

Vigilance

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A WORD FROM THE PRESIDENT / UN MOT DU PRÉSIDENT

Gilles Lavigne, DMD, MSc, PhD, FRCD



2006-2007: the dance of world sleep meetings or a new cognitive test: remember the meaning of all acronyms!

The academic year of 2006-2007 was exceptional in terms of sleep medicine meetings. Late in September of 2006, the World Congress of Sleep Apnea (WCSA) was held in Montreal. It was lead by Montplaisir, Kryger, Lavigne, George and Series. Over 1200 people attended the meeting and the success will generate some funds for the CSS. The next WCSA will be in 2009 in Korea.

In February the World Association of Sleep Medicine (WASM) held a meeting in Thailand, close to 600 people attended to this conference with a very impressive lecture from Dr. Hobson on art in dreams and on the raison d'être of REM sleep, the 'supra sleep state' according to him. In 2009 the meeting will be in Brazil under the leadership of Dr. Tufick group and in 2011 in Quebec City under the leadership of our past president, Dr. Charles Morin. In April we held our CSS conference and your response was extraordinary. 550 attendees and 100 patients participated in our event. Without the dedication of our VP research Helen Driver and the administrative coordinator

Carmen Remo, the meeting would not have been such a success. The event has created significant momentum, which will now be injected in our student Award program, facilitating presentations at major scientific meetings. We are also pleased to inform you that the Institute of Circulatory and Respiratory Health (ICRH) of the CIHR is finalizing a partnership for this student Award. The technologists are also very well represented and are very active within our group. Carol Mously was very active during our last meeting and technologist won poster prize, bravo and we will facilitate the development of your activities even more in the future!

WorldSleep 2007, the World Federation of Sleep Research and Sleep Medicine meeting in Cairns was also held in early September. 1500 attendees from all over the world participated to the event that was lead by David Dinges (USA) as WFSRSM past-president and Ron Grunstein (AUS) as new president.

The meeting was an excellent balance between science, clinical issues and obviously barrier reef sight-seeing. WorldSleep 2011 will be held in Japan, a few weeks before the WASM meeting in Quebec City. We expect that meetings are directed at different demographics and that the Quebec meeting will be a major success, attracting sleep attendees from Americas and Europe. Let's hope that in the future WASM and WFSRSM may come to reconciliation in planning their events.

In April of 2009 we will have our CSS meeting in Toronto. Drs. Helen Driver and Kimberly Cote are leading the meeting organization.

We look forward to seeing you at the next annual meeting of Associated Professional Sleep Societies, which will take place in June 2008, in Baltimore. The annual meeting of the CSS will be also held in the United States in 2008!

g.lavigne@css.to

SCS Automne 2007 - Message du président Société canadienne du sommeil

Les années 2006-2007 : la danse des réunions internationales sur le sommeil ou un nouveau test d'efficience : n'oubliez pas la signification de tous les acronymes!

L'année académique de 2006-2007 fut exceptionnelle pour les réunions concernant la médecine du sommeil. Le congrès mondial sur l'apnée du sommeil, dirigé par le Dr Montplaisir, le Dr Kryger, le Dr Lavigne, le Dr George et le Dr Series, a eu lieu à Montréal à la fin de septembre 2006. Plus de 1 200 personnes ont participé à cette rencontre dont la réussite a permis de générer des fonds pour la SCS.

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Le prochain congrès mondial sur l'apnée du sommeil aura lieu en 2009, en Corée.

En février dernier, la World Association of Sleep Medicine (WASM) tenait son deuxième congrès mondial en Thaïlande. Près de 900 délégués ont assisté à ce rassemblement qui comprenait une conférence très impressionnante du Dr Hobson sur l'art et les rêves, ainsi que sur la raison d'être du sommeil paradoxal, l'état de sommeil suprême selon lui. Le prochain congrès de la WASM aura lieu au Brésil en 2009, sous la direction du groupe du Dr Tufick. Le quatrième congrès aura lieu en 2011 à Québec, sous la direction du Dr Charles Morin, notre ancien président.

Le 3e congrès de la SCS a eu lieu en avril à Montréal et vous avez répondu à cet événement de façon extraordinaire. Près de 550 participants ont assisté à notre événement et environ 100 patients ont assisté à la conférence publique. Cette rencontre n'aurait pas été une telle réussite sans le dévouement de notre vice-présidente à la recherche, le Dr Helen Driver, et de notre coordonnatrice administrative, Carmen Remo. Les revenus générés par cet événement seront alloués à notre programme de Prix Étudiant afin de faciliter la présentation aux grandes rencontres scientifiques. Nous sommes heureux d'annoncer que nous finalisons présentement une entente avec l'Institut de la santé circulatoire et respiratoire (ISCR) des IRSC concernant le prix étudiant. Les techniciens sont très bien représentés et très actifs au sein de notre groupe. Carol Mously fut très occupée au cours du dernier congrès, et nous lui avons décerné un prix d'affiche de techniciens, bravo! Nous faciliterons encore plus le développement des activités des techniciens à l'avenir.

C'est au début de septembre 2007 qu'a eu lieu le congrès WorldSleep 2007 de la World Federation of Sleep Research and Sleep Medicine (WFSRSM) à Cairns, en Australie. À nouveau, plus de 1 500 participants de partout à travers le monde ont assisté à cet événement, dirigé par le Dr Dinges (ÉU) en tant qu'ancien président de la WFSRSM, et par le Dr. Ron Grunstein (AUS) en tant que nouveau président. Le programme

du congrès représentait un équilibre idéal entre la science, les problèmes cliniques et, évidemment, l'observation des bancs de coraux. Le congrès WorldSleep 2011 aura lieu au Japon, quelques semaines avant le congrès de la WASM qui se tiendra à Québec. Nous sommes convaincus que ces deux rencontres s'adressent à des clientèles différentes. Nous nous attendons à ce que le congrès de Québec soit une grande réussite et qu'il attire des participants spécialisés dans le domaine du sommeil de partout en Amérique du Nord et du Sud, ainsi qu'en Europe. Nous espérons toutefois que la WASM et la WFSRSM sauront mieux coordonner la planification de leurs événements à l'avenir afin d'éviter que ces événements ne se chevauchent.

Le prochain congrès de la SCS aura lieu à Toronto en avril 2009. Le Dr Helen Driver, le Dr Kimberly Cote, et le Dr Shelly Weiss, seront responsables de l'organisation de cet événement.

Au plaisir de vous revoir lors de la réunion annuelle de la Associated Professional Sleep Societies qui aura lieu en juin 2008, à Baltimore. La réunion annuelle de la SCS se tiendra aussi aux États-Unis en 2008!

g.lavigne@css.to

3rd Scientific Congress of the CSS – Montreal, 2007

The Canadian Sleep Society (CSS) held their 3rd Sleep Congress on April 19th & 20th in the charming city of Montreal, Canada. More than 600 registrants & participants arrived for this exceptional meeting, which included posters, keynote presentations, symposia, and workshops by national and international students, technologists, scientists, and clinicians. Of note, the 1st CSS meeting attracted just over 100 participants; the 2nd just over 200; and the 3rd... well the growth is almost exponential!

Thanks go out to the exceptional efforts of the section organizers, including Dr. Helen Driver (Chair), Carol Mously (technical), and

Stuart Fogel & Tonya Bauermann (student).

The highlight of the meeting was the presentation of the CSS Distinguished Scientist Award to Dr. Jacques Montplaisir for this Exceptional Career in the Sleep Research. The beautiful sculpture presented and musical tribute (which accompanied the presentation) were an appropriate testament to the way in which Dr. Montplaisir has conducted his career: by mentoring, encouraging, and capturing the imagination of young (and not so young) scientists with his gentle wisdom.

There were two winners of the Broughton Young Investigator Award this year: Dr. Penny Corkum (Dalhousie University) for her work in paediatric sleep and children with ADHD; and Dr. John Peever (University of Toronto) for his work on the neurobiology of motor activity during sleep.

The keynote speakers included Dr. Alistair MacLean – Queen's University (Sleep & Driving), Dr. Pierre Maquet – Université de Liège, Belgium (Memory Consolidation as Assessed by Functional Neuroimaging), Dr. Judith Owens (Cultural Differences in Sleep in Children), Dr. Virend Somers – Mayo Medical School (Sleep, Death & the Heart), Dr. Sonia Ancoli – Israel – University of California San Diego (Sleep & Fatigue in Women with Breast Cancer), and Dr. Jacques Montplaisir – University of Montreal (Movement Disorders).

The 4th CSS congress is scheduled to take place in Toronto in the Spring of 2009. If you are looking for an exceptional meeting with a smaller and more focused venue, then mark your calendars and visit the CSS website (<http://www.css.to>) for further information.

Jamie MacFarlane
CSS Executive



From left to right: Dr. Gilles Lavigne, Dr. Helen Driver, Dr. Jacques Montplaisir, Dr. Paola Lanfranchi, and Dr. Roger Broughton stand behind the stunning sculpture given to Dr. Montplaisir as part of his CSS lifetime achievement award.

[CLICK HERE FOR MORE PHOTOS FROM THE CONFERENCE!](#)

Thanks to our Corporate Members for their continued support of CSS!

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INFORMATION FOR NEW MEMBERS

**James MacFarlane, PhD,
DABSM
Member-at-Large,
Newsletter & Website**

1) Journal of Sleep Research: The CSS office provides a list of members to the journal. This is usually done early in the year with updates when new members register. You should receive an e-mail with directions of how to log-on the JSR - new society members have to register with Blackwell Synergy. If you don't get that e-mail from JSR, or if you'd rather not wait, then you could contact the Journal of Sleep Research

directly with your CSS membership #.

<http://www.blackwell-synergy.com/loi/jsr>
http://www.blackwell-synergy.com/page/society_members

2) You will be added to the e-mail distribution list for the CSS.

3) The newsletter, Vigilance, gets posted on the CSS website, with an announcement when new issues are posted (unfortunately, we have been a bit slow with these recently).

4) Sleep-L is monitored by the CSS, all you have to do to register with them is to send an e-mail to the administrator: J. Todd Arnedt slumber@post.queensu.ca

SLEEP-L is dedicated to promoting consultation and the free exchange of ideas among members of the international community of sleep researchers and practitioners. The facility is monitored under the auspices of the Canadian Sleep Society and is maintained using the listserv server facilities at Queen's University in Kingston, Ontario, Canada.

Material submitted to SLEEP-L is forwarded in unedited form.

Responsibility for the content of the material distributed by the list rests with the original contributor. SLEEP-L archives can be found at: <http://www.css.to/sleep/>

A WORD FROM THE PAST-VICE-PRESIDENT (Research) AND PRESIDENT-ELECT

**Helen Driver, PhD, RPSGT,
DABSM**

Thank you to everyone who supported and attended our two day conference in Montreal. The conference was my focus for months preceding the event, whereafter I went into a state of aestivation to recover over the summer!!

Preparing the scientific program for the meeting was a rewarding task, especially given the support and enthusiasm of those of you who served on various committees and organized symposia. It's

remarkable how willingly people gave of their time and expertise (with no financial incentive to do so) - I am thinking especially of the keynote speakers, reviewers and committee members. First and foremost I would like to acknowledge the dedication and guidance provided by our President - Gilles Lavigne who, along with Carmen Remo, Paola Lanfranchi, Christiane Manzini and Charles Morin, did much of the early planning and scouting for the meeting. Thanks go to Carol Mously, as the Technologist representative, Stuart Fogel and Tonya Bauermann as the Student Representatives, for organizing their respective programs.

For the first time, we had sufficient funds to obtain the services of professional congress organizers. I take my hat off to Joseph De Koninck and Francine Roussy for their work on the super meeting in Ottawa in 2001, and Charles Morin and Célyne Bastien who put together an excellent meeting in Quebec City in 2004, and of course the teams of students and colleagues who supported them. So now I would like to thank Lucy Felicissimo and Jason Rossie from Felicissimo and Associates, and our own Carmen Remo, who helped with preparations for the meeting and then rose to the challenge of a doubling in the number of attendees than was anticipated.

Along with the learning and networking, the meeting was an opportunity to acknowledge the achievements of our researchers and clinicians, and to support our technologists and students.

Distinguished Scientist Award:

The inaugural award winner for his exceptional career contributions in sleep research, was Jacques Montplaisir, Université de Montréal. This new award is the CSS's highest award for scientific advances in the field of sleep research.

Roger Broughton Young Investigator Award:

The four judges for this award were Kimberly Cote (the 2004 winner), and CSS past-presidents Charles Morin, Joseph De Koninck and Charlie George. Given the high quality of the candidates, and funds generated through the meeting, two awards were made.

Roger Broughton himself presented the Young Investigator Award to winners: Penny Corkum from Dalhousie University and John Peever from the University of Toronto. Both these award winners presented their research and chaired a symposium at the meeting.

Student and Technologist Abstract Competition:

This year the prize was increased to \$300 and we were able to give out three awards, after receiving a donation from Pfizer to cover two of them. We received 37 abstracts for the competition, that were reviewed by nine reviewers. A breakdown of the entries by Province: Quebec 24, Ontario 12, Nova Scotia 1. The technologist entry winner was Sonia Frenette working with Julie Carrier at the Université de Montréal. The two student winners were Patti Brooks, from John Peever's laboratory at the University of Toronto and Marie St. Hilaire from J-P Praud's laboratory at the Université de Sherbrooke. The four student winners of the 2006 and 2007 abstract competitions each gave an oral presentation during the Student Session.

Trainee Travel Awards:

We provided eight students with financial support towards their travel expenses.

Abstracts Published as an On-line Supplement in Vigilance:

Please note that the abstracts, as printed in the conference program, are posted on the CSS website.

Among other stuff that is ongoing and that I should mention are the Educational Brochures. Members of the CSS have written and reviewed 16 brochures that have been posted on the website since 2003 with 12 translated into French. These brochures are in the public domain to be printed out by and for patients and to use at educational and health promotional events. Your feedback on the brochures, or offers to write on topics not presently covered, will be greatly appreciated – please send me an e-mail.

I am certainly committed to the CSS and feel that the society plays an important role in advocating and promoting research and

education in sleep as well as clinical sleep medicine within Canada. With the current professional requirements for continuing education, I foresee our role expanding to facilitate accredited continuing education sessions, especially for our technologists. There is also tremendous opportunity to utilize the internet for sleep research networks and a database for research opportunities, courses and education. I would like to work towards establishing a student exchange whereby post-grad students would have the opportunity to spend a few weeks at another laboratory. We have made a start on the student initiatives with a travel fellowship funded in collaboration with the Institute of Circulatory and Respiratory Health (ICRH) of the CIHR to present their research at an international conference.

Finally, I'd like to thank Gilles Lavigne and Charles Morin for the vote of confidence in supporting me as the President-elect of the CSS. This proposal was a huge boost to my confidence - my biggest concern is whether I will be up to the challenge. I have been made acutely aware that a good executive committee makes all the difference in preparing a meeting. Already with Kimberly Cote as VP Research and Shelly Weiss as chair of the local organizing committee, we have made a head start on planning your next conference in Toronto in April 2009.

Yours sincerely,

Helen

helendriver@css.to

A WORD FROM THE VICE-PRESIDENT (Research)

Kimberly Cote, Msc, PhD

I have been working with the CSS Executive for the past 5 years as a member-at-large responsible for the website and as Editor of our society newsletter, Vigilance. For the next 3 years, I will act as your VP-Research representative on the Executive. I follow Helen Driver in this position, who also has a long history with CSS, beginning as

Editor of our newsletter, and spending the last 2 years as VP-Research. It is with a bit of trepidation that I take on this new role with the Executive because my predecessor has set such a high standard in organizing the last conference in Montreal. I am perhaps the person who is MOST pleased about Helen taking on her new role as CSS President, because this means she will be there to guide me through the challenging task of organizing the next CSS scientific conference!

As VP-Research, my portfolio on the CSS Executive includes providing information to members on research funding initiatives, overseeing adjudication of CSS awards, and organizing the Scientific Program for our next conference. There are now a number of awards offered through the CSS that members should be aware of, including the Distinguished Scientist Award, the Roger Broughton Young Investigator Award, abstract prizes for students, abstract prizes for technologists, as well as travel fellowships for trainees to present at various sleep meetings. Students and technologists should note that awards for abstracts are given out each year by the CSS, even when our meetings do not take place in Canada. So be sure to submit your abstracts to the CSS competition for the upcoming APSS meeting, June 7-12, 2008, in Baltimore, Maryland. Notices about competition guidelines and deadlines will be posted on our website and e-mailed to CSS members when available.

Our next CSS scientific conference will be held in Toronto in April 2009! With the attendance at the recent Montreal meeting being double that of our meeting in 2004 and the [record corporate sponsorship](#) and participation of exhibitors, it was clear to the Executive that more frequent Canadian-based conferences are in demand. We are currently establishing membership for a number of working committees for the CSS Toronto 2009 meeting, including those for Scientific Program (Chair: Kimberly Cote), Local Organizing (Chair: Shelly Weiss), Students (Chair: Stuart Fogel), Technologists (Chair: Carol Mously), Fund Raising (Chair: Helen Driver), CME Event, and Public Lectures. We will need many volunteers to assist with these

committees. If you would like to help with any of these portfolios or if you have any ideas or feedback on the organization of the conference (scientific program in particular), please contact me at kcote@css.to. At these early stages of planning, we welcome general suggestions from the CSS membership as to what you would like to see in your next conference. A formal call for symposia proposals will come in the months ahead.

The impressive number and quality of presentations at the conference in Montreal attests to the fact that that sleep research in Canada is vibrant and growing. In my view, it is the participation of everyone working in the field of sleep research and sleep disorders medicine, including technologists, students, scientists, clinicians, and entrepreneurs, that makes the CSS conferences such a success. It is with great enthusiasm that I look forward to the next scientific conference in Canada, as we will certainly grow in terms of the number of delegates registered, as well as the discoveries made by Canadian sleep researchers.

kcote@css.to

TECHNOLOGIST SECTION

Carol Mously, BSC, RPSGT

This past spring, I had the pleasure of organizing a half-day technologist session at the 3rd Canadian Sleep Society meeting held in Montreal. The registration and attendance by Canadian technologists at this meeting surpassed the total registration for the Quebec City meeting of 2005! A benefit resulting from the need for Continuing Medical Education credits, as mandated by both the BRPT and the CPSO, will be the development of further educational opportunities for technicians across the country.

The speakers in Montreal covered a wide range of topics – from tips on collecting pediatric sleep studies, to the influence of common prescription and nonprescription medications on sleep, to scoring bruxism, to a brief overview of the new scoring criteria released earlier this year. Across the board,

the speakers were knowledgeable and entertaining. I would like to thank them all for a job well-done!

One of the issues re-addressed at this meeting was that of the possibility of developing a Canadian system for certifying/registering technicians instead of relying on the American examination process. This is a topic to be pursued at future CSS meetings. We will also focus on ways to facilitate the collection of CE credits for Canadian Technologists.

The Annual General Meeting also saw the appointment of a new Technologist-at-Large member, Natalie Morin. Natalie's initial training was as an RT but she soon entered the sleep field, gaining experience both in the clinical and industrial realms of sleep medicine. We welcome her aboard!

STUDENT SECTION / AFFAIRES ÉTUDIANTES

Stuart Fogel, MA Queen's University

It was a pleasure to see the student involvement at the 2007 CSS congress in Montreal. Students and technologists made up the bulk of the contingent at the conference, and the quality of these presentations, both poster and oral format helped to make the meeting a great success.

We were pleased to offer a student session with talks geared specifically to the students and to allow the abstract award winners to present their findings. We look forward to another outstanding group of faculty and student presenters at the next CSS meeting in Toronto 2009!

Thanks to the contributions to the CSS student fund, we have been able to offer a number of new funding opportunities for students including additional travel fellowships, and a larger merit-based award based on an exceptional first-author journal publication by a student. This award will be available bi-annually, on years when there is no CSS congress. Look for upcoming email

notices and announcements on the CSS website for details.

Stuart Fogel

sfogel@css.to

FUN FACTS & ARTICLES

James MacFarlane Hospital for Sick Children



REM sleep behavior disorder and other sleep disturbances in Disney animated films. Iranzo A, Schenck CH, Fonte J. *Sleep Med.* 2007 Aug;8(5):531-6.

During a viewing of Disney's animated film Cinderella (1950), one author (AI) noticed a dog having nightmares with dream-enactment that strongly resembled RBD. This prompted a study in which all Disney classic full-length animated films and shorts were analyzed for other examples of RBD. Three additional dogs were found with presumed RBD in the classic films Lady and the Tramp (1955) and The Fox and the Hound (1981), and in the short Pluto's Judgment Day (1935). These dogs were elderly males who would pant, whine, snuffle, howl, laugh, paddle, kick, and propel themselves while dreaming that they were chasing someone or running away. In Lady and the

Tramp the dog was also losing both his sense of smell and his memory, two associated features of human RBD. These four films were released before RBD was first formally described in humans and dogs. In addition, systematic viewing of the Disney films identified a broad range of sleep disorders, including nightmares, sleepwalking, sleep related seizures, disruptive snoring, excessive daytime sleepiness, insomnia and circadian rhythm sleep disorder. These sleep disorders were inserted as comic elements. The inclusion of a broad range of accurately depicted sleep disorders in these films indicates that the Disney screenwriters were astute observers of sleep and its disorders.

The Canadian Sleep Society (CSS) / Société Canadienne du Sommeil (SCS) is a professional association of clinicians, scientists and technologists formed in June 1986 to further the advancement and understanding of sleep and its disorders through scientific study and public awareness.

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Gilles Lavigne, DMD, MSc, PhD, FRCD

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Vice-President (Research)

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Member-at-Large (Technologists)

Natalie Morin, RPSGT

Member-at-Large (Student)

Stuart Fogel, Bsc, MA

Member-at-Large (Student)

Tonya M. Bauermann, MSc, RPSGT

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Colin Massicotte, RPSGT

Vigilance is the official newsletter of the Canadian Sleep Society (CSS)

EDITOR

James G. MacFarlane, PhD, ABSM

ASSISTANT EDITOR

Colin Massicotte, RPSGT

Looking for information for your patients? Do you need brochures to distribute at speaking engagements?

Visit <http://css.to/sleep/brochures.htm> for brochures authored by Canadian Physicians and Sleep Researchers.

These brochures may be downloaded from the CSS website for free. You may print and distribute them so long as the CSS logo and copyright information is maintained.

CALENDAR OF EVENTS

January 17th-19th, 2008

Annenberg 26th Annual Conference on Sleep Disorders in Infancy and Childhood, Rancho Mirage, CA, USA

March 3rd-4th, 2008

The Role of Sleep in Memory and Learning Conference, Washington, DC, USA

March 7th-12th, 2008

Genetics and Biochemistry of Sleep, Lake Tahoe, CA, USA

March 14th-16th, 2008

4th Annual Pediatric Sleep Medicine Conference, Amelia Island, FL, USA

March 17th-19th, 2008

Sleep Disorders 2008, Orlando, FL, USA

March 3rd-9th, 2008

National Sleep Awareness Week

June 7th-12th, 2008

Sleep 2008, APSS meeting, Baltimore, MD, USA

March 25th-28th, 2009

World Congress of Sleep Apnea, Seoul, Korea

April, 2009

4th Canadian Sleep Society Congress, Toronto, Canada

November 7th-12th, 2009

3rd World Congress of the World Association of Sleep Medicine, Sao Paulo, Brazil

Please share this newsletter by emailing to colleagues, or by printing it and posting in your centre or laboratory!

<http://www.css.to/membership/index.htm>

Help CSS increase its membership and visibility by recruiting a colleague, or making sure all of your students and technologists are members!

SUPPLEMENT I: WRITING GRANT APPLICATIONS

The Art and Science of Writing
Competitive Grant Applications

Benjamin Rusak, PhD, FRSC

University Research Professor
Departments of Psychiatry,
Psychology and Pharmacology
Dalhousie University

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SUPPLEMENT II: ABSTRACTS OF THE 3rd CANADIAN SLEEP SOCIETY CONGRESS

[CLICK HERE FOR THE
COMPLETE LIST OF
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