HIGH SOBRIETY

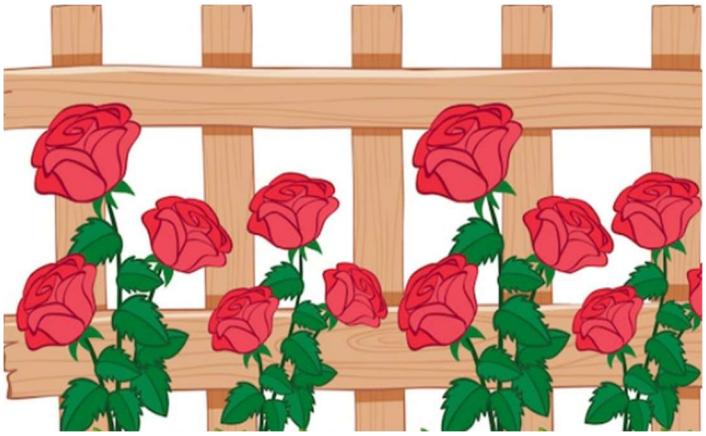
2215 S. El Camino Real, Suite 204
San Mateo, CA 94403

Monthly newsletter of the
SAN MATEO COUNTY FELLOWSHIP OF AA

650-577-1310
aasanmateo.org
aasanmateo@gmail.com

June 2026

SMC Fellowship News June 2026



CENTRAL OFFICE ANNIVERSARY PARTY Saturday October 3

Putting on a successful party requires lots of volunteers and we have many opportunities for you to help! The Central Office Anniversary Party Committee is already working on this year's event which will be held Saturday, October 3rd at the San Mateo County Event Center. Come join the fun!

Chairperson Positions available include:
- ❖ Clean up Committee Chair
- ❖ Parking Committee Chair
- ❖ Coffee Committee Chair

Additional volunteer opportunities available include: set up and decorations, reception, food service, coffee service, silent auction, parking, and cleanup.

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Planning meetings are the first Friday of each month pm Zoom at 6:30pm. Upcoming meetings: June 5th and July 3rd. Zoom ID: 825 1613 6372.

To volunteer or for further information, please contact Trish at aasmparty@gmail.com or 650-392-5374.

Raffle Tickets are here!! Available for pick up at Central Office. For every ten tickets you sell, you get one free.

For information on donations for the Silent Auction, see page 3.

Note from Central Office:
If your meeting (or any meeting you know of) closes, please have someone from the group contact Central Office so we can remove it from the meeting schedules.

Monthly Service Committee Meetings

BRIDGING THE GAP — **June 1, 7:00 p.m. on Zoom**
Meeting ID: 563 554 9920 Passcode: 54321

TELESERVICE — **June 14, 7:00pm on Zoom**
Meeting ID: 858 4259 6364

DELEGATES TO CENTRAL OFFICE — **June 9, 7:30 pm on Zoom**
Meeting ID: 812 5236 9897, To phone in: +1-669-900-6833

CENTRAL OFFICE ANNIVERSARY PARTY — **June 5, 6:30 p.m. on Zoom (Next meetings: July 3)**
Zoom Meeting ID: 825 1613 6372

PI/CPC — **June 9, 6:45 pm on Zoom**
Meeting ID: 475 062 9806 password 483492.

GENERAL SERVICE — **June 16, on Zoom, 7:00 orientation/concept study, 7:30 pm business meeting**
Meeting ID: 884 8540 6474, Passcode: 443303. To phone in: +1-669-900-6833

H&I (Hospitals & Institutions) — **June 23, 6:15 orientation; 7 p.m. business meeting**
Central Peninsula Church, 1005 Shell Blvd. Foster City (Student Room)

PENYPAA (Peninsula Young People in AA) June 14 and June 21, at 5: 30 p.m., Central Peninsula Church, 1005 Shell Blvd. Foster City

UPCOMING EVENTS

Brisbane Breakfast Bunch

Invites You to Our

REGULAR A.A. MEEING
At the community center
(Under old library)

250 Visitacion Avenue
Brisbane CA 94005

each Sunday, at
11:00 a.m. for an A.A. meeting
and 10:45 for arms' length

June 2026 Speakers:

June 7	Ann	WBAC Women's happy hour
June 14	Peter	Pacifica noon mtg
June 21	Stephen	Pacifica noon mtg
June 28	Bill B.	Brisbane breakfast group

Become a Faithful Fiver!
Pledge $5 per month (or more) to support Central Office. You can pay monthly, quarterly or annually. Your personal contributions make our vital services possible.
Call 650/577-1310 or stop by Central Office to enroll. All fivers receive a copy of High Sobriety!

CENTRAL OFFICE ANNIVERSARY PARTY
Featuring our fun SILENT AUCTION
Saturday, October 3rd—San Mateo Event Center

The Anniversary Party is our Central Office's main fundraiser, and a big part of that is our very successful Silent Auction. Having a large variety of baskets and items is key to its success. Items can be contributed by groups or individuals and can be large or small.

Popular items include:

• Gift cards/Tickets/Passes to stores, movie theaters, coffee shops, restaurants, sporting events, etc.
• Gift baskets with themes like gourmet foods, recovery, relaxation, coffee/teatime, movies, sweet treats, or whatever creative ideas you can think of.
o Feel free to decorate your basket, however, don't worry if you don't – our Silent Auction Committee will be able to spruce it up for you!

• Services such as haircuts, massages, manicures (should be donated by AA members)
If you or your group will be submitting an item, please let us know by emailing us at AASMparty@gmail.com

DISTRICT 05
UNITY DAY

Sunday, July 19, 2026
12:00 PM - 4:00 PM
Beresford Recreation Center
2720 Alameda de las Pulgas
San Mateo, CA 94403

Join District 05 for an afternoon of fellowship, food, service, and unity

Lunch will be provided at 1:00 PM
Delegate Report presented by Chitra from 3:00 PM - 3:50 PM
Service Commitee Tables will be available
Coffee, water, and soda will be provided Interested in volunteering?
Please contact Denise @ 408-520-6732

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GENERAL SERVICE

LOOKING FOR SUMMER ASSEMBLY VOLUNTEERS

SCAN TO VOLUNTEER

Setup
Breakfast
Coffee
Lunch Prep
Lunch Service
Parking
Accessibility
Clean Up

New to service? Perfect.

Years of experience? Wonderful.

Everyone is welcome!

AUG. 8 | 8 AM - 5 PM
AMERICAN LEGION CLUB
651 EL CAMINO REAL, REDWOOD CITY

Questions? Contact:
assembly@district04cnca.org

San Mateo County AA Campout

August 20th – 23st 2026

Once again, it's time for our annual campout under the beautiful redwoods at Memorial Park. For all those who have not yet had the opportunity to attend, come on out, ***"to watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends-this is an experience you must not miss. We know you will not want to miss it".***

LOCATION: Memorial Park, 9500 Pescadero Creek Rd. Loma Mar, CA 94021

Wurr Flat #1 group campsite

COST: $30.00 per tent / per night, includes parking for one vehicle

For More Info, see https://aa-san-mateo.org/event/san-mateo-county-aa-campout-2

Step Six

Were entirely ready to have God remove all these defects of character

When No One's Watching

When we are satisfied that we've given Steps One through Five our best effort and have identified our most glaring defects and shortcomings, it's time to affect the changes in our thoughts and behaviors by addressing them in Steps Six and Seven. To be successful, we must first get honest with ourselves and begin to establish some credibility. In other words, doing what we say we're going to do.

Then, if we're sure that we are committed to the program, we will want to set in place principles to live by. These principles cut off our own escape when we want to revert back to our old way of thinking. Most of us do this with the help of a sponsor or a mentor, if you like, and go by the book as best we can.

I did what I thought was a pretty thorough job of it. Then one day about 20 years ago, I was trying to park my car in a crowded parking lot. I found the parking spot I wanted but there was a shopping cart blocking my way. I got out of my car and moved the cart aside. I parked my car and pushed the shopping cart back up to the store entrance. Then I went about my shopping.

From that day on, when parking at any market I search for a stray shopping cart and take it back to the store just to make up for all the times I shoved one into a flower bed and drove away. After telling this story at AA meetings over the years, members often mention to me how very uncomfortable it is for them to leave a cart adrift in the parking lot and we all get a big laugh out of it.

As best I can tell, the word "neglect" is only mentioned a couple of times in the Big Book and the "Twelve and Twelve." And seldom, if ever, has neglect been the topic of a meeting that I can recall. It's like the proverbial elephant in the room.

Do I do what's right even when there's no one watching? If credibility means I always do what I say I'm going to do, then integrity, to me, is a whole bunch of credibility. To cut off my own escape, I do routine things every day that cost me nothing and give me a clear conscience. If I am doing the little things that I should, I find it much easier to give the big things that same level of attention. I never throw trash out of the car window, for example. I pick up after myself, and I never walk away from my bed in the morning without making it.

I liken this way of living to an unspoken prayer. The prayer says that I will be responsible, I will be orderly, I will be neat, I will not be neglectful, I will be respectful and I will stay on the unselfish side of the ledger in all of my decisions. I sometimes revisit those pages in the Big Book and the "Twelve and Twelve," and I try my best not to ignore the elephant in the room.

RICK R. | POWAY, CALIF

MESSAGE FROM GENERAL SERVICE

Hello District 05, San Mateo:

Our Panel 75, for Area CNCA06 is winding down. We still have a few enjoyable events coming up, plus things to look forward to:

1. Sunday, July 19, 2026. Unity Day Please note that July 19 is a Sunday.
   Beresford recreation center, assembly room
   2720 Alameda de las Pulgas
   San Mateo, CA 94403

Chitra, our CNCA06 delegate, will be giving a presentation about 3pm at Unity Day. Lunch is provided at 1pm, doors open at noon.

2. Saturday August 8, 2026 SUMMER ASSEMBLY,
   American Legion Hall, Redwood City
651 El Camino Real, Redwood City, CA 94063

District 04, Santa Clara and District 05, San Mateo are co-hosting this event. Please see flyer and contact Denise S, to volunteer. We need lots of help! If you'd like to join the online planning meetings — The next meeting for our planning committee is scheduled for May 31st @ 5pm. The Zoom info is: Zoom ID: 894 1698 1622
Password: Service

Since we're so close to the summer assembly, we've decided to hold bi-monthly meetings on the second and fourth Sunday. If you have any questions please let me know. In Service, Chris W., Alt DCMC District 04, 650-274-1978

3. Saturday October 3, 2026. CENTRAL OFFICE PARTY,
   San Mateo County Fairgrounds. Most enjoyable event, with catered dinner, terrific speaker and many info tables plus silent auction, games and fellowship.

4. We are seeking a volunteer to administer and maintain our Google workspace District platform, once we get it set up. Please let Susan, Denise or Caroline know if you have experience with Google Workspace and are available.

In service,
Susan Clancy, CNCA06,
DCMC, District05, San Mateo
650-515-0950
Susanclancy5@gmail.co

Gordon L SC 34Yrs

If you'd like to have your birthday listed in High Sobriety (some members contribute an amount for each year of sobriety), please send your donation, with your name and city, number of years of sobriety, sobriety date, and phone number (optional) to Central Office.

Central Office Delegates Meeting Minutes – Tuesday, May 12, 2026

Chair, Jan M., opened Delegates Meeting- 7:30 pm & closed- 8:15 pm; **12 Traditions:** Becky N. Responsibility Statement: Carol Y.; **New Delegates**: Ann P., Women's Home Group; Kathleen, Foster City Gazebo Women's Meeting
AA Birthdays: none; **Minutes**- Approved. **Financial Report**- Approved.

Service Committee Reports:

BTG- Bridging the Gap – Alex O.

- District 5 Bridging the Gap is now conducting monthly training sessions at the beginning of the month for those who wish to give presentations at treatment centers. Email dist5btg@gmail.com if you are interested.
- Volunteers are still needed to take presentations into Palm Avenue every Sunday at 7 pm, and Safe Harbor every other Friday at 7 pm. Six months of sobriety are required, and commitments are once a month. If you are interested, or interested in accompanying newcomers fresh out of treatment to meetings, please follow this link: https://forms.gle/sKyxZi4S8jKXwfiq7
- Our committee meets every first Monday of the month at 7:30 pm on Zoom. Please contact dist5btg@gmail.com for the zoom link.

General Service Liaison - Dave C.

- Our General Service meeting was held April 21,2026 with 24 Representatives. Claudia N., our Area Alternative Delegate held the 3rd Legacy voting procedure and Alex O. was elected the new District 05 Registrar.
- The CNCA 06 Post-Conference Assembly, "Humility in Action" is May16,2026 at the Ulatis Community Center, 1000 Ulatis Drive, Vacaville Registration: 8-9am. Delegates Report: 2-3:30pm. Zoom ID: 632 553 607.
- District 05 Unity Day is Saturday, July 19, 2026, 12;00PM - 4:00 PM at the Beresford Recreation Center, 2720 Alameda de las Pulgas, San Mateo. Lunch will be provided at 1:00PM. Our Delegate, Chitra will present her report at 3:00PM. Interested in volunteering contact Denise @ 408-520-6732.
- The CNCA 06 Summer Assembly will be August 8, 2026, at the American Legion Club, 651 El Camino Real, Redwood City.

H &I – Matheas H.

Three service opportunities to highlight:

- Project WeHOPE in East Palo Alto desperately needs volunteers on Tuesdays @ 5:30pm
- RWC Men's Jails has openings—New Requirements: 3 Years Sobriety and 3 Years Off Probation (down from 5 Years)
- Desperately seeking Men for Spanish Speaking meetings in RWC Men's Jails—New Requirements: 3 Years Sobriety and 3 Years Off Probation (down from 5 Years)

Ways to learn more about additional openings and opportunities:

- Upcoming H&I Orientation and Business Meetings: May 26, June 23, July 28
    - Orientation @ 6:15—7:00pm || Business Meeting @ 7:00—8:00 pm
    - Location: Central Peninsula Church, 1005 Shell Blvd, Foster City
- Monthly emails that are sent out for H&I Updates and reminders. If you'd like to be included on those emails (or if you have any questions regarding H&I please reach out to hicsmcsecretary@gmail.com.

PENYPAA – Brooke M.

- PENYPAA holds events and meetings for the young and young at heart. All are welcome to attend.
- We meet the 2nd and 4th Sunday of every month at 1005 Shell Blvd in Foster City at 5:30pm. Our next business meeting is Sunday, May 17th .
- Our first bonfire meeting of the year will be Friday, May 29 th at 7:00pm at 111 Ottawa Street in San Mateo. It's a speaker meeting with food and drink sales provided. Bring your own chair.
- Upcoming Event—Serenity Sumo Wrestling on Saturday June 5th from Noon to 5pm. Join us for a panel meeting, food, games, and fellowship at Greer Park in Palo Alto. $10 suggested donation. No one will be turned away for lack of funds.

PI-CPC- Toni A./Juliana

- Committee chairs attended:

    - Area meeting in Petaluma where there was a brilliant presentation by the Working Committee about needs and resources.
    - PI-CPC Working Committee—a national/international group with great ideas and tons of resources/ideas.
- Coordination efforts
    - Working to get tables at summer city events such as Pride in San Mateo and Summer Festival in Foster City.
    - Reaching out to coordinate with PENYPAA for fun and educational tables in the educational sector for the fall.
    - Working with Alanon for tables in proximity at various events where appropriate
- We are also continuing to sort and organize the resources for presentations and tables for target groups of interest so that we have easy resources for volunteers.

Alkathon – Brent M.
No report this month.

Trusted Servants Workshops – Bob M.
No report this month.

Advisory Committee – Janice C.
Advisory Committee Meeting was held May 6th, with 9 members present.

- Finances/ Book prices
    - Central Office is doing well financially for 2026. Central Office continues to monitor donations related to raising the price of books. For now, books will stay at current prices. The Office has an ample supply of them.
- Central Office Manager Annual Seminar
- Don has traveled to this annual business meeting for several years which is attended by managers across the country. For 2026, the event will be November 5-7, taking place in San Antonio, Texas.
- The Advisory Committee voted to bring the funding request for Don to attend the meeting to the Delegates for approval, and to vote on it with a budget of $2,000. The flight, room and event registration total $1,470 with the remainder for additional expenses.

Teleservice -Don C.

- Shifts available, one shift per month, 4 hrs. during daytime or 8 hrs. if doing an overnight shift
- Contact Don at aasanmateo@gmail.com or call Central Office at 650-577-1310.

Anniversary Party –Trish E.

- The 2026 Anniversary Party will be held at the San Mateo County Event Center on Saturday, October 3, 2026.
- Volunteers are needed to make the event a success.
    - The planning committee still needs a chairperson for the coffee/tea station, as well as for the cleanup crew.
    - There are other volunteer opportunities available, too, including food service, silent auction, parking, decorations, etc.
    - Please reach out to Trish (Entsmit1@pacbell.net) if interested.
- The committee meets via zoom on the first Friday of the month at 6:30 pm. Zoom meeting ID: 825 1613 6372. Our next meeting is Friday, June 5th. All are welcome.

Central Office Report - Don C.
STATS FOR APRIL 2026:
12 STEP CALLS – 1; OFFICE VISITS – 52; PHONE INFO - 71
OTHER:

- Raffle ticket sales for Central Office Party will be in the office by the end of this week. Last year raffle tickets sales were low, and we are aiming to get more people out there selling tickets this year. Feel free to stop by the office any time to pick up a book to sell. Same as last year, you get one free ticket for every book of 10 tickets that you sell.
- If a meeting you know of (live or online) closes, please be sure to let Central Office know so it can be taken off the website, app, and printed schedule. We would rather have too many people tell us than not have anybody do so.

Next Meeting: Tuesday, June 9 at 7:30 pm.

FINANCIAL REPORT

MAY 2026

	MAY	Total YTD
Income		
Birthday Club Contributions	34.00	154.07
Book sales	781.71	6,322.10
Central Office Annual Party	0.00	0.00
Chip sales	290.02	1,478.35
Delegates Collection	0.00	0.00
Faithful Fivers	383.47	2,123.11
Group Contributions	12,926.68	55,832.44
High Sobriety Subscriptions	0.00	46.00
In Memoriam	10,000.00	10,000.00
Individual Contributions	112.67	16,211.64
Interest Income	0.00	0.00
Other (Comcast refund)	0.00	0.00
Printing	0.00	20.00
Sales Tax on Books & Chips	114.47	833.15
Misc. Refund	0.00	526.52
		0.00
Total Income	24,643.02	93,547.38
Less Expenses	13,432.32	70,313.61
Net Income (loss)	11,210.70	23,233.77
Starting Balance		64,067.68
Plus Net Income/Loss		11,210.70
Ending Balance		75,278.38
TOTAL PRUDENT RESERVE		81,140.28
TOTAL CASH POSITION		156,418.66

	MAY	Total YTD
Operating Expenses		
Accounting Services	122.00	3,300.01
Books Purchased	64.95	7,596.35
Chips	239.55	976.35
Central Office Annual Pa	1,901.28	4,791.67
Central Office Insurance	164.75	843.75
Credit Card Charges	25.44	212.27
Employee Insurance	311.90	1,523.70
Miscellaneous	0.00	357.52
Office Equipment Lease	302.79	1,727.72
Office supplies	160.42	720.27
Outside Services	0.00	0.00
Postage	43.54	276.94
Rent	1,501.00	7,505.00
Salaries	5,581.60	27,159.63
Sales Tax on books	542.00	999.00
Taxes (Payroll)	2,107.48	9,896.66
Telephone & Tech	213.62	1,265.99
Teleservice	0.00	392.02
Travel Expenses	150.00	768.76
Total Operating Expens	13,432.32	70,313.61
Net Income (loss)	11,210.70	23,233.77

2026 Year-to-Date Summ	
Year-to-Date Income	93,547.38
Year-to-Date Expenses	70,313.61
Year-to-Date Net Inc/(Deficit)	23,233.77

GROUP CONTRIBUTIONS

MAY 2026

ATHERTON	MAY	YTD
Horses Ass		840.00
Sunday Spirituality		99.52
BELMONT		
Belmont Tues. Noon Group		225.15
Day At a Time		69.83
Sunday Sundowners	816.55	826.55
BURLINGAME		
Anson Group	545.10	545.10
Any Length	20.00	709.77
Burlingame Noon Men's Grp	502.00	903.00
Courage to Change		159.00
Ham & Eggers	25.00	2,594.46
Hillsborough Men's Group	220.00	370.00
Peninsula Prime Time		20.00
Saturday Nite Spkr/Disc.		577.53
Senior Focus Group		486.82
Tuesday Nite Group		550.00
FOSTER CITY		
FC Men's Sharing Group	357.18	357.18
FC Women's Pop Up Gazebo		481.08
Foster City Women (Sat)		100.04
Living Sober Groups Live	100.00	627.40
Study the Text Group		400.26
HALF MOON BAY		
3rd & 11th Step		155.65
7 Miles South	133.70	305.20
777 Miramontes Noon Meet.M,W		320.00
Coastside Big Book Study		336.00
Coastside Serenity Group M-F	280.00	1,151.22
Coastside Talkers	1.00	80.03
Coastside Young People		840.00
Emotional Sobriety Book Study		353.02
Great Out Doors Sat,Sun		1,321.24
HMB Happy Hour Group		32.40
HMB Thurs Womens BB		115.50
Last Barn on the Block		138.00
Thursday Night Men's Group		399.74
Womens 12th Step Tues	3.00	428.32
LA HONDA		
La Honda Group (Thurs)		322.00
MENLO PARK		
Atherton AA		272.00
Atherton Grp Wed Noon		326.22
Beginners Menlo Park	201.60	344.40
Cottonmouth		769.00
Fri. Noon Women's	590.55	1,210.76
Menlo Park Men's Group		281.40
Menlo Weds Women's Grp	159.00	704.47
Plain Language BB Study Mon Noon		187.20
Sat Morning Sandhill		2,361.29
Sat Sunrise Grp MP 7:30		2,247.40
Women's 12- Step Thu Noon		195.38

MILLBRAE	MAY	YTD
Sobriety in the Park		242.00
Misc.		
Gratitude Night Coastside		800.00
HMB Talent Show	80.00	80.00
PENYPAA		64.20
PACIFICA		
12 @ 6 Group		200.13
12 Noon Disc. (Mon)		44.10
As Bill Sees It (Sat)		120.07
B.Y.O.B. Group Thurs Noon		393.28
Discussion Group Fri Library	35.00	248.10
Fri Discussion Noon Baptist		115.94
Friday Night Lights Women's Big Book		179.40
New Comers & Old Timers		257.00
Pacifica Live Wake Up		721.25
Pacifica Men's Group		235.00
Pedro Valley Pacifica		696.00
Serenity in Pacifica	97.52	347.33
Sharp Park 3rd & 11th Step		50.44
Sharp Park Joe & Charlie BB Study		211.68
Sun Daily Reflections (Beach Mtg)		153.39
Thursday Noon Disc Baptist	200.00	335.00
Tuesday Noon Disc Baptist		282.41
Women's Big Book Study		515.14
PORTOLA VALLEY		
Portola Valley 11th Step		734.09
REDWOOD CITY		
Don't Drink Group	340.00	623.57
San Carlos Beginners		155.00
Sequoia Recovery Grp		205.05
Thumpers		274.73
Wed. Woodside Meeting		862.64

SAN BRUNO	MAY	YTD
12 Step Study Grp (Thurs)		23.64
Big Book Study Fri (5pm)		229.84
Come as You Are		547.07
Early Enders		84.19
Experience, Strength, Hope	51.65	178.38
Grupo Serenidad	20.00	100.00
Living Sober/ HH (Tues)	38.00	220.60
Spkr/Disc - Happy Hour(Mon)	129.47	723.71
SAN CARLOS		
Brovid Men's Meeting		95.50
SCPF- all meetings		1,278.97
Sober Sundays		391.80
SAN MATEO		
Fireside Group		365.64
Highlanders Grp.		207.12
Joy of Living		215.04
Lunch Bunch		115.73
Mid Peninsula Women		700.78
Monday Night Men's 6:30		200.02
Morning Serenity (All)	7,520.00	8,020.00
The Forum Group		893.00
Wednesday Afternoon Group	125.00	523.25
Women's Home Grp (traveling)		750.70
SOUTH S.F.		
Keep it Simple		229.52
Midway Group		65.00
New Beginnings Women		138.00
South City Womens		225.00
WESTBAY ALANO		
Back to Basics		120.00
Brown Baggers Meditation	60.00	60.00
Colma Eye Opener		876.94
Early Birds 12 X 12 (Fri)		120.00
Oyster Point Discussion		124.00
Steppingstones		120.00
Tues 7am Big Book		148.62
Weds High Noon		10.50
West Bay All Groups		3.00
West Bay Alcathon 2026		230.00
Women's Happy Hour		31.10

Zoom	MAY	YTD
12 & 12 @ 12 SM		25.00
7AM Coastside Meet.M,F		657.24
7AM Wake Up Group WBAC		254.00
Back to the World Group BUR		155.51
BB 103 North FC	20.00	140.00
Belmont Tues. Noon Group	29.84	173.76
Broken Elevator Thurs. RWC		10.00
Friday Noon Big Book FC		25.00
Men's R4D Big Book MP	143.52	143.52
Off Broadway Beginners Mtg SM		76.26
S.C. Awareness Group SC	2.00	16.00
The Old & the New FC	20.00	85.00
The Sewer Group RWC	40.00	70.00
Women's Candlelight Grp PAC		2.00
Women's Celebrate Being Alive SM		74.02
Women's Sharing Choices	20.00	228.00
Women who wear shoes PAC		43.00

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