

FEBRUARY 2025

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THE POST

THE OFFICIAL RUTLAND PARK, LINCOLN PARK & CURRIE COMMUNITY NEWSLETTER



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- Remove all old materials from bathroom and job site
- Supply & install new acrylic soaker tub
- Supply & install new toilet with soft close seat
- Supply & install new Delta pressure balance taps
- Supply & install new showerhead & diverter spout
- Supply & install new mold-resistant board
- Supply & install new tile to ceiling
- Supply & install one corner caddy & soap dish
- Supply & install new subfloor
- Installation of new tile flooring
- Supply & install new vanity
- Supply & install new granite or quartz countertops with undermount sink
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ABSOLUTELY NO HIDDEN COSTS

Some restrictions may apply. Reg: \$15,679

SALE **\$11,679**
Limited Supplies

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- Supply & install new Delta pressure balance taps
- Supply & install new toilet with soft close seat
- Supply & install one corner caddy with soap dish

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RPCA BOARD

Visit our website for the latest information:
www.rutlandparkcommunity.com

Board meetings are held the second Tuesday of each month at 7:00 pm; everyone is welcome.

BOARD OF DIRECTORS 2024

| | |
|--|---|
| President | Craig Marceau president@rutlandparkcommunity.com |
| Vice President and Development and Traffic | Leanne Ellis development@rutlandparkcommunity.com |
| Treasurer | Lisa Luhning treasurer@rutlandparkcommunity.com |
| Secretary | Acting Director secretary@rutlandparkcommunity.com |
| Infrastructure Projects | Mark Yobb markyobb@rutlandparkcommunity.com |
| Sarcee Meadows Liaison | Jeremy Hart sarceemeadows@rutlandparkcommunity.com |
| Membership | Benedikt membership@rutlandparkcommunity.com |
| Ice Rink | Steve Dubois rink@rutlandparkcommunity.com |
| Lincoln Park Liaison | Gary Axelson lincolnparkliaison@rutlandparkcommunity.com |
| West View Parc Liaison | Vacant westviewparcliaison@rutlandparkcommunity.com |
| Newsletter | Vacant newsletter@rutlandparkcommunity.com |
| Currie Barracks Liaison | Vacant curriebarracks@rutlandparkcommunity.com |
| Community Events | Vacant socialevents@rutlandparkcommunity.com |
| Website Director | Vacant communications@rutlandparkcommunity.com |
| Directors at Large | Husayn Lalji husaynlalji@rutlandparkcommunity.com |

CONTACTS

| | |
|------------------------------------|---|
| Community Association Phone Number | 403-246-8318 |
| Hall Rentals | Please call Lola at 403-474-3845 or email hallrentals@rutlandparkcommunity.com |
| City Recreation Coordinator | Vacant |
| Police Resource Officer | Constable Art Szabo reg# 4809 ASzabo@calgarypolice.ca |
| Emergency Contact for RPCA Hall | Lola 403-617-3241 |
| Community Social Worker | Vacant |



GAMES & PUZZLES

Guess the Couple!

1. These two periodic elements make for a salty pair.
2. These semi-aquatic rodents mate for life and form strong bonds with their partners.
3. These two Disney pups celebrate their 70th anniversary in 2025.
4. This British celebrity supercouple are fondly known as Posh and Becks.
5. This fictional couple's sweet love story started in an office of all places!
6. This prehistoric couple lived amongst dinosaurs with their daughter, Pebbles.



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DEVELOPMENT AND TRAFFIC REPORT

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

Thank you, Steve and Ryan and all our rink crew! We have appreciated your efforts to get our rink up and running. Please check our Rutland Park Community Association Facebook page for a detailed schedule, as well as rink closures. Our rink(s) are unsupervised and open seven days a week from 8:00 am to 9:00 pm. Pucks and sticks are allowed most of the time on our main rink with the exception of public skate times. Public skating is on Saturday and Sunday from 11:00 am to 1:00 pm. No sticks or pucks are permitted during this time. Please be respectful. Many volunteer hours go into maintaining our rinks, and more volunteers are needed. Please reach out to Steve at rink@rutlandparkcommunity.com if you are fit and can help with rink work after 9:00 pm (when the rinks close).

Hall Update - Our lawyer is in discussions with our insurer to see if we are able to get additional funds from our floor collapse claim. The amount that has been offered is less than 10% of what we have claimed. Our lawyer feels that we could get additional funds if we completed the engineering work for the floor. The City does not want to do any additional engineering until the insurance claim is closed. In addition, the City has changed the grant funding procedures, and this will directly impact our ability to access repair funds. In the meantime, we have insurance coverage until the end of January and are looking at alternate providers. We are extremely disappointed and frustrated to be in this situation almost two years after our loss.

Things typically slow down on the development front over the winter. We are still waiting to see the changes that will be proposed for the Sarina Homes development on Richmond Green. We are also awaiting a timeline for the upgrades to the remaining park space.

Currie Barracks will see some revisions to the CFB West Master Plan. Developers are shying away from tall commercial towers and as a result, Canada Lands has purchased back land from Embassy Bosa. Revisions will be made to the topographical layout along Crowchild Trail to accommodate an existing school and allow for better residential land use. We look forward to seeing further plans and will keep you posted.


We are very excited to learn that Sir James Loughheed School will be reconfigured to provide general elementary programming next fall. With the increasing population in Currie, it will be nice for families to have access to a local school.

We hope that 2025 is off to a great start and that you having been making warm memories during these colder months. We also hope that you have been able to enjoy some time out and around the community. We are hoping to start a new Funding Committee this year and will be looking for some volunteers. Thank you for considering us.

If you have not already signed up for our email updates, please do so at our website, www.rutlandparkcommunity.com. The City often gives us very short notice for upcoming events, and this is the quickest way for us to reach you. Please also join us on Facebook—Rutland Park Community Association. Thank you for your ongoing support.

Leanne Ellis

Executive VP and Development and Traffic
development@rutlandparkcommunity.com



For all the latest news, events, updates, and community activity, please join us on Facebook. Search for Rutland Park Community Association. You'll immediately recognize us with our logo.

Disclaimer: The opinions expressed within any published article, report, or submission reflect those of the author and should not be considered to reflect those of Great News Media or the Community and/or Residents' Association. The information contained in this newsletter is believed to be accurate but is not warranted to be so.

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Celebrate Calgary 150 - Life on the Prairies

by Anthony Imbrogno (*The Calgary Heritage Initiative Society/Heritage Inspires YYC*)

Ancient hunter-gatherers entered Alberta through ice-free corridors. They encountered hot springs, like Cave and Basin National Historic Site.

The earliest habitation sites contain fluted projectile points called arrowheads. Wally's Beach on St. Mary Reservoir contains evidence of point production for hunting.

At Writing-on-Stone Provincial Park, Indigenous peoples carved the Great Plains' greatest concentration of rock art. The shapes, people, and animals show the site's sacredness, where spiritual guidance is sought.

At Head-Smashed-In Buffalo Jump World Heritage Site, herds were steered over a precipice, providing plentiful food and material for daily life.

Calgary was an important stop on the seasonal round following buffalo herds because prairie meets foothills along several river valleys, including the Bow's confluence with Mohkinstsis ("elbow"). There's a buffalo jump at Paskapoo Slopes and stone circles on Nose Hill.

Calgary's region is home to many First Nations. Westward is Tsuut'ina Nation, who share culture and language with the Dene Nation.

Further west lies Stoney Nakoda Nation, comprising the Bearspaw, Chiniki, and Goodstoney. The name "stoney" is from Europeans observing cooking with stones.

East of Calgary is Siksiká ("black foot") Nation, part of the Blackfoot Confederacy. The Blackfoot are linked through historical ties, culture, and language.

South of Lethbridge is Kainai Nation. Part of the Blackfoot Confederacy, it's also known as the Blood Tribe because Cree-speaking foes called them Mihkowiyniw ("blood stained").

Further west is Pi'ikanni Nation, members of the Blackfoot Confederacy with a long history connected to Blackfeet Reservation in Montana.

Calgary is also located in Métis Nation District 5 and 6. Indigenous women and the European men working for fur-trading companies founded the Métis.

Europeans' arrival began on the rivers with French fur traders, les voyageurs. Hudson's Bay Company established fur trading posts and sent explorers in the prairies, like Anthony Henday in 1754. A rival, the North West Company, sent David Thompson to find the Pacific Ocean.

Peter Fidler of HBC reached the Rocky Mountains in 1792 and developed maps with information from Siksiká Chief Old Swan.

These interactions between First Nations, Métis, and fur traders changed our region. Visit CHI's website for more details.

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<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1XK3NB7?WS=SearchResults>. "Cave and Basin swimming pool, Banff, Alberta.", 1931, (CU1227965) by Devereux, Daisy. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



https://commons.wikimedia.org/wiki/File:Writing_on_stone990.jpg. Áísinaí'pi National Historic Site of Canada - rock carvings, 2011. Photo by Matthias Süßen, via Creative Commons Attribution-Share Alike 3.0 Unported license.



<https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OTODFM>. "Head Smashed In Buffalo Jump, West of Fort Macleod, Alberta.", 1912-08-24, (CU1115706) by Unknown. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary. Doctor Oliver Cromwell Edwards, centre.

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[https://commons.wikimedia.org/wiki/File:Calgary_stampede_2016_\(28129873101\).jpg](https://commons.wikimedia.org/wiki/File:Calgary_stampede_2016_(28129873101).jpg). Elbow River Camp at the Calgary Stampede, 9 July 2016. Photo by jasonwoodhead23, via Creative Commons Attribution 2.0 Generic license.



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https://digitalcollections.ucalgary.ca/asset-management/2R3BF1OOXEJR?W_S=SearchResults. "Metis family, southern Alberta," 1890, (CU187384) by Mather, T. H. Courtesy of Glenbow Library and Archives Collection, Libraries and Cultural Resources Digital Collections, University of Calgary.



[https://commons.wikimedia.org/wiki/File:Elk_Point,_Alberta_\(28288283940\).jpg](https://commons.wikimedia.org/wiki/File:Elk_Point,_Alberta_(28288283940).jpg). Peter Fidler statue, Elk Point, Alberta, 2016. Photo by Jonathan Koch, via Creative Commons Attribution 2.0 Generic license.

The Little Month



We all know February is the shortest month of the year, but did you know the Welsh have a cute nickname for the month. The Welsh call February "y mis bach," which means "the little month".

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 membership@rutlandparkcommunity.com

Select Membership Type:

- Family: 1 year - \$15; 3 year - \$36 Single: 1 year - \$5; 3 year - \$12
 Senior: 1 year - \$5; 3 year - \$12

Name: _____ (please print)

Home Address: _____

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

Rutland Park Community Hall Rentals

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

Current Rental Rates Hourly Rate: \$50/hour Friday, Saturday, Sunday – full day rate: \$400. Non-refundable admin fee: \$50. A four-hour minimum rental is required on Fridays, Saturdays, 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 Lola at 403-474-3845 or email hallrentals@rutlandparkcommunity.com. Visit the Community Association website to see what our beautiful hall looks like: www.rutlandparkcommunity.com/hall-rentals/.

A Journey Through Winter

by Les Robertson

What should we do when there is snow on the ground?

More than you think, and this is what I found
You can build a snowman outside your front door
Or cuddle by the fireplace on your living room floor

You can take in a hockey game at your local hockey rink

or go for hike and try to spot a mink
Head out to the mountains and ski down the hills
Check out the scenery which is always a thrill

If you have a snowmobile there are many trails to explore

Glistening white frosted branches are easy to adore
Take out your snowshoes and glide across the land
Getting exercise in the cold or as much as you can stand

Find a winter carnival with ice sculptures on display
Watch the modern-day lumberjacks competing on that day

At home you reflect and take time to appreciate
While sipping your cocoa, you realize it must have been fate

Let Us Enjoy the Winter Season

Musings

Hello neighbours,

Here we are in February; the days are longer, and spring is on the horizon.

I see that the skating rink is going strong. Speaking of the rink, I harken back to years gone by when we decided to open a cantina at the skate building, our hall at the time. Each volunteer took a one week turn, we were open from 6:00 to 9:00 pm. There was coffee, hot chocolate, sweet treats, and chips for sale - sometimes we even sold hot dogs. The hockey players and pleasure skaters loved it. Remember those Icy Squares. Yum!

We could try this venture again some time folks it does work.

This month's photo is of Sarcee Meadows and their brand-new look. Way to go Sarcee! We are pleased to have our cooperative community in Rutland Park.

Well, the time has come to say goodbye for now. Very soon the roses will bloom again.

Cheers,

Isabell



Sarcee Meadows way to go!

How to Know if You Are Ready For Couples Therapy or Not

by Nancy Bergeron, R.Psych. | info@nancybergeron.ca



There are many approaches to couples therapy such as Gottman Method, Emotionally Focused Therapy, and IMAGO to name a few. The decision to seek couples therapy requires evaluating your relationship and your willingness to work through challenges. The following are some key signs that you may be ready:

- 1. Communication Issues** – Do you struggle to express your feelings without arguing or shutting down? Are there unresolved conflicts that keep resurfacing?
 - 2. Feeling Disconnected** – Has the emotional or physical intimacy in the relationship declined? Do you feel like roommates rather than partners?
 - 3. Recurring Problems** – Are you stuck in repetitive arguments or unhealthy patterns? Have individual efforts to fix these issues failed?
 - 4. Life Changes or Stressors** – Have recent events (moving, new baby or job) put a strain on your relationship?
 - 5. Trust Issues** – Has there been a betrayal such as an infidelity or broken promises? Are you struggling to rebuild trust?
 - 6. Desire to Improve** – Are you both willing to put in the effort to strengthen the relationship? Do you believe the relationship has potential for growth?
 - 7. Mutual Commitment** – Are you both open to exploring therapy, even if one of you is more hesitant at first?
 - 8. Individual Challenges Impacting the Relationship** – Are personal issues such as stress, trauma, or mental health affecting how to connect with each other?
- If you relate to some of the above, couples therapy could be beneficial. Even if you're unsure, seeking therapy to explore some of these concerns and set goals can be a proactive step.
- The following are some signs that couples therapy could be unproductive or even counter-productive:
- 1. Lack of Commitment to Change** – One or both of you are not genuinely willing to work on the relationship. Going to therapy just to 'check the box' or appease the other.
 - 2. Blaming Without Accountability** – If either of you is solely focused on blaming the other without reflecting on your own role in the relationship's challenges.
 - 3. Unwillingness to Communicate Honestly** – If either of you are unwilling to be vulnerable, open, and honest, your therapist won't have a full picture to be able to help you.
 - 4. Hidden Agendas** – If therapy is being used as a way to justify leaving the relationship rather than to repair it, the process won't be effective.
 - 5. One of You is Being Forced into Therapy** – If one of you does not want to attend or doesn't believe in the process, lack of engagement can hinder the process.
 - 6. Ongoing Abuse** – Couples therapy is not the right setting to address physical, emotional, or verbal abuse. These situations require specialized interventions to ensure safety and require individual therapeutic attention.
 - 7. Unresolved Individual Issues** – If personal issues such as active addiction or untreated mental health conditions are dominating the relationship dynamics, individual therapy is a better starting point before engaging couples therapy.
 - 8. Timing is Off** – If there are active external factors like intense work stress, a recent traumatic event, or other life circumstances, it will leave little energy or focus for therapy. It may be better to wait.
 - 9. Desire for Separation** – If one of you has already decided to end the relationship and sees therapy as a formality, it will obviously prevent any genuine engagement.
- Being ready for couples therapy requires mutual willingness and effort, but readiness can evolve with time and self-reflection.



Real Estate Update

Last 12 Months RUTLAND PARK MLS Real Estate Sale Price Update

| | Average Asking Price | Average Sold Price |
|----------------|----------------------|--------------------|
| December 2024 | \$349,000 | \$370,000 |
| November 2024 | \$0 | \$0 |
| October 2024 | \$592,500 | \$593,500 |
| September 2024 | \$885,000 | \$885,000 |
| August 2024 | \$689,900 | \$689,900 |
| July 2024 | \$367,400 | \$389,250 |
| June 2024 | \$794,949 | \$789,250 |
| May 2024 | \$749,900 | \$735,000 |
| April 2024 | \$949,900 | \$1,025,000 |
| March 2024 | \$0 | \$0 |
| February 2024 | \$0 | \$0 |
| January 2024 | \$0 | \$0 |

Last 12 Months LINCOLN PARK MLS Real Estate Sale Price Update

| | Average Asking Price | Average Sold Price |
|----------------|----------------------|--------------------|
| December 2024 | \$344,450 | \$338,250 |
| November 2024 | \$305,950 | \$304,700 |
| October 2024 | \$303,950 | \$302,000 |
| September 2024 | \$369,000 | \$369,000 |
| August 2024 | \$294,450 | \$298,750 |
| July 2024 | \$274,394 | \$273,250 |
| June 2024 | \$298,000 | \$287,750 |
| May 2024 | \$329,900 | \$330,000 |
| April 2024 | \$285,000 | \$285,000 |
| March 2024 | \$285,000 | \$285,000 |
| February 2024 | \$277,500 | \$271,000 |
| January 2024 | \$330,000 | \$340,000 |

To view more detailed information that comprise the above MLS averages please visit rutl.mycalgary.com, linc.mycalgary.com or curr.mycalgary.com

Last 12 Months CURRIE BARRACKS MLS Real Estate Sale Price Update

| | Average Asking Price | Average Sold Price |
|----------------|----------------------|--------------------|
| December 2024 | \$877,000 | \$859,750 |
| November 2024 | \$725,000 | \$750,000 |
| October 2024 | \$709,512 | \$709,512 |
| September 2024 | \$350,000 | \$345,000 |
| August 2024 | \$377,450 | \$372,000 |
| July 2024 | \$734,895 | \$734,895 |
| June 2024 | \$492,065 | \$492,065 |
| May 2024 | \$1,500,000 | \$1,472,000 |
| April 2024 | \$517,200 | \$512,450 |
| March 2024 | \$1,299,900 | \$1,265,000 |
| February 2024 | \$787,395 | \$787,395 |
| January 2024 | \$351,950 | \$349,500 |

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Learning About Polycystic Ovary Syndrome (PCOS)

by Alberta Health Services

Polycystic Ovary Syndrome (PCOS) is a common condition that is caused by a hormonal imbalance. Hormones control the activity of different cells and organs in your body. With PCOS, the hormone imbalance can affect your period and your overall health. It causes the ovaries to produce higher levels of the hormone testosterone. With PCOS, your ovaries may also develop enlarged, fluid-filled follicles that are often referred to as cysts.

Because of the extra testosterone, people with PCOS may have:

- Missed periods, irregular periods, and very light periods (including spotting)
- Extra hair on the face or body
- Thinning hair on the head
- Severe acne
- Difficulty managing weight
- Difficulty getting pregnant
- Darkening of skin on the neck, armpits, or groin area
- If you notice sudden, unusual hair growth on your face or body or new wide purple stretch marks on your body, contact your healthcare provider right away.
- You may also have symptoms of:
 - Sleep apnea
 - Fatigue
 - Anxiety, depression, and mood changes

- High blood pressure, high blood glucose, and high blood lipids (your healthcare team can test for these things)

People living with PCOS may be at an increased risk of sleep apnea, diabetes, heart disease, pregnancy complications, and endometrial hyperplasia.

Visit Your Healthcare Provider

It's important to consult your healthcare provider about PCOS. Write down how you feel, your symptoms, when your symptoms started, what makes your symptoms better or worse, and any concerns you have. Make a list of questions and concerns. During your appointment, your healthcare provider may ask you several questions about your health history and your family's health history.

They may ask about your:

- Menstrual cycle
- Past pregnancies or attempts to get pregnant
- Unwanted hair growth
- Symptoms
- Weight management
- Medicines and supplements
- Ethnicity

These questions help your healthcare provider diagnose PCOS and know how to best support you and your overall health.

Your healthcare provider will also check your height, weight, and blood pressure. Because PCOS can increase your risk of diabetes and heart disease, knowing your

current height, weight, and blood pressure will help your healthcare team manage these risk factors and also manage your PCOS symptoms.

Your healthcare provider may also do an exam to check for signs of high testosterone levels, insulin resistance, and other conditions. This exam includes:

- Looking for skin tags and dark, thick, velvety skin in your body folds and creases.
- Looking for extra hair in different parts of your body, especially on your face and chin. You may want to delay shaving, plucking, or doing any hair removal before your appointment.
- Looking for wide purple stretch marks in your belly area and other parts of your body.

Work with your healthcare team to decide what is best for you as you manage your PCOS and find resources and services in your community:

211 Alberta helps people in Alberta find the right resource or service for whatever issue they need help with. 211 is available any time, day or night, by phone (call 2-1-1), text, and online chat. It is confidential and available in over 170 languages over the phone.

The Alberta Healthy Living Program has workshops, classes, and services to improve your health and quality of life.

The Alberta Health Services Chronic Disease Management program has links and resources to help people living with chronic conditions.



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Queen B's Grammy Reign

With the Grammys on February 1, Beyoncé could surpass her own record of 32 Grammy wins, cementing her place as the most Grammy-awarded artist ever! Adding to this remarkable achievement, she has 11 nominations for the 2025 Grammy Awards, bringing her grand total to an incredible 99 nominations. Truly the Queen of the Grammys!

February Is Heart Month

by Alberta Health Services



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common Signs of a Heart Attack

(Any, or all, of these signs and symptoms may occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation.
- Discomfort may move to the shoulders, arm, neck, or jaw.
- May include shortness of breath, sweating, or nausea/vomiting.
- Signs may vary person to person and can differ between men, women, and the elderly.

Heart Attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*

- High cholesterol*
- Age/Gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What To Do When Seconds Count

- Call 911, immediately. Early treatment can greatly reduce heart damage and be the difference between life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous, and perform an electrocardiogram (ECG).
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival.
- Take a CPR/AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

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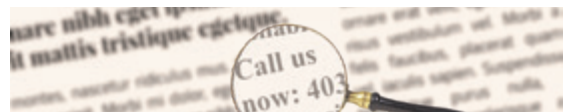
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