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AND ADVERTISER



Seasonal Allergies & Your Eyes

By Dr. Blake Chartier, OD

As the days get longer and snow continues to melt, the enjoyment of spring is just around the corner. With the excitement of warmer weather ahead, many people also anticipate the dread of allergy season. As optometrists we see April, May and June bringing a large number of patients to our clinic with allergy symptoms effecting the eyes.

The most common allergens or irritants at this time of year include ragweed, grass and pollen. When these allergens come in contact with the body they are considered to be "foreign" – meaning the body will amount an immune response to fight against them.

An integral part of the body's response is the role of *mast cells*. Mast cells will travel in the body, locate and attach to these allergens. In an attempt to neutralize them, mast cells will release chemical *histamines*. It is the action of these histamines which produce the symptoms that allergy sufferers know all too well: sneezing, nasal congestion along with red, ITCHY and watery eyes. Itch is the hallmark sign of ocular allergies and can begin at any age.

Understanding the allergic response, the role of the mast cells and histamines has allowed for further advancements in treating patient symptoms. While we can all recognize that it may be impossible to completely eradicate allergy symptoms, our goal to drastically reduce patient discomfort can be attainable. How then do we treat symptoms of seasonal allergies?

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Seasonal Allergies & Your Eyes

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Oral over the counter anti-histamines such as Claritin and Reactine can be taken daily during your particular allergy season. I always remind my patients that side effects of these medications almost always include dry mouth and increased thirst, so it is important to hydrate properly if choosing this option.

Over the counter artificial tears or anti-histamine eye drops may help to dilute the allergen and provide some relief, but are often not enough to adequately reduce patient symptoms. Prescription eye drops which can be written by your optometrist include *both* anti-histamine and mast cell stabilizer ingredients. These dual action drops such as Pata-day, Zaditor and Bepreve, work in a way to limit both the start and the severity of an allergic reaction. These drops often work superior to any drop available over

the counter. Cold compresses are also recommended in combination with these drops to help reduce symptoms of dry, red, itchy and watery eyes.

Despite all the treatment options available, there is still no definitive cure. Each patient must be treated individually and it is important to consider a collaborative approach. Talk to your family doctor about possible allergy testing if the underlying cause remains unknown. Consult with your optometrist at your next visit to see which therapy may be best for your ocular surface symptoms. The active and outdoor season is ready to start in Manitoba, and we want to help keep our patients comfortable outside!

Some information above was adopted from the *Canadian Association of Optometry* to fit this article. ❖

Community Billboard

Transcona Memorial United Church, 209 Yale Avenue West.

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

Welcome Spring! – Transcona Memorial United Church gathers for worship on Sunday mornings at 10 a.m. On Palm Sunday, April 2, the Children's Choir sings. On Maundy Thursday, April 6, we remember Jesus' Last Supper with his Disciples with a 7 p.m. communion service. On Good Friday, April 7, we gather for worship at 10 a.m. and for Messy Church at 1 p.m. Easter Sunday's service, April 9 at 10 a.m., also includes communion. All are welcome!

Tickets are still available for the Caught in the Act Co. performances of 'Borrowed Time' on April 20-23. Tickets are \$50. and include dinner, the theatre

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Submitted by *Transcona Salon Spa*

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A Hydradermabrasion (also known as Hydrafacial) is a non-invasive skin treatment that uses patented technology to cleanse, extract, as well as hydrate skin. The result is younger-looking, glowing, healthier skin.

The Hydradermabrasion treatment has become one of the most popular facial treatments today. It has virtually no downtime and can improve skin glow, hydration, and radiance.

The best part is that Hydrafacial is absolutely safe and can be performed on almost all skin types. Treats acne, wrinkles, and hyper-pigmentation and sun damage. Those with active rashes, sunburns, or rosacea, along with pregnant patients, should abstain from this treatment.”

There are mainly three steps in the Hydra-Dermabrasion treatment.

The first step is Cleanse & Peel – “Hydradermabrasion uncovers a new layer of skin with gentle exfoliation and relaxing resurfacing.

The second step is to Extract & Hydrate – During this step, your professional will remove debris from pores with painless suction as well as nourish your skin with intense moisturizers.

The third step is to Fuse & Protect – A HydraFacial saturates the skin’s surface with antioxidants and peptides to maximize your glow. Targeted, proprietary skin solutions are delivered to address specific skin concerns.

Does Hydradermabrasion hurt? – No, Hydradermabrasion is virtually painless. In fact, many clients find this facial relaxing as well as enjoyable.

Who is an ideal candidate for Hydradermabrasion?

- Hyperpigmentation
- Fine lines and wrinkles
- Acne-prone skin
- Enlarged and congested pores
- Excessively oily skin

Is there any downtime involved? – No, there is no downtime associated with this treatment.

How long does it take to see Hydradermabrasion results? – You may

see noticeable skin improvements after just one treatment. However, the treatment is not a quick fix. In order to get maximum results, you should get a HydraFacial treatment every four to six weeks.

Is Hydradermabrasion safe? – Yes, Hydradermabrasion is absolutely safe for most people if performed by a certified esthetician.

What are the benefits of Hydradermabrasion?

- HydraFacial treatment can help minimize the appearance of discoloration or brown spots.
- The treatment can also help you reduce the appearance of your fine lines and wrinkles.
- You will get younger-looking, glowing, healthier skin with this treatment.
- The treatment is absolutely safe.
- It can be performed on almost all skin types.
- It is virtually painless.
- You will also get rid of enlarged pores with this treatment.

What is the aftercare like?

- Avoid excessive sun exposure for at least 72 hours post treatment.
- Never forget to wear sunscreen!
- Although it is fine to apply makeup immediately after the treatment, it is better to give your skin a break for the rest of the day.
- Avoid excess heat (intense cardio, hot showers and sauna) for at least 24 hours after treatment.
- Do not pick at your skin.
- Avoid exfoliating treatments for at least three days.

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Community Billboard

Continued from page 2

performance, and a \$20 receipt for Income Tax purposes. There are also lots of volunteer opportunities during dinner theatre – and we welcome your help to make this production a success!

Please contact us at tmuc@shaw.ca or 204-222-1331 for more information. The office is open on Tuesdays from 9 to 2 and on Wednesday to Thursdays from 9 to noon.

Weekly conversation for those wanting to practice speaking English is on Tuesdays from 1:15-2:15 and on Thursdays from 6-7 pm.

Warmer weather is on the way and we are hosting a Glenlea Greenhouse Fundraiser. The deadline for ordering is April 15 and the delivery to the church is on May 12 (after 3 pm). Please order early to get your favourites! <https://www.glenleagreenhouses.com/collections/2023-spring-fundraiser-home-page>

If you need more information please be in touch by email (tmuc@shaw.ca) or through Facebook (@transconamemorialunitedchurch). All are Welcome!

St Georges Anglican Church, 321 Pandora Avenue West.

Please join us for Sunday morning worship services. Service starts at 1030 am. Masks are required. Everyone is welcome.

A Lenten series is being held every Wednesday at 2 pm at the church.

Holy Week Services:

- Palm Sunday Service- Sunday April 2, 2023 at 1030 am
- Maundy Thursday- April 6, 2023 at 7 pm
- Good Friday- April 7, 2023 at 1030 am
- Easter Sunday- April 9, 2023 at 1030 am.

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

For further information, 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 basement of Saint Georges

Anglican Church, 321 Pandora Avenue West. All are welcome!

Lutheran Church of the Good Shepherd, 401 Kildare Ave W. Winnipeg Sunday School at 8:45 a.m. Sunday Worship Service at 10:00 a.m. For information about our church or our activities and events, please contact the

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Transcona Rotary Club Report

Submitted by Steve Lipischak



Time flies!! I can't believe we're already into Spring of 2023!! It seems like only yesterday that the wind was howling and temperatures were hovering at a balmy -30C. Take advantage of the Spring weather and get outside if you are able to do so, get reacquainted with your neighbours!!

Please read below to learn more about what Rotary means to our individual club members. Our first submission is from our Past President Ben Okwudili, in his own words.

My journey with Rotary began in 2013 after being invited by a close friend. It took some time to get adjusted to some of the peculiar house rules. I began to look forward to attending our weekly meetings, because every meeting was bundled with spirited deliberations, saddled with good humour towards members. Rotary be-

came even more fun as I observed the notable noble charitable works that our club did locally and internationally. Our club has not been large in terms of numerical strength but has remained very strong when considering the heavy duty works that were accomplished.

With time, I was nominated and elected to serve on the "Board of Directors", where I have remained to this date. At this point, I began to search how I could be more useful towards the works that Rotary does. Our club is quite inclusive and very pragmatic as one observes the unique role it plays on the international scene. I was glad to learn with keen interest about Rotary's "Zero Polio" endeavors, and how Rotary clubs around the world, including ours, have worked hard to make this task a reality. I heard of "Shelter Box", a very powerful

charity engagement, that our club has been working with to help people who have suffered disasters in connection with wars and environmental displacements. Very recently, our club, in collaboration with Rotary International has embarked on a project to bring safe drinking to a rural community in Nigeria.

For me, Rotary is a platform where one could be engaged to contribute and play a role in serving humanity and displaying the Rotary motto, "Service above Self", while at the same time, making and retaining long lasting friendship.

To find out more about our club, please check out our website at www.transconarotary.ca, send email enquiries to info@transconarotary.ca or visit our FB site at Rotary Club of Transcona-Winnipeg. Until next month Transcona, take care, be well. ❖



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Transcona Garden Club

By Anne Copland

Oh look! There's a dandelion! April Fools!

Gardeners are wishing so hard for first signs of spring that it would be gratifying to spot a bright yellow bloom peeking out. It should happen any day now.

Meanwhile, we are anxiously monitoring our seedlings, whether under lights, or on sunny windowsills. A word of caution if using a windowsill. Not all seeds need light to germinate and especially not the heat of the sun through

glass which could cook the seeds. Just normal daylight is all that is required. Once the seedlings are actively growing they will benefit from brighter light and good air circulation. A small fan nearby will aid with development of stronger stems, and turning the container regularly will maintain straight growth. Some seedlings benefit from cooler conditions once they are up helping to prevent weak and leggy stems in tomatoes, which should not be started too early. Peppers appreciate all the heat they can get throughout their life span.

The winter sowers among us will already have most of our seeded containers outside. Nature will take care of them until conditions are right for them to germinate. The containers are like little greenhouses protecting them, whether still under snow cover or exposed. There is still time to take advantage of this seed-starting method with most varieties. Some perennials need a longer cold period than others, like peonies for instance. I have never tried peonies in this way, but it is possible so please check www.wintersowers.com if you are inclined to try a wider variety of perennials, grasses, etc. Experimentation can increase our enjoyment of gardening through the satisfaction of successes. Failures keep us humble. The old adage of not putting all your eggs in one basket applies here too. If in doubt about which method will work best for you, try some of each.

There is still time to take advantage of online ordering quality bedding plants from www.glenleagreenhouses.com until April 15. You can choose confidently from their online catalogue, pay securely, and your plants will be available for pickup on May 13 at 328 Whittier Avenue West. Just go to Glenlea Greenhouses Spring Fundraiser Home Page and follow the prompts to place your order and pay. Be sure to indicate Transcona Garden Club as the group you are supporting. You may also order items not included in the fundraising promotion and they will be included in your order at the greenhouse prices. This is a wonderful opportunity to shop from the



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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.



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comfort of your home and pick up your plants in prime condition for planting after a bit of conditioning. You do not have to be a member of the club to take advantage of this service.

We are excited to welcome Joan Porteous, Orchid Specialist to our April 19 meeting at 7:00 PM at 328 Whittier Avenue West. Please plan to invite a friend or two and join us. If weather permits, Joan will bring along some orchids to show us and possibly some for purchase. Annual membership is \$15.00, and a family membership is \$25.00 for two domiciled at same address. Non-members are welcome and admission is \$5.00. Seeds and garden books will be for sale, including The 2023 Annual Prairie Garden, about Climate Aware Gardening.

Transcona Flower Arranging group meets on April 14. New members are welcome. Come and observe as first visit is free. This is a program planned for ease to jump in and learn

how to create a pleasing arrangement to enjoy in your home. Please call Anne @ 204-224-2535 or Lois @204-391-2445 for details. Happy Gardening! ❖

Community Billboard

Continued from page 5

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.
 Wednesday Night Bingo!
 St. Michael's Parish Hall
 Doors open 6:00 pm
 Early Birds 7:00 pm
 Regular Bingo 7:30 pm
 Canteen snacks available.

All Saints Ukrainian Orthodox Church, 1500 Day St.

Divine Liturgy dates and times:
 April 2 at 10:00 am
 April 9 at 10:00 am
 Holy Friday April 14 at 8:00 pm
 Easter Sunday - April 16 at 9:00
 April 23 at 10:00 am
 April 30 at 10:00 am

Easter Bake and Food Sale
 April 8 from 10:00 to 2:00
 Selling Paska, Babka, Perogies, Cabbage Rolls and more. Hot lunch for purchase. Free Ukrainian Easter Egg Making. Free entry but would appreciate a unperishable food item for Transcona Food Bank.

Transcona Food Bank – Transcona Memorial United Church at 209 Yale Avenue West 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

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Transcona Legion Branch # 7

Submitted by Donna Poitras

We are pleased to introduce Comrade Lynn Dolphin a new Executive Committee Member for our Branch.

My name is Lynn Dolphin and during the 2022 summer I was nominated to become a member for the Executive Committee of the Transcona Legion.

I grew up in Transcona and was first introduced to the Legion by my husband's family 30+ years ago. Over the years we have enjoyed a variety of Legion events; including Welcome Neighbour Pancake Breakfast during Hi Neighbour weekend, Bingo, Darts, and

have rented Moroz Hall numerous times for family events.

My assignment on the Executive Committee is the Chair for the Sick and Visiting Committee, and Assistant for the Ways & Means Committee.

The sick visiting committee pre COVID had played a vital role in ensuring that our Veterans and Members, who may be unwell or a shut in, were contacted via visits/phone calls. Our Volunteers have in the past visited local hospitals, as well as private and care homes.

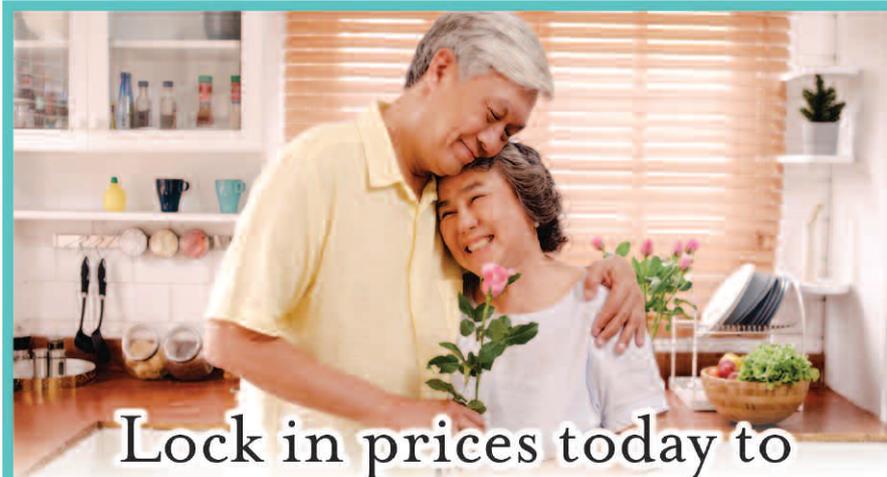
The COVID outbreak had restricted our ability to make these physical contacts. There are still many restrictions in place today.

In 2023, we plan on revisiting our Commitment to our Members to keep in contact and discover new ways to be in touch. We want everyone to know, as we work through the new process, that if you know of any Veteran or Member that may be ailing or perhaps shut in, please contact our Branch at 204 222 9951, Linda, our Branch secretary, will be take the information and pass it to me. We ask that you provide us with your contact information and if the member in question is able to have visitors.

The other role I am actively involved with is Ways and Means. We are always looking for ideas to host events and activities for our community.

Please check out our website at transconalegion.ca for information about our events. **April 1st** we will have hams included in our meat draw, along with an Easter Bonnet Contest. Everyone is encouraged to display your creative bonnet and participate in the parade with a chance to win a prize. **Saturday April 8th** we will be hosting an Easter Egg Hunt. We also have a Summer Cooler Raffle with 3 prizes to be won. Tickets for the raffle are available at the Bar and the draw takes place June 17th after the Meat draw.

Join us Saturday **April 29th** for Karaoke with Wayne start time 7:30pm. The Ladies Auxiliary will be hosting a Craft and Vendor Show Sunday **April 30th** 11am-3pm ➔



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Community Billboard

Continued from page 9

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! Doors open on Thursday at 9 am and food is served at 10 am.

2023 SCHEDULE

Thursday April 13, 2023

Thursday May 11, 2023

Thursday June 8, 2023

DOORS OPEN AT 9:00am IF YOU MISS AN APPOINTMENT, PLEASE CALL HARVEST MANITOBA (204) 982-3660 TO REREGISTER.

Working together, we strive to meet the need in the community.

Seniors Bulletin Board

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

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 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 call-

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April at the Transcona Museum

By Jennifer Maxwell, Assistant Curator

Community Safety Measures – Visitors will be required to wear a mask and social distance when visiting the Transcona Museum. Do not visit the museum if you are exhibiting any COVID-19 symptoms or have tested positive for

COVID-19 with a laboratory-based test or a rapid antigen test.

Thank you.

Upcoming Closure Dates – The museum will be closed from April 7 – 10 for the Easter Weekend.

Closed for Exhibit Renewal – The Transcona Museum will be closed in April for our exhibition renewal. We will reopen with all new displays by early May. Museum staff will be onsite during office hours from Monday to Saturday, 8:30 am – 4:30 pm. We will be providing a behind-the-scenes look at the exhibition renewal process through our social media pages. If you have a research request or an artifact donation, please contact the museum to book an appointment.

Rain Barrel Sale 2023 – TBA – We are working once again with RainBarrel.ca to hold another Rain Barrel Sale fundraiser for the Transcona Museum. No dates have been selected for the launch of the sale or the pick-up date at the time of writing (early March). Please keep watching our website and social media pages for updates. You can also contact the Transcona Museum by phone or email if you have any questions.

Upcoming Events in May – The Transcona Museum is planning on taking part in Jane's Walk Winnipeg (Sat., May 6) and Doors Open Winnipeg (Sat., May 27). These events provide the perfect opportunity to explore our heritage buildings and sites, while sharing stories about the Transcona community. We also plan on celebrating Manitoba Day (Fri., May 12) with some children's crafting activities. For more information and updates on these events, please visit our website and social media pages.

Save the Date: Upcoming AGM – The Transcona Museum will be holding its Annual General Meeting on Thurs., June 22 at 7:00 pm. More details to come.

Hours & Contact Info – Transcona Museum is located at 141 Regent Avenue West. Our hours are Monday to Friday, 11:00 am to 4:00 pm and Saturday, 12:00 to 4:00 pm (subject to change). 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

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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

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ing 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 between 3:30 and 4:00pm or you may Dine In at 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.

Continued on page 15

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NOT eligible *(including if a client filed for bankruptcy in 2022)*

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Be sure to bring the following (IF APPLICABLE):

<ol style="list-style-type: none"> 1. T4 INCOME, T4RIF, T4RSP, T4A'S (Including CESB, CRB, CRSB) 2. T5007 INCOME ASSISTANCE 3. T4E EMPLOYMENT INSURANCE 4. T5, T3, T5008 (INTEREST, DIVIDENDS, CAPITAL GAINS) 5. MEDICAL RECEIPTS (SUCH AS: PRESCRIPTION DRUGS, DENTAL BILLS, EYEGLASSES, FOOT CARE, PHYSIOTHERAPY, CHIROPRACTOR, PRIVATE HEALTH INSURANCE PREMIUMS, MEDICAL TRAVEL INSURANCE) 6. T22202 TUITION RECEIPTS 	<ol style="list-style-type: none"> 7. CHILDCARE EXPENSES 8. PROPERTY TAX BILL 9. RENT/RENT ASSIST RECEIPTS) 10. RRSP CONTRIBUTION RECEIPTS
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For more info: Call Access Transcona at 204-938-5555

Budget 2023 delivers Historic Help for Manitobans

James Teitsma, MLA for Radisson

Last month, Finance Minister Cliff Cullen delivered an historic budget to Manitobans. If I had to summarize it in one word, I would say it is “responsive”. Responsive to what Manitobans have been asking for from their government.

In my role as Vice-Chair of Treasury Board, I committed to reading every single comment and submission provided by Manitobans during the pre-budget process on EngageMB.ca. All told, this amounted to 280,000 words! That’s about twice as long as the New Testament or four times as long as *The Catcher in the Rye*. It did take a while for me to read it all, but it was well worth the effort.

That’s why I can confidently say that this budget was responsive. Manitobans are asking for help with rising costs due to inflation and the shocking increase to the Liberal-NDP carbon tax. Budget 2023 delivers by increasing the Basic Personal Amount to \$15,000, increasing minimum wage, and delivering property and personal tax reductions that will save the average Manitoban family more than \$2,000 annually!

Manitobans are asking us to heal our healthcare system. Budget 2023 de-



livers with the largest-ever healthcare budget in Manitoba history – a full \$668-million more than last year, a 9.2% increase. This will be used to reduce wait times, clear the backlogs, and retain and attract more healthcare professionals. It will also be used to expand eligibility to EVERYONE for Continuous Glucose Monitors (CGMs) and insulin pumps in treating Type 1 and Type 2 diabetes.

Manitobans are asking for safer streets. Budget 2023 delivers with more funding for police, 1,000 new addiction

treatment spaces, increased mental health supports, and more money for shelters like Siloam Mission.

Manitobans are asking for stronger communities. Budget 2023 delivers with \$268 million to build, renovate, and expand schools, \$100 million in new funding for school divisions, \$10/day childcare, and \$50 million in Arts, Culture, and Sport grants.

Manitobans are asking for better wages for disability support workers. Budget 2023 delivers with a commitment to increase wages from \$15.11 to \$19.00 per hour.

What is perhaps my favourite thing about this budget is that it demonstrates that the best way to improve services in our province is by driving economic growth – not raising taxes. It’s the hard work of Manitobans that is generating significant increases to corporate and personal tax revenues. Here we have a budget that significantly increases spending while simultaneously lowering taxes and moving the deficit towards balance. The only way that happens is with economic growth driving us forward.

One note of caution is that many of these planned initiatives can only go ahead if the NDP allow the budget to come to a vote. They have the legislative

A promotional graphic for James Teitsma, MLA for Radisson. It features a portrait of him in a dark suit and tie, smiling. To the left of the portrait, the text reads: "James TEITSMA" in blue, "MLA for Radisson" in orange, "204.691.7976" in blue, and "office@jamesteitsma.ca" in blue. The background is white with blue swooshes at the bottom.

power to hold it up until after the planned election in the Fall. I only hope that the NDP will not put their personal political aspirations ahead of the interests of all Manitobans.

If you have questions about the budget, find more info on my Facebook page at [facebook.com/TeitsmaForRadisson](https://www.facebook.com/TeitsmaForRadisson) or email my office at office@jamesteitsma.ca or call 204-691-7976. ❖

Seniors Bulletin Board

Continued from page 13

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.

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 is offering the following activities:

Tai Chi Monday at 10:00am. \$2 drop-in fee.

Tuesday Soup and Sandwich Lunch Program. \$8

Tuesday beginners Bridge 1:30pm.

Thursday's darts at 10:00am

Thursdays Scottish Country Dancing at 1:00pm.

Friday Line dancing at 10:00am, \$2 drop-in fee.

Friday Whist or Crib 1:30pm

To register for any of the programs at the Retired Citizen's Organization it is \$20 for a yearly membership which can be obtained Tuesdays between 11:00am and 1:00pm.

Our programs will be resuming using Manitoba Health guidelines. Wearing of masks when not exercising and all participants must show proof of being fully vaccination. 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!

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Cycling Is for Everyone!

By Sarah MacKenzie

We can all remember learning how to ride a bike; the sense of freedom, independence and exhilaration it gave us. So many of our childhood memories involve our bikes. That same joy of riding is once again front and center when we taught our children to ride a bike and for some of us again when we were part of teaching our grandchildren. For many women biking stopped being a regular part of how they stay active, myself included. Yet biking is an excellent activity for women as we age as it's easy on the joints, builds strength, balance and cardiovascular health. We can bike on our own or with friends and we get the many benefits of being outside.

When I retired 6 years ago I rediscovered my love of cycling. I got myself a new cruiser bike and hit the many bike paths and trails that are



everywhere now. It felt fantastic! Soon I was stronger and cycling further; it was time for a new bike. I got a fitness sport bike and would be off on my bike for hours. As a woman in my late 60's I felt so strong and knew I wanted to share my

love of cycling and all of its many benefits with other women my age.

This year I have the honour of being a Liv Canada Ambassador. Liv is the first cycling brand completely dedicated to women! In this role I will work in partnership with Liv and Bikes and Beyond a local bike shop on Henderson Highway to promote and encourage women 55+ to get out and ride their bikes. To help them rediscover the joy we all felt as kids when riding our bikes.

There will be 3 small group rides one in June, July and August as well as a three generation ride for children, their mothers and grandmothers. All the rides will be on bike paths and trails to ensure the rides are fun and safe for everyone. If there is a lot of interest a weekly or bi-weekly small group ride could also be planned. My hope is this will be the start of many women falling in love with cycling again and becoming a part of our cycling community.

To kick off these rides there will be a launch event at Bikes and Beyond on May 10 at 1:00 pm.

For further information and any questions please reach out to me at cyclingwithsarah@gmail.com

You can follow the progress of this cycling initiative on Instagram @cyclingwithsarah ❖

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The advertisement features a large, close-up portrait of a young girl with freckles on the left. On the right, there is a smaller photo of a woman with freckles, framed like a Polaroid. The text is overlaid on the right side of the image.

Who's An Adult Child?

The Roots of Our Disorder

Who is an "adult child"? The answer is found in examination of family backgrounds. The most important determining factor in who is an "adult child" and who is not. Each of us begins life as a vulnerable child, dependent upon our parents. If our parents are healthy and secure individuals with good parenting skills, then we will have a good chance of emerging into adulthood as a secure, happy individuals. But if our parents were individuals who suffered from compulsive or addictive patterns, their mes-

sages and behaviors to us were likely to be inconsistent, confusing or even damaging. Perhaps they lavished us with love and attention one day and then ignored or rejected us the next. Being unable to cope themselves, such parent may have expected us to take on adult responsibilities well in advance of adulthood, or to care for, protect or make decisions for them and other family members. We usually felt woefully inadequate and confused under such pressures. Instead of being encouraged to be children, gradually maturing to welcome adult challenges, we may have reached adulthood with little confidence in our ability to handle life. We may re-experience feelings of being overwhelmed, helpless or resentful under the ordinary stresses of adult life. We are “adult children”: we have the bodies of adults, the responsibilities, drives and goals of adults, but the unprocessed emotions of small, dependent children.

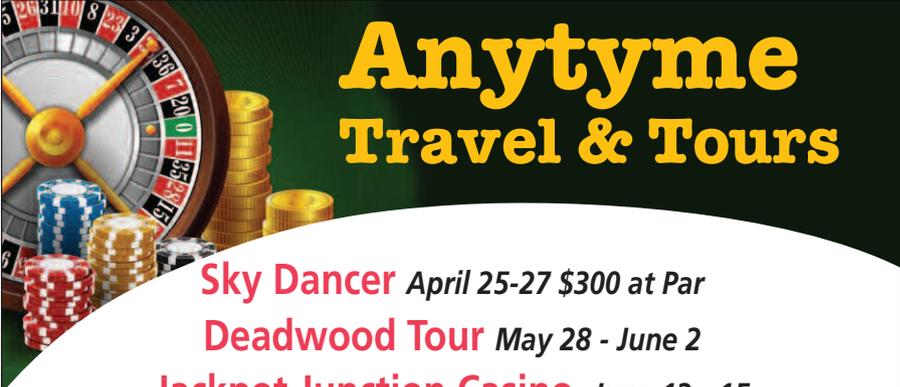
Adult Children’s Anonymous is a 12 Step. Support group which meets every Tuesday evening from 7:30 – 9:00 pm at St. Mary’s United Church, 613 St Mary’s Rd. Please call 204-253-5974 or visit our website if you need more information. www.aca.wpg.org ❖

ties” toolkit is a useful resource to help recognize and prevent bullying behaviour within older adult organizations and communities. It can be found at: <https://wrha.mb.ca/support-services-to-seniors/resources/building-respectful-communities/>

Have you or someone you know been a victim of bullying? – Bullying is when one person uses their power to harm another person, or they may use their relationships with others to exclude

or intimidate someone. As per the Building Respectful Communities toolkit, **Verbal Bullying** involves using words to humiliate or hurt someone including insults, threats, or constant teasing. **Physical Bullying** is physically hurting someone, threatening them or damaging their property. **Social Bullying** includes ignoring, isolating, excluding or spreading rumours about someone.

Continued on page 18



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Healthy Aging
Tanya Swanson, O.T. Reg. (MB)
Healthy Aging Resource Team
River East/Transcona

Building Respectful Communities
 Everyone deserves to be safe and everyone shares a role in creating safe and respectful communities. Individuals can build respectful communities by modeling respectful behaviour to each other, communicating boundaries to one another, being fair, providing support for people involved in bullying situations, and intervening in bullying situations and supporting bystanders.

The Winnipeg Regional Health Authority’s “Building Respectful Communi-



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Working with all parties and making real progress

By Daniel Blaikie, MP Elmwood-Transcona

One and a half years have passed since the last election; a period that has presented many difficult political challenges for the country and the world.

In the face of these challenges, I have focused my parliamentary work on things that can make a tangible difference in the lives of people struggling in Elmwood-Transcona and across the country: initiatives to combat the rising prices of essentials, protecting the value of pensions now and into the future, and repairing and expanding health services.

Even as we face down our problems at home, Canada can and must play an important role in addressing the big problems that face the world, like the worsening climate crisis and the threat that Russia's illegal invasion of Ukraine represents to international peace and stability.

No doubt, we need good political leadership to steer us through these challenging times. Like many Canadi-

ans, I do not believe Mr. Trudeau is the best choice for Prime Minister.

Nevertheless, I recognize that Canadians made a choice in the last election to maintain him in that position. I recognize that constant elections will not lead to better governance. I recognize that a majority government, no matter its stripe, will lead to less, not more, accountability for decisions taken.

That is why New Democrats agreed not to cause an election, as long as the government makes steady progress in implementing policies designed to help people in these challenging times.

One year in, we have accomplished a lot. New Democrats reversed the Guaranteed Income Supplement clawback. We forced the government to provide additional financial support to low-income renters who receive the Canada Housing Benefit. We doubled the GST rebate for 12 million Canadians to offset the pain of inflation for seniors, people living with

disabilities and other financially vulnerable Canadians.

After years of advocacy by New Democrats, the government finally eliminated interest on student loans and we are on track to make dental care available to Canadian seniors, people living with disabilities and children under 18 by the beginning of next year. The House is currently considering legislation to make the funding improvements for childcare permanent and protected; another requirement New Democrats have imposed on the government.

In addition to working with the government, we have also worked with other opposition parties to hold the Liberals to account on issues like sweetheart consulting contracts and foreign interference in Canadian elections.

I personally worked with Conservative and Bloc MPs to pass Bill C-228, which provides protection to workers' pensions when companies go bankrupt. It is a testament to what parliamentarians can accomplish when we are not stuck in an endless election cycle and can put partisanship aside.

I will continue to call out policies and behaviour that I believe needs to be called to account, while working with as many people as possible on Parliament Hill to deliver tangible results for Canadians. ❖

DANIEL BLAIKIE  **MP**
Elmwood-Transcona

Standing Up
for Working
People



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

Healthy Aging

Continued from page 17

Why do people bully others? – People who bully others are more likely to have experienced stress or trauma, have low self-esteem, have been bullied themselves, or feel pressure from friends/family. Everyone responds to stress in different ways and those who bully may use this as a coping mechanism.

Signs of Bullying – The most important warning sign that someone is experiencing bullying is when their

behaviour changes. For example, if they have difficulty interacting with others, if they no longer enjoy participating in group activities, if they experience frequent mood swings, or if they have changed their eating habits, sleep patterns, or grooming habits. Although changes in behaviour are not always indicative of bullying, it is a strong sign that someone is experiencing difficulty and could use support. If you notice that someone is acting differently or tends to be isolated/alone, it is important to make an effort to talk with them and engage them in group activities.

Impacts of Bullying – Bullying impacts everyone involved, including:

- The person who bullies
- The person who is targeted
- The people who witness the bullying

Bullying creates a toxic environment of fear and mistrust. People who have been bullied may experience low self-esteem, problems with relationships, feelings of anger, sadness, fear, loneliness, anxiety, depression and suicidal thoughts or attempts, and may avoid social environments. These consequences can be devastating to a person’s psychological and physical health.

What can you do? - Be able to recognize the signs of bullying, speak up if you feel comfortable, affirm the person being bullied (ask what you can do to help, listen and validate the person’s feelings), refer to community resources, staff or other adults that can help, and report the bullying situation (use nonjudgmental language and describe only facts).

Community resources – Seniors Abuse Support Line: Available 24/7 **1-888-896-7183**

Mediation Services: Free support for dealing with conflicts **204-925-3410**

For more information about resources to support in addressing bullying, you can contact the Healthy Aging Resource Team at 204-940-2114.

WRHA Report

*By Stacy Boone,
WRHA Community Facilitator*

SPRING for SOUP or FRUIT or VEGETABLES or PASTA. Spring into our CANNED food campaign for our Transcona Food Bank!

Drop off canned items to:

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

Transcona Salon and Spa, 1783 Plessis Ave (Monday to Friday 9am-6pm, Sat 9am-3pm)

Transcona Retired Citizen Organization at 328 Whittier (Monday to Friday 10am-3pm)

Contact Stacy Boone, Community Facilitator with any questions. Sboone@wrha.mb.ca

2022-2023 Community Volunteer Income Tax Program (CVITP) is offering **FREE** income tax returns. This program is a **DROP-OFF PROGRAM** service only.

Taxes will be prepared and e-filed for **free** for low income earners till April 28th 2023.

ACCESS Transcona at 845 Regent will be the drop off site. Front desk staff

Continued on page 20

FREE GRAFFITI REMOVAL



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**

April Report

By Nello Altomare, MLA Transcona

With the recent release of the Provincial Budget, one cannot help but be disappointed with this PC Government. When it comes to crucial public services such as healthcare and public education, we find them more focused on big tax cuts for the wealthiest individuals and corporations in our province than on the well-being of its citizens.

The constituency of Transcona has been disproportionately affected by seven years of PC government austerity and they expect us to forget about how they've harmed our cherished public services while they have been in government.

This is the same PC government, that in 2016, promised to expand personal care home space in our constituency. This expansion was to be led by the folks that run Park Manor Personal Care Home. Once elected, one of the first items that they cut was this much needed PCH enhancement, this in an area of the city that on a per capita basis,

has some of the lowest available PCH space.

Nothing in this budget reverses the privatization of services we have seen under this government. Transcona still lacks access to lab services such as blood collections and x-rays. In 2016, Transcona residents had access to three area labs that provided this necessary service. Right now, the constituency of Transcona does not have a single lab within our boundaries, this despite the fact that we are rapidly growing and have an aging population. Residents are now forced to access this service at a location in a busy traffic area at Regent and Lagimodiere. When we had locations at Plessis Road, Brewster Street and Bond Street, it allowed for us to walk for these services and allowed residents to safely access this necessary service.

With this budget, the PC government is hoping the constituents of Transcona and Manitobans forget the previous six years of cuts and the dam-

age they did to our cherished public services. Seven months before an election must be called, they hope we forget, the problem for them is that we're reminded everyday of what their feast or famine approach to running Manitoba has meant to the constituents of Transcona.

As always, if you need to contact me, please do so, Nello.Altomare@Yourmanitoba.ca or by telephone, 204 594 2025. ❖

WRHA Report

Continued from page 19

will accept your income tax information/receipts. **A drop off sheet (includes personal and contact information) MUST be filled out and submitted with your tax documents. Drop off sheets will be available at the front desk of Access Transcona. Drop off sheets can be picked up prior to drop-**



TRANSCONAVIEWS AND ADVERTISER

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 May Issue

Editorial – no later than

Thursday, April 6th

Advertising – no later than

Tuesday, April 11th

Email Editorial/Advertising to transconaviews@bondprinting.net

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ping off taxes if preferred. (No in person income tax services available).

Clients will be called to pick up their completed income tax returns.

Income eligibility guidelines:

Single and your total income is \$35,000 or if you are a married couple and your total combined family income is \$50,000 or less.

We do not prepare taxes for: self-employed individuals, claimed bankruptcy in 2022, have more than \$3,000 in interest or a rental income.

The Plessis Community Resource Centre is asking for donations of canned 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

Interested in cycling?

Coming this summer is a women's 55+ cycling program!

There will be small group rides on bike paths and trails to ensure safe and fun rides in Transcona and other local locations.

Future ride event with grandchildren will be planned in the next few months!

For more information contact Sarah, the Ride Leader at cyclingwithsarah@gmail.com or on Instagram @cycling-withsarah"

Healthy Together Now Committee in Transcona is now accepting applications for the 2023 year! Do you have a Spring,

Summer or fall program in mind and are looking for funding?

Are you a community organization in **Transcona** that promotes activities to support one of the following?

- physical activity
- healthy eating
- mental well-being
- tobacco reduction

We'd like to hear from you!

The HTN grant aims to make healthy living an easier choice for people who live in our community by addressing barriers that prevent our community from living healthier lives.

To be eligible to apply your program must:

- exist in the Transcona community area

Continued on page 22

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WRHA Report

Continued from page 21

- be creative and innovative (partnerships encouraged!)
- involve one or more of the four pillars mentioned above
- be free or low cost and accessible for every participant

• be sustainable (a plan to ensure program continues beyond HTN funding, including strengthening partnerships, increasing skills and knowledge of community, training opportunities for community, securing additional funding from other sources etc.)

• create a positive behavior change by increasing knowledge of healthy living around our four pillars

The maximum amount that can be requested is \$500 and proof of costs should be included with the application (i.e. quotes for equipment/materials, wage for instructors etc.)

All applications must be submitted electronically. Please visit <https://healthytogethernow.net/community-funding/application-form/> to apply! **Application deadline: April 28th 2023.**

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