



- * **Next Virtual Meeting: Tues Feb. 8**
- * **Keynote Speaker:**
Rose Parr of Healthy Quilter
- * **Shop of the Month:**
Watergirl Quilt Co.
- * **Sew & Share**

*The Zoom invitation will be sent to members one to two days before the guild meeting. **If you don't have it by the evening before (i.e., Monday evening), then please** check your spam/junk folder, and if not there, please contact Laura right away at Ctgg.president@gmail.com.*

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*If you are a guild member and not receiving the newsletter, please let us know at:
ctgg.membership@gmail.com and
ctgg.newsletter.editor@gmail.com*

President's Message

Greetings from Mid-Winter!

Winter is a good time to hibernate in our quilting studios. (I am trying to use 'studio' to upgrade the image of sewing 'room'. Try it. It feels like an instant boost in morale.)



Too much hibernating isn't good either. I get out except on the coldest days. Walking, skating or skiing. We live in Ottawa, let's enjoy it in all seasons. This month our speaker is talking about healthy quilting.

While out for a walk you can dream about traveling once again ... maybe to the country assigned as part of the Guild's Challenge. Then come home to put finishing touches (or get started) on your Challenge submission.

If you are waiting out winter in anticipation of spring, you are probably working on a quilt to submit to the Quilt Show in May. Planning is going ahead to make this a wonderful come-back event. The organizers are carefully watching health guidelines to ensure a safe Show that showcases a wide variety of quilts and caters to our pent-up demand to see the newest fabric and notions.

Also planning for spring, I am recruiting for next year's Executive. An outline of positions is in the newsletter. Let's go for a walk to discuss your participation.

We welcome new faces to the Executive! I'm planning ahead for next year, that begins in June. Many positions are shared allowing a new person to join someone with experience. Or maybe you and a friend decide to take on something together. It is of note that the monthly Executive meeting is by zoom, and usually is about an hour long.

Please look over the list of positions on Page 3 to see what appeals to you. In all cases there is friendly support available.

Laura Evans

ctgg.president@gmail.com



Keynote Presentation

Rose Parr

Sew Smart – The Ergonomics of Healthy Quilting

Rose shares her expertise on how to sew smarter, healthier, and happier. Quilting shouldn't be a pain in the neck! This presentation will make sure you have the right posture, techniques, and stretches when putting in those dedicated hours on your next project.



Rose has made it her mission to work at staying pain free while continuing to sew for as long as possible. She has combined her studies in home economics with her certifications in ergonomics, fitness, wellness, and nutrition to teach others how to sew smart. Rose lives in Guelph, Ontario, Canada with her husband, David.

Biography:

Rose has been sewing for 40 years, quilting for 30, and personal training for more than 15. She holds certifications in:

- ♦ Ergonomics
- ♦ Holistic Nutrition
- ♦ Arthritis Pain Management
- ♦ Home Economics
- ♦ Personal Training

She lives in Guelph, Ontario, Canada with her husband David. Their claim to fame is having run an illegal daycare operation when they had four children under the age of four. Now that's efficient. Rose enjoys speaking to quilt guilds both virtually and in-person. She is a professional longarm quilter and a regular contributor to Canadian Quilter Magazine. Her book "Sew Healthy & Happy, Smart Ergonomics, Stretches & More for Makers" is now available to pre-order from Amazon.



Our guild's Facebook page, **Common Thread Quilt Guild (Ottawa)** can be accessed at

<https://www.facebook.com/groups/526558034114649/>

Advertising Space

Business Card: \$8 / month (3½" x 2" or 2" x 3½")

¼ page: \$16 / month (4½" x 3½")

½ page: \$30 / month (4½" x 7¼" or 8½" x 3½")

Full page: \$55 / month (8½" x 7¼")

Contact

ctqg.newsletter.billing@gmail.com



Guild Executive for 2022-2023



The Guild needs many of us to operate. Please look over the list and see what appeals to you. Contact me (Laura) (ctgg.president@gmail.com) to discuss. A call or email won't automatically commit you. We need to be a team that wants to be working a couple hours a month to share and expand our love of quilting.

Vice President Supports the President. Will take over as President the following year.

Secretary Prepares the agenda and zoom link and takes minutes of Executive meetings. Collects mail from our Convent Glen mailbox. Is usually a signing authority for banking.

Treasurer Manages the funds of the Guild, maintains records, provides a monthly financial update, coordinates the annual Financial Review, files annual tax return with CRA. (Systems are well established and the current Treasurer offers her support.)

Program Books speakers or alternate program for the monthly meeting. January and February are zoom meetings so speakers from further away can be booked. Coordinates equipment (projector and screen or tables for example). Prepares contract and arranges payment for the speaker. For 'Social' meetings, coordinates the program and refreshments. Coordinates the 'Show and Share' of members' quilts. Lots of speaker ideas are available from other guilds.

Membership Manages member registration, including updating form, providing membership cards, managing fees paid, ordering name tags and updating excel spreadsheet. Welcomes members and visitors with sign-in guestbooks. Helps visitors and new members feel comfortable. Provides current email addresses for newsletter and virtual meetings. Coordinates door prize once we meet again in person.

Newsletter Editor A second person is invited to join the team to assist collecting articles from Executive, proof-reading draft and supporting layout as required.

Retreats Join a seasoned team to organize quilting retreats, now mostly held "in-town" at Notre Dame des Champs. Organizing includes booking dates, registration of participants, plan and coordinate food and drink. Attends Retreats (or finds a designate). Works with Sew Days coordinator to maintain an inventory of equipment owned by the Guild.

Sew Days In-person or on-line. Sets dates and books space. Attends sew days to oversee set up, smooth running day and cleanup and closing. Collects daily fee for in-person days.

Workshops Seeks out and books instructors for in-person or on-line workshops. Establishes a cost-recovery price, publicizes and registers participants. Books space, coordinates set up and closing.

Quilt Challenge Sets up a Guild-wide quilt challenge. We've had all kinds of challenges so I don't want to limit your creativity. Challenge is launched in the fall and usually members display their result in the spring.

Shop of the Month Books and liaises with a shop to attend the Members Meeting each month. January and February are virtual tours of a shop. Coordinates a Raffle at each in-person meeting: purchases baskets from shop of the month, coordinates ticket sales and awards prizes.

And for someone not fazed by computers...

Website Administrator Maintains the Guild website by posting materials supplied. Assigns passwords to Executive members.



Executive and Committee Members 2021/2022

President: Laura Evans

Vice-President: **VOLUNTEER NEEDED**

Secretary: Shirley MacFadden

Treasurer: Barb Till

Past-President: Gwenne Beck-Pottier

Programme: Kirstin Fearon

Retreats: Paula Patterson & Wendy White

Workshops: Sandra Baynes & Dorothy DeRose

Sew Days: Cathy Sheldrick &
Shirley MacFadden

Membership: Carol Nicholson

Quilt Show Coordinator: Catherine Pope

Challenge: Diane Grover

Community Projects: Carole Maisonneuve &
Lynn Strban

Library: Janice Namiesnioswki & Judy Loree

Shop of the Month: Lisa Fedak

Fat Quarters Club: Del Jazey & Susan Baker

Website: Carole LaForge

Newsletter: Linda Gibson & Pam Simons

Newsletter Ads/Billing: Roberta Ronayne

Click on position (which is a link) to send an email to the person in this position

2020/2021 Common Thread Quilt Guild Challenge: **Globetrotter**

Attention all quilters, this is your captain speaking. We are still at cruising altitude but will be starting our descent next month. By now, you should at least know your destination country. If you have finished your challenge piece, then well done. You can sit back and enjoy an inflight movie along with a complimentary bag of mini-pretzels. For those who haven't started, you should be deciding now what you would like to do for your challenge item - a wall-hanging, a jacket or how about a luggage tag? Have you researched your country? Did you learn anything that inspired your creativity? Then get out your fabric, start cutting and get it done.

To enter, you will need to send a digital image of your entry to ctgg.challenge@gmail.com.

Entries are due by Tuesday, 8 March.

If you haven't signed up yet but would still like to enter, just send me an email and I'll assign you a mystery destination along with a fact-sheet and challenge instructions to get you started. If you can't travel this winter, then why not take a fantasy fabric journey to parts unknown.

Bon voyage!

Diane



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LIBRARY NEWS

Janice Namiesniowski & Judy Loree



We will no longer be hosting library days during the months that Guild is done virtually by Zoom. The library service which was provided, has not been utilized by members as much as we had hoped. We can no longer justify the cost in rental and in volunteer time to provide library days.

During months when the guild meetings are done in person, we will again provide the library service.

Please return all outstanding library items to Janice's house at 6151 Rivermill Cres., Orleans.

Happy quilting.

Janice and Judy

MEMBERSHIP Desk

Carol Nicholson

We have had a great membership turnout so far this season. We are standing at 214 members.

If you are looking forward to attending our great monthly meetings and have not yet registered, the link for online registration can be found at [Membership Registration – Common Thread Quilt Guild](#). Upon receipt, you will receive information for e-transfer if you so desire.

You can also register by mail by printing out and sending the form, along with a cheque, at [Common Thread Membership Form 2021-22 \(commonthreadquiltguild.ca\)](#) to P.O. Box 62022, RPO Convent Glen, Orleans, Ontario K1C 7H8.

Carol, Membership



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COMMUNITY PROJECTS

Carole Maisonneuve & Lynn Strban

Hello All!

Well now that the Holiday Season is behind us and the days are getting a bit longer, it is nice to know that we are heading towards Spring! I know we still have some winter remaining however it is on the upswing now.

Lynn and I would like to mention that we are still not ready to do a "quilt drop off day" until the weather warms up! Look to the March Newsletter for information in that regard.

We do have a wee bit of news to share. We have a new organization that has requested "Comfort Quilts". It is the Hospice Care of Ottawa. They are asking if we can make small comfort quilts made from flannels (back and front) with batting in the middle. The size they are requesting is 45" x 60".

Should you want to make one be sure to keep it simple (as flannel is a bit mushy) – the top can be made from squares (allowing for minimal movement). However it is your choice. Just know that they will be greatly loved.

As usual, here is a reminder of all our "quilts size" preferences.

Bed quilts, cuddle quilts and wheelchair quilts:

Cuddle quilts – 22" square

Children (age 5 to young teenage) – anywhere from 40"x40" up to 60"x72" (older teens can be tall)

Adult - Twin sizes "60" x 75" would be appreciated as many of our organizations have single beds.

Wheelchair quilts – 36"x36 up to 40"x40".

Regardless of the sizes listed above, we will not turn any of your quilts away!

Be safe and be well!



Frances O'Neill
Quilter

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RETREATS

Paula Patterson and Wendy White

Unfortunately due to the provincial restrictions we had to cancel the January 2022 retreat.

Upcoming retreats:

April 22-24, 2022 and April 29 - May 1, 2022 (choose only one) – registration opens February 1, 2022.

Due to pandemic restrictions, we do not yet know what we will be able to offer for our next retreats. More information will be available closer to the dates of the retreats.

How to Register:

By email: ctgg.retreats@gmail.com (you will receive an email confirmation)

Location: Notre-Dame des Champs Community Centre, 3659 Navan Road, Navan, K4B 1H9.

Hours: Friday 10:00—9:00 pm; Saturday 9:00—9:00 pm; and Sunday 9:00—4:00 pm.

******* We are following the Provincial and City of Ottawa guidelines for vaccination proof and Face Masking *******



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SEW AND SHARE

Show and share? I am still looking forward to this section of the program night. I hope you are too! I always like a chance to see what everyone has made.

Please send a well lit photo of your quilt/quilted items that we will then share on the screen. Please be sure to send in your name, the name of the quilt/quilted item and a great picture of the full item and one close-up of your favourite part of the quilt.

I will take those photos and create a slide to be shared on zoom. No need to worry about showing up on camera, I will share your photos online and ask you to "unmute" your line to take 1 minute to share about your item.

The slides will also be shared on the private Facebook group after the guild meeting so you can zoom in and take a closer look at them. Send the details by the Sunday before the meeting to: ctgg.programme@gmail.com

Kirstin

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WORKSHOPS

Sandra Baynes & Dorothy DeRose

If you have an idea for a workshop or an instructor you would like us to approach please get in touch. You may send an email to: ctgg.workshops@gmail.com

Your input is greatly appreciated.



 A poster for the "Visit Quilt Canada 2022 RECONNECTED" event. It features a white background with a colorful geometric border. The text includes the event name, dates (June 15-18, 2022), location (Vancouver Convention Centre - East, Vancouver, BC), and logos for Quilt Canada and Canadian Quilters. A vertical credit line on the right reads "Rhombus Rules by Tannis Fahlman".

Visit Quilt Canada 2022

RECONNECTED

June 15-18, 2022

Vancouver Convention Centre - East
Vancouver, BC

CANADIAN Quilters
Courtpointes
CANADIENNES

Rhombus Rules by Tannis Fahlman

June 15, 7 pm
Opening Night Gala & Award Ceremony



June 16 at 7:30 pm
Sandra Chandler
Quilts are Fashion Statements!
Sandra Lee Design
sandrajohnsondesigns.com



June 17 at 7:30 pm
Jacquie Gering
Intuitive and Outside Design
Rethink Quilting
jacquiegering.com

Register for a workshop with one of the outstanding Quilt Canada 2022 teachers. Find out more at:
canadianquilter.com

All the *Quilt Canada* activities you love are back:

National Juried Show

Concurrent
Quilt Shows

Merchant Mall

55 workshops &
11 daytime lectures

Daily Door Prizes

Watch for updates at
canadianquilter.com





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SEW DAYS

Cathy Sheldrick & Shirley MacFadden

Saturday, Feb. 12, will be a virtual gathering.

Join us between 9:30 a.m. and 5:00 p.m.

If you received the Jan. 1, 2022 Sew Day Zoom link, you do not need to register again. You will automatically receive a Zoom invitation by email. These are usually sent a day or two before the Sew Day.

Otherwise, please email ctgg.sewdays@gmail.com to register and receive a Zoom invitation.

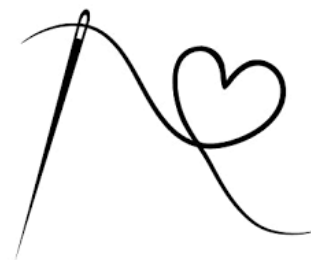
If you do not receive the email by the night before the event, please check your spam and trash folders.

We do check the email on the Sew Day. PLEASE, we need your email so that we can send you the invitation!

We are hoping to be able to have In-person Saturday Sew Days at the Notre Dame Community Centre beginning in March. Save the Dates!

March 12
April 09
May 14
June 11

Sew long for now,
Cathy & Shirley



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More Free Quilting Resources

By Diane Grover

Last month, I provided a lengthy list of websites where you can find free quilting patterns. Well, it doesn't stop there! Here are more online resources that you might want to check out that feature quilt block patterns, free-motion quilting designs, and needlework charts.

APQS (apqs.com) – Click on *Blog* tab. The website for the American Patchwork and Quilting Society features both free quilt patterns and tutorials for free-motion quilting designs and ruler work. Plus, you'll find lessons on colour theory and more. The quilt patterns trend towards modern design, however there are some traditional gems available as well.

Aurifil (aurifil.com) – Click on the *Auriworld* tab. There are probably only a few guild members who don't have several spools of Aurifil thread in your thread stash. This Italian maker of quality threads for quilting, sewing and needlework often works with designers to create curated collections that complement fabric lines. Aurifil also features free patterns for both quilt blocks (including sew-alongs from well-known designers) and cross-stitch patterns on their website.

Bonnie Hunter (quiltville.com) – Click on *Free Patterns* tab. The self-described queen of scrap quilts, Bonnie Hunter has long championed the use of leader and ender pieces as a way of quickly creating new quilt blocks from scraps. Her website has a lengthy list of free quilt patterns that you may want to consider to reduce your scrap pile.

Gathered (Gathered.com) – Click on *Sewing and Quilting* tab. This website features content from several British craft magazines. While much of the web content is supplemental to the magazines and requires you to have a purchased copy, there are still many free quilt patterns available for designs like stars, snowflakes and even skulls, including downloadable paper-piecing foundations for more complex blocks. And for those who like to do cross-stitch, check out the free patterns under the Needlework tab.

Jinny Beyer (jinnybeyer.com) – Click on *Free for You* tab. Although this is a commercial site with fabric, kits and patterns for sale, Jinny Beyer also offers many free patterns for her intricate and visually stunning signature quilts.

Lori Kennedy (lorikennedyquilts.com) – Click on *Motifs* tab. We all know Lori Kennedy for her whimsical free-motion quilting designs. In addition to penning magazine columns and books, she has many free tutorials on her website to walk you through quilting designs that include dragonflies, spaceships, teapots and more.

Moda (Modafabrics.com) – Scroll to bottom of page to *Free and Fun*. Last month I mentioned that the Fat Quarter Shop provided links to other websites including Moda, but they really deserve their own mention. Moda Fabrics provide hundreds of free patterns, including many popular sew-along and block of the month patterns.

Ricky Tims (rickytims.com) – Click on *Events* tab. Widely known as an innovative quilter who combines traditional techniques with vibrant hand-dyed fabrics, Tims offers a free set of 20 downloadable patterns for blocks to make a traditional sampler quilt (Legacy Quilt Club). This block of the month project offers both simple and more complex blocks in a tribute to classic quilt-making. As an added bonus, he offers an online jigsaw puzzle of this quilt. Just type "jigsaw" into the search function on his website. You can even adjust the puzzle piece size to make it more challenging and a fun diversion to play on your mobile device.



Quilters Coffee Chat



Interested in being randomly matched with another member of our guild to talk about quilting or whatever else interests you? Then sign up for the **Quilters Coffee Chat**.

I'll be pairing up members once again this month. You and your match can decide to have a call virtually or by regular telephone. You may even learn something new about quilting - or help someone out.. I talked about a particular project and learned I should consider a different type of quilting pattern.. I'm rather glad I found this out before I got started.

So email me at ctgg.workshops@gmail.com. Put in the subject line Quilters Coffee Chat. I will send out the pairs by email (TBD). You can then reach out to your match. Make the call, say, 15 to 30 minutes.

Have fun!

Sandra Baynes



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NOW OPEN

The *IPM 2022 Quilt Competition* is open to all. This is a great opportunity to showcase your quilting skills and share your work to an interested audience. All entries will be displayed during the Home on the Farm Quilt Show & Tea Room (where judging will take place and prizes awarded) and at IPM 2022.

Home on the Farm Quilt Show & Tea Room - W.B. George Centre, Kemptville

August 19, 2022 - 10 am to 7 pm

August 20, 2022 - 10 am to 4 pm

Quilt Tent in Lifestyles Area at IPM 2022 - Kemptville, Ontario

September 20 - 24, 2022 - 8:30 am to 5 pm

<https://www.plowingmatch.org/ipm2022/get-involved/quilt-competition>



2022 QUILT SHOW: "STORIES IN STITCHES"

Catherine Pope, 2022 Quilt Show Coordinator



I am pleased to provide an update on our next quilt show, **Stories in Stitches**. Our Quilt Show Team is working hard to plan the upcoming show. First, a reminder of a few key points:

- ♦ The show will take place at the City View Curling Club at 50 Capilano Drive, Nepean. Just east of Merivale.
- ♦ The 2022 show will be a three-day show, running from Friday, **May 6th** from 10 a.m. to 5 p.m. and Saturday, **May 7th** 10 a.m. to 5 p.m. and Sunday, **May 8th** 11a.m. to 4 p.m.
- ♦ The 2022 Quilt Show will follow the Provincial Guidelines for Social Gatherings.

We will be offering the opportunity for members to have their quilts judged. We have arranged for an apprentice judge to assist in this regard. She will provide written comments on judged quilts. For judging there will be a selection of 2 quilt categories which will be: Bed quilt (any type) and/or Wall Quilt. There will be a modest fee of \$10/quilt for these quilts to offset the honorarium paid to the apprentice judge. More information re: Quilt Judging to come in future newsletters .

Here are the details as to what quilts can be submitted to the Show: Members may submit up to four quilts. In order to take into consideration comments from the last show that quilts were placed too close together, members may submit one quilt in each of the Large, Medium and Modern categories. This limitation should allow us to expand the space in between rows and giving viewers a better opportunity to admire the quilts. Quilts can be submitted in the following categories (dimensions & criteria for each are provided):

1. Large: A quilt with a perimeter of 350" or greater
2. Medium: A quilt with a perimeter of 349" or less
3. Modern: Modern quilters embrace functionality, simplicity, and minimalism. Characteristics might include use of bold colors and prints, high contrast and graphic areas of solid colors, improvisational piecing, minimalism, expansive negative space and alternate grid work.
4. Wall Quilts: A quilt that is designed to be hung for decorative purposes, with a perimeter of 180" or less
5. Miniature: The quilt must have a perimeter less than 96" total. If blocks are used, they must be 4" or less. A bound full-size block is not considered a miniature, neither is a hexie quilt made with pieces ½" or greater. The overall pattern must show a miniaturization of a quilt.
6. Assorted Quilted Items: This category includes quilted clothing, placemats and runners, pillows, etc.
7. Children's Theme/Crib: Intended use would be for a child's room, either as a wall hanging or a small bed quilt. All techniques.

Our space is limited, so we may have to limit entries to three per member. Please indicate on your registration form, which quilt you prefer to be withdrawn if need be. The committee reserves the right to move an entry to a different category if appropriate. If you have any questions about quilt categories please contact us through the Quilt Show email at: ctqg.quilt.show@gmail.com.

Please, ENTER your quilts! Your quilts make the show a success!

When you receive your new 2022 calendars at Christmas, be sure to add that the Quilt Show is on Mother's Day weekend in May and add the dates that you would like to volunteer at the Show!



VOLUNTEER FOR THE 2022 QUILT SHOW ***SIGN UP NOW!***

Janice Namiesniowski, 2022 Quilt Show Volunteer Coordinator

THE CTQG QUILT SHOW 6, 7, 8 MAY 2022

Wahoo! Only 3 months until our Quilt Show. I know everyone is busy; cutting, sewing, snipping, reverse sewing, pressing and finishing (OK, I suspect there are some just starting) their quilts to put in the Show.

We need YOU and everyone in our guild. Our Quilt Show is 100% operated by CTQG volunteers. Without YOU there is no Quilt Show. No special skills or training required, just a love of Quilting, which we all have! Take a moment to check your schedule (5,6,7,8 May 2022) to see where you can lend a hand and work a shift (2hrs) or more and share the load. I appreciate that in COVID times, you do not know what or where we will be in May, but please think positive and sign up for a shift(s). Of course we will be abiding by all COVID rules and regulations to keep us all safe.

Types of Volunteer Opportunities

- **White Glove Ambassadors:** Stroll through the quilt display area, helping the visitors view the quilts, answer questions, hand out programmes, chat with folks and generally be a smiling face from our Guild.
- **Admissions:** Selling entrance tickets, stamping hands and being your helpful selves.
- **Security:** Monitoring one of three emergency exits for illicit activity (i.e. keep the quilts from walking out!) This is a sitting or standing shift.
- **Set-Up:** Thursday, 5 May, 1pm-4pm. This is all about hanging the quilts up. If you can you hang a curtain, you can hang a quilt (even my husband can do this one). If you can bring a ladder or another buddy (partner, offspring)? All help is appreciated and the more we have the easier & faster the job goes.
- **Tear-Down:** Sunday 4pm-6pm. The quilts get taken down, bagged up and handed back to the quilters. There is a wide variety of tasks from climbing a ladder to sitting, so everyone can help. Once again, the more hands we have for this task the faster it

How to sign up? Volunteer signup is done electronically via the CTQG Website. On the "Quilt Show" page, you will find the Volunteer schedule and signup submission forms. This will be submitted to ctgg.library@gmail.com (this is my CTQG email).

Why Volunteer? We need you, its fun, you meet other quilters, you get to see what goes on behind the scenes and you get **free admission** to the Quilt Show the day you volunteer! Set-up volunteers get to pick their free day! So please pick a day, pick a shift and sign up, come on out to the Quilt Show, we cannot do this without you. This Quilt Show is being put on exclusively by the Common Thread Quilt Guild, and the success or failure reflects on all of us. So please help us make this a great Quilt Show for everyone! The old adage is so true "many hands make light work".

Janice Namiesniowski

Quilt Show Volunteer Coordinator



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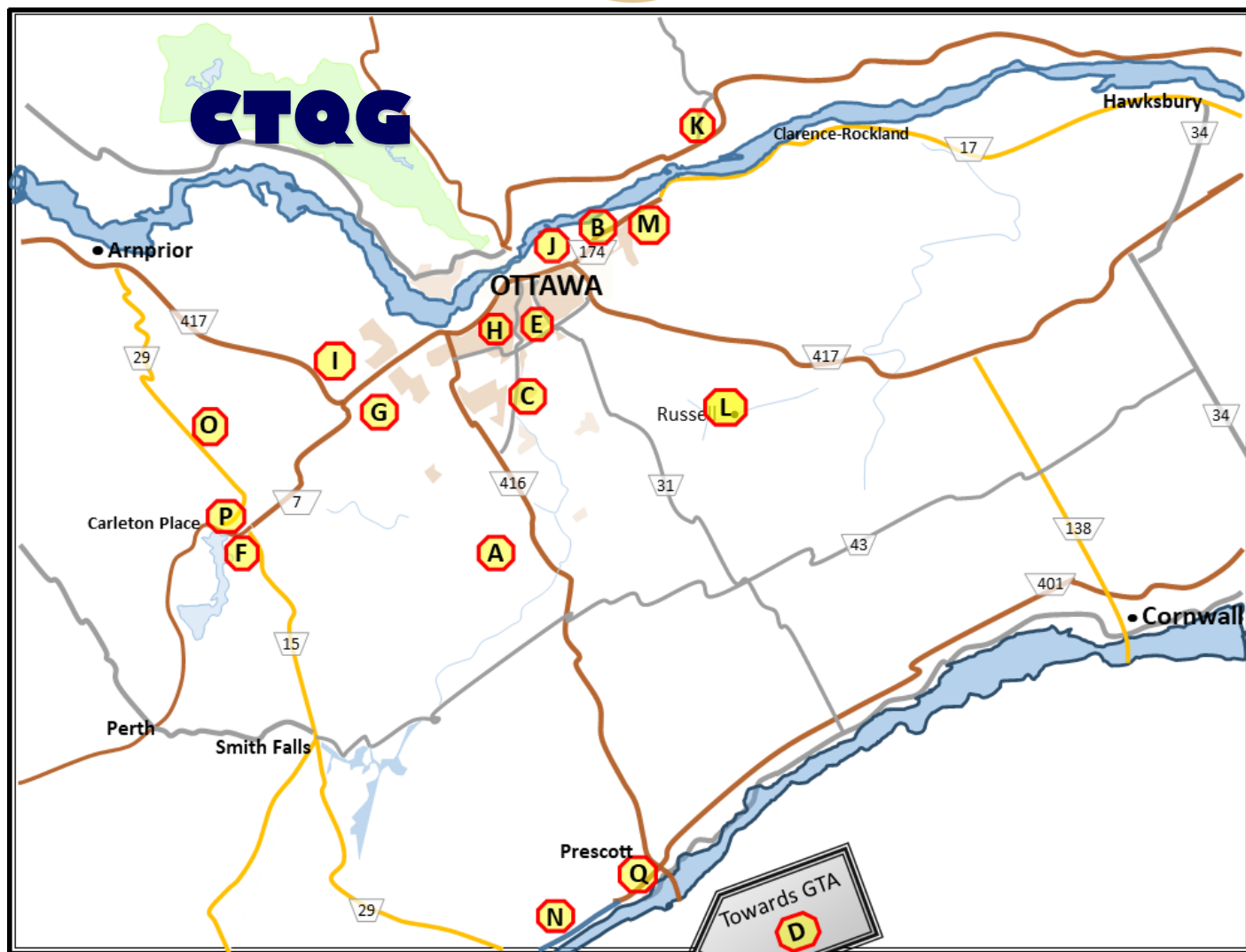


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