

In the Wind



Storytelling Dinner Theater featuring Kevin Cotter

with stories from Naomi Baltuck,

Dawn Kuhlman & Camille Wooden, and

John Clauson

Friday, November 6, 1998 from 7-10pm

14 Carrot Cafe

2305 Eastlake Ave E., Seattle

Cost: \$18. including dinner, beverage, tax and tip

Join us for an evening of good food and good stories. Doors open at 6:45pm with dinner being served at 7pm. The showcase begins at 8pm featuring Naomi Baltuck, Dawn Kuhlman & Camille Wooden telling in tandem and John Clauson. Julia's 14 Carrot Cake will be served during intermission from 8:45 to 9:15.

From 9:15 to 10:00 Kevin will tell personal stories of New Zealand.

Space is limited so advance ticket sales are required and available by mail (registration form included in this newsletter), by phone (call Dawn Kuhlman, 253-939-7117) or from any SSG Board Member. Guests may preselect their entree, choosing from three entrees: vegetarian lasagna, oriental ginger chicken or caesar salad. Dinner includes coffee and tea. Wine, beer and specialty coffee drinks extra.

Out of consideration to our tellers no food will be served during performance and dinner serving will cease 15 minutes prior to show.

Street parking is usually readily available within 1 to 2 blocks of the restaurant but please note that it is a Friday night in Seattle and guests should plan ahead for possible congestion.

Don't Miss the 4th International Forest Storytelling Festival --

Port Angeles, Washington, September 18 - 20 Call Josephine Pedersen for more information & registration.

1-800-959-5455 (see calendar of events)

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Tellabration TaleTraders' Style Saturday, November 7 at 7pm, Issaquah

Join the eastside TaleTraders for an evening of storytelling in support of storytelling. The suggested donation is \$10. for individual and \$20. for family. Donation includes a piece of homemade pie. The proceeds will be used to promote storytelling. For more information contact Kathy Murphy (425-391-4312).

🛪 Naomi Baltuck Wins 🛪

Anne Izard Storytellers' Choice Award

Naomi Baltuck's Apples from Heaven: Multicultural Folk Tales about Stories and Storytellers was awarded one of 13 Anne Izard Storytellers' Choice Award as an outstanding book in the field of storytelling.

Northwest Storytellers Honored

Two members of the Seattle Storytellers' Guild were recognized for their contributions at the National Storytelling Conference in Kansas City, Mo. this summer. Margaret Read MacDonald was presented the Leadership Award for the Pacific Region. Vi Hilbert was awarded the Lifetime Achievement Award.

ONewsletter and Membership Dues News

Are you receiving your newsletter without problem? If not please contact Pat Peterson (206-935-5308) or Debra Harris-Branham (206-772-0415). We are checking our membership lists for problems and would appreciate hearing from you about any membership/newsletter difficulties.

In January, 1999 membership dues will increase. The changes are: for individuals, \$20.; for families, \$30.; institutions, \$35. A perfect time to become a new member of the Seattle Storytellers Guild is on Friday, November 6th at our Storytelling Dinner Theater. For that evening only, new memberships may be made at half of 1998 regular dues.

Attention Kitsap County! A Story Circle is Beginning!

A storysharing circle is forming in the Kitsap peninsula area. For tellers and listeners alike, this newest group of story enthusiasts will begin meeting on the last Wednesday of the month beginning in September. For more information call Kimberly Parker at 360-779-3364 of Alyson Neils at 206-842-5293.



Fair is Fair: World Folktales of Justice

SSG member and author, Sharon Creeden's 1997 book is included in the fourth edition of *Reading Group Choices* (Paz & Associates, 1998). The book is a recommended reading list of diverse titles. Each title is summarized and suggested topics for book discussion groups are provided.



Children's Hospital Storytelling Guild

Tell It All For Children's Guild has booked Jay O'Callahan for February 20, 1999. More information in the Winter newsletter.

Storytelling As A Journey Down The Healing Path by Allison Cox

Because of my firm conviction that stories convey important information to others in ways that few other forms of communication can accomplish, I use storytelling in my work as a Public Health Educator. The tradition of storytelling is ageless and known to most cultures as an experience vital to the health of individuals, the community and the environment. During storytelling, listeners let go of defenses and relax into the known, safe environment of story. A shift in consciousness takes place. Those who listen, actually live the story adventures in their imagination. The audience is offered a chance to measure their own experience in the light of the immortal tale... immortal because people often forget important details of their lives, but will remember a story they heard as a child.

Story lends narrative structure to events that might otherwise seem random and meaningless (which is a common affliction among clients that I talk with every day). Storytelling is a profound medium through which change can be enacted by changing the way one views their personal history. The storytelling experience invites people to draw upon their memories and allows them to add new information to the old memories when listeners view their life in the context of the story.

Storytelling can be designed to offer survival tools to an increasingly complex society. By using sensate description that matches peoples' everyday experience, rapport is established and stories become real to the audience. Metaphors can be offered, containing embedded suggestions to the listeners that "you can survive... there is hope... you can succeed in making your world a better place... and here are some ways..."

As a prevention tool, storytelling is a time tested craft that can tackle the challenges confronting our culture (such as racism, sexism, violence, drugs,...). Because story has proven throughout time to be a vehicle for the mind to make sense of the world, it

has been used by humankind through the centuries as a means of transmitting important cultural, sociological and moral information from one generation to the next.

As part of my job, I am often called upon to train others in the use of storytelling for health promotion and disease prevention. While the health professionals I work with must overcome their hesitancy to attempt storytelling, storytellers have to make a similar leap regarding feeling competent in designing a therapeutic story program. The following suggestions may help in taking the first steps.

If you receive a request to tell stories at a shelter for battered women, a residential treatment center for teens, or even a meeting for substance abuse recovery... do the same thing you would always do when someone asks you to perform... ask alot of questions. Besides the normal queries of "How long should the program be?", "What age and how large is the audience", ask the prospective client "What are the issues or interests for this group?" You will probably get a response of broad topics such as violence, substance abuse, teen pregnancy, homelessness, etc. Don't stop there. Continue to interview the client. "What do you hope the audience will know/feel/think as a result of hearing stories on this subject?" Sometimes getting the details of the expectations involved helps to decide which stories would be appropriate for this particular event.

The next step is crucial. Pare down the topic into achievable components. A favorite example of mine is when I was requested to share stories about Breast Cancer at a conference. I asked my local librarians for ideas and they suggested autobiographies of women who had fought their own battles with breast cancer. I read several, learned alot, but felt that I could not tell the personal stories of others. So I called back the person making the request and asked what she hoped people would learn as a result of listening to my stories. She responded "I think it would be important for them to hear about taking responsibility, not letting a problem go till it gets too big, facing your fears and offering support to each other." Well, there I had it! I was able to find folktales, legends and literary stories on each of these subjects. Sometimes those making the request are unable to be this specific and will say "Well, you know..." and simply repeat the

same broad topic without offering any details. Then it's time to do your homework, (a good idea anyway). Go to the library and look up the pieces of this particular puzzle. For example, a search regarding the issues surrounding domestic violence may reveal that stories on this subject need to contain elements such as isolation, control, safety, chaos, verbal harassment and shame, as well as violence.

After the story is over, I usually ask simple questions such as "What images in the story stood out for you?" and "What memories or feelings did you experience as you listened to the story?". I know that there are some who feel that stories should never be discussed, but I am not one of them. When the story brings up issues for my audience and I am in a setting such as a classroom or a group therapy meeting. I feel that it is my responsibility to bring the listeners back home safely, by offering a space between the tales to reflect, react or share with others. People will often switch from 3rd person to 1st person in mid-sentence when responding to a story. I do not push people into this transition (and a moment of silence can be equally important), but I do invite sharing when and if my listeners feel safe. Often, I work with someone who knows the group and I may let them ask more questions regarding "Tell me how this story relates to your own experience." Seek out a therapist or counselor to confer with while planning your story program.

Timing is very important. Once I tried to introduce a very serious text and slide show from "The House That Crack Built" (a book for youth about crack cocaine use) to a group of 5th graders. I had worked with these kids for 2 school years, twice a week, and I felt we were ready to explore this issue. But I forgot to consider that it was the end of our time together and these children were having a hard time saying good-bye. This was not the right time to introduce a heavy new subject and it didn't go over well at all. These kids let me know in no uncertain terms that they didn't want to talk about cocaine at that time. Instead, they needed to hear stories about departure and holding onto good memories. A storyteller once told me he was asked to tell stories to young cancer patients and their families at Christmas time. He told a story about death and was surprised when, later, the hospital contact was hesitant to reschedule another

storytelling event. Families coping with such intense loss need to be led gently into such topics. Suicide hot lines get inundated with calls at the Christmas season due to the huge differences between expectations and reality regarding the holidays for some folks, so this is not generally a good time to introduce heavy subject matter. Sometimes, what these families need the most is just a few good hours, a good day... some time that they can remember, to laugh, to sing, to simply smile. Those are big gifts and if you can offer them that initially, then you can go back later and tell them the stories about a parent who felt angry or perhaps a child who overcame her fear of the dark. Trust the metaphorical language of stories to powerfully speak to the unconscious mind and bypass the conscious, skeptical filters of your audience.

Remember, none of us are Super Human Storytellers. If you get to the venue and see it is not what you had expected, in any storytelling situation it is always a good idea to regroup as to which stories to tell, where to tell or even if you should tell at all. One storyteller shared with me that she had been asked to tell in the hospital burn unit. All throughout her stories, people were screaming in pain in the background. When she was finished, she hurried out to the parking lot and wept. Take control of the situation as best you can. Remember and learn from this teller's experience and even say "No" if no one agrees to help change the situation. Sometimes we find our own limits through our mistakes. I have moved my event out to the front steps to get away from a practicing church choir, or even out to a shade tree when I could see the children were suffering from sun exposure in the bleachers of the arena. Both you and the audience need to be comfortable to have a good experience. Gather some all purpose stories for those surprise moments when you suddenly need to change directions from the original plan. I have a few favorites tales that seem to bring a generally good response and have a broad enough range that I can get many topics accomplished through these tales. For example: "Not Our Problem" from Margaret Read Mcdonald's "Peace Tales" or "Bundles of Troubles, Bundles of Blessings" from "A Piece Of The Wind" by Ruthilde Kronberg and Patricia McKissack both get lots of mileage in my work as a Health Educator.

Last thoughts about finding appropriate stories-don't overlook the old favorites. For example, for child abuse, try "Hansel And Gretel" (who were abandoned by their parents and attacked by a seemingly kind stranger) and "Cap O' Rushes" (whose father threw her out because he didn't like her answer as to how much she loved him.). A favorite follow-up activity that I use with children of a wide range of ages is to brainstorm a "Child's Bill Of Rights" on the board (I got the idea from Spinning Tales, Weaving Hope, New Society Publishers, Philadelphia, 1992). Then we talk about what is most important on the list and which things need to wait 'till they are older (i.e. stay up late, drive a car). Usually the children participate enthusiastically and proudly display their compiled list in their classroom. This exercise always elicits ideas for future story topics with that group as well.

Remember, whenever you take your first steps into uncharted territory, you may feel that you're fumbling a bit at first. When babies are born-they didn't come out tap dancing. They had to learn to roll, crawl, stand and then walk. Just take it a step at a time. Ask lots of questions, research your topic, discuss ideas with a professional in that specific field, consider the time and place and above all, trust that story crosses over all boundaries for it speaks the language of the heart.



Books About
Therapeutic Storytelling
By Allison Cox

I work as an educator and often get requests from teachers, so there are literary references in this list as well. I suggest to storytellers that even if they cannot always use these books, to read them to see what components to look for in a book about dealing with the topic.

Annie Stories by Doris Brett, Workman Publishing, New York, 1986. Basic text for parents and therapists alike for designing stories to aid children in coping with fears, loss, pain, siblings and other challenges.

Earth Tales, Storytelling In Times Of Change, by Alida Gersie, The Merlin Press, London, 1992. This book contains seven story sections of folktales about the relationship between people and the natural world. Each section includes many original group activities for adults or children to help explore the story. This book is hard to find but worth all the effort.

The Healing Art Of Storytelling, A Sacred Journey Of Personal Discovery by Richard Stone, Hyperion, New York, 1996. Stone uses exercises to elicit personal stories that will heal the wounded heart through the telling.

Sacred Stories: A Celebration Of The Power Of Stories To Transform And Heal edited by Charles and Anne Simpkinson, Harper, San Francisco, 1993. These 22 collected essays include storytellers, therapists, politicians, and poets views on the important role of stories in our individual and communal lives.

The Spirituality Of Imperfection, Storytelling And The Journey To Wholeness

by Ernest Kurtz and Katherine Ketcham, Bantam Books, New York/Toronto, 1992.

An Anthology of wisdom stories from around the world, centered around the issue of alcoholism.

Tell It By Heart, Women And The Healing Power Of Story by Erica Helm Meade,
Open Court, Chicago, 1995. Combines myth and

Open Court, Chicago, 1995. Combines myth and personal story to create a mosaic of healing and human possibility.





SOURCES: ABOUT STORIES AND THE FOLKS WHO TELL THEM

by Margaret Read MacDonald, King County Library System

THE DEETKATOO: NATIVE AMERICAN STORIES ABOUT LITTLE PEOPLE

by John Bierhorst, illus. by Ron Hilbert Coy. New York: William Morrow, 1998.
Bierhorst's retellings of these Native American tales are very sweet, beautifully written. As usual he provides fine scholarly notes, and a useful introduction to the material. Ron Hilbert Coy's black and white illustrations nicely match the text.

(Ron is the son of our own Vi Hilbert!)

LEN CABRAL'S STORYTELLING BOOK

by Len Cabral and Mia Manduca.

New York: Neal-Schuman, 1997.

Len uses the split page technique which worked so well in Teresa Miller's JOINING IN (Yellow Moon Press). His own comments about the way he performs the tale and relates to his audience appear in a margin panel.

I love Len's telling in person. Perhaps because he is so delightful and active in person, these texts seem flat by comparison. He selects good stories, however, and I think the book will be useful to beginners because of his hints for telling. The "Teaching Guides" annoy me in

the way that all attempts to discuss a story to death do. But there are lots of ideas given and the teacher will hopefully pick those which are most creative to use and leave the "what do you think the story means?" activities alone. No sources are cited for these stories and no credit given. If offered a choice of this book and a tape of Len telling, I would take the tape any day!

GHOSTWISE: A BOOK OF MIDNIGHT STORIES by Dan Yashinsky.

Little Rock: August House, 1997.
With Halloween coming up you would do well to take a look see at Dan Yashinsky's collection of favorite spooky stuff from Canada's tellers. And it opens with "The Story of Boogie Woman" by Johnny Moses! (he was born on Vancouver Island). Among the 34 tellers include Gail de Vos, Alice Kane, Jamie Oliviero, and our Victoria friend, Kate Stevens. You may or may not find just the right tale for Halloween telling in here...but it will definitely put you in the right mood.

storynet's new web page and be pleasantly pleased with both the content and layout of the web page. An impressive accomplishment.

Scholarship Winners

Susy Irwin was awarded the Storytelling As Prevention Workshop scholarship. As a counselor, Suzy hopes to use storytelling in her work. Marilyn Milnor was awarded the Gene Friese Scholarship and is a beginning storyteller hoping to develop her skills through educational opportunities.

A Letter from a Guild Member

Last spring, we shared information about the Seattle Storytellers Guild difficult financial position and we received this letter from two members.

Seattle Storytellers' Guild,

Once upon a time, o so many years ago, there was a lonely boy walking along the highways and byways of this great land of ours. Now this boy did not know where he was going. He just knew he had to get away from a place which seemed to have all the omens of danger about it if he stayed. The pockets of his coat held a pair of nickels and two pennies. With this start he would seek his fortune.

But the boy had an awareness of things about him, and, as he walked, or hitch-hiked, or rode on freight trains along the road, he knew that somewhere, or someday, he would find his place of safety and happiness.

Lo and behold! in a far away place called New York, a kindly stranger took him under his wing. Sent him to school to learn the life of the sea navigator. Friends he met at that school took him to a British Club at the Chelsea Hotel in New York. At that club he met a girl. A girl who also saw in his far-seeking blue eyes a promise of better things to come for this boy.

A couple of years went by and the girl and boy married. Through many difficult years as they kept their lives together, little by little, their mutual treasure of love grew. It expanded. It brought them to Seattle to raise their small family.

One day the boy joined a Labor Union. He felt that now he had a bit of extra money from his "Overtime" and extra benefits, to put aside for their future.

Now that future is here. Now our "Happy ever after lives" are before us. They joined the Seattle Storytellers' Guild to listen to and enjoy the tales Storytellers from around the

city and country came to tell. And they enjoyed them

There is no way they can repay all the pleasure these Storytellers have given them over the years except by little tokens. I am enclosing one of these tokens, with love and thanks and hugs from both of us.

Peter and Kay Chelemedos

The token enclosed with the letter was a check for \$1,000.

Your gift is accepted with love and thanks and hugs and more than a few tears of gratitude. On behalf of the Seattle Storytellers' Guild we thank you for your presence in our community, your support and faith in the power of stories.

Seattle Storytellers' Guild Board

Storytelling Dinner Theater Registration Form

Friday, November 6, 1998 from 7-10pm
14 Carrot Cafe - 2305 Eastlake Ave E., Seattle
Cost: \$18. including dinner, beverage, tax and tip
Name:
Address:
City/Zipcode:
Phone:
Number of Tickets:
Dinner entree (please check one for each ticket):
vegetarian lasagna
oriental ginger chicken
caesar salad
Make checks payable to SSG and mail to Dawn Kuhlman, 921 - 4th St. S.E., Auburn, 98092.

Questions, call Dawn, 253-939-7117.

Calendar of Events

September

- 12 Kathy Currie: Begin your Fall with fables and fun. Island Books, Mercer Island, 11-11:30, free. For further information, call 232-6920.
- Linda Scott tells audience participation tales at Never Never Land near Pt. Defiance Zoo. 2pm & 4pm. Info: 425-739-8104.
- Linda Scott tells stories at the Greenspire Medieval Festival. Call 425-702-4723 for time.

TALE TRADERS, an informal group for people who love stories, has grown to 14 active members. The group meets twice a month in Issaquah-- the second Monday and the third Thursday-- in order to provide ample time for everyone to share. 7-9pm. Contact Kathy Murphy, 425-391-4312, for more information.

Monday, September 14 and Thursday, September 17 Monday, October 12 and Thursday, October 15 Monday, November 9 and Thursday, November 19 Monday, December 14 and Thursday, December 17 Monday, January 11 and Thursday, January 21

18-20 4th International Forest Storytelling Festival, *Port Angeles, WA*. Featured Tellers: Mary Miroslavichwicker, Don Doyle, Leslie Snape, Clara Yen, Tom Galt, David Novak, Zelda Foxall, Diane Ferlatte, Barbara McBride-Smith, Jamie Valadez, Dunc Shields, Renee Harvey, Max Tell. For more information & registration call Josephine Pedersen, 800-959-5455. Produced by the Story People of Clallam County. A best value!! Don't Miss.

19 Cherie Trebon: Animated stories for Autumn. Island Books, Mercer Island, 11-11:30, free. For further information, call 232-6920.



Storytelling in King County Libraries
Linda Scott, a local teller and SSG Board Member
journeyed to China last November for a storytelling
exchange. During the months of September &
October, she will be sharing her experiences by
way of story in several King County libraries. The
programs will include personal stories from the
trip as well as Chinese Folktales. There will also
be a hands-on display of crafts and folk instruments
as well as photos from the storytelling village she
visited. This is a family program, children five and
older are encouraged to attend with parents.

September 22 Muckleshoot Tribal School, 1pm
September 22 Newport Way Library, 7pm
September 23 Maple Valley Library, 4pm
October 5 Black Diamond Library, 4:30pm
Cottober 16 Lake Forest Park Library, 7pm
Cottober 21 Kenmore Library, 7pm
Kirkland Library, 11am

26 Meg Lippert: Telling stories from and signing her new book, *Why Leopard Has Spots*. Island Books, Mercer Island, 11-11:30, free. For further information, call 232-6920.

October

- 2-4 National Storytelling Festival, Jonesborough, Tennessee. For more information, call 1-800-525-4514 or e-mail, mwhited@naxs.com
- 3 Camille Wooden & Dawn Kuhlman: Double the fun. Island Books, Mercer Island, 11-11:30, free. For further information, call 232-6920.
- 8 Tall Tales -- finding them and telling them. Dawn Kuhlman and guest will tell tale tales and provide tips for telling. Sally Porter will provide an annotated bibliography of reliable sources. SSG Membership and Story Swap meeting. 7pm, All for Kids Bookstore. Info: 253-854-2909.
- 9-11 Storytelling as Healing Art -- The Practice of storytelling in Daily Life with Nancy Mellon Workshop. Seattle Waldorf School. For

in the wind 9 more information, contact Kristi Busch, 206-542-2657.

10 Healing Words, Healing Images, enjoy an evening of therapeutic storytelling performance with Nancy Mellon. 7:30 - 10pm, Seattle Waldorf School. For more information, contact Kristi Busch, 206-542-2657.

October

- 10 Terri Cohlene: Tales to tickle your funny bone. Island Books, Mercer Island, 11-11:30am, free. For further information, call 232-6920.
- School of Magical Strings Open House, 6-8pm at the New Discovery School in Seattle. Philip Boulding demonstrates and discusses his teaching method. Info: 253-857-3716.
- 15 29 Linda Scott teaches Improve Communication Through Personal Stories, at Eastlake High School, a class sponsored through Lake Washington Technical College. 6-8pm. For more information call 425-739-8104.
- 17 Cindy Easterson: Masks help tell these tales. Island Books, Mercer Island, 11-11:30am, free. For further information, call 232-6920.
- 19 November 2 Linda Scott teaches *Learn To Tell Your Personal Stories*, class at Lake Washington Technical College, 4:00 6:00pm.. Call 425-739-8104 for info.
- 19 & 20 School of Magical Strings Seattle & Tacoma classes in Celtic Harp and Hammered Dulcimer begin. Info: 253-857-3716.
- 31 Surprise treats for our **25th Anniversary** Celebration. Island Books, Mercer Island, 11-11:30, free. For further information, call 232-6920.

November

7 Tellabration with Tale Traders, 7pm, Issaquah. Suggested donation -- \$10. individual/ \$20. family. Call Kathy Murphy, 425-391-4312 for more information.

- 7 **Debbie Deutsch**: Debbie returns with new stories to tell. Island Books, Mercer Island, 11-11:30, free. For further information, call 232-6920.
- SSG Membership and Story Swap meeting. 7pm, All for Kids Bookstore. Info: 253-854-2909.
- 14 Nancy Stewart: Our favorite singing storyteller. Island Books, Mercer Island, 11-11:30, free. For further information, call 232-6920.
- 21 Phyllis Silling: A festive feast of stories. Island Books, Mercer Island, 11-11:30, free. For further information, call 232-6920.

December

- 5 Margaret Read-MacDonald: Storytelling and signing her new books. Island Books, Mercer Island, 11-11:30, free. For further information, call 232-6920.
- John Clauson & Cherie Trebon present An Adventure in the Holidays. SSG Membership and Story Swap meeting. 7pm, All for Kids Bookstore. Info: 253-854-2909.
- Maggie Bennett: Holiday songs with harp music Island Books, Mercer Island, 11-11:30, free. For further information, call 232-6920.
- 19 Magical Strings celebrate 20 years of Celtic Yuletide Concerts at the First Presbyterian Church of Seattle, at 3 & 7:30pm. Info: 253-857-3716.

Coming March 5-7, 1999

Sharing the Fire -Passing the Torch, Telling the Story with keynote speakers, Diane Wolkstein and Margaret Read MacDonald. 18th Annual Storytelling Conference, Boston, MA. Info: www.tiac.net/users/papajoe/stf00.htm

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SEATTLE STORYTELLERS' GUILD

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In the Wind is a newsletter of the Seattle Storytellers' Guild, a non-profit organization, and is published quarterly. Membership in the Guild includes a year's subscription. Please check the expiration date on your label. Call the Guild at 206-621-8646 for updated information on Guild events. Deadline for Winter newsletter is December 14, 1998.

MEMBERSHIP FORM

Name:

Address:

City:_____State:____

Zip: Phone:_____

Date:

New: Renewal:

Individual: \$15._____

Family: \$25.

Institutional, \$30.

Donor, \$35.

Lifetime, \$150.

Mail form to SSG at address below.

Seattle Storytellers' Guild P.O. Box 45532 Seattle, WA 98145-0532

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12/98