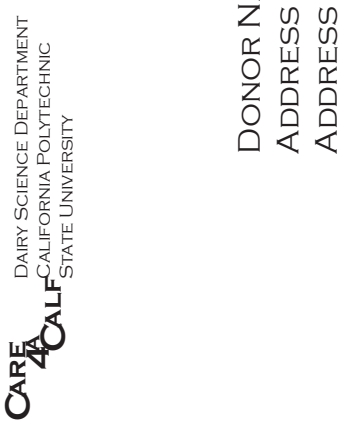Appendix 4. Care 4A Calf thank you postcard