

GLENEAGLE TALON TALK

DAY 1 - Wednesday, May 29, 2024



THE EAGLE'S NEST WILL BE OPEN Wednesday, May 29, 2024, FOR LUNCH:

Soup Broccoli & sharp cheddar

Entrée Chicken souvlaki with roast potatoes, tzatziki & Greek salad

Dessert Carrot cake with cream cheese icing

BELL SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
EARLY DISMISSAL BELL SCHEDULE	REGULAR BELL SCHEDULE	REGULAR BELL SCHEDULE	ASSEMBLY BELL SCHEDULE	PRO-D DAY NO SCHOOL FOR STUDENTS

Student Bell Schedule 2023-2024

BLOCK	REGULAR (80 minutes)	EARLY DISMISSAL (65 minutes)	Assembly Schedule (60 minutes) <small>These dates will be announced as assemblies occur</small>
X	7:36 – 8:56	8:00 – 9:00	7:55 – 8:55
1	9:00 – 10:20	9:00 – 10:00	9:00 – 10:00
2	10:25 – 11:50	10:05 – 11:10	10:05 – 11:05
Assembly			11:05 – 12:25
LUNCH	11:50 – 12:30	11:10 – 11:50	12:25 – 1:05
3	12:35 – 1:55	11:55 – 12:55	1:10 – 2:10
4	2:00 – 3:20	1:00 – 2:00	2:15 – 3:15
Y	3:25 – 4:45	2:05 – 3:05	3:20 – 4:20

ALL STUDENTS

WELCOME TO

Ms. Shi, Ms. Vala, Mr. Scigliano, Ms. Duarte, Mr. Simmons, Mr. Madden

TO THE GRAD CLASS OF 2024!

The dinner and dance celebration will soon be here! Have you paid for your ticket and reserved a table with your friends? The **last day to reserve a seat at a table is this Thursday at lunch in the main foyer**. Final numbers must be communicated by the school to the Trade & Convention center on Monday, June 3!

At this time- please inform Mr. Liao of any special dietary requirements as soon as possible! **This does NOT include vegetarian or vegan diets- only essential medical needs need to be communicated** to the Trade & Convention center at this time.

CORE COMPETENCY

Hey Gleneagle! The **last Core Competency session for this school year will be tomorrow - Thursday, May 30th**. Please **make sure you have your fully charged device ready to go for Block 2 tomorrow**. *Students without a block 2 class should report to the library*. If you would like to review any of the sessions, including tomorrow's, all presentations can be found at <https://mygleneagle.sd43.bc.ca/>

ART SALE

Art club is selling polymer clay charms TODAY & Thursday!! Get yourself keychains, keycaps to adorn your mechanical keyboard, hair clips, earrings & necklaces! Price range is \$5 - \$15. CASH ONLY!! Come at lunch & after school in the foyer.

UBC FACULTY OF PHARMACEUTICAL SCIENCES

UBC is coming to Gleneagle TODAY, Wednesday, May 29th during lunch in room 202! Come learn about the PharmD program, hear from a faculty member, and more!

CITY OF COQUITLAM \$25 SUMMER CHILD & YOUTH PASS

For only \$25, kids up to 18 can enjoy unlimited access to all drop-in activities at Coquitlam's pools and recreation centers from June 14 to September 2. Summer Fun Passholders can enjoy a variety of fun drop-in activities all summer long, including:

- public swimming at indoor and outdoor pools.
- drop-in sports, including basketball, pickleball and volleyball.
- drop-in skating; and
- for youth aged 13 to 18, fitness centres and drop-in fitness classes (teens 13 to 15 must complete a fitness orientation before participating).

Coquitlam's Summer Child and Youth Pass can be purchased by phone at 604-927-4386 or in person at:

- Poirier Sport & Leisure Complex, 633 Poirier Street
- City Centre Aquatic Complex, 1210 Pinetree Way
- Maillardville Community Centre, 1200 Cartier Avenue
- Pinetree Community Centre, 1260 Pinetree Way
- Town Centre Park Community Centre, 1207 Pinetree Way
- Dogwood Pavilion, 1655 Winslow Ave.
- Glen Pine Pavilion, 1200 Glen Pine Court

Proof of age is required. Those purchasing passes by phone will need to have photos taken and a card printed at one of the facilities above. For more information, visit <https://www.coquitlam.ca/334/Summer-Child-Youth-Passes>





POST-SECONDARY & CAREER RESOURCES

ONE-ON-ONE STUDENT ADVISING

All-Grade students can speak with Ms. Chau about their post-secondary planning (career pathway), program selection, applications to universities, scholarships, learning opportunities, volunteering, and employment in a 20-minute one-on-one discussion. Scan this QR code or click this link <https://bit.ly/3RaZy3l> to book an appointment.



HOW TO CONNECT

-  [Teams](#) Join Career Centre TEAMS, use this code: ky98vzf
-  [Instagram](#) Follow Career Centre on INSTAGRAM: Gleneagle_career.Centre
-  [Website](#) Browse WEBSITE
-  [Book a Meeting](#)
- Check out the attached Career Centre news & events.
- Email Ms. Chau pchau@sd43.bc.ca if you have other questions.

Stay Golden, Gleneagle...



Wednesday, May 22, 2024

POST SECONDARY EVENTS

Please visit the Career Centre TEAMS, Career Centre Instagram page, or visit our school website for the most up to date events.

*****(new) U OF TORONTO WEBCASTS FOR PROSEPECTIVE STUDENTS**

When and register: [Tuesday, May 28 at 7pm \(EDT\)](#); [Thursday, June 13 at 7pm \(EDT\)](#)

Join U of T for a virtual deep dive into the University of Toronto's undergraduate experience. Explore their diverse academic programs and understand the admissions process. This interactive session will also feature a Q&A segment and is ideal for high school and transfer students considering U of T for their higher education journey.

*****(new) UBC IN STILL ACCEPTING APPLICATIONS FOR SOME DEGREES**

UBC's online application for the 2024/25 academic year has now closed for most degrees. **There are some degrees still accepting applications, but these may close at any time so apply now:**

UBC Okanagan:

- Bachelor of Applied Science (Engineering)
- Bachelor of Arts
- Bachelor of Fine Arts
- Bachelor of Health and Exercise Sciences
- Bachelor of Management
- Bachelor of Media Studies
- Bachelor of Science
- Bachelor of Sustainability

<https://ssc.adm.ubc.ca/sscportal/apply.xhtml>

VANCOUVER ISLAND UNIVERSITY (VIU) APPLICATION DEADLINES EXTENDED

For those Gr 12 students who have yet to decide on a program to start this Fall, there's still time to apply. VIU has extended the [application deadlines for domestic students](#) for these programs: Arts, Humanities and Social Sciences; Art, Design, and Performing Arts; Business; Education; Health Sciences; Human Services; Management; Professional Development and Training; Science, Engineering, and Technology; and Trades VIU has also extended SOME [international student deadlines](#).

Trades programs are always accepting applications. Explore [Trades programs](#) for details.

ONTARIO UNIVERSITIES VIRTUAL INFORMATION SESSION

Gr 11's, Gr 10 student who are considering studying at an Ontario university, this is for you...

When: [May 22, 2-4pm \(PT\)](#) | **Where:** ONLINE

Registration: <https://form.jotform.com/acadiate/ouis-registration>

More info: <https://www.ouevents.ca/virtual/>

CAREER CENTRE NEWS: OPPORTUNITIES & EVENTS FOR ALL STUDENTS

Please visit the Career Centre TEAMS, Career Centre Instagram page, or visit our school website for the most up to date events.

*****(new) EAGLE RIDGE HOSPITAL - VOLUNTEEN PROGRAM**

Eagle Ridge Hospital has offered an opportunity for high school students to volunteer as logistical support team members. The purpose of the team is to provide support for the hospital's ongoing project, as well as special events.

The next 10 shifts (out of 424 total shifts) for this activity are as follows

DATE	START TIME	END TIME
Friday, May 17, 2024	4:30 PM	7:00 PM
Monday, May 20, 2024	4:30 PM	7:00 PM
Tuesday, May 21, 2024	4:30 PM	7:00 PM
Wednesday, May 22, 2024	4:30 PM	7:00 PM
Thursday, May 23, 2024	4:30 PM	7:00 PM
Friday, May 24, 2024	4:30 PM	7:00 PM
Monday, May 27, 2024	4:30 PM	7:00 PM
Tuesday, May 28, 2024	4:30 PM	7:00 PM
Wednesday, May 29, 2024	4:30 PM	7:00 PM
Thursday, May 30, 2024	4:30 PM	7:00 PM

VolunTeen program allows all students between **16 to 18 years old** to get involved with the patient, public, and provider in a hospital environment.

LOCATION: Eagle Ridge Hospital, Check-In at VR Department, servicing ERH and ERM

This is a great volunteering opportunity! If you are interested, [fill in an application to register.](#)



SFU FACULTY OF APPLIED SCIENCES SCIENCE ALIVE - VOLUNTEER OPPORTUNITIES

HIGH SCHOOL VOLUNTEER POSITIONS

Summer Programs Volunteer

Apr - Aug 2024 | **Grade 10-12** who has a strong interest in STEAM topics and is eager to share your enthusiasm with others? We are currently seeking volunteers for multiple positions to support and facilitate online and/or in-person STEM-based youth programs. Join our team and play a crucial role in inspiring the next generation of innovators and problem solvers. Whether you are skilled in coding, robotics, engineering, or science communication, there is an opportunity for you to make a significant impact! [To apply](#) and review the [volunteer role descriptions](#) for more details.

If you have questions, please do not hesitate to contact Eva at sacoord@sfu.ca.

TRI-CITIES MENTORSHIP PROGRAM PROJECT - ALUMNI PANEL SERIES

ALL GRADE STUDENTS ARE WELCOME TO JOIN

Are you curious about what different degrees/programs have to offer? Want to learn more about how to get into a particular field? Join us for a VIRTUAL panel series where SD43 alumni will discuss their high school & post-secondary journeys and answer your questions!

Medical School: Thu, **May 16** (7-8 PM)

Bachelor of Arts: Thu, **May 23** (7-8 PM)

Business: Thu, **May 30** (7-8 PM)

RSVP here: bit.ly/tricitiesalumnipanel

IMAGINE MARINE - B.C. VIRTUAL CAREER EVENT

Date: **Fri, May 24** | 9:20 AM - 10:35 AM PDT | **Register:** [Here](#)

The Canadian Marine Careers Foundation (CMCF) and School District 83 invite you to join us to discover firsthand what it takes to pursue dynamic, well-paying careers as a port or vessel captain, naval architect, or marine service technician. More than 43% of Canada's marine workforce is expected to retire in the next 10 years, opening up thousands of job opportunities!

No matter what the path, there's a place for you:

- Direct-to-work
- Trades
- College
- University

Teachers and students will have the opportunity to ask speakers questions.

This event is part of CMCF's collaborative effort with marine employers and educators nationwide to increase awareness of careers in Canada's marine sector among young people, those seeking second careers, new citizens, and equity-deserving groups.

To learn more about marine careers and training pathways, visit <https://imagine-marine.ca/>.

SFU APPLIED SCIENCE STEM SPEAKER SERIES

May 2024 Talk: FROM BIOMEDICAL RESEARCH TO CLINICAL DIAGNOSTICS

May 25, 2024 | 1:00 - 2:00 pm | Grade 8-12

Guest speaker for May is Phung Ta. Phung is a medical laboratory technician at Kingston Health Sciences Centre, where she conducts a wide variety of clinical diagnostic tests on patient samples. She holds a bachelor's degree in Biochemistry from Trent University and a master's degree in Biomedical Engineering from Queen's University, both of which were funded by prestigious, full-ride scholarships. Join this talk to learn about Phung's journey from biomedical research to clinical diagnostics! [Sign Up Here!](#)

June 2024 Talk: MECHATRONIC SYSTEMS ENGINEERING

June 8, 2024 | 1:00 - 2:00 pm | Grade 8-12

Guest speaker for June is Dr. John Shen, a professor and the director of the School of Mechatronic Systems Engineering at Simon Fraser University. He has over 30 years of academic, industrial, and entrepreneurial experience in the field of power electronics, power semiconductor devices, renewable energy systems, fault protection of DC and AC microgrids, and transportation electrification. In this talk, Dr. Shen will provide an introduction to the dynamic field of mechatronic systems engineering and exciting career opportunities within the discipline. Join us to learn more! [Sign Up Here!](#)

UVIC PERSONAL FINANCE WORKSHOP FOR HIGH SCHOOL STUDENTS (ALL ARE WELCOME)

"[Adulting 101: Personal Finance for Students Preparing for College and University.](#)"

When: UVic is offering 2 sessions:

- Monday, **May 27th** from 6 pm to 7:30 pm (90 minutes)

- Tuesday, **May 28th** from 10 am to 11 am (60 minutes)

Please register for your [preferred session here](#).



SD43 SUMMER LEARNING IS LOOKING FOR VOLUNTEERS

Gr 11's, Gr 10 student - **would you like to obtain 45 volunteer hours this summer?**

<https://ce43.augusoft.net/info/landing/summer-learning>

When: July 9 - 26 (Elementary 9am-12pm daily; Middle 8:45am-11:45am daily)

Who: High school-aged volunteers will be placed in an [elementary](#) or [middle](#) classroom at one of our summer sites, **for a total of 45 hours**. In most cases, only students who can commit to and be available for all instructional days should apply. All student volunteers are required to submit a "criminal record check for the vulnerable sector" (CRC), by **May 31, 2024**.

To apply: Fill out this [FORM](#).

Please direct any questions to Mr. Wally Sawchuk, Volunteer Coordinator wsawchuk@sd43.bc.ca.

BRILLIANT BLUE CHALLENGE MENTORSHIP PROGRAM - ORGANIZED BY MILLENNIUM STEM BC

When: mid-October, 2024

Deadline to apply: June 2, 2024

What: [Brilliant Blue is a STEM Education program](#) empowering youth, supporting employers, and fostering economic growth in the Canadian blue economy. The 2024 competition will come to a finish with a hybrid event in the fall (date to be announced).

To learn more about what our mentorship program offers [here](#).

To sign up: through this [google form](#)

Please email us at millenniumstem.bc@gmail.com for more information.

SD43 TRADES HIRING FAIR

When: June 5, 2024 (Wednesday) | 5-7pm

Where: Centennial Secondary (foyer & gym), 570 Poirier St, Coquitlam

What: Over 40 employers will be on site. Meet employers from a variety of skilled trades: carpentry, plumbing, electrical, mechanics, sheet metal, welding, landscaping, Ironworking.

More info: 43careers.com

SAFEHACKS 2024

Date: June 8-9, 2024. | **Cost:** \$5.00 admission fee.

Venue: Vancouver Independent School for Science and Technology (VISST) 1490 W Broadway #200, Vancouver, BC V6H 4E8

Are you **interested in pursuing STEAM** and **making a difference** in the world? Join SafeHacks, an in-person hackathon that encourages high-school students from around the lower mainland to try and develop prototypes to tackle issues with safe technology use. On top of that, XdHacks Mini Vancouver will provide resources like workshops, keynote presentations, interactive activities, and mentors to help better equip you with skills to create innovative designs!

Sign Up Here: <https://form.jotform.com/240945595341058>

Direct any questions to: xdhacksmini.van@gmail.com or our **Instagram:** @xdhacksmini_van.

INTERNATIONAL EDUCATION SUMMER VOLUNTEERING OPPORTUNITY

When: Jul 8 - August 9, 2024 | **Deadline to apply:** June 14, 2024 | **Grade 10, 11 & 12's**

SD 43 Coquitlam International Education is looking for reliable, trustworthy, helpful students who are open to talking to new students and can be flexible with the schedule and placement.

Interested students must submit [this Forms link](#), as well as the [application form](#) and their **resume** by June 14th to achapell@sd43.bc.ca or dropped off in person at the board office (IE reception). Additional details can be found in the attachments and in the Form.

Questions? Email Ms Chapell achapell@sd43.bc.ca!

GOLDEN SPIKE DAYS FESTIVAL VOLUNTEERS WANTED

Get involved in our community and help out at this Port Moody tradition.

When: Saturday, June 29 11:00AM to 10:00PM

Sunday, June 30 11:00AM to 10:00PM

Monday, July 1 11:00AM to 6:00PM

Who: Must be 14+.

Volunteer Registration: open until **June 14th**.

Where: Rocky Point Park

Sign up here: <https://goldenspike.ca/full-menu/get-involved/volunteers-Signup>

More info about the volunteer positions can be found [here](#).



VOLUNTEER FOR 2024 SCOTFESTBC

When: June 14 & 15, 2024 | **Where:** Town Centre Park, Coquitlam

Positions can be found from the Career Centre TEAM.

Registration: <https://scotfestbc.com/volunteer/#vollies>

Contact the volunteer coordinator, Vivian Newstead: volunteers@scotfestbc.com for any questions.

PORT MOODY RIBFEST 2024 - VOLUNTEERS NEEDED

When: July 19-21, 2024 | **Where:** Rocky Point Park, Port Moody

To sign Up: <https://portmoodyribfest.ca/volunteer/>

To see a full list of volunteer positions and job descriptions for Youth, check out the Career Centre TEAM.

A certificate of volunteering will be provided with hours count towards your high school graduation requirement.

SOYL YOUTH LEADERSHIP & EMPLOYMENT PROGRAM (FULL FOUR-CREDIT COURSE)

Locations: (1) Suwa'ikh School, 1432 Brunette Ave, Coquitlam; (2) Vancouver

Dates: July 2 to August 8, 2024, 9am to 3:00pm Mondays to Thursdays. (6-week program)

Who: youth must be entering grade 9 or above in 2024-25 school year

What: Interested in nature, first peoples knowledge, and good food? Join [Fresh Roots](#) for a unique **6-week summer leadership and employment program**. The program empowers secondary students (Grades 9-12) to cultivate and steward schoolyard farms for learning, community building and growing Good Food for All. Through their time with SOYL, youth develop skills in growing, cooking, and selling food, as well as a greater connection to themselves, their community, and the regional food system.

Youth also **receive a stipend** and can **receive school credit** for their contributions. More information [here](#).

Questions? Email soyl@freshroots.ca or call 778-764-0344 ext 102.

BCIT - CERTIFICATE IN ESSENTIAL SKILLS FOR ARCHITECTURE, CONSTRUCTION & ENGINEERING ("ACE CERTIFICATE")

When: July 2024 to August 2025

Who: students **currently enrolled in Grade 12 expecting to graduate in June 2024**, as well as recent (i.e. 2023) high school graduates. This program is specifically **targeted at students who are NOT considering post-secondary education in the Fall for scholastic or financial reasons**, and/or students who are **facing other barriers that inhibit their ability to pursue further education**. This unique opportunity to **access a tuition-sponsored (no cost to student) BCIT Certificate** and **paid practicum placements** in the in-demand ACE sector is intended to support a diverse cohort of students with the attitude and aptitude to make the most of this program. The application is available for download from Career Resources Team. For more information, please email [Ann Martineau](mailto:Ann.Martineau@bcit.ca).

VOLUNTEERING OPPORTUNITY - SOCCER *DAY CAMPS 2024* IN JULY & AUGUST

Age: at least **14 years** old by the start of the week you are volunteering.

Location: **Town Centre Park** and **Panorama Park**

How to apply: Through [an online form](#).

Our camp runs from Jul 2 – August 30, 2024. You can volunteer 1 week or up to the full 9 weeks; full-day (40 hrs/week) or just mornings/afternoon sessions (20 hours/week).

Visit royalsooccerclub.com or contact Kieran Davoren, Office Coordinator 1-800-427-0536 for more information.

FRASER RIVER DISCOVERY CENTRE: VOLUNTEERS WANTED

Fraser River Discovery Centre in New Westminster is introducing a **new** Volunteer Youth Program. They are looking for youth wanting to commit volunteer time at the FRDC to **gain valuable work experience** and complete **volunteer hours for graduation**.

Volunteers must be 15 years of age or older and should have a desire to work with children and families.

Position	Summer Camp Assistant	Public Programs Assistant
Time Commitment	Complete a minimum of 60 hours over the course of 8 weeks (from July to August)	Complete at least 80 hours from September to June . <i>You can choose the days you volunteer to achieve school/life balance.</i>

[More info about the Fraser River Discovery Centre and to apply here.](#)



SCHOLARSHIP OPPORTUNITIES

Please visit the Career Centre TEAMS, Career Centre Instagram page, or visit our school website for the most up to date scholarship/bursary opportunities.

*****(new) THE ACTUARIAL FOUNDATION OF CANADA - EQUALITY OF OPPORTUNITY SCHOLARSHIP**

Value: \$4,000 (university) and \$2,000 (college) renewable up to a maximum of 4 years

Deadline: June 15, 2024

Eligibility:

1. Resident Black, Indigenous and People of Colour (BIPOC) Canadian student.
2. Accepted as a full-time student at a Canadian college or university.
3. Intent on pursuing a post-secondary degree in actuarial science, mathematics, statistics, data management or computer science program.
4. Minimum grade of 2.8 (on maximum GPA of 4) or equivalent.

[AFC Equality Scholarship Application](#)

Any questions can be sent to equalityopportunitiescholarship@afc-fac.ca.

RICK & AMANDA HANSEN SCHOLARSHIP FOR YOUTH WITH DISABILITIES – UP TO \$40,000

Value: Funding of up to \$10,000 per year (up to a maximum of \$40,000)

Application Deadline: May 31, 2024

Applications accepted online at:

<https://secure.rickhansen.com/f/RickandAmandaHansenScholarshipforYouthwithDisabilities>

For more information including **Eligibility**, required forms for application, guidelines, terms and conditions, and evaluation criteria, please visit www.RickHansen.com/Scholarship.

FRASER INSTITUTE STUDENT ESSAY CONTEST

Value: 5 prizes totalling \$4,000

Deadline: June 5, 2024

The Fraser Institute's 2024 Student Essay Contest is NOW OPEN!

Example Essay Questions:

- What would Milton Friedman argue should be a government's response to inflation?
- In a post-COVID world, what would Jane Jacobs say about the state of our cities?
- How can Joseph Schumpeter's concept of creative destruction help us understand the rise and fall of businesses or new technology?
- What would one of the Essential Scholars say about Canada's current housing and rent situation?
- How might F.A. Hayek address today's current unemployment rate and what policy recommendations might he suggest?

Learn more about essay contest requirements and submission process by reading our [2024 Contest Rules](#) and [FAQ Student Essay Contest 2024](#). Visit www.essentialscholars.org for more information.

BRITISH COLUMBIA MUSIC EDUCATORS' ASSOCIATION STUDENT SCHOLARSHIP

Value: 5 x \$500 | **Deadline:** June 7, 2024

The BCMEA is pleased to announce that the BCMEA student scholarships continue to be available to graduating Secondary School students who are intending on studying Music at a post secondary institution. This opportunity is open to any student graduating in 2024 from a British Columbia Secondary School Music Program **taught by a teacher who is currently a BCMEA member**. Students should be able to perform at a very high level. Proof of acceptance into post secondary music will be required before the awarding of the scholarship will be confirmed.

To apply and more info: <http://www.bcmusiced.ca/scholarship.html>

HORATIO ALGER VOCATIONAL & TECHNICAL EDUCATION SCHOLARSHIP FOR GRADE 12 STUDENTS

VALUE: 25 \$3,000 Scholarships Awarded | **APPLICATION DEADLINE:** June 15, 2024 0900 PST [APPLY HERE](#).

ELIGIBILITY - To be eligible to apply, applicants must meet the following criteria:

- Have completed high school (or earned high school equivalency credential) by July 1
- Applying or enrolled for Fall 2024 in a vocational or technical program at a government or not-for-profit institution, with direct pathways to employment
- Demonstrated critical financial need (\$65,000 or less annual net income per family is required)
- Demonstrated perseverance in overcoming adversity
- Be under the age of 35
- Be a Canadian citizen

ENGINEERS & GEOSCIENTISTS BC POST-SECONDARY ENTRANCE SCHOLARSHIP**Value:** 6 x \$2,500 | **Deadline:** June 28, 2024

The **Engineers and Geoscientists BC Foundation** is pleased to offer the Post-Secondary Entrance Scholarship to BC secondary students entering engineering or Earth science programs. Scholarships are awarded on the basis of a combination of factors including: Academic standing; Extracurricular activities; Financial need; and Responses to long-answer questions.

Eligibility

- Graduate from a BC secondary school in 2024, and **entering an engineering or geoscience (earth science, physical geography, or similar) program.**

More info and application: <https://www.egbc.ca/how-to-apply/programs-and-resources/student-program/scholarships/post-secondary-entrance-and-transfer-scholarship>



[Follow Ms Chau on Instagram](#)



[Book a meeting with Ms Chau](#)



[Join the Gleneagle Post Secondary & Career Resource Centre](#)

Team code: **ky98vzf**

[Note: you need to sign in to your sd43 account to join]