$0.00

**Requested from
Volunteer Team:**
\$250.00

Shed Some Light and the Glory of the Garden

Hosted By: Regina Early Learning Centre

Project Description:

Volunteers will help to beautify the yards at both Regina Early Learning Centre sites, and help to make a storage shed more useable for outdoor toys and tricycles that are used by the children. We would like shelves to be built to store toys, and a ramp that will allow children to take tricycles in and out independently. The yards at both sites require general weeding, planting flowers, adding mulch and pruning trees.

Materials & Supplies:

Trowels, pruning shears, hedge trimmer, weeder, pots, soil, mulch, bedding plants, plywood, and other material to build shelves and ramp, circular saw and drill rental. Full budget available if desired.

This project requires:

Preferred Date & Time: June 7 - All Day **2nd Choice:** June 9 - All Day

Note June 7th would be the designated day, June 9th the back up date in case of rain.

Project # 10

6 to 8
volunteers requested

Total Project Budget:
\$588.51

Project Host Pays:
\$201.30

**Requested from
Volunteer Team:**
\$387.21

For the Love of Land

Hosted By: Regina Food Bank

Project Description:

A spring beautification project to our 23 acres of land! We are in need of a refresh on some things such as re-treating our deck, painting the parking posts, re-leveling the stones in the pathway. Of course there is also yard work such as weeds, edging placement around the flowerbeds, cleaning out the flowerbeds, grass cutting, raking, etc. If needed, Regina Food Bank can cover the full cost of this project. However if the project team is able to cover the cost it would be a big help.

Materials & Supplies:

Sand, edging, paint, stain, rollers, gloves, painting supplies, gardening gloves, gardening tools etc.

This project requires: up to 2 full working days.

Preferred Date & Time: June 8 **2nd Choice:** June 10

Note

Project # 23

10 to 12
volunteers requested

Total Project Budget:
\$500.00

Project Host Pays:

**Requested from
Volunteer Team:**

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Boxes in Bloom

Hosted By: Regina Lutheran Home

Project Description:

We would like our elders to care for flowers outside their room. By having flower boxes outside their window, our elders will be able to participate in an activity that gives them pleasure. Flower boxes will need to be made, stained and installed outside their window.

Materials & Supplies:

Flowers, plastic flower pots with drainage, bags of dirt.

This project requires: 1/2 Day

Preferred Date & Time:

2nd Choice:

Note It doesn't matter which day. Any afternoon works.

Project # 14

2 to 4

volunteers requested

Total Project Budget:

\$345.00

Project Host Pays:

\$120.00

Requested from

Volunteer Team:

\$225.00

Flower Power

Hosted By: Regina Lutheran Home

Project Description:

Planting annuals and perennials on the North side of the building and in the interior courtyard. Add bark mulch as needed in the flower beds.

Materials & Supplies:

Gardening tools, rakes, wheel barrows, shovels.

We often receive some donations from the elders and their families, so will not know an exact budget until closer to the project date.

This project requires:

Preferred Date & Time:

2nd Choice:

Note Any day works to complete this project.

Project # 20

10 to 14

volunteers requested

Total Project Budget:

\$400.00

Project Host Pays:

Requested from

Volunteer Team:

Shady Characters

Hosted By: Regina Lutheran Home

Project Description:

Assemble and install a portable gazebo and install lattice on existing posts.

Materials & Supplies:

All supplies have been purchased; we just need the manpower to complete. If the volunteer team has any hand power tools to bring, it would help us out. We have masonry bits to drill into the cement.

This project requires:

Preferred Date & Time:

2nd Choice:

Note Project can be completed any day.

Project # 15

2 to 3

volunteers requested

Total Project Budget:

\$0.00

Project Host Pays:

\$0.00

Requested from

Volunteer Team:

\$0.00

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Courtyard Cleanup

Hosted By: Regina Qu'Appelle Health Region Pioneer Village

Project Description:

Once again we are heading into the summer months. We require some motivated and enthusiastic volunteers to help clean up our resident's courtyard area. This includes general clean up, planting/seeding of flowers, shrubs and the purchase of outdoor/patio furniture and planters. This area is highly utilized by our residents and their families during the summer months and contributes to their overall quality of life by increasing their social opportunities.

Materials & Supplies:

Gardening tools, patio furniture, shrubs, flowers. The budget is just a guideline for what we have proposed; and could be either \$250 per partner or \$500 per partner based on our estimates. We are open to suggestions and other ideas from the volunteer team

This project requires: 1/2 day to 1 full day

Preferred Date & Time:

2nd Choice:

Note Any day and time work for the project.

Project # 12

5 to 10

volunteers requested

Total Project Budget:
\$1,000.00

Project Host Pays:
\$500.00

**Requested from
Volunteer Team:**
\$500.00

Chili Cook Off and Planting Flowers Around Centre

Hosted By: Regina Senior Citizen's Centre

Project Description:

Volunteers will be paired with a Supporting Retirement member to prepare a chili to serve and be voted on at the afternoon dance and other activities. This project is meant to be fun and interactive for both groups, after the work of the flower bed and yardwork project.

Materials & Supplies:

Gardening tools, rototiller, crock pots, plants & soil, ingredients for chili, details to be discussed with project host.

This project requires: 1/2 day

Preferred Date & Time:

June 10 10:00 - 2:00

2nd Choice:

Note

Project # 7

4 to 6

volunteers requested

Total Project Budget:
\$410.00

Project Host Pays:
\$110.00

**Requested from
Volunteer Team:**
\$300.00

Volunteers for Transition

Hosted By: Regina Women's Transition Society

Project Description:

We need two volunteers to assist with administration tasks. We are going to shred files and materials that are outdated in anticipation of our move into the new part of the shelter. The shelter renovations will begin in April, continue through the summer, and be ready to move into by the fall or early winter.

Materials & Supplies:

Enthusiasm & a willingness to work!

This project requires:

Preferred Date & Time:

June 8 - All Day

2nd Choice:

Note

Project # 11

1 to 2

volunteers requested

Total Project Budget:
\$0.00

Project Host Pays:
\$0.00

**Requested from
Volunteer Team:**
\$0.00

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Not So Extreme Makeover: Spring Clean

Hosted By: SCEP Centre - Early Intervention and Training Services

Project Description:

Our well-used playrooms and toys are in need of some TLC. This project involves: cleaning and sanitizing toys; washing walls, counters and shelves; organizing various cupboards containing arts and crafts materials, puzzles, games, etc.; and steam cleaning the rugs and furniture. Our children and staff would benefit from this project so much! It would be very nice to come back to a beautiful space in the fall.

Materials & Supplies:

Carpet steamer, cleaning supplies, organizational / storage containers.

This project requires: Full Day

Preferred Date & Time: June 10 - All Day **2nd Choice:**

Note

Project # 31

8 to 12
volunteers requested

Total Project Budget:
\$135.00

Project Host Pays:
\$0.00

**Requested from
Volunteer Team:**
\$135.00

SOS: Bathroom Rescue

Hosted By: SCEP Centre - Early Intervention and Training Services

Project Description:

Our well-used children's bathroom and staff/visitor bathroom are both in need of some TLC. This project will involve: cleaning and painting the bathroom walls and stalls; applying a child-friendly border (ie. painting or wallpaper); installing additional shelves as determined / agreed upon; installing a curtain to separate the cleaning supplies from the rest of the room in the adult bathroom.

Materials & Supplies:

Cleaning supplies, paint & painting supplies, border, shelving

This project requires: Full Day

Preferred Date & Time: June 10 - All Day **2nd Choice:**

Note

Project # 19

4 to 6
volunteers requested

Total Project Budget:
\$100.00

Project Host Pays:
\$0.00

**Requested from
Volunteer Team:**
\$100.00

Too Close for Comfort: Additional Office Space

Hosted By: SCEP Centre - Early Intervention and Training Services

Project Description:

We are bursting at the seams! Our enrolments have steadily increased over the past several years, requiring the hiring of more caseworkers/senior staff members. We have very little office space, which makes it difficult at times to complete case management duties for each case. We are asking for the addition of one work station including a desktop or laptop computer, software, and office desk / chair.

Materials & Supplies:

Computer & Software (refurbished or used OK, as long as it is compatible with our network), office desk and chair.

This project requires: 1/2 day

Preferred Date & Time: June 10 - AM or PM **2nd Choice:**

Note

Project # 9

2 to 4
volunteers requested

Total Project Budget:
\$800.00

Project Host Pays:
\$0.00

**Requested from
Volunteer Team:**
\$800.00

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Year End Picnic Celebration: Fun in the Sun

Hosted By: SCEP Centre - Early Intervention and Training Services

Project Description:

Each year we celebrate the end of our school session with a year-end picnic at Candy Cane Park with food and fun picnic activities. We invite all of the enrolled children and their families. We provide a trained partner for each SCEP child in attendance to ensure physical safety and to allow each family to enjoy the park. The children and families and SCEP staff look forward to this celebration each year.

Materials & Supplies:

Picnic food, drinks & supplies, recreational supplies in addition to those that SCEP already has, if desired.

This project requires: half day

Preferred Date & Time: June 20

2nd Choice:

Note Year End Picnic Celebration occurs on June 20th.

Project # 8

6 to 12
volunteers requested

Total Project Budget:
\$200.00

Project Host Pays:
\$0.00

**Requested from
Volunteer Team:**
\$200.00

Spring Clean Up

Hosted By: SOFIA House

Project Description:

Help us get ready for summer. Volunteers will rake playground sand, wash down play structure, rake the lawns, mow the lawns, prune shrubs, plant flower beds and boxes and clean the van.

Materials & Supplies:

This project requires: All Day

Preferred Date & Time: June 9th

2nd Choice:

Note

Project # 35

8 to 12
volunteers requested

Total Project Budget:
\$150.00

Project Host Pays:
\$150.00

**Requested from
Volunteer Team:**
\$0.00

Soup Kitchen Side Courtyard Renewal

Hosted By: Souls Harbour Rescue Mission

Project Description:

There is a small courtyard/outdoor dining area beside the Souls Harbour Soup Kitchen and Men's Transitional Housing. The volunteer team would be helping to clean and fix up the area so it can be used for BBQs and other outdoor activities in the summer. Jobs would include painting picnic tables, tree & hedge trimming, spreading out landscaping slag and general cleanup.

Materials & Supplies:

All materials and supplies are provided by Souls Harbour Rescue Mission. We ask that volunteers wear old clothes for the afternoon.

This project requires: 1/2 Day

Preferred Date & Time: June 7th, PM

2nd Choice: June 8th, PM

Note

Project # 32

3 to 5
volunteers requested

Total Project Budget:
\$545.00

Project Host Pays:
\$545.00

**Requested from
Volunteer Team:**
\$0.00

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Flower Power

Hosted By: YWCA Regina

Project Description:

We would like the front areas of the driveway to have flowers. Each side is approximately 3 X 4.

Materials & Supplies:

Seeds, flowers, gardening soil, any gardening equipment. Although the YWCA has a budget for this project, any contribution from the volunteer team would be greatly appreciated.

This project requires: 1/2 day

Preferred Date & Time: **2nd Choice:**

Note Any date or time which works with the volunteer team.

Project # 26

5 to 10
volunteers requested

Total Project Budget:
\$150.00

Project Host Pays:
\$0.00

**Requested from
Volunteer Team:**
\$0.00

Plantin' Up a Great Front!

Hosted By: YWCA Regina

Project Description:

We will be beautifying the front yard area of our shelter for homeless women to make it a more inviting area. The project includes planting flowers in the existing garden beds and adding some more planters and planting boxes to the front yard, which will also be planted.

Materials & Supplies:

Gardening tools, flowers, bedding plants, planting mix, large pots and planters.

This project requires: 1/2 day to 1 day

Preferred Date & Time: June 7 - AM **2nd Choice:**

Note Depending on the number of volunteers, this could be an all day project.

Project # 2

5 to 6
volunteers requested

Total Project Budget:
\$725.00

Project Host Pays:
\$0.00

**Requested from
Volunteer Team:**
\$725.00

Shedding Our Clutter

Hosted By: YWCA Regina

Project Description:

We have a garden shed we need built at our centre to store toys and materials. The ground may need to be leveled where the shed is being built. The shed floor will need to be constructed on a leveled gravel base.

Materials & Supplies:

All materials will be supplied.

This project requires: 1 to 2 days

Preferred Date & Time: **2nd Choice:**

Note No preference. How long the project will take will depend on the number of volunteers.

Project # 21

2 to 6
volunteers requested

Total Project Budget:
\$0.00

Project Host Pays:
\$0.00

**Requested from
Volunteer Team:**
\$0.00

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Veggie Creations

Hosted By: YWCA Regina

Project Description:

We would like a planting box, approximately 4X8, to plant a vegetable garden.

Materials & Supplies:

Seeds & plants, additional gardening tools, soil.

This project requires:

Preferred Date & Time:

2nd Choice:

Note Any day that works for the volunteers.

Project # 16

5 to 10

volunteers requested

Total Project Budget:

\$395.00

Project Host Pays:

\$215.00

Requested from

Volunteer Team:

\$180.00

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