

HEALTH & SOCIAL SERVICE INDUSTRIES

HOSPITALS

Northumberland Hills Hospital

1000 DePalma Drive
Cobourg, ON
K9A 5W6
(905) 372-6811
FAX: (905) 372-4243
info@nhh.ca
www.nhh.ca
Elizabeth Vosburg, Head of
Human Resources
Hospital & health care
services

OTHER INSTITUTIONAL HEALTH & SOCIAL SERVICES

Golden Plough Lodge

983 Burnham Street
Cobourg, ON
K9A 5J6
(905) 372-8759
FAX: (905) 372-8525
www.northumberlandcounty.ca
Bill Lonergan, Administrator
Long-term care facility

Christian Horizons House 1

352 George Street
Cobourg, ON
(905) 372-7739
FAX: (905) 372-6403
Cobourg1@christian-horizons.org
www.christian-horizons.org
Miriam Racinsky, Program
Manager
Serving adults with
developmental challenges.

Christian Horizons House 2

700 Burnham Street,
Cobourg, ON
K9A 4X4

(905) 377-1701
FAX: (905) 372-1136
www.christian-horizons.org
Diane Rodd, Program
Manager
Serves individuals with
developmental
handicaps/junior

Christian Horizons House 3

5 Maplewood Boulevard
Cobourg, ON
K9A 4J4
(905) 372-2603
FAX: (905) 372-5537
www.christian-horizons.org
Miriam Racinsky, Program
Manager
Provide care to individuals
who have physical &
developmental disabilities

Christian Horizon House 5

790 Ontario Street
Cobourg, ON
K9A 3C5
(905) 372-1374
FAX: (905) 372-6450
Sherrie Brown, Christine
Sills, Program Manager,
Summit Vocational program
serving people who have
physical & developmental
challenges & residential
group home

Christian Horizons House 6

11 Parkwood Drive
Cobourg, ON
K9A 4H9
(905) 372-0853
FAX: (905) 372-6491
cobourg6@christian-horizon.org
www.christian-horizons.org
Christine Sils, Program
Manager

Home for developmentally
challenged adults

Christian Horizon House 7

206 Bagot Street
Cobourg, ON
K9A 3G4
(905) 372-2655
FAX: (905) 372-8948
Cobourg7@christian-horizon.org
www.christian-horizons.org
Sherri Brown, Program
Manager
Serving people with
development challenges

Cobourg Retirement Residence

310 Division Street
Cobourg, ON
K9A 3R3
(905) 372-7732
FAX: (905) 372-8359
cobourgretirement@chartwellreit.ca
www.chartwellreit.ca
Teresa Turnbull,
Administrator
Retirement residence

Branch 133, Legion Village, Inc.

111 Hibernia Street
Cobourg, ON
K9A 4Y7
(905) 372-8705
FAX: (905) 373-0844
legionvillage@on.aibn.com
Chyvone Samis,
Administrative Assistant
Supportive housing

Victoria Retirement Living

100 University Avenue East
Cobourg, ON
K9A 1C8
(905) 377-1555

HEALTH & SOCIAL SERVICE INDUSTRIES

FAX: (905) 377-1558
victoriaretirement@bellnet.ca
www.rollinshousing.com
Judy Grimshaw, General
Manager
Retirement residence

Streamway Villa Long-term Care Residence

19 James Street West
Cobourg, ON
K9A 2J8
(905) 372-0163
FAX: (905) 372-0581
robinholland@omni-way.com
www.omni-way.com
Robin Holland,
Administrator
Nursing home

St. Peter's Court Apartments

135 Chapel Street, P.O. Box
224
Cobourg, ON
K9A 4K5
(905) 372-1572
Brenda Cochrane,
Administrator
Retirement residence

Extendicare Canada Inc.

130 New Densmore Road
Cobourg, ON
K9A 5W2
(905) 372-0377
FAX: (905) 372-0477
landmark@extendicare.com
www.extendicare.com
Lynda Davlut, Administrator
Long term care centre and
assisted living

NON-INSTITUTIONAL HEALTH SERVICES

Another Set of Hands

273 Kent Street
Cobourg, ON

K9A 1B6
(905) 377-9180 or (905) 372-
4297 or (905) 349-2766
Donna Stockwell or Pauline,
Owner
Personal home support,
respite, & palliative care

Community Care Northumberland Cobourg Office

1005 Elgin Street West, Suite
304
Cobourg, ON
K9A 5J4
(905) 372-7356
FAX: (905) 372-3898
cobourg@commcare.ca
www.commcare.ca
Sherri Birney, Coordinator
Meals-on-Wheels,
transportation, respite care,
CNIB talking book machines,
friendly visiting, income tax
program, home help, &
maintenance programs,
diners club, telephone
reassurance checks

Five Counties Children's Centre

Northam Industrial Park, 700
D'Arcy Street, Unit 3
Cobourg, ON
K9A 5T3
(905) 377-0192
FAX: (905) 377-9491
info@fivecounties.on.ca
www.fivecounties.on.ca
Valerie Vickers, Coordinator
Outpatient treatment centre
for special needs children

NHH Lakeshore Community Mental Health Services

975 Elgin Street West,
Victoria Place Plaza

Cobourg, ON
K9A 5J3
(905) 377-9891
FAX: (905) 377-9895
Dr. Illya Roumeliotis,
Director
Community mental health
centre

NON-INSTITUTIONAL SOCIAL SERVICES

Genesis Bereavement Resource Centre

30 King Street East
Cobourg, ON
K9A 1K7
(905) 372-3648
FAX: (905) 372-5252
genesis@accel.net
www.genesis-resources.com
John Saynor, Program
Manager
Individual bereavement
counseling, bereavement
support groups, library,
group facilitation education
program

Children's Aid Society of Northumberland

1005 Burnham Street
Cobourg, ON
K9A 5J6
(905) 372-1821
FAX: (905) 372-5284
casn@eagle.ca
Greg Dulmage, Executive
Director
Adoption & child protection

Cobourg Day Care Inc.

325 Alexander Drive
Cobourg, ON
K9A 5B2
(905) 372-9507
FAX: (905) 372-7710

HEALTH & SOCIAL SERVICE INDUSTRIES

cobourghdaycare@on.aibn.com
www.cobourghdaycare.ca
Jennifer Rogers, Executive
Director
Child care

Watton Employment Services Inc.

18 Spencer Street East
Cobourg, ON
K9A 1C2
(905) 372-1901
FAX: (905) 372-7790
greg@watton.ca
www.watton.ca
Greg Watton, Director
Vocational rehabilitation,
assessment & employment
assistance

Kinark Child & Family Services

20 Strathy Road, Unit 3
Cobourg, ON
K9A 5J7
(905) 372-4361
FAX: (905) 373-1382
www.kinark.on.ca
Alan Valillee, Director
Children's mental health
centre

Victoria Park Child Care Centre

172 Queen Street East
Cobourg, ON
K9A 5P6
(905) 372-5926
FAX: (905) 372-2441
gizmo@eagle.ca
Lynn Stubbings, Executive
Director
Child care (centre based and
home based care) from 3
weeks to 12 years of age.

Terry Fox YMCA Child Care

1065 Riddell Avenue
Cobourg, ON
K9A 5N4
(905) 373-4664
mweaver@ymcanorthumberland.com
www.ymcanorthumberland.com
Michelle Weaver, Child Care
Supervisor
Child care (ages 2 to 12)

Beginnings Pregnancy Care Centre

19 King Street East
Cobourg, ON
K9A 1K6
(905) 373-4575
beginnings@eagle.ca
www.beginnings.ca
Barbara Leonard,
Coordinator
Free pregnancy tests,
prenatal classes, support
services, labor support &
post abortion counseling.
Services are free and
confidential.

Rebound Child & Youth Services Northumberland

Northam Industrial Park, 700
D'Arcy Street, Unit 20
Cobourg, ON
K9A 5T3
(905) 372-0007
FAX: (905) 372-0070
rebound@rcys.ca
www.rcys.ca
Nicola Crow, Executive
Director
Programming for youth &
families to effect social &
behavioral change and
educational support

Doula For You

Telephone inquiries only
Cobourg, ON
(905) 377-8239
FAX: (905) 377-8239
sarah.carman@sympatico.ca
Sarah Carman, Owner
Labour support, helping
women through labour,
emotional & physical support
also prenatal visits & post
partum

Northumberland Services For Women

P.O. Box 935
Cobourg, ON
K9A 4W4
(905) 372-7056
FAX: (905) 373-4800
nsw.ljanzen@cogeco.ca
www.nsfw.ca
Linda Janzen, Executive
Director
Provides a safe, secure
shelter for women and their
children who are fleeing an
abusive situation. Individual
and group counseling are
provided for
victims/survivors of abuse.
Advocacy, referral services
and court accompaniment are
also provided.

Sandra Webb Counselling

21 B King Street West
Cobourg, ON
K9A 1K6
(905) 377-1912
FAX: (905) 377-1808
sandrawebb@bellnet.ca
www.sandrawebbcounselling.com
Sandra Webb, Owner
Counseling, play therapy,
domestic & international

HEALTH & SOCIAL SERVICE INDUSTRIES

adoption as well as sand play therapy

VON Northumberland Adult Day Centre, The

271 Spring Street
Cobourg, ON
K9A 3K3

(905) 377-8659

FAX: (905) 377-8828

adtdayct@eagle.ca

Fay Dehoe, Program
Manager

Care giver support & recreational programs for seniors with cognitive or physical impairments & health support programs such as foot care & blood pressure monitoring

**OFFICES OF PHYSICIANS,
SURGEONS & DENTISTS,
PRIVATE PRACTICE**

Irwin, Dr.

11 Charles Street
Cobourg, ON
K9A 2T4

(905) 372-3212

FAX: (905) 372-9439

irwindental@eagle.ca

William Irwin, Dentist
Dental office

Kumar, Naresh Dr.

1005 Elgin Street West, Suite
104
Cobourg, ON
K9A 5J4

(905) 373-0900

FAX: (905) 373-0902

Naresh Kumar, Physician
Internist & cardiologist

Cobourg Medical Centre

1060 Burnham Street, Unit 5,
Gateway Plaza

Cobourg, ON

K9A 5V9

(905) 373-8333

FAX: (905) 373-9333

Drs. Amin, Cross, Armstrong
& Broderick, Physicians
Family practitioners

Doctor's Office, The

17 Queen Street

Cobourg, ON

K9A 1M8

(905) 372-2148

FAX: (905) 372-9560

Drs. Emery, Bedford-Jones,
Physicians
General practice physicians

**Narine, Dr., Dentistry
Professional Corp.**

17 Queen Street

Cobourg, ON

K9A 1M8

(905) 372-2753

FAX: (905) 372-8928

Dr. Dave Narine, Dentist
Dental office

Dr. Simic & Associates

471 Division Street

Cobourg, ON

K9A 3S1

(905) 372-0168

FAX: (905) 372-7744

friendlydentistry@on.aibn.co
m

Drs. Andrew Simic & Elena
Mihai, Dentists
Dental office

Biggar, Dr.

10 Albert Street

Cobourg, ON

K9A 2P6

(905) 372-6616

FAX: (905) 372-9678

Michael Biggar, Orthodontist

Dr. Loder

1005 Elgin Street West

Cobourg, ON

K9A 5J4

(905) 373-0728

David Loder, Physician
Family Physician

Shuman, Dr. Earl

17 Queen Street

Cobourg, ON

K9A 1M8

(905) 372-4196

Krista Shuman, Officer
Manager
Dental office

Milne, Bruce Dr.

261 Spring Street

Cobourg, ON

K9A 3K3

(905) 372-3032

FAX: (905) 372-3003

Bruce Milne, Dental Surgeon
Dental Surgery

**St. Joseph's YMCA Child
Care**

919 D'Arcy Street North

Cobourg, ON

K9A 4B4

(905) 377-1574

Debbie Brown, Supervisor
Child Care

**Doctor's Office (Dr. Webster
& Dr. Marszal)**

316 King Street East, Suite
106

Cobourg, ON

K9A 5R8

(905) 377-9925

FAX: (905) 377-9926

Dr. Webster & Dr. Marszal,
Physicians
family physicians

HEALTH & SOCIAL SERVICE INDUSTRIES

Orthodontic office Cobourg Health Centre

513 Division Street, Unit 4
Cobourg, ON
K9A 5G6
(905) 373-1280
FAX: (905) 373-9335
Drs. Mark Essak, Carson Kwok, Sandra Lang, Teresa Cheung, Philip Stratford, Physicians
General practice medical clinic VON Northumberland

Cobourg Clinic

44 University Avenue East,
P.O. Box 86
Cobourg, ON
K9A 4K4
(905) 372-3323
FAX: (905) 372-3692
Drs. Jones, Haukioja, Caldwell, Simon, Van Dusen, Bayer, Physicians
General practice medical clinic

Drs. M. Jokay & T. Disney

1005 Elgin Street West, Suite 201A
Cobourg, ON
K9A 5J4
(905) 377-9600
FAX: (905) 377-9511
Drs. Martin Jokay & Tom Disney, Oral Surgeons
Oral & Maxillofacial surgery

Medwidsky, Dr. W.

316 King Street East, Suite 106, King Street Medical Centre
Cobourg, ON
K9A 5R8
(905) 377-8852
FAX: (905) 377-9926

Dr. W. Medwidsky,
Dermatology Specialist

Northumberland Specialty Clinic

1000 DePalma Drive,
Northumberland Hills Hospital
Cobourg, ON
K9A 4M5
(705) 740-6888
FAX: (705) 749-9611
Kawartha Cardiology Clinic,
Cardiology services, one day per week

Drs. James Nearing & Gordon Plue

1005 Elgin Street West, Suite 302
Cobourg, ON
K9A 5J4
(905) 377-8544
FAX: (905) 377-0125
James Nearing & Gordon Plue, Physicians
Family physician

OFFICES OF OTHER HEALTH PRACTITIONERS

Albert & Third Chiropractic

197 Third Street
Cobourg, ON
K9A 3L5
(905) 372-1885
FAX: (905) 372-1886
hubbelmj@eagle.ca
www.activator.com/dr/Hubbel/
Morgan Hubbel, Dr., Chiropractor
Chiropractic services

Carol Anne Fairman (RMT)

438 Division Street
Cobourg, ON
K9A 3R9

(905) 372-8686
Carol Anne Fairman,
Therapist
Registered massage & cranial sacral therapy

Cobourg Chiropractic Centre

471 Division Street
Cobourg, ON
K9A 3S1
(905) 372-0166
V.C. Kryluk, Chiropractor
Chiropractic treatments, walk-in clinic, W.S.I.B., car accidents, sports injuries, custom orthotics, diagnostic x-rays & veterans affairs. All health & insurance plans accepted & no referral required.

Set Nursery School

326 Ball Street
Cobourg, ON
K9A 3J2
(905) 372-3756 or home:(905) 372-8202
Sue Jansma & Janice Glinski, Co-Owners
Nursery school, children from 2yrs to 5 yrs, and half day programs.

Coates, Dr. Jane

200 Division Street, Units C
Cobourg, ON
K9A 3P7
(905) 372-8667
FAX: (905) 372-5725
Dean Coates, Office Manager
Optometry examinations & dispensing of corrective lenses & frames

Spring Street Chiropractic

271 Spring Street

HEALTH & SOCIAL SERVICE INDUSTRIES

Cobourg, ON
K9A 3K3
(905) 372-1616
FAX: (905) 372-1051
dr.wayne@bellnet.ca
Wayne L. Woodland,
Chiropractor
Chiropractic services - family
practice & sports injury
clinic; nutritionist, yoga
instructor, and personal
trainer, as well as A.R.T.
(deep tissue treatment).

Wood, Dr. Katherine
210 Willmott Street, Unit 5D,
P.O. Box 814
Cobourg, ON
K9A 4S3
(905) 373-1394
FAX: (905) 373-1394
katherine.wood@bellnet.ca
Katherine Wood,
Chiropractor

Superior Disaster Services
578 Victoria Street, P.O. 1201
Cobourg, ON
K9A 5A4
(905) 372-0189
FAX: (905) 373-0767
superiorcob@supdis.com
www.supdis.com
Robert McCracken, Branch
Manager
General contractor for
insurance industry, clean up
after fires, floods, wind
damage, etc.

**The Colourful Turtle's
Healing Centre**
326 Division Street
Cobourg, ON
K9A 3R3
(905) 372-4518

Sharon Black, Angie Brooks,
Co-Owners
Registered massage
therapists

Community Solutions
P.O. Box 811
Cobourg, ON
K9A 4S3
(905) 373-7300
FAX: (905) 373-7306
Barbara Claiman, M.A.,
R.R.P., Director
Linking acquired brain injury
(ABI), rehabilitation and
community living

Lorrie's Foot Care Clinic
87 King Street West
Cobourg, ON
K9A 2M5
(905) 396-2198
rsbmm@sympatico.ca
Lorrie Willett, Owner
Foot care

Bradford Chiropractic Clinic
386 Division Street
Cobourg, ON
K9A 3R6
(905) 372-2946
S.L. Bradford, Chiropractor
Chiropractic services

Cardinell Physical Therapy
1005 Elgin Street West, Unit
204, P.O. Box 905
Cobourg, ON
K9A 4W4
(905) 373-9040
FAX: (905) 373-1242
Dianna Cardinell, Owner
Physiotherapy clinic, manual
therapist

**Chiropractic Family Health
Care**
9 Elgin Street East, Unit 1

Cobourg, ON
K9A 0A1
(905) 377-1754
FAX: (905) 373-9335
Dana Ito & Ian Paddock &
Ellice Yang & Alison
Burnham, Chiropractors
Chiropractic, Rehabilitation
services, Acupuncture &
Registered Massage therapy.

Petkow Denture Clinic
884 Division Street, Unit 108
Cobourg, ON
K9A 5V3
(905) 372-4244
FAX: (905) 372-3663
Edita Klacanfky, Owner
We offer complete and
partial denture services.

**Synergy Homeopathic
Clinic**
301 Division Street
Cobourg, ON
K9A 3R2
(905) 377-8318
FAX: (905) 753-2149
Maya Lang, Owner
Homeopathy, natural health
care

**Dr. Viznyak, Peter and
Associates**
717 Division Street
Cobourg, ON
K9A 3T1
(905) 372-6251
FAX: (905) 372-6310
Dr. Peter Viznyak, Dentist
Dental office

**Cole, Dr. Linda & Clement,
Dr. Anju**
45 Covert Street
Cobourg, ON
K9A 2L7
(905) 372-1688

HEALTH & SOCIAL SERVICE INDUSTRIES

FAX: (905) 372-1218
Drs. Linda Cole & Anju
Clement, Optometrists
Optometrist

**Brisson, Gohr, Shellenberg,
Optometry Professional
Corp.**

316 King Street East, Suite
105, King Street Medical
Centre
Cobourg, ON
K9A 5R8
(905) 372-1858
FAX: (905) 372-0880
www.cobourgoptometry.ca
Drs. Albert J. Brisson, Gohr,
and Shellenberg,
Optometrists
Optometry clinic

Light Touch Therapeutics

146 James Street East
Cobourg, ON
K9A 1H3
(905) 377-1076
dovelighttouch@yahoo.ca
Beverley Ogaard, Owner
Relaxing and rejuvenating
therapies to harmonize your
mind, body and spirit,
including acupressure,
therapeutic touch, ear
candling, & aromatherapy
scalp, neck, and shoulder
massage.
Referrals from Willmott
Therapeutics

**Willmott Therapeutics
(Denise Cameron, Theresa
Harding, Silvie Comtois)**

210 Willmott Street, Unit 5
(Mail To: P.O. Box 1162,
Cobourg, ON, K9A 5A4)
Cobourg, ON
K9A 5A4
(905) 377-8360

FAX: (905) 377-8740
office@willmott-
therapeutics.com
www.willmott-
therapeutics.com
Denise Cameron and Theresa
Harding, Registered Massage
Therapist, Owner
Massage therapy clinic,
personal training, chronic
stress, headaches &
migraines, whiplash, sports
injuries, pregnancy, cranial-
sacral therapy, bowen
therapy, lymphatic drainage,
yoga etc...

**Natural Therapeutics Body
Shop**

417 Campbell Street
Cobourg, ON
K9A 4C3
(905) 372-4747
FAX: (905) 372-4010
Anita Vader, Owner, RMT,
ST, AT
Massage therapy &
aromatherapy, shiatsu,
acupuncture face-
lift/rejuvenation, detox
footbaths and spa treatments
with mud & salt from the
Dead Sea.

Cobourg Denture Clinic

251 Division Street
Cobourg, ON
K9A 3P9
(905) 372-9839
Ron Reutcky, Owner
Denture fabrication & service

Connor, Stephen, Dr.

1005 Elgin Street West
Cobourg, ON
K9A 5J4
(905) 373-0220

Steven Connor, Doctor
Doctor's office & travel clinic

Cobourg Laser Clinic

1011 Elgin Street West
Cobourg, ON
K9A 5J4
(905) 377-8409
info@cobourglaser.com
www.cobourglaser.com
Dr. Marie Fisher, M.D.,
Medical Doctor
Cosmetic Laser Clinic, hair
removal, laser skin
rejuvenation, vein removal,
acne and rosacea treatment,
chemical peels, Restylane
(filler substance for
wrinkles), botox for
therapeutic and cosmetic
purposes.

Penny Ellis

82 King Street West,
Apartment C
Cobourg, ON
K9A 2M3
(905) 377-9606
Penny Ellis, Owner
Aromatherapy and Reiki,
reflexology

**Christine McCracken
Massage Therapy & Foot
Care**

287 Division Street
Cobourg, ON
K9A 3A1
(905) 372-4247
www.massagetherapycobour
g.com
Christine McCracken, Owner
Massage Therapy, lymphatic
drainage, deep tissue
therapy, myofascial therapy,
pre/post natal massage, hot
stone massage

HEALTH & SOCIAL SERVICE INDUSTRIES

Lady Bug Massage Therapy

1040 Division Street, Unit 10
Cobourg, ON
K9A 5Y5
(905) 377-0264
FAX: (905) 377-0267
ladybugmassagetherapy@bel
lnet.ca

Jessica Westbrook, Owner
Massage Therapy Clinic
offering reflexology,
aromatherapy, hot stone
therapy and NISA.

Senior Support Services

138 Tremaine Street
Cobourg, ON
K9A 2Z3
(905) 372-5773
Marta Habermehl, Owner
Senior support services

Cobourg YMCA Ontario Early Years Centre- Branch of YMCA Northumberland

339 Elgin Street West
Cobourg, ON
K9A 4X5
(905) 377-1271
FAX: (905) 377-8940
oeycmail@ymcanorthumberl
and.com
www.ymcanorthumberland.c
om

Linda Hunter, General
Manager
Provide services for
parents/caregivers and their
children aged 0 - 6; parent
education programs, play
and literacy opportunities for
children; programs are
interactive:
parents/caregivers and
children come together

Cobourg YMCA Child Care- Branch of YMCA Northumberland

339 Elgin Street West
Cobourg, ON
K9A 4X5
(905) 372-9247
Debbie Brown, Supervisor
Child care (ages 2-12)

YMCA Northumberland Children's Services Branch

339 Elgin Street West
Cobourg, ON
K9A 4X5
(905) 372-9247
FAX: (905) 377-8940
Linda Hunter, General
Manager
Provides licensed child care
at four locations across
Northumberland

C.R. Gummow YMCA Child Care

287 Gravely Street
Cobourg, ON
K9A 4X5
(905) 373-8011
Debbie Brown, Co-
Supervisor
Child Care (ages 2-12)

Northumberland Physiotherapy and Foot Care Centre

727 William Street
Cobourg, ON
K9A 3A7
(905) 373-7045
FAX: (905) 373-7271
npfcc@bellnet.ca
Cristol Smyth, Owner
Complete family foot care,
custom made orthotics,
shoes, DVA patients,
physiotherapy & massage
therapy

Northumberland Family Violence Treatment Coalition

208 Division Street
Cobourg, ON
K9A 3P7
(905) 372-6318
FAX: (905) 372-0044
Maurine Kwzenuk, Program
Manager
Providing services to
individuals and families
experiencing family violence

Four CAST Addiction Services

975 Elgin Street West,
Victoria Place Plaza
Cobourg, ON
K9A 4K9
(905) 377-9111
FAX: (905) 377-9392
Britton Lindop, Susan Steele
& Katie Epp, Addictions
Counselor
Addiction information and
services for gambling, drugs
and alcohol related problems

Indigo Healing Center

438 Division Street
Cobourg, ON
K9A 3R1
(905) 372-6778
karenm@eagle.ca
www.indigohealingcentre.co
m
Karen Mayson, Owner
Holistic healing solutions for
your body, mind, spirit and
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HEALTH & SOCIAL SERVICE INDUSTRIES

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