

TRANSCONAVIEWS

Transcona's Only Exclusive Community Paper
www.bondprinting.net/views.php

AND ADVERTISER



Summer at the Transcona Museum

By: Jennifer Maxwell, Assistant Curator

Closure Dates – The Transcona Museum will be closed for the Canada Day weekend (July 1-3) and the August Civic weekend (August 5-7) this summer.

KidsQuest & MuralQuest – July and August – Launching Tuesday, July 4th is our KidsQuest and MuralQuest scavenger hunts! The booklets will guide participants to many of Transcona's historical landmarks, parks, and murals around the community. There will be activities and questions



to answer along the way.

KidsQuest booklets are \$1 and can be purchased at the Transcona Museum. MuralQuest booklets are FREE and can be picked-up at the Transcona Museum or downloaded through our website. All participants have the chance to be entered into the Grand Prize draw on August 31st.

Craft with Us – July and August – Join us starting Wednesday, July 5th for Craft with Us sessions at the museum all summer

Continued on page 10



GOODFELLOW

realty

**TRANSCONA'S PROVEN
REAL ESTATE TEAM**

204.224.2551 | info@goodfellowrealty.com
goodfellowrealty.com



8-1783 Plessis Road
Winnipeg, MB R3W 1N3

TRANSCONA

PHYSIOTHERAPY + SPORTS INJURY

www.transconaphysio.com

230 Regent Ave. West Winnipeg, MB R2C 1R2 Ph. 204 224 4015

Extra Value Ad Index

Frescolio	page 4
Comfortec Heating	page 5
Goodfellow/Lind Real Estate.....	page 9
JD Hoggs Sausage Co.	page 10
Kehler Realty	page 12
Transcona Salon Spa.....	page 12
ABC Tools	page 13
Crest Eye Care	page 22
GRD Yardworks	page 22
Stephen's Painting	page 22
CM Engrave	page 23
Archambault.....	page 24

Sports Vision: See Clearly as You Protect Your Eyes

Elisa Fiorentino, OD

If you have ever played sports and worn glasses, you know the limitations in doing so. Glasses present obvious mobility and peripheral vision issues. In addition, glasses offer little protection and actually can contribute to damage to the eyes if the lenses are shattered.

Contact lenses offer a safe, clear and comfortable alternative for the athlete on any field or court. Peripheral vision is not an issue with contact lenses. However, contact lenses don't protect the eyes other than offer some protection for the cornea.

Winter and indoor sports like ice hockey, basketball, football and gymnastics, along with water and pool activities, baseball, softball, racquet

sports and golf contribute the greatest number of eye injuries.

Does one sport dominate when it comes to eye injuries? The more contact you have, the greater the chance of eye injury. However the most damage is done when the orbital bone which surrounds the eye isn't able to protect the eye. An elbow, stick, puck or ball can impact the eye causing potentially sight threatening damage.

One of the most serious consequences of blunt trauma to the eye or orbit is a retinal detachment. A detached retina must be surgically repaired within 24-48 hours in order to prevent permanent vision loss.

Approved helmets and face shields for hockey or ringette and ap-



proved safety goggles for racquet sports and basketball are recommended. Many people are not aware that there are many types of sport goggles available that can be made with prescription lenses. Not only will you see well when you wear these goggles, you will have protection from any sports related eye injury.

Sports eye injuries literally happen in the blink of an eye and affect professionals and amateurs alike. According to Prevent Blindness America, 90 per cent of eye injuries can be avoided by following proper precautions.

What do you do if you have an eye injury? Contact your optometrist directly for the fastest most effective

Continued on page 20

TRANSCONA OPTICAL

211 Regent Ave. W | Ph. 204-224-2254
www.transconaoptical.ca  



Dr. Elisa Fiorentino



Dr. Alissa Boroditsky



Dr. Steven Malo



Dr. Karen Blackie



Dr. Blake Chartier

Eye Health & Vision Examinations

Designer Glasses, Sunglasses & Contacts

Friendly Doctors & Staff

State Of The Art Diagnostic Technology

Digital Retinal Imaging & OCT

Direct Billing To Most Insurance Companies



WE HAVE MOVED!
(just across the street)
Now we have parking!

Open: Monday to Friday 8.30am to 5.30pm | Saturday 9am to 3pm

Your Local Insurance Experts

Ball Insurance Agency

SINCE 1953



Home Insurance

CONNECT TODAY!



(204) 222 7771



@ballinsuranceagencywinnipeg



info@ballinsurance.ca



112 Regent Ave. W (Regent @ Day)

Hours:

Mon - Fri

9:00AM - 5:30PM

Open Saturdays!!

10:00AM - 2:00PM

Transcona Legion Branch # 7

Submitted by Donna Poitras

This year marks the **70th** anniversary that the **Korean Armistice Agreement was signed on July 27th 1953 that ended the war.** The Korean war started June 25, 1950 when troops from North Korea invaded South Korea. The United Nations joined the fighting. Canadians served on the land on the seas and in the air during this bitter conflict.

Canada had deployed Royal Canadian Navy destroyers. They provided blockades along the coast, preventing enemy amphibious landings, protecting the UN fleet, bombarding onshore targets as well as providing humanitarian aid to fishing villages.

Our Royal Canadian Air Force Transport Squadron provided supplies and troops to support the UN efforts. The Canadian airmen participated in the skies over Korea that destroyed 20 enemy jet fighters as well as trains and vehicles.

Canada Army Special Force had been established in August of 1950 for

service in this War. They were shipped out in November. Canada along with United Kingdom, Australia, New Zealand and India served together as the 1st Commonwealth Division.

Our brave men and women once again put their lives on the line, travelling to the other side of the world, to a terrain that was very hilly, Criss crossing over many villages, rivers, swamps and rice paddies. The summers were extremely hot and the winters were bitterly cold.

There were 26,791 Canadians that served during this conflict. There was 7000 more that served in a peace support after the Korean Armistice Agreement in July 1953 was signed. There were 516 Canadian lives lost during this conflict. The names are inscribed in the Korean War Book of Remembrance located in The Peace Tower on Parliament Hill in Ottawa.

As we head into the summer months, we want to let everyone know

we are open our regular hours and are still hosting our weekly events. They include Monday Night Bingo-early bird start 6:45 pm with regular games starting at 7:00 pm. Tuesday group of cribbage players start 7:00 pm. Saturday afternoon we hold our Meat Draw- 2:45pm-Chase the Ace 4:00pm 50/50 drawn at 5:00 pm. If you need to rent a hall, consider renting Moroz Hall located on our second floor. You can call us at 204 222-9951 to rearrange a tour of the facilities.

Now that the **Blue Bombers** have started up, we encourage of Community to come down and watch the game on our Big Screen TV.

Once September rolls around Wednesday Night Darts resumes - we will be holding our Membership Campaign in September. Our Poppy Campaign will begin the last Friday in October. This fall we are looking to host some "fun" events -stay tune to our Website/Facebook at transconalegion.ca

We will be closed on Saturday **July 1st** for Canada Day as well as Monday **August 07th** for Terry Fox Day and Monday **September 4th** for Labour Day. President Dave Tweed-Executive Committee and Staff of Branch #7 extend our wishes for safe and happy holidays. ❖

Community Billboard

Transcona Memorial United Church, 209 Yale Avenue West

Continuing to be a vital community! We strive to live out care for others.

Thanks to everyone for your joining us in retirement celebrations for the Reverends Jeff Cook and Carol Fletcher. Carol and Jeff are ex-

memorable
Mocktails



With flavours like **Jalapeño Lime, Cucumber Melon, Mango, and Peach**, our white balsamic vinegars are an innovative way to make mocktails sing!

929 Corydon Ave | 1530 Regent Ave. | 1604 St Mary's Rd
204-505-1455 | 204-504-4200 | 204-615-3885
frescolio.ca

tremely grateful for your care and friendship during their 35-year tenure at TMUC. Congratulations again to Jeff and Carol!

Transcona Memorial United Church, 209 Yale Avenue West, continues to worship on Sunday mornings at 10 a.m. Thanks to those leading worship in July in the month of transition between Carol and Jeff's retirement and the arrival of our new Ministry Staff, Rob Reed.

In May, TMUC approved a call to the Reverend Robert Reed to serve as this faith community's Ministry Personnel beginning this summer! We know TMUC and the community look forward to meeting and welcoming Rob and to sharing with him the life and ministry of this community. Rob's first service with TMUC will be on August 6. Rob has written a message to the community which is on the TMUC web page. Welcome Rob!

This summer, there will be a few noticeable changes at TMUC. Transcona Memorial United Church is in the midst of a major 'Greening Project'. The roof had more insulation a few months ago which meant new fascia, soffit, and eaves. There will now be a bit more construction around the Church as insulation is added to outside walls, stucco is replaced, and solar panels are added. We are grateful for the ongoing support of the Building Fund from the community and project sponsors.

For more information, please reach out through our website <https://tmuc.ca>. The office is open on Tuesdays from 9 to 2, and Fridays from 9 to noon.

St Georges Anglican Church

321 Pandora Avenue West. We gather Sunday mornings at 1030 for our weekly worship serv-

ices. Please join us. Masks are optional. Everyone is welcome.

We have a hall for rent that is available for private functions.

For further information, future events, requests for pastoral visits, hall rentals or any other concerns:

Please call the church: 204-222-1942 or email us at: stgeorgesanglicantranscona@gmail.com

For updated church information please check out website: stgeorgesanglicantranscona.ca

Transcona Discussion Group

AA – Meetings are held every Monday, Wednesday and Friday from 7:30 to 8:30 p.m. in the base-

Continued on page 6

Comfortec
Heating & Cooling
Est. 2001

How Cool Are You?

FREE Estimate on Furnace/Air Conditioning Units

Comfortmaker
Air Conditioning & Heating

Call About Energy-Efficient Air Conditioners

- Outstanding No Hassle Replacement™ limited warranty* protection
- Quiet operation
- Energy efficiencies as high as 18 SEER

For everyone's safety be assured we are practicing all COVID protocols

AIR CERTIFIED, ENERGY STAR PARTNER, ENERGY GUIDE, BESTER CERTIFIED

SAVE BIG! A/C & FURNACE ANNUAL SERVICE

\$139⁹⁵ for both or book each separately at \$79⁹⁵ each

Includes: Inspection, Cleaning, Tune up, & Freon Check
plus applicable taxes

204-792-2906
www.comfortec.ca
SERVING TRANSCONA SINCE 2001
Please mention coupon at time of booking. Expiry September 15, 2023

LEAVE A LEGACY - TRANSCONA BIZ BUY-A-PAVER

Are you looking for a way to leave your mark on Transcona? If so, our Buy-a-Paver Program is meant for you. We are offering the opportunity to purchase and engrave an 8x8 paving stone and have it placed in the ground at the Transcona Centennial Square. All pavers will be laid around the New Flyer Peace Fountain to be enjoyed for many years to come. Each paver is only \$250.00 which includes the paver, the cost of engraving, and placement at the Square. Deadline for submission is July 15. <https://transconabiz.ca/community-programs/buy-a-paver/>. ❖



Community Billboard

Continued from page 5

ment of Saint Georges Anglican Church, 321 Pandora Avenue West. All are welcome!

Lutheran Church of the Good Shepherd, 401 Kildare Ave W. Winnipeg Sunday Worship Service at 10:00 a.m. **Vacation Bible School (VBS) Registration & Welcome Friday July 7 from 6:30 p.m. to 8:00 p.m.** **VBS Full Day of**

Fun Saturday July 8 from 10:00 a.m. to 4:00 p.m. For information about our church or our activities and events, please contact the church office at [204-222-0245](tel:204-222-0245) or view our website at www.lcgstranscona.org

St. Michael's Ukrainian Catholic Parish. 400 Day St.

Sun. Liturgy 9:30 a.m. No Bingo July & August - Resumes Sept. 6th 7:00 pm.

Friendly Settlers

Friendly Settlers is a 55 + club meeting on Mondays at 400 Day St. We have crib at 10 am, lunch at 12 and bingo at 1 pm. Membership is \$20 with a nominal fee for crib, lunch and bingo. Come on out have some fun and socialize.

Transcona Food Bank –

Transcona Memorial United Church at 209 Yale Avenue West

Continued on page 9

TRANSCONAVIEWS

AND ADVERTISER

Promote your community news!

The Transcona Views welcomes your articles and notices of events within our community. Need help publicizing your fundraising - Need exposure to attract the public to your carnivals, concerts, dances, dinners or other activities? Just send us the details! We are here to help you get the word out!

Editorial/Articles of interest to the community may be submitted via email, by post, or hand delivered to Bond Printing Ltd. Emailed submissions may be sent as word doc or pdf file. Submissions on paper must be typed or printed legibly. All submitted articles are subject to 500 words, editing and formatting to fit available space. There is no guarantee that articles will appear in their entirety and no guarantee that any images accompanying article will be used.



130 Victoria Ave. West 204-222-7069
transconaviews@bondprinting.net
www.bondprinting.net

Building a Stronger, Safer Transcona

By Titi Tijani, PC MLA Candidate for Transcona

I want to share with you an incredible experience I had at the last Hi Neighbor Festival. It was an unforgettable event filled with vibrancy and togetherness that shows a strong community spirit. Families, young people, seniors, and children all came together as one, celebrating the rich history of our beloved community. Witnessing the dedication of small and family-owned businesses, and striving to bring value to our neighbourhood, filled my heart with hope.

That's why I am thrilled to announce my candidacy as the PC Party MLA Candidate, offering my dedication and experience to serve Transcona. For over three decades in Winnipeg, I have been committed to community service, advocating for the marginalized and vulnerable among us. Mentoring young people, empowering families, uniting communities, and building bridges across diverse backgrounds have been the core of my work.

I am driven by a desire to create positive change and make a meaningful impact on the

lives of others. Our PC Team is fighting to ensure safer streets, build stronger communities, heal our healthcare system, and help Manitobans make ends meet.

We have allocated \$51 million and \$1.5 million for the violent crime strategy and youth mental health services, respectively. There is \$100 million operating funding increase to school divisions and \$50 million grant to community, sports, and cultural centres. As part of the historic \$7.9 billion investment in healthcare funding, we will retain and attract 2,000 more healthcare professionals and expand both rural and urban hospitals and implement a new hearing aids program for seniors.

We are lowering income taxes, providing education tax rebates, and implementing a maximum of \$10 per day for childcare. We need to build on this momentum of progress and not go back to the era of uncertainty and unfulfilled promises.

My key priorities include expanding public services, such as schools, transportation

systems, healthcare facilities, leisure facilities and parks. I want to work on how we can cater to the growing needs of Transcona while prioritizing the safety of our community, especially for children, youth, and seniors. Drawing from my experience of running a small family business, I will passionately support small and family-owned enterprises, fostering a conducive environment with equitable opportunities for all, regardless of background or socio-economic status.

As a trained teacher, I understand the value of providing quality education and equipping children with the skills they need for future employment. I am determined to ensure our teachers are motivated and equipped with the necessary tools to create safe and exciting learning environments in our schools.

Over my two decades of work in the Manitoba Government, I have dedicated myself to supporting vulnerable Manitobans in accessing affordable housing and social services as I am concerned about homelessness.

Let's work hand in hand, Transcona, to build a stronger, safer, and more prosperous community for all of us. Together, we can achieve great things!

OUR PC TEAM IS FIGHTING TO PROVIDE HISTORIC HELP FOR MANITOBANS

Elect
TITI TIJANI
Fighting for **TRANSCONA**

SAFER STREETS

- ☑ New \$51.8 million violent crime strategy
- ☑ New \$51 million homelessness strategy
- ☑ 1,000 new addictions treatment spaces
- ☑ More support for community safety groups
- ☑ More support for downtown safety officers
- ☑ About \$1.5 million investment in youth mental health services

HEALING HEALTHCARE

A historic investment of \$7.9 billion into the healthcare system will:

- ☑ Continue to reduce the diagnostic and surgical backlog
- ☑ Retain and attract 2,000 more healthcare professionals to Manitoba
- ☑ Expand rural and Winnipeg hospitals
- ☑ Provide a NEW hearing aid program for seniors & advance the seniors strategy
- ☑ Fund insulin pumps and glucose monitoring for all Type 1 & 2 diabetics

STRONGER COMMUNITIES

- ☑ Record investment for municipal operating funding - providing the services Manitobans rely on
- ☑ Building, renovating and expanding more schools
- ☑ Astronomical \$100 million operating funding increase to school divisions
- ☑ \$50 million in grants for community, sport and cultural centres

OPPORTUNITIES AHEAD - HELPING MANITOBANS MAKE ENDS MEET

- ☑ Lowering income taxes - Manitobans won't pay tax on their first \$15,000
- ☑ Enhancing tax brackets in 2024, saving a two-income family over \$1,250 next year
- ☑ Maximum \$10/day child care
- ☑ Increasing School Tax Rebate cheques to 50% - saving the average homeowner more than \$770+
- ☑ The average two-income family pays \$5,500 LESS in taxes compared to the previous NDP government



PHONE
(431) 668-5759

EMAIL
titi@tititijani.com

WEBSITE
tititijani.com


tititijaniwpg

PC Progressive Conservative
Authorized by the official agent for Titi Tijani

Transcona Garden Club

By Anne Copland

July kicks off with Canada Day celebrations, signalling the official beginning of summer holidays, Yay! Gardeners like to show their national pride by displaying our flag colours in plant materials, whether a simple hanging basket of red and white petunias or traditional geraniums in an elegant urn that always turn heads. Downtown Transcona is looking terrific as usual.

Just as our gardens and containers are beginning to look their

best, many of us head off for road trips which may take us away for days or weeks. It is easier to arrange for someone to pop by to water a few pots, or even to cut the grass before it becomes a wild prairie. With a full vegetable garden and fruit trees, it is more complicated. My parents were farmers, and we never took summer vacations. Plan to have someone reliable to water those plants which are not drought-tolerant, or they will be

crispy not lush. It is only fair to leave clear instructions for any special care. Containers need frequent attention. Depending on the length of your time away, perhaps just grouping your movable containers in a shady spot may be all that is required. Houseplants requiring similar watering can be placed on a shallow tray with a layer of pebbles, marbles, damp moss, etc. Pour in enough water to barely cover the pebbles.

Lawns will need mowing more often in a rainy summer. In hot spells, leaving the grass longer, and letting grass clippings as mulch will protect the roots. Take care of the weeding before going on your holidays. Hopefully you can arrange to return in time to enjoy the results of your labours. It will be difficult to find anyone willing to take care of the following for you.

Harvesting maturing vegetable crops and picking ripening fruit is necessary for several reasons. Obviously getting them as soon as they are ready makes for better eating fresh and for preserving. Opportunistic creatures will detect when your carrots, beets, beans, etc., are ripe and will help themselves. Fallen fruit must be cleaned up to discourage infestations, and to allow for easier grass cutting. For apple or cherry crops, investigate online for local groups willing to pick for a share of your fruit. It is necessary to have a plan for someone to deal with your share if you won't be at home.

For those staying close to home, there will be plenty of interesting events to take in locally. Farmers Markets, Garden Tours and Ballet in the Park are just a few. Summer festivals throughout Manitoba make a nice day trip. Folklorama is a

FREE GRAFFITI REMOVAL



TRANSCONA
BUSINESS IMPROVEMENT ZONE

The Transcona BIZ has worked extremely hard for over 15 years to help keep Transcona clean.

If you see any graffiti in the area, please report it!

This is a FREE service to all community members!

We clean graffiti on residences, businesses, community mailboxes, hydro poles and light standards, garbage bins, fences and much more. If you see it – report it – and we will clean it!

Report online at: TransconaBIZ.ca

Email us at: admin@transconabiz.ca

Call us at: **204-222-8566**

TRANSCONA BIZ
STAFF

favourite way to experience the diversity of Winnipeg. There is no room for boredom in summer.

Garden Club members are seldom bored or idle. When Transcona Biz reached out for help with sorting the flower delivery so the Green Team could proceed with filling the various containers, four of our members responded. Kudos to Pat Osmond, Tracy Theriault, Betty Thiessen and Michelle Maruk for sorting and then planting up seven containers at 328 Whittier Avenue West. Yours truly and hubby took the first turn at watering.

Transcona Garden Club and Flower Arranging Group activities are paused for July and August.

New programs are being planned for September to year end. We gather on the third Wednesday at 7:00 PM at 328 Whittier Avenue

West. For any inquiries, please contact Pat at 204-224-3859, or Anne at 204-224-2535.

May your gardens be bountiful as well as beautiful. Happy Gardening! ❖

Community Billboard

Continued from page 6

Food Bank can be accessed through the front glass doors. There is a ramp outside and an elevator inside for those in need.

Food deliveries take place on Wednesdays with food served on Thursday. If you are in need of the Transcona Food Bank, please call Harvest Manitoba 204-982-3660 and register by the Friday before each opening!

2023 SCHEDULE

- THURSDAY, JULY 6, 2023
- THURSDAY, AUGUST 3, 2023
- THURSDAY, AUGUST 31, 2023
- THURSDAY, SEPTEMBER 28, 2023
- THURSDAY, OCTOBER 26, 2023
- THURSDAY, NOVEMBER 23, 2023
- THURSDAY, DECEMBER 21, 2023

DOORS OPEN AT 8:00 AM
FOOD IS SERVED AT 9:00 AM

PLEASE ARRIVE AND BE IN LINE BY 10:00 AM.

LATE ARRIVALS WILL NOT BE SERVED AND WILL BE CONSIDERED A NO SHOW

Please note: Transcona Food Bank is a rebooking Food Bank so you not have to call in each month.

If you have missed or are a No Show to the Food Bank you must call Harvest Manitoba (204) 982-3660 by the Friday before the next opening and re-register.

CALL US FOR A COMPLIMENTARY MARKET ANALYSIS



THE TRUST
THE EXPERIENCE
THE SERVICE

DIFFERENT COMPANY – SAME GREAT SERVICE that you have come to expect from us for 40 years ♥
204-989-7900
TURN our EXPERIENCE into SOLD

CALL US FOR A COMPLIMENTARY MARKET ANALYSIS

Summer at the Transcona Museum

Continued from page 1

long! The craft sessions will be held on Mondays, Wednesdays, and Fridays. There are three timeslots available: 10:45 am, 1:00 pm and 2:30 pm (the sessions are 45 minutes). Each day will feature a new craft related to the theme of the week. Each week is a different theme.

Registration is now open on our website. Participants must pre-register as space is limited. One ticket per child, not including parents or guardians. There are 8 spots total per timeslot. One parent or guardian must accompany the child if they are under 12. The museum is a mask friendly space.

Community Walking Tours – July and August – Our 2023 Walking Tour season starts on Thursday, July 6th! We will be offering walking tours of the Transcona community on select Thursdays and Saturdays in July and August. There are three tour options: “Historic Downtown

Transcona” (Thurs., 11:00 am – 12:15 pm), “Murals of Transcona” (Thurs., 2:00 – 3:00 pm), and “Transcona’s War Efforts” (Sat., 9:30 – 11:00 am).

Registration for our walking tours is available on our website. Tickets prices are as follows: Adults & Seniors - \$5, Youth (ages 4-12) - \$3, Children (ages 0-3) – Free (Members get a 10% discount).

Historic Places Day – July – Get excited for Historic Places Day which takes place from July 8th to July 23rd. Explore the history of the Transcona community by visiting the museum, joining a walking tour, viewing our on-line exhibits, and more!

PHOTO CONTEST! Last year, the National Trust for Canada gave away a total of \$2000, and over \$10,000 in prizes, in support of Historic Places Days. Visit the Transcona Museum or follow us on social media to find out how to enter this year’s photo contest.

Hours & Contact Info –

Transcona Museum is located at 141 Regent Avenue West. Our hours are Monday to Saturday, 9:00 am to 4:00 pm (subject to change). We are CLOSED all holiday long weekends. 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 social media for all the latest information including Facebook, Twitter, Instagram, TikTok, Pinterest, and YouTube. ❖

Seniors Bulletin Board

*by Colleen Tackaberry,
Transcona Council for Seniors
Resource Coordinator*

Are you interested in a little bus trip out of the city? Call Colleen for all the details at 204 222-9879. A one-day excursion in Manitoba.

Time for a little fun! Join us at 209 Yale Avenue West for entertainment with Bob Fluery at 3:00pm and dinner at 4:00pm on Wednesday July 12, 2023. Tickets are \$15 and must be purchased in advance by July 10th. Call colleen 204 222-5947 to reserve your seat!

Transcona Council for Seniors Inc. Volunteer Drivers Program is still in need of more volunteer drivers. This is a very essential and valued program that takes the seniors of our community to medical appointments including doctors, physiotherapy, dentists, and eye care etc. If we get enough drivers, we will be able to expand this service to include shopping etc.

As a volunteer driver you would provide transport to a senior from their

Continued on page 14



JD HOGGS SAUSAGE CO.

NEW HOURS: Mon – Thurs. 7:30 – 5:00, Fri. 7:30 – 4:00

Transcona's Choice For Quality Sausage & Deli Products

Everything is Gluten free and made in house,
Come in and give us a try anything from
garlic sausage - snack sticks - Bacon -
Deli Meat - Jerky and much much more!

Your One Stop Shop

8 CHRISTOPHER ST. (Corner of Christopher St. & Springfield Rd.
just after it turns into Springfield Road off Redonda)

PH: (204)222-9277 FAX: (204)667-5945

Check us out at jdhoggs.com



CROPO IN OUR COMMUNITY 1800 DAY STREET

Open House

Welcome

Plan On Joining Us

Welcome

July 28

&

July 29

6:00 p.m. - 8:00 p.m.

10:00 a.m. - 2:00 p.m.



Come and explore our facility,
enjoy a BBQ, bouncy castle,
face painting for the kids (and kids at heart)
and meet some of our team.



How To Treat A Sunburn

by: Alisha Whitley, modified for T views & shared by Transcona Salon Spa. Full article can be view www.eminenceorganics.com

Despite all we're told about sun protection, more than one-third of adults admit to getting sunburned in the past year. While the immediate symptoms of a sunburn are only temporary, the long-term damage is

permanent and can emerge years later. What Causes A Sunburn?

A sunburn is skin damage caused by ultraviolet (UV) radiation from the sun. When your skin is exposed to UV rays, it releases a pig-

ment called melanin to protect itself. Melanin acts as a natural sunscreen by absorbing the energy from UV rays and redistributing it. However, it can only provide so much protection - if you are spending too much time in the sun, your tan can quickly become a sunburn.

While you may immediately notice a pink hue and rise in temperature, it takes up to 24 hours for a sunburn's full effects to set in.

Why Are Sunburns Bad? – So, why are sunburns so bad? Aside from their immediate pain and discomfort, sunburns also cause long-lasting damage to the skin. Sunburns contribute to premature aging in the form of fine lines, wrinkles, sagging skin and sun spots. They also play a major role in the development of skin cancer. According to the Skin Cancer Foundation, the risk for melanoma doubles if you have had more than five sunburns, and one in five Americans will develop skin cancer by age 70.

Sunburns can range in severity, from mild burns that fade quickly to more severe burns that can require a trip to the hospital.

Before Sun Exposure – Rule number one of sun protection: Always apply a chemical or physical sunscreen. But, which one? Equally effective, they simply differ in their active ingredients and how they protect the skin. Chemical sunscreens are "absorbers" that convert UV rays into heat before releasing them from the skin. Physical sunscreens create a protective barrier that blocks and reflects UV rays before they make contact with the skin's surface. No matter which you choose, we recommend reaching for a broad-spectrum formula that will protect against both UVA and UVB rays. ➔



TRANSCONA SALON SPA
WE GOT YOUR SUMMER COVERED
Hair - Facials - Manicure - Pedicures
Hair Care, Skin Care and so much more!

Transcona Salon Spa
Transcona's Full Service Licensed and Certified Professionals
14-1783 Plessis Road Next to Subway
204-222-8266 transconahair.com



KEHLER REALTY LTD.
132 Regent Ave. W
kehlerrealty.com
[@kehlerrealty](https://www.facebook.com/kehlerrealty)
Not intended to solicit properties already listed.

Thinking of buying or selling your home?
Call your local Transcona experts!
Serving the community for over 50 years!

Art Kehler
call 204.222.0149
text 204.941.1903
Art@KehlerRealty.com

Jeremy Kehler
call 204.222.0001
text 204.999.6018
Jeremy@KehlerRealty.com

Shaylene & Robert Unger
call/text 204.791-5145
Robert@KehlerRealty.com
Robert Unger Personal Real Estate Corporation

SPF stands for “Sun Protection Factor” and measures how long your skin will be protected from UVB rays

What about SPF? – SPF stands for “Sun Protection Factor” and measures how long your skin will be protected from UVB rays. For extended sun exposure, The Skin Cancer Foundation advises an SPF of 30, a protective factor which filters out 97 percent of the sun’s UV radiation. Apply at least one teaspoon of sunscreen for each area of your body to keep it sufficiently protected - and don’t skip over easily forgotten areas like the tops of the ears, the back of the neck and the hands.

During Sun Exposure – Sun care doesn’t stop once you’ve applied sunscreen. To avoid sun damage, it’s crucial that you continue to protect your skin throughout the day. Reapply sunscreen at least every two hours, or after 40 minutes if you’re swimming or sweating.

After Sun Exposure: What Helps Sunburn?

Stay Hydrated: Inside & Out – To counteract the drying effects of a sunburn, you should drink plenty of water and load up on hydrating fruits and vegetables like cucumber, watermelon and cantaloupe. Topically, you can apply a deeply hydrating serum like Eminence Organics Strawberry Rhubarb Hyaluronic Serum to replenish dehydrated skin. Eminence Recovery Oil is hands down great relief for your sun burn.

Cool Your Skin Down – After a sunburn, it’s important to cool your skin down. You can take a cool bath or shower to soothe redness and dryness - but skip the soap, which can irritate scorched skin.

Soothe & Repair Red, Dry Skin – Sunburn can leave your skin red, dry and raw. To repair dry-

ness, reach for moisturizing oils and lotions that include soothing ingredients such as rosemary, arnica, rosehip and stone crop. And, steer clear of products containing petroleum, an ingredient that can lock in heat and exacerbate your symptoms.

Don’t Pick – Hands off! It may be tempting, but don’t pull at, pick or exfoliate your sunburned skin. Why? It’s already shedding on its

own. As your skin heals, healthy skin cells rise to the surface and the sun-damaged cells naturally flake and peel off. These new cells are delicate and susceptible to irritation: Picking and prodding will only make your sunburn look - and feel - worse.

Transcona Salon Spa has your summer Eminence Organics SPF’s and skin care requirements for a beautiful summer. ❖

STIHL

IMOW® GIVES YOU TIME TO ENJOY YOUR YARD!

RMI 632 PC
\$2,199.99

RMI 522 C
\$1,999.99

RMI 422 PC
\$1,899.99

RECEIVE A FREE FSA57 BATTERY TRIMMER

WITH THE PURCHASE OF ANY PARTICIPATING IMOW® MODEL

PLUS INSTALLATION. PRICE VARIES BY PROPERTY CONDITION.

ABC POWER TOOLS
WINNIPEG'S #1 SAW SHOP

204.224.1760
info@abcpowertools.ca
201 Regent Ave. West

July/August Report

By *Nello Altomare, MLA Transcona*

Hope everyone is enjoying summer. There have been a number of events that I have attended as your MLA for Transcona. It is always a privilege to be invited and to bring greetings. I would like to thank the Hi Neighbour Festival organizing committee, the Transcona Legion, Transcona Retired Citizens Organization, Blessed Sacrament, Calvin Christian Collegiate and Daniel G. who invited me to the neighbourhood picnic Dave Abel Park for extending invitations to be part of their community events.

I have said this many times and it bears repeating, Transcona is a great place to live, raise a family and age in place. Our community and the people who live here, continue to inspire me to advocate for ready access to government services that help support community living. For example, we need to have medical lab services reinstated in Transcona. Currently, if you

need to do bloodwork and/or need to have diagnostic services completed, the closest facility is located at Regent and Lagimodiere. The other issue regarding the booking of appointments is that it can only be done online. There needs to be an added option where you can book appointments using the telephone as some folks do not have access to a computer or smartphone.

We will be out this summer door knocking on doors and meeting folks in the neighborhood. We will use this opportunity to get feedback from folks regarding the issues that are important and require further advocacy. Whenever you see us out, stop by, say hello and share your views on the issues that are important to you as residents of Transcona and Manitoba.

We will be organizing a Meet and Greet with area politicians. Look for an announcement on social media regarding this event.

When you need to get a hold of us, at the Transcona constituency office, we are open 9am to 5pm daily, 127 Regent Ave. West, by phone at 204 594 2025 or email anytime, Nello.Altomare@Yourmanitoba.ca

Seniors Bulletin Board

Continued from page 10

home to their appointment and bring them home. You receive an honorarium to cover your car cost so what you are providing is your time and often an ear to a senior who lives on their own and appreciates a little company.

Your schedule is very flexible and you can drive when it is convenient for you! You would be contacted and a date for a ride would be offered to you. If you are not available you just have to say you are not available.

Seniors have been the folks who built this community. Now they need a little help! Can you be that person? The rewards are great as you realize how much your contribution of time means to the seniors you drive.

The Transcona Council for Seniors will continue to provide training for Seniors who would like to learn more about working with their IPAD, tablets or cell phones. For more information, please see the Transcona Council for Seniors website at TransconaSeniors.ca or contact Colleen Tackaberry at 204 222-9879

We are providing take out meals and dine in meals. A menu can be provided by emailing tcs@mymts.net or calling 204 222-9879. Monday's meals can be picked up at 209 Yale Avenue West between 3:30 and 4:00pm. Wednesday's meals can be picked up at 209 Yale Avenue West

Continued on page 16

NELLO ALTOMARE

Your MLA for Transcona



127 Regent Ave. W,
Winnipeg MB R2C 1R1
nello.altomare@yourmanitoba.ca



Holly (Charney) Fjeldsted
Owner
Funeral Director



576 Balsam Crescent Oakbank, MB



Sheryl (Sellen) Ruta
Office Manager
Funeral Assistant

*Proudly serving our community of the
Rural Municipality of Springfield
as well as Winnipeg*

Did you know...

- *Arrangements can be made in the comfort of your own home*
- *Existing pre-arrangements can be transferred to and will be honoured by Seasons Funeral Chapel*
- *We can provide funerals and celebrations of life in Transcona*
- *Traditional and cremation services at an affordable price*
- *Serving all faiths and cemeteries*

204-444-5444
www.seasonsfunerals.ca

A better deal for workers thanks to New Democrats

By Daniel Blaikie, MP Elmwood-Transcona

Working people deserve to have a political party that stands up for their interests.

The super-rich do not make most of their money from a salary. They make it by charging rent on what they own, whether they own houses, tools, mining rights, factories or something else.

What they own and the wealth they get from owning it gives them power and access to influential decision makers. No individual worker, whether they make thirty, sixty or even one hundred thousand dollars a year, can contest that power.

But when we stand together, we can take back control of our economy and our lives, ensuring that the wealth we create as workers is distributed fairly and reinvested in our communities instead of being syphoned off into tax havens for the benefit of a small, yacht-obsessed elite.

Working people on the Canadian prairies have stood together in many ways. We created a strong co-operative movement, a system of credit unions and established supply-management for a number of agricultural products. We have built successful crown corporations, like Manitoba Hydro, that provide essential services and give the return on investment back to citizens in various ways.

We have supported thousands of local small businesses whose owners live and work in our communities. We have been at the forefront of establishing strong collective bargaining rights for workers with events like the 1919 General Strike in Winnipeg.

At times, depending who has held office, governments of the day have been contributors to this success. Other times, governments have been determined opponents of measures to empower working people and ensure

we all benefit from our resources, talent and hard work.

In the current parliament, New Democrats are working hard for working people. We have instituted ten paid sick days for federally regulated workplaces and forced a commitment from the government to protect the right to strike by banning replacement (scab) workers.

We worked across party lines to bring in pension protection for workers when companies go bankrupt, so wrongs done to SEARS workers will not happen again.

In this year's federal budget, New Democrats pushed the government to attach strings to all its clean economy tax credits so that companies that pay higher wages and have better working conditions will get better incentives.

In addition, there will now be two labour seats at the governance table of the \$15 billion Canada Growth Fund. As that fund makes investment decisions to lower our economy's emissions, these representatives will be able to advocate directly for projects that prioritize good union jobs for Canadian workers.

This is a very different approach than the demoralizing, expensive bully tactics the Manitoba government has chosen to use against healthcare professionals, teachers and public servants. Where they tried to tear up the Construction Industry Wages Act, we are promoting the creation of good-paying jobs. With the right political leadership, it is possible to build a fairer, more prosperous future for everyone. ❖

DANIEL BLAIKIE **MP**
Elmwood-Transcona

Standing Up
for Working
People

204.984.2499 Daniel.Blaikie@parl.gc.ca
Constituency Office: 207-1111 Munroe Avenue

Seniors Bulletin Board

Continued from page 14

between 3:30 and 4:00Pm. Thursday's meals are available for pick-up at 500 WIDLAKE Street between 11:30 and noon or you may Dine In at 11:30am. You **MUST** register in advance at 204 222-5947.

We are providing rides to medical appointments. To enroll in the Transportation Program please call 204 222-9879. Rides are provided by volunteers and are a first come first served bases.

We are answering inquires and providing information for services available throughout the city.

We are doing Friendly Telephone Calls if you would like someone to chat with during this time.

Art classes are Mondays, water color and Wednesdays, acrylic and oils at 10:00am. Call 204 222-9879 to register. Will resume in September.

Men's shed Call Fred at 204 224-4941 to register.

Yoga is held at Oxford Heights CC Wednesdays at 10:00am please call 204 222-9879 to register.

Pickle Ball is the fastest growing sport in North America and we are playing it here in Transcona. Phone Fred at 204 224-4941 learn more or to become a member.

Zumba running at Oxford Heights Community Club Tuesdays and Thursdays at 10:00am. \$5 drop-in fee.

Vision Impaired Group will be meeting the second Tuesday of every month at 75 Kildonan Green Drive at 1:30pm. All who have any kind of vision impairment are well come to attend. For more information call 204 222-9879.

Canadian Hard of Hearing Association, Manitoba Chapter holds a meeting at 328 Whittier Ave West every 3rd Monday of the Month from 1-2:30pm.

The Retired Citizen's Organization at 328 Whittier Avenue West will resume activities in September.

To register for any of the programs at the Retired Citizen's Or-

ganization it is \$20 for a yearly membership.

If you are not feeling well, please do not attend any sessions of programs offered!!

Please call 204 222-9879 and check our website at ***transconaseniors.ca***. We are posting safe activities on our website. Stay well and keep active!

**Bank
for free.**



unfee

Save \$222 every year.

No minimum balance required.



Addressing the cost-of-living crisis

James Teitsma, MLA for Radisson

From grocery costs to the price of gas, it seems like we are paying more for almost everything these days. Despite this, the Liberal/NDP coalition raised the carbon tax – and they are planning on doing it again. That's the last thing Manitobans need.

I believe governments should be looking for ways to put more money back in your pockets, not the other way around. Well, I have good news – if you're a homeowner in Winnipeg, you should have received your school tax rebate cheque in the mail by now. Residents I spoke with told me they were grateful for the extra cash. For many, it came at just the right time to help with car repairs, home upkeep, or other significant bills that can be hard to pay while living on a fixed income.

It's important to know that at the same time as we are working to eliminate school taxes on property, we are dramatically increasing funding for education – a 9.8% increase in River

East Transcona school division this year and over \$100 million extra across Manitoba. That's because we believe education should be funded through provincial income, sales, and business taxes, not through property taxes. The quality of a child's education should not depend on how ritzy of a neighborhood they live in.

Another way we are helping you keep more of your money is by raising the basic personal exemption to \$15,000. When combined with increases to other tax brackets, someone earning \$30K will see their provincial income tax bill reduced by 23% - that is hundreds of dollars of savings every single year.

We are providing this relief to Manitobans at the same time as making record investments in health care, education, and social services and providing significant increases to disability support worker wages and the minimum wage. That's because Manitoba is leading the country when it comes

to economic growth. Economic growth has translated into additional tax revenue for your government. That is how we can increase spending while reducing taxes.

I am proud to be part of a government that keeps our promises. We promised to lower the PST, and we did. We promised to make life more affordable, and we have – the average family has saved more than \$5,000 in taxes over the past few years. We said we would build 20 new schools by 2029. We have 14 already complete or underway with 9 more planned before 2027 for a total of 23 – that's 3 additional schools, 2 years sooner including one in Devonshire Park. We said we would expand the Emergency Department at St. Boniface and we are – construction is underway to triple its size! We said we would pay for continuous glucose monitors and insulin pumps for diabetics, and we are. We said we would keep Concor dia Urgent Care open 24/7 and we have. We said we would work to hire 2,000 more nurses, doctors, and health care aides – so far, we have added 1,000+ with more coming!

I do my best to be active, available, and accountable. If you would like to share your thoughts or ideas with me, please contact me on Facebook or Instagram, call my office at 204-691-7976, or email office@amesteitsma.ca. ❖



WRHA Report

*By Stacy Boone,
WRHA Community Facilitator*

Did you know the Transcona food bank supports over 125 families every opening? We can all agree, nothing tastes better than summer food with ketchup, mustard and rel-

ish! Some even like it hot with flavorful hot sauces!

We are wanting to give a gentle nudge to the community that people really appreciate getting **ketchup** at Food Bank (mustard and hot sauce too for some) — but because it is not really a 'staple', it is not often donated.

As the summer continues, our gardens grow – if you have “extra fruit or veggies” please consider donating them to the Transcona Food Bank.

Let’s make this summer great and celebrate all the summer fun we can!

Donations can be dropped off at:

*Access Transcona, 845 Regent Ave (Monday to Friday 830-4pm)

*Ball Insurance, 112 Regent Ave West (Monday to Friday 9am-5pm, Sat, 10am -2pm)

*Transcona Memorial United Church’s office (209 Yale Avenue West) — **ONLY** Tuesday & Friday mornings.

Contact Stacy Boone, WRHA Community Facilitator for larger donations or with any questions. Sboone@wrha.mb.ca

The Plessis Community Resource Centre is asking for donations of ramen noodle soups, canned fruit, tea, coffee, shampoo and dish soap.

They are also looking for donations of diapers. Currently low on sizes 3T, 4T Pull ups, as well as size 4, 5 and 6 regular diapers. Baby wipes are accepted too.

They care for the pets too. Donations of dry and wet cat food as well as cat litter is welcomed.

Donations can be dropped off at the Plessis Community Resource Centre anytime during open hours.

If you have any questions about donation items you can contact the

Centre by phone: 204.777.1215 or email: Plessis@familydynamics.ca

TD Summer Reading Club 2023 has begun at the Transcona library!

- Keep kids reading, learning, and having fun all summer!
- For kids of all interests, ages, and abilities.
- Visit any Winnipeg Public Library branch to receive a free bilingual reading kit.

- Children colour in each day they spend time reading or being read to and receive a ballot for every five days they colour in. Enter ballots at any branch for a chance to win great prizes, including books, swim passes, or tickets to a Winnipeg Goldeyes baseball game on July 30. The book prize draw takes place after TD SRC ends on September 1.

Continued on page 20



Lock in prices today to protect your loved ones tomorrow.

Like many things, costs will continue to increase, so planning your final arrangements now is a wise decision. By doing so before the time of need, you can protect yourself and your loved ones against rising costs and gain valuable peace of mind.

Call today to receive a FREE PERSONAL PLANNING GUIDE

GREEN ACRES
 Funeral Home & Cemetery
 Personalized Funeral, Cremation and Cemetery Services

204-222-3241

Follow Us

www.greenacresfuneralhome.com



A division of Service Corporation International (Canada) ULC

Sports Vision: See Clearly as You Protect Your Eyes

Continued from page 2

response. Optometrists are well prepared to diagnose and treat an eye injury immediately. Going to an emergency room is a second option that may prolong treatment in some cases, as the hospital must locate an eye care specialist. In Winnipeg, the hospital best equipped to treat eye injuries in the Misericordia Hospital.

If you are questioning whether you need to seek medical attention, consider the following:

Is your vision blurred at all?

Do you have any discomfort or pain?

Do you notice double vision, as your eyes look either up, down, left or right?

Are you sensitive to light?

Does your eye look swollen, red or feel irritated?

Are you seeing flashing lights or spots/floaters?

If you answered yes to any of the questions above, please seek immediate attention from your optometrist.

It is always wise to err on the side of caution and to have your eyes checked should you suffer any type of traumatic injury.

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

WRHA Report

Continued from page 19

• To participate in library programs. Visit the [Program & Events Calendar](#) to register.

Looking for a Playgroup?

“Pitter Patter” is a free playgroup for new born to 5-year olds and their parents/ caregivers to spend time with other parents /caregivers in a safe, fun environment!

Thursdays from 930-1130am at 131 Victoria Ave W. Plenty of free parking!

Pitter Patter Playgroup is on Facebook – please follow for ongoing information and details.

Healthy Aging

Health at Every Size

*BY Lorna Shaw RD,
Healthy Aging Resource Team*

What does that statement mean to you? To me, it means freedom from weighing, justifying, counting, subtracting and all the other ‘crazy-

making’ activities people associate with being healthy.

For many people, ‘health’ means their weight needs to fall within a certain range. Well, I have news for you ... health isn’t about how much or how little you weigh, it is about choosing behaviours that nourish your mind, body and soul. It includes eating for taste, nourishment and enjoyment and moving your body to give you energy and promote wellness rather than ‘burning calories to earn the right to eat’.

Health at Every Size means being healthy right now in the body that you are in, regardless of your weight. Research shows that positive health behaviours such as being active and eating well improve health outcomes regardless of changes in weight. (*Size Acceptance and Intuitive Eating Improve Health for Obese, Female Chronic Dieters* <https://naldc.nal.usda.gov/download/8478/PDF>).

The concept of ‘healthy eating’ is well defined by Canada’s Food Guide for Healthy Eating. The Healthy Plate encourages us to choose foods in balance to get enough nutrients and energy to optimise health while warding off chronic disease. The concept of having a ‘healthy relationship with food’ isn’t quite as clear. Ellyn Satter, registered dietitian and family therapist states describes “Normal Eating”:

It is going to the table hungry and eating until you are satisfied.

It is being able to choose food you enjoy and eat it and truly get enough of it – not just stop eating because you think you should.

Normal eating is being able to give some thought to your food selection so you get nutritious food, but not being so wary and restrictive that you miss out on enjoyable food.

Continued on page 22

TRANSCONAVIEWS AND ADVERTISERS

The Views is a community paper distributed free of charge on or about the first day of each month to the Transcona Community.

**Closing Dates for
September Issue**
Editorial – no later than
Tuesday, August 8th
Advertising – no later than
Thursday, August 10th

Email Editorial/Advertising
to transconaviews@bondprinting.net

Published by Bond Printing Ltd.
130 Victoria Ave. West
204.222.7069
www.bondprinting.net

We're more than just Printing.
We also Specialize in
Promotional Products

Some of the brands we carry:

The Northface, Nike, Callaway, Eddie Bauer,
Tough Duck, Work King, Gilden, ATC, OGIO, Coal Harbour

We Offer

Promotional Products • Screen Printing • HeatPress

• Embroidery • Banners • Signage

• all your Printing needs plus, *so much more*

We're your local printer that prints on the
products everyone loves to use and wear!

204.222.7069

sales@bondprinting.net

www.bondprinting.net

130 Victoria Avenue West

Serving our Community
for 36 Years



Healthy Aging

Continued from page 20

In short, normal eating is flexible. It varies in response to your hunger, your schedule, your proximity to food and your feelings.” excerpt from Learn to eat normally: provide for yourself, don't deprive. (ellynsatterinstitute.org)

Does this describe your relationship with food? Would you like this to describe your relationship with food?

The first step to a healthy relationship with food is accepting your-

self now, in the body that you are in regardless of its shape and size. Give yourself permission to eat and move in health promoting ways without worrying about the scale. Too often people give up if their behaviour change doesn't result in weight loss. Consider not weighing yourself – just focus on the improved energy and feelings of wellness from eating well and being active. Check out the WRHA Health Management Group Program Guide and consider taking Craving Change. Craving Change using cognitive behavioural therapy-

based strategies to support people to understand their food choices and to develop a healthier relationship with food: Craving Change / Goûter au changement | Winnipeg Regional Health Authority (wrha.mb.ca)

For more health and wellness tips, connect with the **Healthy Aging Resource Team** at 204-940-2114! We can help you connect with resources, support you to maintain and improve your health; and provide information about health and community services.

Stephen's Edge PAINTING

EXPERT PAINTING SINCE 1996

EVERYTHING CAN BE PAINTED

Kitchen Cabinets, Stucco, Siding, Decks, Fences

Senior Discounts

204.229.9980

stephensedgepainting.com



GRD YARDWORKS

PH: 204-290-9549

- + GRASS CUTTING
- + RESIDENTIAL
- + MONTHLY CONTRACTS
- + 24/7 SERVICE
- + SENIOR DISCOUNTS
- + PAY PER VISIT
- + SEASONAL PACKAGES
- + FREE ESTIMATES

SERVING THE TRANSCONA AREA

Handyman Services

Rob 431-778-6692

AQUA DENTAL WELLNESS

Dr. Tom Swanlund

DMD | Doctor of Dental Medicine

Dr Daniella Battaglia

DMD | Doctor of Dental Medicine

Unit 3-1565
Regent Avenue West
Winnipeg, MB
R2C 3B3

Tel: 204.663.3423

Fax: 204.663.4423

aquadentalwellness.com

info@aquadentalwellness.com

Hip or Knee Replacement?

The Disability Tax Credit allows for a
\$2,500 Yearly Tax Credit
\$25,000 Lump Sum Refund
(on avg)

Copd, arthritis, and many other disabling
conditions that cause Restrictions in
Walking or Dressing may qualify.

For Expert Help: 204-453-5372



CREST EYECARE

Comprehensive eye exams,
eyewear, direct billing
and airmiles rewards

50% OFF lenses
and BOGO

Book online: cresteyecare.com
or call 204-421-8080

#9 – 1500 REGENT AVE WEST

Business & Professional D I R E C T O R Y

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 & Massage Clinic

Chiropractor:

Dr. Curtis Possia

Massage Therapists:

Yessenia de Leon R.M.T.

Amanda Dutiaume R.M.T.

PH: 204-222-1571

FAX: 204-222-8050

705 REGENT AVE. W. WINNIPEG, MB R2C 1S2

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

SS PLUMBING & HEATING

Residential & Commercial Installations & Repairs

- Renovations
- New Installations
- Gas Furnaces
- Air Conditioning
- Pumps & Softeners
- Prompt Water Heater Replacements



NOW OFFERING
FULL ELECTRICAL
SERVICES

office@ssplumbing.ca
WINNIPEG, MB

204-222-0723 www.ssplumbing.ca

At your service for over 50 years



TRANSCONA DENTAL CENTRE

Dr. Charles W. Rubin

Dr. Kevin H. Pham

NEW PATIENTS WELCOME

Complete Dental Care for the Entire Family

**INVISALIGN
DENTAL IMPLANTS
DIRECT BILLING**

10-801 REGENT AVENUE, WEST

Phone **204-222-8609**

www.transconadental.com

ADLEMAN & SOLAR LAW OFFICE

104 -1601 Regent Ave., W.,
N.E. corner of Regent & Lagimodiere

REAL ESTATE & MORTGAGES
WILLS, POWERS OF ATTORNEY, ESTATES
NOTARY PUBLIC

GRANT M. SOLAR
204-224-2222

TRANSCONA OVERHEAD DOORS LTD.

118 MELROSE AVENUE WEST
WINNIPEG, MB R2C 1N6

**Phone:
204.222.7943**

www.transconaoverheaddoors.ca



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

give me a call
Chris Cale

cmengrave@shaw.ca

CM ENGRAVE

**SIGNAGE / LAMICOIDS
TROPHIES / PLAQUES / MEDALS / ACRYLIC**

cmengrave.ca

WINNIPEG 204-224-2416

BUYING OR SELLING A HOME, CONDO OR INVESTMENT PROPERTY?

Contact Manitoba's #1 Real Estate Team with Century 21



Geoff
Archambault

Regan
Archambault

Mike
Buenaventura

ARCHAMBAULT BUENAVENTURA

Team

204-975-9349

www.WinnipegHomeConnection.com



CENTURY 21 Advanced Realty



Each office is independently owned and operated.
®Registered trademark of Century 21 Real Estate Corporation used under license.