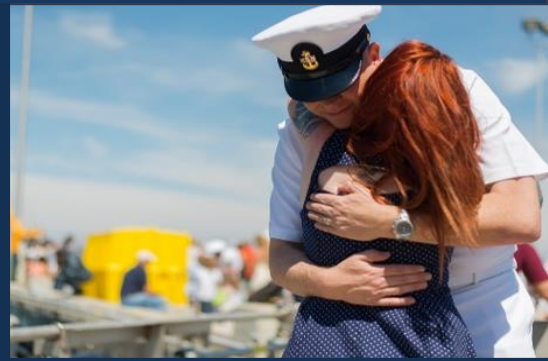


Deployment and Readiness Newsletter








June 2022

Aloha from the Military and Family Support Center (MFSC)!

We hope you are enjoying this monthly newsletter designed specifically for our deployed families! Here you will find current program events, offerings and information to assist you throughout the deployment. As always, if you should have any concerns prior to, during and/or after your deployment term, don't hesitate to contact us. We are here to assist you!



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Deployment and Readiness Newsletter

WHAT IS THE MILITARY & FAMILY SUPPORT CENTER?



In 2010, Pearl Harbor Naval Base and Hickam Air Force Base merged to become Joint Base Pearl Harbor-Hickam. The previous Pearl Harbor Fleet & Family Support Center and the Hickam Airman & Family Readiness Center combined into one organized center: The Military and Family Support Center. We provide unified, customer-focused programs, classes, and services to support our JBPHH community including active duty, reserve, retired personnel, and family members.

MFSC Programs and Services Include:

- Information and Referral
- Counseling Services and Crisis Response
- New Parent Support Program
- Sexual Assault Prevention and Response (*Navy only*)
- Family Employment Readiness and Volunteer Program
- Relocation Assistance Program
- Emergency Case Management/Disaster Preparedness
- Deployment Readiness Program
- Personal Financial Management Program
- Exceptional Family Member Program
- Personal and Family Life Education
- Ombudsman/Key Spouse Liaison
- Transition Assistance Program (TAP)
- Computer Resource Lab
- Retired Activities Office



GREAT Life HAWAII

Visit www.greatlifeHawaii.com to learn more!

<https://jbphh.greatlifeHawaii.com/support/military-family-support-center>

Deployment and Readiness Newsletter

Welcome to RED Team Melissa!

Melissa Fraser is a Work and Family Life Specialist at the Military and Family Support Center (MFSC). She brings over 10 years of experience supporting the military community programs such as the Transition Assistance Program (TAP) and Employment Readiness, recently joining the Relocation, Emergency Management and Deployment (RED) Team at MFSC. Originally from Iowa, she has now completed 4 military PCS moves, all internationally and spent 7 years living in Europe and Asia. She traveled to 12 countries and 36 military installations delivering TAP and Employment Workshops, encouraging service members and their spouses to plan and prepare for their next career move. Melissa's favorite hobbies include traveling and documenting the journey along the way. With 43 countries visited, she enjoys immersing herself in local experiences, cuisine, and cultures. Melissa is excited to join the RED Team and assist you and your family!

The MFSC "RED" Team is here to support you!

(Relocation, Emergency Management, Deployment)

Julie Craft

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Deployment and Readiness Newsletter

PROGRAM SPOTLIGHT

RELOCATION ASSISTANCE PROGRAM

The Military and Family Support Center's Relocation Assistance Program (RAP) can make your move a lot easier, whether you are settling in or departing from a duty station. The RAP is designed to make the moving process run as effortlessly as possible for the service member be they single, married, married with children, single parents, also family members of active duty and mobilized reservist and active reservist personnel relocating.



UPCOMING MFSC RELOCATION CLASSES

Class	Date	Time	Location
SPONSORSHIP TRAINING	JUNE 14	1:00 – 3:00 P.M.	VIRTUAL
PCSING WITH PETS	JUNE 15	10:15 - 11:45 A.M.	MFSC
RELOCATION AND CHILDREN	JUNE 15	8:30 - 10:00 A.M.	MFSC
SMOOTH MOVE	JUNE 9	8:00 - 11:30 A.M.	MFSC
WELCOME TO JBPHH	JUNE 22	1:00 - 2:45 P.M.	MFSC

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Deployment and Readiness Newsletter



A Hui Hou



"Until we meet again..."

Deployed Spouses Resiliency Group

Spouse deployed?

Come connect with other spouses of deployed service members as we learn about hurricane preparedness and have fun doing crafts with kids.

Date & time : 26 May 2022 from 10:00-11:30

To register, visit

<https://jbphh.greatlifeHawai'i.com/support>

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HOMEFRONT HEROES

Congratulations to the 2022 Homefront Heroes awardees! Your service to others and the JBPHH community is valued and greatly appreciated!



**"Jaedin's Adventures"
YouTube Channel:
Ms. Jaedin Gasner**



**Hickam Officer Spouses' Board,
Members, and Thrift Shop
Employees:**

- President - Angela Schermer
- VP Events - Stephanie Benson
- VP Welfare - TJ Harms
- VP Communications - Kathryn Luka
- Executive Secretary - Chris Garcia
- Administrative Treasurer - Sara Doherty
- Co-Welfare Treasurer - Sharron Caldwell
- Co-Welfare Treasurer - Tanisha Caldwell
- Community Relations - Joanie Ferguson



15 Maintenance Group Spouses:

- Mrs. Emily Schmidt
- Mrs. Simone Kuehne
- Mrs. Amanda McKittrick
- Mrs. Heather Groves



Mr. Pete Cruz



- Parliamentarian - Lauren Woody
- Activities Coordinator - Katie Marcucci
- Socials Coordinator - Sara Page
- Thrift Shop Coordinator - Kim Gordon
- Grants Coordinator - DeEtte Magera
- Scholarships Coordinator - Diana Helwig
- Reservations/Membership Coordinator - MaryHannah Olson

Deployment and Readiness Newsletter

How are Navy Ships Named?

As with many other things in the Navy, ship naming is more about tradition than legislation. The names for new ships are personally decided by the Secretary of the Navy. Ship name recommendations can be submitted by anyone and are individually considered. After consideration at the various levels of command, the Chief of Naval Operations (CNO) signs the memorandum recommending names for the current year's building program and sends it to the Secretary of the Navy. The Secretary considers these nominations, along with his/her own, then selects names for specific ships and announces them.

While there is no set time for assigning a name, it is customarily done before the ship is christened. The ship's sponsor (the person who will christen the ship) is also selected and invited by the Secretary. In the case of ships named for individuals, an effort is made to identify the eldest living direct female descendant of that individual to perform the role of ship's sponsor. For ships with other name sources, it is customary to honor the wives of senior naval officers or public officials.

Rules for giving certain types of names to certain types of Navy ships have evolved over time. Attack submarines, for example, were once named for fish, then later for cities, and most recently for states, while cruisers were once named for cities, then later for states, and most recently for battles. States, to cite another example, were given to battleships, then later to nuclear-powered cruisers and ballistic missile submarines, and are now being given to attack submarines.



Deployment and Readiness Newsletter

How are Navy Ships Named?

The July 2012 Navy report to Congress states that “US Navy ship-naming policies, practices, and ‘traditions’ are not fixed; they evolve constantly over time.” The report also states that “Just as [ship] type naming conventions change over time to accommodate technological change as well as choices made by Secretaries, they also change over time as every Secretary makes their own interpretation of the original naming convention.”

There have been numerous exceptions to the Navy’s ship-naming rules, particularly for the purpose of naming a ship for a person when the rule for that type of ship would have called for it to be named for something else. Destroyers traditionally have been named for famous U.S. naval leaders and distinguished heroes. On May 23, 2013, the Navy announced that it was naming a DDG-118 for the late Senator Daniel Inouye, who served in the U.S. Army during World War II, and who died on December 17, 2012. On March 31 and April 5, 2016, it was reported that the Navy was naming DDG-120 for a living person, former Senator Carl Levin.



References:

- Naval History and Heritage Command, “Ship Naming in the United States Navy,” accessed May 11, 2022, at <http://www.history.navy.mil/browse-by-topic/heritage/customs-and-traditions/ship-naming.htm>
- DOD News Release No. 361-13, May 23, 2013, entitled “Navy Names Next Two Destroyers,” accessed May 11, 2022, at <http://www.defense.gov/releases/release.aspx?releaseid=160>

Featured Aircraft: F-22 Raptor



The F-22 Raptor is the Air Force's newest fighter aircraft. Its combination of stealth, supercruise, maneuverability, and integrated avionics, coupled with improved supportability, represents an exponential leap in warfighting capabilities. The Raptor performs both air-to-air and air-to-ground missions allowing full realization of operational concepts vital to the 21st century Air Force.

The F-22, a critical component of the Global Strike Task Force, is designed to project air dominance, rapidly and at great distances and defeat threats attempting to deny access to our nation's Air Force, Army, Navy and Marine Corps. The F-22 cannot be matched by any known or projected fighter aircraft. A combination of sensor capability, integrated avionics, situational awareness, and weapons provides first-kill opportunity against threats. The F-22 possesses a sophisticated sensor suite allowing the pilot to track, identify, shoot and kill air-to-air threats before being detected. Significant advances in cockpit design and sensor fusion improve the pilot's situational awareness. In the air-to-air configuration the Raptor carries six AIM-120 AMRAAMs and two AIM-9 Sidewinders.

The F-22 has a significant capability to attack surface targets. In the air-to-ground configuration the aircraft can carry two 1,000-pound GBU-32 Joint Direct Attack Munitions internally and will use on-board avionics for navigation and weapons delivery support. In the future air-to-ground capability will be enhanced with the addition of an upgraded radar and up to eight small diameter bombs. The Raptor will also carry two AIM-120s and two AIM-9s in the air-to-ground configuration. Advances in low-observable technologies provide significantly improved survivability and lethality against air-to-air and surface-to-air threats. The F-22 brings stealth into the day, enabling it not only to protect itself but other assets.



Reference: <https://www.af.mil/About-Us/Fact-Sheets/Display/Article/104506/f-22-raptor/>

Deployment and Readiness Newsletter

How The F-22 Raptor Got Its Name

Lockheed Martin was the primary contractor, teaming with Boeing and General Dynamics for construction of the aircraft.

The F in F-22 is for "Fighter" (all fighter jets begin with F)

The jet was briefly known as "Lightning II," "SuperStar," and "Rapier"

The USAF officially named the fighter jet "Raptor" in September 2002



National PTSD Awareness Day

June 27, 2022

Not All Wounds are Visible

<https://www.ptsd.va.gov>



Deployment and Readiness Newsletter

Women Veterans Day June 12th



Women Veterans Day was celebrated for the first time on **June 12, 2018**, and is recognized by **16 states!**

Currently, there are almost **2M** women Veterans in the United States, Puerto Rico, and Territories/Foreign, according to VA.

Women Veterans Day, also referred to as **Women Veterans Recognition Day** and **Women Veterans Appreciation Day**, is the anniversary of the day the **Women's Armed Services Integration Act** was signed into law by President Harry S. Truman on **June 12, 1948**. Prior to then, only women nurses could serve in the regular and reserve forces during peacetime.

“Women currently make up approximately 10% of the overall veteran population...Veterans make up 14% of the men in America...But among women in America, only 1.5% are veterans.”

Reference: <https://www.dol.gov/agencies/vets/womenveterans/womenveterans-demographics>



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Deployment and Readiness Newsletter



Hearts Apart

Loved one deployed or preparing to deploy?
The *Hearts Apart* program is a supportive network to help USAF families stay connected and informed throughout the deployment cycle.

Once enrolled in *Hearts Apart*, you will be connected with an MFSC Deployment Specialist who will provide support and resources before, during, and after the deployment. Hearts Apart also provides opportunities to meet other deployed USAF families through various social events throughout the year. These events allow families to come together, build friendships, and ease the strain of family separations.

Join *Hearts Apart* to connect with other USAF families facing similar deployment challenges. Receive the needed support and resources to aid in your family's resiliency during the deployment!

For more information about the program, give us a call at 474-1999 or email MFSCHawaii@navy.mil."



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Deployment and Readiness Newsletter

MFSC Classes June 2022

DEPLOYMENT SUPPORT	DATE	TIME	LOCATION
A HUI HOU: DEPLOYED SPOUSE RESILIENCY GROUP	JUNE 23	10:00 - 11:30 A.M.	PEARL HARBOR
EMPLOYMENT ASSISTANCE	DATE	TIME	LOCATION
ACING THE INTERVIEW	JUNE 1	12:00-2:00 P.M.	PEARL HARBOR
CAREER EXPLORATION: FINDING YOUR PASSION	JUNE 7	9:00-11:00 A.M.	PEARL HARBOR
CIVILIAN RESUME WRITING	JUNE 10	10:00-12:00 P.M.	PEARL HARBOR
FEDERAL EMPLOYMENT 101 – NAVIGATING USAJOBS	JUNE 13	4:30-6:30 P.M.	PEARL HARBOR
FEDERAL EMPLOYMENT 102 – FEDERAL RESUME	JUNE 14	9:00-11:00 A.M.	PEARL HARBOR
LINKEDIN: WHAT WILL THEY SEE	JUNE 24	4:30-6:30 P.M.	PEARL HARBOR
VOLUNTEER OPPORTUNITIES	JUNE 16	1:30-2:30 P.M.	PEARL HARBOR
SALARY NEGOTIATIONS	JUNE 21	1:00-3:00 P.M.	PEARL HARBOR
FAMILY LIFE	DATE	TIME	LOCATION
BRINGING HOME BABY	JUNE 15	4:00-7:00 P.M.	HICKAM
INFANT MASSAGE	JUNE 15	9:00-12:30 P.M.	HICKAM
PARENTING	JUNE 17	10:00-12:00 A.M.	PEARL HARBOR
FOR KIDS SAKE	JUNE 16	1:00-4:00 P.M.	PEARL HARBOR
FAMILY READINESS	DATE	TIME	LOCATION
OMBUDSMAN BASIC TRAINING	JUNE 21-24	8:30-2:00 P.M.	PEARL HARBOR
KEY SPOUSE INITIAL TRAINING	JUNE 7-8	4:00-7:00 P.M.	HICKAM
KEY SPOUSE CONNECT	JUNE 2	9:00-11:00 A.M.	HICKAM
INFORMATION AND REFERRAL	DATE	TIME	LOCATION
EFMP PROGRAM OVERVIEW	JUN 1	9:00-10:00 A.M.	VIRTUAL
EFMP COFFEE TALK	JUN 9	9:00-10:00 A.M.	VIRTUAL
ANNUAL FAP TRAINING FOR GENERAL MILITARY	JUNE 3	3:00-5:00 P.M.	PEARL HARBOR
FAP FIRST RESPONDER TRAINING	JUNE 10	10:30-12:30 P.M.	HICKAM
GREEN CARD/IMMIGRATION AND NATURALIZATION	JUNE 21	9:30-11:30 A.M.	PEARL HARBOR
PERSONAL DEVELOPMENT	DATE	TIME	LOCATION
ANGER MANAGEMENT	JUNE 15	12:30-3:30 P.M.	PEARL HARBOR
COMMUNICATION	JUNE 15	3:30-5:30 P.M.	PEARL HARBOR
INTERPERSONAL RELATIONSHIPS	JUNE 16	1:00-3:00 P.M.	PEARL HARBOR
STRATEGIZING WITH STRESS	JUNE 10	1:00-3:00 P.M.	HICKAM & VIRTUAL
SUICIDE PREVENTION	JUNE 22	3:00-5:00 P.M.	PEARL HARBOR

Deployment and Readiness Newsletter

MFSC Classes June 2022

PERSONAL FINANCIAL MANAGEMENT	DATE	TIME	LOCATION
DITCHING THE DORMS	JUNE 8, 22	12:00 - 2:00 P.M.	HICKAM & PEARL HARBOR
SPENDING PLANS THAT WORK!	JUNE 15	12:30-2:00 P.M.	PEARL HARBOR
DEMOLISH YOUR DEBT	JUNE 15	3:00-4:30 P.M.	PEARL HARBOR
FINANCIAL BOOTCAMP	JUNE 16-17	8:00-3:00 P.M.	HICKAM
PSYCHOLOGY OF MONEY	JUNE 29	11:00 A.M.-12:00 P.M.	HICKAM
RELOCATION ASSISTANCE	DATE	TIME	LOCATION
SPONSORSHIP TRAINING	JUNE 14	1:00 – 3:00 P.M.	VIRTUAL
PCSING WITH PETS	JUNE 15	10:15 - 11:45 A.M.	PEARL HARBOR
RELOCATION AND CHILDREN	JUNE 15	8:30 - 10:00 A.M.	PEARL HARBOR
SMOOTH MOVE	JUNE 9	8:00 - 11:30 A.M.	PEARL HARBOR
WELCOME TO JBPHH	JUNE 22	1:00 - 2:45 P.M.	PEARL HARBOR
SEXUAL ASSAULT PREVENTION AND RESPONSE	DATE	TIME	LOCATION
SAPR VICTIM ADVOCATE INITIAL TRAINING (VAIT)	JUNE 27-JULY 1	8:00-4:00 P.M.	PEARL HARBOR
SAPR VICTIM ADVOCATE UVA REFRESHER TRAINING	JUNE 14	1:00-3:30 P.M.	PEARL HARBOR
TRANSITION ASSISTANCE	DATE	TIME	LOCATION
CAPSTONE EVENT	JUNE 8, 9, 22, 23	8:00 A.M. - 10:00 A.M. 10:00 A.M. - 12:00 P.M.	PEARL HARBOR
SKILLBRIDGE 101	JUNE 30	2:00-3:00 P.M.	PEARL HARBOR
TRANSITION HOT TOPICS	JUNE 2	8:00-2:00 P.M.	PEARL HARBOR
TAP: DEPT OF LABOR EMPLOYMENT WORKSHOP	JUNE 16-17	8:00 A.M. - 4:00 P.M.	PEARL HARBOR
TAP: MY EDUCATION	JUNE 9-10	8:00 A.M.- 3:00 P.M.	PEARL HARBOR
TRANSITION ASSISTANCE PROGRAM (TAP) EXECUTIVE	JUNE 27-30	7:30-4:00 P.M.	PEARL HARBOR
TRANSITION ASSISTANCE PROGRAM (TAP) FOR RETIREES	JUNE 13-15	7:30 A.M. - 4:00 P.M.	PEARL HARBOR
TRANSITION ASSISTANCE PROGRAM) (TAP) FOR SEPARATEES	JUNE 6-8 JUNE 13-15	7:30 A.M. - 4:00 P.M.	PEARL HARBOR

MAD LIBS

For Activity: Complete the list and then fill in the blanks to tell the story. Read the story aloud. This activity is great for kids and grown ups!

1. Object
2. Object
3. Mode of Transportation
4. Adjective
5. Destination
6. Type of Food
7. Adjective
8. Book Genre
9. Animal Plural
10. Music Genre
11. Type of Vehicle
12. Number
13. Extreme Sport
14. Generic Relative
15. Adjective
16. Type of Food
17. Emotion
18. Adjective
19. Emotion
20. Adjective
21. Location
22. Adjective
23. Type of Food

It's time to move again! We are going to pack up our treasured belongings, especially 1. ___ and our 2. ___. We are going to be traveling by 3. ___ to get to our next duty station, which is 4. ___ 5. ___! We are so excited about our new duty station. We have always wanted to live there because of the amazing 6. ___, the 7. ___ 8. ___, and the best part of all, the 9. ___. Our friends told us to try and locate a 10. ___ 11. ___, because they are a true specialty for that area! We only have 12. ___ days to go before we move and there is so much to do. We still have to check a few things off of our bucket list for Hawaii including: 13. ___, swimming with 14. ___, and eating as much of 15. ___ 16. ___ as possible. We will be 17. ___ to leave Hawaii, but we are so 18. ___ 19. ___ to make new friends at our next home. And who knows, maybe we will see you there too and we can meet up at 20. ___ 21. ___ to have 22. ___ 23. ___ together and talk about all the things we loved about Hawaii.

Deployment and Readiness Newsletter



King Kamehameha the Great

Historians believe Kamehameha was born in 1758, the year Halley's comet passed over Hawaii. Given the birth name Paiea, the future king was hidden from warring clans in secluded Waipio Valley after his birth. After the death threat passed, Paiea came out of hiding. The infant prince was ordered to be put to death, but was reared secretly and grew to manhood, taking the name Kamehameha, meaning "The Very Lonely One" or "The One Set Apart." Kamehameha I was destined for greatness from birth. Hawaiian legend prophesized that a light in the sky with feathers like a bird would signal the birth of a great chief. His father died while he was young, age five, so he was raised in the court of his uncle, Kalanai`opu`u.

He rose to prominence in 1782 when he was given a prominent religious position, guardianship of Kūkā`ilimoku — the Hawaiian god of war, as well as control of the district of Waipio Valley. He received special training that included skills in games, warfare, oral history, navigation, religious ceremonies, and other information necessary to become an ali'i-'ai-moku (a district chief).

Warrior, Leader, Ruler, Legend, King Kamehameha the Great held many titles during his reign as ali'i nui (high chief, ruler) of the Hawaiian Islands. Celebrated as one of the most important and significant rulers in Hawaiian history, the monarch is honored on June 11—King Kamehameha Day—when lei draping ceremonies, parades and other cultural celebrations take place across the Hawaiian Islands. And though his impact on the Hawaiian archipelago was immense—he united all of the major Hawaiian Islands and founded the Kingdom of Hawai'i—there are still many myths, legends and unanswered questions surrounding the great king. It is said that Kamehameha stood well over 7 feet tall. He must have generated a feeling of awe and fear as he led his armies into battle, met to discuss strategy and terms with other leaders, or simply held court. How history determined his height was by measuring his staff and feather cape.



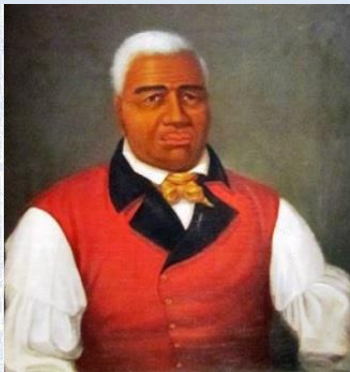
Deployment and Readiness Newsletter



Kamehameha had many wives. The exact number is debated because documents that recorded the names of his wives were destroyed. He was thought to have had anywhere between 21 and 30. They state the total number of children to be 35: 17 sons and 18 daughters.

What is Kamehameha known for? He had accomplished what no man in the history of the Hawaiian people had ever done. By uniting the Hawaiian Islands into a viable and recognized political entity, Kamehameha secured his people from a quickly changing world. He is a good leader because he was an open-minded sovereign who rightfully deserves his title Kamehameha the Great. Acclaimed as the strongest Hawaiian ruler, he maintained his kingdom's independence throughout the difficult period of European discovery and exploration of the islands—a task that proved too great for his successors.

He is the king who in 1795 united the Hawaiian Islands, minus Kauai and Niihau, under one rule. Kamehameha couldn't conquer the Kingdom of Kauai and Niihau through warfare, though he tried. In 1810, Kauai and Niihau peacefully agreed to join the kingdom to avoid further bloodshed and Kamehameha became the first king.



King Kamehameha Day is celebrated on June 11th



Battle on island of Oahu at Nuuanu Pali

References:

- https://en.wikipedia.org/wiki/Kamehameha_I
- <https://www.gohawaii.com/culture/history/king-kamehameha>
- <https://www.nps.gov/puhe/learn/historyculture/kamehameha.htm>
- https://www.google.com/search?q=King+Kamehameha+Day&sa=X&ved=2ahUKEwiSm8f_t-X3AhXiHjQIHW0HA98Q1QJ6BAGlEAE&biw=1098&bih=467&dpr=1.75
- <https://sfca.hawaii.gov/resources/king-kamehameha-celebration-commission/>

Deployment and Readiness Newsletter

TIP OF THE Month

Have a positive attitude. You may not have control of many things in your life, but you do have control of your attitude. Successful service members and their families are optimistic that they can cope with deployment. While they allow themselves to worry or occasionally experience self-doubt, they usually give themselves positive internal self-talk and maintain a “can do” attitude.

RESOURCES



Military Wild

Military Wild helps adventurous military families find connection with one another and the wild places they call home by getting #outdoorsanywhere. Our community

thrives on the preservation of wild places, love for our own personal landscapes, and friendships that last beyond them.

No matter where you're stationed, join the Military Wild Outdoor Community and connect with others, share outdoor tips, and find inspiration for your next adventure. Find your local chapter, join us on hikes and events, and form friendships that last a lifetime! For more information, visit <https://www.militarywild.com/>



Armed Services YMCA Hawaii

The Armed Services YMCA Hawai'i provides innovative and quality social, educational, and recreational programs to meet the needs of military service members and their families in the state of Hawai'i. The ASYMCA is committed to promoting its goals of strengthening military families, supporting healthy lifestyles, reducing isolation and assisting service members and their families in connecting to their community. With branch locations at Joint Base Pearl Harbor-Hickam, Marine Corps Base Hawaii, and U.S. Army Schofield Barracks/Wheeler Army Airfield, the ASYMCA makes accessible the support and opportunities that empower people and communities to learn, grow and thrive. <https://www.asymca.org/honolulu-hi>

Suggestions for future newsletter topics? Submit to MFSCHawaii@navy.mil

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