

JANUARY 2017

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THE POST

THE OFFICIAL RUTLAND/LINCOLN PARK & CURRIE BARRACKS COMMUNITY NEWSLETTER



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Talking About Dementia with Dr. David Hogan

Gain a better understanding of Alzheimer's disease and related dementias. Dr. David Hogan will lead an informative presentation and answer some questions from the audience. As a local expert on dementia, Dr. Hogan is the Medical Director of the Cognitive Assessment Clinic and holds the Brenda Strafford Foundation Chair in Geriatric Medicine at the University of Calgary. The Alzheimer Society of Calgary will also share information on the programs and services available to help you.

This is a fantastic opportunity for people looking to learn some excellent, introductory information about Alzheimer's disease or related dementias, or who may be searching for additional support, resources, hope and inspiration. There is no cost to attend but registration is required.

Saturday, January 28th 10 a.m. – 12:00 p.m.

Delta Calgary South (135 Southland Drive SE)

Register today

Visit www.alzheimercalgary.ca

Call (403) 290-0110

Email info@alzheimercalgary.ca

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newsletter@rutlandparkcommunity.com.
All editorial content must be submitted by the 1st of the month for the following month's publication.

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The information contained in this newsletter is believed to be accurate, but is not warranted to be so.

Great News Publishing and Rutland Park Community Association does not endorse any person or persons advertising in this newsletter. Publication of any advertisements should not be considered an endorsement of any goods or services.

IMPORTANT NUMBERS

ALL EMERGENCY CALLS	911
Alberta Adolescent Recovery Centre	403-253-5250
Alberta Health Care	403-310-0000
AHS Addictions Hotline	1-866-332-2322
ATCO Gas – 24 Hour Emergency	403-245-7222
Calgary HEALTH LINK 24/7	811
Calgary Police – Non Emergency	403-266-1234
Calgary Women's Emergency Shelter	403-234-7233
Child Abuse Hotline	1-800-387-5437
Kids Help Line	1-800-668-6868
Child Safe Canada	403-202-5900
Distress/Crisis Line	403-266-4357
ENMAX – Power Trouble	403-514-6100
Poison Centre - Alberta	1-800-332-1414
HOSPITALS / URGENT CARE	
Alberta Children's Hospital	403-955-7211
Foothills Hospital	403-944-1110
Peter Lougheed Centre	403-943-4555
Rockyview General Hospital	403-943-3000
Sheldon M. Chumir Health Centre	403-955-6200
South Calgary Urgent Care Health Centre	403-943-9300
South Health Campus	403-956-1111
OTHER	
Calgary Humane Society	403-205-4455
Calgary Parking Authority	403-537-7000
SeniorConnect	403-266-6200
Calgary Kerby Elder Abuse Line	403-705-3250
Alberta One-Call Corporation	1-800-242-3447
City of Calgary	311
Social Service Info & Referral	211
Community Mediation Calgary Society	403-269-2707
RNR Lockworks Ltd.	403-479-6161
Road Conditions – Calgary	511
Weather Information	
Gamblers Anonymous	403-237-0654

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RUTLAND PARK COMMUNITY HALL RENTALS

3130 - 40 Avenue SW,
Calgary, AB, T3E 6W9

Rental rates for the Rutland Park Community hall have been revised for all bookings made after February 29.

The new rate structure is:

Hourly Rate: \$50/hour

Admin and Cleaning Fee: \$75/rental

A four hour minimum rental is required on Friday, Saturday and Sundays.

If you are interested in renting the hall or would like more information on any of the classes running at the hall, please contact Lizzel Krueger at hallrentals@rutlandparkcommunity.com.

Visit the Community Association website to see what our beautiful hall looks like: www.rutlandparkcommunity.com/hall-rentals/
Contact Lizzel at 403-246-8318.

COMMUNITY ANNOUNCEMENTS!

Any member of the community may submit a personal classified ad and we will print it. Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc. Send your ad to newsletter@rutlandparkcommunity.com.

KEYBOARD SHORTCUTS

TO DO THIS:

Change the case of the letters
SHIFT +F3

Format all letters as capitals
CTRL+SHIFT+A

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RPCA BOARD

Visit our website for the latest information
<http://www.rutlandparkcommunity.com>

Board meetings are held the second Tuesday of each month at 7:30 PM, everyone is welcome

BOARD OF DIRECTORS 2015

President	Meera Nathwani-Crowe - 403 246 3303 president@rutlandparkcommunity.com
VP Communications & Website	Simon Davies - 403 700 9790 communications@rutlandparkcommunity.com
Membership	Shirley Williams - 403 240 4777 membership@rutlandparkcommunity.com
Ice Rink	Greg Winnicki - 403 246 1746 rink@rutlandparkcommunity.com
Secretary	Grace Kim secretary@rutlandparkcommunity.com
VP Development & Traffic	Leanne Ellis development@rutlandparkcommunity.com
VP Infrastructure	Ben Seaman infrastructure@rutlandparkcommunity.com
Newsletter	Jeromy Farkas - 403 975 5445 newsletter@rutlandparkcommunity.com
Recreation Coordinator	Gord Leach recreation@rutlandparkcommunity.com
VP Finance/Treasurer	Myles Dougan treasurer@rutlandparkcommunity.com
Lincoln Park Liaison	Amber Cannon lincolnparkliaison@rutlandparkcommunity.com
Sarcee Meadows Liaison	Randy Senft sarceemeadows@rutlandparkcommunity.com
West View Parc Liaison	Craig Marceau westviewparcliaison@rutlandparkcommunity.com
Currie Barracks Liaison	Patti McMillan curriebarracks@rutlandparkcommunity.com
Social Committee	Megan Justason social@rutlandparkcommunity.com
Special Projects	Gayle Fields rpcaspecial@gmail.com

COMMITTEES:

Community Garden: Judy Silzer | gardens@rutlandparkcommunity.com

CONTACTS:

Hall rentals	Lizzel Krueger	hallrentals@rutlandparkcommunity.com
City Recreation Coordinator	Cathi Groves	cathi.groves@calgary.ca
Police Resource Officer	S. Gallant	s.gallant@calgarypolice.ca
Emergency contact for RPCA Hall	Lionel	403 890-7017
Community Social Worker	Cynthia Lokko	Cynthia.lokko@calgary.ca

PRESIDENT'S MESSAGE

Dear Friends and Neighbours,



*Happy New Year!
I hope you all had safe and happy holidays with your loved ones.*

Volunteer of the Year

Nominations are now being accepted for Volunteer of the Year. If you would like to acknowledge someone for their work either locally or globally, please send an email to President@RutlandParkCommunity.com with a short description explaining why you wish to make the nomination. Nominations will be accepted until Jan. 31st, 2017.

Our New Board

I am very pleased to introduce to you the newest members of the board:

Bill Baird

Dan Ferguson

Roni Sagal

We are so fortunate that we live amongst an abundance of diverse, talented people who are willing to commit themselves to our community. Please join me in welcoming them to the board.

In addition, I'd like to thank our board members who have stepped down, for their years of service to us:

Amber Cannon, Lincoln Park Liaison (and Enough For All and anti-poverty advocate)

Myles Dougan, Treasurer

Jeremy Farkas, Editor (and candidate for City Councillor)

Gord Leach (and our longest serving board member, 15 years!)

Ben Seaman, VP Infrastructure

Parting Words

After 4 years on the board, this will be my final newsletter update as the President of the Rutland Park Community Association. I would like to acknowledge all past board members and volunteers with whom I have had the privilege of working. The tides are changing on both local and global levels. From

Alberta's economic downturn, to the protectionist movements in Britain and the US, these times of change, be it for good or bad, can cause us to worry. But there is little to be gained from worrying about the future. What matters most is who we choose to be in the moment.

I hope that you, like our board members, will continue to choose to be there to support our friends and neighbours. I hope that you will continue to choose to invest yourself in our amazing community, and not take for granted that which needs to be nurtured. And I hope that you will continue to choose to be inclusive and embrace our diversity.

A friend recently returned from a trip to Rwanda, and I was so inspired by what I learned from him that I'd like to leave it with you. Despite the atrocities of the past, their people are creating a new identity, not Tutsi, not Hutu, but Rwandan. Their commitment to reconcile and rebuild their nation is so strong that every Rwandan commits one half day of community service per week. This is the new story of Rwanda which I hope one day will be told to the world. And I hope that this story causes you to think about what values you want to uphold in our society, and in our community.

In gratitude,

Meera

MESSAGE FROM INTERIM PRESIDENT

I have taken over as interim President, but we would love to have a volunteer that could join our Board as President. Depending on your time commitments, you could chair our 2 hour monthly meeting and monitor and respond to emails, or you could also get involved in a number of initiatives both around our communities and around the City—we appreciate whatever time you have to give!

If you don't feel that you are able to take on the position of President, we would also appreciate your participation around community initiatives such as resiliency, engagement and communication, building safe communities, our annual clean up, and social activities. You can join the Board, join/head up a committee, volunteer at events, or contribute to our newsletter—many hands make light work, and many minds make what we do more meaningful. Please join us where you can!

Leanne Ellis

Acting President

DEVELOPMENT & TRAFFIC REPORT

I would just like to highlight what has been happening/going on behind the scenes this past month, in no particular order:

I attended the Ward 11 Planning and Development Information Session. The City is looking at providing more information online and is starting with a PD Map which shows Land Use Redesignation and Stream IV (more complicated) Development Permits online. It can be found here:

<https://developmentmap.calgary.ca/>

I confirmed with Councillor Pincott that he has started investigating the process of redesignating the park on Hampton Crescent to S-SPR; my initial inquiry has lead him to investigate similar spaces in Ward 11 and he will put the motion forward for 3 other similar parks in Ward 11 as well.

The stop sign at Mary Dover and Beny-sur-mer was approved and assigned on October 16, 2016, so hopefully will soon be in place.

I provided feedback on Land Use Bylaw Amendments around food growing, processing and distribution. The City has done a good job of coming up with some creative ways to tap into underused land resources as

a source of food production. I raised, however, 2 concerns with regards to potential changes in established low density areas—that entire front lawns are not given over to food production, as the growing season is short and the dust for the rest of the year would be like living in a new development, and that rooftop greenhouses not exceed the maximum height for the building as it would create overlooking and privacy issues and potentially overshadowing depending on the construction materials and density of growth in the greenhouse; front yards should be landscaped and maintained in some fashion and could include food production mixed in with perennial beds, or a restricted footprint for a food-production-only-bed so that front yards don't become dirt pits for 75% of the year. Panel details can be found here—

<http://www.calgary.ca/PDA/pd/Documents/Calgary-Eats/Food-bylaw-open-house-panels-Nov-2016.pdf>

If you have not already signed up for our email updates, please do so at our website-- rutlandparkcommunity.com The City often gives us very short notice for upcoming events, and this is the quickest way for us to reach you. Thank you for your ongoing support.

Leanne Ellis
RPCA VP Development and Traffic
development@rutlandparkcommunity.com

LETTERS TO THE EDITOR

We look forward to receiving your letters. You have suggestions about articles or events, then please send them to us. If you have concerns or would like to give kudos to a neighbour, we welcome them as well.



Rutland Rink Report

Rutland Rink

Well Ole Man Winter has finally arrived this past week so our very hard working crew should be able to lay down a sufficient amount of ice. A lot of volunteer hours have gone in to this point and I thank the crew for their early dedication. Please feel free to contact us or come by the rink if you can offer some volunteer time. The more hands the better the ice.

Update on Skate Shack Expansion

After some time we now look to have all the groups responsible in place and look forward to moving ahead.

Over the next five months we shall engage the various groups and construct a hard plan to begin construction as the ground becomes available in the spring. We shall update as we move along. Thank you everyone for your patience.

Greg Winnicki

BRAIN GAMES SUDOKU

9			6			4		5
	8			7				6
						3	8	
	9		1	2	3			
3								2
			5	9	8		3	
	7	2						
4				5			1	
6		5			7			8

FIND SOLUTION ON PAGE 23

EDITOR'S CORNER

A thank you to Jeromy Farkas for being the editor of The Post over the last year. Jeromy has had to step down as he will be running for City Councillor in Ward 11 in the up-coming election in November 2017.

The attendance at the Annual General Meeting was disappointing to me. I see a few residents working very hard to keep us as a viable and progressive community and yet they receive what is to me little interest and support from the residents for whom they are working so hard. Remember, our communities are jewels communities and if we want to keep it this way we need to all work together to attain that goal. The more residents who become members gives our Community Association a stronger voice in the future of our neighbourhoods.

I have included the Minutes of the AGM so that you can all see what is going on in our community association and also to show you that it is not a long painful meeting. It was actually fun and interesting. I would also like to remind you that your should feel free to contact any Board member with your concerns and your praises. You are also invited, as a member of the community association, to come and voice your questions and concerns at any RPCA Board meeting. These are held at 7 pm every 2nd Tuesday of the month.

I would also invite any of you to contact me at gaylefields@shaw.ca or 403 249-1358 if you would like to share ideas for The Post or would like to help me out with doing interviews, taking pictures, or writing articles. The more minds we have working together will make for a more interesting and relevant read for all of us.

Add to your New Year's Resolution list: "I will commit at least one day to my community as a volunteer."

Let's make 2017 a vibrant, progressive, and exciting year for our community.

Gayle Fields



RPCA November 2016 Annual General Meeting Minutes November 15th, 2016 at 7:30pm

Board Members: Grace Kim, Ben Seaman, Meera Nathwani-Crowe, Gayle Fields, Simon Davies, Craig Marceau, Randy Senft, Megan Justason, Shirley Williams, Gord Leach

Guests and Community Members: Brian Pincott, Isabelle Reznik, Roni Sagal, Judy Silzer, Mike Thompson, Mike Visser, Bill Baird, Valerie McIntyre-Baird, Marion McIntyre, Barb McVeigh, Shani Bosnan, Rosa Marceau, Bob Morrison, Annalise VanHam, Dave Robertson, Nicole McRae

Guest reports

1. Ward 11 – Councillor Pincott
2. Has been working on budget for next year and final product will be emailed out
3. Looking from an adjustment perspective. Council would like a zero tax increase through various cost saving mechanisms with least amount of service decrease
4. Building more transit

5. Affordable housing is still a huge problem in this city. Homeless number has gone slightly down
6. Pedestrian strategy has been developed. Needs to be implemented.
7. Looking at how we can diversify our economy and how to stimulate our economy through small and mid-size businesses
8. There will be no community space in CB. No plans for city to purchase and CLC had no plans for it to begin with and hasn't expressed interest in it after being asked
9. Councillor Pincott reached out and Tsuu Tina has no interest in ground breaking ceremony for the new skate shack.
10. Ward 11 boundaries will be re-drawn along with most of the other wards. Ward 11 needed to grow by picking up communities on east side of Macleod Tr and areas of downtown. To counterbalance RP and some other communities got moved to Ward 8.
11. Traffic issues after Flanders opening. Councillor Pincott will follow up on that.

Board reports

1. President
2. Importance of board
3. Community resiliency workshop
4. Monthly Knox conversation

Traffic and Development

1. support for the MRU Bikeways Proposal and MRU Master Plan
2. letter writing to the City in support of the role of Community Associations; concern that major changes to the Land Use Bylaw are only advertised on Facebook
3. letter writing in an effort to keep all of our communities within the same Ward boundary for next election
4. ongoing lobbying for traffic calming, parking restrictions and measures to increase pedestrian safety
5. lobbying to keep the Roads Depot Land attached to Currie Barracks for development purposes and input
6. investigated the impact of the proposed RNP landing procedures with the Airport Authority
7. letter writing to address the impact of the removal of minimum lot width and maximum suite size on our R-C2 lots
8. detailed review and support of the urban plaza core of Flanders Point in Currie Barracks
9. feedback with regards to the Crowchild Trail Study and 17 Avenue Optimization
10. feedback to the City around the LUB changes for Skateboard Ramps and continued monitoring of Contextual Development
11. letter of concern to the Minister of Municipal Affairs with regards to lack of accountability and potential loss of engagement/consultation with the proposed new City Charter

Social

1. Increase in events run by RPCA and also in partnership with other organizations
2. Ideas, wanting to volunteer, or need info, contact Megan

Membership

1. Membership total as of end of July. Expect the number to increase with membership drive occurring right now

Infrastructure/Skate Shack

1. funding from casino and provincial grant is in place
2. awaiting City of Calgary's commitment and development permit from the City
3. if all proceeds as expected, work should commence in early spring depending on weather
4. will include beautification, much needed RPCA office, storage space for new rink equipment, and addition of rental space

Liaison Reports

Lincoln Park

1. Painting Hope was successfully built by residents
2. Christmas Wish Tree. All residents of Rutland Park came together to provide gifts and a visit from Santa. Plans for future?
3. Residents became more active in building their community with the Haunted Halloween House, summer slide fun and a new park being built in the red housing
4. Tool box opening

- continues on next page

AGM MINUTES

Currie Barracks

1. In November we celebrated the official opening of the Flanders Interchange.
2. With our proximity to MRU we are having parking issues. Our community is approved for zoned parking and some blocks have declined to implement. If you are interested in zoning you can submit request to 311.
3. Victoria Cross Park will be lit up this year with Christmas lights. Thanks to the Victoria Cross Residents' Association that undertook this initiative.

Westview Parc

1. Brought identity to Westview Parc in Rutland Park and promoted bulk membership. Will continue to promote awareness of RPCA
2. Work with WVP bylaw officer and our community resource officer to improve safety in our community
3. Collaborated with Leanne, City Road Works and Traffic to pave service road between 44th and 45th Avenues parallel to Sarcee Road.
4. Will continue to work on improving involvement and accountability with ward office, when the ward changeover is made

Financial Report

Net Income – increase over 2 years in income

Assets – up this year, majority due to fundraising and grants

Liquid Assets – a lot of cash for skate shack expansion

Motion: Move to accept the financial statements for the Rutland Park Community Association for the fiscal year end August 31, 2015 as presented by the board (Isabell, Meera). All in favour. Motion passed.

Motion: Move that the Rutland Park Community Association appoint an auditor from the Federation of Calgary Communities for the fiscal year end August 31, 2017 (Annalise, Roni). All in favour. Motion passed.

Volunteer of the year

Get nomination in by January 31, 2017. Send email to new president.

Door prizes – Annalise, Mike, Marion, Nicole, Shantie, Judy, Barb, Rosa, Roni, and Bob.

Board Nominations

Leanne Ellis, Megan Justason, Roni Sagal, Gayle Fields

Greg Winnicki, Simon Davies, Bill Baird, and Dan Ferguson.

Motion: Move to accept the slate of nominees as new board members (Meera, Shirley). All in favour.

Motion passed.

Thank you to outgoing board members

Adjourn Meeting, 8:31pm (Craig, Simon).



Walk About

"Well, Maikai, so much for the holiday, I guess we are back at work again."

"Oh Teangi, I am just so excited and I know there is a lot to talk about."

"Let's first remind everyone to keep their walks and driveways shoveled. We have lots of people walking the neighbourhood – older people, dog walkers, postal carriers, Moms pushing strollers, etc. and we don't want to see anyone fall or worse, someone being sued because they didn't shovel their walkway."

"That's a good point, Teangi"

"Maikai, we should also encourage people to be snow angels to their older neighbours and to those with disabilities or single parents with kids. It warms one's heart to do a kindness for others. It is like giving yourself a gift."

"Teangi, let's remind everyone to feed the birds this winter. We all like the sound of birds chirping throughout the day and it is hard for them to find food in the winter."

"Does that include the squawk of magpies!"
"Well, they are nature's cleaner-uppers!"

"Enough said on that point, we feed the birds, the hares, and the squirrels! During the winter we can watch the squirrels chasing each other around the trees, watch the snowshoe hares leap and bound through the snow, and the bird's hopping from bush to tree." Makes for a more interesting day."

"We have an idea. Why don't some of our readers send us a photo of your best furry friends and a little bit about them and we can put it in The Post?"

"Keep safe and warm everyone and Happy New Year!!"



COMMUNITY ASSOCIATION MEMBERSHIP FORM

Mail or drop off your completed application to:
Rutland Park Community Association, 3130- 40 Avenue SW, Calgary, AB, T3E 6W9
or call Shirley at 403-240-4777 or membership@rutlandparkcommunity.com

Select Membership Type:

- ☐ Family: 1 year - \$15.00; 3 year - \$36.00
☐ Single: 1 year - \$5.00; 3 year - \$12.00
☐ Senior: 1 year - \$5.00; 3 year - \$12.00

Name: _____

Home Address: _____ (please print)

Phone Number: _____

Email Address: _____

Payment Enclosed: _____

Be sure to include your email address so we can keep you up to date with community news and events of interest to you.

Your support through membership is critical to Rutland Park Community Association's success in negotiations with the various governments (municipal, provincial and federal) and business entities that your board interacts with on a regular basis.

Thank you for your participation.

Rutland Park Mission and Values:

The results of several brainstorming sessions by the Rutland Park community board were presented at the May 23 Town Hall Meeting. These important statements will be used to guide our work and decisions. Your feedback is welcome!

Our Mission and Values:

Our mission is to engage community residents, advocate on their behalf, foster community spirit, and practice meaningful stewardship while honouring our past.

What your Board Commits to Do:

- I. Engaging and including residents of our community
- II. Addressing community concerns in a transparent fashion
- III. Conducting board business in an ethical and fiscally responsible manner
- IV. Making decisions based on the needs of the community as a whole

- V. Communicating board decisions with one voice
- VI. Following through on the commitments and action plans we undertake

Community Values we will uphold:

- honouring our heritage
- connectedness: bringing people together
- knowing neighbours, cultural hub, social activities
- everybody is given a voice
- slow inner city living
- pride in our community: volunteerism, participation
- safe community where people can have fun
- pleasant surroundings/maintaining green space and excellent community facilities
- pedestrian friendly: easy walking, cars secondary to people
- self contained: close to amenities, community garden, sustainable
- accessible, age friendly
- desirable quality of life: all season activities
- promote accessible recreational activities

MEMBERSHIP REPORT

Membership Rates

- Family 1 Year = \$15
Family 3 Year = \$36
Single/Senior 1 Year = \$5
Single/Senior 3 Year = \$12

Membership Rates—Memberships cover a period from October 1 to September 30 of the following year

The **1 Year Family membership fee is only \$15.00** which works out to \$1.25/month, and that is less than a cup of coffee these days. Buying a membership does not mean that you have to be an active participant, but it certainly indicates to the various levels of government that you support the projects and advocacy taken on by the RPCA Board on behalf of the communities which form our community association.

Please consider becoming a member. You can **sign up using the form below**, or you can contact **Shirley Williams at 403-240-4777** to register (and/or make payment if you are not paying online with PayPal or your credit card).

These reasons are all familiar to the Board of Directors, but it's important to understand how your membership helps out the whole community. Here are a few examples of what we achieved over the past 12 months:

Events and Activities

- 2015 Hallowe'en Party RPCA Hall (Oct '15)
Ukrainian Cultural Celebration (Meal & Entertainment) (Nov '15)
RPCA Kids Christmas Party (Dec '15)
Christmas Wish Tree for Children & Youth (Dec '15)
Volunteer Appreciation & Celebration of 2015 Volunteer (Leanne Ellis) (Jan '16)
Resiliency Project Workshop in collaboration with Knox Presbyterian (non-denominational) (Feb '16)
Seniors' Fitness (Fall & Winter sessions)
Family Movie Night (Partner & Sponsor DDRC) (Sept '16)
Billie & Cheer Chili Cook-off (Feb '16)

- Parents & Tots (Mondays 9:30-11:30 am)
St. Paddy's Pub Night & Name That Tune (Mar '16)
Easter Egg Hunt (Mar '16)
Parade of Garage Sales & Sarcee Meadows Sidewalk Sale (June '16)
Spring Clean-Up (June '16)
Website Improvements & Updates (ongoing)
Show & Shine Antique Car Show (partnering of Royal On-line Membership application & payment
Park Retirement Residence & RPCA) (Aug '16)
Trial Concession at the Skate Shack (Drinks & Snacks)

On-going advocacy regarding:

- Currie Barracks: ongoing development reviews with Canada Lands, parking restrictions and development site safety
Rutland Park: Land use, Major Renovations & New Builds
All RPCA Communities: Traffic & Pedestrian Safety
Skate Shack Expansion & Upgrades (ongoing)
Community Garden (second year of Operation)
Little Free Library established in the Community Garden
Website Improvements & Updates (ongoing)
On-line Membership application & payment
Representation at City of Calgary Projects that Impact RPCA communities with comprehensive Reports back to RPCA via monthly updates in THE POST and on the Website under Traffic Development
RPCA volunteers raise funds for RPCA
Projects by volunteering two nights at an Assigned Calgary Casino (Jan '16)
The Post delivered to your home the first of The month & on this RPCA website
The RPCA Board hopes you will deem these efforts worthy of your support through MEMBERSHIP.
If you want to help with the membership committee please contact me at:
403-240-4777. Volunteers are needed from all three communities – Lincoln Park, Currie and Rutland Park.
Shirley Williams

Rethinking Rubbish & Recycle

Here in Westview Parc, we as many Calgarians have been attempting to accommodate the several changes required to make in regards to our disposed household items and waste.

Although the majority of our residents have come to understand the need and are cooperative, others tend to follow if the majority do, and then there are the small few, impossible to reason with unless there is an extra nudge involved.

In our neighbourhood, we have charming decorative commonly shared bins that residents put bags into, this is outdated and have caused a host of problems with various critters that are getting to the bags and when we would solve one problem another would soon after take its place. To solve this, we are in the process of moving towards the dreaded dumpster bins and will try to incorporate them into our landscape as best as we can.

The city has as of last year released a long list of various fines they can and intend to impose, we since have opted to minimize the imminent barrage of fines we will have come to face and since it is difficult to monitor and regulate a significant amount of houses to follow the rules, it is very apparent this could potentially add up very quickly to sizable amounts.

Private companies are the way to go for multi family dwellings and condos, they sort these items and reduce the chance of encountering serious infractions and the penalties imposed along with them. For those that continue to rely on city pickup, its sounds like the city intends to educate and I hope will be given time to make necessary changes to get on board with the pressure to conform. Even going private will eventually end up in the same place, the City landfill, the best hope for everyone involved is if the City intends to further simplify the system, in turn this will reduce confusion and should increase cooperation.

MUSINGS OF THE MEADOWS

Hello folks, it has been a long time since I spoke, but I am happy to be back. Our wonderful community continues to do good work. As this goes to publication in early 2017 I extend a very Happy New Year to one and all.

It is a special one for Canada, we are 150 years old, Wow!! As in the past our social committee under the leadership of Megan Justason is busy preparing for yet another exciting year. The Annual Chili Cook off is fast approaching, and we have set a date for our second Ukrainian event featuring a return by the fabulous Hopak Ensemble. Read Megan's report for details.

Also, in February, I will introduce you all to "Diane". Her story will inspire you. Till next month my very good wishes to all of you, and remember do take time to smell the Roses.

Warmest regards
Isabell Reznik.

COMMUNITY ANNOUNCEMENTS

Deadline – 1st of each month for the next month's publication
Contact news@great-news.ca

- ◆ Free announcements: lost/found, household items for sale, wanted, garage sale, student/senior services, etc.
- ◆ Forty word limit

LOVE TO SING? Want to experience the benefits of singing in a welcoming vocal community? Vocal Latitudes may be the choir for you. A non-audition World Music community choir, Vocal Latitudes meets Tuesday evenings from September to May in a convenient central location. For more information, see www.vocallatitudes.org.

BUSINESS CLASSIFIEDS

For business classified ad rates call Great News Publishing at 403-263-3044 or sales@great-news.ca

RIGHTWAY PLUMBING AND HEATING: Has been happily serving the Rutland Park area with quality work, happy clients and fair pricing; with second generation experience, there is no job we can't handle. Furnaces, softeners, garburators, appliances, humidifiers, faucets, water heaters, bathroom renos and gas lines also! Installed with great warranties. Call 403-968-6630.

BMP MECHANICAL LTD: is a professional mechanical company offering plumbing, heating, air conditioning and drain cleaning services for Calgary and area homeowners. Our services include: repairs and installation of new furnaces; hot water tanks and air conditioning systems; regular maintenance and emergency drain cleaning - including drain video inspections. Contact us at 403-816-4409 or service@bmpmechanical.com.

HOME BUSINESS OPPORTUNITY: Clinicair is the leading provider of Indoor Air Quality and Medical Grade Duct Cleaning services in Canada. We are looking for a dealer in Calgary to represent our growing company. We offer a royalty free business. Clinicair supplies you with the latest technology, and training. Call Craig: 1-416-277-6067.

NEIGHBOURHOOD CONFLICT? Community Mediation Calgary Society (CMCS) is a no cost mediation and conflict coaching service that can help you resolve problems and restore peace! We help neighbours be neighbours again! www.communitymediation.ca, 403-269-2707.

K2 BOOKKEEPING: Are you too busy to keep up with your bookkeeping? Experienced bookkeeper now accepting new clients. Specializing in small to medium sized business. Twelve years of experience with QuickBooks and Simply Accounting, GST, Payroll, WCB Filing, T4 Filing, and competitive rates. Phone Katie 403-870-0737.

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RPCA Real Estate Update

Last 12 Months RUTLAND PARK MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2016	\$569,900	\$555,000
October 2016	\$0	\$0
September 2016	\$695,000	\$695,000
August 2016	\$719,900	\$705,000
July 2016	\$0	\$0
June 2016	\$874,900	\$835,000
May 2016	\$799,800	\$775,000
April 2016	\$399,900	\$387,075
March 2016	\$0	\$0
February 2016	\$519,000	\$521,000
January 2016	\$550,000	\$515,000

Last 12 Months LINCOLN PARK MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2016	\$255,000	\$245,000
October 2016	\$174,900	\$170,000
September 2016	\$309,900	\$300,000
August 2016	\$324,988	\$313,000
July 2016	\$334,900	\$326,000
June 2016	\$309,900	\$305,000
May 2016	\$289,450	\$280,000
April 2016	\$308,900	\$298,000
March 2016	\$325,000	\$295,000
February 2016	\$254,950	\$248,000
January 2016	\$319,900	\$306,500

To view more detailed information that comprise the above MLS averages please visit rutland.great-news.ca, lincoln-park.great-news.ca or currie_barracks.great-news.ca

Last 12 Months CURRIE BARRACKS MLS Real Estate Sale Price Update

	Average Asking Price	Average Sold Price
November 2016	\$0	\$0
October 2016	\$1,119,000	\$999,999
September 2016	\$0	\$0
August 2016	\$949,800	\$935,000
July 2016	\$0	\$0
June 2016	\$1,138,888	\$1,045,000
May 2016	\$839,000	\$830,000
April 2016	\$989,000	\$961,000
March 2016	\$0	\$0
February 2016	\$0	\$0
January 2016	\$1,177,000	\$1,100,000

Wanted: Rutland Park Community Clean-Up Coordinator(s)

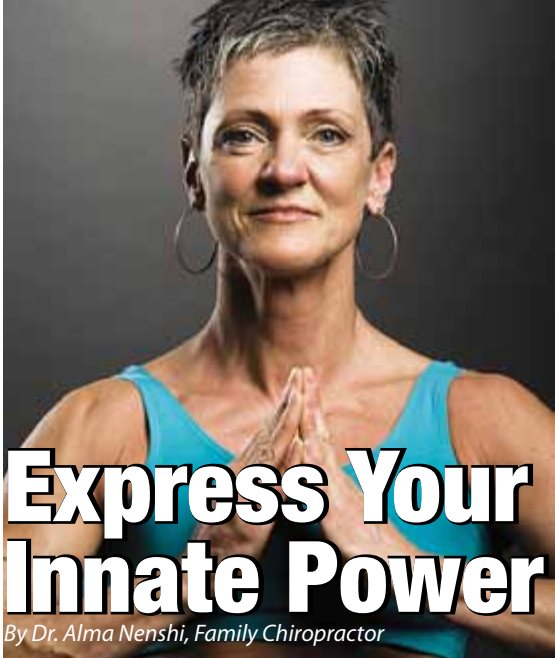
We are in need of a community member(s) to take on the role of Coordinator for the Annual Community Clean Up.

As you know, this is a fabulous day in our community and the work is very rewarding.

I am happy to offer any support in transitioning this role. It could be done solo, in a partnership or a team.

Don't hesitate to call if you have any questions.

Sue Helland
403 249 5900 • gsleach@telusplanet.net



The Power that made the body heals the body. You have the innate wisdom to live the life you were designed to live. By letting go of negative thought patterns and destructive energy, you release what holds you back in life. Not only does this create more capacity for gratitude and abundance, it helps you deal with stresses in a healthy fashion while recharging your life with energy!

Give yourself permission to de-stress and heal from above-down, inside-out, physically, chemically, emotionally and spiritually. Recharge by living intentionally with integrity, honesty, kindness and love. Still if you are always feeling tired and no amount of rest fully recharges your batteries, take stock of what's important in your life. Is there incongruity between your thoughts and your actions? What must you do to course-correct?

True healing, be it physical, emotional, chemical, or spiritual, only occurs when 3 things are in place. First you must restore your energy reserves. Second, you need to remove or cope with all stresses that deplete your energy. And third, you must be able to organize your body's energy into healthy function. Healing cannot occur when the body is in crisis. Below are a few ways we naturally support patients in these three areas.

Since the body uses DC current to regenerate itself, we offer modalities that rely on DC current to help restore

the body's natural healing energy. Frequency Specific Microcurrent (FSM) is a low risk, non-invasive and incredibly effective therapy for nerve and muscle pain, inflammation and scar tissue. In a study with patients suffering with fibromyalgia associated with neck trauma, FSM reduced inflammatory cytokines IL-1 by 75% in only 90 minutes and reduced pain from average of 7.4/10 to 1.4/10 in 90 minutes. Our Erchonia PL-5 laser also increases energy at a cellular level while acting like a calculator that subtracts pain, while our BrainTap light and sound therapy clinically calms brain stress using brain entrainment technology to promote healing.

Of course plugging the holes in a bucket is just as important as filling it. Over-utilizing vitamins and supplements can tax the detoxification systems unnecessarily. While we can identify the specific supplements that best support your body's needs, we can also help you wean off those that you may no longer need.

Finally, it's not enough to just replenish your energy reserves; you must convert this energy into healthy biological functions, a process controlled by a delicate network of communication pathways called your nervous system. By alleviating stress on the nervous system, chiropractic adjustments enhance the functional health of everything the brain controls, including your digestion, reproduction, hormones, cardiovascular system, energy, pain, etc.

Most importantly, a healthy nervous system allows you unrestricted access to the innate wisdom within you, the source of all your inspiration, intuition and healing. Your nervous system is your lifeline to your inner Power, enabling you to live the way you were designed to live, strong, healthy, happy, vibrant, loving, and full of energy and potential!

As Wayne Dyer reminded us numerous times during his life, "Row, row, row your boat gently DOWN the stream." When you are able to let go and follow your intuition, you allow yourself to be an instrument of the Power that created the universes, directing your life as part of a greater plan. New thoughts and ideas will inspire you to take action, steps you otherwise may not have considered, but will ultimately accelerate you towards your life's path and purpose. Your life will unfold and manifest in ways you never expected. All you need to do is stay connected to your Power and trust in the process.... Then sit back and enjoy the ride!

IN & AROUND CALGARY



FEDERATION OF
CALGARY COMMUNITIES

Top 4 New Year's Resolutions for a Better Neighbourhood

*A message from the Federation of Calgary Communities
Building Safe Communities Program*

Happy New Year! A better neighbourhood starts with you - start 2017 by being a good neighbour!

Here are 4 initiatives you can do to improve your neighbourhood:

- 1. Don't be a stranger** - Make it an objective to say "hello" to at least three neighbours that you don't know by name. Who knows maybe you'll make new friends!
- 2. Experience the great outdoors** - Plenty of neighbourhoods across our city have access to parks and pathways. Make it a point to be outside more often. Not only is getting outside good for your mental and physical health but it can build a greater appreciation for your neighbourhood.
- 3. Look out for one another** - Creating a safer community requires doing 1) and 2) on the list. When you're connected to your neighbours a sense of safety can be achieved. The more often you're outside, you can readily identify any unsafe aspects in your community.
- 4. Purchase a membership** - Obtaining or renewing an annual membership to your community association can offer social, recreational opportunities and community life.

For more resources check out our website at www.calgarycommunities.com under the Building Safe Communities tab.



CALGARY PUBLIC
LIBRARY

Celebrate Family Day at the Library!

Drop in for activities, storytimes, and more this Family Day. Everyone's welcome to join in the celebration happening at these community libraries:

Country Hills | Crowfoot | Fish Creek | Saddletowne | Shawnessy | Signal Hill

February 20, Noon- 5:00 pm | No registration required.

#Read150

Canada 150—read 150 books in 2017! Pick up your free *Great Reads 2017* reading guide from any community library in Calgary. It's chock full of incredible reading recommendations for every member of your family. Visit calgarylibrary.ca to find out how you can be entered to win great prizes just for reading!

Bill's Book Café with Evan Woolley

All Calgarians are welcome to join *Bill's Book Café*! Library CEO Bill Ptacek and City Councillor Evan Woolley host a lively discussion of *The Sisters Brothers* by Patrick deWitt.

Alexander Calhoun Library
Friday, February 24 | 7:00 pm



REAL ESTATE COUNCIL OF ALBERTA



Ask Charles

I'm selling my home, and the potential buyers also want to use my real estate professional to represent them. Is that allowed?

To submit a question, email askcharles@reca.ca.

Yes, that's allowed. The situation you're referring to is called transaction brokerage. Transaction brokerage is a service option when your real estate professional represents a buyer client interested in purchasing the property in which you are the seller client. The reverse is also true – transaction brokerage is a service option when you're interested in buying a property and the property's seller is also represented by your real estate professional.

When a real estate professional works on behalf of only one client in a transaction – the buyer or the seller - they have legal responsibilities, which include:

- undivided loyalty to their client
- acting in their client's best interest at all times
- the duty to avoid conflicts of interest
- the duty to disclose conflicts of interest when they arrive.

Transaction brokerage changes the services your real estate professional is able to provide to you and to the other party in the transaction. A real estate professional who is working with both the buyer and the seller in a transaction cannot fulfill all of their legal responsibilities because there is a conflict between the best interests of the buyer and those of the seller. The buyer wants to pay as little as possible for the property, while the seller wants to sell their property for the highest possible price. It is impossible for a real estate professional to advocate for and represent the best interests of a buyer client AND seller client in the same transaction.

This is when and why transaction brokerage becomes an option. In transaction brokerage, the real estate professional will provide facilitation services to you and the other party. These services include:

- helping the buyer and seller negotiate an agreement
- giving the buyer and seller property statistics and information, including comparative information from listing services and local databases
- providing and preparing agreements of purchase and sale, and other relevant documents according to the buyer and seller's instructions

A transaction facilitator has to treat both parties in an even-handed, objective, and impartial manner. They must remain neutral, not advocate for either you or the buyer, and they cannot provide confidential advice.

Before a real estate professional proceeds with transaction brokerage, both the buyer and the seller need to provide their informed consent by signing an *Agreement to Represent both Buyer and Seller*. Informed consent means each client understands the facts, implications, and future consequences of providing their consent. You do not have to consent to transaction brokerage. If you don't consent to it, or the other party doesn't, there are other options available to you such as seeking representation from a different real estate professional.

"Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta.



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Approving, and Building, Energy Projects

As Prime Minister Justin Trudeau wrote in his mandate letter to my colleague Natural Resources Minister James Carr: “it is a core responsibility of the federal government to help get our natural resources to market...” It is a clear direction, by both this government and yours truly, to gain access to tidewater for Alberta’s products and to exporting energy abroad, and was why we approved both Trans Mountain and Line 3 on November 29th, 2016.

However, as the Prime Minister has emphasized time and time again, the only way to get resources to market in the twenty-first century is if they are done **sustainably** and **responsibly**. The environment and the economy are two sides of the same coin, and it is not possible to achieve long term economic success without having the trust of the Canadian people, support by Indigenous Peoples, and allaying local concerns.

This is why we are working with the provinces and territories to develop a Canadian Energy Strategy. It’s why our government has committed \$1.5 billion over the next five years to have a world-leading Oceans Protection Plan to safeguard our coasts and invest in the transportation corridors that gain access for all of Canada’s products abroad.

It’s why our government is moving forward with putting a price on carbon pollution, which will give us a competitive edge internationally and incent the marketplace to innovate to build a clean-growth economy. This will also have the additional effect of safeguarding Canadian’s health and clean air, and bring new and exciting job prospects for middle-class Canadians.

It’s why, in the fall of 2016, our government approved Pacific Northwest. This project has an estimated total capital investment of up to \$36 billion and is one of Canada’s largest resource development projects. This project will provide some 4,500 middle class jobs during construction and 630 indirect/direct jobs during its operation.

It’s why we are ensuring the environmental risks linked to development are addressed by industry before projects proceed. The Canadian Environmental Assessment Agency took in a ground-breaking 34,000 comments from the public, and was granted a three-month extension to the time-

line to ensure we had the science right. Northwest will be required to comply with specific mitigation measures that will minimize adverse effects on fish habitat, wetlands, human health, and on Indigenous peoples. And for the first time ever, annual greenhouse gas emissions for the project have been capped at a maximum level that is substantially lower than initially envisaged for the project.

These decisions reflect our promise to work with provinces, indigenous peoples and Canadians to find practical solutions that will grow our economy, create good jobs and protect our environment for future generations.

As always, you can contact my office by email at kent.hehr@parl.gc.ca or by phone at 403.244.1880. My office is located at 950 6 Ave SW and my door is always open to you. You can follow my work in Parliament online and sign up for my e-newsletter at www.KentHehrMP.ca.



Name	Age	Contact	Course
Aly	24	403-797-4793	Yes
Ashley	21	587-215-1365	No
Chiara	16	587-585-5652	Yes
Elaura	19	403-471-5051	Yes
Kiera	14	403-922-6067	Yes
Lauren	14	403-975-7197	Yes
Linda	61	587-892-9731	No
Sam	15	403-287-3740	Yes
Samantha	15	403-287-3740	Yes

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Disclaimer: We recommend for your own peace of mind that references be checked when choosing your babysitter. This babysitter list is provided as a service to the community and is governed by the terms & conditions outlined at mybabysitter.ca.

On November 24th I stood in the Legislative Assembly to share the story Rosalind Davis, a Calgarian who lost her partner to Alberta’s fentanyl crisis. My statement is below.

Thank you very much, Mr. Speaker. We’re joined today by Rosalind Davis, whose partner, Nathan, tragically died from a fentanyl overdose. Illicit fentanyl is a scourge that knows no boundaries. There are no typical opioid addicts. On average, more than one Albertan dies every day from an overdose. It is a crisis and deserves to be treated like the emergency that it is.

Rosalind and Nathan had big plans. Both of them were professionals, Nathan holding an MBA and had a career as a stockbroker. They bought a house together and set about renovating it. It was while working on their house that Nathan hurt his back and was prescribed opioids. It became apparent there was a problem, and Rosalind confronted Nathan and asked him to seek treatment. He did. But this is where the system let him down. He was told that there would be a four-month wait for an outpatient treatment program. Fortunately, they had the means to pursue private treatment.

Sadly, after getting clean and sober, Nathan relapsed, something that is tragically common amongst people overcoming addiction. He again sought help but was unable to find the supports he needed to get and stay sober. Over time he started sourcing opioids on the street and died from an accidental fentanyl overdose.

Nathan is just one of the hundreds of Albertans who have fallen victim to the terrible disease of addiction to the point of losing their lives. Each and every one of these lives has their own story. There is no typical opioid addict. It could be your sibling, your parent, your friend. It could be someone who’s street involved, or it could be your next-door neighbour. Opioid addiction is a crisis in Alberta, and while the provincial government and professional bodies have taken some steps to address it, much more needs to be done.

Declaring a public health emergency seems to be an obvious step, and I again call on the Associate Min-

ister of Health to do so immediately. We also need to ensure treatment is available, both in-patient and outpatient, and we need to provide a variety of methods beyond traditional 12-step programs, which do not work for everyone.

I want to recognize and thank Rosalind and Nathan’s family for dedicating their time to ending this crisis. It’s too late for Nathan, but it is not too late for others.

I encourage you to contact the Ministry of Health at health.minister@gov.ab.ca to push the government to recognize this crisis as a public health emergency and to invest in treatment programs.

If you or someone you know needs help with additions, please call Alberta Health Services’ 24-hour Addictions Hotline at 1-866-332-2322.

BRAIN GAMES SUDOKU

9	2	3	6	8	1	4	7	5
5	8	4	3	7	9	1	2	6
1	6	7	2	4	5	3	8	9
7	9	8	1	2	3	5	6	4
3	5	1	7	6	4	8	9	2
2	4	6	5	9	8	7	3	1
8	7	2	4	1	6	9	5	3
4	3	9	8	5	2	6	1	7
6	1	5	9	3	7	2	4	8



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Fax: (403) 686-1543
calgary.currie@assembly.ab.ca

Happy New Year to one and all. I am excited to tackle the year ahead.

If you did your taxes last year, this month will mark the first rebate you as an individual, may be eligible to receive, to offset the effects of the carbon levy.

Transitioning our economy isn't going to be easy, but it is something we must do, and it is something we must do here in Alberta. We know what our province is like, we know what we need, and we know how to get there. By taking charge and boldly taking action on this front we are able to ensure a Made in Alberta solution to our carbon problem instead of simply waiting for a Made in Ottawa approach.

In Alberta we take matters into our own hands. While we see the need for occasional hand-outs, we far prefer hand ups. Give us the tools we need to succeed and we will succeed.

The carbon levy is a crucial part of transitioning Alberta to an economy of the future. Alberta is a leader, in Canada, and around the world. Our technical prowess, our intellectual creativity, and our perseverance are all things that have drawn others to this province for generations. This province is full of people who want to be at the front of the pack, driving the change, driving the action, and driving the future of our world.

I am so proud that we are taking matters into our own hands and taking charge in a truly Albertan way.

How do you reduce your carbon footprint and thus your tax bill? I've seen some exciting initiatives in Currie, such as the Richmond Knob Hill Community Association building recently installing solar roof panels. In our own homes, we can use plastic window insulation, carpool more with our neighbours, take advantage of our cycle paths, or take public transit, as I know many of you already do.

Whatever you chose to do, it's your Alberta, your environment. Let's start the new year off with moving our province forward toward a cleaner future.

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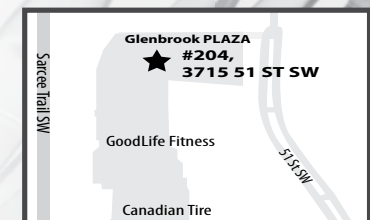
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YOUR COMMUNITY/CITY EVENTS AT A GLANCE...

Feb. 8 This Is That Live at Jack Singer Concert Hall

Hot on the heels of a new season of radio and a string of viral videos Pat Kelly and Peter Oldring are hitting the road with a new version of their popular live show - This Is That LIVE! If you have ever been curious how just two guys provide all the voices for this completely improvised radio comedy, well this is the show for you. Tickets and info www.artsccommons.ca

Feb. 11, 25 D&D Meet-up at The Sentry Box, Upper Mezzanine, 10 am – 5:30 pm

Whether you're a seasoned player or just curious about this type of role playing game, this D&D meet-up could be for you. Join this group who are dedicated players and welcome everyone, and with multiple ongoing campaigns new dungeon masters are encouraged to step up as well. More info <http://dnd.meetup.com/157/about/>

Feb. 14 – 25 Skylight at Theatre Calgary

On a crisp London evening, two former lovers from vastly different worlds find themselves locked in a dangerous battle of opposing ideologies and mutual desire. At times deeply personal, at times shockingly confrontational, this is one of the greatest intimate plays ever written. Watch, up close, as the embers of a broken relationship spark, ignite, and illuminate exciting possibilities. Tickets and info www.theatreocalgary.com

Feb. 24, 25 Winefest at Stampede Park BMO Centre

2016 Winefest Calgary was a delicious success! Attendees were afforded the opportunity to sample hundreds of red, white, port, sparkling, fruit and dessert wines from 15 different countries! To complement the delicious sips a selection of palate pleasing hors d'oeuvres will be served, along with a variety of tantalizing bites available from local businesses! Tickets and info www.celebratewinefest.com

Feb. 25 Coldest Night of the Year Walk Fundraiser at various Canadian cities

Walk with us on the Coldest Night of the Year, a super-fun, family-friendly fundraiser that raises money for the hungry, homeless, and hurting across Canada. Coldest Night of the Year 2017 officially launches on December 1, 2016, but you can register now! You'll see more and more features magically appear on the site as we get closer to launch. More info and registration www.canada.cnoy.org

FEBRUARY FEBRUARY FEBRUARY

FEB. 9 – 12 CALGARY BOAT AND SPORTSMEN'S SHOW AT STAMPEDE PARK BMO CENTRE

The Calgary Boat and Outdoors Show is Southern Alberta's Biggest and Best Boat and Outdoors Show! More info www.calgaryboatandsportshow.ca



FEB. 25 – 26 2017 ISU WORLD SPRINT SPEED SKATING CHAMPIONSHIPS AT OLYMPIC OVAL

The Organizing Committee Calgary will be hosting the 2017 ISU World Sprint Speed Skating Championships at the Olympic Oval from Feb. 25-26. More info www.speedskating.ca



UNTIL APRIL 30 SHOWCASE: TOM COCHRANE AT NATIONAL MUSIC CENTRE

See important artifacts in Cochrane's acclaimed career, including the 1963 Gretsch guitar, used by Cochrane in the music video for 1988 single "Big League". More info www.studiobell.ca



ANIMAL TRIVIA



There is no single cat called the panther. The name is commonly applied to the leopard, but it is also used to refer to the puma and the jaguar. A black panther is really a black leopard.

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A Safety Management System (SMS) is all about managing the safety interaction you have with your workers. It's an overall strategy to help you communicate information on hazards and best practices in your workplace so you can develop a stronger, lasting culture of safety within all stakeholders in your organization.

Child-centred Holistic Approach to Education

- Confident, resilient and responsible character formation
- Promoting independence and intrinsic satisfaction through critical thinking and problem solving
- Understanding through purposeful activities in collaborative environment
- Proven high academic success
- Multi-age grouping – Preschool and Elementary programs
- School tours, Information nights and Student-for-a-day by registration at admissions@msofc.ca



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