

The Grapevine

SEPTEMBER 2022

MOUTERE HILLS COMMUNITY NEWS

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Special points of interest:

7 year record for Sarau Winter Sale - see page 7

Thank you for reading the Grapevine and for supporting the advertisers.

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It was love at first sight

When Fiona Bryan and her husband, Grant, first approached the Moutere Village, driving from Richmond, they knew they wanted this area to be their forever home. Somewhat surprising given that they both were born and bred in Auckland, true blue city folks! But they had decided on a lifestyle change, and a move to the South Island. Perhaps equally surprising - their first house was at the end of Deepdale Rd, by itself at the end of the 2.5km road, with décor of pigs heads and deer antlers, stark contrast to the city life, and they loved it.

There was a stint running the Moutere Hills Vineyard Café, delayed because it burnt down. Fiona worked for the

owners for a year assisting with the rebuild, then she and Grant, who is a trained chef, managed it for a year—their children Jacob and Emily spent many hours watching movies in the pantry. Acknowledging that that was not the lifestyle they wanted their children to enjoy here they moved on. They relocated an art deco house from near Nelson College to a lovely, elevated site on Kelling Rd, modified it and turned it into their forever home, and now they cannot imagine ever leaving.

Fiona recalls their first experience of the Moutere community spirit – Martin Townsend extending credit at the fish and chip shop the day before

cont. pg3

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Sending us articles of interest

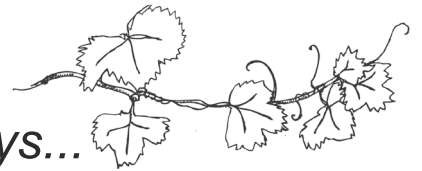
We warmly welcome contributions to The Grapevine from all residents in the Moutere and Tasman regions. You make the newsletter an interesting read! There is no cost for having your articles published if you are telling the community about a fundraising venture. However we do appreciate a donation from commercial ventures to help us cover our printing costs—see email address above to get bank details.

Archived coloured copies of the Grapevine are available at www.mouterehills.org.nz/community/the-grapevine courtesy of the Moutere Hills Community Centre Staff. Grapevine circulation is 1400 copies. This issue has been constructed by volunteers: Rachel Field, Jenny Leith, Sharon Beuke, Edith Bulle, Bessie Adie, Kirsty Vanderwerff and Sue McGregor.

Disclaimer

Views expressed in articles in The Grapevine are not necessarily those of The Grapevine team or its editor. While every effort has been made to ensure the accuracy of the information included in this publication, The Grapevine takes no responsibility for errors or omissions or for any consequences of reliance on this information. All adverts are required to present a name or contact details so that people can respond directly should they have any queries or concerns. Publication of advertising material implies no endorsement of either a product or a service.

Grapevine Says...



There's been a lot of rain (and mud), thankfully with a dash of sunny winter days, glimpses of spring in sight, and local events continuing to keep spirits up in between - including... a successful Sarau Winter Sale at the end of July, followed by an upcoming White Elephant Sale at the Community Centre September 3rd, and planning has begun for the Moutere Hills Community Centre Country Christmas Market December 3rd.

Have you also seen Jacqui's Pre-Loved clothing store currently has a pop-up shop at Tastology (The Old Post Office), Upper Moutere? Do you have more news?

Email us: umograpevine@protonmail.com

Wanted — Caravan park-over

Friendly professional couple looking for place to park and live in their 8m (fully self-contained) caravan over the summer while house is being built. Do you have a park-over property you would be willing to rent out from late November to end of March? Please phone Andrew 027 634 8563 or Marie 027 634 8659.



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- ❖ RAFFLES
- ❖ NEW LOOK MERCHANT MALL



they moved in, because they had turned up without cash to buy dinner. And then finding it was ok to drop the kids off to school in gumboots, or to arrive at a Fire Brigade call out in pyjamas...

Fiona describes herself as 'one who cannot say no'. She first went to a Fire Brigade meeting in 2009, out of curiosity, then agreed to turn up and start the fire engine, now she is a senior

firefighter. She also became involved in community sports, joined committees, 'mother help', and coaching, including coaching 5 year old's cricket although she knew nothing about the game! She says her softball skills were handy, she could at least teach the children to throw! She also has hosted several international students - at the moment there are two, one from Norway and one from Germany. Son Jacob is now in Christchurch doing a building apprenticeship and daughter Emily is in her final year of nursing and ironically is back working part time at the Moutere Hills Café - now called Forster's.

For the last fourteen years Fiona has worked for the Empowerment Trust New Zealand, and is now the executive director. The Trust runs programmes across the country targeted on keeping people safe and includes all ages, from pre-schoolers to the elderly.


2022 has been a big year for Fiona and her husband. Grant suffers from a kidney disease and needed

a transplant. Testing found Fiona to be compatible when other family members were not, so after 'zillions' of blood tests they underwent surgery in Wellington. They felt the full impact of Covid precautions, they were in separate rooms, could not see each other and could not have visitors. Fiona was in hospital for six days and Grant remained for two weeks, during which time they saw each other once. Four months on and she is nearly back to normal, and Grant is also recovering well. They are full of appreciation for the 'amazing' Wellington team and an excellent Nelson renal doctor.


Again, the Moutere community spirit has shown itself, with neighbours helping out with lawn mowing, baking and other assistance. And, in a tribute to women in general, (maybe tongue in cheek?) Grant says 'Now that I have a girl part I can multi-task!'

N.B. New Zealand currently has about 600 people waiting for a kidney transplant. If there is anyone thinking about becoming a donor Fiona recommends having a read of this or contacting your doctor to discuss further. You could save a life! <https://www.health.govt.nz/your-health/conditions-and-treatments/treatments-and-surgery/organ-donations-and-transplants/live-organ-donation>






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Land and tree care at the Steiner farm school

The educational hub on the farm is being filled with different content. Two more workshops on bio-dynamic principles and practices are being offered now. The next one will elaborate on the concept of “Community Supported Agriculture” and might give some support on how to implement this concept on the farm land; the last workshop will review the benefit of bio-dynamic practices on September 3, and will end with a practical afternoon on grafting fruit trees. If you are interested, please register with Carolyn Hughes carolynhughes@foulis.nz and bring your own tools!

After these introductory workshops it will be up to the Steiner community and the Landcare Group to implement different aspects and keep the good intentions alive. For the Spring we will have to dig out the compost preparations we stored in the soil over the winter and see how they came out. They will have to be stored in a proper way so that they can keep for a longer time.

Now at the end of winter, tree care is still on the agenda with pruning the fruit trees in the school orchard, where the trees are pruned to a lower size so that the children can be involved in harvesting the fruit later on in the year. Last fall the fruit was being preserved in the outdoor kitchen.

Grass maintenance and control is always an important topic and concern because the farm has to rely on volunteer help to keep the fire hazard down. A team of committed volunteers share in the different tasks, but they are always grateful for new helpers.

There are regular working bees on tree care every other Wednesday after 3pm together with Tom (027 527 8200). Feel free to join.

Of course, there are still the grazing cows who contribute their share to keep the grass short! They have their own mind on how the grass, (or the ripe pears for that matter) should be managed! So, all in all we are learning



from each other, which is supporting the idea of an educational hub for the time being. There is still much room for exploration and serious work experiences.

Edith Bulle

CRAFT & CONNECT

Would you like to join our

CRAFT & CONNECT group for a social afternoon?

We meet every 2nd and 4th Thursday of the month from 1.30-3.30 pm at the Mouere Pub. Everyone tinkers with her own project. Any kind of craft is welcome.

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Sarau Winter Sale

What a Team !

A very sincere thank you and full appreciation for all those who turned out to help with the Friday and Sunday working bees - you did an amazing job, and as a result raised a stunning (and 7 year record) of \$9,705 (gross).



In particular I want to acknowledge:

- those who stepped in at the last minute (when we got covid) to ensure the days ran smoothly - without you we would have to have closed the doors.
- those who put up and shared posters, or activated social media
- those who supported the advertising article in the Motueka Guardian
- those who sorted clothing and books, or made soup and baked for the pop-up café and the 'Bake for Ukraine'
- those who provided entertainment during the weekend
- those who set up and ran the Moutere Birdsong stall

And of course to those of you who turned up and purchased books, clothing and food!

A special acknowledgement needs to go to Sharon who collects and sorts books throughout the 12 months so that we can run this annual event, and to Anna and Joe who not only collect and sort clothing in the month leading up to the Sale Weekend, but also put up road signs, fix things and ensure that the weekend runs smoothly.

Because we were unable to be with you at the weekend (darn covid) we are not sure exactly who was there...

Thank you, thank you, thank you. Jenny (for Team Sarau)

Yoga with Martin

Mapua Hall

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September 2022

Spring has sprung, the evenings are getting longer, everyone is feeling excited about the warmer months to come. We hope you are all feeling optimistic about the coming Summer.

MDBA DIRECTORY EDITION 2022/23

It's that time again, we have formed a sub-committee to create the new local directory. It will be out and about in the region prior to Christmas. If you would like to be included get in early to book your space! Email Kirsten at mdba@mapua.co.nz with your print ad ready to go. We will be contacting everyone with pricing, ad sizes and deadlines as per usual. Spaces are limited, with it being a biannual publication if you want to be seen and known around our region make sure you don't miss out.

SOCIAL MEDIA

If you want us to share your social media posts remember to message or email. We are always wanting to support, comment and share our members posts.

SEPTEMBER NETWORKING EVENT

@ SPRIG & FERN MAPUA - DATE TBC

Date to be confirmed, it will be a Thursday evening from 5-6.30pm. Watch our Face Book page for the date and further details. It will be a relaxed event after work to catch up and network with other members. *Cheers MDBA.*

NEW MEMBER UPDATE * NEW MEMBER UPDATE

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OCTOBER LUNCH & LEARN

Lock in Wednesday 5 October
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speaker to be announced
September 5.

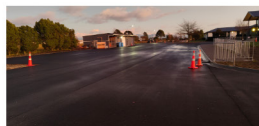


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MOUTERE HILLS COMMUNITY CENTRE



Dear Community

Unfortunately we must say goodbye to Adele as she will be leaving her position as Fitness Centre Manager at the end of September to move overseas with her husband James. Adele has been instrumental in building up the Fitness Centre to offer such a great service to members and to become a valuable asset for our community. Adele has been such a committed, supportive and extremely hard working member of our team and will be greatly missed. We would like to wish Adele and James all the best for their future.

Kind Regards Katrina, Keith, and Cindus

POSITION AVAILABLE

Fitness Centre Manager

We are seeking a new team member to manage our extremely successful community Fitness Centre and co-ordinate and instruct Fitness Classes. The ideal candidate will have, as a minimum, a diploma level qualification in a relevant field. They need to be self motivated, an effective communicator, have excellent time management skills and be a great team player.

Hours of work will start at 20 per week and will involve some evening hours.



For further details or to apply please contact Katrina McLean, Facility Manager, on 0275118825 or email katrina@mouterehills.org.nz

FROM THE MHCC BOARD

Thanks to everyone who has registered to be a member of Mouere Hills Community Centre Incorporated. If you still wish to join, and access the members benefits, then please visit www.mouterehills.org.nz/communitymembership

Our **Annual General Meeting** is coming up on **Thursday 29th of September at 7pm.**

Agenda:

1. Apologies
2. Minutes of 2021 AGM
3. Annual Report
 - * Manager's Report
 - * Chairman's Report
 - * Financial Accounts
4. Appointment of Auditor
5. Election of Board Members

As per the constitution, two board member vacancies are open for election. Nominations for board members must be received by the secretary Stephanie Drewery no later than 5pm on Monday 26th September. Nomination forms are available by emailing board@mouterehills.org.nz or can be obtained from the MHCC office.

All MHCC members are invited to attend.

Mouere Hills Community Centre board.

ACTIVITY PROVIDERS WANTED

We have a few spaces available in our late afternoon and evening timetable for activities in the Sports hall. We would love to fill these spaces with fitness classes, recreational activities or social sports opportunities for our community. If you are interested in running this kind of activity here at the centre then contact Katrina on 0275118825 or email katrina@mouterehills.org.nz



Mouere Hills Community Centre
COUNTRY
Christmas Market

3rd December 10:30am – 3:00pm

Stall bookings open now for general and food vendors!

Visit www.mouterehills.org.nz to book your site.

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News from Mapua Bowls Club

THE WRITE BIAS

Our two green keepers have been busy harvesting seed from other helpful clubs in the area and this was sown at Māpua in the first week of August. Now it's down to the weather to play fair so that the green will flourish and the members will be able to bowl again by the end of October. If there is a delay several other bowling clubs have kindly offered the use of their facilities while we wait for Māpua to be playable. After all the effort the last thing we want is to damage the green before it is really ready.

The Board has been busy applying for grants and finding sponsors for the proposed tournaments. A full programme is now in place for the season with club-only events, Centre events, championship matches and six home tournaments, plenty to keep everyone occupied.

For various reasons some members have recently left the Club, so we are actively looking to encourage anyone who thinks they might like to give lawn bowls a try. It is a sport that is suitable for any age and can be as light-hearted or serious as you wish. Equipment and coaching are readily available.

Our fundraising for Ukraine is ongoing. Although the forecast was dreadful the rain held off on Sausage Sizzle day and we are very grateful for the support from the local football teams who were playing on the domain. As I write we are preparing for the cake sale on August 20th; bowlers are good bakers too!

For any information about bowling, coaching, indoor winter socials or booking the clubhouse and facilities, please contact the secretary, Di Blanchet on 03 540 2627 or check out our website, sporty.co.nz/māpuabowls

Sue England

Upper Moutere Tennis Club

Senior Open Day/AGM

Saturday, 10th September 2022,

1:30pm -4:00pm

(Postponement Date: Sunday, 11th September 2022)

Enjoy an afternoon of social tennis to begin the season.

Everyone is welcome. Tennis rackets are available to use on the day.

Come and play on our new Astro courts.

Why not try out our ball machine? Or maybe you would like to radar test the speed of your serve!

We will be firing up the BBQ so come along and enjoy the social side of tennis. The Club's AGM will be held from 3:30pm.



Contact us at UMOTennis@gmail.com for more information.

Upper Moutere Tennis Club



FREE Junior Tennis Open Day

Saturday, 24th September 2022,

11:30pm -12:30pm

(Postponement Date: Sunday, 25th September 2022)

Upper Moutere, Mahana, Lower Moutere, Dovedale,
Ngatimoti & Tasman Schools

A fun hour of ball machine, games, free coaching, match play & prizes.

Two racquets will be given away on the day!

All students are welcome. See you there!

Vanessa Mairs - Tennis NZ Registered Coach

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Our latest news & adventures

What's been going on?

We had a short pause at the start of Term 3 for staff training for the whole team, a great way to reconnect after a break. Our mid-year trades programmes have seen students kayaking the Abel Tasman, caving and paddleboarding to learn rescue techniques or visiting local marae to build connections and learn kaitiaki practices. We have been really impressed with the learning and commitment these students are showing - awesome mahi. It has also been fantastic to have primary tamariki back on site for the Mini Adventurers Programmes! Thank you to **NBS** who have sponsored these programmes to help support our tamariki to learn how to become better kaitiaki while being active outdoors (and having a whole lot of fun!).

FREE Leadership Programmes for 16-18yr olds (with NCEA credits)

In the October Holidays and across Term 4 we are running a series of programmes for 16-18yr olds that build confidence, leadership & essential employability skills with NCEA credits at Level 2 or Level 3. **These programmes are FREE** for local students thanks to funding from Top of the South Trades Academy. Full details and how to enrol are on our website: www.wio.org.nz

Adventure Skills Development | 8 nights | 4-12 Oct & 18-26 Oct | \$2200 | 15 L3 credits

Kaitiaki Leadership | 8 nights | 18-26 Oct | \$2200 | 13 L3 credits

Adventure Leadership* | 3 nights | from 17-21 October | \$950 | 6-8 L2 credits

**There are 4 blocks available. Students can enrol on one or multiple blocks which include sea kayaking, rock climbing, mountain biking and caving.*

NZAEE: Connections Day

On **Tuesday 11th October** the NZ Association for Environmental Education (NZAEE) will hold their local 'Connections Day' on site at Whenua Iti as part of their nationwide conference HĀ HAUORA TANGATA. The day will focus on networking and collaboration for teachers and educators who work across the environmental education sector. We'd love to see you here! To find out more, and to register for the conference, head to www.nzaee.org.nz

Whanaungatanga at Whakatū Marae

We followed our own advice and took a week at the beginning of this term to invest in our team at Whakatū Marae. Ngā mihi nui to Whakatū Marae, Aunty Mel from Ngati Koata Trust and Matua Mike for welcoming us onto the marae and creating a wonderful platform for learning and sharing matauranga. We workshoped, heard purakau (stories), sang and were treated to superb kai too!

The Team at Whenua Iti.



Students kayaking in the Abel Tasman as part of the Adventure Tourism Leadership course



The team at Whakatū Marae!

We'll see you out there!

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Fundraising Ceilidh!



Roger Dunham addressing the haggis at the Motueka Scottish Country Dance Club's ceilidh held in May 2020

Motueka Scottish Country Dance Club ARE HAVING A CEILIDH!

When: Saturday 1st October 2022

Where: Lower Moutere Hall

Time: 7pm

Why are we having a ceilidh?

This ceilidh is to fundraise for the Lower Moutere Memorial Hall. On top of that, people had so much fun at the last ceilidh in 2020 that we are keen to repeat the event.

As well as the fun and informal 'called' dances (like barn-dancing), there is a variety of entertainment organised for the evening, musicians, storytelling, line dancing and Scottish dancing. There will be raffles so bring some cash.

The emphasis is on "FUN", and our ceilidh is suitable for all ages. No partner needed! The dances are mainly group dances, informal, social, and relaxed, with easy to learn moves. There will be a walk through for each dance and calls throughout to help keep you on track. The music is lively and upbeat, no prior experience or

ability is required so come along and join in the fun and laughter! And supper! No Scottish supper would be complete without a traditional haggis, and along with plenty of other superb Scottish fare, there will be a vegetarian version of the haggis.

Tickets are available to purchase online:

www.trybooking.com/nz/LFT

\$20 for an adult

\$10 for age 10 to 18

children under 10 are free.

Booking fees apply.

If not sold-out prior, tickets available on the door (cash only): \$25 for an adult and \$15 for age 10 to 18.

In these covid times we appreciate that things can change, and we might have to postpone or cancel the ceilidh. Please check on the club's Facebook page for updated information.

Everyone is welcome, mark your calendar! Bring the family.

For more information, you can contact Fay on 03 5433650

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or motueka@dancescottish.org.nz

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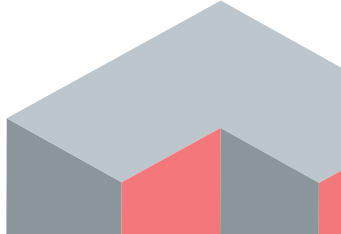
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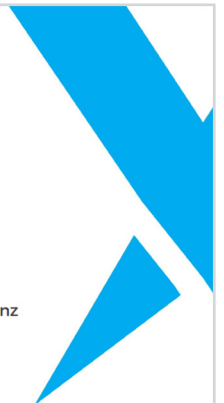
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Community Noticeboard

UPPER MOUTERE PLAYGROUP we meet every Friday 10am - 12pm at the Moutere Hills Community Centre, all families welcome. Contact Karen 021 252 2657

VINYASA FLOW CLASSES 1st Class is Free Tuesdays and Fridays 9.30am - 10.45am at the Riverside Community centre, Lower Moutere. Contact Jo Wilcox 021 170 9495

GARAGE SALE 206 Neudorf Rd, Sat-Sun 3-4 Sept. Children's books, magazines, DVDs, CDs. Proceeds distributed through Sarau Trust to local community groups (postponed if wet day).

NEED A LIFT? Māpua Willing Wheels Volunteer Drivers, transport around Māpua, Motueka, Richmond, Nelson (no airport runs). Tel 022 6822 373 to book / mapuawheels@gmail.com, 24hrs notice required.

MOTUEKA COASTAL BUS operates Tuesdays, Thursdays & Saturdays, leaves Motueka i-SITE 9.30am to Tasman, Māpua, Richmond CBD & Pool, returns 1pm. Pre-booking essential Motueka i-SITE 03 528 6543.

JACQUI'S PRE-LOVED clothing has a pop-up store at Tastology (The Old Post Office), pop in!

Stomach ulcers in horses

Yes horses can get stomach ulcers too! Any horse can suffer from stomach ulcers but it is more common in horses performing at a high level such as showing, endurance and racing. The estimated prevalence is as high as 90% in endurance horses.

Brenda Halliwell, T & C Vet

What are they? Stomach ulcers are painful sores that form in the stomach lining. The stomach of a horse is quite small considering the size of the animal. As a result horses need to be able to graze for long periods to take in their daily energy needs. At the same time the stomach is producing stomach acid 24 hours a day – up to 42 litres daily! When allowed to graze freely on hay and grass, the stomach acid is neutralised. However when grazing is restricted and horses are fed hard feed, the stomach is left for long periods with nothing to do. Exercise on top of excess stomach acid splashing around results in damage to the vulnerable stomach lining, bottom end of the throat and upper small intestine.

Other factors can also contribute to stomach ulceration such as stress from transporting, confinement, isolation, pain and medications.

Symptoms: Despite being painful many horses do not show any obvious outward signs. Often symptoms are subtle and could be due to many other causes. For example – poor appetite, weight loss, dull coat, reluctance to work or train, nervousness, girthiness, diarrhoea, colic. So ulcers are not just a stomach problem – they affect general health, well-being, behaviour and performance.

Diagnosis: The only definitive way to diagnose stomach ulcers is using an endoscope to look down inside the throat and stomach. It is also the only way to monitor response to treatment.

Treatment: Fewer than 10% of ulcers heal spontaneously. Almost all horses diagnosed with ulcers require medical treatment for weeks to months as well as long term management of their environment to minimise recurrence.

Read The Grapevine next month for more on management of this...

If you have any questions about stomach ulcers in horses or would like to know more about scoping your horse, please phone the Richmond clinic on 544 1200.



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Correlations and filters



Warning: this article contains speculation, simplification, and over-generalization. I think we should keep this kind of warning in mind whenever encountering big claims. What follows are related ideas that have been joined together as if one explains the other. I think they might, this does not mean they do.

In his 2008 article 'Patternicity', Michael Shermer builds on the concept of our brains being a pattern-recognition machine, looking for causes of events. Noticing patterns helps in making predictions, increasing the likelihood of survival and reproduction. Up until recent history, survival was dependent on reacting quickly to new information. Before modern times, jumping to a conclusion may have been more beneficial than slowing down and coming to the right conclusion. Believing a movement in the grass is a predator when it is probably the wind is better for survival than dismissing it as the wind, if there is a chance of it being a predator.

When looking for causes of events we sometimes find what looks like patterns in meaningless noise. In statistics this is called a type 1 error; mistakenly thinking that we have found something that is not there. A type 2 error is the opposite, missing something which is there. When the cost of a type 1 error is less than the cost of a type 2 error, then natural selection will favour type 1 errors. We may tend to be wrong more often to increase the chance of being right sometimes.

The threats and big problems that we face today are not like a rustle in the grass. We have gone from an environment where very small amounts of information could be of life and death importance, to an environment where unlimited information is mostly of little importance.

Since the invention of the printing press there has been an expanding pool of information to draw correlations from. With modern online publishing we are inundated with people making every kind of

causal claim. Mostly these people are making type 1 errors. I use an analogy of a water filter; if a filter is too fine the flow is overly restrictive and blocks easily. If the filter is too coarse it will let through excessive contaminants. Choosing the right filter depends on the water source and the intended use of the water.

Like choosing the right filter for the job, information used for important decisions, or coming from suspect sources needs to be scrutinized more carefully. Please remember, almost no information comes with a suitable warning of speculation, simplification, and over-generalization; perhaps more should.

Reference:

Michael Shermer, 2008, Patternicity: Finding Meaningful Patterns in Meaningless Noise.

<https://www.scientificamerican.com/article/patternicity-finding-meaningful-patterns/>

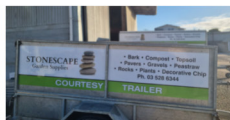
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