

TRANSCONAVIEWS

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THE RICH HISTORY, CULTURE AND COMMUNITY SPIRIT OF TRANSCONA


By Deborah Goodfellow

Did you know that Transcona was the second largest town in Manitoba in 1916? A real estate boom was brought on with the decision of the Grand Trunk Pacific and the National Transcon-



tinental Railway to co-operate with the building of a second railway line across Canada. The Grand Trunk Pacific would build from Winnipeg to the west coast, the National Transcontinental Railway would complete lines to the East, and all repair and maintenance would be carried out from a centrally-located shop.


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Winter Eye Health

By Dr. Blake Chartier, OD

With more of the winter months ahead and plenty of opportunity for outdoor adventures, it is important to take the proper precautions to protect your eyes from the cold. As humidity drops in the winter months, people who suffer from dry eyes often tend to become more symptomatic.

Here are some tips and tricks and some things to consider to keep your eyes both safe and comfortable during our long Winnipeg winters.

During the frosty winter months, people may tend to notice that their eyes will dry. A combination of frigid temperatures and dry heat from the furnace may cause the eyes to produce less tear volume or cause quicker evaporation of tears. A humidifier in the bedroom at this time of year can help return hu-

midity to the environment and reduce excessive dryness.

Eye protection during winter sports is equally important. Wearing goggles for activities such as skiing, snowboarding, snowshoeing, ice fishing and even long walks will help to reduce eye exposure to the chilling environment.

Sunglasses can be equally important in the winter months as UV rays continue all year round. Reflection from the sun off the snow can cause increased light sensitivity during this time of year, making sun protection even more critical for optimal eyesight.

Contact lenses can be more susceptible to drying out with exposure to the cold, so it is always important to plan ahead. If you wear monthly

lenses, be sure to have your case and solution on hand. Even allowing the lenses to re-hydrate for a few hours after some outdoor winter activity can restore comfort in the lenses. Daily lenses can be thrown out when returning indoors and exchange for glasses or a new pair of lenses if needed.

As always, the symptoms of dry eye can be treated with a combination of artificial tears and warm compress regimen. It is suggested, especially when symptomatic for sandy, burning or watery eyes – that patients use tear drops at least four times a day. Warm compresses should be attempted twice a day, for a duration of 5 minutes with gentle sustained heat on the eyes while closed.

Talk to your optometrist about your winter activities and see what precautions or actions may benefit you.

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



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This is where "spa treatments" come in; that boost your overall well-being via body treatment, facials, etc.

Facials – Facials are another popular spa treatment, and they are

handy because, in a single day, your face takes a lot of beating. A facial offers the chance to exfoliate, repair and rejuvenate your skin.

We offer different Facials from treatments to meet your needs, Express Facial, Custom Blend Facial to our Hydra-Dermabrasion Facial (also known as Hydrafacial)

Body Treatment – The face isn't the only area that needs moisturizing; exfoliates, and moisturizers for enhancement of blood flow and hydrating your skin.

Body Treatment are body facials; your body is scrubbed to remove dead skin cells and even out your skin. Then moisturizers are applied to hydrate your skin.

Waxing or Sugaring – Waxing or sugaring is the most conventional hair removal service you'll find in spas. Waxing/sugaring can remove hair in virtually all parts of your body, including your back hair, eyebrows, chest hair, and leg hair. We also offer what's known as a 'Brazilian wax' to remove all the hair in the genitalia.

Nail Treatments – Manicures Gel Nail Extension and Pedicures. In addition to shaping and polishing your hand and feet nails, the technicians in spa will also exfoliate and soften the skin on your hands and feet. They can also apply paraffin treatments to help relax your limbs better.

Medical Pedicure? – Medical pedicures are completely different, though, the service is done by a spe-

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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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Community Billboard

Transcona Memorial United Church – Everyone is welcome to join us at Transcona Memorial United Church, 209 Yale Avenue West, on Sundays for worship is at 10:00 a.m. Worship is led by Rev. Carol Fletcher and Rev. Jeff Cook.

Our next Messy Church is February 17 at 5:30 p.m. All ages are welcome to join us for crafts, activities and worship.

You are invited to TMUC's next Book Group on ZOOM to discuss 'True Biz' by Sara Novic, on February 21 at 7:00 p.m.

TMUC's Dinner Theatre returns with performances of 'Borrowed Time', April 20-23. Tickets go on sale Saturday, February 18, from 8:30-11:30 a.m. in the church's Yale Hall. Tickets are \$50 each (purchasers receive a \$20 donation receipt). The Transcona Council for

Seniors is hosting a brunch and bake sale in conjunction with the ticket sales. Brunch can be purchased from 8:30-11:00 a.m. Doors open at 8:15.

Information about the Dinner Theatre and other TMUC's activities can be found on the church website (<https://tmuc.ca>).

We look forward to meeting you! Please be in touch by email (tmuc@shaw.ca) or through Facebook (@transconamemorialunitedchurch). All are Welcome!

Lutheran Church of the Good Shepherd, 401 Kildare Ave W. Winnipeg. Sunday School at 8:45

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February 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, have tested positive for COVID-19 with a laboratory-based test or a rapid antigen test. Thank you.

Upcoming Closures & Reduced Hours

The Transcona Museum will be closed from February 18 – 20 for the Louis Riel Weekend. We will also have reduced hours on February 14 as staff will be preparing for our Care for Family Heirlooms workshop. Thank you.

Valentine's Crafting Party!

Join us for an in-person Valentine-themed crafting party. There will be two days of crafting fun with Friday, February 10 reserved for children ages 5 and under. Saturday, February 11 will have crafts and activities suitable for children ages 6 and older.

We have three timeslots available: 10:45 am, 1:00 pm and 2:30 pm. Each time slot is for 45 minutes. After the 45 minutes are up you are welcome to continue your visit at the museum. Register on our website, space is limited. Masks are required.

Care for Family Heirlooms Workshop

Join us on February 14 at 6:30 pm (École Regent Park) for a workshop that will introduce practical tips on how to care for the special objects and archival documents you have at home. Participants are welcome to bring examples of family heirlooms (items, documents, etc.) they are interested in preserving. Tickets are \$18.10 (max. 20 available) and can be purchased through our website or the RETLife website.

Thank you to RETLife for organizing this workshop. This event is part of a larger course series designed to help participants with re-

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searching, preserving, and collecting their family histories and heirlooms.

Spring Break - Mark your calendars!

We are planning for another year of fun Spring Break activities at the museum from March 27 – 31. Make sure to keep checking our website or Facebook for details.

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 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. ❖

Community Billboard

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a.m. Sunday Worship Service at 10:00 a.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 Georges Anglican Church, 321 Pandora Avenue. Please join us for Sunday morning worship services. Service starts at 1030 am.

Masks are required. Everyone is welcome.

Ash Wednesday service will be Wednesday February 22, 2023 at 2pm at the church.

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](tel:204-222-1942) or email us at: stgeorgesanglicantranscona@gmail.com

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

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THE RICH HISTORY, CULTURE AND COMMUNITY SPIRIT OF TRANSCONA

Continued from page 1

A large area of unoccupied, flat land east of Winnipeg was chosen, and work began in 1908 to nurture its growth, creating the conception for the birth of Transcona in 1912. The **Transcona Museum** stands tall on

the original main drag, providing a vision: a lifeline that keeps **The heart of Transcona's vibrant history and culture** – alive. Their mission is: **To preserve and promote the community spirit of Transcona,**

through sharing our history and stories for the benefit of all.

History jazzes me! I encourage you to visit the museum. It was Maya Angelou who said: “You can't really know where you are going until you know where you have been.” We should be proud of our heritage – and its people – decent, hard working people. Stories enshrined in the annals of history, dove-tail with stories told by my elders, and my experiences from growing up in the community. For example, over the next ten years in 1916, several recessions placed the town in bankruptcy. It was only beginning to recover when the Great Depression arrived. I can remember my Aunt Mary telling me how rough those days were for everyone, including my Uncle George, who was laid off from the CN for a few years. There was no work to be found. I remember his black metal lunch bucket as a child and having a co-worker once refer to me as living in a lunch bucket community. I was quick to point out that my father took one to his job at Griffin Steel, as well – and simply smiled. My Aunt Mary would talk about their struggles as immigrants which were compounded, as they had not as yet mastered the English language. They relied on making do, stretching the little they had, and connecting with community. They shared, supported and persevered –



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together. The church, their faith and belief in God, anchored them, until the storm blew over. I knew some of the names mentioned in the museum and we even dealt with a few of those prominent people at the beginning of our real estate careers. As a child, I played in Memorial Circle Park; many times reading the names carved into the cenotaph at the center of the park – the names etched in my mind. And over the years, as I conducted business, descendants of those Transcona heroes who fought for our freedom – had me pause out of respect at the sound of their names – reflecting on their supreme sacrifices. Their names and legacies live on and lest we forget. Thanks to Peter Martin and his Field of Honour

– we never will. Surnames often-times surface, correlating with memories and events. This is the Transcona I know. We may be teased for our flamingos and start, as a working class community; but there is no shame in any of it – so, go heavy on the CLASS, because our community has every reason to be proud of where we have been.

We should be proud of Transcona’s rich history woven into the mosaic of our country’s legacy of growth and prosperity. The railroad in Canada opened the way for the settlement of the West, provided new economic opportunities, stimulated the development of towns and communities, and generally tied the country together.

Times change and towns grow up to become cities, influenced by life and the culture of the day, and reshaped. The CN whistles are now silenced, but the heart of Transcona’s rich history and culture lives on. Transcona is vibrant and alive, standing on the shoulders of a proud past and in-step with a new vision for a bright and promising future. Transcona Biz, new housing developments, Transcona Commons, a new library on Transcona Boulevard and shopping, amenities and conveniences galore all point to exciting progress. Transcona offers something for everyone. Any hockey fans? How about the Ed Golding Memorial Arena, or the Buhler Recreation Park,

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2. Deb and Lori were bank managers, prior to their real estate career - specializing in consumer finance - loans and Mortgages.
3. Deb is past-presidents of both The Winnipeg Regional Real Estate Board and Manitoba Real Estate Association.
4. Community Service, Family, Caring, Giving Back and Making a Difference is woven into the fabric of their being.
5. We have been through all stages ourselves: newly married, raising a family, helping parents through their last days, facing difficulties and over-coming challenges and celebrating the good times and triumphs. Yes, we understand because we have been there – and treat others the way we would want to be treated.

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Queen's Platinum Jubilee Medal recipients showcase charitable character of Transcona

James Teitsma, MLA for Radisson

Queen Elizabeth II was the first queen in any country throughout all history to reign for a full 70 years. To honour Her Majesty's service, a special Platinum Jubilee Medal was designed and awarded to a several hundred Manitobans. As part of my role as MLA for Radisson (West Transcona), I was asked to select ten people who have made significant contributions to our community.

Picking only ten was perhaps the biggest challenge since there are dozens if not hundreds of people in our community who meet the necessary qualifications. I note with thanks that Transcona MLA Nello Altomare and I worked together to maximize the list of nominees from our area since many individuals would have naturally appeared on both of our lists. These are individuals who consistently gave of their time, talents, and treasure in the service of



MLA James Teitsma seated with Queen's Platinum Jubilee medal recipients at the official ceremony at the Manitoba Legislature

others, not just for a few weeks or months, but over the span of decades.

After being selected, the Queen's Platinum Jubilee Medal recipients were then invited to a special induc-

tion ceremony to receive their medals held in the beautiful Chandelier room at the Manitoba Legislature, hosted by Lieutenant-Governor Anita Neville and Premier Heather Stefanson. Here are the nominees who were able to attend that ceremony:

Rachel Aleo is the founder of Winnipeg's Helping Hands Resource Centre for Immigrants and a faithful long-time volunteer at Union Gospel mission.

Albert El Tassi is a philanthropist who has donated millions of dollars to charities including Winnipeg Harvest, Habitat for Humanity, and Siloam Mission.

Rod Giesbrecht is a pastor and school trustee who has made it his mission to clean up Transcona by removing more than 10,000 lbs of garbage from our boulevards every year. ➔

James Teitsma, MLA for Radisson, is smiling. The image includes his name and title in blue and red text, along with his phone number and email address. The background features a blue and white abstract design.

Jim Lapp is a retired teacher who spent decades volunteering and working for L'Arche Winnipeg, including helping establish the L'Arche Tova café in Transcona.

Peter Martin was Hi Neighbour Sam for many years. He helped build new playgrounds in the area, and he is most well known for his No Stone Left Alone program, speaking to hundreds of students about the importance of Remembrance Day. He also makes sure each veteran's headstone has a wreath laid at it each Christmas.

Murray Rougeau is a retired firefighter who helped establish the Transcona Optimist Club. He served on the Transcona Parks Renewal Committee and as co-chair of the Transcona Centennial Committee. He also ran the graffiti removal service throughout Transcona for 15 years.

Larry Vickar has been part of Winnipeg's automobile industry for over 50 years. His philanthropic efforts are extensive. He helped build a village in the Philippines through his work with Rotary. He has also donated and supported countless community groups in Manitoba. He has served on the St. Boniface Hospital Foundation and is the long-time presenting sponsor of their annual Hope & Healing Radiothon. Larry, and his wife Tova, were key to helping open the L'Arche Tova Cafe in Transcona.

Lisa Webinger is a serial fundraiser who has raised money and food donations for many different local community causes over the years. She is born and raised in Transcona and is always quick to respond to the call to help. Whether it is a breakfast

with Santa or filling a Ford with food for the Transcona Food Bank, or a fundraiser for a local pet shelter, she is always coming up with new and engaging ways to help.

It was also great to see many other friends and long-time contributors to our community at the ceremony such as Colleen Tackaberry, Lawrence Toet, and Carol Fletcher

who received medals as well. Nominees Diane Truderung and Dr. David Marsh were unfortunately unable to attend the official ceremony.

All these individuals (and many more that I would have loved to nominate) have set an example for us of giving generously and putting the needs of others ahead of their own. To all of them, I say Thank-You. ❖

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Community Billboard

Continued from page 7

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!

Transcona Food Bank – Since 1988 Transcona Memorial United Church at 209 Yale Avenue West has been the home of the Transcona Food Bank! 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! Doors open on Thursday at 9 am and food is served at 10 am.

2023 SCHEDULE

- Thursday February 16, 2023
- Thursday March 16, 2023
- 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.

Free Tax Preparation – Taxes will be prepared and e-filed for free for low income earners starting in March and April 2022. ACCESS Transcona at 845 Regent will be the drop off site. Front desk staff will accept your income tax information/receipts. No in person income tax

services available. Income guidelines: If you are single and your total income is \$35,000 or less, you can have your taxes done for FREE. If you are a married couple and your total combined family income is \$45,000 or less, you can have your taxes done for FREE.

Seniors Bulletin Board

by Colleen Tackaberry,
Transcona Council for Seniors
Resource Coordinator

We will be hosting a Pancake Breakfast February 18, 2023 at Transcona Memorial United Church, 209 Yale Ave West. Breakfast begins at 8:30 – 11:00am. This is a fund raiser for the Transcona Council for Seniors and at the same time you can buy tickets for the dinner theater to be held at Transcona Memorial United church.

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

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Your Journey to Self-Improvement

Submitted by Susan Page

Tired of not getting promoted? Petrified of making presentations? Scared to stand in front of a crowd and speak?

Crossroads Toastmasters can help you with overcoming those fears and enhance your self-esteem. We provide a supportive and positive environment where members have the opportunity to overcome their fear of public speaking and sharpen their presentation and leadership skills. Other benefits include the opportunity to increase one's confidence, build critical thinking skills and become an effective listener.

Crossroads Toastmasters is the only Toastmasters club in the Transcona area and has been helping members enhance their communication and leadership skills for 52 years. Members of the public are invited to learn more about Toastmasters by attending our meeting as a guest by emailing or calling the contact information. Since 1970, the club has been dedicated to helping people in the community become better speakers and leaders.

“Toastmasters has really helped me come out of my shell. I was extremely shy, but when my

career aspirations changed into something more business driven, my boss and I agreed that I should join Toastmasters. It has not only changed my career trajectory positively, but it has also positively changed my social interactions outside of the office. (Pam Zacharias, toastmaster since 2008)”

Crossroads Toastmasters meets virtually every Wednesday from 7:00 – 8:30pm (September – June). We are currently meeting via Zoom due to Covid. For more information about the club or how Toastmasters can help you, please email spage3075@gmail.com, or call 204-795-9497.

About Toastmasters International

Toastmasters International is a worldwide nonprofit educational organization that empowers individuals to become more effective communicators and leaders. Headquartered in Englewood, Colo., the organization's membership exceeds 300,000 in more than 15,800 clubs in 149 countries. Since 1924, Toastmasters International has helped people from diverse backgrounds become more confident speakers, communicators, and leaders. For information about local Toastmasters clubs, please visit www.toastmasters.org. ❖

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Seniors Bulletin Board

Continued from page 12

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 Transcona_seniors.ca or contact Colleen Tackaberry at 204 222-9879

Dine-In Congregate Meals are once again being served at noon at 500 Widlake Street. We are providing take out meals and a menu can be provided by emailing tcs@mymts.net or calling 204 222-9879. Mondays and Wednesday's meals can be picked up at 209 Yale Avenue West between 3:30 and

4:00pm. Thursday's meals are available for pick-up at 500 WIDLAKE Street between 11:30 and noon. 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

Continued on page 16

NOW HIRING

Tempeff is a rapidly growing manufacturer of highly innovative HVAC equipment, and we are located nearby in the Elmwood neighbourhood

Many positions available such as assemblers and machine operators. Entry level opportunities are available for those new to working in manufacturing. We will train people with a positive attitude, a mechanical aptitude, and are willing to learn. Check our website under Careers for more information on available opportunities:

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**Email resumes:
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TRANSCONA LEGION BRANCH # 7

Submitted by Donna Poitras

We are located at 117 Regent Avenue East in the very centre of beautiful Transcona.

Hours for our Branch-unless a Stat Holiday

Monday – 2:00 pm to 10:00 pm
Tuesday – 2:00 pm to 10:00 pm
Wednesday – 2:00 pm to 10:00 pm
Thursday – 2:00 pm to 10:00 pm
Friday – 2:00 pm to 12:00 am
Saturday – 1:00 pm to 12:00 am
Sunday – Closed

Hours are subject to change

Phone Number: 204-222-9951

Branch Executive 2023

Past President – Dave Roy

President – Dave Tweed

1st Vice President – Kent Page

2nd Vice President – Tanya Bishop

Chairman – James Wasnick

Sergeant-At-Arms – Sheri Armour
Executives – Les Isaacs, Donna Poitras, Ray Litke, Holley Tweed, Peter Martin, Gerald Strong, Brett Enns, Lynn Dolphin, Jim Dolphin
Service Officer – Ray Litke

Ladies Auxiliary Executive 2023

Past President -Vacant

President – Celeste West

1st Vice President – Sharon

Mortimer

2nd Vice President – Vacant

Secretary –Marilyn Cameron

Treasurer – Joann Asher

Sgt at Arms – Emily Cinch

Membership – Joan Pearcy

PEROGIES - We now have Perogies for sale, Cheese and Potato with onion \$6.50 per dozen.

Our weekly events - Monday Night Bingo starts at 6:45 pm, Tuesday Cribbage 7:00 pm, Saturday Meat draw, Chase the Ace & 50/50-doors open 1 pm. There are VLTS- snooker table-big screen TV for our favourite sporting event along with great Bar staff to serve you. If you need a hall to rent check our Moroz Hall. Check our website at transconalegion.ca for up-to-date information. ❖

Seniors Bulletin Board

Continued from page 15

oils at 10:00am. Call 204 222-9879 to register.

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

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

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:



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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 vaccinated. 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!

Healthy Aging

Thrive over 55

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

Feeling young and living life to the fullest is something we all want. As we

age, there are major life changes, such as retirement, children moving out, losses and sometimes physical or mental health challenges. Healthy aging means embracing these changes and transitions while finding a moment in each and every day to enjoy life more.

Here are 5 simple tips to take care of your mind, body and spirit:

DISCOVER – explore one new thing you want to learn or a hobby you have always wanted to try. Learning something new challenges your mind and makes life more interesting.

GET UP AND GO – take a walk, stretch, or visit your local community centre and participate in a class such

Continued on page 18

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February Report

By Nello Altomare, MLA Transcona

The month of January saw many in our community who follow the orthodox calendar celebrate Christmas and the beginning of the new year. I would like to thank All Saints Orthodox Church for inviting me to their Malanka celebration.

This is the first time I was able to attend this event since being elected in 2019. The food, the fun and the camaraderie were greatly appreciated and I look forward to attending future events at All Saints.

The Manitoba Legislature will resume sitting in early March. Once back in the House, I will continue to advocate for Transcona on issues that are important to our community. Timely access to healthcare continues to be one of the primary issues facing constituents and many Manitobans. Delays in testing, diagnosis, consultations with specialists, surgeries and

other treatments have been made worse by the pandemic and cuts to healthcare by this current government.

These cuts to healthcare have also impacted another ongoing issue important to Transcona families, that is the status of the expansion of Park Manor Personal Care Home. Our part of the City of Winnipeg has some of the lowest per capita PCH space in the WRHA. Plans were put in place to create a state-of-the-art facility that reflected new thinking in PCH design. This new design incorporated pods where residents shared a common living area and kitchen with residents having their own private bedroom facilities. Before 2016, plans were put in place to get this project started and increase space for our aging loved ones so that they could remain in their home communities. This much needed facility was one of the first things that this

current government cancelled upon being elected.

One of the other issues that requires immediate attention is affordable and accessible childcare space for families in our constituency of Transcona. Despite significant federal government investment for childcare over the past 12 months in Manitoba, with the goal of \$10 a day childcare fee, costs for childcare are \$30 a day for infants and \$20 a day for toddlers. Families deserve better and they're not getting it from this current government.

Constituency office is open 9am to 5 pm, 127 Regent Ave West. Phone number is 204 594 2025 or email, Nello.Altomare@yourmanitoba.ca ❖

Healthy Aging

Continued from page 17

as line dancing or tai chi. Being active increases muscle and bone strength and also enhances your mental well-being.

SHARE YOUR GIFTS – give back and help others by volunteering, or help a neighbor. Offering your skills and expertise to local community organizations adds meaning and a renewed sense of purpose to your life.

REFLECT – recall good memories, go through an old photo album, write your life story, call someone to re-connect with and share that special time.

GRATITUDE – write down three good things in your day and what you are grateful for, perhaps your children,

**NELLO
ALTOMARE**

Your MLA for Transcona



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

your garden, your pet, or a friend you love to chat with. Being thankful can boost your immune system.

As we age, THRIVING involves finding meaningful moments throughout the day, connecting with people you enjoy spending time with, nourishing your body with healthy foods and challenging your body and mind with daily activities. Doing one of these things everyday will enhance your positive mental health and wellness.

If you are 50 and over and experiencing sadness, anxiety or feeling challenges related to transitions and major life changes such as retirement and caregiving, consider joining **Turning Pages**, a peer support program.

Turning Pages is a Cognitive Behavioural therapy with mindfulness (CBTm) and peer support program, tailored for individuals 50+. The goal of the program is to improve mental health symptoms by providing education, skill building, social interaction and community connections. The program is 6 weeks in length and offered both in - person and through Zoom.

Start Date: Wed. Feb 15 1-3pm

Location: Hybrid – 930 portage Ave and on Zoom.

To register and for more information please visit: mbwpg.cmha/programs-services/turning-pages/ or call 204-982-6100.

For further information about Cognitive Behavioural Therapy or resources to assist with healthy living, please contact the **Healthy Aging Resource Team at 204-940-2114.**

WRHA Report

Stacy Boone
WRHA Community Facilitator

The Plessis Community Resource Centre is asking for donations of warm winter mitts and new or used children's winter boots.

Our Helping Pantry needs the following items to give out to the community. Dish and laundry soap, all purpose cleaner and shampoo and conditioner. Canned meat such as chicken, turkey and ham. Peanut butter and sugar too.

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Roz Sheldon
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Long over-due public health care expansion: New Democrats win first steps towards national dental care program

By Daniel Blaikie, MP Elmwood-Transcona

New Democrats have fought and won important victories that have benefited Canadians – like Medicare. We are carrying on with this fight so families can finally get dental care for their kids, helping their budgets without huge out-of-pocket costs.

Dental health matters for your overall health but has always been excluded from our regular Medicare coverage. If you hurt your arm and go to the doctor's office you don't get charged a dime, but if you get a tooth ache it's a different story.

Too many families simply cannot afford to have dental work done. Approximately 35 percent of Canadians have no dental insurance, and nearly

seven million Canadians avoid the dentist every year because of the cost.

Many studies have linked poor dental health to serious health conditions. We also know that having bad teeth and other oral health issues can affect a person's personal relationships and even their ability to get a job.

Canadians have waited long enough. Access to medically necessary dental care should be a right in this country, not a privilege. Unfortunately, Liberals have typically voted with Conservatives against dental care, including twice in the last parliament alone.

The omission of dental coverage from our universal health-care system

is both a pressing public health concern and a question of social justice.

In this parliament, New Democrats are forcing the Liberals to begin establishing a proper national dental care program. New Democrats managed to secure up to \$1,300 per child under 12 for access to dental services over the next 18 months. This will be paid to parents with household incomes less than \$90,000 per year that do not have dental insurance. It has the potential to change millions of young lives in Canada for the better.

In the next year, we will work with the government to implement a long-term federally administered dental care program at the beginning of 2024. This full program will include children under 18, people living with a disability and seniors.

By the end of 2024, up to nine million Canadians who presently do not have access to dental care will be covered through a publicly administered, publicly funded plan.

It's the single biggest expansion of public health care in 60 years, thanks to New Democrats, and is a down payment on Tommy Douglas' vision for comprehensive dental care to be part of our healthcare system.

To find out if your family qualifies for dental care and to apply: www.Canada.ca/dental. ❖

DANIEL BLAIKIE **MP**
Elmwood-Transcona

Standing Up
for Working
People

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

2023 Transcona Biz Calendar sale



The Transcona BIZ, alongside photographer Cornelius Thiessen, had the pleasure of presenting a cheque as well as food donations that were graciously collected by Ball Insurance Agency to the Transcona Food Bank in December from the proceeds of the 2023 Transcona BIZ Calendar. Because of the generous donations from the community of Transcona, the Transcona BIZ was able to present the donation to Chair of the Transcona Food Bank Jack Puranen and Vice Chairperson Susan Sebastian. ❖

Left to right: Executive Director Leila Dance, Chair Jack Puranen, Vice Chair Susan Sebastian, Photographer Cornelius Thiessen)

THE RICH HISTORY, CULTURE AND COMMUNITY SPIRIT OF TRANSCONA

Continued from page 9

the Transcona Aquatic Park, or the Transcona Trail, for starters. It is a great place to raise a family. My husband and I raised our daughter here – fourth generation. Immigrants from many countries came to Canada with nothing, but a dream for a better way of life. My paternal grand-parents were two of them – post World War One. This railway town provided work and community – the community spirit of Transcona – which stands as a solid reminder of the power of perseverance and connection.

If you are new to the community – WELCOME – and if you are contemplating a move – Hi Neighbor Sam in-

vites you to consider Transcona – The Park City. My husband and I met friends at a new venue in Transcona Commons called Leopold's Tavern recently. I saw a sign there that I loved because it sums up the community. It said: THIS IS A SAFE SPACE. WE VALUE YOUR COLOUR, CLASS, CREED, GENDER & ORIENTATION. ANYTHING LESS WILL NOT BE TOLERATED.

Wow! Wouldn't it be great if we could be that light as a community – and have it spread worldwide. Transcona – the community with a big and inclusive heart, born out of a rich history and the legacy of its people. ❖

TRANSCONAVIEWS AND ADVERTISING

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 March Issue
Editorial – no later than
Tuesday, February 7
Advertising – no later than
Thursday, February 9th

Email Editorial/Advertising
to transconaviews@bondprinting.net

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WRHA Report

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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

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

Taxes will be prepared and e-filed for free for low income earners starting **March 1st 2023**.

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

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

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

We do not file taxes for self-employed individuals, or if you claimed bankruptcy in 2020.

Income guidelines:

Single and your total income is \$35,000 or less, you can have your taxes done for FREE.

If you are a married couple and your total combined family income is \$45,000 or less, you can have your taxes done for FREE.

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