



SONOMA COUNTY INTERGROUP

FELLOWSHIP NEWS

August 2004

70s and 80s



DANCE



MEETING:
7:00-8:00PM
SPEAKER:
JOHN S. FROM
INTERGROUP



Dance:
8:30-Midnight
Suggested
Donation \$10

SATURDAY, AUGUST 28TH

Sebastopol Community Center

390 Morris Street Sebastopol

LIVE BAND AND DJ

featuring the Sober 70's/80's Cover Band:

DR. MR

formally Members of the band "sparkz"

Come Wearing 70's or 80's Outfits and save a dollar

Volunteers Needed—Call Craig G. (BATMAN) at 707-206-0360

Friends And Family Picnic!

The Friends and Family BBQ will be held on August 8th at Howarth Park from 11:00AM—5:00PM!

People are excited about this one, and word on the street is that this is going to be big. Why shouldn't it? Have you been to Howarth Park? As Tony the Tiger says, "It's GREAT!!!" Well, he actually says that "they" are great, but you get my point. The park has a train, a merry-go-round, a petting zoo, pony rides, and a lake where you can hike, boat, or fish. It's the perfect place to bring your relatives, and friends for fun with your AA family.

We're going to be in a different area of the park than listed on the flyer. The picnic will be at the Lower Oaks picnic area (by the tennis courts), below the boulder climbing wall. Look for the signs. For more information see the top of page 6.

Craig G.
(BATMAN)

The Hotline Needs YOU

The AA Hotline exemplifies the finest spirit of our primary purpose: "To carry the message to the alcoholic who still suffers." We are still seeking volunteers to answer phones and come to Teleservice meetings (held the second Monday of each month at the SCIF Bookstore). Our hotline runs 24/7, and you can take calls on your shift from the convenience of your own phone. Besides answering the phones, we also arrange 12-step visits from a list of 12-step

volunteers. If you'd like to give back what was so freely given, consider a service commitment with AA Teleservice. Help us maintain and improve our service, made possible by your group's contribution to Intergroup. You can get a sign-up form from the Bookstore or the AA Hotline page at our SCIF website (www.SonomaCountyAA.org). Please see page 8 for a list of Hotline shifts that are currently available.

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Need a meeting? Check our online schedule for up-to-date info: www.SonomaCountyAA.org

SCIF BUSINESS MEETING

INTERGROUP OFFICERS

- ◆ CHAIR: Kay S.
526-5502
- ◆ VICE-CHAIR: Steve B.
478-5522
- ◆ SECRETARY: Kim M.
545-6138
- ◆ TREASURER: John S.
328-1679
- ◆ REGISTRAR: Deborah F.
527-6132

INTERGROUP COMMITTEES & CHAIRS

- ◆ SEMINARS: Sebrina G.
- ◆ ACTIVITIES: Craig G.
360
- ◆ OUTREACH: Linda C.
- ◆ COMMUNICATIONS:
Rory B.
- ◆ HOTLINE/TELESERVICE:
David L.
- ◆ ALCATHONS: Brian A.

AA HOTLINE TELESERVICE

- ◆ CHAIR: David L.
- ◆ SCHEDULER: Loretta D.
- ◆ 12 STEP COORDINATOR:
Andi P.
- ◆ SANTA ROSA HOTLINE
544-1300
- ◆ LONG DISTANCE ONLY
800-224-1300
- ◆ PETALUMA HOTLINE
762-5122
- ◆ SONOMA HOTLINE
938-2027
- ◆ SPANISH HOTLINE
545-7417

SCIF Meeting June 28, 2004

Tradition 6 was read by Mike, **Concept 6** read by Andy.

The **Preamble** was read by Steve.

Intro of New Reps: Jennifer from the *Up Group*; Dan from *Saturday Night Living Right*; Jenke from *Just for Today*; Pete from *Afternoon Delight*; Rochelle from *12x12 at Twelve*; Eric from the *Highlander Group*; and *Sunday Group*; Dan from *Attitude Adjustment*; Malcolm from *Friday Schoolhouse Beach*; John from *Wednesday Night Guerneville*; Gary from *Young and Young at Heart*.

June Birthdays: Jeremy 13 yrs., Steve 4 yrs, Jim 19 yrs, Susan 18 yrs, Gloria 17 yrs.

Seventh Tradition was exercised.

Minutes of May 24, 2004 SCIF General Meeting were reviewed and then approved with one minor correction. "March" birthdays should read "May" birthdays.

Registrar: Deborah reported that at the May 2004 meeting, we had 71 Reps of which 5 were new and she would like help deciphering the new book obtained to assist her with learning Access database so that she can work more effectively with Intergroup Rep/Meeting database.

LIAISON REPORTS

General Service: Donna K. reported that G.S. had their annual picnic/BBQ at their regular monthly meeting on June 7th. The whole meeting was devoted to hearing our delegates report from his trip to New York. The Pacific Regional Forum will occur on July 16th thru 18th in Portland, Oregon, at the Doubletree Hotel, Columbia River. Everyone invited to attend and meet folks from our New York Central Office who are providing the speakers and workshops for this event. August 21st, Fortuna will host Summer Assembly. Area Elections will occur October 30th, and Local District 12 Elections will occur in November.

PI/CPC: Dave explained the function of this committee and that they have been distributing literature to hospitals, police stations, senior centers and the like. Additionally, he indicated that there are currently 24 different public service announcements (featuring people of a wide range of ages/sex/races/social backgrounds) that may be heard or seen

on local radio and TV. They are currently doing educational presentations at 12 + DUI classes per month.

Bridging the Gap: Carolyn explained the primary purpose of BtG. She reported BtG had 22 local requests, and 26 out-of-district requests in past month.

H&I: Mark reported that H&I meets on the second Wednesday of each month with an orientation for folks new to H&I taking place at 5:45PM followed by the business meeting at 6:30PM. The NCAA Summer Conference will occur July 9th-11th in Stockton, everyone is welcome. The H&I 33rd Annual will be held in Galt on April 22nd-24th, 2005.

OFFICER REPORTS

Intergroup Chair: Steve B. filling in for Kay S.: no report.

Vice Chair: Steve B. reported that 7 new Reps were in attendance at the Intergroup orientation that took place at 7:30PM before the general meeting.

Treasurer: John S. directed everyone to page 5 to review the monthly financial report and indicated that we are overall in good shape even though numbers are down for last month.

Bookstore: Gloria indicated that chips will be half off in July. Bookstore needs volunteer help on 3rd Saturday of each month and every other Thursday and Wednesday afternoons. Inventory will take place last day of the month starting at 3:00 PM. Volunteers are always welcome to help.

Outreach: Linda, absent.

Activities: Craig announced Founders Day Picnic was a success in part due to the help of the new young people's group and other volunteers. The picnic broke nearly even. The next upcoming event is the "Friends and Family BBQ" to be held in August. See color flyers. Another upcoming event is a 70s/80s DJ/Live Band Dance featuring a clean and sober band; date to be determined. A young people's-sponsored picnic will occur on August 17th at Finley Park—all are welcome.

Seminars: Sebrina reported that the next seminar "Singleness of Purpose" will take place on July 17th at the Ladybug Clubhouse in Rohnert Park. Thanks to Rory for the awesome flyer.

(Continued on page 3)

HOSPITALS & INSTITUTIONS

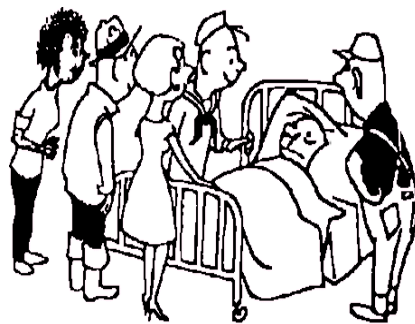
"My Brothers and Sisters in AA: I cannot stress how important it is to the inmates of this correctional facility for our outside sponsors to participate in our sobriety, not only while we are here, but when we are released to go back into society.

"Only through the love and understanding of AA unity will we be able to survive and maintain our sanity, as well as our sobriety.

"We must band together and help the others who wish relief from this terrible affliction. Not only will the recovering alcoholic receive peace and serenity from helping another suffering alcoholic, but that person will also be beneficial in returning those suffering alcoholics to society—sane, sober, and responsible to maintain a normal life. This letter is dedicated to our sponsors, who give so freely of their time and love."

[Ken C., Monroe, WA, from *Letters to Our Sponsors on the "Outside"*]

Introducing themselves as new H&I meeting reps were Trina, Donna, Rhonda, Benjamin, Larry, Cindy, Miles, Randy, Catherine, Ricky, Tim and Regina. Visiting us in the month



of July were Robert, Frank, Vickie, Thomas, Liz, Megan and Jennifer. A warm welcome to each and every one of you!

We had over 113 years of total sobriety being celebrated for the month of July. The birthday babies

were: James, with 2 years; Carmen, 17; Lee, 7; George, 12; Lynn, 24; Susie, 16; Laurie, 18; and Dave, 4. Although I did not get the year counts, Jackie and Phil also had sobriety anniversaries this month. Many happy returns to all!

Preston gave the five-minute share in which he told us of his experience, strength and hope in AA and with H&I.

You know those 113+ years of sobriety being celebrated? Well, a lot of that comes through being of service in AA. Is H&I the place for you? Why not come on down and check it out on **Wednesday, August 4, at 6:15 p.m.** at the Santa Rosa Senior Center on Bennett Valley Road. If you'd like an in-depth preview, you are more than welcome to attend the orientation at 5:45. We hope to see you there!

In service,
Mardi

SCIF Meeting

(Continued from page 1)

Teleservice: Dave L. announced upcoming fun. The Teleservice-sponsored picnic which will occur July 11th Doyle Park. See flyers, and all are invited. He reported that there are phone shifts available Mondays 1-5PM, Sundays 8-1PM, Fridays 9-1PM and 1-5PM and alternating Saturdays from 1-5PM. Give Loretta a call if you can volunteer. Referred to great Teleservice article on page 1 and 6 in newsletter.

Newsletter/Communications: Rory indicated things that are going smoothly and that he can be contacted by e-mail with birthdays you'd like listed in newsletter.

Alcathons: Brian reported he and several others from Intergroup did a walk-thru on a prospective location for Alcathons. It was found by the walk-thru group to be a suitable location for this year's Alcathons. All three of them will take place at 525 5th Street (the Street Life Center) in Santa Rosa next to Gold's Gym with a huge parking lot. Each Alcathon will run for 30 hours. (yeah!)

(Continued on page 7)

ACTIVITIES

When I took this position, I promised to do more events. Well, I kept it by doing two this month. I realized I was left without a dance where Hot August Nights has always been. I wanted to try something different, thus was born the idea for the 70's/80's Dance!! I booked Dr. MR, a great sober band that does all 70's / 80's cover tunes. Since people are divided in their like of a live band or a DJ, I'm splitting it in two and dividing evenly between the band and modern music with a DJ.

I hope everyone gets into this and has fun. You can go to the second hand store, or perhaps you still have your skinny piano tie and wayfarer glasses, your leisure suit, or your platform heels. If you are still wearing this stuff, you really need to go out and get some new clothes!

On a different note, I've now had two events under my watch and I don't think I've really gotten to thank all that have helped. I'd like to thank Larry O. for all his consultation, and in sharing his experience with this position, then Nick R.,



Nancy S., and Katie G. for running the BBQ at Founders Day. Joanne G. for not only helping edit my monthly columns but all the help with the Hawaiian Dance decorations. Dennis B. who has been a workhorse in transporting all the goods to and from the events. Dean and Holly H. and again Katie G. for running the door at the Hawaiian Dance. A whole bunch of the SOCY-PAA people, (the newly formed young people in AA group) of which I'm proud to be a part. From them I'd like to thank Leilani H., Jolie B., Jillian D., Harmony, Rob S.,

Sheldon C., Sean F., Tyler B., James D., Jason H., and Gary. Those guys came through, and essentially put on Founders day after I had a number of others flake on me. I'm sorry if I missed anyone else, there were lots of other volunteers that just showed up, and whose name I never caught. So, to all of you, a big THANK YOU!!!

I'll need more for the up and coming events, so I hope to see you there!

Craig G.
(BATMAN)

GENERAL SERVICE

Greetings Fellowship!

I sure hope that you all are having a fabulous summer. The weather has been fine, and what a joy to actually experience it! (Remember those awful days when you avoided the sunlight because it hurt your aching, hungover eyes?) Well today we can truly give thanks to our Higher Power for another sober, beautiful day. Life is indeed grand!

On July 5, District 12 held it's regular monthly business meeting, and we welcomed the following new GSRs: Leilani, Steve, Pam, Steve, Christy, Diane, DJ, Jeff, and Rem. With gratitude we welcome everyone new to General Service and look forward to getting to know them better at the meetings and assemblies. We also welcomed the following visitors: Dennis, Earlene, Suzanne, Diane, and Pam. With lots of sobriety in the room, this month we honored the following sobriety birthdays: Leilani 4yrs, Margrete 17yrs, Lloyd 3yrs, Chris 6yrs, and Earlene 15yrs. Keep coming back and showing us that it really does work!

The business meeting focused on the business at hand, which is the PI/CPC Motion requesting group secretaries to document incidences of unruly behavior in the meetings for those who are being bussed or vanned in. Here are excerpts from

the discussion that ensued:

So we document incidences, but then what? ...documentation is unnecessary ...we should go to facilities and talk to people...love and tolerance [of others is our code]...newcomers have a hard time...it's not the secretary's job to police... groups can take care of

themselves. Where do we draw the line? Can't kick people out of AA. AA is being bombarded from the outside/jails etc...people are being forced into AA and we need to consider what exactly AA is and what it isn't. Instead of "no" how about "here we are...this is what we do..."

Everyone is concerned with this

issue, and at the present time we have not voted on the motion. Discussion will continue at next month's meeting and possibly be voted on. If you would like to sit in to witness how the process works, then feel free to visit the first Monday of next month. All are welcome! Hopefully you have had a chance to discuss the motion with your GSR and they can represent your ideas in the meeting if you are unable to attend.

Our next event will be the Summer Assembly, August 21, at the River Lodge, 1800 Riverwalk Drive in Fortuna. Some will be camping, some staying in hotels, and some in an RV park! It is strongly recommended that you carpool and share accommodations. On Friday night there is a dinner at the Samoa Cookhouse, (if you have never been, then you won't believe their loaves of bread!) and then Saturday will be a full day of business meetings and workshops, so please try to show up. It will be another excellent

opportunity for fellowshipping. Please join us for our next monthly business meeting Monday, August 2, 2004 at 7:30PM. The AA service manual study is at 6:45PM and new GSR orientation 7PM. See you then!

In love and service,
Mary W.

**CALIFORNIA NORTHERN COASTAL
AREA 06**
OF THE GENERAL SERVICE CONFERENCE

Presents

SUMMER ASSEMBLY
August 21, 2004
9:00AM - 5:00PM

HOSTED BY DISTRICT 15 - Humboldt-Del Norte

RIVER LODGE
1800 Riverwalk Drive
Fortuna, CA 95540

Registration	9:00
Orientation	9:30 - 9:50
Business Meeting	10 - 12
Lunch	12 - 12:15
Workshop Session I	1:15 - 2:30 <small>(workshops TBA)</small>
Workshop Session II	2:40 - 3:55 <small>(workshops TBA)</small>
Report Backs	4:10 - 4:30
What's on your mind?	4:30 - 5:00

Bring your FM radio for professional Spanish to English translation

Family & Friends BBQ



MEETING AT NOON

SPEAKER:

To Be Announced



Hot Dogs & Hamburgers \$2.00
Sodas & Mineral Water \$1.00
Bring Sides and Desserts

WHERE:

Howarth Park
650 Summerfield Rd.
Santa Rosa
(Near the Tennis Courts)



WHEN:

Sunday,
August 8th
From 11:00AM
To 5:00PM

Bring your family, kids & friends for a fun day at Howarth Park!

There are lots of things to do in the park. For a small fee you can purchase tickets from the park for pony rides, petting zoo, carousel and a small-gauge railroad ride. There is a lake for fishing, boat rentals or to hike around.



VOLUNTEERS NEEDED!!!

Call Craig G. (BATMAN)
(707) 206-0360



Warning - Parking is very limited, so either come early or carpool!

Happy Trails

This month's meeting/hike will be on Sunday, August 29th. We will hike in Armstrong Woods amongst beautiful redwoods. We meet at SRJC parking lot at 10:00AM to carpool or at the parking lot by the Visitor's Center around 10:45AM. There are two ways to get to our meeting and picnic area. There is an easier, softer way or the regular hike which burns some calories. Bring a smile, lunch and water.

Questions?
Jeanine 545-1018 or SStargo@aol.com



SCIF CALENDAR • AUG 2004



SUN	MON	TUE	WED	THUR	FRI	SAT
1	2 General Service Faith Lutheran Church 6:45: Service Manual Study 7:00: New Rep Orientation 7:30: Business Meeting	3	4 Hospital & Institutions S.R. Senior Center 5:45: New Rep Orientation 6:15: Business Meeting	5	6	7
8 Family & Friends Picnic 11:00AM-5:00PM Howarth Park Santa Rosa	9 SCIF Bookstore 6:30: AA Teleservice Business Meeting 7:15: ICSC Meeting 8:00: Intergroup Steering Committee Meeting	10	11 P/CPC S.R. City Hall 7:00: Speaker Training 7:30: Business Meeting	12	13	14
15	16	17 Bridging the Gap SCIF Bookstore 6:30: New Rep Orientation 7:00: Business Meeting	18	19	20	21 District 18 (Spanish) 5519 Old Redwood Hwy. Windsor 4:30PM
22	23 Intergroup St. Luke Lutheran Church 7:30: Newsletter Collating 7:30: New Rep Orientation 8:00: Business Meeting	24 General Service District 12 Officers Meeting - 6:15 SCIF Bookstore	25	26	27	28 70's & 80's DANCE Meeting: 7:00pm Dance 8:30-Midnight Sebatopol Community Center
29 Happy Trails 10:00: SRJC Parking Lot at Bailey Field	30	 <p>Coming in September Seminar on Steps 4 and 5</p>				

PUBLIC INFORMATION

The county court system sends many convicted drunk drivers to AA. While this action of the courts is not without controversy, AA generally welcomes these people and they often become sober members of AA. But signing court papers is not the only way AA cooperates with the county in its efforts to deal with the drinking driver.

Several times a month AA provides speakers for both the First Offender Program (FOP), and the Multiple Offender Program (MOP). These classes are part of the county's Drinking Driver Program and they are held at the county facility in Coddington. Speakers volunteer through a branch of AA General Service known as Public Information in Cooperation with the Professional Community (PI/CPC). Speakers work in pairs, usually a man and a woman. One gives general information about AA, the other shares some of their story and talks about their personal experience in AA. Classes are encouraged to ask questions, resulting



in lively and interesting discussions.

I have been a regular speaker for 9 years at these classes and the rewards are many. They can be both heartwarming and funny. One recent evening I was out with my wife and we stopped to have dinner at a Sebastopol restaurant. The waiter took our order and then politely removed the wine glasses without asking if we wanted wine with our dinner. I laughed and said that obviously I must look more like a drunk than I realized. The waiter later told me that he recognized me from a DUI class he attended. He now has a year of sobriety and is very happy with his "new life."

To learn more about PI/CPC, you are welcome to attend a committee meeting. It is held on the second Wednesday of each month at the Santa Rosa City Hall employee's lounge in the underground parking garage. Instruction for presenting information about AA to outside groups starts at 7:00PM, followed by the business meeting at 7:30PM.

Dimitri P.

WHAT'S BEHIND DOOR #3?

In the beginning it was all about staying sober, one moment at a time. It was about choices—and at the time, I could see that I had but three: 1. Kill myself, 2. Get drunk and go back on the road (which I knew would kill me), or 3. Try this thing called "AA." Every day I consciously chose "Door #3." It was often a difficult choice to make... and no one - except the people I met in Alcoholics Anonymous - understood just *how* difficult that choice was to make...

Over the years my choices have expanded. In the early days, my mind was focused on the basics: staying sober, becoming self-supporting, and clearing away my wreckage. That mentality paid off: I no longer flinch at the thought of my past, I no longer live in constant financial crisis, and my membership in AA has blossomed into its own living, breathing being. Today I wouldn't *want* to exist without Alcoholics Anonymous in my life.

Hard as they were, my early days in the program were simple - but only because my choices were so limited. There was no room for rationalization, because I had the thoroughly succeeded in destroying

everything in my life that had once been worthwhile. But I am one who does well with a "bottom line" approach. Yet I no longer "bottom-line it" the way I did when I was newly sober. Today, there are two questions I ask myself when making a decision: 1. Is this going to make a good story?, and 2. Do I want to admit this on my death bed?

These two questions have helped me practice AA principles in the world, especially when there's no one with whom I can "check in." They have provided me with the means by which I can pause and reflect. They act as a buffer against impulse, and enable me to work a 10th Step in my own way. If I don't want to admit something on my death bed, then it certainly goes against my sense of morality. And if I try to think about my life as a series of stories, then I am often able to detach a little from the outcome, and avoid taking life too seriously.

I didn't get a sober to sit back and watch life go by: I go sober to live it. And as my "littermate" used to say, "*half the time I stay sober just to see what will happen next!*"

Adriane G.

SOBRIETY BIRTHDAYS

AUGUST

CLOVERDALE	
Dan L.	08/17/2003
Marilyn B.	08/07/1973
Skip E.	08/20/2001
Tina C.	08/22/1998
HEALDSBURG	
Mike R.	08/28/1985
SANTA ROSA	
Cheyenne	08/26/2003
Monika G.	08/31/1992
Jason H.	08/31/1986
<i>Accidentally omitted from the July Newsletter:</i>	
Jeanine S.	07/01/1998

SCIF Meeting

(Continued from page 3)

Old Business: None.

Group Sharing: It was suggested by an Intergroup Rep that each individual AA meeting ascertain that they are receiving free checking to avoid an unnecessary cost to their coffers.

The Serenity Fellowship will move to 3632 Airway Drive, effective July 1st. No meetings will occur at noon or 3:30PM.

Summation: Steve B.

- ▲ June 30th Bookstore Inventory, Gloria could use volunteer help
- ▲ June 27th Happy Trails - Baker Beach
- ▲ July 11th, Teleservice Picnic
- ▲ July 17th, Seminar at Ladybug Park, Rohnert Park
- ▲ Location has been secured for this year's Alcatraz.

Gratefully in Service,
Kim M.

AA HOTLINE

Open Shifts

Monday 1PM—5PM
 Friday 9AM—PM
 1PM—5PM
 10PM—9AM
 Sunday 8AM— 1PM

*Call Hotline Coordinator Loretta D.
 for more information.*

NEW MEETINGS

Santa Rosa Young People's Meeting
 (O) (W) Sunday, 6:00PM

Location:
 Stony Point Ministry Center
 Stony Point & Griffin

MEETING CHANGES

Santa Rosa Moment of Silence
 (O) (W) Sunday, 11:00AM

New Location:
 Sutter Hospital - Vesalius Room, 2nd Floor

Santa Rosa Daily Meetings (36 Total)
*Serenity Fellowship has moved to 3632
 Airway Drive, Santa Rosa*

Sonoma Book Study
 (O) (W) Tuesday, 8:00PM

Meets at 7:00PM
(Time is incorrect in the Meeting Schedule)

NO LONGER MEETING

Santa Rosa Serenity Fellowship

*All meetings at Noon and 3:30PM are
 cancelled until further notice*

**Meeting Changes?
 Contact Russell**

Gloria's Corner

All Shifts are covered and everything else is going well at the Bookstore.

If you are interested starting a Noon meeting please call me for location information.



Many Blessings,
Gloria

ADDRESSES

Sonoma County Intergroup Fellowship
 750 Mendocino Ave., #10
 Santa Rosa, CA 95402

Sonoma County General Service
 PO Box 536
 Santa Rosa, CA 95402

Area 22 H & I Treasurer
 PO Box 192490
 San Francisco, CA 94119-2490

General Service Office
 PO Box 459, Grand Central Station
 New York, NY 10163

CA Northern Coastal Area Treasury
 PO Box 884222
 San Francisco, CA 94118

Sonoma County PI/CPC*
 PO Box 11350
 Santa Rosa, CA 95406

*Funded solely through Sonoma County General Service

BOOKSTORE & TELESERVICE

SCIF CENTRAL OFFICE
 750 Mendocino Ave., Suite 10
 Santa Rosa, CA 95401

Manager: Gloria P.
 Phone: (707) 546-2066
 Fax: (707) 566-9677
 E-mail: AA@ap.net
 Hours: Mon-Fri 10-6
 Sat 11-3

The Bookstore is closed on these holidays:

Independence Day...July 4th
 Labor Day.....September 2nd
 Thanksgiving.....November 22nd
 Christmas.....December 25th
 New Year's Day.....January 1st

CONTACT INFORMATION

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 AA@ap.net

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Hospitals & Institutions

Chair: Kelly

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