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## HOUSTON, WE HAVE A PROBLEM

On April 11, 1970, Apollo 13 launched and ran into difficulties days later. But did you know the famous line uttered by Tom Hanks (who plays US astronaut James Lovell) in the 1995 film is wrong! The correct quote uttered by astronaut John Swigert first was "Okay, Houston, we've had a problem here".



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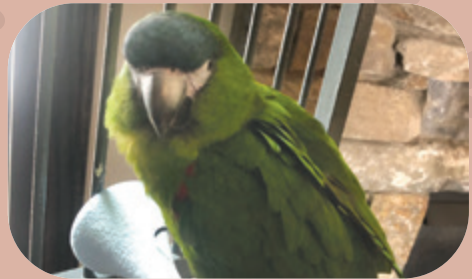
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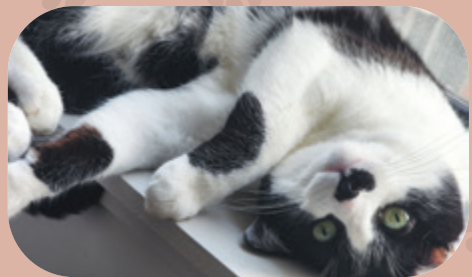
## Cats, Canines, & Critters of Calgary



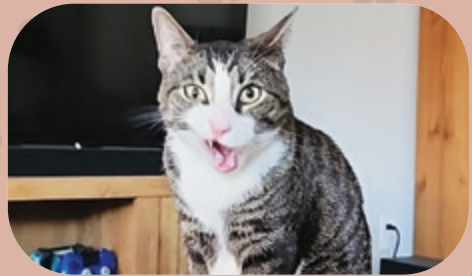
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To have your pet featured, email [news@mycalgary.com](mailto:news@mycalgary.com)

## Ham and Pineapple Bake

by Jennifer Puri

Cheap and easy to prepare eggs are an inexpensive source of high-quality protein. Eating enough protein can help with weight loss, increase muscle mass, optimize bone health, and lower blood pressure.

A whole egg contains a tiny bit of every nutrient you need and there are many ways to prepare eggs but poaching or boiling them preserves most of their nutritional benefits.

Tasty and filling, eggs have been popular for thousands of years and in many cultures, eggs are a symbol of new life, fertility, and rebirth.

Eggs are a breakfast mainstay and frittatas, quiches, burritos, quesadillas, devilled, pickled, or creamed eggs are just some of the delicious ways to consume eggs.

This Ham and Pineapple Bake can be enjoyed any time of the day and pairs well with a side of fingerling potatoes and a tossed salad.

**Prep Time:** 20 minutes

**Cook Time:** 45 minutes

**Servings:** 4



### Ingredients:

- 1 small loaf of French bread
- 4 tbsps butter
- ½ lb cooked ham cut into small pieces
- 1 cup shredded cheddar cheese
- ¾ cup drained pineapple bits
- 4 eggs
- 2 ¼ cups milk
- 1 tsp ground mustard
- ½ tsp salt
- ½ tsp black pepper
- 1 tbsp chopped chives

### Directions:

1. Butter a medium size glass baking dish. Slice the French bread and then spread butter on one side of each slice.
2. Next slice the bread into one-inch cubes and place in baking dish. Spread the ham cubes and pineapple bits on top of the bread and sprinkle with cheddar cheese.
3. In a mixing bowl, beat the eggs and then blend in the mustard, salt, pepper, milk, and chives. Pour the mixture evenly over the bread mixture. Cover tightly with saran wrap and refrigerate overnight.
4. The next day preheat oven to 350 degrees Fahrenheit.
5. Remove baking dish from refrigerator and place on middle rack of oven. Bake uncovered for 45 minutes or until puffed and golden in colour. A knife inserted in the centre should come out clean. Serve immediately.

Bon Appétit!



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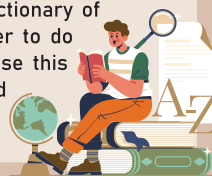
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*The University of Calgary Conjoint Health Research Ethics Board has approved these research studies (REB20-0983, REB20-2133, REB21-0535)*

You come across a word you don't recognize, and you want to know what it means: what do you do?

Well, you look it up in the dictionary of course! This was much easier to do starting April 14, 1828, because this was when seventy-year-old Noah Webster copyrighted the first Webster Dictionary.



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# Pelvic Floor Health for New Moms

from *Alberta Health Services*

You're a new mom! Congratulations. Among the changes that occur when you have a baby, childbirth and pregnancy can also have an impact on your pelvic floor.

In Alberta, there are specific clinics and specialists that can help and educate on pelvic floor issues, such as bladder and bowel control and pelvic organ prolapse.

Age can have a lot to do with your pelvic floor health, especially when it comes to recovery following childbirth. The effects of having a baby and lifestyle issues can cause changes to your pelvic floor, resulting in symptoms. That's why it's important to learn what you can do to prevent and address issues, for now and for the future.

## What Is the Pelvic Floor?

Your pelvic floor is at the base of your abdomen, between your legs which can be thought of as the bottom of a canister. Your abdominal muscles and bones are the back of the canister, and the top is your diaphragm, the muscle that moves your lungs up and down to help you breathe. The weight of your abdomen sits on the base of this canister, the pelvic floor. There are no bones underneath your pelvic floor, only muscles circling around it, so the pelvic floor muscles act like a sling or trampoline to support your pelvic organs. A healthy pelvic floor controls your bladder and bowels, and is important for sexual intercourse, along with lifting and carrying things by controlling the pressure inside your abdomen.

They also work with your deep abdominal, low back, and diaphragm to give you stable posture.

The large group of core muscles is called your Levator ani, which suggests there is a lifting action. Circular-shaped muscles called sphincters are around your urethra and anus. These pinch the urethra and anus closed as you do pelvic floor exercises, sometimes called Kegels.

## Pregnancy and the Pelvic Floor

Pregnancy puts stress on your pelvic floor due to the weight of the baby along with pregnancy hormones that loosen and stretch the area. Your uterus grows and

becomes heavier as your baby grows which pushes down on your pelvic floor and your bladder.

Labour and the type of delivery – vaginal or Cesarean (C-section) – can also affect your pelvic floor. Swelling, pain, and even a loss of feeling or tone in your pelvic floor can occur after a vaginal delivery. During a C-section, the pregnancy hormones are still present, doubling your blood volume, while your urethra (the tube from the bladder) dilates and loses some of its tone.

## Managing Pelvic Floor Issues

Exercise and lifestyle are two of the main ways to address your pelvic floor issues. After having a baby, you may find it harder to find and use your pelvic floor muscles which is why it's important to consider the following:

- **Consult a pelvic health physiotherapist** – These trained specialists can help you find these muscles and start a program.
- **Contact the Rehabilitation Advice Line** – They can help you get in touch with the proper resources to find out more.
- **Avoid straining or pushing down when using the toilet** – This can lead to incontinence (when you can't control your bladder or bowels) and prolapse (when pelvic organs sag down). Take your time.
- **Drink enough fluids to stay hydrated** – Try to urinate every three to four hours, and ensure your urine is a light-yellow colour.
- **Eat healthy foods and get enough fiber** – Eating well not only helps your internal organs to remain healthy and function optimally, but being a healthy weight helps put less pressure on your pelvic floor. Seek advice from a nutritionist.
- **Return to gentle movement** – Everyone returns to exercise at a different time after giving birth. Walking or gently stretching can help your body get rid of extra pregnancy fluids. Talk to your healthcare provider if you have questions about exercising after having a baby.
- **Avoid smoking** – Smoking often causes coughing which is hard on your pelvic floor and can irritate your bladder and rectum.



## Prairie Winds 4-H Club Update for April

by Abigail Dowler, Prairie Winds 4-H Club reporter

The month of February was busy but filled with fun!



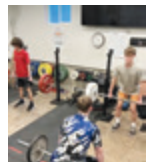
The biggest highlight of February was our annual communications competition. After months of preparing for this day, all the members did super great, and it was an enormous success.

Congratulations to those who moved on to the next level of competition, Areas. Thank you to COBS Bread Bakery, Safeway, and the real Canadian Superstore for sponsoring our event.

Our club social was at Fitset Ninja Calgary. We learned how to do all different types of parkour from unstable platforms to climbing walls. We had the opportunity to practice our new skills by working through different obstacle courses, it was an awesome time!

Our canine group had the opportunity to visit a community vet hospital. We learned all about the daily things needed to take care of your dogs like brushing their teeth, brushing/grooming, and regular exercise. We also learned about different food and the importance of diet control, so your dog does not become overweight. The vet even brought in one of his own dogs, Fizz, and she just wandered around to get scratches from the participants. I would like to give a huge shoutout to the Crowfoot VCA for organizing this project and volunteering their time.

Lastly, some of our members participated in a Health and Fitness project. This project involved a module on strength and resistance training with a focus on learning correct techniques and how to train safely.



Our communications competition will continue with the District level and all of our planned projects will continue with growing and learning opportunities for all our members.

BRAIN GAMES

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Hello, Ward 1!

April is sure to be a busy month at City Hall. Here are the latest updates on what's affecting your ward and city:

### Blanket Rezoning

The Public Hearing on blanket rezoning is happening this month on April 22. I strongly encourage everyone with an interest in this change, no matter their views, to consider registering to speak or to submit comments in writing. Sharing your feedback directly with Council will help us make an informed decision that reflects the views of as many Calgarians as possible. Visit [calgary.ca/publichearing](http://calgary.ca/publichearing) to register or submit your comments.

All landowners who are directly affected by the proposed rezoning should have received a formal notification by mail in March. You can learn more about exactly what's being proposed and view a map of the changes at [calgary.ca/rezoningforhousing](http://calgary.ca/rezoningforhousing).

A special thanks to everyone who was able to attend my townhall in March and to everyone who has submitted feedback so far.

### Drought Conditions

The City and Government of Alberta are continuing to monitor the water situation in southern Alberta. We ask all Calgarians to observe any water restrictions put into place in order to protect our ecosystems and drinking water supply. Taking steps year-round to reduce water consumption can help lessen the impact of drought and reduce the need for restrictions. Learn more at [calgary.ca/droughtresilience](http://calgary.ca/droughtresilience).

### River Valleys Project

The Government of Alberta recently released new draft flood hazard maps for the Bow and Elbow Rivers. These maps are used by The City to inform how land is used in areas that could be affected by flooding. The City will be updating its policies related to flooding and land use later this year. While these policies affect all Calgarians, they are especially important for residents of areas like Bowness in Ward 1. Learn more at [calgary.ca/rivervalleys](http://calgary.ca/rivervalleys).

It is tax season, and I hope you have received my annual "Tax Tips" for 2023 which contains information about tax changes. It is not a comprehensive list of tax-saving measures, nor is it tax advice, so for more information about specific deductions, please visit the Canada Revenue Agency website or seek professional advice. The deadline for individuals to submit their tax returns is April 30, 2024.

On April 1, the government will raise taxes on beer, wine, and spirits. This will happen without a vote in Parliament - for the eighth year in a row. I have tabled Private Members Bill C-266 to restore Parliament's power to set the tax and give elected officials the final say on taxes instead of letting the government raise them automatically.

I am a member of the Standing Committee on National Defence, and regularly question Canada's Senior Military Officers, bureaucrats, industry experts, academics, and the Minister of Defence. The Committee heard that a cyberattack in September shut down the Canadian Armed Forces' (CAF) re-location system for weeks. It is still unknown if CAF personal information was compromised during the attack. We also received testimony that rising rent and access to housing is driving people out of the CAF. In 2015 this Liberal government promised to be, "the most open and transparent Government in Canadian history" but after eight years the Minister of Defence admitted that his department fails to respond to 40% of Access to Information requests it receives within 30 days as required by law. Some requests are ignored for years.

Feedback from Calgarians is very important to me and informs the work I do on your behalf in Ottawa. If you would like to share your thoughts with me on national issues, please feel welcome to contact me through my Calgary office.

It remains my honour to represent you at the House of Commons as your Member of Parliament.

## RESIDENT PERSPECTIVES

# Stargazing with Pat J: Mars - More Than a Bit Weird

by Patricia Jeffery © 2024 of the Calgary Centre of the Royal Astronomical Society of Canada



Mars hasn't always been a dry, dusty, desolate planet. It used to be a much nicer place with an atmosphere and oceans of water. The ravages of time, however, have not been kind to this little planet, leaving it with a host of bizarre features.

- Fourth planet from the sun.
- If our sun is the goal post of a CFL football field, Earth would be at the two-yard line; Mars on the three.
- Half the size of Earth; its red colour is because iron in the rocks and soil has rusted.
- Rotation: 24.6 hours.
- Revolution: 687 days. It has an egg-shaped orbit due to Jupiter's powerful gravitational field tugging on it.
- Tilted 25 degrees gives Mars four distinct seasons.
- Mean temperature: -65 degrees Celsius.
- Two tiny moons: Phobos is 22 kms in diameter and Deimos is even smaller at 13 kms. Shaped like potatoes, they may actually be captured asteroids.
- A thin atmosphere of 95% carbon dioxide.
- Mars' small size meant it couldn't retain enough heat to drive plate tectonics. Without tectonics, it lost its protective magnetic field, and as a result, its atmosphere is gradually being stripped away by the sun's solar wind.
- Lack of plate tectonics is what allowed Olympus Mons to grow into the largest volcano in the solar system at three times the height of Mount Everest.
- Of the abundant water Mars once possessed, some is frozen in the polar ice caps, some is trapped inside minerals in the planet's crust, and the rest escaped into space.
- A massive crack called Valles Marineris spans nearly a quarter of its surface. At 4,800 km long, 320 km wide, and 7 km deep, it is ten times larger than Earth's Grand Canyon.



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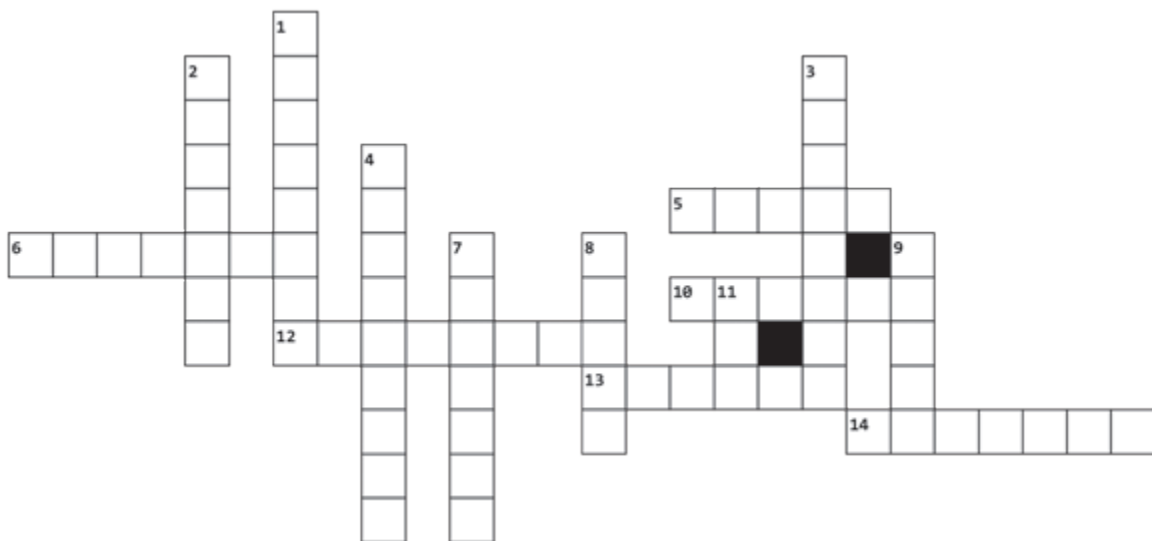
## GAMES & PUZZLES

### Guess the Invention!

1. This delicious, chocolatey treat was created by mistake by Ruth Graves Wakefield in 1930.
2. This Canadian-born technological invention gave the public a more immersive film experience in theatres.
3. James Naismith, a Canadian-born P.E. instructor invented this indoor team sport in 1891.
4. Hollywood actress Hedy Lamarr famously created a frequency-hopping technology, which would eventually lead to this modern wireless network technology.
5. Canadian artist Joe Shuster co-created this iconic comic book character in 1938.
6. In 1940, Norman Breakey of Toronto created this tool which would save time applying paint.



# April Crossword



## Across

5. The \_\_\_\_\_ and the Sweet Pea are April's official birth flowers.

6. This famous Leonardo was born on April 15, 1452.

10. In April of 1970, \_\_\_\_\_ 13 launched and famously ran into difficulties 56 hours later.

12. *Killers of the Flower Moon: The Osage Murders and the Birth of the FBI*, recently made into a feature film directed by Martin \_\_\_\_\_, was originally published on April 18, 2017, and written by David Grann.

13. This popular holiday, typically in April, is thought to be named after the goddess "Eastre".

14. Noah \_\_\_\_\_ copyrighted this eponymous, well-known dictionary used by many on April 14, 1828.

## Down

1. After a 1,500-year break, this international multi-sport event was reintroduced in Athens on April 6, 1896.

2. Famously nicknamed "The Unsinkable", this ship went down on April 14, 1912, in the North Atlantic Ocean.

3. This year, the World Ski and Snowboard Festival will be held the second week of April in \_\_\_\_\_, BC.

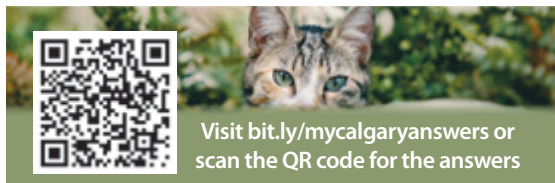
4. This cultural hub of Canada was incorporated into the country as a city on April 6, 1886.

7. Ford released the first version of this beloved muscle car on April 17, 1964.

8. "I Want to Break Free" by \_\_\_\_\_ was released in April of 1984, with a controversial yet playful music video.

9. Vancouver-born \_\_\_\_\_ Smulders, who famously plays Robin Scherbatsky in *How I Met Your Mother*, celebrates her birthday on April 3.

11. On April 11, National \_\_\_\_\_ Day is celebrated and advocates against animal violence and cruelty.



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