# BEND OF ISLANDS CONSERVATION AS-SOCIATION INC NEWSLETTER

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Number 75 November 2009

# WHAT LOCAL PLANT IS FLOWERING?

Botanical name: Helichrysum scorpioides

Common name: Curling or Button Everlasting

Family: Asteraceae

Flowering Period: September to December

An everlasting daisy, grows in well drained soils in full sun or partial body. The perennial herb 30 cm high by 20 cm wide, spreads by lightly suckering, with a few erect branches arising from the base, forming clumps.

The flat, pale yellow everlasting flower at the tip of leafy stems, 3 cm across, with a ring of pale yellow and brown tinted short bracts encircling the brighter yellow disc of tightly packed tiny florets. The short bracts curl up making a narrow ring around the velvety disc.

Plants have a cluster of broad leaves, up to 70 mm long at the base of the stems, the stem leaves are smaller up the 40 cm high stem. The stems & underside of leaves are covered in tiny hairs and are velvety & light green.

The nectar rich flowers are a valuable source of food for butterflies and moths. The plant attracts insect eating birds.

After flowering in early summer the flower heads break up into tiny seeds with their tufts of fine white hairs, for easy dispersal by the wind.

CRIC HENRY



# PRESIDENT'S REPORT

Fire and its impact on the whole State has been the main talking point for this year. The intensity and devastation experienced by those in its path and those indirectly affected this year is still uppermost in our minds. With this in mind the State Govt, has come up with the 10/30 solution (i.e. you may clear all vegetation up to 10 metres from your house and clear all undergrowth for 30 metres around your house), which is meant to make houses in vulnerable areas (such as the Bend) better protected.

As I understand it, there are varying views on how effective this measure is in reducing the effects of bushfires around houses. In the past there was advice suggesting that a varied canopy around houses was best, as a totally cleared area could create eddies of wind and draw the fire in that direction. We were also previously advised that it was the density of the litter on the ground, if it was too heavy, then that was the most vital potential hazard. Heavy deposits of litter (measured in tonnes per hectare) apparently sustain the intensity of the fire and give it the fuel base to lift it into the crowns of the trees, which creates a wildfire. Fuel reduction burns to reduce litter loads and removal of fine timber (small branches that have fallen over the years) has been the advice in the past.

I raise these points to try and get people to think before they decide how to proceed with any fire hazard reduction around their houses. My personal view is that the 10/30 measures are extreme and not well thought through, especially in the Bend where the bush and its preservation is the reason we chose to live here in the first place.

I and most of my immediate neighbours, have been burning and trimming over the past month, where we see a problem and will continue to do so up to the start of restrictions.

I suggest members seek out as much advice as possible before they proceed and maybe band together with neighbours and the CFA if they plan any controlled burning. I am not an expert on fire and the above is meant to encourage members to look further than just a knee jerk response.

NEIL HARVEY

# PROPERTY NOTES

#### Carol Bonny

I have been conscripted to temporarily take up my old job as BICA Landsales co-coordinator while Liz Mildenhall is away walking in Western Oz. There have been a few changes in property ownership recently and I would like to welcome our new residents to the Bend.

- · Leanne and Phillip Wierzbowski, Ironbark Rd
- Deirdre Lucas and Michael Scroggie, Catani Blv
- Kennedy & Brenda Baker, Henley Rd
- Jo and Ross Andrews, Henley Rd

Not only are Jo and Ross new residents they have become new parents since moving in. Congratulations and welcome to baby Michael Ross.

#### THE FIRE SEASON

#### Dianne Simmons

Dianne is Captain of the Christmas Hills Fire Brigade and is a botanist with a wide knowledge of fire ecology and bushfire behaviour.

The fire season has now officially started, but hopefully we still have until about the end of November to do some burning and general fine fuel reduction around our houses. It is also time for everyone to think carefully about an individual strategy for surviving the bushfire season.

Much of the response by the Bushfire Royal Commission is focused on the losses on days like Black Saturday 7 February 2009 and how to reduce them. We now have six levels of Fire Danger Rating - you can find out more about the new fire danger ratings which will be broadcast every day through the fire season at http://www.cfa.vic.gov.au/ and follow the link to New Fire Ratings. I am a bit concerned that we are too focused on those days with "Catastrophic" fire conditions, which we expect to be uncommon events (maybe one day in a season), and that we may lose sight of all the things individuals and CFA brigades can do to very successfully protect houses (and lives) on all of the hot dry "bad" but not "Catastrophic" days we expect over most summers. "Severe" days are the old "Extreme/Total Fire Ban" days and all our past advice about house survival is probably still relevant even for these days (we can have 20 of these days in a season). The current advertising campaign promotes the advice that on days with "Very High" and above ratings, people should just "get out" and leave the area early. But over summer, at a local scale, fires can occur on any day - so we may find ourselves at home and dealing with fire when we least expect it. I doubt many people will be prepared to leave on all "Very High" fire danger days - that's most of summer!

Living in a bushfire prone area carries risk all through summer. So even if your plan is to leave the area on "Catastrophic" days you still need to have a plan for all of the other warm summer days. That starts with good preparation to make your house ember proof, and to remove fine fuels close to the house. On "Catastrophic" days very few houses will survive in a bushfire, and it is much too risky to be on the road - so the only safe alternative is to be out of the area. On "less extreme" days people are unlikely to leave the area and all past research tells us that houses can (and do) survive, and the most risky thing to do is to leave after a fire has started and to be on the road. So when the fire danger reaches the "Severe", "Extreme" or " Catastrophic" level, best advice is to have already left early ......but don't forget about all the other days in the year when you might find yourself at home during a fire - so get stuck into your house preparation now!

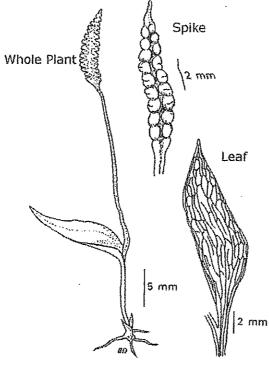
#### A LOCAL FERN: AUSTRAL ADDER'S TONGUE

#### John McCallum

In any book about ferns you will usually see a chapter on what are known as "Fern Allies". This term covers a number of families of plants that are not really true ferns but are certainly not higher plants such as conifers or flowering plants. Moonworts and adder's tongues belong to one such family, the Ophioglossaceae.

Austral adder's tongue (Ophioglossum lusitanicum) has been seen over the last couple of years at one location in the Bend of Islands and can be added to our list of ferns and their relatives.

The plant is small and the single, fleshy leaf, up to 4 cm long, can be mistaken for that of an orchid but close examination reveals a characteristic network of veins. Each plant usually has only one leaf but this species forms colonies and you often find a number of leaves in close proximity. Much of the leaf-stem is often underground. The leaf dies down in winter, leaving the perennial rhizome to re-sprout next spring.



The spike, which bears the sporangia, is from 5 - 15 mm long on a stalk that can be 8 cm high. The sporangia are in pairs up the spike.

O. lusitanicum occurs in all states of Australia and in most other parts of the world.

This plant is often overlooked and often eaten as the fleshy body seems to be quite attractive to grazing herbivores such as rabbits. Look out for Austral adder's tongue from late winter on.

# **BICA FLORA WALK**

To increase you knowledge of local plants join the flora survey walks on the first Sunday of each month, commencing at 8:30 AM. Meet at the upper corner of Catani and Henley, near the Christmas Hills Fire Brigade South station.

#### A SWEET END TO WEEDS

#### From Ern Mainka

Ern found this information in Land for Wildlife News and has tried the technique on areas around his house. He reports success on annual exotics after applying sugar as described in the article, an abridged version of which is reprinted here.

Sugar has the potential to control annual weeds according to recent research trials conducted by researchers from Charles Sturt University (CSU).

The researchers, ecologists Dr Suzanne Prober, Dr Ian Lunt and Dr Kevin Thiele, have applied sugar top trial plots for a project funded by the NSW Environment Trust on how to restore understorey species in endangered grassy white box woodlands.

"It appears sugar is a tool we can use to help change a system back to one dominated by native species rather that weeds," said Dr Prober who has been working to conserve and restore grassy white box woodlands for the past 15 years. Nearly all of the woodland belt, from southern Queensland to north-east Victoria is now used for agricultural purposes, principally wheat and sheep.

The researchers in their trials near Young, central western NSW, have found that an application of sugar, which is one of the fastest ways to reduce soil nitrates, provides a good, short-term non-chemical and ecologically friendly method of weed control.

Dr Prober's research compared soil nutrients in undisturbed woodlands and disturbed, degraded sites. She found the most striking difference between the two was in nitrate levels, which were extremely low in undisturbed remnants and high in degraded remnants.

"It seems that many of our weed problems are due to hight nutrient levels" said Dr Prober.

The researchers, who spread half a kilogram of refined white sugar to square metre of soil every three months, found this inhibited weed growth of most annual weeds giving the native plants the opportunity to become well-established.

"We realise that the sugar levels we used in our trials would be economic to use over broad scales", said Dr Prober, "but at the moment we don't know if we would get similar results if we used less sugar or if we used cheaper alternatives such as sawdust".

Dr Ian Lunt from one of CSU's leading research centres, the Institute for Land Water and Society, explained that when sugar was spread on the soil, it fed soil micro-organisms, which absorbed lots of soil nutrients as they grew.

"The micro-organisms then hold these nutrients so the weeds can't gobble them up. In effect we are 'starving' the weed species that require lots of nutrients to grow," he said

For further information check this web site. http://www.csu.edu.au/herbarium/woodlandweb/and follow the link to Restoration.

### I SPY

### Carol Bonny

I have been spending a little bit of meditative time down by our wetland just watching. The wonderful spring rains have brought the water level up and it is alive with activity. My viewing spot is a log seat on the south side under the long stringy Burgan bushes and these give me a bit of camouflage. The canopy overhead is constantly visited by a variety of birds that seem to have an interest in this strange white-headed species!!

The blue wrens are flitting in and out of the reeds and I'm sure the jenny has a nest as I saw her pinching fluff from the Cumbungi.

For the first time I watched a pair of glimmering bronze water skinks. Previously I have only seen solitary members of this species on our property. These two were chasing each other up and down a log on the edge of the vegetation.

Dragonflies dip and dart and those electric blues are just stunning.

I've observed that the elusive resident turtle has a companion, and I am still keeping an eagle eye out to see if there really is a third that I thought I had spied before winter.

And the FROGS! My favorites are the Pobble-bonks whose glorious song is complimented by possibly three other species. Now, what are they again? Must go for another listen???

#### FROG WATCH

#### John McCallum

A chat with our new neighbour Michael came up with this list of likely species for our area.

Pobblebonk or Eastern Banjo Frog (Linnodynastes dumerili)

**Brown Tree Frog** 

25 - 45 mm

Striped Marsh Frog (Limnodynastes peroni)

Spotted Marsh Frog (Limnodynastes tasmaniensis)

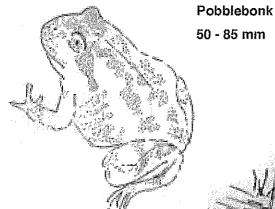
Common Eastern Froglet (Crinia signifera)

Southern Brown Tree Frog (Litoria ewingi)

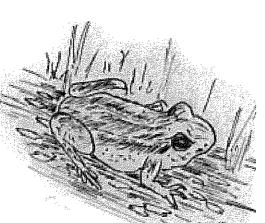
For more information go to http://frogs.org.au/frogs/state/Victoria/ and follow the links.

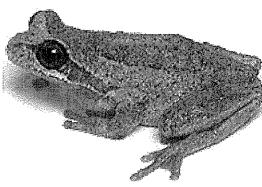
Recordings of the calls can be heard on the website. We have identified four species in the vicinity of our dam and here are some pictures. Note that they are not to scale; the Pobblebonk for example is much larger than the Common Froglet.

Each species is readily identifiable by its call. Frogs often call when rain is approaching. Each species has a quite specific call and listening to it is sometimes the only way two similar species can be distinguished. It sure works for the frogs because location of a mating partner of the correct species is achieved in this way!



Common Froglet





Spotted Marsh Frog 30 - 47 mm

# CAFÉ BENDERS

#### Alan Bonny

The CFA shed in Catani Boulevard in the Bend of Islands is formerly referred to as the "Christmas Hills South End Station", but on the third Saturday of the month it is transformed into "Café Benders".

The truck is rolled out onto the forecourt, the floor is cleaned, chairs and tables with colourful gingham tablecloths appear. Alfresco or cosy inside with a heater depending on the weather. The urn is switched on, cups readied and by 10 am the first patrons start arriving. We try to close the door at noon but rarely get away by 1 o'clock. Bend of Islands people always have a lot to talk about!

Pamela Gurney initiated the event in 1994 as our brigade fundraiser after struggling on for years with the combinations of events, raffles etc. The first events were community markets with residents and friends offering art/craft, trash and treasure and home created goodies with a small percentage to the Brigade. Coffee was always popular and after a few months it became clear that the coffee and cake was the big interest so it evolved into a coffee morning.

Café Benders was born, and was christened with a logo designed by local artist Hillary Jackman.

Café Benders offers Real plunger coffee, tea, cakes soft drinks juice and whatever our locals have donated to eat. Occasionally we offer a cooked breakfast of gourmet sausages, eggs, veggie burgers etc. Still complemented with the coffee and cake. In December we change to an evening event starting about 6pm with Xmas Carols for the little Benders, a Santa visit and we offer a BBQ with the attendees bringing salads to share and drinks to enjoy.

So how does it work?

I have the easy task of "Coffee Lady" and Marie Krause ensures that there is always coffee, tea sugar, milk, tablecloths, tea towels etc. Wolfgang always has the big red truck out, the floor swept and mopped and, more often than not, the chairs and table out and ready. Those attending are invited to bring a cake to donate and a few coins to spend. The regulars pitch in and help with serving and washing up and, as usual with Bend of Islands events, all still there pitch in with the clean up and converting our Café back to our Fireshed.

It's a great way to spend a morning. It's a great community event, always well attended. It's a great (and easy) way to raise funds.

Since 1994 our community has raised over twenty one thousand dollars for our Christmas Hills Fire Brigade by drinking coffee and eating cake!

It's on the Third Saturday of the month from 10 till 12. (Except for the December Xmas event which usually starts around 6pm.) All are welcome and we hope to see you there one day soon.

Watch the sign at the bridge for a reminder.

# WORLD ENVIRONMENT DAY

Rudi Pauli

As part of the celebrations for World Environment Day, the BICA Climate Action Group organized a tour of some households in the Bend to showcase what Benders are doing to minimize their carbon footprint. The day began with the usual meeting spot at the fire station. We were provided with lots of literature which had been organized by Jess Rae. There was a wealth of information about rebates for water heating, solar power, insulation and green loans. There was also a self assessment worksheet to do your own sustainable home audit.

It was all aboard the bus driven by Doug Francey to Rae and Nick's house where Nick spoke about the evacuated tube system installed on his roof which he uses to heat gas hot water. The system contains rows of transparent glass tubes. Each tube contains a glass outer tube and metal absorber tube attached to a fin. The fin's coating absorbs solar energy while inhibiting radiant heat loss. From here it was a quick visit to Rosemary's house to show some of the ways she has attempted to heat her house.

All aboard the bus to Jess and Peter Rae's house, where Peter spoke about a Heat Pump which is used to heat hot water. They extract heat from the air to heat hot water, acting like a refrigerator in reverse. The ambient air is used to heat a refrigerant, which converts to a gas. The gas is then compressed, generating heat which is transferred to the water. The refrigerant expands back to a liquid and the cycle repeats. They are approximately 75% more efficient than an electric water heater. Rebates are available for the both heat pump and evacuated tube systems.

Lastly off to Peter and Liz Mildenhall's, where Peter spoke about the solar power system they have installed which converts sunlight into electricity. Peter also presented a slide show about the free energy audits; an expert visited their home to see how they could make their home more sustainable and save on power. The audit provided lots of practical tips like how to use an incense stick to identify drafts, a common problem with many mudbrick houses. The morning ended with a BBQ. The day was very informative. Thanks to everybody who contributed.

#### A STRAW BALE HOUSE

## Alan Bonny

In recent months those commuting along Henley Rd would have seen a new House progressing from the ground up. It looked very much like a conventional timber frame from the road but when the walls were infilled it was transformed into something quite different. Mr. Wolf may try to Huff and Puff but I think he will have a problem blowing this Straw Bale house away. When we called in for a look, David and Gabbie Hatty were excited at the prospect of the first straw being installed. A few weeks later it's almost all there. A quick stage of the building process! An interesting addition to the Bend of Islands houses, the thick straw bales will provide great thermal conditions and once rendered will sit nicely into the view. Congratulations to the Hattys on their innovative building solution and the Bends first Straw Bale house.

#### CHRISTMAS HILLS PRIMARY SCHOOL

### Greg Bourne

#### Sustainable School

Christmas Hills Primary School is being used as an example to other schools of how to become sustainable. We get most of our power from solar panels and we've dramatically cut our energy use this year. Our permaculture gardens are expanding and the chooks are on the way back. The junior grade have weekly cooking lessons using the food we grow. Recycling and composting are part of our daily routines. We are the school that took the least time to gain our 5-star sustainability rating. The newly-appointed Commissioner for Environmental Sustainability, Dr. Kate Auty, heard about our work through her contacts at Ceres Environment Park and visited the school to see how it works.

#### Musical Soirée

Our first Christmas Hills Primary School musical soirée of the year took place at our new Blue Wren Theatre on the 18th of September. It was great to see some familiar faces from south of the dam at the event. We follow a similar format to the BICA Night Event, with local acts ranging from professionals to first timers. The next soirée is planned for mid-November. An email will be sent closer to the date with exact details.

# SPRING Carol Bonny

I know I say this every spring, but I truly think this year has been the best ever on our property for orchids. On the southwest slope, two-thirds down our driveway, the display was fabulous. Scattered Tall Greenhoods (Pterostylis Iongifolia) were followed by thick patches of Nodding Greenhoods (Pterostylis nutans), then a veritable field of Wax-lips (Glossodia major), dotted with Mantis Orchids (Caladenia tentaculata), Maroon Greenhoods (Pterostylus pendunculata), Pink Fingers (Caladenia carnea) Purplish Beard-orchids (Calochilus robertsonii), Musky Caladenias (Caladenia gracilis) Tall Sun-orchid (Thelymitra pauciflora) and this year I spotted a Salmon Sun-orchid (Thelymitra rubra).

Tiger Orchids (*Diuris sulphurea*) came up in their dozens but unfortunately the dreaded rabbits stopped us from enjoying what would have been another spectacular display. The other exciting find was our first chocolate lily in bloom. Last season I discovered plants, but these are our first beautiful flowers and they smelt yummy as well.

#### CLEARING UNDER THE TRANSMISSION LINES

# Alan Bonny

The annual pre-fire season rush to address the high-tension line easement that runs through the Bend has happened again, this time with an increased intensity as a reaction to the February fires.

Residents directly impacted by the easement and BICA as a consultative body were given only days notice to absorb and comment on 100 page plus documents.

There were a couple of hastily convened meetings and lots of trees sacrificed to produce lots of paper distributed. Passionate submissions by residents were overridden by the need to secure Melbourne's power supply.

The bottom line was that the existing Management Plan that was negotiated and in place was ignored and a new interim cut was prescribed.

It's probably started to happen by the time you read this and it will drastically reduce the vegetation in the easement. BICA supported residents who were obviously distressed by this impact on their properties.

There will be a significant reduction along the easement to address the theory that reducing the fuel load will secure the transmission line. This ignores the Environmental Effects Statement that was conducted before the second line was installed and all other environmental values in our area. Qualified arborists will supervise the cut but it will be severe.

BICA has accepted that the cut will proceed but indicated disappointment with the haste that this process dictated. What's next?

#### SPRING INTO CLIMATE WATCH

In response to the challenge of climate change, Earthwatch Australia together with the Bureau of Meteorology and The University of Melbourne, have developed ClimateWatch.

As someone interested in our local natural environment, we invite you to get involved in ClimateWatch and help us start to understand how our plants and animals are being affected by climate change.

ClimateWatch gives every Australian the chance to get hands-on in the science of understanding climate change by merely observing nature from their own backyard, while enjoying the bush or at school.

As a registered ClimateWatcher user, you can observe the timing of natural events, such as the budding of flowers, falling of leaves and the appearance of migratory birds, and record these changes via the ClimateWatch website http://www.climatewatch.org.au

The data you help collect will be used by climate change biologists and will help policy makers shape the country's response to climate change.

ClimateWatch is the first project of its kind in the southern hemisphere. Despite the existence of many volunteer organisations in Australia, no network or integrated data set to support climate change research currently exists.

Both plant and animal species will be monitored as part of the ClimateWatch program with indicator species currently selected for the initial regional trials in Melbourne, Sydney, North Queensland and nationally.

All you will need to know about these indicators how to recognise them and what to look for is available on the ClimateWatch website.Regist,,er online as a ClimateWatcher and help form Australia's scientific response to climate change.

www climatewatch org au

#### PLATYPUS NOTES

# Rosemary West

Recently I became involved in the Platypus count programme conducted by the Australian Platypus Conservancy. As I walk along the river early most mornings, currently just after sunrise, I am in a great position to spot these special creatures. I have chosen two sites for my observations, both quiet wide pools, & I keep watch for about 5 minutes at each site. I have been astonished by how often I now see them, having previously (when not specifically looking for them) only seen one. It is a good time of the year to check (June & July are the best months). This area should provide excellent habitat for platypus due to the absence of domestic dogs & cats (though there are plenty of foxes alas), the good length of natural bush on both sides of the river, the presence of good banks (necessary for 'resting' & 'nesting' burrows) & the relative absence of litter, a serious threat to them as they get entangled as they search for food along the bottom of the river. We also have very few fisher people in this stretch, again a hazard as they can be hooked inadvertently or, more commonly, become caught up in fishing line or nets. I have been given lots of helpful information from the organisation & I would encourage anyone with a bit of time to spare & near the river or Watsons Creek (another waterway where they have been observed) to take part in the count.

On a completely different matter, what on earth is galloping round & round my decks in the middle of the night? They sound like a herd of elephants. Who ever thought our small bush creatures could be so nois.

### MULCH AND WEEDS

#### Graham Petersen

Recently I have been working with the Co-op bushcrew looking at how best to reduce weeds around houses.

During this process we have been discussing the pros and cons of mulching and how that affects weed levels.

When we talk about mulch we mean the product produced when trees and shrubs are put through a chipper. The end product will vary depending on the type of tree and whether larger logs have been chipped leaving heavier wood chips.

The vegetation in the Bend of Islands has a natural organic litter, which is very different to mulch from a chipper.

My experience and teachings have taught me that mulch from a chipper is highly detrimental to bushland areas and is problematic in revegetation of many native species.

#### Disadvantages of Mulch

Mulch which comes from outside the Bend of Islands should never be applied as it may contain weed seed and seeds from species not local to our area. It may also contain exotic material, which would encourage exotic fungi, bacteria and invertebrates.

When mulch breaks down it draws nitrogen from the soil, particularly larger wood chips, this

reduces weeds in the short term but as this mulch breaks down further the nitrogen is released leaving conditions highly conducive to weed invasion. Annual weeds around houses in the Bend are usually there because there are high levels of nitrogen in the soil due to run off, septic, grey water and of course broken down mulch from around the house.

There has been recent work done on the placement of sugar in bushland to deter annual weeds. There is an article on this in this BICA Newsletter. Native grasses, herbs etc cannot survive or regenerate when covered in chipper mulch. Encouraging native grasses around the house will help to reduce weed levels and provide a more natural bush environment.

The roots of the plants that occur in our area have adapted to search for water deep in the ground, especially the large shrub and tree species. By placing mulch around these plants the moisture is kept at the surface of the soil and the roots of the plants do not develop as they should. This causes trees to fall over and smaller shrubs to produce too much new growth in summer and die on the first day over 40°C.

The following is an extract from Indigenotes 2006 "A student project recently highlighted to me the competitive relationships between fungi. Fungi that break down wood are not necessarily the same species that form symbiotic relationships with the plants we desire. 'Feeding' one type of fungus, in this case a wood-decaying fungus, gives this species a competitive edge over others. Is this what we are doing by mulching heavily?"

There are fuel issues related to having mulch close to your house. This should be looked into further and discussed with CFA or fire experts.

Mulch needs to be topped up regularly to stop the weeds that have come up due to the mulch breaking down!

#### Advantages of Mulch

Poa labillardierei and Lomandra longifolia are local species that can do well and can regenerate in mulch, an example of this is along the freeways/tollways.

#### What To Do

This is a hard one for me as I am ecologically biased and feel any wood chips particularly large ones should be away from the bush. If people don't believe me and the many others who understand these processes, but still want to mulch, please use local mulch without large wood chips and spread it thinly (Max 5cm depth). It is paramount that the areas that are mulched are contained in a garden bed and the mulch does not get washed into the bush.

Another option would be to duplicate what happens in the bush and rather than use mulch use the organic litter that is abundant within our bushland. Care needs to be taken when doing this to be gentle in removing the litter from other areas and do not take litter from a known weedy spot. I understand that people feel the need to cover disturbed ground with mulch but it won't solve their weed problems. It just delays them and makes it worse.

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Guest Speaker: Dianne Simmons, captain of our fire brigade and well know fire ecologist Don't forget the BICA Annual General Meeting on Sunday 29 November 2009 Election of Committee for 2009-2010

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