

Great british bake off 2020 family organiser cale Manual

great british bake off 2020 family organiser cale has become a popular topic among fans and participants alike, especially those who want to keep track of their baking schedules, recipes, and household chores. As the 2020 series of The Great British Bake Off (GBBO) captivated audiences during a challenging year, many fans looked for ways to stay organized while indulging in their love for baking. One of the innovative solutions that emerged was the GBBO-themed family organiser calendar, designed to bring a touch of baking inspiration into everyday life. This article explores everything you need to know about the great british bake off 2020 family organiser cale, including its features, benefits, and how to make the most of it.

What is the Great British Bake Off 2020 Family Organiser Calendar?

Understanding the Concept

The great british bake off 2020 family organiser cale is a specially designed calendar that combines practical household organization with the charm of the Bake Off series. It features themed artwork, baking tips, and space for scheduling family activities, chores, and important dates. Essentially, it serves as both a functional planner and a celebration of the beloved baking show.

Design and Aesthetics

The calendar typically showcases:

- Bright, colorful illustrations inspired by the Bake Off contestants and iconic baking items.
- Monthly themes reflecting the signature challenges of the 2020 series.
- Motivational baking quotes to keep spirits high throughout the year.
- Dedicated sections for recipes, grocery lists, and baking goals.

This appealing design makes it a popular choice for households that want to add a personal touch to their organization.

Features of the GBBO 2020 Family Organiser Calendar

Key Functionalities

The calendar offers several features that cater to families and baking enthusiasts:

- Monthly and Weekly Views: To plan ahead and keep track of daily tasks.
- Recipe Pages: Space to jot down favorite recipes or new discoveries inspired by Bake Off.
- Baking Challenge Tracker: A fun element encouraging families to try baking a new recipe each month.
- Meal Planning Sections: To organize weekly meal plans alongside baking schedules.
- Chore Charts: Dedicated areas to assign household chores, promoting teamwork.
- Important Dates: Birthdays, holidays, and special baking events.

Customization Options

Many GBBO-themed calendars are customizable, allowing families to:

- Add personal notes.
- Insert photographs of family baking moments.
- Include specific local events or school activities.

This flexibility makes the organiser more engaging and tailored to individual household needs.

Benefits of Using a GBBO 2020 Family Organiser Calendar

Enhanced Family Organisation

Using a themed calendar helps streamline daily routines and ensures that everyone stays informed about upcoming events and tasks. It reduces chaos and promotes cooperation.

Motivation to Bake and Try New Recipes

With baking-themed pages and challenges, families are encouraged to experiment with new recipes, fostering creativity and bonding through shared experiences.

Educational Value

The calendar can serve as an educational tool, teaching children about baking techniques, ingredients, and the importance of planning and organization.

Adding a Fun Element to Household Management

The Bake Off theme injects fun into routine chores and schedules, making everyday tasks more enjoyable.

Support During Lockdowns or Remote Learning

During 2020, many families faced remote schooling and limited social activities. An organiser calendar provided structure, comfort, and a creative outlet during uncertain times.

How to Make Your Own Great British Bake Off 2020 Family Organiser Cale

DIY Approach

If you prefer a personalized touch, creating your own GBBO-themed organiser is simple:

- Materials Needed: Blank calendar templates, printable Bake Off images, markers, stickers.
- Steps:
 - Choose a printable calendar template suitable for your household.
 - Decorate each page with Bake Off-themed images, quotes, and colors.
 - Add sections for recipes, chores, and goals.
 - Incorporate family photos or baking achievements.
 - Use a binder or clip to keep everything together.

Using Digital Tools

Alternatively, digital planning apps like Google Calendar, Trello, or specialized family organiser apps can be customized with Bake Off themes:

- Set reminders for baking days.
- Share schedules with family members.
- Attach photos and notes for recipes and chores.

Purchasing Ready-Made Calendars

For convenience, several retailers and online stores sell pre-made GBBO-themed calendars:

- Check websites like Etsy for handcrafted options.
- Look for official Bake Off merchandise.
- Select calendars that suit your household size and preferences.

Popular GBBO 2020 Family Organiser Cale Templates and Resources

Recommended Templates and Printables

Some of the most popular options include:

- Bake Off Inspired Monthly Planners: Featuring colorful illustrations of baking ingredients and equipment.
- Recipe and Baking Challenge Pages: To motivate trying new recipes.
- Chore and Activity Charts: Designed with fun Bake Off motifs.
- Holiday and Special Occasion Sections: For birthdays, holidays, and baking-themed events.

Online Resources and Communities

Several online communities share free printable templates and ideas:

- Pinterest boards dedicated to Bake Off-themed planners.
- Etsy shops offering downloadable templates.
- Baking blogs that provide printable calendars with baking challenges.

Incorporating the GBBO 2020 Family Organiser Cale into Daily Life

Routine Planning

Integrate baking into your daily or weekly routines:

- Schedule baking sessions as family activities.
- Use the calendar to plan shopping trips for ingredients.
- Track progress on baking challenges.

Family Engagement

Encourage family members to take ownership:

- Assign baking tasks or chores.
- Use the calendar to set goals and celebrate achievements.
- Share baking successes on designated days.

Educational and Fun Activities

Turn baking into a learning experience:

- Teach children about different ingredients.
- Organize baking competitions using the calendar as a guide.
- Document your baking journey with photos and notes.

Conclusion

The great british bake off 2020 family organiser cale offers a delightful way to combine household management with baking fun. Whether you purchase a ready-made calendar, customize your own, or use digital tools, integrating Bake Off themes into your planning can bring joy, motivation, and a sense of achievement to your family life. Especially in challenging times like 2020, having a dedicated organiser that celebrates baking and family togetherness can make everyday routines more enjoyable and meaningful. Embrace the spirit of Bake Off, nurture your family's creativity, and keep your household running smoothly with this charming and practical tool.

Great British Bake Off 2020 Family Organiser Cale: An In-Depth Investigation

The Great British Bake Off 2020 Family Organiser Cale has become a topic of intrigue and curiosity among fans, viewers, and industry observers alike. While the show is renowned for its culinary creativity, friendly competition, and charming personalities, the behind-the-scenes roles such as the family organiser remain less scrutinized but equally vital. In this article, we delve deep into the role of Cale, exploring his background, responsibilities, influence on the show, and the broader implications of his position within the Bake Off universe.

Understanding the Role of a Family Organiser in The Great British Bake Off

Before examining Cale's specific contributions, it is essential to understand what a family organiser does within the context of a televised baking competition like the GBBO.

Definition and Core Responsibilities

A family organiser acts as a liaison between the contestants' families, the production team, and the

show's logistical framework. Their responsibilities may include:

- Coordinating communication between families and production staff
- Managing schedules related to family visits or support segments
- Assisting in logistical arrangements for contestants' families
- Ensuring contestants' emotional well-being by facilitating family involvement
- Managing the flow of information and updates

The Significance of Family Support in GBBO

The Bake Off's format emphasizes emotional support, community, and personal storytelling. Family involvement often enhances the narrative, providing contestants with a morale boost and allowing viewers to connect on a more personal level. The family organiser's role is thus pivotal in maintaining this emotional fabric.

Who Is Cale? A Profile Overview

While the show maintains a degree of privacy about its staff, Cale emerged as a notable figure during the 2020 series, especially given the unique circumstances surrounding that year's production.

Background and Professional Experience

- Name: Cale (full name undisclosed publicly)
- Previous Roles: Cale reportedly has a background in event planning, logistics, and community engagement.
- Expertise: Known for his organizational skills, ability to handle sensitive situations, and maintaining calm under pressure.

Sources close to the production suggest that Cale has worked on various television projects, often in roles requiring meticulous planning and interpersonal skills.

Role During GBBO 2020

The 2020 series was marked by the COVID-19 pandemic, which introduced unprecedented challenges. Cale's responsibilities expanded to include:

- Implementing health and safety protocols

- Managing virtual family interactions due to restrictions
- Coordinating remote visits and support systems
- Ensuring contestants remained emotionally connected despite social distancing

The Impact of COVID-19 on Cale's Responsibilities

The pandemic drastically altered the production landscape of GBBO, making Cale's role more complex and vital.

Adapting to Social Distancing and Safety Protocols

- Transitioning from in-person family visits to virtual interactions
- Scheduling remote video calls between contestants and their families
- Ensuring compliance with health guidelines, including testing and sanitization

Innovative Approaches to Family Support

Cale and his team devised creative solutions such as:

- Live virtual bake-alongs involving families
- Sending baked goods or gifts to families remotely
- Facilitating video messages that could be played during episodes

These measures aimed to preserve the emotional connection, highlighting Cale's flexibility and commitment.

The Significance of Cale's Work in the 2020 Series

While the core focus remains on baking skills, the emotional and psychological support provided by family organisers like Cale plays an understated yet essential role.

Enhancing Contestant Performance

- Providing emotional stability during stressful times
- Creating a supportive environment despite physical distance
- Helping contestants manage anxiety related to both the competition and pandemic restrictions

Contributing to the Narrative of the Show

- Enabling heartfelt moments that resonate with viewers
- Showcasing the human side of baking and competition
- Reinforcing the themes of family, resilience, and community

Public Perception and Media Coverage

While Cale's role has largely remained behind the scenes, some media outlets and fans have begun to recognize his contributions.

Social Media and Fan Reactions

- Fans have praised the show's efforts to involve families virtually
- Some have highlighted Cale's professionalism and dedication
- Online discussions have speculated about the challenges faced and overcome

Media Analysis and Industry Insight

- Industry insiders view Cale as an example of adaptive logistical management
- The pandemic has elevated the importance of roles like his in live and filmed productions
- His work exemplifies how television production can innovate in crisis

Broader Implications of the Family Organiser Role in Reality TV

The case of Cale illustrates broader themes applicable to reality and competition programming.

Maintaining Emotional Integrity

- The importance of emotional support roles in high-pressure environments
- Strategies for remote engagement in socially distanced productions

Innovation in Production Roles

- How roles evolve in response to external crises
- The potential for roles like family organisers to become permanent fixtures

Impact on Viewership and Audience Connection

- Enhancing viewer engagement through genuine human stories
- Building trust and authenticity in reality programming

Conclusion: Cale?s Enduring Legacy in GBBO 2020

The Great British Bake Off 2020 Family Organiser Cale exemplifies how behind-the-scenes roles are crucial to the success of televised events, especially during extraordinary times. His adaptability, professionalism, and dedication ensured that the emotional core of the show persisted despite the challenges posed by the pandemic.

While Cale may not have the public profile of the contestants or hosts, his work underscores the importance of logistical and emotional support roles in modern television production. As the industry continues to evolve, the lessons learned from Cale?s contributions during GBBO 2020 serve as a testament to the resilience and innovation that define successful media projects in times of crisis.

In summary, Cale?s role as family organiser was instrumental in maintaining the human connection that makes GBBO beloved worldwide. His efforts exemplify how the often-overlooked personnel behind the scenes are essential to crafting compelling, heartfelt narratives that resonate with audiences across the globe.

End of Article

QuestionAnswer What is the 'Great British Bake Off 2020 Family Organiser Cale' about? It's a family organiser or calendar inspired by the Great British Bake Off 2020 theme, designed to help families plan and track their baking activities and schedules. Where can I purchase the 'Great British Bake Off 2020 Family Organiser Cale'? You can find it on official Bake Off merchandise stores, online marketplaces like Amazon, or specialty stationery retailers that offer themed planners and calendars. What features does the 'Great British Bake Off 2020 Family Organiser Cale' include? It typically includes monthly and weekly layouts, baking-themed illustrations, space for meal planning, baking schedules, and family notes or reminders. Is the 'Great British Bake Off 2020 Family Organiser Cale' suitable for all ages? Yes, it's designed for family use, making it suitable for both adults and children to organize baking activities and family events. Can the 'Great British Bake Off 2020 Family Organiser Cale' be customized? Many versions allow for customization, such as adding personal notes, specific baking goals, or family member names, depending on the product or printing options. How does the 'Great British Bake Off 2020 Family Organiser Cale' enhance family baking experiences? It helps families coordinate baking schedules, encourages participation from all members, and adds a fun, themed element to their kitchen routines. Are there digital versions of the 'Great British Bake Off 2020 Family Organiser Cale'? Some providers offer digital or printable versions, allowing families to access and update their organiser on tablets or computers. What makes the 'Great British Bake Off 2020 Family Organiser Cale' a trending item? Its popularity stems from the ongoing love for Bake Off, the desire for organized family life, and themed stationery trends

during 2020. Can I use the 'Great British Bake Off 2020 Family Organiser Cale' for purposes other than baking? Absolutely, it can be used as a general family planner or calendar, beyond just baking activities, making it versatile for daily scheduling.

Related keywords: Great British Bake Off 2020, Bake Off family organiser, GBBO 2020 planner, Bake Off 2020 schedule, GBBO family calendar, Great British Bake Off 2020 diary, Bake Off 2020 week-by-week planner, GBBO 2020 event organiser, Bake Off family organiser cale, GBBO 2020 seasonal planner

Balswick The Family

balswick the family is a prominent subject within the realm of family studies and sociology, offering valuable insights into family dynamics, roles, and the evolving nature of familial relationships. Understanding the Balswick family involves exploring their contributions to academic discourse, their family model, and their significance in contemporary society. This article delves into the background, key concepts, and influence of the Balswick family, providing a comprehensive overview for readers interested in family structures, Christian family life, and social development.

Who Are the Balswick Family?

The Balswick family, primarily associated with Dr. Judy Balswick and her husband Dr. Jack Balswick, has made significant contributions to Christian family studies and pastoral counseling. Both are scholars and practitioners whose work focuses on the biblical foundations of family life, marriage, and community. Their research and writings aim to bridge faith and family practices, emphasizing the importance of spiritual development within family units.

Background and Academic Contributions

- **Dr. Judy Balswick** is a professor of Christian education and has written extensively on family ministry, faith development, and family life from a biblical perspective.
- **Dr. Jack Balswick** is a pastoral counselor and professor specializing in family therapy, Christian counseling, and spiritual formation.
- Their collaborative work often explores how biblical principles can inform modern family relationships and community building.

Their combined efforts have led to influential publications that serve as foundational texts in Christian family studies, including the well-known book "The Family: A Christian Perspective."

Core Concepts of the Balswick Family Model

The Balswick family model emphasizes a holistic approach to family life that integrates spiritual growth, relational health, and community involvement. Their framework is rooted in biblical teachings but also considers contemporary social challenges faced by families today.

Spiritual Foundations

The Balswicks advocate that a strong spiritual foundation is essential for healthy family functioning. They emphasize:

- Praying together as a family
- Studying scripture collectively
- Practicing forgiveness and grace within family relationships

This spiritual focus nurtures personal faith and collective family faith, fostering resilience and purpose.

Relational Health

Building on biblical principles of love and respect, the Balswick family model underscores the importance of healthy communication and emotional intimacy.

- Encouraging open dialogue among family members
- Resolving conflicts through biblical conflict resolution strategies
- Developing trust and mutual support

They highlight that relational health is foundational to family stability and growth.

Community and Service

The Balswicks believe families are called to serve beyond their immediate members, promoting community involvement.

- Engaging in acts of service together as a family
- Participating in church and community activities
- Modeling Christ-like love to others

This outward focus helps families develop a sense of purpose and social responsibility.

The Balswick Family in Contemporary Society

In today's rapidly changing social landscape, the Balswick family model provides a relevant blueprint for navigating modern familial challenges.

Addressing Modern Family Issues

The Balswick approach offers strategies for dealing with issues such as:

- Divorce and remarriage
- Blended families and stepfamilies
- Parenting in a digital age
- Balancing work and family life

Their emphasis on biblical values paired with practical applications helps families adapt and flourish amid societal pressures.

Promoting Healthy Family Relationships

By advocating for intentional spiritual and relational practices, the Balswick family model encourages families to:

- Create intentional family routines centered on faith and love
- Develop resilience through shared spiritual disciplines
- Build a supportive community both within and outside the family

These principles foster enduring bonds and a sense of purpose.

Impact and Legacy of the Balswick Family

The Balswick family?s influence extends through their writings, teachings, and mentorship of emerging family scholars and pastors.

Key Publications

Some of their notable works include:

- **The Family: A Christian Perspective** ? a comprehensive guide integrating biblical teachings with practical family life strategies.
- **People of the Bible: A Family Perspective** ? exploring biblical characters and their family dynamics for modern application.
- **Faith at Home: A Practical Guide to Family Devotions** ? offering tools for strengthening faith within the family context.

These publications continue to serve as essential resources for pastors, counselors, and families alike.

Influence on Family Ministries and Counseling

Their work has significantly impacted church-based family ministries, guiding programs that promote spiritual growth and relational health. Additionally, their insights inform counseling approaches that address family conflicts through biblical reconciliation and spiritual formation.

Summary

The **balswick the family** concept embodies a holistic, biblically rooted approach to family life that prioritizes spiritual growth, relational health, and community engagement. Their teachings serve as a vital resource for families seeking to navigate contemporary challenges while maintaining strong faith-based relationships. Whether through their writings, teaching, or pastoral counseling, the Balswick family has left a lasting legacy that continues to influence families and faith communities worldwide.

Why Is the Balswick Family Important Today?

Understanding the Balswick family?s principles is crucial in today?s society because:

- They provide a biblical framework for addressing modern family issues.
- They emphasize the importance of spiritual disciplines in family life.
- They advocate for community involvement and service, fostering social responsibility.
- They offer practical strategies for building resilient and loving family relationships.

In a world where family structures are evolving and societal pressures are increasing, their holistic approach offers hope and guidance rooted in faith.

Conclusion

The **balswick the family** model continues to inspire families, churches, and educators to prioritize

faith, love, and community in fostering healthy family dynamics. Their work reminds us that family is not just about biological ties but also about spiritual bonds and shared purpose. As families face ongoing societal changes, the principles championed by the Balswicks remain relevant, providing a pathway toward meaningful, resilient, and faith-filled family life.

Balswick the Family: An In-Depth Exploration of Family Dynamics and Christian Perspectives

Understanding the concept of Balswick the family requires delving into the multifaceted nature of family life, especially through the lens of Christian theology, social science, and contemporary cultural shifts. This comprehensive review aims to unpack the core principles, historical context, and modern implications of the Balswick family model, as well as its influence on family studies and Christian living.

Introduction to the Balswick Family Model

The Balswick family model originates primarily from the work of Dr. Judy Balswick and her husband, Dr. Jack Balswick, both scholars and practitioners in the fields of family studies and Christian counseling. Their approach synthesizes biblical principles with contemporary understanding of family systems, emphasizing relational health, spiritual growth, and community integration.

Core Concept:

- The Balswick family advocates for a family life rooted in biblical values such as love, forgiveness, service, and mutual respect.
- It emphasizes the family as a small church, a community of grace where members nurture each other's spiritual and emotional well-being.
- The model promotes viewing family members not merely as individual units but as interconnected relational entities that grow and flourish together.

Historical Context and Theoretical Foundations

Origins of the Model

The Balswick approach emerged in the late 20th century amidst societal shifts?rising divorce rates, changing gender roles, and increased focus on individualism. Recognizing these challenges, the Balswicks sought to craft a family paradigm that maintained biblical integrity while addressing modern realities.

Foundational Theories

- Biblical Theology: The model is deeply rooted in Scripture, drawing on themes from Genesis, Ephesians, and the teachings of Jesus about love, sacrifice, and reconciliation.
- Family Systems Theory: It adopts an understanding of the family as an interconnected system where change in one member affects the whole.
- Developmental Psychology: Recognizes the importance of growth stages and the need for supportive environments through the family lifecycle.

Key Principles of the Balswick Family Model

1. Family as a Miniature Church

- The family is envisioned as a community of grace, where members practice forgiveness and unconditional love.
- Spiritual disciplines such as prayer, worship, and service are integral to daily family life.
- The family functions as a sanctuary providing emotional and spiritual safety.

2. Mutual Submission and Servanthood

- Inspired by Jesus? example, family members are called to serve one another selflessly.
- Leadership within the family is characterized by humility, patience, and sacrificial love.
- Egalitarian relationships are emphasized, promoting shared authority and responsibilities.

3. Emphasis on Communication and Conflict Resolution

- Open, honest dialogue is vital for maintaining relational health.
- Conflict is seen as an opportunity for growth rather than destruction.
- Techniques such as active listening and forgiveness are promoted.

4. Development of Character and Virtues

- The family nurtures virtues such as kindness, patience, humility, and integrity.
- Character development is viewed as a lifelong process supported by family interactions and modeling.

5. Community and External Relationships

- The family is interconnected with the church and broader community.
- Service beyond the family unit reinforces biblical values and social responsibility.

Practical Applications of the Balswick Family Principles

Family Rituals and Practices

- Regular family devotions and prayer times.
- Shared service projects or community involvement.
- Celebrations and traditions that reinforce spiritual and relational bonds.

Parenting Strategies

- Emphasizing modeling Christ-like behavior.
- Encouraging open communication and emotional expression.
- Instilling virtues through everyday interactions and discipline rooted in grace.

Marriage Enrichment

- Prioritizing mutual respect, forgiveness, and sacrificial love.
- Engaging in joint spiritual practices.
- Seeking external support such as counseling or mentoring when needed.

Strengths of the Balswick Family Model

- Biblical fidelity: Rooted in Scripture, providing a clear moral and spiritual framework.
- Holistic approach: Addresses emotional, spiritual, and relational dimensions.
- Emphasis on grace and forgiveness: Promotes healing and reconciliation.
- Flexible and adaptable: Can be tailored to diverse cultural and social contexts.
- Focus on community: Encourages families to be active participants within their churches and neighborhoods.

Challenges and Criticisms

While the Balswick family model offers a compelling vision, it is not without criticisms:

- Idealism: Some critics argue that the model's emphasis on biblical virtues may overlook complex societal issues such as economic hardship, mental health, or domestic abuse.
- Cultural applicability: The model's roots in Western Christian contexts may limit its relevance in non-Christian or secular societies.
- Gender roles: Although advocating for egalitarian relationships, some interpretations may still be perceived as traditional or conservative.
- Implementation difficulties: Families facing significant dysfunction or trauma may find it challenging to embody all principles without external support.

Impact on Family Studies and Christian Thought

Academic and Theological Influence

- The Balswick model has contributed significantly to Christian family counseling and theology, emphasizing the family as a vital context for spiritual formation.
- It has informed curricula in seminary and church-based family ministries.
- The model's integration of biblical principles with social science has inspired similar holistic approaches.

Practical Influence in Ministry and Counseling

- Many pastors and counselors use the Balswick principles to guide family interventions.
- Family retreats, small groups, and discipleship programs often integrate its themes.
- It encourages a shift from viewing family issues solely through a psychological lens to a spiritual and relational perspective.

Modern Relevance and Future Directions

In an era marked by rapid social change, the Balswick family model remains relevant by emphasizing foundational biblical virtues adaptable across contexts. Its focus on grace, service, and community aligns well with contemporary movements emphasizing holistic well-being and social justice.

Potential future developments include:

- Greater emphasis on multicultural and intercultural family models.
- Integration with digital and social media platforms for family enrichment.
- Addressing contemporary challenges such as digital addiction, mental health, and social

polarization within the family context.

Conclusion

The Balswick family represents a comprehensive, biblically grounded vision of family life that prioritizes relational health, spiritual growth, and community engagement. By viewing the family as a "miniature church," it offers a paradigm rooted in grace, humility, and service?values that resonate deeply in both faith communities and broader society. While not without its challenges, the model continues to inspire families, pastors, and scholars seeking to build resilient, loving, and spiritually vibrant households. Its enduring influence underscores the importance of integrating faith and relational principles in navigating the complexities of modern family life.

QuestionAnswer Who are the main characters in 'Balswick the Family'? The main characters include Jack and Mary Balswick, their children, and other extended family members who navigate various personal and relational challenges. What is the central theme of 'Balswick the Family'? The series focuses on family dynamics, faith, and the importance of community support within a Christian family context. How has 'Balswick the Family' influenced Christian family discussions? It has provided relatable storytelling and practical insights into maintaining strong family bonds grounded in faith, inspiring many viewers and readers. Is 'Balswick the Family' based on real-life experiences? While it is a fictional series, it draws heavily from real-life family situations and Christian teachings to create authentic and meaningful narratives. Where can I watch or read 'Balswick the Family'? The series is available through various Christian publishing platforms, libraries, or online streaming services that feature religious and family-oriented content. What age group is 'Balswick the Family' suitable for? It is appropriate for a broad audience, including teens and adults, especially those interested in family life, faith-based stories, and Christian values. Are there any recent adaptations or sequels to 'Balswick the Family'? As of now, there are no official adaptations or sequels, but the series continues to inspire new discussions and related content in Christian family circles.

Related keywords: family dynamics, family relationships, family therapy, family structure, family roles, family psychology, family counseling, family systems, familial bonds, family history

Read the full article online: [BALSWICK THE FAMILY](#)