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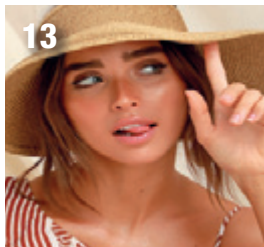
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## SECA BOARD OF DIRECTORS (2018/19)

Send e-mail to [info@shawneeevergreen.ca](mailto:info@shawneeevergreen.ca)

### OFFICERS:

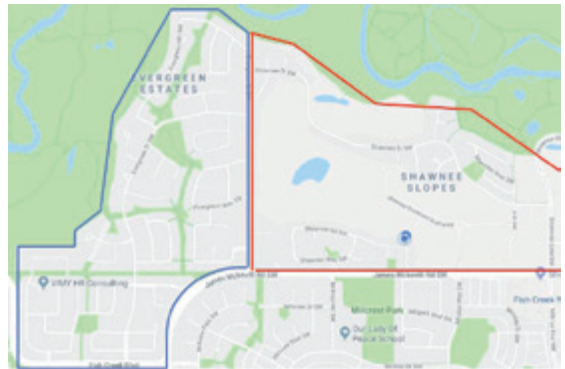
President	Brad Smith
Vice-President	Lynn Jobe
Secretary/Treasurer	Peter Snell

### OTHER DIRECTORS:

Director – Social	Liala Elrafihe
Chair-Community Engagement & Special Projects Committee	Lynn Jobe
Director Cardel Recreation Centre South	Zeinab El Kady
Director – Development	Norm Rousseau
Director – Membership	Jane Watson
Director – Trico Centre	Ajay Khanolkar
Director	Rose-Lynne McCall
Director	Sharon Raduloff
Director	John Raich

## Shawnee-Evergreen Community Association Area Boundaries

If you live in the area shown below (inside the lines) and your street address name contains EverGREEN or Shawnee, or you are a resident of the Beacon Hill condominiums at 14645 6th Street SW, you are eligible to be a Regular Member of Shawnee-Evergreen Community Association (SECA)



On the North	South of Fish Creek Provincial Park boundary,
On the East	West of Macleod Trail SE,
On the West	East of Fish Creek Provincial Park boundary and east of Evergreen Blvd SW
On the South	North of James Mckevitt Road and Evergreen Boulevard SW

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### Hard-working (or not) Fluffbutts

The tradition of docking the tails of corgis started because tails impeded them when herding cattle (what corgis were bred for). But due to a UK luxury tax on companion dogs, people would dock the tails of their non-working corgis to circumvent the tax.



Your SECA Board of Directors would like to wish everyone a great summer and encourage you to participate as we continue with great events such as our recent flagship Stampede pancake breakfast plus exciting new local programming and community activities. We encourage everyone to....

## Join our Board

Would you like to be involved in the exciting projects that are on SECA's horizon? Volunteering on the Board of Directors means you'll be part of building a more neighbourly community where residents have a sense of pride.

Do you have basic bookkeeping experience to fulfill the role of **Treasurer**? We don't write many cheques, so it is not an onerous role, but accuracy and good record keeping are key.

We are also seeking Directors with skills sets that include membership database management, project management, webmaster, community engagement, social media and more. Or tell us what how you would like to be involved!

Please contact Peter at 403-254-6660 and he will be happy to let you know what is involved in the Treasurer role and other positions.

## Attend our Annual General Meeting (AGM)

Mark your calendar and plan to attend our AGM on **Tuesday September 17** at 7:00 pm at South Gate Alliance Church.

## Use our Community Cleanup Day

Take advantage of this valuable service on **Saturday September 14** from 9 am to 2 pm at South Gate Alliance Church. It saves transporting your items to the local dump and the dump fees. Plan to bring approved garbage, organics, metal and electronic recyclables and reusable items.

See [Shawnee-evergreen.ca](http://Shawnee-evergreen.ca), our Facebook page [[@ShawneeEvergreenYYC](https://www.facebook.com/ShawneeEvergreenYYC)] and our e-newsletter to see what items can be accepted.

Volunteers are needed to help direct traffic, assist in unloading, etc. Please contact Liala at (403) 532-2981. Your help will be appreciated!

## Participate in SECA PLAYS

We're bringing more active outdoor play to our neighbourhood! Join us in Evergreen Drive Park on **Saturday August 24** from 10 am to noon for a loose parts play pop up event. For more info, email [play@shawneevergreen.ca](mailto:play@shawneevergreen.ca) to receive our SECA PLAYS e-newsletter and be sure to join the [@SECAPlays](https://www.facebook.com/SECAPlays) Facebook Group

## Join our Fun Day - Soccer and More

**Saturday September 21 from 12:30 pm to 4:30 pm**

Join Evergreen, Shawnessy and Shawnee-Evergreen community associations for a day of fun and food beside Marshall Springs Middle School. Calgary Minor Soccer Association's grassroots soccer coach will be leading some fun and games plus lots more. Details to come.

Thanks and have a great Summer

*Brad Smith, President, SECA*

## Are you in the loop?

Subscribe to our e-newsletter for details about upcoming programs, events and helpful tips. To subscribe, email [info@shawneevergreen.ca](mailto:info@shawneevergreen.ca).

Like our Facebook page – [@ShawneeEvergreenYYC](https://www.facebook.com/ShawneeEvergreenYYC)

## BRAIN GAMES SUDOKU

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

**FIND SOLUTION ON PAGE 10**



## HERE IS WHAT YOUR COMMUNITY ASSOCIATION (SECA) DOES:

- Hosts Easter Egg Hunt at South Gate Alliance Church (free for SECA members)
- Hosts the June Stampeded Breakfast at South Gate Alliance Church (free for SECA members)
- Sponsors the Annual June "Community Parade of Garage Sales"
- Sponsors Community Clean-up in September at South Gate Alliance Church
- Provides input and authorizes monthly Community Newsletters delivered to all 3000+ households
- Provides a director for the Board of the South Fish Creek Recreation Association (Cardel Recreation Centre South)
- Provides SECA members with a 10% discount on Cardel Rec Centre South programs
- Provides a director for Trico Centre for Family Wellness
- Works with Cardel Homes, Graywood Developments and the City to try to ensure that Shawnee Park is developed in a way that melds with our existing community as well as is possible
- Diligently alert to the future development of lands surrounding Fish Creek Lacombe LRT station
- Involved with the City in transportation issues (e.g. SW Ring Road, traffic and safety issues, etc.) that impact our community
- Address speeding and other traffic issues within our community (e.g. Shawnee Drive SW and 6 Str. SW intersection)

## MEMBERSHIP REGISTRATION FORM

To purchase a membership in Shawnee-Evergreen Community Association, please go to our web site at **[shawnee-evergreen.ca/membership](http://shawnee-evergreen.ca/membership)**. Alternatively, fill in this form and mail or deliver to Shawnee-Evergreen Community Association c/o Peter Snell, 1058 Shawnee Road SW, Calgary, AB T2Y 1W5

Household information (held in confidence in accordance with Privacy Legislation):

Surname 1: \_\_\_\_\_ Given Name: \_\_\_\_\_

Surname 2: \_\_\_\_\_ Given Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_

E-mail address: \_\_\_\_\_

*E-mail address is especially important if you want to receive SECA communications*

Please mark (✓) your choice as a volunteer:

\_\_\_ Board of Directors member

\_\_\_ Stampede Breakfast helper

\_\_\_ Don't know, ask me!

Payment (\$20.00): Cash: \_\_\_\_\_ Cheque # \_\_\_\_\_





## Millrise / Shawnessy mybabysitterlist

Name	Age	Contact	Course
Alyssa	18	403-801-6248	Yes
Amy	18	403-247-9228	Yes
Amy-Jo	25	403-467-0857	Yes
Ana	24	403-477-9911	No
Anna	17	587-999-5607	Yes
Belle	16	403-256-5551	Yes
Brooke	15	403-969-3520	Yes
Bryson	17	403-720-0345	No
Deborah	17	403-619-7037	Yes
Ella	20	778-212-9102	No
Emmalie	14	403-998-1051	Yes
Faith	18	403-805-6988	Yes
Faith	18	403-805-1985	Yes
Jacy	18	403-254-4949	Yes
Jeffery	17	403-256-7828	Yes
Karla	43	403-689-1296	No
Katie	22	403-540-3878	No
Laura	16	403-287-9380	Yes
Leah	19	403-862-2487	Yes
Monika	20	403-805-1224	Yes
Polina	17	403-455-3067	Yes
Rhodora	38	403-690-7190	No
Samantha	28	587-284-1154	Yes
Sean	15	403-870-7126	Yes
Sierra	14	403-201-2164	Yes
Stephanie	27	403-991-9545	Yes

### Calling All BABYSITTERS

Enroll free at [mybabysitter.ca](http://mybabysitter.ca) and choose the Calgary communities you would like to babysit in.

### Calling All PARENTS

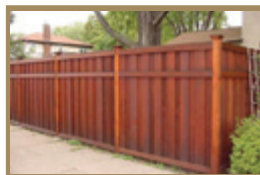
Visit [mybabysitter.ca](http://mybabysitter.ca) and find available babysitters in and around your community.

**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](http://mybabysitter.ca).



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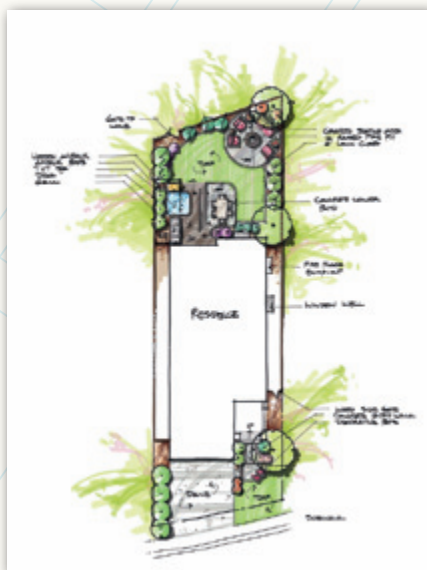


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## YOUR CITY OF CALGARY

### Celebrate National Play Day at The City's Monstrous Adventure Playground

Rediscover play on National Play Day at the Monstrous Adventure Playground. Hosted by The City of Calgary, Monstrous Adventure Playgrounds are dynamic spaces where children can explore, create, imagine and learn in their own way. They contain a variety of materials and loose parts such as boards, tires, tape and cardboard that children are free to use to build and demolish as they desire.

Play is an essential part of every child's life and is vital to their development. Held in partnership with International Play Association Canada, National Play Day is an opportunity to come together to raise awareness about the importance of play for children and to celebrate their right to play.

August 7 from 3-7 p.m., at Prairie Winds Park (223 Casleridge Blvd N.E.). Learn more at [calgary.ca/playday](http://calgary.ca/playday).

**BRAIN  
GAMES**

# SUDOKU

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



## August and September in Fish Creek

### **A Taste of Autumn – Wine & Beer Tasting and Silent Auction Fundraiser**

Friday, September 20, 2019 6:30 pm - 9:30 pm  
Canyon Meadows Golf & Country Club (12501 14th Street SW)

Overlooking the beautiful Votier's Flats area of Fish Creek Provincial Park

Featuring Keynote Speaker Don Hladiuk - Astronomer and Starman on CBC Radio Eyeopener

Celebrate the changing of the seasons and show your support for Fish Creek Provincial Park at A Taste of Autumn - Wine & Beer Tasting and Silent Auction Fundraiser. Bid on amazing silent auction items contributed by members of the Fish Creek Community, sample delicious food, wine, beer and spirits, enter your name for door prizes, enjoy special presentations and more! Sponsorship opportunities are available. To support this event contact [nic@friendsoffishcreek.org](mailto:nic@friendsoffishcreek.org)

**For tickets and more information visit [www.friendsoffishcreek.org/event/autumn19](http://www.friendsoffishcreek.org/event/autumn19)**

### **Autumn Birding Course starts in September**

Autumn is one of the best times of year for birding. Between September and December, you can see, hear and learn about more than 150 bird species. As the leaves drop off the trees in the cooler months, many of the smaller migratory birds will be much easier to see. Outings are organized by Gus Yaki, a lifelong naturalist who has birded around the world, and are led by Gus and other experienced instructors. All birding course sessions are held in the great outdoors - in Fish Creek Provincial Park and other natural areas within Calgary. Course is offered at 8 different times per week.

Registration Required and fees apply. For more information or to register visit [www.friendsoffishcreek.org/programs/birding-course](http://www.friendsoffishcreek.org/programs/birding-course)

### **Wellness Programs – Summer 2019**

Relax, unwind and rejuvenate body, mind and spirit in the beautiful natural setting of Fish Creek Provincial Park this summer. The Friends' Wellness Program is intended to provide unique opportunities for park users to get outside, enjoy some nature and sunshine, and support their mental, physical, spiritual health in the process. Experience Raja Yoga, Good Morning Yoga, Blending Yoga and Qi Gong, Nature Babes, Success Without Stress/Meditation, and Saturday Wellness Workshops - Spring into Shape and Keep Fit with Bungy Pumps!. All sessions take place at the Bow Valley Ranch in Fish Creek Provincial Park. [friendsoffishcreek.org/programs/wellness-clinics](http://friendsoffishcreek.org/programs/wellness-clinics)

### **Walking and Minibus Tours**

Through both public and private tours, members of the public have the opportunity to participate in guided walks or hop on our minibus, the latter of which ensures that those with limited mobility also have the opportunity to enjoy the vast area of the park. Here is a quick look at what we have to offer this year, as we bring back some old favorites and introduce some new opportunities - ReWilding for Restoration, Leave it To Beaver, A Park is Born and more! [www.friendsoffishcreek.org/programs](http://www.friendsoffishcreek.org/programs)

### **Shaw Birdies of Kids presented by AltaLink**

The Friends of Fish Creek are pleased to announce that we were selected as one of more than 120 local charities to participate in the Shaw Birdies for Kids presented by AltaLink program! This matching donation program will run until the closing of the Shaw Charity Classic Golf Tournament on September 1, 2019. Through Birdies for Kids, the Shaw Charity Classic Foundation will match every dollar contributed up to 50%, and all funds raised through our BFK partnership will support outdoor learning experiences for children here in Fish Creek Provincial Park. [www.friendsoffishcreek.org/birdies-for-kids](http://www.friendsoffishcreek.org/birdies-for-kids)

### **Fish Creek Community Showcase**

#### **Featured Artist – Jim Pescott**

Drop by the Cookhouse to see Jim's artwork – vibrant landscape paintings in the pointillism style. This free art exhibit is open during Friends office hours. Please call ahead before coming down to make sure a Friends staff member is here. For more information, please visit [www.friendsoffishcreek.org/programs/fccs](http://www.friendsoffishcreek.org/programs/fccs)



## The Shawnessy Community Association Volunteer Board of Directors

VOLUNTEER EXECUTIVE:			
President	Marshall McCarthy	403-256-0786	md-mccarthy@shaw.ca
Vice President	Simone Mersereau	403-256-3584	simone@deanltd.com
Secretary	Michelle Moland	403-640-2762	cmoland@telus.net
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Community Events Advertising	Dana Fyles		danafyles@gmail.com
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Volunteer Director			
Barn Manager: Facilities	James Richard	403-697-2629	
Barn Manager: Rental	Jennifer Dickinson	403-554-7299	jendickinson13@gmail.com



## LEARNING TO SELF-SOOTHE

It is very common to see a child sucking their thumb for comfort; its both adorable, and deeply unhygienic. We are not the only species to do this. It has been found that baby elephants suck their trunks for the very same reason. Additionally, it provides the baby elephants with the opportunity to get used to moving their trunks, which can be tricky, given that the trunk utilizes over fifty thousand different muscles!

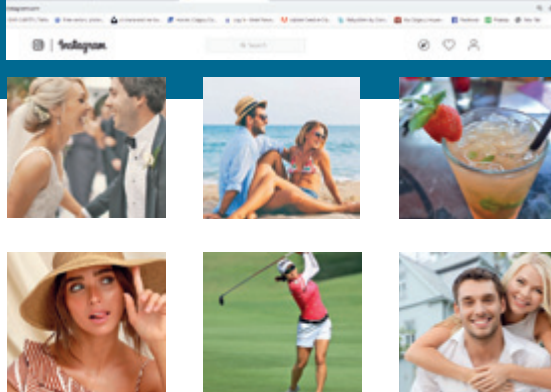
# Is Social Media Making Us Miserable?

By Jocelyn Taylor

*Forewarning*, I really do enjoy social media. I'm a millennial, so the majority of my formative years were spent with some type of social media, be it Nexopia (throwback), Facebook, Twitter, or Instagram. These platforms were built on the idea of bringing people together through increased communication and connectivity. Today, however, many of these platforms create substantial problems for users. Between advertisements, celebrity endorsements, and materialistic posts, these websites do a very good job at reminding us of what we don't have. But, somehow, these posts seem manageable, possibly because their extravagance creates a barrier between *average* people, and those in positions of *prestige*. This is where the low-key insidiousness of social media creeps in. I understand this sounds dramatic, but hear me out...

I feel confident that most active users can relate to this feeling- you add a new photo or post on social media, it gets a like, or a positive comment, and it makes you feel good, right? And in turn, you remember that feeling, and want it again, thus causing you to post more. In my research, I uncovered that this is because platforms are designed to be hard to resist, creating maximum effectiveness. This has been referred to as a 'social-validation feedback loop,' which exploits vulnerable aspects of our psychology. Social media utilizes the same neural circuitry that is activated when using slot machines, or cocaine. This concept can be seen in the recent Instagram update that removed the number of likes on posts; as much as we don't want to admit it, we're likely better off being blissfully unaware of how many people have liked a given post. These statistics are relatively meaningless, yet, we are invested because they make us feel better, or more powerful, thus maintaining our engagement on the platforms.

So, social media already has us in its grips due to the human need for validation; however, we do not exist in a bubble on any of these platforms. For better or worse,



social media has made us more connected with real people from our everyday lives. Remember that girl you met once at a party, or the guy you went to school with in second grade? These two people, who likely never inhabit substantial time in your consciousness, exist in your social media sphere. Why does this matter? Isn't connectivity the goal of social media? This is where intention lacked practicality; very few people post average, or less positive aspects of their lives on social media. Instead, we consume a curated, picture-perfect piece of a life we don't know, creating envy or a desire to emulate it.

No one has a perfect life, yet our social media profiles omit these imperfections. This creates the sense of envy, which is often a byproduct of low self-esteem, and can cause physical and mental health problems, in conjunction with difficulty maintaining relationships. Additionally, those curating their content this way strive to create a version of themselves that they deem superior, making it difficult to accept the less-than-perfect person they truly are. This has been referred to as duck syndrome, which refers to the way a duck appears to glide effortlessly through water, while below the surface, their feet are working frantically, invisibly struggling to stay afloat. Social media gives us a false sense of being social, when it really seems there is more harm than good being committed.

Don't worry, I'm not advocating for the elimination of social media. It provides opportunities for engagement and connectivity that is invaluable. But with the average age of usage consistently decreasing, it's important to know the problematic aspects that also exist. Social media is a vignette of a life, not the entire picture. Social media is one-dimensional, and portrays a limited view of our lives, making it important to remember all that exists outside of these platforms, since, ultimately, we all deserve lives we would want to give a like to.

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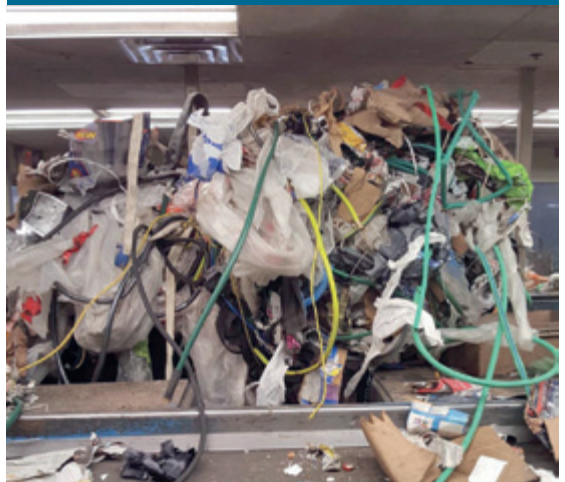
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Put broken cords and hoses into your black cart as garbage.



## Kyōdaigenka (兄妹喧嘩): Celestial Sibling Squabbles

by Alexa Takayama

I have a hard time deciding if Japanese mythology is stranger or equally as strange as Western mythology. Western myths can be bizarre and disturbing when you take the time to think about them, but we're familiar with the stories, so they don't seem so out there. But I'll let you be the judge. This month, you guessed it: Japanese mythology! Specifically, three gods from Shintōism: Amaterasu, the sun goddess; Tsukuyomi, the moon god; and Susanō, the god of storms.

Amaterasu, Tsukuyomi, and Susanō were born after their father, Izanagi, returned from the underworld, *Yomi*, in an unsuccessful attempt to revive his dead wife, Izanami. He needed to purify himself and when he washed his face, he gave birth (as one does) to his children. Amaterasu out of his left eye, Tsukuyomi out of his right eye, and Susanō from his nose. Now, spontaneous generation is not an unusual origin of gods and goddesses in any mythology, but what always struck me as odd was the stories about these siblings. Both brothers

each have a relationship with their sister, but I've never come across as story where they interact with each other—if such a story ever existed, either I can't find it or it has been lost.

Susanō and Amaterasu have a very aggressive sibling rivalry. According to the stories recorded in a work entitled *Kojiki*, Amaterasu was selected by Izanagi to succeed him as the sovereign deity. Outraged by this, Susanō challenged Amaterasu to a competition, of which Amaterasu was declared the winner. Further angered, Susanō went on a rampage, flooding and destroying the gods' rice fields. He also threw a flayed pony (gross) at Amaterasu's loom, destroying it and killing her servant in the process.\* Amaterasu was so traumatized by this whole experience that she locked herself in a cave and refused to come out, which created lots of problems for everyone because she is the *sun* goddess. She was eventually coaxed out when the gods threw a rowdy party outside the cave, which piqued her curiosity. When she came out again, and the sun shone once more, the other gods decided it was probably best for everyone if Susanō was kicked out of the heavenly plane, *Takamagahara*. Eventually, Amaterasu and Susanō reconciled when he presented a sword—acquired on one of his adventures on the earth—to Amaterasu as a gift.

Tsukuyomi and Amaterasu's relationship, on the other hand, was more of a Cersei and Jamie Lannister sort of relationship, if you catch my drift. But

they too had a falling out, which was never reconciled. Amaterasu had sent Tsukuyomi as her representative to a feast hosted by the goddess of food, Ukemochi. Ukemochi had prepared the food for the feast by transfiguring herself into various places that held food—the ocean, a forest, a rice field—and then as those places pulled food out of her mouth, nose, and from—*ahem*, where the sun doesn't shine. Even though the food looked delicious, Tsukuyomi was so disgusted that he killed her.\*\* Amaterasu was furious with Tsukuyomi and absolutely refused behold his face ever again. And this is why the night and day are separate and the moon and sun never rise and set at the same time.

Given the tumultuous relationships, short fuses, and overreactions, I can only imagine how Tsukuyomi and Susanō got along. But now you know a little bit about some of the earliest known deities in Japan's native religion. Be careful when you wash your face before bed tonight.

*\*I have **so many** unanswered questions about this. Why a pony of all things? Was that culturally significant to the listeners of this story? Did Susanō kill the pony, or did he just happen to find a dead flayed horse lying around? Why was it flayed? Who flayed it? Why did he throw it at Amaterasu's loom—was that deliberately targeted, or is that just where it happened to land? Was the loom significant? Who was this servant?*

*\*\*Which is apparently the only rational, sensible, reasonable thing to do.*

# Leave it on the Lawn



## Leave Your Grass Clippings on the Lawn!

A natural way to deal with your grass clippings is to leave them on your lawn after mowing. Grass clippings will quickly break down, returning nutrients to the soil. This helps save you time and effort while letting your yard flourish and grow.

- Cut grass when the surface is dry and keep mower blades sharp.
- Follow the 1/3 Rule: mow your lawn often enough so that no more than 1/3 your grass is cut. This frequent mowing will produce short clippings that will not cover up the grass surface.
- You can cut grass with almost any mower (push, electric or gas). Mulching mowers cut grass blades into small pieces and force them into the soil.

Grass clippings can also go in your green cart. To prevent clippings from sticking to the cart, put wet yard waste material like grass into paper yard waste bags.



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Friends,

I am pleased to tell you about what your government was able to accomplish during the first legislative sitting. Our first bill was the Carbon Tax Repeal Act, and, on May 30, 2019, Albertans were no longer punished for driving to work, heating their homes or living normal lives in this northern climate. We passed Bill 2, the Open for Business Act to make it easier to invest in Alberta and create jobs. We kept our promise to Albertans by passing the Job Creation Tax Cut, which independent economists estimate will create 55,000 new jobs, grow our economy by \$12.7 billion dollars and increase per capita GDP by 6.5%. This tax cut has already renewed Alberta's place as having the lowest taxes on job creators in Canada and will continue to make Alberta one of the most competitive jurisdictions in North America in which to do business.

Albertans elected us to get folks back to work, and that's what we're doing. We are cutting the job-killing red tape that has burdened our economy for too long, and we've made cutting red tape the law, by passing the Red Tape Reduction Act. We are also working to make it easier for newcomers to Alberta to be able to enter the workforce in the jobs they've been trained for with the Fair Registration Practices Act, so they can quickly find work to help grow the economy for all Albertans.

We have also been clear: If the federal government tries to impose a carbon tax on Alberta, that is all economic pain with no environmental gain, we will see them in court. We will not only challenge the carbon tax, but also the unconstitutional Bill C-48, the Alberta Tanker Ban, and Bill C-69, the No More Pipelines law. These bills are a direct threat to Alberta's economic future, and we will fight them every step of the way.

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Everybody is invited to Love Your Library Day, a free one-day event at all 21 libraries across the city on Saturday, August 17. If you haven't visited your local Library in a while, this is a great chance to drop by, see what's new, get a free Library card, and take home some new reads. Enjoy tours, special family programs, storytimes, musical performances, prizes, and much more. See you at the Library!

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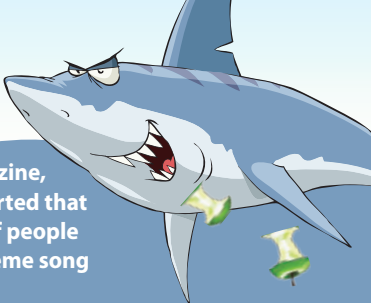
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