

PULSES AND DERIVED PRODUCTS

As an interesting reference for our International Year of Pulses, here is the UN Food and Agricultural Organisation (FAO) listing defining which products are classified as pulses.

PULSES are annual leguminous crops yielding from one to 12 grains or seeds of variable size, shape and colour within a pod. They are used for both food and feed.

The term “pulses” is limited to crops harvested solely for dry grain, thereby excluding crops harvested green for food (green peas, green beans, etc.) which are classified as vegetable crops. Also excluded are those crops used mainly for oil extraction (e.g. soybeans

and groundnuts) and leguminous crops (e.g. seeds of clover and alfalfa) that are used exclusively for sowing purposes.

In addition to their food value, pulses also play an important role in cropping systems because of their ability to produce nitrogen and thereby enrich the soil. Pulses contain carbohydrates, mainly starches (55-65 percent of the total weight); proteins, including essential amino

acids (18-25 percent, and much higher than cereals); and fat (1 - 4 percent). The remainder consists of water and inedible substances.

Production data should be reported in terms of dry clean weight, excluding the weight of the pods. Certain kinds of pulses can be skinned and partially crushed or split to remove the seed-coat, but the resulting products are still considered raw for classification purposes.



FAO covers 11 primary pulses. Each is listed below, along with its code, its botanical name, or names, and a short description.

Only two processed products are included in the FAO list, namely flour of pulses and bran of pulses.

FAO CODE	COMMODITY DEFINITIONS	COVERAGE, REMARKS
0176	BEANS, DRY	Phaseolus spp.: kidney, haricot bean (<i>Ph. vulgaris</i>); lima, butter bean (<i>Ph. lunatus</i>); adzuki bean (<i>Ph. angularis</i>); mungo bean, golden, green gram (<i>Ph. aureus</i>); black gram, urd (<i>Ph. mungo</i>); scarlet runner bean (<i>Ph. coccineus</i>); rice bean (<i>Ph. calcaratus</i>); moth bean (<i>Ph. aconitifolius</i>); tepary bean (<i>Ph. acutifolius</i>) Only species of Phaseolus should be included, though several countries also include certain types of beans. Commonly classified as <i>Vigna</i> (<i>angularis</i> , <i>mungo</i> , <i>radiata</i> , <i>aconitifolia</i>). In the past, these species were also classified as Phaseolus.
0181	BROAD BEANS, DRY	<i>Vicia faba</i> : horse-bean (var. <i>equina</i>); broad bean (var. <i>major</i>); field bean (var. <i>minor</i>)
0187	PEAS, DRY	garden pea (<i>Pisum sativum</i>); field pea (<i>P. arvense</i>)
0191	CHICK-PEAS	chickpea, Bengal gram, garbanzos (<i>Cicer arietinum</i>)
0195	COW PEAS, DRY	cowpea, blackeye pea/bean (<i>Vigna sinensis</i> ; <i>Dolichos sinensis</i>)
0197	PIGEON PEAS	pigeon pea, cajan pea, Congo bean (<i>Cajanus cajan</i>)
0201	LENTILS	(<i>Lens esculenta</i> ; <i>Ervum lens</i>)
0203	BAMBARA BEANS	bambara groundnut, earth pea (<i>Voandzeia subterranea</i>) These beans are grown underground in a similar way to groundnuts.
0205	VETCHES	spring/common vetch (<i>Vicia sativa</i>) Used mainly for animal feed.
0210	LUPINS	(<i>Lupinus</i> spp.) Used primarily for feed, though in some parts of Africa and in Latin America some varieties are cultivated for human food.
0211	PULSES NES	Including inter alia: lablab or hyacinth bean (<i>Dolichos</i> spp.); jack or sword bean (<i>Canavalia</i> spp.); winged bean (<i>Psophocarpus tetragonolobus</i>); guar bean (<i>Cyamopsis tetragonoloba</i>); velvet bean (<i>Stizolobium</i> spp.); yam bean (<i>Pachyrrhizus erosus</i>); <i>Vigna</i> spp. other than those included in 0176 and 0195 Other pulses that are not identified separately because of their minor relevance at the international level. Because of their limited local importance, some countries report pulses under this heading that are classified individually by FAO.
0212		Flour of Pulses Produced through milling or grinding of pulses. This heading also includes meal.
0213		Bran of Pulses

DISCUSSION EVENING – ALL WELCOME

Tuesday 15 March 2016,

5.30 to 7.30 pm

Carrington Street, Adelaide

THE INTERNATIONAL YEAR OF PULSES

SPEAKER TO BE ANNOUNCED

We anticipate that this will prove a very interesting discussion.

The nutritional qualities make pulses an important and often underrated food, one which fills a most significant food role in many ways around the world. In addition their nitrogen fixing ability makes an important contribution in enriching soil fertility.

In 2014, the year of Quinoa, we quite slowly became aware of its significance during the year.

Hopefully by learning about pulses early in 2016 we will be able to incorporate them into more of our activities as the year progresses.



2016
INTERNATIONAL
YEAR OF PULSES

Our evenings offer a great opportunity to engage our guests in informal discussion, with the small numbers attending providing a chance for discussion and to ask questions.



Slow Food®

A Day in the Veggie Garden.

27 February 2016

12:00pm start

At Glenelg North Community Garden
- corner of Kibby Avenue and Alison Street,
Glenelg North

Cost: \$15 per person which includes garden tour, shared lunch and recipes of pulse dishes served.

Non-alcoholic drinks provided as this is an alcohol-free event.

To book: Please email Taylor at
events@slowfoodsouthaustralia.com.au

This event is limited to 25 people

Slow Food South Australia and (UNAASA) will come together to host a day in the Glenelg North Community Garden.

Our day in the veggie garden will be celebrating the best of late summer produce and introducing the United Nations 2016 International Year of Pulses.

The day will include guided walks through the garden, informative talks, and even picking our own produce for a delicious shared lunch.

To embrace the 2016 International Year of Pulses, our shared lunch will be representing the way pulses are used in different cultures, including homemade hummus, a Middle Eastern dish of crushed Puy lentils with tahini and lime, Mediterranean lupini beans, chickpea burgers, salads using fresh produce from the community garden and much more.

We hope you can join us!



SOUTH AUSTRALIA

Yoga for Harmony and Peace

A morning of celebration making a stand for world peace

Saturday 2nd April, 10.30 am, Victoria Square

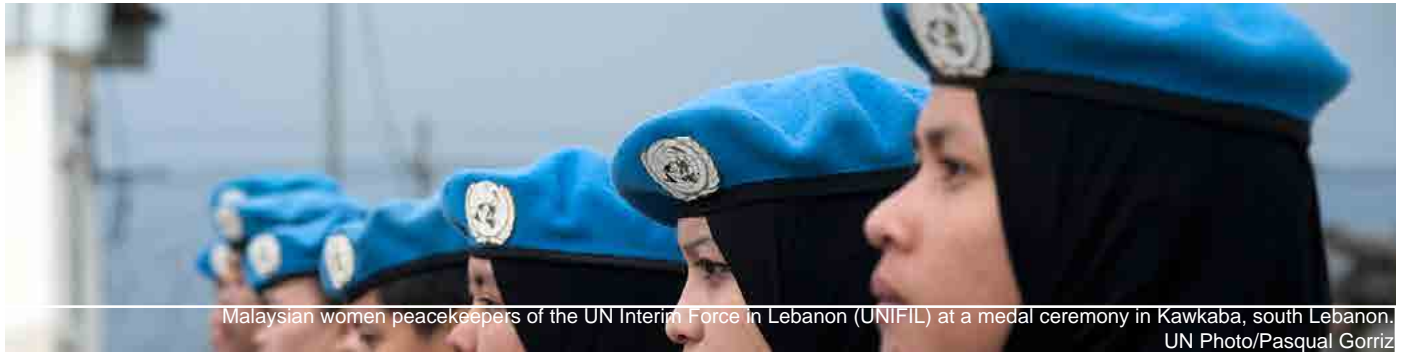
With a multifaith blessing and lighting of the Peace Flame, prominent teachers of Dru Yoga will lead us through an inspirational simple practice

Come dressed in comfortable clothes including white t-shirt, yoga mat or towel

To facilitate preparations, RSVP to yoga@unaasa.org.au



International Women's Day, 8 March



Malaysian women peacekeepers of the UN Interim Force in Lebanon (UNIFIL) at a medal ceremony in Kawkaba, south Lebanon. UN Photo/Pasqual Gorriz

Planet 50-50 by 2030: Step It Up for Gender Equality

International Women's Day is a time to reflect on progress made, to call for change and to celebrate acts of courage and determination by ordinary women who have played an extraordinary role in the history of their countries and communities.

The 2016 theme for International Women's Day is "Planet 50-50 by 2030: Step It Up for Gender Equality".

The idea of this theme is to consider how to accelerate the 2030 Agenda,

building momentum for the effective implementation of the new Sustainable Development Goals, especially goal number five – Achieve gender equality and empower all women and girls – and number 4 – Ensure inclusive and quality education for all and promote lifelong learning. The theme will also focus on new commitments under UN Women's Step It Up initiative, and other existing commitments on gender equality, women's empowerment and women's human rights.

Some key targets of the 2030 Agenda:

- By 2030, ensure that all girls and boys complete free, equitable and quality primary and secondary education leading to relevant and Goal-4 effective learning outcomes.
- By 2030, ensure that all girls and boys have access to quality early childhood development, care and pre-primary education so that they are ready for primary education.
- End all forms of discrimination against all women and girls everywhere.
- Eliminate all forms of violence against all women and girls in the public and private spheres, including trafficking and sexual and other types of exploitation.
- Eliminate all harmful practices, such as child, early and forced marriage and female genital mutilation.



Photo: UN Women/Ryan Brown

The UN and Gender Equality

The Charter of the United Nations, signed in 1945, was the first international agreement to affirm the principle of equality between women and men. Since then, the UN has helped create an historic legacy of internationally-agreed strategies, standards, programmes and goals to advance the status of women worldwide.

Over the years, the UN and its technical agencies have promoted the participation of women as equal partners with men in achieving sustainable development, peace, security, and full respect for human rights. The empowerment of women continues to be a central feature of the UN's efforts to address social, economic and political challenges across the globe.

The UN Charter – Reflections on our January Discussion Evening

For our January discussion evening the UNAA SA president John Crawford led a small gathering of members and friends through the UN Charter. By way of introduction Peter Faulkner read a section of verse from Alfred, Lord Tennyson's prophetic poem Locksley Hall written in 1837.

*For I dipt into the future, far as
human eye could see,
Saw the vision of the world, and all
the wonders that would be*

*Till the war-drum throb'd no
longer, and the battle-flags were
furl'd*

*In the Parliament of man, the
Federation of the world.*

The Charter of the United Nations



Dr Herbert Evatt, Australian Minister for External Affairs and a human rights campaigner

was signed in San Francisco on 26th June 1945 and came into force on the 24th October 1945, which we now celebrate as United Nations Day. The UN Charter also incorporates the Statute of the International Court of Justice which was established as the principal judicial organ of the United Nations.

The question of the blue berets in situations like Rwanda was queried where the United Nations was unable to prevent a genocide taking place because there were no shots fired or guns used, mainly machetes, and the UN troops were not attacked themselves personally.

The Rules of Engagement for peacekeepers had strict but troubling limitations.

Similarly the sovereign rights of nations are to be respected as stated in Article 2, but in a situation where there are reports of killings as in the case of West Papua, the grounds for intervention are very limited, especially in the case of Australia which has a treaty with Indonesia, known as the Lombok Treaty, where both nations have agreed not to interfere in each other's internal affairs.

It was suggested that there could be alternative approaches in such situations, for instance, based on human rights. For example the Universal Declaration (1948) which could be considered to be wider than the individual sovereignty of countries. Legal issues could also be involved around the prevention of violence and the right to be protected.

Chapter VII which is entitled Actions with Respect to Threats to the Peace, Breaches of the Peace and Acts of Aggression, was given particular consideration as it offered pretexts for entering countries. Iraq would represent an example of this sort of situation. The question of membership is dealt with in Chapter II of the Charter and in this context the membership of Palestine was discussed. Both the General Assembly and the Security Council are involved in determining membership, with the power of veto an issue in contention.

The International Court of Justice was seen as important. For example, in determining maritime boundaries, and more specifically in Iran where diplomatic and consular staff were held hostage, and judgement was given in favour of the United States.

One Australian was recognised

for his role in the early years of the United Nations and that was Dr Herbert Evatt. It was noted that Eleanor Roosevelt played a significant role as the US delegate to the General Assembly and that her work on the status of women was quite important.

Reflecting on the League of Nations as well was thought provoking as this raised issues about the origin of the UN itself especially regarding the scourge of war.

The Universal Declaration of Human Rights, one of the great documents in history, was considered something that should be included in the curriculum. It was suggested that this would certainly be so in Peace Schools but the accreditation process for this is exacting so there is only a few of them. More recently the organisation called Save the Children took over the running of Peace Schools when the UN could no longer afford to do so.

Copies of both these significant documents, the Charter and the Universal Declaration, are available to members from our office. Copies were distributed to all politicians by the UNAA as part of the commemoration of the 70th anniversary of the world body.



The White House Portrait of Eleanor Roosevelt (Wikipedia)



Launch of new sustainable development agenda to guide development actions for the next 15 years

Landmark decision by 193 countries to transform the world for people and planet officially goes into force

New York, 1 January 2016 – The new year ushers in the official launch of the bold and transformative 2030 Agenda for Sustainable Development adopted by world leaders last September at the United Nations. The new Agenda calls on countries to begin efforts to achieve 17 Sustainable Development Goals (SDGs) over the next 15 years.

“The seventeen Sustainable Development Goals are our shared vision of humanity and a social contract between the world’s leaders and the people,” said UN Secretary-General Ban Ki-moon. “They are a to-do list for people and planet, and a blueprint for success.”

The SDGs, unanimously adopted by the UN’s 193 Member States at an historic summit in September 2015, address the needs of people in both developed and developing countries, emphasising that no one should be

left behind. Broad and ambitious in scope, the Agenda addresses the three dimensions of sustainable development: social, economic and environmental, as well as important aspects related to peace, justice and effective institutions.

The mobilization of means of implementation, including financial resources, technology development and transfer and capacity-building, as well as the role of partnerships, are also acknowledged as critical.

The Paris Conference on climate change is seen by many as the first test of political will to implement the Agenda. “The Paris Agreement is a triumph for people, the planet, and for multilateralism. For the first time, every country in the world has pledged to curb their emissions, strengthen resilience and act internationally and domestically to address climate change. By addressing climate change we are advancing the 2030 Agenda for Sustainable Development,” said the UN Secretary-General.

Turning this vision into reality is primarily the responsibility of countries, but it will also require new partnerships and international solidarity. Everyone has a stake and everyone has a contribution to make. Reviews of progress will need to be undertaken regularly in each country, involving civil society, business and representatives of various interest groups. At the regional level, countries will share experiences and tackle common issues, while on an annual basis at the United Nations, the High-Level Political Forum on Sustainable Development (HLPF), will take stock of progress at the global level, identifying gaps and emerging issues, and recommending corrective action.

The 17 Sustainable Development Goals and 169 targets of the new agenda will be monitored and reviewed using a set of global indicators. These will be compiled into an Annual SDG Progress Report.

For more information, visit www.un.org/sustainabledevelopment

Sustainable Development Goals

- Goal 1 End poverty in all its forms everywhere
- Goal 2 End hunger, achieve food security and improved nutrition and promote sustainable agriculture
- Goal 3 Ensure healthy lives and promote well-being for all at all ages
- Goal 4 Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all
- Goal 5 Achieve gender equality and empower all women and girls
- Goal 6 Ensure availability and sustainable management of water and sanitation for all
- Goal 7 Ensure access to affordable, reliable, sustainable and modern energy for all
- Goal 8 Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all
- Goal 9 Build resilient infrastructure, promote inclusive and sustainable industrialization and foster innovation
- Goal 10 Reduce inequality within and among countries
- Goal 11 Make cities and human settlements inclusive, safe, resilient and sustainable
- Goal 12 Ensure sustainable consumption and production patterns
- Goal 13 Take urgent action to combat climate change and its impacts
- Goal 14 Conserve and sustainably use the oceans, seas and marine resources for sustainable development
- Goal 15 Protect, restore and promote sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification, and halt and reverse land degradation and halt biodiversity loss
- Goal 16 Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels
- Goal 17 Strengthen the means of implementation and revitalize the global partnership for sustainable development

2016 UNAA World Environment Day Awards Entries are now open nationally!



- Wetland and Wildlife Creations P/L Biodiversity Award
- Clean Energy Award (Sponsored by the Department of Economic Development, Jobs, Transport and Resources)
- *NEW* Infrastructure Innovation Award
- Business Award
- Community Award
- Environmental Education Award
- Environmental School Award
- Excellence in Water Management Award
- Individual Award
- Local Government Award
- Media Award for Environmental Reporting
- Organisation Leadership Award

Held each year in support of United Nations World Environment Day (June 5), the Awards recognise innovative and outstanding environmental programs and initiatives from across Australia. For entry forms and category criteria visit our website.

Invitations to enter are offered to businesses, local governments, community organisations, individuals, schools and the media:

Nominations close at 5pm AEST on Friday April 8 2016.

Winners will be announced at the Awards Presentation Dinner to be held on Monday June 6 at ZINC at Federation Square, Melbourne.

To submit a nomination go to: <http://www.unaavictoria.org.au/awards-programs/world-environment-day-awards/>

INTERNATIONAL DAYS – March to May 2016

MARCH

- 1 March Zero Discrimination Day [UNAIDS]
- 3 March World Wildlife Day (A/RES/68/205)
- 8 March International Women's Day
- 20 March International Day of Happiness (A/RES/66/281)
- 21 March International Day for the Elimination of Racial Discrimination (A/RES/2142 (XXI))
- 21 March World Poetry Day [UNESCO]
- 21 March International Day of Nowruz (A/RES/64/253)
- 21 March World Down Syndrome Day A/RES/66/149 (draft A/C.3/66/L.27)
- 21 March International Day of Forests (A/RES/67/200)
- 22 March World Water Day (A/RES/47/193)
- 23 March World Meteorological Day [WMO] WMO/EC-XII/Res.6
- 24 March World Tuberculosis Day [WHO] (WMO/EC-XII/Res.6)
- 24 March International Day for the Right to the Truth concerning Gross Human Rights Violations and for the Dignity of Victims (A/RES/65/196)
- 25 March International Day of Remembrance of the Victims of Slavery and the Transatlantic Slave Trade (A/RES/62/122)
- 25 March International Day of Solidarity with Detained and Missing Staff Members

APRIL

- 2 April World Autism Awareness Day (A/RES/62/139)
- 4 April International Day for Mine Awareness and Assistance in Mine Action (A/RES/60/97)
- 6 April International Day of Sport for Development and Peace (A/RES/67/296)
- 7 April International Day of Reflection on the Genocide in Rwanda
- 7 April World Health Day [WHO] (WHA/A.2/Res.35)
- 12 April International Day of Human Space Flight (A/RES/65/271)

- 22 April International Mother Earth Day (A/RES/63/278)
- 23 April World Book and Copyright Day (Resolution 3.18 of the 28th session of the UNESCO General Conference)
- 23 April English Language Day
- 24 - 30 April World Immunization Week [WHO]
- 25 April World Malaria Day [WHO]
- 26 April World Intellectual Property Day [WIPO]
- 28 April World Day for Safety and Health at Work
- 29 April Day of Remembrance for all Victims of Chemical Warfare
- 30 April International Jazz Day

MAY

- 3 May World Press Freedom Day
- 8-9 May Time of Remembrance and Reconciliation for Those Who Lost Their Lives During the Second World War (A/RES/59/26)
- 9-10 May World Migratory Bird Day [UNEP]
- 15 May International Day of Families (A/RES/47/237)
- 17 May World Telecommunication and Information Society Day [ITU] (A/RES/60/252)
- 20 May "Vesak", the Day of the Full Moon
- 21 May World Day for Cultural Diversity for Dialogue and Development (A/RES/57/249)
- 22 May International Day for Biological Diversity (A/RES/55/201)
- 23 May International Day to End Obstetric Fistula (A/RES/67/147)
- 29 May International Day of UN Peacekeepers (A/RES/57/129)
- 31 May World No-Tobacco Day [WHO] (Resolution 42.19 of the 42nd session of WHO)

INTERNATIONAL WEEKS 2015

- 23–29 April 2007 UN Global Road Safety Week A/RES/60/5
- 25–31 May Week of Solidarity with the Peoples of Non-Self-Governing Territories A/RES/54/91

- 1–7 August World Breastfeeding Week [WHO]
- 4–10 October World Space Week A/RES/54/68
- 24–30 October Disarmament Week A/RES/S-10/2, p. 102
- 11–17 November International Week of Science and Peace A/RES/43/61 (The week in which 11 November falls)

INTERNATIONAL YEARS

2015

- International Year of Light and Light-based Technologies A/RES/68/221
- International Year of Soils [FAO] A/RES/68/232

2016

- International Year of Pulses (A/RES/68/231)
- International Year of Camelids (draft A/C.2/69/L.41)

INTERNATIONAL DECADES

- 2015–2024 International Decade for People of African Descent A/RES/68/237
- 2014–2024 United Nations Decade of Sustainable Energy for All A/RES/67/215
- 2011–2020 Third International Decade for the Eradication of Colonialism A/RES/65/119
- United Nations Decade on Biodiversity A/RES/65/161
- Decade of Action for Road Safety A/RES/64/255
- 2010–2020 United Nations Decade for Deserts and the Fight against Desertification A/RES/62/195
- 2008–2017 Second United Nations Decade for the Eradication of Poverty A/RES/62/205
- 2006–2016 Decade of Recovery and Sustainable Development of the Affected Regions (third decade after the Chernobyl disaster) A/RES/62/9
- 2005–2015 International Decade for Action, "Water for Life" A/RES/58/217

From <http://www.un.org/en/events/observances/index.shtml>

Note: The A/RES/mn/mnn references refer to the UN resolution establishing the Day etc. The full resolution can be found by an internet search for that number.

POSTSCRIPT

May I begin with a belated welcome to the New Year. We are planning a range of interesting activities during the coming year, and hope our members and friends find them exciting, as well as interesting and instructive.

In focussing on the UN Year of Pulses, their use around the world as an underrated food staple will feature in a number of our activities.

The UN Days give us a reason to feature these chosen days for special note, with our activities highlighting UN Day (our Dinner), Humanitarian Day, the UN Day of Peace, and the Day for the Elimination of Racial Discrimination, which is celebrated in Australia as Harmony Day.

Membership renewal due 1 April

The next Newsletter will be in April and after the start of our new financial year. A membership renewal form is included with this newsletter.

May I urge you to renew your membership (or if you are not already a member please consider joining UNAA(SA)). In saying that I would also note that we always welcome feedback on what we do, and how we communicate this to our members.

We welcome those who have become members since late last year, and point out that your membership is recorded as being for the 2016-2017 year.

This Newsletter

You will notice that this newsletter is only 8 pages. The increased postage cost makes me reluctant to risk exceeding the thickness limit on a standard letter. Although having said that I still firmly believe in having a printed newsletter available to all of our members who prefer to be able to read a paper copy.

In addition to our membership form there are two other inserted sheets. The first is a notice about our **Day in the Veggie Garden** on 27 February and the second describes how our plans are well in hand for the day for **Yoga for Harmony and**

Peace on 2 April. Everyone is invited to Victoria Square at 10.30 am.

We should support the Women's Day events around the 6th March. The past success of the Women's Day Breakfast has meant that the large number of seats available invariably sell out within four or five days of their becoming available. So while we can note it as a coming event I fear all seats have already been sold.

Discussion Evenings

Our regular bi-monthly discussion evenings have been a great success. The usual attendance of only about 12 means everyone has an opportunity to ask questions and participate in discussion.

Held on the third Tuesday of the odd numbered months, our next evening is on 15 March at 5.30 in the office.

At the time of writing the speaker has yet to be confirmed. We will talk about the UN International Year of Pulses, and hopefully not only learn about this important nutritious agricultural product, but also learn about how it is used around the world.

In January talking about the words of the UN Charter was appreciated by those who came along. It was worthwhile putting aside the time to examine how the internationally agreed Charter presented a path towards the future and a foundation for peace, even if constrained in places by the political realities from which it arose. For the future we should also consider looking in more detail at some of the later UN Conventions.

UNAA Adelaide Board meeting

As I am writing this, we look forward to the UNAA Board having their first "Face-to-face" meeting here in Adelaide. While "mad March" seems to have expanded into February, there could not have been a better time for new visitors to Adelaide, although most likely the time constraints faced by busy people, the kind of people who give their time to help and support the

management of UNAA in Australia, mean they are unable to stay and appreciate the special offerings of our remarkable Fringe Festival.

The meeting on Sunday 21 Feb has a very busy agenda, but I am delighted that our local executive committee will have an opportunity to meet some of our UNAA board on the night before the meeting.

Tim Buttery, our 2015 intern

Tim joined us for the latter part of 2015 as an intern. We do not often accept interns, but Tim was so keen to help we accepted his application which focussed on how he might help with the newsletter.

It proved a great success, especially for UNAA(SA). We must record our thanks to Tim for his contribution to the newsletter, and also welcome his ongoing involvement in joining the Committee and establishing and running our facebook page.

Our New Web Page

When Kathy Romeo joined us late last year she offered to compose a new web site for us that would address the shortcomings of which we were only too well aware.

She is a well known Barossa artist, currently studying web site design, and is well qualified. You can see the result at www.unaasa.org.au.

We thank Kathy for her willingness to take on this challenging task and join the Committee.

Camels

We were very much looking forward to 2016 being the UN International Year of the Camel. In early 2015 the Bolivian government petitioned the UN to officially recognise 2016 as the "International Year of Camelids", a subject we felt might have special appeal to South Australia after we heard from Pamela Rajkowski about the Cameleers brought to Australia 150 years ago.

Unfortunately the necessary resolution failed to be adopted during 2015 and our camel plans have had to be shelved.

*December 2015, John Crawford, President
phone: 8344 4978 email: pres@unaasa.org.au.*