“April showers bring forth May flowers” is a common expression at this time of year. Despite the proverbial prediction of heavy downpours, staff at the Transcona Museum are excited to welcome April as the museum will be celebrating a major milestone this month: the 50th Anniversary of our founding! There will be plenty of ways to get involved, so stay tuned for more details.

Exhibition Opening
The Transcona Museum is proud to present Common Technology: From Past Lives to Future Ideas, an exhibition that takes a look at how technology has changed our daily lives in Transcona. From the simple, hand-operated tools of the prairie settlers to the smartphones and social networks of the present, Common Technology showcases some of the amazing devices and resources we all use to accomplish specific tasks. An opening reception will be held at the beginning of April for exclusive members and special guests at the Transcona Museum. The galleries will be open for public viewing the following day. Visit our website for updated information as it becomes available.

Interested in attending the opening reception? Consider purchasing a membership from the Transcona Museum!

Continued on page 18
Prepare for Your Eye Exam

Here are a number of tips to help you prepare for your eye exam. Following these recommendations will make your exam go smoother and help your Optometrist give you the best possible care.

1. Think of any specific questions about your eyes and vision that you want your eye doctor to answer. Write the questions down so you won’t forget them.

2. Be prepared to let your eye doctor know if you feel your vision has changed or needs improving for specific tasks - such as driving at night, using a computer, or reading.

3. Bring your previous eyeglasses prescription (if you have it) and all eyeglasses you currently wear, including sunglasses.

4. Write down the names and doses of any medications you take. Include any over-the-counter products you take - such as allergy medicines, pain relievers, vitamins, and artificial tears. Drugs of any kind (including non-prescription medications) can potentially affect your eyes and your vision.

5. Be prepared to tell your eye doctor if you have had any injuries to your eyes or head that may affect your vision.

6. If you wear contact lenses, wear them to your exam. If available, bring a copy of your contact lens prescription or the box they came in.

7. If you wear contact lenses, write down the names of the products you use to clean and disinfect your lenses. Also, bring your contact lens case with you so your doctor can determine if it should be replaced. (A worn or dirty contact lens case can increase your risk of eye infection, especially if you aren’t disinfecting your lenses properly.)

8. Find out if you have a family history of Glaucoma or other eye diseases. Also, be prepared to tell your doctor if anyone in your immediate family has diabetes or hypertension. A family history of these disorders may increase your risk of developing them, along with eye conditions that are associated with them.

9. Get plenty of rest before your exam. You play a key role in determining the power of the lenses your doctor will prescribe. You will be shown different lenses and asked which provide the clearest vision, so you’ll want to be fresh and alert.

10. If you have health insurance or you subscribe to a vision care plan that you believe will pay for all or a portion of your exam fee, call your eye doctor’s office prior to your exam to make sure your doctor is an eligible provider for the plan. Be sure to also bring your insurance or vision plan membership card with you to your exam.

Finally, be courteous to your eye doctor and arrive on time for your appointment. Being late for your eye exam affects not only you, but all patients scheduled after your appointment. Being on time makes the day more pleasant for everyone and ensures your eye doctor will have sufficient time to offer you the care you need.

Checkout our website at www.transconaoptical.ca and be sure to follow us on Facebook at www.facebook.com/transconaoptical

- Eye Health & Vision Examinations
- Designer Glasses, Sunglasses & Contacts
- Digital Retinal imaging & OCT
- State of the art diagnostic technology
- Friendly doctors & staff
- Direct billing to most insurance companies

Transcona Optical | 212 Regent Ave. W | Ph. 204-224-2254 | www.transconaoptical.ca
Ball Insurance Agency
204-222-7771
SINCE 1953

home

business

travel

Sheilagh Ball • Carrie Ozarko • Susan Hannah
Auto Broker Only

HOURS: Monday to Friday – 9:00 - 5:30
Saturday 10:00 - 2:00 p.m.

112 Regent Ave. West
“How Come it Never Looks the Same When I Do it at Home?”

By Kerry Harrison

It’s pretty common for people to say things to their stylist like, “If I win the lotto, you’re coming to live with me and blow my hair out every morning!” or “How come it never looks the same when I do it at home?” and the answer is fairly simple — easier said than done, but simple. It pretty much boils down to using the right products for your hair, using good tools, and putting a little muscle into it.

Products play a huge role in coercing your hair into doing what you want it to do and making your life easier. Often, the clients we talk to who say they can’t get their hair to do what they want it to do aren’t using products at all or they’re not using them in the best way.

Another reason we’re able to give you such beautiful results at the salon is because we’re using really top-notch tools, good quality blow dryers, irons, and an arsenal of brushes to pick from, along with quality products. This seems to be where a lot of people don’t realize how important the products and tools we use to achieve the final results are worth investing in. Quality makes achieving your results at home closer to the professional salon service.

Transcona Garden Club

By Domia Derkach

April — Time to Clean-up and Time to Green-up your yard. Time and Energy is in short supply, but dedicated gardeners will often find an easier way to get things done. Let’s consider your gardening tools; you will need the right tools for the job. As an example for “raised beds or containers” you would need a digging, a clipping, a cultivating tool and other small hand tools. For a larger garden you will need a spade, a fork and a hoe along with any number of other larger tools.

It’s a good idea to try before you buy any tools. Try them when you stand, stoop or sit. This will determine the handle length. You’ll be surprised how different they feel when you are sitting or you are in a different position. Upon checking the length of garden tools, they should be at least as tall as your shoulder. Longer tools...
ease the stress on your back and will provide better leverage. Also, look for good workmanship; they should be solid and safe. Lift the tool in the store, if it is heavy in the store, then this same tool may feel twice as heavy in the garden.

Tools getting lost? Here’s a solution, just paint the ends of the handles with fluorescent paint. This bright color on the handle makes it easy to find, also helps identify your tools if you have lent them out.

Take good care of your tools – they will last for a longer time if you do so. Do not leave them outdoors to weather and rust. Also, sharpen your tools as they will work much better when sharp. Don’t forget the wooden handles, rub a little oil on the wood, just enough for the wood to absorb it.

Plan to attend the next general meeting on Wednesday, April 19th at 7:00 pm at the Transcona Retired Citizens Centre, 328 Whittier Avenue West. The topic is “Garden Tools” with speaker Stu Innes, also learn of upcoming events: The Plant & Bake Sale, the Club’s main fundraiser featuring many new and different plants, etc. Refreshments will be served and everyone is welcome. Volunteers will be needed. Please consider being one of our volunteers this year. Your help would be greatly appreciated. Somebody once told me that “Volunteers are seldom PAID not because they are worthless, but because they are PRICELESS”.

The Floral Arrangement Group will meet on Friday, April 14th from 1:00 to 3:00 pm. For more information please call 204-224-2535. For any other information about Club Activities please call 204-222-0236.

The Transcona Trails 2017 AGM will be on Wednesday April 5th at 7:00 p.m. at Park City West Community Club, 115 Sanford Fleming. Everyone is welcome at the AGM. Our guest speaker will talk about the Trans Canada Trail in Winnipeg. We look forward to seeing you there.

St. Michael’s Parish Hall

Please note: NO Bingo - April 12, 2017 at St. Michael’s Parish Hall

St. Michael’s Parish Perogy Dates: April 7th and 21st; May 5th and 19th; June 9th (last one) Please contact Ann 204-222-9003 Price $6.00 per dozen

Transcona Memorial United Church

Transcona Memorial is delighted to host Messy Church! held on Friday, April 14 from 5 to 7 pm at TMUC, 209 Yale Avenue West. Pre-registration is appreciated but not required at tmuc@shaw.ca or 204-222-1331.

Transcona Food Bank

Open the 1st and 3rd Thursdays each month from September to June. To receive food, you must pre-register with Winnipeg Harvest at 204-982-3660 on or before the Friday morning prior to each Food Bank date. On Food Bank days, a Used Clothing Depot is open to the general public from 9 – 10 am and food is available to Food Bank recipients from 10 – 11 am. Food Bank’s location is Suthwyn Hall, Transcona Memorial United Church, 209 Yale Avenue West.

For the peace of mind that comes with quiet, dependable warmth and energy efficiency that can save you money, discover Comfortmaker® systems.
Generous Donation to Park Manor

Julia Dreger, Director of Development

Park Manor Care is very grateful for the continued support from the caring community of Transcona and the service clubs in our area. This gift of $5,000 from the Transcona K-40 Club will help us to continue to provide compassionate care to the residents of this community and to encourage us to move forward looking to the future of Park Manor Care. We sincerely thank all those involved in this generous donation to Park Manor.

Transcona Kinsmen L-40 Club President, Jim Sylvester along with his fellow members presented a cheque for $5000 to Collin Akre, Executive Director of Park Manor to help support their fund raising efforts for the Park Manor Care project.

Celebrate a Life Lived

Whether you’re planning for yourself or for a loved one, the funeral service is one of the most important elements of a person’s final arrangements. With the opportunity for great personalization, the funeral service can truly reflect the uniqueness of the life it honours.

We can help.
Call Today for Your Complimentary Personal Planning Guide

PERSONALIZED FUNERAL, CREMATION AND CEMETERY SERVICES

- Convenience of Onsite Reception Centre and Chapel.
- Ample Parking
- Beautiful Mausoleum with indoor glass front columbariums.
- Video Tributes and Online Tributes
- Complete Memorial Marker Sales
- National Transferability
- 24 Hour Compassion Helpline - available at no charge to everyone attending a funeral service.
- Extensive AfterCare Assistance

GREEN ACRES Funeral Home & Cemetery
with Holy Angel Mausoleum
Hwy. #1 E. at Navin Rd.
www.greenacresmemorial.com

204-222-3241

Dignity®
LIFE WELL CELEBRATED®

Transcona Council for Seniors
Colleen Tackaberry, Resource Coordinator

Call Colleen at 204-222-9879 for information on any of the following programs:

- Have you had a loss of a spouse? We have a Bereavement Group called Moving Forth meets and plans activities together.
- Wednesday, April 5, the Alzheimer’s Caregivers’ Group will meet at Transcona Memorial United Church, 209 Yale Avenue West from 10:00 – 11:30 AM. meets in Knox lounge.
- Tuesday, April 11, 2017 our Vision Impaired Group will meet at Devonshire House at 75 Kildonan Green Drive starting at 1:00 PM – 2:30 PM.
- Monday, April 24, 2017 A Program for the Hard of Hearing will be held at 1 PM at 1396 Plessis (Abundant Life Church).
- Tuesdays and Fridays Zumba Gold and Toning is held at Oxford Heights Community Centre 359 Dowling Ave East at 10 AM. A $5 drop in fee is collected. A new Zumba Line Dancing has been added Thursday mornings at 10:00 AM also at Oxford heights.

Continued on page 12
Buying or Selling a home can be stressful, unless you choose the right Real Estate Team.

Buying a home? Don’t worry, you are covered! As a service to our purchasers, we are offering a 1 Year Home Warranty Program that covers the repair or replacement of many home system components and appliances that break down over time.

Selling a home? We can make the sale of your home easier by making it more enticing to prospective purchasers. We do this by placing a Warranty Program on your home that gets transferred to the purchaser once they take possession. This will give any prospective purchasers piece of mind when offering on your home knowing they are covered.

Make the right move and contact us today!
“Vimy Ridge – “The Birth of a Nation”

April 9, 2017 marks the 100th Anniversary of the Capturing of Vimy Ridge by the Canadian Forces. Many refer to the event as the “Birth of a Nation.”

The battle of Vimy Ridge, during WWI, is Canada’s most celebrate military victory. The four divisions of the Canadian Corps fighting together for the first time, attacked the ridge from April 9 – 12, 1917 and were successful in capturing it from the German Army. More than 10,500 Canadians were killed and wounded in the battle. Today an iconic memorial sits at the top of the ridge to commemorate the battle and to honour the 11,285 Canadians killed in France during the war who have no known graves. The memorial sits atop Hill 145 on Vimy Ridge, land given to Canada by France.

Although careful planning and well executed artillery barrages helped to seize the ridge, their victory was a result of personal bravery. There were countless acts of sacrifice, as Canadians single-handedly charged machine gun nests or forced the surrender of Germans in protective dugouts. Hill 145 was captured in a frontal bayonet charge against machine gun positions. Four Canadian were awarded the Victoria Cross for their courage in battle: Private William Milne, Lance-Sergeant Ellis Sifton, Captain Thain MacDowell and Private John Pattison.

The Victory at Vimy Ridge was greeted with awe and enthusiasm in Canada, and the battle quickly became a symbol of the awakening of Canadian Nationalism. It also became emblematic of Canada’s overall sacrifices in WWI, which convinced then Prime Minister Robert Borden to step out of Britain’s shadow and push for separate representation for Canada.

After the battle was won, many soldiers, including Leslie Miller of Milliken, Ontario looked for a souvenir on the ridge. The area was completely devoid of all structure and vegetation. Leslie was able to hand a half buried oak tree and gathered a handful to bring back to Canada. He planted them on in farm in Ontario which he named the “Vimy Oaks Farm”. Today several of the original oaks continue to grow, however there are no original oaks on the Vimy Ridge Site.

The Vimy Oaks Team along with the Vimy Foundation are working together to repatriate these Vimy Oaks from Canada back to Vimy, France in an effort to preserve Canada’s WWI legacy. For more information on Vimy 100 or to sponsor a Vimy Oak, please visit the Vimy Foundation at vimyfoundation.ca.

Upcoming Events

April 7 Vimy Ridge @ 7pm speakers, presentation raffle /silent auction draws photo gallery

April 18 Bluegrass April 28 Hearts on Fire and May 12 Jess and Jer from 9-10pm.

Membership not required; open to all.

April 21 Beer and Steer tickets at bar after March 17 Tickets $15.00 doors open 6 dinner 7pm.

July 16-Aug12th Legion Children’s Athletic Camp: contact Branch for information.
Eb Koenig bought ABC Power Tools 1978 and it has been a part of both the Koenig family and Transcona ever since. Now into its second generation and third location, ABC Power Tools has settled in the old post office building in the heart of Transcona.

ABC Power Tools specializes in Stihl equipment, as well as other high end power tools. They pride themselves in selling only high end power equipment and servicing virtually all small equipment currently in the market.

Mark Koenig, who co-owns and runs the business with his brother Andy, says, “We can repair most small engine, lawn and garden and forestry equipment out there right now.”

Mark is proud of, not only the quality of their products and repair, but in the speed of their service. They like to have a quick turnaround time for repairs, and not keeping a customer’s equipment too long. Equipment needs change with the seasons, meaning snow blowers during the winter and lawn and garden equipment in the spring and summer, and customers can’t be without their tools for an extended period of time.

They have also developed a reputation for having an extensive product knowledge. Not only do customers come in to ask questions about equipment use and maintenance, many big box stores send customers to ABC Power Tools to get their questions answered.

“We do a lot of demos,” Mark adds. “We do a demo for every single piece of equipment we sell. This makes life easier for our customers, and for us.”

Of course, as technology changes, power equipment changes with it. Modern equipment is turning more and more towards battery powered over gasoline operated. ABC Power Tools has made it a point to change and grow with the times and their staff is constantly being trained in the use and repair of modern equipment.

Mark has a strong belief that service businesses like ABC Power Tools need to be a family run operation in order to maintain quality and customer care. With that in mind, he is already in the process of training the next generation in order to keep the family tradition going strong. It is his hope that ABC Power Tools will continue to serve Transcona for a long time to come.

* Transcona Views and Advertiser – 9 – April 2017
Celebrate 5 Years of L’Arche Tova Café

By Blair Yakimoski, MLA for Transcona

Today, L’Arche Tova Café is a place where the participants can work, learn skills, and build relationships with customers who become friends. Customers always want to return for a visit. Whether they are there to see Ross, Albert, Stacey, or other L’Arche participants, they are always greeted with a smile, perhaps a hug and a menu. Then thanks to Nick and the attentive staff you are treated to a terrific home cooked meal, which never disappoints.

On April 2nd L’Arche Tova Café celebrates 5 years of being the place that all Transcona is proud to call their own. The little café that means so much to the people who planted the seed of this idea, also means so much to those whose lives are enriched by everyone they come in contact with there.

It’s has been host to dignitaries such as former Prime Minister Stephen Harper and the Premier of Manitoba Brian Pallister.

Thank you to those who brought this vision to fruition, and who continue to work to ensure the gifts of those participants who make it a special place in our neighbourhood, continue to thrive.

L’Arche Tova Café has done much to break down the barriers for individuals with a developmental disability, a place where they are accepted, appreciated and are able to show the skills they have learned, a place of hope, and gratitude. Not only do you receive “Great Food with Heart” you’re helping the Café “Change lives one cup of coffee at a time”.

Special thanks to Larry Vickar and his wife Tova, after whom the café is named, for their commitment and continued support to this venture that benefits our community and helps us become a better community.

On March 9th, it was my extreme honour to recognize L’Arche Tova Café and celebrate all their accomplishments and anniversary with all Manitobans.

Congratulations to all the employees, volunteers and supporters for all their hard work!

Happy 5th Anniversary L’Arche Tova Café! ✭

Did you know?

We put $5.00 from every Birchwood Ford oil change and $20.00 from every sale of every vehicle back into the Transcona Community! If you know of anyone or group in the Transcona area in need, let us know how we can help!
Welcome to Your Home
1 and 2 Bedroom suites Starting from the Low $200’s Inc. GST

Features: Stainless steel appliances, in-suite laundry, large vanity with quartz countertop, 9ft & 10ft ceilings throughout
Amenities: Heated underground parking, storage locker, club house with common area room, lounge, private dining / meeting room, kitchen, and fitness center.

Geoff and Regan Archambault
www.crocusgardens.ca
204-504-0722

Presentation Hours:
Tues & Thurs: 5 – 7pm
Sat & Sun: 2:30 – 5pm

80 Philip Lee Dr, Winnipeg MB R3W 1P9
Community Career Fair set for April 12

Submitted by Wanda McConnell, Senior Communications Co-ordinator
River East Transcona School Division

Students, parents and community members are invited to a tri-school career fair at Transcona Collegiate, 1305 Winona St., on April 12 from 6 to 8 p.m., where they can learn more about post-secondary education options and employment opportunities in Manitoba.

This event, which was held for the first time last year at Transcona Collegiate, will now be co-hosted by Transcona Collegiate, Murdoch MacKay Collegiate and College Pierre-Elliott-Trudeau. The 2016 event drew a crowd of over 200 people from the community who gleaned information from close to 30 post-secondary institutions and employers. Organizers are expecting an even bigger response this year.

“Career education and exposure to current job market trends is important because you’re never too young to start thinking about your future and you’re never too old to make a change,” says Sandy Dzuba, principal at Transcona Collegiate. She adds that job satisfaction is very important to overall wellness and anything that can be done to enlighten people as to their career options is beneficial.

Organizations such as Apprentice-ship Manitoba, City of Winnipeg, Griffin Wheel, IQ Metrix, Manitoba Career Prospects, Manitoba Hydro, The Canadian Armed Forces, New Flyer Industries, Ironworkers Union Local 783, several post-secondary institutions such as the University of Manitoba, University of Winnipeg, Booth University, Canadian Mennonite University, Red River College, Manitoba Institute of Trades and Technology, Robertson College, MC College, Herzing College and many others will be participating this year.

Career Fair 2016

30 post-secondary institutions and employers. Organizers are expecting an even bigger response this year.

“Career education and exposure to current job market trends is important because you’re never too young to start thinking about your future and you’re never too old to make a change,” says Sandy Dzuba, principal at Transcona Collegiate. She adds that job satisfaction is very important to overall wellness and anything that can be done to enlighten people as to their career options is beneficial.

Organizations such as Apprenticeship Manitoba, City of Winnipeg, Griffin Wheel, IQ Metrix, Manitoba Career Prospects, Manitoba Hydro, The Canadian Armed Forces, New Flyer Industries, Ironworkers Union Local 783, several post-secondary institutions such as the University of Manitoba, University of Winnipeg, Booth University, Canadian Mennonite University, Red River College, Manitoba Institute of Trades and Technology, Robertson College, MC College, Herzing College and many others will be participating this year.

Seniors Bulletin Board

Continued from page 6

Our Exercise Program is free of charge and open to anyone 55+. It is held Friday mornings at 11:00 AM at 209 Yale Avenue West.

Wednesdays Yoga/Relaxation and Stress Reduction for 55+ is held at 10:00 AM at Oxford Heights Community Centre.

Wednesdays between 10 AM and Noon the Art Group meets at 328 Whittier Avenue West. It is a free class. If you have been looking for a weekend activity join the Art group open to all 55+ and meets at 845 Regent Avenue West, Saturdays at 10:00 AM to 1 PM. Come and express yourself.

Men's Shed is in the formative stages in Transcona. Men's Shed is a community program used primarily by older men. It originated in Australia and its objective is to bring men together for social interaction.

Continued on page 15
Simply the Best!
in Transcona
for 50 years

Delivery and Take Out
Phone
204-222-4255

Restaurant
Check out our Daily Specials

Lounge
Happy Hour
2pm - 5pm
Pizza & Beer Night Wednesdays

701 Regent Avenue West in Transcona
Open Monday - Saturday at 11:00 am
Ph: 204-222-4255
and learning. If you are interested in learning more about Men’s shed they can be found at www.menssheds.ca.

Have you checked out the Transcona Council for Seniors Inc. on Facebook? The link is https://www.facebook.com/#!/

Spot or got graffiti?

If you’ve been tagged or you see tags anywhere in Transcona call the BIZ Office to report them. We will remove them at no cost to you.

You can also email a photo and the location to events@transconabiz.ca

BIZ Office: 204-222-8566

Join our new Seniors that Sizzle Lunch and Learn Series at 401 Kildare Avenue West on Thursdays at 11:00 AM. Call 204 222-5947 Cost is $7 and the company is priceless. In April our theme is being fashion conscious and taking care of ourselves.

Pickle Ball is played at Oxford Heights Community Centre and Transcona Memorial United Church. To register for this programs or have more information please call George at 204-668-0039.

The 55+ Dinning Experience. There are delightful home cooked meals, entertainment and interesting company. Our meals are open to all 55+ and are served Mondays and Wednesdays at 4:30 PM and Fridays at 12 noon. To hear what the menu is or to make a reservation for a meal call 204-222-5947 any time before 8 AM of the day you wish to attend.

Thursdays Scottish Country Dancing takes place at 1 PM at 328 Whittier Avenue West. Please call Joyce Cormack at 224-2291.

Every Friday at 1:30 PM Whist or Cribbage is played at 328 Whittier Avenue West. Come and join the fun. Everyone 55 plus is welcome.
Transcona is now Home to Fresh, Authentic Mexican Food and Desserts

**Josephine’s Authentic Mexican**
take out opened its doors on March 25, 2017 in the heart of downtown Transcona (inside Phar-Syde Confectionary, 117A Regent Ave. West) and is locally owned and operated by Creig and Christina (Cota) Sigurdson.

Josephine’s offers a selection of fresh tacos, burritos, quesadillas, a variety of salsas, and much more.

Creig was born and raised in Transcona. After graduating from Murdoch Mackay Collegiate, he went on to earn his Red Seal in the culinary arts from Red River. He has over thirty years experience in the food and hospitality industry. Creig has had the privilege of working in several high end restaurants, hotels, and country clubs over the years. His dream has always been to own and operate his own restaurant.

Christina was born and raised in Southern California and moved to Winnipeg four and a half years ago. Her family primarily comes from various parts of Mexico and New Mexico. She has no formal culinary training, but starting at a young age, was taught to cook traditional Mexican and South Western (New Mexico) style food by her parents, grandparents and great-grandparents. The name “Josephine’s” is in honor of Christina’s mother, grand-mother and great-grandmother, who, among others, have served as an inspiration for her style of cooking.

When Creig and Christina married over twenty years ago, he relocated to the United States to begin their married life together, where she introduced him to the colorful, flavorful and delicious food she grew up preparing and eating. Four and a half years ago, Creig came back home to Transcona, bringing Christina and their three children, Sarah, Noah and A.J., and his passion for authentic Mexican food with him. Their goals, besides providing for their family, is to give back to the community.

With the encouragement of family, friends and the mentorship and opportunity from the owners of Phar-Syde, Todd and Jeff Butler, they have been able to make their dream of offering authentic, fresh, Mexican food a reality.

Follow them on Facebook: Josephine’s Authentic Mexican Food
Researching Hope in Winnipeg

James Teitsma, MLA for the Constituency of Radisson

The past decades have seen medical and scientific breakthroughs that our forefathers could scarcely have imagined, much less predicted. Researchers continue to make progress in tackling diseases, improving health and extending lifespans.

We have gone from thinking that cells are simple building blocks to understanding there are more than 200 kinds of cells. Inside each are hundreds of thousands of “machines” working to make the cell function with facilities for communication, transportation, identifying trash, picking up the trash, repairing, replication, gate-keeping and more! And inside each machine are strands of DNA, each holding more than a gigabyte of information.

Recently, I was privileged to attend the Life Science Association of Manitoba’s annual awards gala. One of the awards they give out each year is the Most Promising Life Science Student Award. During the dinner, they had the top three candidates briefly describe their research in language that everyone in attendance could understand.

The first student, Vasudeva Bhat, explained he had learned how to differentiate between cancerous breast cells and normal breast cells. If successful, his research would not only identify breast cancer very early, but provide a basis for stopping and reversing the cancer! That’s incredible! Perhaps more surprising is he did not win the award for Most Promising Student.

The second student, Natalie Landry, came to the stage to describe how her research would be able to stop the growth of scar tissue on hearts caused by heart attacks or other events. Left unchecked, this scar tissue develops into full-blown heart disease and is a leading cause of death in North America. Natalie’s research could end heart disease and extend lifespans. Amazing! But perhaps you guessed it - she didn’t win the award, either.

The final student, Scott Dyck, spoke about how he had found a way to reduce or eliminate inflammation on damaged spinal cord tissue. By reducing the inflammation, the hope is that stem cells could be injected and heal the tissue. A drug has been developed, and the first clinical tests on paralyzed rats have led
them to regain some bladder control and an ability to walk again. Wow! And yes, Scott did win the award.

Now if you had told me earlier that this kind of research is being done at all, I would have been encouraged.

If you had told me it’s happening in Canada, I’d be impressed.

But to learn that all this research is happening right here in Winnipeg? I’m amazed! And you should be too. ❖

WRHA Report
Stacy Boone,
WRHA Community Facilitator

Please contact Stacy at sboone@wrha.mb.ca or 204-223-6535 for information on any of these programs that are currently offered at Access Transcona, 843 Regent Ave. West.

2017 FREE Income Tax Return Clinics. Offered every Thursday to the end of April 2017 9:00-3:00 pm  No appointments - first come first serve.

Anxiety and Depression self-help support group now being offered every Wednesday from 6:30-8:30 pm. call Anita 204-222-4497.

Let’s Talk! Living LARGE with Hearing Loss. The classes will run from April 3 to June 19 on Monday afternoons 1:30-3:30 please contact Jo-anne 204-224-0715 or jo-annejones@hotmail.com

Do you have type 2 Diabetes? Learn about staying healthy and managing your diabetes with Diabetes Education Classes! Join a small group of people who also have diabetes for 5 sessions in the afternoon or evening.

Call Access Transcona at 204-938-5555 to register.

Continued on page 22

Uncomplicated Investing

TFSAs | RRSPs | RRIFs | RESPs | High Yield Savings

Simply put, we trust Casera with our portfolio.

5 Year GIC
2.30%

*Subject to change without notice.


Like us on Facebook
Follow us @CaseraCU
Follow us on Instagram
Email us: talktous@caseracu.ca

Transcona Views and Advertiser – 17 – April 2017
50th Anniversary of our Founding!

Continued from page 1

Transcona Short Film Festival
Attention, Filmmakers: the deadline for the 2017 Transcona Short Film Festival is April 30th. Don’t miss out on this incredible opportunity. We welcome an eclectic mix of short films and encourage all high school students – public, private, or home schooled – in the River East Transcona School District to submit their projects!

As a new programming initiative by the Transcona Museum, the film festival offers a platform for encouraging and showcasing the works of emerging filmmakers living in the Transcona community. It’s as simple as creating and submitting a short film less than two minutes in length that relates to our theme “Celebrating Canada through the Eyes of Transcona”. Your film will be entered to screen at our festival under the stars in June at Centennial Square. A major prize, the People’s Choice Award, will be given to the film with the highest rating as voted by the festival’s audience. Following the festival, all films will be entered into our Archives for future generations. Have we piqued your interest? Please visit our website for more information and application forms.

Once again, the deadline for the festival is April 30th.

This initiative is made possible by the Community Fund for Canada’s 150th, a collaboration between The Winnipeg Foundation, the Government of Canada, and extraordinary leaders from coast to coast to coast. We also gratefully acknowledge the continued support of the City of Winnipeg.

Upcoming Events!
The Transcona Museum’s Annual General Meeting will be held on April 12th in the Moroz Room at the

Continued on page 20
ROBERT JUNIPER
ACCOUNTING & TAX SERVICE

OUR NEW LOCATION IS:
314 BOND STREET, WINNIPEG, MB R2C 2L5
(204) 224-5913

Services offered:
• Personal income tax preparation (Prior years welcome)
• Estate returns and deceased persons
• Monthly accounting services
• Filing of GST and PST
• Corporate financial statements and Year end accounting
• Payroll services
• Corporate income taxes
50th Anniversary of our Founding!

Continued from page 18

Transcona Legion. Registration opens at 6:00 pm and AGM to start at 7:00 pm. All are welcome, and museum members have voting privileges. In early May the Transcona Museum will be taking part in Jane’s Walk, an annual event which gets people out exploring Winnipeg’s diverse and vibrant neighbourhoods. Walk times TBA. We will also be celebrating Manitoba’s 147th birthday on May 12th and International Museum Day on May 18th. And finally, for Doors Open Winnipeg we will be providing tours of the museum, the community of Transcona, and around CN2747. More details to follow.

This year to celebrate Canada’s 150, the Transcona Museum will be offering a new, exciting, and adventurous event that will take place all over Transcona. We are currently in the planning stages, but we are hoping this will be a truly “amazing” event – with a race to the finish!

Save 2747
Our historic Canadian National locomotive 2747 has been on outdoor display at Rotary Heritage Park on Plessis Road since 1960, and needs restoration work and a protective enclosure. Your generous donation will be used towards the restoration and protection of the 2747. Please help us ensure the continued preservation of Transcona’s community spirit and heritage. To donate, please visit our website for more information or call the Museum if you need assistance. Anyone wishing to make a donation in-person at the Museum is welcome to do so.

Hours & Contact Info
Transcona Museum is located at 141 Regent Avenue West. Our hours are Monday to Friday, 11am to 4pm and Saturday, 12pm to 4pm. We are also available by appointment. Have questions or research inquiries? Call us at 204-222-0423, email at info@transconamuseum.mb.ca, or visit our website at www.transconamuseum.mb.ca. Follow us on Facebook, Twitter, Instagram, and YouTube for regular updates on museum activities.

50th Anniversary of our Founding!
Continued from page 18

Transcona Legion. Registration opens at 6:00 pm and AGM to start at 7:00 pm. All are welcome, and museum members have voting privileges. In early May the Transcona Museum will be taking part in Jane’s Walk, an annual event which gets people out exploring Winnipeg’s diverse and vibrant neighbourhoods. Walk times TBA. We will also be celebrating Manitoba’s 147th birthday on May 12th and International Museum Day on May 18th. And finally, for Doors Open Winnipeg we will be providing tours of the museum, the community of Transcona, and around CN2747. More details to follow.

This year to celebrate Canada’s 150, the Transcona Museum will be offering a new, exciting, and adventurous event that will take place all over Transcona. We are currently in the planning stages, but we are hoping this will be a truly “amazing” event – with a race to the finish!

Save 2747
Our historic Canadian National locomotive 2747 has been on outdoor display at Rotary Heritage Park on Plessis Road since 1960, and needs restoration work and a protective enclosure. Your generous donation will be used towards the restoration and protection of the 2747. Please help us ensure the continued preservation of Transcona’s community spirit and heritage. To donate, please visit our website for more information or call the Museum if you need assistance. Anyone wishing to make a donation in-person at the Museum is welcome to do so.

Hours & Contact Info
Transcona Museum is located at 141 Regent Avenue West. Our hours are Monday to Friday, 11am to 4pm and Saturday, 12pm to 4pm. We are also available by appointment. Have questions or research inquiries? Call us at 204-222-0423, email at info@transconamuseum.mb.ca, or visit our website at www.transconamuseum.mb.ca. Follow us on Facebook, Twitter, Instagram, and YouTube for regular updates on museum activities.

50th Anniversary of our Founding!
Continued from page 18

Transcona Legion. Registration opens at 6:00 pm and AGM to start at 7:00 pm. All are welcome, and museum members have voting privileges. In early May the Transcona Museum will be taking part in Jane’s Walk, an annual event which gets people out exploring Winnipeg’s diverse and vibrant neighbourhoods. Walk times TBA. We will also be celebrating Manitoba’s 147th birthday on May 12th and International Museum Day on May 18th. And finally, for Doors Open Winnipeg we will be providing tours of the museum, the community of Transcona, and around CN2747. More details to follow.

This year to celebrate Canada’s 150, the Transcona Museum will be offering a new, exciting, and adventurous event that will take place all over Transcona. We are currently in the planning stages, but we are hoping this will be a truly “amazing” event – with a race to the finish!

Save 2747
Our historic Canadian National locomotive 2747 has been on outdoor display at Rotary Heritage Park on Plessis Road since 1960, and needs restoration work and a protective enclosure. Your generous donation will be used towards the restoration and protection of the 2747. Please help us ensure the continued preservation of Transcona’s community spirit and heritage. To donate, please visit our website for more information or call the Museum if you need assistance. Anyone wishing to make a donation in-person at the Museum is welcome to do so.

Hours & Contact Info
Transcona Museum is located at 141 Regent Avenue West. Our hours are Monday to Friday, 11am to 4pm and Saturday, 12pm to 4pm. We are also available by appointment. Have questions or research inquiries? Call us at 204-222-0423, email at info@transconamuseum.mb.ca, or visit our website at www.transconamuseum.mb.ca. Follow us on Facebook, Twitter, Instagram, and YouTube for regular updates on museum activities.
Inside Account Representative

Community Safety Net Headquarters is looking to add energetic self-starters with a positive attitude to join our Inside Sales Team.

Our mission is to Protect kids for LIFE. It’s about making a positive and lasting difference in the lives of children and their families with our unique & effective educational safety materials. For nearly 3 DECADES we’ve reached millions of children in communities across the United States and Canada with important, relevant safety information.

This phenomenal role is open to Sales Professionals with a diverse background who have experience in customer service, outbound sales calls as well as B2B.

Some Of The BENEFITS You Will Enjoy With Us:
• Making a difference in the lives of children and their families
• Family owned and operated business for over 28 years
• 60% of our representatives have been with us for 15 to 20 years
• 85% renewal rate with existing customers – all leads provided
• Hours of operation Monday - Friday 8:00am to 4:30pm
• Complete training, coaching and mentorship
• Company health benefits • Vacation plan
• Long-term career • Exclusive territory
• Advancement opportunities
• On major bus route

Job Responsibilities:
With your Excellent Ability to reach decision makers and customer service skills, you will be calling on local business partners and organizations for financial support (number of children at $15 per child).

Additional Responsibilities Are:
• Working in Partnership with local Fire Services, Police, EMS and Service Clubs
• Presenting information in an honest and ethical manner
• Making 20-25 sixty-second presentations per day

Job Requirements:
Our Sales Professionals must have 5+ years of sales experience. Candidates with fundraising experience are welcome!

APPLY TODAY... careers@communitysafetynet.com
www.communitysafetynet.com
CONFIDENCE REBEKAH LODGE #40
By Joan Garner

Confidence Rebekah Lodge #40 will hold an Open Meeting on April 6. We welcome any woman over the age of eighteen years who is interested in finding out about a great Fraternity with 104 years of history in Trancona and combines charitable work with good fun to join us at 7:30 PM in the Legion Hall. We will also have a Memorial Service on that evening.

On April 20 we will have our Easter Party and pay tribute to Schuyler Colfax the Odd Fellow who we honour as the Founder of the Rebekah Lodge. In 1851

when women had little voice in the affairs of the community, Schuyler Colfax saw the value of the united effort of women in furthering the charitable work being done by Odd Fellows. Against much opposition he persuaded the Odd Fellows to form a Lodge for women which was called a Rebekah Lodge.

The members are busy preparing for our Annual Tea and Bazaar which will be held at Oxford Heights Community Center, 359 Dowling Ave. East on May 27, 2017 from 1:00 to 3:00 PM.

Admission tickets are $8.00 at the door or from members. There will be Home Baking, Knitting and a Silent Auction. Everyone is welcome to come and meet your neighbours over a cup of tea and good fellowship.

“Confidence Rebekah Lodge #40
By Joan Garner

Confidence Rebekah Lodge #40 will hold an Open Meeting on April 6. We welcome any woman over the age of eighteen years who is interested in finding out about a great Fraternity with 104 years of history in Trancona and combines charitable work with good fun to join us at 7:30 PM in the Legion Hall. We will also have a Memorial Service on that evening.

On April 20 we will have our Easter Party and pay tribute to Schuyler Colfax the Odd Fellow who we honour as the Founder of the Rebekah Lodge. In 1851

when women had little voice in the affairs of the community, Schuyler Colfax saw the value of the united effort of women in furthering the charitable work being done by Odd Fellows. Against much opposition he persuaded the Odd Fellows to form a Lodge for women which was called a Rebekah Lodge.

The members are busy preparing for our Annual Tea and Bazaar which will be held at Oxford Heights Community Center, 359 Dowling Ave. East on May 27, 2017 from 1:00 to 3:00 PM.

Admission tickets are $8.00 at the door or from members. There will be Home Baking, Knitting and a Silent Auction. Everyone is welcome to come and meet your neighbours over a cup of tea and good fellowship.

“A Strong Voice for Trancona”

RUSS WYATT
www.ourtranscona.ca
City Councillor • Transcona Ward • City of Winnipeg
Ph: 204.986.8087
rwyatt@winnipeg.ca
City Hall, 510 Main Street, Winnipeg,
Manitoba, Canada, R3B 1B9

WRHA Report
Continued from page 17

Klinic Free Community Drop-In Counselling Program is currently offered on Tuesdays 12-7 p.m. Contact the Drop-In information line at 204-784-4067 or visit our website at www.klinic.mb.ca

You can help us build a better health care system. Recruitment is underway for new members for our Local Health Involvement Groups.

Apply on-line at http://www.wrha.mb.ca/about/engagement/hig/index.php or contact Colleen Schneider for more information at cschneider1@wrha.mb.ca or 204 803-7294.

I.A.M Fitness 55+ Group
10:30-11:30 am on Mondays and Thursdays at Ukrainian Orthodox Church of All Saints, 1500 Day Street. If you have questions call Richard Howell at 204-230-5939.

Transonas’ Very Own
Joey Lash
Real Estate Agent
RE/MAX professionals

Cell: 204-899-7747
joeylash@remax.net
Office: 204-477-0500
1601 Buffalo Place, Winnipeg, MB R3T 3K7
KON TIKI DENTAL CENTER
Dr. Terry Wong
Dr. Nancy Auyeung
212C Regent Ave. W. • Mon - Thurs: 8:30 am to 5:00 p.m.
Fri: 8:30 am to 4:00 p.m.
Phone: 204-222-4238
Comprehensive Family Dental Care
New Patients Welcome!
Ask us how we can help with your loose dentures!

Regent Chiropractic & Therapy Clinic
Dr. Curtis Possia
Massage Therapist: Jin Park
Tracey Watanabe
705 Regent Ave. W.
Winnipeg, MB R2C 1S2
PH: (204) 222-1571
FAX: (204) 222-8050

Effective Treatment and Rehabilitation
- Sports injuries
- Neck pain
- Whiplash
- Low back pain
- Slipped disc
- Headaches
- Tennis elbow
- Foot pain - custom orthotics
- Rotator cuff injury
- Tendonitis
- Work injuries
- Exercise programs

Treatment covered by:
- Medicare, Autopac,
- Workers Comp.,
- Blue Cross and
- Great West Life

PLUMBING AND HEATING
Residential & Commercial Installations & Repairs
- Renovations
- New Installations
- Gas Furnaces
- Air Conditioning
- Pumps & Softeners
- Prompt Water Heater Replacements
office@ssplumbing.ca
WINNIPEG, MB
204-222-0723 www.ssplumbing.ca
At your service for over 50 years

TRANScona OVERHEAD DOORS Ltd.
118 MELROSE AVENUE WEST
WINNIPEG, MB R2C 1N6
Phone: 204.222.7943
www.transconaoverheaddoors.ca

Landscaping by Rene & Sons Ltd.
“Serving Transcona for 35 Years”
Rototilling • Levelling • Sodding • Black Earth
Sand • Gravel • Crushed Stone
Patio Blocks • Sidewalk Blocks • Driveways Dug
Snow Clearing • Front End Loader & Trucks
Crushed & Screened Manure
Lawn Dressing by the Truck, Yard or Bag
Phone: 204-222-9653 • 204-222-8414 • 204-222-7150
Rene Desrosiers / 1704 Copeland Street
For Pick Up 9:00 - 6:00 Mon - Fri. • 9:00 - 4:00 Sat. • Closed Sunday

Transcona Chiropractic Wellness Centre
Dr. Harpal S Duggal B.Sc, D.C
1783 Plessis Rd, Unit 7, Wpg, MB, R3W-1N3
Ph: 204-777-9355 Fax: 204-777-9356
Email: drduggal@transconachiropractic.com
Website: www.transconachiropractic.com

TOOTH WHITENING
DENTAL IMPLANTS
FINANCING AVAILABLE
10-801 REGENT AVENUE, WEST
Phone 204-222-8609
www.transconadental.com

TOOTH WHITENING
DENTAL IMPLANTS
FINANCING AVAILABLE
10-801 REGENT AVENUE, WEST
Phone 204-222-8609
www.transconadental.com

Transcona Chiropractic Wellness Centre
Dr. Harpal S Duggal B.Sc, D.C
1783 Plessis Rd, Unit 7, Wpg, MB, R3W-1N3
Ph: 204-777-9355 Fax: 204-777-9356
Email: drduggal@transconachiropractic.com
Website: www.transconachiropractic.com

Regent Avenue

Dr. Jerry Weiss
Dr. Pat Kmet
"We offer direct billing to most insurance companies"
204-663-4888
Visit us at www.regentdental.ca for more information.

REGENT AVENUE DENTAL CENTRE
L-1522 Regent Avenue West
Accepting New Patients!

GREAT WALL OF CHINAS
B.B.Q.

Business & Professional Directory

TRANSCONA OVERHEAD DOORS LTD.
118 MELROSE AVENUE WEST
WINNIPEG, MB R2C 1N6

Phone: 204.222.7943
www.transconaoverheaddoors.ca

Business & Professional Directory

TRANSCONA OVERHEAD DOORS LTD.
118 MELROSE AVENUE WEST
WINNIPEG, MB R2C 1N6

Phone: 204.222.7943
www.transconaoverheaddoors.ca

Regent Avenue

Dr. Jerry Weiss
Dr. Pat Kmet
"We offer direct billing to most insurance companies"
204-663-4888
Visit us at www.regentdental.ca for more information.

REGENT AVENUE DENTAL CENTRE
L-1522 Regent Avenue West
Accepting New Patients!

GREAT WALL OF CHINAS
B.B.Q.

Business & Professional Directory

TRANSCONA OVERHEAD DOORS LTD.
118 MELROSE AVENUE WEST
WINNIPEG, MB R2C 1N6

Phone: 204.222.7943
www.transconaoverheaddoors.ca

Regent Avenue

Dr. Jerry Weiss
Dr. Pat Kmet
"We offer direct billing to most insurance companies"
204-663-4888
Visit us at www.regentdental.ca for more information.

REGENT AVENUE DENTAL CENTRE
L-1522 Regent Avenue West
Accepting New Patients!

GREAT WALL OF CHINAS
B.B.Q.

Business & Professional Directory

TRANSCONA OVERHEAD DOORS LTD.
118 MELROSE AVENUE WEST
WINNIPEG, MB R2C 1N6

Phone: 204.222.7943
www.transconaoverheaddoors.ca

Regent Avenue

Dr. Jerry Weiss
Dr. Pat Kmet
"We offer direct billing to most insurance companies"
204-663-4888
Visit us at www.regentdental.ca for more information.

REGENT AVENUE DENTAL CENTRE
L-1522 Regent Avenue West
Accepting New Patients!

GREAT WALL OF CHINAS
B.B.Q.

Business & Professional Directory

TRANSCONA OVERHEAD DOORS LTD.
118 MELROSE AVENUE WEST
WINNIPEG, MB R2C 1N6

Phone: 204.222.7943
www.transconaoverheaddoors.ca

Regent Avenue

Dr. Jerry Weiss
Dr. Pat Kmet
"We offer direct billing to most insurance companies"
204-663-4888
Visit us at www.regentdental.ca for more information.

REGENT AVENUE DENTAL CENTRE
L-1522 Regent Avenue West
Accepting New Patients!

GREAT WALL OF CHINAS
B.B.Q.

Business & Professional Directory

TRANSCONA OVERHEAD DOORS LTD.
118 MELROSE AVENUE WEST
WINNIPEG, MB R2C 1N6

Phone: 204.222.7943
www.transconaoverheaddoors.ca

Regent Avenue

Dr. Jerry Weiss
Dr. Pat Kmet
"We offer direct billing to most insurance companies"
204-663-4888
Visit us at www.regentdental.ca for more information.

REGENT AVENUE DENTAL CENTRE
L-1522 Regent Avenue West
Accepting New Patients!

GREAT WALL OF CHINAS
B.B.Q.

Business & Professional Directory

TRANSCONA OVERHEAD DOORS LTD.
118 MELROSE AVENUE WEST
WINNIPEG, MB R2C 1N6

Phone: 204.222.7943
www.transconaoverheaddoors.ca

Regent Avenue

Dr. Jerry Weiss
Dr. Pat Kmet
"We offer direct billing to most insurance companies"
204-663-4888
Visit us at www.regentdental.ca for more information.

REGENT AVENUE DENTAL CENTRE
L-1522 Regent Avenue West
Accepting New Patients!

GREAT WALL OF CHINAS
B.B.Q.
Wyatt Dowling
INSURANCE BROKERS

Home
Insurance

Leave your worries at our door.

When was the last time you checked the prices on your home insurance?

Let us help you save money...
ask us how.

Your right insurance at the best price.

11 locations throughout Winnipeg - 4 in your neighborhood.

Regent & Bond
138 Regent Ave. W
Phone: 204 949 2600

Regent & Plessis
4-801 Regent Ave. W
Phone: 204 940 6552

Plessis & Devonshire
401-1750 Plessis Rd.
Phone: 204 940 6550

Reenders & Lag/59
60-11 Reenders Dr.
Phone: 204 949 2610

www.wyattdowling.ca/home |