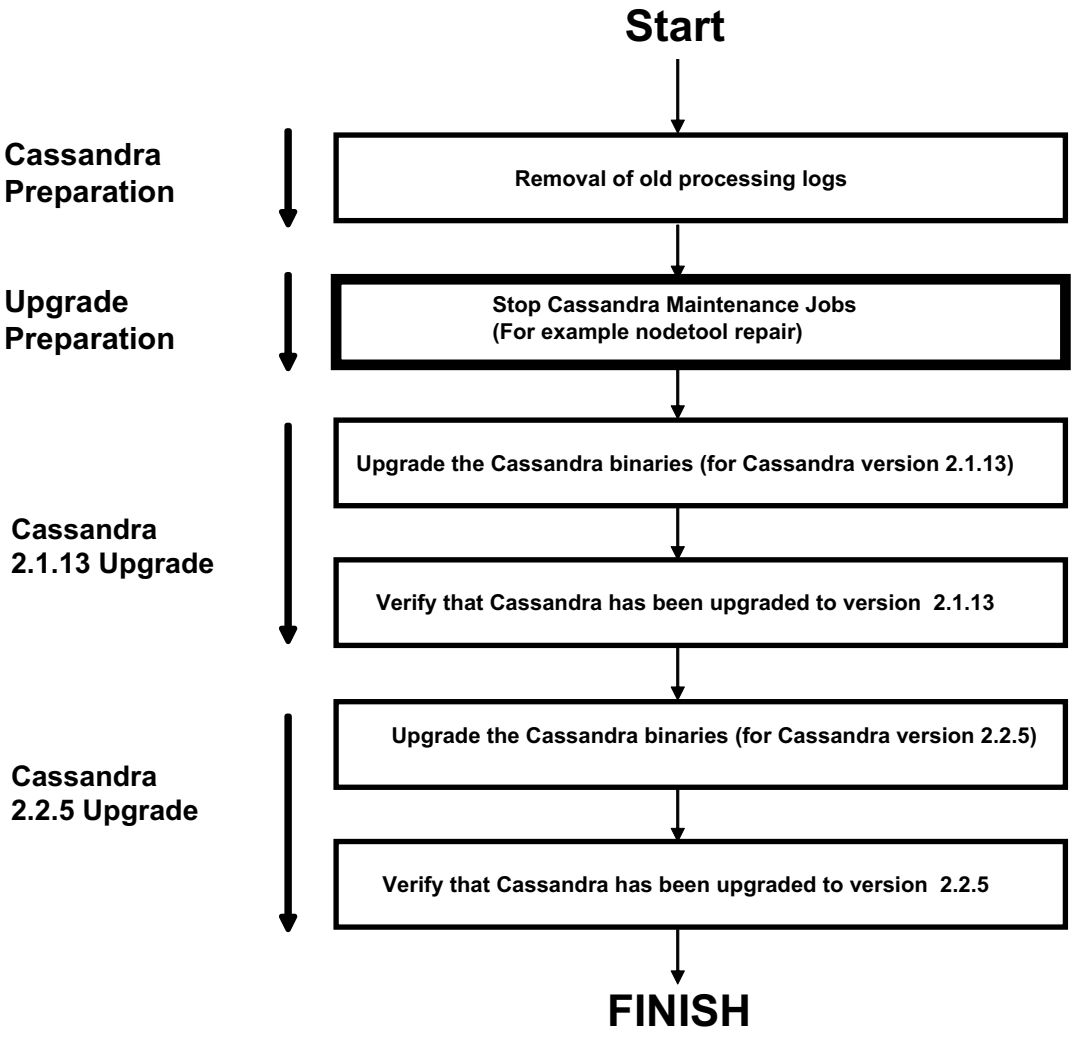Cassandra Upgrade Procedure - Exportingt the Proclogs (Alternative 2)