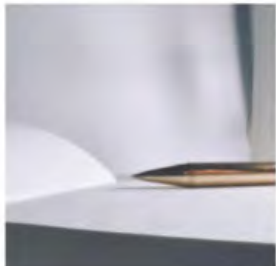




Purelight Arts



Jenna Sell, owner of Purelight Arts is offering the following at Pier 55:

### ***EXPRESSIVE WRITING SESSIONS***

Jenna invites you to, Write This Way, to experience the art of creative writing as we break free from traditional rules and let our intuition and imagination take the lead. Writing is a wonderful avenue to self-discovery and self-expression, finding your inner voice and a deeper connection with yourself and others. Engaging prompts, shared stories, and a supportive environment await you, Write This Way.

Sessions will be held at Pier 55, with Jenna Sell, Expressive Arts Facilitator and owner of Purelight Arts.

January 9th, 16th, 23rd and 30th

Time: 11am-12pm

Cost \$15 per session

Payments made directly to Jenna.

Class Minimum 4 -Maximum 8

---

### ***REIKI SESSIONS***

30-minute Intuitive Reiki Sessions. Tailored just for you. Learn more about energy work and rejuvenate your mind, body and soul, through the relaxing and holistic experience of Reiki.

Wednesdays in January, from 11-3pm

Cost: \$20 Payments made directly to Jenna Call or Stop in to Register at Pier 55

Phone: 651-327-2255



### SOUND HEALING CLASS

Join Maria for Sound Healing  
January 8th, February 5th, March  
4th, April 1st & May 6th from  
12:30-1:30 pm

\$20 per person for Pier 55 Members  
\$30 per person non members  
Call or stop in to register.

Instructor: Maria Voorhees-Reincke, an  
Intuitive Energy & Sound Healer from Lake  
City, Mn. I have been doing Energy Healing  
for 7 years & Sound Healing for over 4  
years. To find out more on what I do check  
out my website at [MVRhealing.com](http://MVRhealing.com) MVR

### SMART DRIVER TEK

Advanced vehicle technology is keeping  
us safer on the road. Learn about the  
latest advances in the full length Smart  
DriverTEK online workshop.

February 15 at 1:30pm  
April 23 at 10:00am  
June 19 at 1:00pm

No cost. Call or stop in to register.



### In case of Inclement Weather



In past years Pier  
55 and Annadee's  
Thrift Store  
followed the lead  
of the Red Wing  
School District as

it related to closing during inclement weather.  
For this winter we will **NOT** be taking the lead of  
the Red Wing School District. Pier 55 and  
Annadee's Thrift Store will make their own deci-  
sion regarding any type of closures. Closures will  
be posted on the Red Wing Area Seniors Facebook  
page and also sent to the KCUE radio station. The  
safety of our members, volunteers, shoppers and  
staff is always our main priority!!

### INSIDE WALKING

During the winter months  
even though it is challenging,  
it is important to stay active.  
The Minnesota winter  
weather can be unpredictable leaving you  
wondering how you will be able to get your  
steps in. Problem solved...



Come to Pier 55 and walk the halls or make  
laps in the Community Room if it is available.  
Walking available during regularly business  
hours.

Also, Red Wing Area Senior has a treadmill  
which is available to use after completion of an  
orientation session. Call or email Kim for more  
information. 651-327-2255

## EXCITING NEWS!!!!

Pier 55 will be offering the following gift cards for sale:

Family Fare cards: \$100, \$50 and \$25

Kwik Trip Gas cards : \$100, \$50, \$25

Kwik Trip Food (No alcohol or tobacco):  
\$100, \$50, \$25

Kwik Trip Car Wash Card = \$36 for 5 washes

Golden K Kiwanis receives a portion of each sale!

To purchase gift cards please stop at the front desk during business hours (cash or check only). Anyone can purchase gift cards, no age or membership requirements.



## Invites you to join us.

Thursday, January 11th

Speaker— Justin Kent

Presentation- Veterans Service Office

Thursday, January 25th

Speaker— Clare Larkin

Licensed Dental Hygienist/

Presentation- Oral Health Educator

It's True The Mouth Is Connected  
to the Body

Speakers to be determined.

No admission fee. Just come and join our friendly folks. Meetings are the second and fourth Thursdays in each month at 9:30 AM at Pier 55

### LOCAL BUILDERS AND REAL ESTATE PROFESSIONALS SPECIALIZING IN TOWNHOUSE CONSTRUCTION.



CALL  
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910 MAIN STREET  
SUITE 201  
RED WING, MN  
55066

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Cell: 651.380.0909

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### DONATION HOURS:

Tuesdays 10am-1:00pm  
 Wednesdays 10am-1:00pm  
 Fridays 10am-1:00pm

Open the following  
 Saturdays  
 10am-1pm  
 1/6, 1/20  
 2/3, 2/17

321 POTTER STREET,  
 RED WING, MN  
 651-388-7031

Pier 55 Member Discount Day  
 50% off storewide with card.  
 1/25

### SHOPPING HOURS:

Tuesdays 10am-4pm  
 Wednesdays 10am-4pm  
 Thursdays 10am-2pm  
 Fridays 10am-2pm

Open the following  
 Saturdays 10am-2pm

1/6, 1/20  
 2/3, 2/17

## COZY KIDS

Free coats for kids from 0-18 years of age!!!  
 While supplies last.....

Annadee's Thrift Store is giving away coats to area kids  
 in need while supplies last!

To donate: Please help us by donating any gently used  
 or new coats for kids during  
 donation hours.

To get a child's/teen's coat- Stop at Annadee's Thrift  
 Store during shopping hours. The only requirements  
 for a child/teen to receive coat is that they are be-  
 tween 0-18 years of age. Limited to 1 coat per kid.

This winter Red Wing Area Seniors feels strongly that  
 any child/teen in the Red Wing and surrounding area  
 has a warm  
 winter coat!!

Thank You!

Jolene King, Store Manager  
 651-388-7031

rwas-  
 store@gmail.com



**MAHJONG**.....Mondays, 1:00 pm

**SCRABBLE**.....Wednesdays, 11:00 am

**PUZZLE CLUB** .....Wednesdays, 1:00 pm

Also, check out the puzzle exchange area in the hallway.

### **Hand and Foot**

Thursdays • 9:30 am

**500 CARD CLUB** Mondays 1:00pm to 3:00pm all are welcome. No matter your age, gender, or skill level.



### **BOOK CLUB FOR WOMEN**

First Friday of the month at 10:30 am, Pier 55

## **RED WING**

## **SOCIAL SINGLES**

*Bridging Friendships*

Are you looking for activities

and/or interested in

meeting new people and

having fun... (Just celebrated 30 years)

If so, consider checking out this local singles club. So, if you are widowed or single you don't have to go it alone. We have lots of activities in January!

***We meet the first Friday of the month***

***Fiesta Mexicana 1pm***

Dues are \$20 annually

If you are interested in checking out the organization, contact:

Dorothy 651-353-3850



## **FMS INSURANCE ADVISORS**

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### **GRAB A FRIEND, COME TO A SHOW**

Dallas String Quartet ~ Sept 23

C.Willi Myles ~ Sept 30

Native Comedy Night ~ Oct 7

Glenn Miller Orchestra ~ Oct 14

Mollie B & Squeezebox ~ Oct 20

ORDER TICKETS  
sheldonthatre.org  
651-388-8700



## NO BAKE ENERGY BITES

### INSTRUCTIONS

1. Stir everything together. Stir all ingredients together in a large mixing bowl until thoroughly combined.
2. Chill. Cover the mixing bowl and chill in the refrigerator for 1-2 hours, or until the mixture is chilled. (This will help the mixture stick together more easily.)
3. Roll into balls. Roll mixture into 1-inch balls.
4. Serve. Then enjoy immediately! Or refrigerate in a sealed container for up to 1 week, or freeze for up to 3 months.

### INGREDIENTS

1 cup old-fashioned oats  
 2/3 cup toasted shredded coconut  
 1/2 cup creamy peanut butter  
 1/2 cup ground flaxseed  
 1/2 cup semisweet choc chips  
 1/3 cup honey  
 1 tablespoon chia seeds

### Active Older Adults Fitness (AOA)

Mondays, Wednesdays & Friday's 9am

First class is free! Stop in and try a class or just observe to see if it might be a good fit for you.

### Parkinson Wellness Recovery

Tuesdays at 2:00pm

Cost: \$5 per session

Call Patti for class dates and to register.

651 380 8752, email [svien65@hbc.com](mailto:svien65@hbc.com)

### Parkinson's Support Group

The 3rd Tuesday at 3:15pm, No cost,  
 No registration

Parkinson Disease Support group meets monthly. You do not need to be a Pier 55 member to attend. If you have questions or you plan to attend, please call Pier 55 at 651-327-2255.

### Senior Yoga for Healing Classes

Mat Class:

Tuesdays 9:30 am – 10:45 am

No Class 1/9, 1/16

Chair Class: Wednesdays 2:00 pm – 3:00 pm

No class 1/10, 1/17

Evening Yoga: Wednesday 5:30pm – 6:30pm  
 1/24 – 3/27

Instructor: Michele Hoffman, C-IAYT Certified  
 Yoga Therapist

Cost is \$55 for 6 classes Additional Class options:

Michele Hoffman, C-IAYT & Kathy Bang

For more than 20 years Michele Hoffman has been working with seniors to help them stay healthy, flexible and strong in order to live their best lives. Michele is a yoga therapist at Mayo Clinic Health System in the Integrative Medicine and Hospice departments where she has practiced yoga therapy for the past ten years.

To register: Call or email Michele at

651-301-1781 [Hoffman.michele@mayo.edu](mailto:Hoffman.michele@mayo.edu)



# The Fabulous Lipitones

## THE FABULOUS LIPITONES

**A New Comedy by John Markus and Mark St. Germain.**

What happens when an a cappella quartet loses a key member to a heart-stopping high "B flat?" The three surviving members suddenly find themselves scrambling to find a tenor before the national competition. When the golden tones of "Bob" are heard through the phone the Lipitones are all ears... but when they meet him in person, he's not quite what they expected. An uproarious comedy of misunderstanding, stereotypes and the path to perfect harmony

*"A rollicking good time from the opening scene to the final curtain call."* - Broadway World

Location: Sidekick Theatre

Wednesday, May 1st

Depart 9:45am and Return Approximately 4:30pm

Cost: \$75 Members, \$90 Non Members

Space is limited

Creamy Chicken Breast, served with Roasted Red Potatoes, Glazed Carrots, Coleslaw, Dinner Rolls, Assorted Dessert— Chef's Choice, Coffee, Decaffeinated Coffee and Hot tea.



Some pictures from our two most recent holiday themed trips!



RETURN TO PIER 55 BY FEBRUARY 9, 2024

## Valentine's Day Word Search



Circle each word in the Valentine's Day word search puzzle below.

X	P	I	N	K	N	H	S	N	U	O	T	G	N	L	T
E	O	I	G	Y	T	E	E	Y	V	N	C	C	U	I	C
G	E	N	I	T	N	E	L	A	V	U	E	O	E	H	G
N	M	F	F	O	N	B	T	O	R	D	R	R	O	F	K
E	Y	N	T	P	M	S	E	C	K	T	X	C	R	N	S
V	E	N	S	P	N	M	U	O	E	M	O	E	S	M	R
O	O	X	K	S	N	P	W	C	O	L	I	R	O	S	E
L	A	E	A	B	I	D	N	U	A	D	C	S	N	E	W
I	C	A	R	D	T	K	U	T	K	N	Y	T	E	F	O
E	N	E	U	Z	A	I	E	H	U	N	D	Z	H	U	L
M	V	B	L	E	M	N	O	L	G	M	V	Y	O	N	F
K	S	W	E	E	T	H	E	A	R	T	A	F	S	I	R

- |              |              |                |
|--------------|--------------|----------------|
| 1: HEART     | 6: POEM      | 11: FLOWERS    |
| 2. CUPID     | 7. CHOCOLATE | 12. PINK       |
| 3. CARD      | 8. CANDY     | 13. SWEETHEART |
| 4. VALENTINE | 9. KISS      | 14. GIFT       |
| 5. LOVE      | 10. ROSE     | 15. HUG        |

Name \_\_\_\_\_ Phone# \_\_\_\_\_

Address \_\_\_\_\_

Return to Pier 55 by February 9, 2024 to be entered in a random prize drawing sponsored by UCARE for a **basket of chocolates & goodies valued at \$50 or more.**



## WINTER DRIVERS SAFETY SCHEDULE

Below are 4 hour refresher class options; 8 hour full course class options. 8 Hour classes are for those who have never taken the course previously. The 4 hour refresher courses are for those who have already completed the 8 hour course in the past. Minnesota residents may receive a 10% discount on their auto insurance for 3 years upon completion of the class.

### 4 Hour Refresher

1/9 9-1pm  
1/18 1-5pm  
2/13 1-5pm  
2/22 9-1pm  
3/12 9-1pm  
3/21 1-5pm

### 4 Hour Refresher

4/9 9-1pm  
4/18 1-5pm  
5/14 9-1pm  
5/23 1-5pm  
6/11 9-1pm  
6/20 1-5pm

### 8 Hour Full Course:

1/16 & 1/17 9-1pm  
3/19 & 3/20 9-1pm  
5/21 & 5/22 9-1pm

\$25.00 for AARP Members, \$30.00 for Non AARP Members

All classes are held at Pier 55/Red Wing Area Seniors, 240 Harrison St.

Red Wing, No membership is required.

\*Registration required., Call or stop in to register 651-327-2255\*

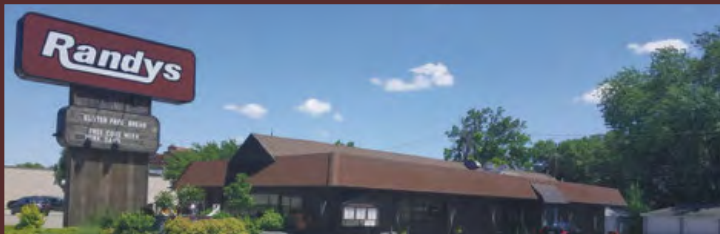


## JORDAN TOWERS

"A Good Place to Live, A Great Place to Call Home"  
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Please contact 651.388.7571

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## Mahn Family

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• Memorial Services  
• Pre-arrangements Bodelson-Mahn Chapel  
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Red Wing Area Seniors Inc., Red Wing, MN

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**TOE NAILS**

JULIE TOLLISOIN, RN, C  
651-380-1069  
julietollison@gmail.com

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Please call or email me for more information  
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reached at 651-472-4481 or [healthyfeetred-wing@gmail.com](mailto:healthyfeetred-wing@gmail.com). Wishing you good health!  
Suzanne Grant, RN, MPH

**SPANISH CONVERSATIONS**

Facilitator: LaVoie House (Paused)

Mondays and Fridays • 10:30 a.m.

Interested in brushing up on your Spanish or improving your speaking skills? Join this group at any time. Native speakers frequently attend as well.

**MEDICAL EQUIPMENT LENDING**

Pier 55 is proud to offer this service to anyone in the community in need of medical equipment such as walkers, shower chairs, canes, wheel chairs. Equipment is lent at no charge, with an option for you to donate. Call for an appointment. 651-327-2255

**TECHNOLOGY ASSISTANCE**

Email Tom Walsh to set up an appointment for assistance with Google, Zoom, etc. No cost. [tw.2522@gmail.com](mailto:tw.2522@gmail.com)

Many of you have heard about people using "ZOOM." ZOOM is a video webinar/a way to stay connected. If you would like assistance learning more about how to use this, contact Tom Walsh for assistance. No cost. Or leave a message at 507-319-5632 and we will get back to you to schedule an appt

**NOTARY PUBLIC**

Stef can notarize your important papers including wills and health care directives on Mondays by appointment only for a minimum of \$5.

**TRANSPORTATION:**

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1-866-623-7505  
[hart@threeriverscap.org](mailto:hart@threeriverscap.org)

**NAPS: NUTRITIONAL ASSISTANCE PROGRAM**

*Tuesday, January 18 9:45AM*

Women and men 60 years or older, who live in Minnesota and meet income guidelines, may be eligible to receive a monthly food package. Pier 55 is a distribution site. For more information and to see if you qualify, contact Channel One Food Bank toll-free at 1-877-500-8699, ext. 104.

**ADVOCACY SERVICES**

Dana Bergner, RN and Advocate for older adults and caregivers with Three Rivers Community Action, can assist those 60 and older and their families with information, referrals and resources to keep independent. Have a question? Call Dana at 507-421-6067, [dbergner@threeriverscap.org](mailto:dbergner@threeriverscap.org)

**DEMENTIA CARE GIVERS****SUPPORT GROUP**

The last Thursday of the month at 3:30pm  
Deer Crest Senior Living  
651-267-5441 [Brenda.Rofick@fairview.org](mailto:Brenda.Rofick@fairview.org)

**HOSPICE ADULT GRIEF SUPPORT GROUPS**

Either in-person or Zoom. Group participants must be at least three months into their journey with grief after the death of a loved one. Monday's, 5:30pm to 7:30pm, First Lutheran Church 1000 Peace Ridge, Lake City

**THREE RIVERS-** Dana Bergner. I am a registered nurse. My contact information is 507-421-6067 [dbergner@threeriverscap.org](mailto:dbergner@threeriverscap.org).





# TRAVEL SHOW

JANUARY 16, 2023 at 10:00am

2024 CAPE COD & THE ISLANDS

PIER 55 BUCKET LIST TRIP OFFERING!!

- 5 Nights– Cape Cod
  - 1 Night– Boston
  - Boston City Tour
- Martha's Vineyard Tour
- Faneuil Hall Marketplace
- Nantucket Island Visit
  - Plymouth Rock
  - Breakers Mansion
- And much much more.

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Rose Propst would be happy to answer any  
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651-301-0700

[prp22134@yahoo.com](mailto:prp22134@yahoo.com)



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17th Annual

## 2024 Field of Honor

**SUPPORT AREA VETERANS****Field of Honor-Flag Dedication****Bay Point Park, Red Wing**

*The flags will be put on display 24 hours a day — rain or shine 5/24– 5/27*

*To designate a flag return the form below and payment to Pier 55*

Pier 55– Red Wing Area Seniors  
 240 Harrison Street, Suite 2  
 Red Wing, Mn 55066  
 651-327-2255

I (we) wish to dedicate a flag(s):

In honor of (if veteran is still living) \_\_\_\_\_

In honor of (if veteran is still living) \_\_\_\_\_

In memory of (if veteran is deceased) \_\_\_\_\_

In memory of (if veteran is deceased) \_\_\_\_\_

*Or give in honor or memory of all veterans* \_\_\_\_\_

Dedicated by \_\_\_\_\_ (please print your name(s))

Mailing address \_\_\_\_\_

Email address \_\_\_\_\_ Phone number \_\_\_\_\_

**Each flag dedication is \$25.00 • Additional donations are greatly appreciated.**

**All proceeds go to Red Wing Area Seniors.**

**Forms and payment can be mailed or dropped off at Pier 55.**





In the last edition of our newsletter we asked for someone to come forward and sponsor the two 40" holiday planters at the entrance of Pier 55. We asked and were blessed when Shirls Perkins stepped up and made that happen. Her generous donation covered all costs related to this years planters. We very much appreciate her support! Please contact Kim if you are interested in sponsoring spring plants or next years holiday season planters!



## BOARD AND STAFF

### Directors

President. . . . . Tom Walsh  
 Vice-President. . . . . Jeff Marcus  
 Secretary . . . . . Julie Birk-Betcher  
 Treasurer . . . . . Rose Burke  
 Char Rogness, Ben Stephani  
 Doug Blakesley, Todd Avery

### Staff

Kim Wojcik.....Executive Director  
 Stef Braun..... Program Coordinator  
 Shirley Perkins.....Administrative Asst.  
 Jolene King.....Annadee's Manager  
 Mary Machnik... Volunteer Gift Shop Manager  
 Doug Blakesley.....Talent Acquisition Volun.

### Email addresses

Kim Wojcik.....RWASdirector@gmail.com  
 Stef Braun.....RWASprogram@gmail.com  
 Shirley Perkins.... RWASassistant@gmail.com  
 Jolene King .....RWASstore@gmail.com

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Red Wing Area Seniors Inc., Red Wing, MN

E 4C 02-1019



Check out what your Pier 55 membership does for you...

- ♦ A monthly edition of this fantastic newsletter will be mailed and/or emailed directly to you!
- ♦ Of course, our members pay less to go on our trips.
- ♦ Members get priority sign up on all trips.
- ♦ Programs are less expensive for members and some programs may be members only.
- ♦ Members can shred their documents at no cost any time during business hours.
- ♦ VIP Pier 55 members only 50% discount day at Annadee's Thrift Store. You must show your membership card for this monumental members only sale. (see page 15)
- ♦ Members get a sizable discount when they rent a room at Pier 55 for any reason.
- ♦ Educational & recreational opportunities available to all members.
- ♦ No cost outdoor recreation available to all members.
- ♦ With each annual renewal you will receive welcome letter and a membership card from Shirls Perkins.
- ♦ Part of a great organization that provides a lot of services and goods to the community!
- ♦ Support low and no cost programming like medical equipment lending and Parkinsons Support for the entire community.

## PIER 55 MEMBERSHIP

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone \_\_\_\_\_

Would you like to receive your newsletter by  
Mail \_\_\_\_\_ Email \_\_\_\_\_

Email Address \_\_\_\_\_

Birthday(s) \_\_\_\_\_

New Member \_\_\_\_\_ Renewal \_\_\_\_\_

\_\_\_\_\_ **Individual Membership: \$37**

\_\_\_\_\_ **Household Membership: \$62**

(2 people to a Household)

Are you a veteran? \_\_\_\_\_

*Additional donations greatly appreciated.*

**Red Wing Area Seniors, Inc.**

**240 Harrison St, Suite 2, Red Wing, MN 55066**

## Gratitude

What is our **Legacy Giving Campaign?** Call or email - Executive Director Kim Wojcik to schedule a coffee meeting with Kim to learn more about including us in your planned giving. 651-327-2255 • [rwasdirector@gmail.com](mailto:rwasdirector@gmail.com)



Like us on Facebook. We have changed our page. You may have to 'like' us again.  
[Red Wing Area Seniors](#)

## MISSION

**Empowering active living  
and lifelong learning.**



# CALENDAR OF ACTIVITIES

## JANUARY 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
	<b>1</b> <b>CLOSED</b>	<b>2</b> 9:30am YOGA w/ Michele  1 pm Tai Chi 2 pm Parkinson Wellness	<b>3</b> 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	<b>4</b> 9:30 am Hand and Foot	<b>5</b> 9 am AOA 9:30 am Pottery Coffee 10:30am BOOK CLUB	<b>6</b>
<b>7</b>	<b>8</b> 9 am AOA 9:30 am Pottery Coffee 10:30Spanish conv 1 pm Mahjong 1 pm 500 cards	<b>9</b> 9:30am YOGA w/ Michele  1 pm Tai Chi 2 pm Parkinson Wellness	<b>10</b> 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	<b>11</b> 9:30 am Hand and Foot  9:30am Golden K	<b>12</b> 9 am AOA 9:30 am Pottery Coffee	<b>13</b>
<b>14</b>	<b>15</b> 9 am AOA 9:30 am Pottery Coffee 10:30Spanish conve 1 pm Mahjong 1 pm 500 cards	<b>16</b> 9:30am YOGA w/ Michele  1 pm Tai Chi 2 pm Parkinson Wellness 3:15pm Parkinson Support Group	<b>17</b> 9 am AOA 9:30 am Pottery Coffee 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	<b>18</b> 9:30 am Hand and Foot	<b>19</b> 9 am AOA 9:30 am Pottery Coffee 1030 Spanish conv	<b>20</b>
<b>21</b>	<b>22</b> 9 am AOA 9:30 am Pottery 10:30Spanish conv 1 pm Mahjong 1 pm 500 cards	<b>23</b> 9:30am YOGA w/ Michele  1 pm Tai Chi 2 pm Parkinson Wellness	<b>24</b> 9am AOA 9:30 am Pottery Coffee 9:30am Golden K 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	<b>25</b> 9:30 am Hand and Foot 9:30am Golden K  <b>Annadee's Thrift Store, Pier 55 Member Discount Day, 50% off Storewide</b>	<b>26</b> 9 am AOA 9:30 am Pottery Coffee 1030 Spanish conv	<b>27</b>
<b>28</b>	<b>29</b> 9 am AOA 9:30 am Pottery 10:30Spanish conv 1 pm Mahjong 1 pm 500 cards	<b>30</b> 9:30am YOGA w/ Michele  1 pm Tai Chi 2 pm Parkinson Wellness	<b>31</b> 9am AOA 9:30 am Pottery Coffee 9:30am Golden K 11am Scrabble 1 pm Puzzle Club 2 pm Yoga	<b>Hours of Operation</b> Monday's 9am to 4 pm Tuesday's 9am to 2 pm Wednesday's 9am to 4 pm Thursday's 9am to 2 pm Friday's 9am to 12 pm		

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