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MARCH / APRIL

2022

mars / april

Heia Norge/Go Norway!



Lodge Members Lisa Nelson and Steve Lambert cheering on Iditarod Mushers!

Seems like we've been saying this a lot lately especially during the Winter Olympics! And now this past weekend, many members were out and about cheering for another group of racers – the Iditarod Dog Sled Mushers! Scandinavian mushers, including Joar Leifseth Ulsom (the 2018 winning musher), were clearly delighted to see so many enthusiast fans cheering for them and waiving flags. Tusen takk to long-time member Lisa Nelson for helping organize this lodge tradition. And big thanks to Central Lutheran Church for opening its doors to the public and providing hot beverages, snacks and a place to warm-up! Another big event this weekend was the Tour of Anchorage that included marathon cross-country ski and fat bike events. The lodge's "Troll Patrol" positioned themselves at the last bridge before Kincaid Park to cheer on the skiers.

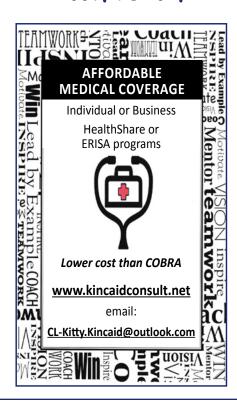
Merlin has confirmed the Norwegian Fish Dinner is on for April 9th with doors opening at 5:30 pm. In year's past we've been delighted with many surprises from Chair/Culinary Artist Merlin Hamre – some may remember the aquavit sorbet offered between courses! He's going to need some help this year with volunteers so please give him call at 575-6420.

The Finnish Club's annual sledding party was enjoyed by many as was the very delicious pea soups and pastries served afterwards at Finlandia Hall. Tusen takk to Marti Pausback and Hanna Eklund for bringing our lodges together for this fun event.

Coming up this week is the **New Member Welcome on March 10th at 7:00 pm**. The best way to get to know members and learn more about our wonderful Scandinavian culture is to get involved! We are all looking forward to reconnecting and meeting our new members.

Med vennlig hilsen, Linda

CLASSIFIEDS FOR VIKINGS





AD SIZE:

2 x 3.5 inches (business card size). \$10.00 per issue.

Email a scan or digital image of your business card; or contact the Flyer Editor to discuss other options to: kvern66@gmail.com

Attention: Classifieds for Vikings

THE NORDIC HOME 仚

Scandinavian home goods, gifts and food!

(we have Kalles Kaviar, assorted herring and candy)
2217 East Tudor Road #21, 99507
www.thenordichome.com

INTO THE WOODS ALASKA

After school programs for elementary age

children are currently at Inlet View, Chugach
Optional and Rilke Schule



For information, and to sign up:

https://intothewoodsalaska.com/

"Gratulerer med dagen!"



SUNSHINE REPORT



"Нарру Birthday!"

Greetings are sent to our members celebrating a birthday who are at least 75 years young!

MARCH BIRTHDAYS

APRIL BIRTHDAYS

Leslie M Hageland
Louann A Peterson
Sigmund H Restad
93 Years old
Jean C Haugen

Gordon J Severson 92 years old **Phillip J Ramstad** Valanne Glooschenko Janice C Blanchard

James H Larsen **Ruta Cukurs Aud B Severson**

Loretta Hodson **Delores A Lambert**

Leif H Strand

Craig O Ronning

Arni S Thomson

If you know someone who needs a little sunshine Call 696-0725 (cell - 862-1143) or email Cindy McDowell:

ccmcd38@hotmail.com

Cindy is retiring from her Sunshine duties and we need someone to carry on this important lodge tradition. The duties are light, the reward great! Contact Cindy to find out how to bring Sunshine to our members!

WELCOME NEW MEMBERS!

JANUARY: August Terrell, Mary McCormick FEBRUARY: James Johnson, Amy Gruber

SCHEDULE OF UPCOMING EVENTS

MARCH

Strikkekafe

9-Wednesday 7:00 - 9:00 pm

Board/Membership Meeting New Member Welcome

10-Thursday 7:00 pm

Strikkekafe

23-Wednesday 7:00 - 9:00 pm

APRIL

Norwegian Fish Dinner

9-Saturday 5:30 pm

Strikkekafe

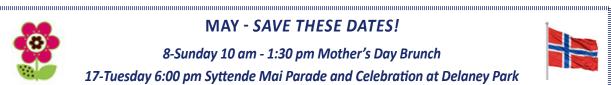
13-Wednesday 7:00 - 9:00 pm

Board/Membership Meeting

14-Thursday 7:00 pm

Strikkekafe

27-Wednesday 7:00 - 9:00 pm



MAY - SAVE THESE DATES!

8-Sunday 10 am - 1:30 pm Mother's Day Brunch 17-Tuesday 6:00 pm Syttende Mai Parade and Celebration at Delaney Park



VIKING HALL 907-349-1613 8141 Briarwood Street • Anchorage, AK 99518



THE FLYER

DISTRICT 2 - ZONE 6 UPDATE



Greetings from your Zone 6 Director! Zone 6 comprises the six Sons of Norway lodges in Alaska, and as Zone Director, I serve as the liaison between the Alaska lodges and the District 2 Board. (District 2 includes lodges in AK, WA, OR, and ID.)

District 2 Convention

The District 2 Convention will be held in-person in Portland, OR, June 1-4, 2022. Tusen takk to Grieg Lodge for hosting the convention this year! We appreciate all of their hard work and their flexibility after the 2020 convention had to be postponed.

By now your lodge should have received a letter from the D2 Secretary James Wraalstad stating how many delegates your lodge can send to the convention. Hopefully you have been able to elect your delegates. Contact James ASAP if you haven't selected your delegates yet. Attending the convention as a delegate is a great way to meet other Sons of Norway members and to learn more about the organization.

Your lodge should have also received a request from Grieg Lodge for a lodge "ad" for inclusion in the Convention Book.

Folk Art Competition and Exhibition

The Folk Art Competition and Exhibition at the convention is a great way for members to share their talents and celebrate Scandinavian crafts and culture. Consider submitting your entries for judging, or simply for exhibition. Categories include rosemaling, hardanger, knitting, carving, genealogy, photography, and more. All items must have been completed within the last four years (since June 2018). Further information about registration will be forthcoming.

Are you interested in becoming our new Zone 6 Director?

It has been an honor to serve as your Zone Director for the past four years, but I have decided to step down from this position when my current term ends at the 2022 Convention. New D2 officers will be elected at the convention, including a new Zone 6 Director to replace me. I have really enjoyed getting to know other Alaskan and D2 members, and visiting some of the other lodges. I highly encourage delegates to consider running for this position and would be more than happy to answer any questions or provide guidance to the incoming person.

If anyone from your Lodge is interested, please send their name and SON membership number to James Wraalstad and he will make sure the nominating committee receives it.

International Convention

It appears that the International Convention scheduled in Minneapolis, MN for Aug 31-Sept 1 is no longer going to be in-person, but will be virtual instead. Further information about this change will be forthcoming.

Deadlines

March 15th is quickly approaching and there are several deadlines for that date:

- D17 financial form is due from the lodges to Sons of Norway Headquarters.
- Lodge Achievement and Family Lodge of the Year forms are due to Membership Services at Sons of Norway Headquarters.
- Community and Fraternal activities and hour totals, using AFA Year-end report form or online reporting at Fraternalsgive.org, are due to Membership Services at Sons of Norway Headquarters.

May 15

- The D18 property association financial form is due from the lodges to Sons of Norway Headquarters by May 15.
- The lodge 990 Form is due into the IRS by May 15. The lodge treasurer needs to notify Sons of Norway Headquarters when the 990 has been submitted.

District 2 Board Meeting

The D2 Board will be meeting by Zoom on March 26. Please send me any updates on your lodge activities or let me know if you have any concerns or questions you would like me to take to the board.

As always, if you have any questions or suggestions, please feel free to contact me.

Christie Ericson, District 2 Zone 6 Director christieak@gmail.com 907-602-0673

THE FLYER

SCHOLARSHIP FUND, SUPER BOWL RAFFLE 2022

A small but enthusiastic crowd was on hand for the Sons of Norway Super Bowl Party on February 13th. The game was shown on three big TV screens—one being the HDTV in the kitchen. Marit Kristiansen kept us on the up-and-up recording the "official record of drawing" and announced winners with the ringing of the cowbell. Jane Moe Newby handled the paperwork associated with notifying raffle winners. Thank you also to Tim Andrew, John & Cynthia Olnes and David Michaelson for helping with the event. *Congratulations to the big winner—Jim Greeley!*



Here are the 2022 winners!

#1	\$200	Cynthia Olnes	#165	\$25	Anna Bryant
#7	\$50	Susannah Olnes	#180	\$25	Merlin Hamre
#13	\$100	Jacob Mathiesen	#195	\$100	Loretta Dale
#45	\$50	Marti Pausback	#210	\$50	Heidi Carr
#66	\$25	Hal & Linda Courtice	#225	\$25	Amanda Hagan
#75	\$50	Chubin	#240	\$25	Karl Moe
#90	\$100	Mike Ellingboe	#250	\$25	Dave Hanson
#105	\$25	Tyler Boyes	#270	\$50	Mark Habermann
#121	\$50	Karl Moe	#299	\$250	Tim Andrew
#150	\$200	Ruth Kvernplassen	#300	\$1,000	Jim Greeley

Thank you to everyone who supported our Lodge Scholarship Fund by purchasing raffle tickets.

The Super Bowl Raffle is the primary source of funds for the Sons of Norway Bernt Balchen Lodge No. 2-046 Language/Heritage/Higher Education Scholarships.

Tusen Takk

Please see BELOW for scholarship application information.

LODGE SCHOLARSHIPS

Don't miss out on this opportunity!

The Scholarship Application is Due by April 30, 2022

Bernt Balchen Lodge 2-046 awards Language and Heritage and Higher Education Scholarships of up to \$1,000. The Language and Heritage Scholarship is available for persons of any age who are interested in attending or participating in Norwegian language or heritage programs.

The Higher Education Scholarship is available for persons entering a school of learning beyond the high school level.

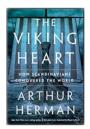
TO REQUEST A SCHOLARSHIP PACKET

Send an email to sonancak@gmail.com – Attn: Scholarship Committee or, call: 907-349-1613, and leave a message.

FRA BIBLIOTEKET



If you read The Norwegian American newspaper, you might have seen some excellent book reviews written by our own Terje "Ted" Birkedal, a past president of Bernt Balchen Lodge. We recently just added two of these books to the Viking Hall Library.



The Viking Heart: How Scandinavians Conquered the World by Arthur Herman (2021)

A best-selling historian and Pulitzer Prize finalist, author Arthur Herman has written a sweeping epic of the Scandinavian people from the Ice Age to modern times. Herman asserts that Scandinavians have always shared a common set of traits and values that have shaped their lives and that have had a significant impact on society throughout history. Fans of popular history will find the writing accessible and engaging.

Read Ted's full review in the June 18, 2021 issue of *The Norwegian American* https://www.norwegianamerican.com/the-viking-heart/

Children of Ash and Elm: A History of the Vikings by Neil Price (2020)

This work by Professor Neil Price at the University of Uppsala is described as "The definitive history of the Vikings -- from arts and culture to politics and cosmology -- by a distinguished archaeologist with decades of expertise." I much prefer Ted's description of this work though:





A well-written work targeted at a popular audience, this book is "a must read for anyone interested in the Vikings."

Read Ted's full review in the November 13, 2020 issue of The Norwegian American https://www.norwegianamerican.com/children-ash-and-elm-history-of-the-vikings/

While the lodge library does not have regular hours, if there is something that you would like to check out, contact me and I can arrange for "curbside pickup."

You can also browse or search the library's collection with our online catalog https://www.librarything.com/catalog/VikingLibrary

Given our limited library budget, our library collection relies heavily on donations from our members, so if you have any Nordic-related materials you would like to donate to the library, contact me and we can arrange for a time to drop them off.

Christie Ericson, Cultural Director/Lodge Librarian 907-602-0673, christieak@gmail.com



Friluftsliv Schedule

2022 Spring / Summer

March 3/27

Jaysen Mathiesen Memorial Kubb Tournanment 3/27

When: Sunday March 27 2:00 - 4:00

Where: Service High stadium (watch eblasts for condition update)
Bring: Friends, or a team, and your Kubb set if you have one.



April 4/24

Join Marti on a search for Troll sticks on the beach at Kincaid... (Because everyone needs a Troll stick) We will also pick up beach trash to keep our park clean.

When: Sunday April 2/24 2:00 - 4:00

Where: We will meet at Pluto by the Kincaid Challet and walk down to the

beach from the bike path

May 5/15

Bird watching at Potters Marsh Led by Martin Hansen. This year it will be much warmer and there will be more birds to see

When: Sunday May 15 2:00 - 4:00

Where: Meet at Potter's Marsh (2999 East 154th Ave.) at the start of the Boardwalk





June 6/26

Super Secret Rabbit Creek Bridge Trail
When: Sunday June 26 2:00 - 4:00

Where: Meet at the Cul De Sac by the basketball hoop (left of Echo Canyon Rd) Go to Upper Dearmoun Rd then take a Right on Canyon Road and Right on Echo Canyon road. Echo Canyon is the last road on the Right as you head up toward the south side of Flat Top trailhead.



Summer Kubb Tournament on the Park Strip

When: Sunday July 24 2:00 - 4:00

Where: We will meet at the far end of the Parkstrip, by the Rose garden.

Bring: Friends, a Kubb set and be ready for fun





August 8/28

<u>Pick Blueberries in Bear Valley</u>

When: Sunday August 28 2:00 - 4:00

Where: Meet at the parking area on the side of the road of Honey Bear lane. We will walk up the

road to the trail head

Watch for the eBlast for updates!



Consul's Corner



Information and Opportunities for Norwegian Alaskans

Students, Travel, Conferences, and Norwegian Ambassador Coming to Alaska

This is the time of year when I hear from students who are planning on studying in Norway in the fall. I am very excited for these young men and women who are bravely traveling across the world to experience studying and living in Norway. The student VISA process has become more challenging but is still manageable.

Contact me or Anita Persson if you have any questions about studying in Norway.

Speaking of travelling to Norway, The Ministry of Foreign Affairs has lifted its advice against non-essential travel and has removed vaccine and quarantine requirements. As we have learned these past few years, guidances and rules change, so if you are planning a trip to Norway like I am later this month, continue to regularly check the international travel requirements of your airlines and of Norway at www.regjeringen.no.

Why am I going to Norway you ask? To visit my son who is studying in Lillehammer and to attend the High North Dialogue Arctic Conference in Bodø. It is not too late to sign up for this conference if you are interested in learning more about the Arctic. The wonderful bonus of COVID is the prevalence of Zoom and other Virtual Meetings. The High North Dialogue has a free Virtual attendance option this year for anyone willing to stay up late to adjust for the 10 hour time difference. This allows you to attend the High North Dialogue from your home. The theme this year is, "Business in the Arctic – The Great Shifts" and conference dates are April 6-7. More information and registration is at: highnorthdialogue.no.

Arctic Encounters, the premier Arctic Conference in the U.S. is coming to Alaska this year.

Anchorage will be hosting Ambassadors and Dignitaries from most of the Arctic Countries, including Norway's Ambassador to the U.S. Anniken Krutnes, Consul General in San Francisco Gry Henriksen, and Counselor of Petroleum and Energy Jakob Alveberg. This Arctic Conference will be held at the Dena'ina Convention Center and is open to the public and is in partnership with the NorthXNorth Festival at the Anchorage Museum. Conference dates are April 7-8 with Ambassador Krutnes scheduled to speak both days. More information at: arcticencounter.com.

> Lise Kristiansen President & CEO Alaska World Affairs Council Norwegian Honorary Consul, Alaska (907) 440-5473

NOTE: Due to the coronavirus outbreak, the Alaska World Affairs Council office will be closed until further notice. All staff are working remotely. Please feel free to contact me on my cell phone: 907-440-5473



STRIKKEKAFE



Please join us on Wednesday evenings for a few hours of knitting, socializing and treats. Strikkekafe means 'knitting café' and is popular all over Norway for those who enjoy handcrafts, it's not just for knitters! This is a time to gather with your projects and enjoy the company of others. It is a great way to meet other members, get inspiration, share your skills or get a little help. Coffee and tea will be served, feel free to bring a treat to share.

The hall is nice and spacious, giving us plenty of room to spread out and give each other space. Remember to bring your finished projects for Show and Tell! It will be so fun to see what everyone has been up to.

Strikkekafe meets on the 2nd and 4th Wednesdays of the month, January-May and September-December 7:00 pm-9:00 pm

125 Scarves for 125 Years!

To celebrate the 125th anniversary of Sons of Norway, Strikkekafé has pledged to make 125 scarves to donate to charity. If you'd like to help out, feel free to join us at Strikkekafé or knit on your own and drop off your finished items. Crocheted and loom knitted items are also welcome. If you'd prefer to make hats or mittens, we'd love those, too! We'd also welcome donations of yarn.

Contacts: Christie 602-0673 or Anita 301-4215

TROLL PATROL

Everyone can be a Troll or a Nisse...

Inplace of the canceled wooden ski classic, members gathered at Marti's house to make Nisse hats and Troll Noses and Ears. If you want a pattern ask Marti, they are easy and fun to make!

Practice your Trollish Norwegian Insults

(Many thank to Christie and the Norwegian language learners)



Gå vekk! [goh vek] - Go away! Stikk av! [stick ahv] – Beat it!

Forsvinn! [for-SHVIN] – Get out! Scram! (literally: disappear)

Dette er brua mi! [DET-tuh ahr BROO-ah mee] - This is my bridge!



The Troll Patrol's purpose is to celebrate Norwegian culture and protect the pedestrian bridges in Anchorage.

At the recent Tour of Anchorage a small but mighty Troll Patrol stood at the last bridge before Kincaid.



They practiced Norwegian Troll insults and rang bells as the racers skated across the Sission bridge.

It was a spectacular day. Many skiers responded in Norwegian and almost everyone laughed or smiled.

Editor's Note: Marti Pausback has been a force. She has taken the helm on Friluftsliv events, Nisse hat creation, and all things to do with the Troll Patrol.

Tusen Takk to Marti and all her Troll helpers.

BERNT BALCHEN LODGE OFFICERS - 2022

Sons of Norway Officers

President Linda Bustamante
Vice President Tim Andrew
Secretary Anita Persson
Treasurer Cynthia Olnes
Counselor John Olnes
Membership Secretary Hanna Persson
Cultural Director Christie Ericson
Foundation Director Amanda Saxton
Sports Director Martin Hansen
Trustee Amanda Saxton (2-year)
Trustee Jacob Mathiesen (1-year)
Trustee John Olnes (3-year)
Auditor Patrick McCormick
Auditor Tim Andrew



You don't have to have experience to be an Officer, Chair or Viking Hall board member.

All that is required is the desire to keep our Lodge active and fun for all members!

Don't be shy! Join us!

Financial Benefits Counselor

Glenn Jacob

Committee Chairs

Librarian Christie Ericson Newsletter Editor Ruth Kvernplassen Sunshine Chair Cindy McDowell

Viking Hall Board

President Jacob Mathiesen (3-year)
Secretary Martin Hansen (2-year)
Treasurer Cynthia Olnes (2-year)
Board Member Linda Bustamante
Board Member John Olnes (3-year)
Board Member Patrick McCormick (1-year)
Board Member Bill Michaelson (1-year)

CULTURAL CORNER

March 25: Vaffeldagen (Waffle Day)

March 25th is International Waffle Day! (And here we thought every day was waffle day!) Whereas here in the U.S. we tend to eat waffles for breakfast, in Scandinavia waffles tend to be more of a treat to be served with strong coffee and shared with good friends. Norwegian waffles (vafler) are thinner than American waffles and are made in a heart-shaped waffle iron (vaffeljern). They are usually topped with jam (syltetøy) and sour cream (rømme) or brown cheese (brunost), but you can also get creative with your own favorite toppings, from sweet to savory.





https://www.sofn.com/norwegian_culture/recipe_box/baked_goods_breads_and_desserts/vafler_waffles/

Outside Oslo (Daytona Strong)

https://outside-oslo.com/great-grandma-josephines-norwegian-waffles/

Stine Aasland - "The Waffle Queen"

https://www.tptoriginals.org/relish-stine-aaslands-koselig-inspired-norwegian-waffles/

Share your Vaffeldagen photos on our Facebook page or post them on Instagram with the hashtag #VaffeldagenAK. Or you can also send your photos to Christie Ericson at christie Christie Chris



Norwegian Language Conversation Group/Samtalegruppe

Saturday mornings, 10:00 - 11:00 am AK time, via Zoom

Want to practice your Norwegian language skills? Join us on Zoom for our Saturday morning conversation group.

We usually spend about the first 15-30 minutes or so in general conversation, and then we have been working our way through a graded reader: "Short Stories in Norwegian" by Olly Richards. We also try to leave some time at the end for any questions, general conversation, etc.



Non-members outside of Anchorage are also welcome, so feel free to invite anyone who might be interested and help us practice our Norwegian language skills. We've had participants from Alaska, Washington, Minnesota, Colorado, Idaho, Scotland, and Norway! Native Norwegian speakers are also welcome.

Contact Christie Ericson for the Zoom login information: 907-602-0673 or christieak@gmail.com



New Viking for Kids Magazine, Feb 2022

If you haven't seen the latest Viking for Kids Magazine, be sure to log in and download your copy now. This issue features Arctic dog films, friluftsliv, Mother's Day in Norway, winter activities, a Nordic countries quiz, a song/game Bjørnen Sover (The Bear is Sleeping), and heart waffle Valentine ornaments!

Viking for Kids is a quarterly digital publication that includes Scandinavian-inspired articles, quizzes, coloring pages and more!

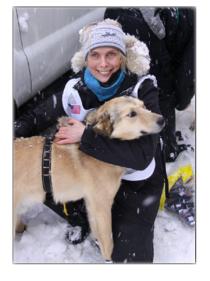
https://sofn.com/vikingforkids

IDITAROD FOR SCANDINAVIANS!



















In Remembrance



Reidun Riksheim Hansen May 30, 1934 – March 1, 2022

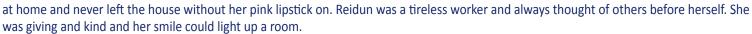
Reidun Hansen, 87, passed away on March 1st surrounded by family at the Anchorage Pioneer Home.

Reidun was born to Johan and Anna Riksheim in Langevåg, Norway in 1934. After high school, she attended business school at Ulvestad Handelskole in Ålesund from 1951-52. This is when she first met her future husband, Steinar. During the years until they met again, she worked in Bergen and then attended Inntrøndelag Husmorskole (home economics school) from 1955-56 where she was considered a 'city girl' amongst all the farm girls.

In 1960, when Reidun was working at a bank in Ålesund she met Steinar again. While they had started dating, Steinar soon left Norway to fulfill his dream of coming to Alaska. Six months after Steinar left, he realized that he couldn't live without her and invited her to come to Alaska. Reidun bravely accepted and traveled to Alaska alone from Norway to begin her new life together with Steinar.

Reidun worked as a nanny for her first year in Alaska caring for six children while learning to speak English and adjusting to a new culture. On August 5, 1961, Reidun and Steinar were married at the original Central Lutheran Church located in downtown Anchorage and remained a member for the rest of her life. Their son, Bjarne Johan was born in 1964 and daughter, Anita Michelle was born in 1969.

In 1965, Reidun and Steinar built a house on Melvin Avenue that they would share for the rest of their lives. She made the house a home and took pride in her homemade bread and raspberry jam, almond coffee cake and butter cookies. They were enjoyed by so many. She always made sure her family was well fed and that the house was ready anytime a friend came to the door for a cup of coffee. She always wore an apron





Reidun joined the Sons of Norway Bernt Balchen Lodge in 1962 and was a very active lifelong member. The friends she made there were like family. They cooked together, raised their children together and supported each other. Reidun was always willing to help at events and was very proud to chair the annual får-i-kål dinner for many years. Reidun also worked as the office manager and custodian for Viking Hall for nearly 20 years.

Some of her favorite things to do were spending time with friends at the family cabin on Hourglass Lake, fishing trips to Seward, tea parties with her grandchildren, knitting and picking berries. She was the fastest

and cleanest berry picker around and even helped to pack out a moose or two.

Reidun was preceded in death by her husband, Steinar Hansen; and her parents, Johan and Anna Riksheim. She is survived by her children, Bjarne (Jacqueline) Hansen and Anita (Lloyd) Persson; her grandchildren, Vivian and Melissa Hansen, and Hanna and Sevrin Persson; her brother, Jan (Berit) Riksheim and extended family in Norway and Alaska.

Reidun was slowly taken away from those who loved her by the effects of vascular dementia. The family is very grateful for the wonderful care she received at the Anchorage Pioneer Home for a decade where Steinar visited her every day for lunch.

Memorial donations can be made to Sons of Norway or Alzheimer's Resource of Alaska.

A service will be held for Reidun and Steinar Hansen on April 1, 2022, at 2:00 pm, at Central Lutheran Church, 1420 Cordova Street in Anchorage, with a reception immediately following at Viking Hall, 8141 Briarwood Street, Anchorage.





In Remembrance



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to the door for a cup of coffee. She always wore an apron at home and never left the house without her pink lipstick on. Reidun was a tireless worker and always thought of others before herself. She was giving and kind and her smile could light up a room.

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