

Baltimore Woods Nature Center Nature in your hands



JANUARY -APRIL · 2017 · VOLUME 31 · NUMBER 1

The Nuturing Nature of Nature

Time spent in nature nurtures our minds, spirits, and bodies. Be sure to take time this season for a quiet walk in the woods, to get out in fresh air, to be inspired by the scenery, to feel your heart beat during a vigorous hike or after being awestruck by the sun glinting through frost-covered trees.

Support Baltimore Woods by Sharing Nature's Gifts

Help us share nature's gifts with the CNY community by making a gift to Baltimore Woods Nature Center this year. Our camp and program fees only cover a portion of our operational expenses. We rely on fellow nature supporters like you to keep The Woods going and growing!



4007 Bishop Hill Road PO Box 133 Marcellus, NY 13108-0133 315.673.1350 www.baltimorewoods.org

Baltimore Woods Welcomes New **Executive Director**

By Camille Tisdel, Baltimore Woods Board President

On behalf of the



Baltimore Woods Nature Center Board of Directors, I am writing to share some very exciting news. We are thrilled to announce that after a comprehensive search we have

selected Whitney Lash-Marshall as The Woods' new executive director. Whitney will be starting with us on January 3rd.

We received an excellent response to the job opening, with a strong pool of applicants, some of whom lived as far as Arizona. Washington state, and Arkansas! In the end, however, we found our new leader right here in Central New York. We are confident that Whitney's experience, knowledge, and dedication to the mission are an excellent match for all that we do at The Woods and she, together with the staff, board, volunteers, and friends will be able to continue to advance our mission of providing hands-on, minds-on, placed-based education.

Whitney brings professional experience in collaborative leadership, strategic planning, networking and outreach, project and event management

and educational program development. She holds a Bachelors in Biology from SUNY Oswego, a Masters in Conservation Biology and a Ph.D. in Environmental and Natural Resource Policy from SUNY ESF, where she has most recently served as a visiting instructor teaching courses in conservation, ecology, and community planning. She has also previously worked as a camp counselor, naturalist, and executive director for a national non-profit organization.

Whitney is a Buffalo (Lockport) native but has lived and worked in Central New York for the past 10 years. A product of childhood outdoor education and summer camp herself,

NOTICE OF **ANNUAL MEETING**

The 2017 Annual Meeting of Baltimore Woods Nature Center will take place at 6:30 pm on Tuesday, January 24 preceded by a pot-luck supper at 6:00 pm. All members are warmly invited. On the agenda will be the election of members of the Board of Directors.

Officers, and members of the Board Development Committee, as well as a one-time modification of Section 4 of Article IV of our by-laws to allow our current board president to serve for one additional year. The ballot will be available on our website before January 13, 2017.

she is a firm believer in the "hands-on, minds-on" model of The Woods and looks forward to joining our highly regarded organization to continue fulfilling the mission of transforming individuals and communities at and through Baltimore Woods.

I hope you will join me, the Baltimore Woods Nature Center staff, and the rest of the Board of Directors in welcoming Whitney to our organization. We look forward to introducing her to each and every one of you over the coming months as we now celebrate more than 50 years of providing educational programming for all ages that cultivates a love for the natural world.



ABOUT US



About Us

Baltimore Woods is a premier educational organization that transforms individuals and communities by cultivating a personal connection to the natural world.

> A colorized version of The Overlook newsletter is available online at www.baltimorewoods.org.

Reproduction without permission is prohibited.

Interpretive Center Hours

Monday-Friday, 9am-4pm

> Saturday, 10am-4pm

Closed January 1st and 2nd, and April 15th.

Hiking trails are open every day from dawn to dusk.

No admission fees and free parking.

Nature is in your Hands ... and on the `Net.

Find us on the web at www.baltimorewoods.org or on social media!



The Gift of Nature by Becky Wilson, Education Manager

Fall is my favorite season, when the trees dazzle with colorful displays in celebration of another year coming to a close. This season in particular the leaves seemed more vibrant; a truly spectacular rainbow splashed across the landscape before the gray of winter descends. Every year I dread the onset of winter, but when it comes I am in instant awe of its quiet beauty. How could I have forgotten how fresh and crisp the air smells? How beautiful the snowflakes look as they fall from a white sky? How magical a forest looks heavy with snow-covered branches?

My son, now two, has reminded me what it's like to see winter through a child's eves. The first day the flakes started to fall he rushed to the window and, with the enthusiasm only a child can muster, screeched "SNOW!" His excitement was contagious, and we hurried to get outside for a closer look. The sparkle in his eyes brought a tear to mine. As adults we forget to focus on the little things. Instead we see everything at once and become so overwhelmed that we miss the magic waiting for us in the tiny details, like the ability to become wholly immersed in the beauty of a single snowflake or to spend hours creating a snowman, the cold an

afterthought, lost in the moments of free imaginative play that comes so easily to children. I am filled with a renewed appreciation for winter and am excited for future snowy adventures with my son. Nature offers us a chance to slow down and tune into the present moment, to enjoy these peaceful winter days and tap into your inner child.

As this year comes to a close, my resolution for the New Year will be to give myself the gift of nature. I hope you will too! Baltimore Woods is offering programs that help us to connect with the natural world around us in ways that benefit our minds and bodies. Take your sweetheart on a lantern-lit snowshoe hike for Valentine's Day, learn to use nature to soothe your mind during a meditation hike as part of our Earth Day activities, or spend time learning the relaxing art of nature journaling. Follow the footprints of animals and discover their stories during our tracking workshop or experience the sublime beauty of a snowy forest at night as we search for owls. Better yet, give the gift of nature to your children and bring them to our school break camps where we have many magical adventures planned!

Baltimore Woods Builds New Barn

By Fran Lawlor, Land Manager

Why is there a big green storage container in the front yard of the Nature Center? What happened to the pine trees around the staff parking lot? Where did the tool sheds go? Have you noticed a bustle in the maintenance area of Baltimore Woods Nature Center? After years of cramming machines, tools, and supplies into an assortment of small sheds, we have received funds to build a pole barn!

With generous funding from The Central New York Community Foundation, the Columbian Foundation, and individual donors, the barn will provide much-needed space for our tractor and implements as well as the assorted walkbehind machines we use to maintain trails and lawns and to clear snow. In addition, the barn will have dedicated work space for carpentry projects and a storage space for program materials. As part of this project, the staff parking lot will be expanded to provide ample parking for our staff. We are eager for the completion of this project by spring and thankful for the support of our members and the surrounding community.

This Season at Baltimore Woods

By Patrick Burke, Environmental Educator

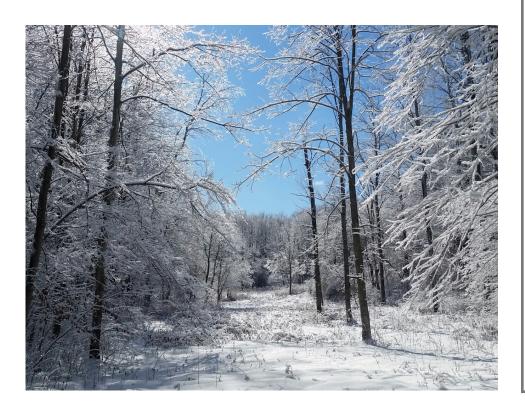
It's a quiet Saturday morning in the middle of winter in Upstate New York, the thermometer reads 32 degrees, but the wind chill makes it feel colder. You bundle up, head outside, and can almost smell the chill in the air. The crunching of the snow underfoot seems to echo in the silence, as if all of nature's creatures have taken the winter off.

Have you ever noticed how winter can seem so desolate and silent? That's because the majority of animals in the Upstate area migrate, hibernate, or insulate. Migrate and hibernate are terms that many are already familiar with, but what does it mean to insulate?

There's a special place that lies between the ground and the snowpack during winter. It's called the subnivean zone. The word subnivean comes from the Latin – sub – which means under, and – nives – which means snow. There are whole communities of life thriving in this subnivean landscape, busy beneath us all winter. Beginning with the first snowfall, rocky outcrops, grasses and shrubs build a framework, leaving spaces for tunnels, crevices and burrows. Mice and voles act as the contractors, building tunnels under as little as six inches of snow. They can construct a series of interconnected trails that goes for miles. Many other species take advantage of these tunnels, including shrews, insects, and even fungi. The insulating snowpack allows tunnel temperatures to hover near 32 degrees Fahrenheit, regardless of the conditions outside.

If you're interested in discovering these subnivean cities, search for any undisturbed space in the snow that appears to have a hole coming up from it. As the snow melts, look for tunnel networks in grassy meadows and around your birdfeeders.

On your next winter adventure, while you are marveling at the snow-draped trees, take a moment to wonder at the hidden life thriving under the snow.



Currently in the Gallery

Nature As Resource

Oil paintings Marybeth Sorber and Raku ceramics Peter Valenti

January б - February 27

Artist Reception: January 7th, 2:00 – 4:00pm



Dragonfly Peter Valenti



Forest Trail Marybeth Sorber

Upcoming in the Gallery

The Wildlife and Nature Art of Tom Lenweaver

March 3 - April 28

Artist Reception: March 4th, 2:00 – 4:00pm

January

7 Art Reception

2-4pm

Meet artists Marybeth Sorber and Peter Valenti and browse their exhibit, *Nature As Resource*, which runs from January 6 – February 27. See page 3 for details.

10 Homeschool Adventures in Nature: Lives of Winter Animals

Tuesdays through February 14, 10-11:30am See page 6 for details.

11 & 12 Nature's Little Explorers: Winter Series

Wednesdays through February 15 Thursdays through February 16 10-11am

See page 6 for details.

16 Nature Adventure Day Camp To Build a Fire: Winter Wilderness Survival 9am-4pm See page 7 for details.

20 Star Party: Winter Skies 6:30-8:30pm

Winter skies at their finest, and great views of a large, crescent Venus. No other area of the sky contains as many bright stars, clusters, and nebulae as the area surrounding the winter constellation Orion! *Back-up date January 21.* \$6 for members, \$9 for nonmembers.

21 Snowshoes, Stars, and Stories 7-9pm

Bring your family out on a snowshoeing adventure, as we take a hike through the mysterious moonlit winter trails. Down to Phillip's cabin we'll go, where we will be welcomed by a crackling fire, hot cocoa, and a tantalizing winter tale. Be sure to bring your flashlight on this rustic journey. Snowshoes will be provided. Recommended for ages 7 and up. \$6 for members, \$9 for nonmembers.

To register for a program, visit www.baltimorewoods.org

Snowshoe rentals

Don't let cabin fever get the best of you this winter season. Come to The Woods and try out our snowshoes! We have different sized snowshoes, including kids' sizes. Snowshoes FREE for members, \$5/ day for nonmembers. Snowshoes can be rented during open hours at the Baltimore Woods Nature Center Interpretive Center, Mon-Fri from 9am-4pm and Sat. from 10am-4pm.



24 Annual Meeting

Pot-Luck Supper 6pm Meeting Begins at 6:30pm As a membership organization, each year, Baltimore Woods holds an annual meeting. Members have a chance to hear from the board and staff about previous year results and plans for the coming year, as well as carry out some essential work mandated by our by-laws. For 2017, we are reviving the tradition of a pot luck meal before the meeting to encourage higher attendance. Please mark your calendar now and plan to attend this important event!

28 Owl Prowl

7-9pm

The owls are out! Join a naturalist on a nighttime hike in search of these magnificent and secretive birds. Dress warmly, and bring a flashlight. Snowshoes provided. Recommended for ages 8 and up.

\$6 for members, \$9 for nonmembers.

February

10 Star Party: A Penumbral Eclipse of the Moon

6:30-8:30pm

This is an interesting and odd-ball program, as most penumbral lunar eclipses go unnoticed. The moon passes through the earth's partial shadow and turns a dim brown color. Plus, a view of the winter skies. *No backup date*. \$6 for members, \$9 for nonmembers.

14 Sweetheart Snowshoe

7-9pm

Program for Adults Bring your valentine for a romantic, lantern-lit snowshoe for two through the evening woods. Together, you'll discover romantic notes hidden along the trail and share some quiet moments outdoors. Then, warm up indoors with hot drinks and decadent desserts. Limited to 20 couples, registration is required. Snowshoes provided.

Members \$20/couple; nonmembers \$30/couple.

18 Sun Party

1-3pm

See the sun and all its amazing features – sunspots, flares, magnetic storms – with specially-equipped solar telescopes. Plus, see great daytime views of Venus and the Moon! A great way to warm up on a winter afternoon! *Back-up date February 18.* \$6 for members, \$9 for nonmembers.

21-24 Nature Adventure Day Camp Wild Winter Break!

9am-4pm See page 7 for details.

25 Mammal Tracking Workshop 10:30-12:30pm

Join us for this fun interactive workshop all about tracking mammals in the snow! We will learn the basics of tracking and trace ID and then go outside to investigate what the animals have been up to in the woods. We will spend most of our time outdoors so be sure to dress for the weather! This program is suitable for all ages. \$6 for members, \$9 for nonmembers.

March

3 Star Party: Goodbye Winter Skies! 7-9pm

Goodbye to winter skies, we might still get a peek at Venus, and Jupiter will be rising in the east. *Back-up date March 4.* \$6 for members, \$9 for nonmembers.

4 Art Reception

Meet artist Tom Lenweaver and browse his exhibit, *The Wildlife and Nature Art of Tom Lenweaver*, which runs from March 3 – April 28. See page 3 for details.

7 Homeschool Adventures in Nature: Forest Ecology Basics Tuesdays through April 11 10-11:30am

See page 6 for details.

8 & 9 Nature's Little Explorers: Late Winter/Early Spring Series Wednesdays through April 12 Thursdays through April 13 10-11am

See page 6 for details.



18 Drawing Wildlife with Artist Tom Lenweaver

10:30am-1:30pm Join other arts enthusiasts for a drawing workshop with wildlife artist Tom Lenweaver, illustrator for Beaver Lake's newsletter *Beaver Tales*. Our animal and bird mounts will be used as references for participants to examine nature firsthand and learn how to improve their drawing skills. \$30 for members, \$35 for nonmembers.

Fresh. Local. Delicious. Nutritious. Wonderful!

The WINTER MARKET at BALTIMORE WOODS

Visitors to the market will enjoy a diverse mix of local farm and artisanal food products from top regional producers.

Held on the second Saturday of each month through April. Indoors with free parking.

Time: 10am-1pm

Dates: January 14 February 11 March 11 April 8

There is no admission or parking fee.

20 - April 14 Amphibian Alert!

Each spring during the first warm rainy night after the equinox, hundreds of amphibians move from underground lairs to vernal pools. To find out when BWNC will attempt to observe this migration at Labrador Hollow, watch for alerts on our website, or sign up online to be put on our alert list. Recommended for ages 4 and up. \$6 for members, \$9 for nonmembers.

25 Explore, Observe, Connect, Refresh 1-2:30pm

While nature journals can be a great way to keep track of our observations of the natural world, they can also be a great way to keep our bodies and minds happy and healthy. Come make your very own nature journal and learn how keeping a nature journal can help us live a healthier lifestyle. Recommended for ages 8 and up. \$6 for members, \$9 for nonmembers.

25 Earth Hour 2017

8:30-9:30pm

Join millions of people across 152 countries in turning out your lights for one hour in support of a global movement to curtail climate change. To find out more about Earth Hour, sponsored by WWF, visit www. earthhour.org.

31 Star Party: Elusive Mercury 6-9pm

This is our best chance to see the elusive planet Mercury, plus Jupiter will be rising as Mercury will be setting. Spring skies will be replacing the winter constellations. *Back-up date April 1.* \$6 for members, \$9 for nonmembers.

Volunteer Lunches

Baltimore Woods greatly appreciates all the volunteers who give their time and efforts to help further our mission. One Wednesday of each month Baltimore Woods gives volunteers a lunch of locally harvested foods at the Interpretive Center. All volunteers are welcome! Please call ahead to register.

> Time: 12:30pm Dates: January 18 February 15 March 15 April 26



April

17-21 Spring Break Camp Fantastic Beasts! 9am-4pm See page 7 for details.

22 Earth Day Habitat Restoration Service Project 9am-12pm

Looking for a great way to give back to the earth? Join our Land Manager, Fran Lawlor, in a morning of habitat restoration at Baltimore Woods. The projects will include removal of exotic plant species and restoring native plant communities that will better support wildlife. Work gloves and hand tools are provided, but feel free to bring your own.

22 Earth Day Celebration! 1-4pm

It's Earth Day! Come out to Baltimore Woods for a fun and educational event including info booths on home energy, recycling, crafts, guided nature walks, live animal shows, and a special live performance of Dr. Seuss's *The Lorax*. Free.

22, 23, 29, and 30 Weekend Wildflower Walks 2-3pm

Baltimore Woods Nature Center's premier woodland wildflower garden is a local treasure. Join caretaker Audrey Loewer for a pleasant walk through one of the wonders of spring. Each week new species will bloom, and Audrey will reveal their past and present medicinal and culinary uses. The garden is handicap accessible; please call ahead if you need assistance. Donations appreciated.



Nature's Little Explorers Series

Winter Series Wednesdays or Thursdays January 11– February 16 10-11am

Late Winter/Early Spring Series Wednesdays or Thursdays March 8– April 13 10-11am

Join us for Nature's Little Explorers Mini Adventures! This fun-filled, six-week series will engage your preschooler through nature crafts and hands-on exploration that will awaken their senses to the wonders of the natural world. Visit our website for full details and weekly themes. Two session offerings on Wednesdays or Thursdays. Ages 3-5, participants must register for the full series and be accompanied by an adult.



\$35 for members, \$50 for nonmembers.



Homeschool Adventures in Nature Series

Lives of Winter Animals Tuesdays, January 10 – February 14 10-11:30am

> Forest Ecology Basics Tuedays, March 7 – April 11 10-11:30am

Come out to Baltimore Woods to add some environmental education to your biology, ecology, and geology curricula! We will meet every Tuesday for six weeks – a great opportunity for hands-on science learning, outdoor exploration, meeting other homeschool students, and getting help with projects. Visit our website for full details and weekly themes. Ages 5 and up, participants must register for the full series and be accompanied by an adult. \$35 for members, \$50 for nonmembers.

School Break Day Camps at Baltimore Woods ...Where Fun and Nature Live...Outside!

January Camp

To Build a Fire: Winter Wilderness Survival

> January 16 9am-4pm

Winter weather challenges even the toughest adventurers! We'll teach you the skills you need to survive winter's worst with a defiant grin. Join us for Martin Luther King, Jr Day camp in January (ages 5-12) for a fun-packed day of discovery and adventure!

\$45/child/day. Register online today! Pre-registration is required. Before and after care are available. Space is limited so don't miss out!



Early Bird Registration for Summer Camp

Sign up for summer camp by April 30th and save \$10!



February Camp Wild Winter Break!

February 21-24 9am-4pm

Join us for Winter Break Camp in February (ages 5-12) for fun-packed days of discovery and adventure! \$45/child/day. Register online today! Pre-registration is required. Before and after care are available. Space is limited so don't miss out!

Tuesday Baltimore Woods Winter Olympics!

Wednesday Winter Scavenger Hunt with physical challenges and hidden secrets!

Thursday Winter Mammal Challenge – learn to move, hide, forage and hunt like a winter mammal!

Friday Fire and Ice, our epic forest-wide Capture the Flag game returns!

Spring Break Camp

Fantastic Beasts!

April 17-21 9am-4pm

It's spring break! Spend a day or five exploring the wonders of Baltimore Woods! Each day we'll learn about different animals that lurk in the forest – from foxes to shrews and lots in between. Visit our website for full details. \$45/child/day. Register online today! Before and after care are available.

Monday Tales of the Tricksters: Fox and Coyote

Tuesday Take to the Sky: Owls and Crows

Wednesday Watery Secrets: Mink and Raccoon

> **Thursday** Great Log Roll-off

Friday Rodents of Unusual Size

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And anonymous donors and friends

Thank you to our 2016-2017 Nature in the City MEDIA PARTNER



Nature in the City News!

By Becky Wilson, Education Manager

Ever wonder what the *Nature in the City* educators do all day? Here is a typical day in the life!

8:30am Packing up the car with the 5th grade programs today at Bellevue Elementary. Their 2nd program (out of a series of 3), called Bright Ideas contains two heavy boxes full of fun energy experiments. Arm workout ... check!

9:00am Head to school for a fun-filled day!

9:45am Check-in with the main office; reception is happy to see us! Walking through the halls with our *Nature in the City* shirts is always fun as students often exclaim, "The nature people are here!"

10:00am Arrive at the first class. Begin the program with a quick introduction and discussion on what defines energy. Time to get the kids up and moving through hands on energy stations! In one corner, the teacher is leading a group through an experiment with Newton's Cradle, while a corporate sponsor volunteer

is teaching a group of students about CFL and incandescent lightbulbs in the middle of the room. The final group is on the opposite side of the room exploring sound energy. We sprinkle sugar crystals on a plastic sheet and watch as the sound waves of bird calls make them shake and bounce.

11:00am Head

over to the next class and repeat. We always have a different experience in each classroom, which is what makes teaching the same program more exciting!

12:00pm Lunch break! This is a great time for us to mingle with other teachers and hear about their experiences and learn some tricks of the trade.

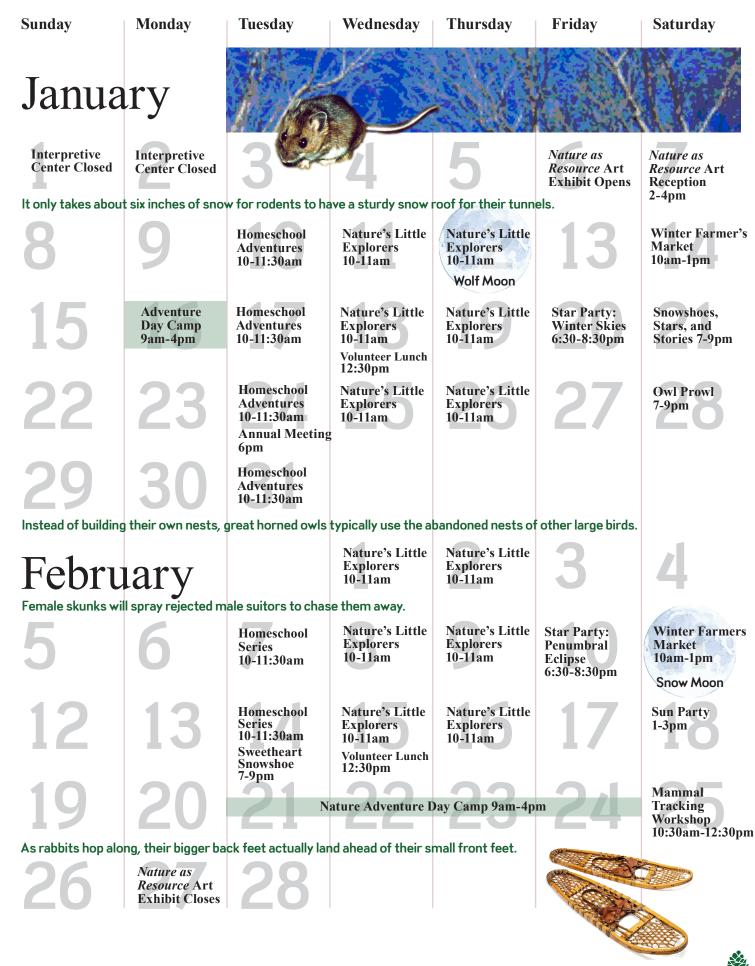
1:30pm Head to the last class for an hour, then done for the day!

2:30pm Drive back to Baltimore Woods to unload and reflect on the day with fellow educators. It's always fun to hear stories of the day's adventures. At the end of the day, we are all thankful for our wonderful jobs of connecting children to nature and creating future environmental

environmental stewards!







clip

Visit www.baltimorewoods.org/programs to register online.



10

GET INVOLVED

Volunteer Spotlight

By Sue Jones

In 2014, Karen Jean Smith moved from serving as our volunteer coordinator to our art gallery manager. She is responsible for choosing the artists who will be featured in our gallery, hanging each show, planning the artist reception, and helping with publicity. In the summers, when we do not have a formal exhibit in the gallery, Karen showcases artwork from The Woods' own collection and well as items from our gift shop. Our popular student art show that takes place each spring was also Karen's inspiration. The art gallery attracts many visitors each year who may not otherwise come to The Woods, and sales



of art from the gallery contribute substantial revenue to our annual operating budget. Thanks to Karen for using her special talents for the benefit of the Woods! The website contains details about the current and upcoming art exhibits, and we encourage you to stop by to browse.

Membership Matters Every Year and For All Time

By Sue Jones

Volunteer naturalist and life member Audrey Loewer has long cared for the Faust Wildflower Garden and seasonally updates the educational display at the lower kiosk. Recently, at the request of the membership committee, she added a new volunteer role. Realizing that membership support is so very important to our operating budget each year, Audrey agreed to help us convert hikers who enjoy the property to members who help support the preserve. She regularly places membership information on car windshields in our parking lots. The results have been surprisingly positive, and we thank Audrey for her efforts. Annual membership dues provide critical unrestricted operating support, paying for such things as insurance, snow removal, and the utility bill; expenses that literally help us keep our building and trails open and offer our educational programs. We encourage all members to renew their membership each year. Thank you!

Since we last reported new life members in the Overlook, several generous donors have become life members. The contributions of life members are added to our endowment, so the annual income supports the Woods in perpetuity.

We thank our newest life members:

- John and Marcia Kirsch Jean Forster
- Dr. Umesh and Viji Patil
- Will and Maureen Hier
- Dave Birchenough
- Betty Weisse
- Mona Smalley
- Nikki Shrimpton
- Oliver E. Clubb, Jr.
- Camille Tisdel & Douglas Reicher

Join Baltimore Woods

Share your love of nature

GIFT MEMBERSHIPS available online at www.baltimorewoods.org

Baltimore Woods Nature Center members receive the best ...

- nature observation and enjoyment
- flower, herb, and wildflower gardens
- adventure nature day camps
- 6+ miles of hiking trails
- public programs year-round for seniors, adults, families, and children
- art gallery with members-only exhibit
- · bird-watching station
- snowshoes for hiking the trails
- rental space for private events
- · volunteer opportunities in many areas

Annual Membership Level	
	\$20 Senior/Student
	\$30 Individual
	\$40 Family
	\$100-\$200 Patron
	\$1000 Life
	Donation Amount(in addition to membership)
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Marcellus, NY 13108-0133



Nature Center Nature in your hands

PO Box 133 Marcellus, NY 13108-0133

The Interpretive Center and Art Gallery are open

Monday-Friday, 9am-4pm

Saturday, 10am-4pm

Closed Sunday

Closed January 1 and 2, 2017.

Closed April 15, 2017.

Hiking trails are open every day from dawn to dusk. No dogs please.

Hiking, art gallery admission and parking are free.

NATURE TIP:

Toyet & it



Having problems with mice in your house this winter? Try putting 20 to 30 drops of peppermint essential oil or clove essential oil on a few cotton balls and then scattering them around your house in places where you've seen mice. While many people enjoy these familiar aromas, mice have an acute sense of smell and seem to find them repulsive. Just be sure you keep them away from any indoor pets that might eat them! SAVE THE DATE

Mother's Day Garden Tour at Sycamore Hill Gardens May 14, 2017

Plantasia: A Plant Sale & Garden Festival June 2, 3, and 4, 2017

> Watch for details on our website at baltimorewoods.org

Non-profit Organization U.S. Postage Paid Marcellus, New York Permit Number 9

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