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		Listed	Sold	Listed	Sold
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January	24	4	6	\$454,900	\$463,500
December	23	2	7	\$475,000	\$518,000
November	23	11	12	\$574,950	\$588,250
October	23	11	9	\$624,000	\$580,000
September	23	11	14	\$659,950	\$658,250
August	23	20	15	\$540,000	\$544,000
July	23	14	15	\$540,000	\$570,000
June	23	22	20	\$587,000	\$619,312
May	23	14	21	\$600,000	\$652,000
April	23	20	17	\$599,900	\$650,000
March	23	19	17	\$554,500	\$565,000

To view more detailed information that comprise the above  
MLS averages please visit [mckl.mycalgary.com](http://mckl.mycalgary.com)



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**SCAN HERE TO VIEW ADDITIONAL  
MCKENZIE LAKE CONTENT**

**News, Events,  
& More**



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Statistics**



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# McKenzie Lake Community Association



🏠 16198 McKenzie Lake Way SE Calgary, AB T2Z 1L7

☎ 403-257-1823 📠 403-257-4429

✉ mlcafacades@telus.net

🌐 www.mckenzielakecommunity.com

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## COMMUNITY CONTACTS

Preschool	preschool@mckenzielakecommunity.com
Calgary Police Liaison Officer	Cst. Craig Kam CKam@calgarypolice.ca
Pathways Snow Removal	pathways@mckenzielakecommunity.com

### Rental Information for the Community Centre:

Gym (200 capacity)  
Duquette Room (Board room, comfortably seats 12)  
Call 403-257-1823 for prices and availability

## McKenzie Lake Preschool

Register online at [mckenzielakecommunity.com](http://mckenzielakecommunity.com)

All Classes have a \$50 non-refundable registration fee that you pay online by credit when registering.

For children, ages three and four, this is a time of wonder, questions and curiosity as well as cognitive, social, emotional, physical learning and development. McKenzie Lake Preschool creates a safe, fun, caring and positive environment that enables the child to have a positive early educational experience.

### 3-Year-Old Program

\$160 per month lowered to \$85 due to Affordability Grant.  
Times: 9:00 to 11:00 am  
on Tuesday/Thursday

### 4-Year-Old Program

\$185 per month lowered to \$110 due to Affordability Grant.  
Times: 9:00 to 11:00 am  
on Monday/Wednesday/Friday

### Or

12:30 to 2:30 pm on Monday/Wednesday/Friday

Households earning under \$180,000 per year can apply to the Government for Child Care Subsidy.



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Hello McKenzie Lake Residents!

Welcome April: a magical time as Mother Earth awakens from her winter slumber and begins to come alive once again.

**Preschool registrations are open.** Preschool fosters curiosity, promotes skills, a sense of competence, social and emotional development, and much more, plus it is fun! It's also a great way to prepare your child for kindergarten.

**Our after-school programs are full!** These programs allow children to connect in a new setting and offer a break from usual cliques. Because of the varied activities that are planned, it is a fun and meaningful way to be with others in areas they enjoy. These programs promote cooperation, support, and respect.

**Summer camps are full!** For all those registered, our annual outdoor soccer program starts on April 15! Get ready to lace up and hit the field!

**Drop-in programs.** MLCA hosts pickleball on Mondays, Tuesdays, and Wednesdays. The drop-in fee is \$5, and play is from 9:30 am to 12:30 pm. We supply all the equipment, just come out and play! McKenzie Tots is held on Thursdays from 10:00 am to 12:00 pm. Three is a \$5 drop-in fee per family. Come out and join other parents and children for visiting, coffee/tea, and play. We supply a gymnasium full of toys and a bounce house!

The centre will be closed on Good Friday, April 16.

*Lauren Husband*

Facility Administrator

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*Joke of the Month*

What did the grape do when it got stepped on?  
It let out a little wine.



# The Much-Maligned Magpie

by Jesse Hanson



People in England and Australia have been writing poems about magpies, and they were the subject of superstition, for hundreds of years. When English settlers

came to Alberta, some would write about how they looked and behaved with class, as if they were wearing tuxedos. There is a children's magazine and a British Premier League Football team (Newcastle United, with its black and white home uniforms) named after them. So, who are these birds?

More than a hundred years ago, Judith Wright wrote: "Along the road the magpies walk with hands in pockets, left and right. They tilt their heads, and stroll and talk in their well-fitted black and white. They look like certain gentlemen who seem most nonchalant and wise until their meal is served – and then what clashing beaks, what greedy eyes!"

When they first came to North America, they fed on ticks and corpses of buffalo. They have since learned that it is an easier life near farmsteads and in cities, where they stay year-round.



In Calgary, we only have Black Billed Magpies. They are known for their loud squawking and how they raid the nests and steal the eggs of other birds. Like crows, their families band together for defence from predators. You can sometimes see them flying above and pecking at a hawk that has threatened or stolen their young, which are vulnerable, when learning to fly.



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# FRIENDS *of* Fish Creek



## All About Calgary Wildlife

**Thursday, April 11 from 7:00 to 8:30 pm**

Presented by Beki Hunt, Executive Director, Calgary Wildlife

Fish Creek Environmental Learning Centre, Shannon Terrace, Fish Creek Provincial Park

Geared towards young adults and adults, the All About Calgary Wildlife presentation takes you behind the scenes at Calgary Wildlife. Learn about our history, our programs, who we treat, how you can live in harmony with urban wildlife, and some of our rehabilitation case studies. Beki Hunt is Calgary Wildlife's executive director and has been in the role for two years. Prior to that, Beki was the Deputy Director (and co-founder) of the Taiwan Society of the Prevention of Cruelty to Animals in Taipei, Taiwan. Beki's love and respect for animals has been a constant thread in her life since she was a child, putting her on the trajectory of working with animals in the non-profit sector.

Free for Friends members and \$10 for non-members.

Registration required. To register visit [www.friendsoffishcreek.org/event/calgary-wildlife](http://www.friendsoffishcreek.org/event/calgary-wildlife).

## Good Grief – Nature Walking Through Grief and Loss

**Wednesday mornings from 10:00 to 11:30 am from April 3 to May 22**

This spring, the Friends are pleased to offer the Good Grief program once again. This eight-week program is aimed at providing support for those experiencing grief, loss, or a major life transition. During gentle, accessible, guided walks throughout Fish Creek, participants will have the opportunity to connect with the natural world and chat with others who are on a similar journey.

Join us! The fee is \$25 and there are only 15 spots available.

For more information or to register, visit [www.friendsoffishcreek.org/programs/goodgrief](http://www.friendsoffishcreek.org/programs/goodgrief).

## Share Your Story with a Brick Along the Fish Creek Community Terrace

If you have been to the Bow Valley Ranch recently, you may have seen the Fish Creek Community Terrace, which consists of personalized bricks in front of the Cookhouse. We would like to thank everyone who supported Fish Creek Provincial Park by dedicating a brick along the Fish Creek Community Terrace in recent years. Every brick tells a story, and we are very grateful that so many community members are sharing their story here in Fish Creek. This unique fundraising activity provides essential support for us to continue delivering programs and events in Fish Creek Provincial Park. Consider dedicating a brick for phase four of the Terrace to be installed this summer. A brick would also make a great gift for a loved one or a good way to promote your local business. For more information, please visit [www.friendsoffishcreek.org/brick](http://www.friendsoffishcreek.org/brick).

## Volunteer Opportunities

Do you have free time and want to volunteer in Fish Creek Provincial Park? The 2024 volunteer season is just around the corner, and we are looking for people to assist with various programs starting this spring. To begin volunteering, please visit our website and create an account on our online volunteer system, MyImpactPage. We look forward to working with you to bring the Friends' 2024 volunteer programs to life! For more information, please visit [www.friendsoffishcreek.org/volunteering-basics](http://www.friendsoffishcreek.org/volunteering-basics).

# CCSD BOARD OF TRUSTEES

[www.ccsd.ab.ca/board-column](http://www.ccsd.ab.ca/board-column) | [trustees@ccsd.ab.ca](mailto:trustees@ccsd.ab.ca)

Learn more about your Calgary Catholic School District Board of Trustees!

## Greetings and Happy Easter!

by Shannon Cook, Chair, CCSD Board of Trustees



The reading for Easter Sunday about the stone being rolled away and the angels declaring, "He has risen!" is the story of Easter's greatest gift - hope.

Hope is a word filled with anticipation, that God's creation of life is overflowing with endless potential and possibilities. Christ is risen. With Him, as well as with our own hope and creativity, we can face our present problems and happinesses with the knowledge that we are not alone.

When I come home frustrated or exhausted from a difficult day, I need help to see things with fresh eyes while embracing positivity and gratitude. I need to find a way to look past the fear that crept into my day and to see joy in the midst of difficulties and sorrows. The Resurrection makes all things new and encourages me to look at the world with hope. By trusting that God can help me overcome my most serious challenges and that He will carry me when I fall, Christ's resurrection is our strength.

Easter marks a new beginning for Christ and for us as Christians. It is a time to remember and a time to re-commit to cultivating the hope of the Resurrection year-round.

I want to recognize all the ways that students and staff at the Calgary Catholic School District (CCSD) marked Lent in their schools; prayers, fasting, acts of kindness, service, and reflection throughout the Lenten season. What a gift to be able to practice our faith at school! Thank you for your commitment to Catholic education.

On behalf of the CCSD Board of Trustees, may you and your families have a Blessed Easter Sunday and a joyful and hopeful Easter season. Christ Is Risen! Risen, indeed! Let us rejoice and be glad. Alleluia!

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## 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!





# How to Heal from Intimate Betrayal

by Nancy Bergeron, R.Psych. | [info@nancybergeron.ca](mailto:info@nancybergeron.ca)



Healing from intimate betrayal trauma is a complex and deeply personal journey. Here are twenty strategies that may be helpful in your healing process:

- 1. Seek Professional Help** - Support from a therapist trained in trauma and betrayal can provide guidance and a safe space for processing overwhelming emotions. There are many modalities for treating trauma. It is not a one size fits all.
- 2. Practice Self-Compassion** - Be gentle and understanding towards yourself, recognising that healing takes time, support, and effort.
- 3. Establish Healthy Boundaries** - Set clear boundaries to protect yourself from further harm and create a sense of safety. This is not just with your partner, but friends and family as well.
- 4. Engage in Self-Care Activities** - Prioritize activities that nurture your physical, emotional, and mental well-being, such as exercise, meditation, and spending time in nature.

**5. Join a Support Group** - Connecting with others who have a shared lived experience can provide validation, understanding, and a sense of belonging.

**6. Journaling** - Writing about your thoughts, feelings, and experiences can be a therapeutic way to process emotions and gain insight into your healing journey. It is also beneficial to do this as a 'mind dump' to keep rumination at bay.

**7. Educate Yourself** - Learn about the impact of betrayal trauma and explore resources on healing and recovery.

**8. Practice Mindfulness** - Cultivate present-moment awareness to manage overwhelming emotions and reduce anxiety. Ground yourself in what you are doing in the here and now.

**9. Express Yourself Creatively** - Engage in activities such as art, music, or dance to express overwhelming emotions and foster self-expression.

**10. Challenge Negative Beliefs** - Identify and challenge negative beliefs about yourself, relationships, and trust that may have developed as a result of the betrayal.

**11. Cultivate Forgiveness** - Explore forgiveness as a way to release resentment and find peace, recognizing that forgiveness is a process and may not happen immediately. This includes yourself as well as your partner.

**12. Engage in Healthy Relationships** - Surround yourself with supportive and understanding people who respect your boundaries and encourage your healing journey. Be discerning about whom you choose to share with.

**13. Set Realistic Expectations** - Be patient with yourself and recognize that healing is not linear, and there may be setbacks along the way. It takes time to process trauma and heal from PTSD.

**14. Practice gratitude** - Focus on aspects of your life that bring you joy and gratefulness, even amidst the pain of betrayal.

**15. Connect with your Spirituality** - Draw strength and comfort from your spiritual beliefs and practices, if applicable.

**16. Engage in Activities You Enjoy** - Participate in hobbies and activities that bring you pleasure and fulfilment, helping to restore a sense of joy and purpose.



**17. Practice Relaxation Techniques** - Incorporate relaxation techniques such as deep breathing, progressive muscle relaxation, or guided imagery to reduce stress and promote relaxation.

**18. Seek Closure** - Explore ways to find closure, whether through conversations, rituals, or symbolic gestures, to help facilitate the healing process.

**19. Focus on Personal Growth** - Use the experience of betrayal as an opportunity for self-reflection, growth, and transformation.

**20. Celebrate Milestones** - Acknowledge and celebrate your progress and achievements along your healing journey, no matter how small they may seem.

It's important to remember that healing from intimate betrayal trauma is a gradual and individualized process. What works for one person may not work for another. It's okay to seek professional help and support as needed, and to honour your unique journey towards healing and recovery.



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# McKenzie Lake Residents Association



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Calgary AB T2Z 1L7

📞 403-257-1657 ✉ office@mlra.ca

🌐 www.mlra.ca

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## MANAGEMENT AND OTHER CONTACTS

Brad Buxton	General Manager manager@mlra.ca
Bryce Morris	Operations Manager operations@mlra.ca
Sandi Raganowski	Office Administrator office@mlra.ca

The McKenzie Lake Residents Association is a non-profit organization geared towards providing a wide array of recreational services, programs and facilities for our members and their guests. We serve 3,200 residents and over 11,000 members and their families. In addition to the lake, members have access to tennis courts, basketball courts, a beach volleyball area, a toboggan hill and other recreational activities.

McKenzie Lake is a 43 acre lake combined with an 18 acre park for a total of 61 acres. The Association provides its members with access to equipment such as rowboats, canoes, kayaks, and pedal boats. To ensure a safe and fun environment, we provide life jackets for boating purposes. The lake is stocked with rainbow trout in May, June and September of each year. In the winter time the Association provides a variety of skating surfaces including illuminated hockey rinks, an ice skating pad with a fire pit, and a 2.5 kilometre skating path around the lake. Skating areas are machine groomed with our own zamboni.

The Beach Club facility also has a function hall available to rent exclusively for the members.

The activities of the Association are determined and governed by an elected board of Directors comprising at least three (3) and no more than fifteen (15) members, that is, residents of the McKenzie Lake Residents Association. The Board of Directors have hired a General Manager who has been assigned responsibility for managing the day-to-day operations of the Association including the operations at the lake complex.

*Board of Directors, McKenzie Lake Residents Association*

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## Facility Status

Please visit our website at [www.mlra.ca](http://www.mlra.ca) for all information regarding the park status. Changes can come into effect at any time so please visit the website prior to coming to the facility.

## Grants from the Alberta Government

On behalf of the members of the McKenzie Lake Residents Association, the Board of Directors extends a big thank you to the Alberta Government for their generous donations through the Alberta Lottery Fund to help fund renovations completed to the interior and exterior of the buildings over the last couple years. Thank you, Alberta!

The most recent grant we received was to help fund a large project that will completely change the park. The concrete pad and surrounding area have been upgraded substantially and now include a basketball/bounce court, a deck with a trellis feature and fire pit, new seating areas, upgraded paving stone pathways, artistic letters for play, new trees and shrubs, and an ice trail that will be a skating loop in the winter. We hope you enjoy!

## Annual Membership Fees

Fees for 2024/25 were invoiced in March and are due April 1.

Members with outstanding fees are not permitted to use the facility and will be denied access.

Please remember MLRA fees are mandatory.

You can view your invoice(s) by logging into your account at [mlra.perfectmid.com](http://mlra.perfectmid.com). Use the email we have on file for you.

If you are having trouble accessing your account, do not sign up for a new account. Contact the office at [office@mlra.ca](mailto:office@mlra.ca) for assistance.

Additional information and payment instructions can be found online at [mlra.ca](http://mlra.ca).

## MLRA Boundaries

We understand there are homes in McKenzie Lake that receive this news publication but are not entitled to MLRA membership. These areas include – Mt Allan, Mt Douglas, Mt Apex, Mt Aberdeen, and some homes on

Mt McKenzie Drive. We do apologize but these areas are not entitled to MLRA membership. The Association boundary lines are determined by the registered Articles of Association, which is a document that specifies the regulations for a company's operation. The MLRA Board cannot arbitrarily alter the boundary line.

## Programs

We offer affordable youth and adult programs all year round and we have a winter lineup coming up! Visit our website at [www.mlra.ca](http://www.mlra.ca) for a full list of programs. You can also contact [office@mlra.ca](mailto:office@mlra.ca) with any questions or concerns. Programs fill up quickly so register today!

## Beach Club Rentals

The Beach Club is open and available to our members for rent. Contact the office today for additional information at [office@mlra.ca](mailto:office@mlra.ca). Bookings must be made with the main office.

## Volunteer Committee

We are currently recruiting members to fill positions on our volunteer committee. Volunteers will primarily be responsible to help with special events. Our goal is to offer more fun activities and special events throughout the year, and we need volunteers to make it happen! The Committee will be responsible for all fundraising and organizing of the events. If you would like to see more events and activities offered and are willing to donate your time, then please contact us today at [office@mlra.ca](mailto:office@mlra.ca).

## Up to Date Information

For the most up to date information regarding MLRA related issues, please visit our website at [www.mlra.ca](http://www.mlra.ca).



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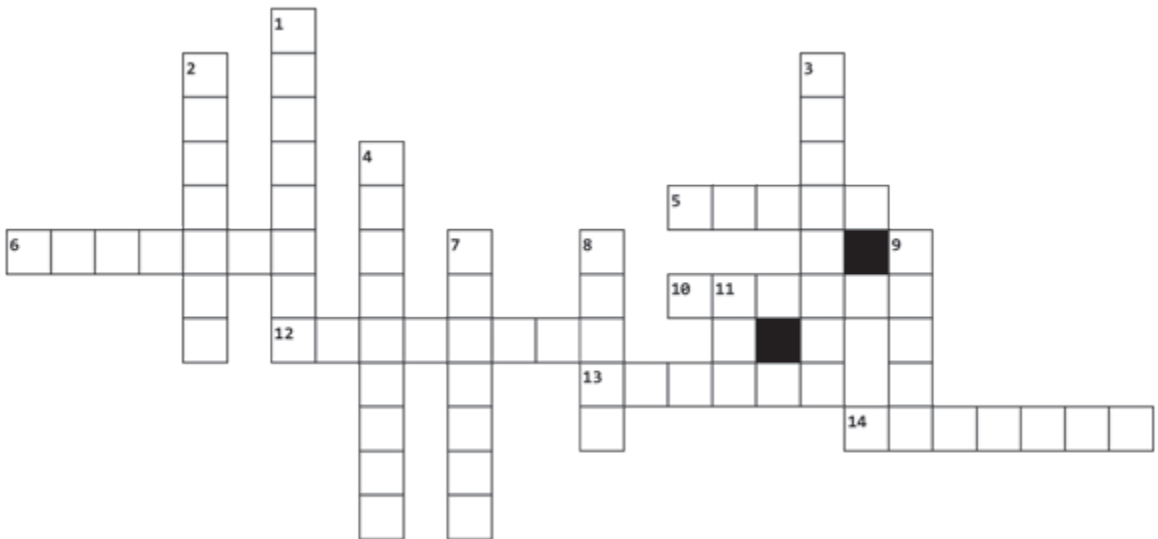
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# April Crossword

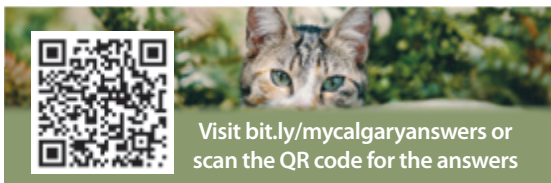


## Across

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.



Visit [bit.ly/mycalgaryanswers](http://bit.ly/mycalgaryanswers) or scan the QR code for the answers

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



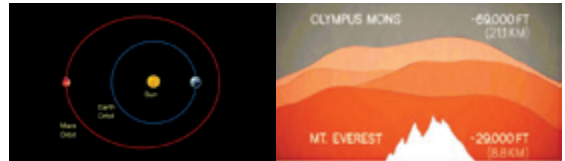
by Patricia Jeffery © 2024 of the Calgary Centre of the Royal Astronomical Society of Canada

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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## Calgary's Filipino Heritage

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

Many communities from around the world now call Calgary home. In the 2021 census, there were approximately 84,000 Filipinos in Calgary.

The first arrivals in Alberta took place in the 1960s and 1970s. Among the first were skilled workers, as allowed by immigration law at the time. For example, three teachers arrived in 1965, one heading to Lethbridge, another to Fort Macleod, and Aurora Dacanay settling in Taber. Others arrived throughout the late 1960s and became nurses or engineers.

Economic and political upheaval in the Philippines, including the 1972 declaration of martial law, saw an increase in Filipinos seeking opportunities in Canada. Changes to Canadian law also spurred the arrival of newcomers. Between 2011 and 2016, the Philippines was the most common country of origin for immigrants to Canada.

In 2018, June was declared Filipino Heritage Month by a unanimous vote in the House of Commons. Also in 2018, Alberta received two proposals for a Philippine Heritage Month, one for June and the other for September. June makes sense, as it coincides with Philippines Independence Day on June 12, 1898.

The community's contributions to Calgary's heritage continue to grow. Spearheaded by the Philippine Tourism Department and Consulate General in Calgary, April is marked as Filipino Restaurant Month. The 2023 iteration occurred in 19 Canadian cities. Calgary, with eight restaurants, had the most participating locations of any city.

In 2021, human rights advocate Marichu Antonio became the first Filipino Canadian to receive the City of Calgary's Citizen of the Year Award. The Award was established in 1994 to recognize Calgarians for their achievements and contributions to the community.

Also in 2021, a bust of Philippines national hero Dr. Jose Rizal was unveiled in Airdrie's Nose Creek Regional Park to mark the 160th anniversary of his birth. Dr. Rizal was an eye doctor who was executed for rebellion by

the colonial government. He had turned to writing to advocate for self-government through peaceful reforms, which inspired the Philippine Revolution.

Today in Calgary and across Alberta, free peoples gather from all over the world to live and work (and eat) together.

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### Historical Photo

Copyright Status: Public domain.  
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### Modern Photos



Max's Restaurant, 3581 20 Ave NE, 2023. Photo courtesy of Anthony Imbrogno.



Dr. Jose Rizal Monument, Nose Creek Regional Park, Airdrie, AB, 2023. Photo courtesy of Randall Nolasco.



Dr. Jose Rizal Monument, Nose Creek Regional Park, Airdrie, AB, 2023. Photo courtesy of Anthony Imbrogno.



Dr. Jose Rizal Monument, Nose Creek Regional Park, Airdrie, AB, 2023. Photo courtesy of Anthony Imbrogno.

# 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.



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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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## Upcoming Free Programs

### Tasty, Low Salt Cooking

Enjoy flavourful meal, dip, and sauce ideas that focus on less salt (sodium) in this two-part series and explore ways to reduce salt intake by using delicious, lower salt substitutes and label reading. These practical cooking demonstrations include recipes and helpful tips. Part 1 features meal ideas using less salt and Part 2 features tasty dips and sauces. Join us from the comfort of your home for this virtual cooking demonstration.

**When:** Meal Ideas - April 17 from noon to 1:00 pm.  
Dips and Sauces - May 1 from noon to 1:00 pm.

**Program Provider:** AHS Nutrition Services and the Wellness Kitchen.

**Registration:** [www.redcap.link/TastyLowSaltCooking](http://www.redcap.link/TastyLowSaltCooking).

### Easy and Healthy Mediterranean Cooking

Discover great flavours and how to eat Mediterranean! The Mediterranean may be far away, but the delicious

and healthy foods of this style of eating are close at hand. Improve your nutrition with Mediterranean meal ideas for brain health, heart health, or general well-being. This practical cooking class includes recipes and helpful tips. Join us in-person in the Wellness Kitchen or from the comfort of your home virtually for this cooking demonstration.

**When:** April 23 and June 11 from noon to 1:30 pm.

**Program Provider:** AHS Nutrition Services and the Wellness Kitchen.

**Registration:** [www.redcap.link/EasyHealthyMediterraneanCooking](http://www.redcap.link/EasyHealthyMediterraneanCooking).

### Cooking When Fatigued

Learn to prepare and cook healthy meals when you live with chronic fatigue, or physical or cognitive symptoms related to neurological conditions like Parkinson's Disease or arthritis. This unique cooking demonstration gives you the opportunity to ask questions and learn strategies to be more successful in the kitchen.

**When:** In-person - April 11 from noon to 1:30 pm (space is limited).  
Online - May 15 from noon to 1:30 pm.

**Program Provider:** AHS Nutrition Services, Allied Health, and the Wellness Kitchen.

**Registration:** [www.redcap.link/CookingWhenFatigued](http://www.redcap.link/CookingWhenFatigued).

# 3-1-1 Calgary Introduces New Call Back Feature to Reduce On-Hold Wait Times

by *The City of Calgary*

The City of Calgary has launched a new feature for its 24/7 services and information line. When you call 3-1-1, you'll be notified of the wait time, and you can choose to receive a callback if it is longer than one minute.

If the expected wait is longer than one minute, the system will advise on the estimated wait time before providing the option for a callback.

The callback feature is available on the ten-digit 403-268-CITY (2489) and 3-1-1 lines between the hours of 8:00 am and 4:30 pm, seven days a week. These hours of operation experience the highest volume of call demand, often resulting in longer wait times.

"This technology allows for 3-1-1 to strengthen our commitment and focus on providing enhanced customer service to our citizens," says Clarke Bellamy, Manager, 3-1-1, Customer Service and Communications. "We anticipate this new feature will provide additional options to callers that prefer not to wait on hold."

The City of Calgary is the first 3-1-1 service in western Canada to offer a daily callback feature.

Contact 3-1-1 via mobile app and by phone for City information and non-emergency services, such as bylaw-related issues, snow removal concerns, potholes, street cleaning, and tax account inquiries. Language translation and accessibility services are available.

Find out more at [calgary.ca/311](https://calgary.ca/311).



# Keeping Storm Drains Clear This Spring

by *The City of Calgary*

Storm drains are a part of Calgary's stormwater system. There are about 60,000 storm drains in Calgary working to capture water and melting snow off sidewalks, streets, and roads.

If it's safe and possible to do, remove debris or snow blocking the drain. Create a channel, if need be, to help water flow.

## Pooled water on your street

In communities built after 1990, The City installs devices in the storm drain to control how fast water flows into the system. During and after a rainfall event, these devices allow water to pool on the road (usually in a depression or low spot, called a trap low), until the stormwater system can accept the extra water.

## Take a picture

If the storm drain remains submerged for more than 90 minutes or you cannot safely clear ice and snow away, take a photo and submit it via the 3-1-1 app or a web request. Attaching a photo goes a long way in helping our crews respond on a priority basis.

For more information on storm drains and to locate the closest one to you, visit [calgary.ca/stormdrains](https://calgary.ca/stormdrains).



# Mahogany Gets a Stunning New Development!



Residents of Mahogany and surrounding areas have eagerly anticipated the arrival of a state-of-the-art Class 'A' self-storage facility, courtesy of Bluebird Self Storage. Situated by the serene Mahogany West Beach, this development redefines convenience and accessibility for locals.

Class 'A' self-storage is making waves in the market, offering unparalleled amenities and security features along with beautiful architecture and convenient placement in residential neighbourhoods. For Mahogany residents, this means quick access to top-notch storage, catering to all with efficiency and reliability. With reservation spots filling up quickly, there's a sense of urgency among residents to secure their storage space promptly. The impact of this revolutionary approach to storage is already evident in Bluebird Mahogany's twin site, Bluebird Buffalo Run. Located in another vibrant community, Bluebird Buffalo Run has shattered numerous storage records in Canada. The interest in Bluebird Buffalo Run underscores the growing demand for premium storage solutions that prioritize convenience, security, and customer experience.

## 125 Mahogany St SE

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But that's not all that's causing a buzz in the area. In the same building as the self-storage facility, a new addition is also catching the attention of car owners: the Great White Car Wash express tunnel. Spanning an impressive 140 feet, this cutting-edge car wash utilizes the latest technology, including closed-cell foam brushes and graphene wax, ensuring a superior clean and finish for vehicles. This mix of equipment and cleaning agents effectively eliminates the risk of micro-scratches from outdated brushes material while creating a powerful shield that helps to restore a vehicle's clearcoat, while also creating a powerful barrier against dirt, grime, UV rays, and debris!

What sets Great White Car Wash apart is its commitment to sustainability. As part of the WaterSavers program, they use less fresh water than traditional washing machines and reclaim 80% of the water they utilize, making them the most eco-friendly car wash in Canada. This aligns perfectly with the environmentally conscious ethos of the Mahogany community.

To celebrate its opening, Great White Car Wash is offering an exclusive lifetime **10% discount on any new unlimited membership until April 30th.**



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*continued on next page*

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**Councillor, Ward 14**  
**Peter Demong**

 403-268-1653

 [eaward14@calgary.ca](mailto:eaward14@calgary.ca)

 [www.calgary.ca/ward14](http://www.calgary.ca/ward14)

Greetings Ward 14!

Today, I am going to take a detour from the normal monthly list of topics and get right to the point. On April 22, City Council will undergo a public hearing and decide on whether or not to make some major changes to what type of building is allowed on properties in Calgary. I voted against moving forward with this, but here we are.

As a part of this public hearing, I must remain open to persuasion. That is the law, but it is also important to me to be open to what Calgarians think. There have been some opportunities for input, but it has not been enough.

I will be holding two sessions in April. These will be opportunities to speak with some of the City's experts on proposed rezoning changes, and a chance to give me your thoughts face-to-face. I encourage you to visit [calgary.ca/ward14](http://calgary.ca/ward14) for all the details.

Feel free to contact me any time, and don't forget to visit [calgary.ca/ward14](http://calgary.ca/ward14) for the full version of this column. The best way to contact me is by visiting [calgary.ca/contactward14](http://calgary.ca/contactward14) or calling 403-268-1653.

Sincerely,  
*Councillor Peter Demong*

## Word of the Month

**Portmanteau: noun (port-man-toe)**

A literary device wherein two words are merged to form a novel word with a distinct meaning.

John was surprised to learn that the word 'motel' is a portmanteau of 'motor' and 'hotel'.

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