

TRANSCONAVIEWS

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Healthy Aging

What does Healthy Aging mean to you?

The United Nations has declared 2021-2030 the “**Decade of Healthy Ageing**”, ([UN Decade of Healthy Ageing \(who.int\)](http://UN Decade of Healthy Ageing (who.int) .)). But, what does healthy aging mean to you? Likely, everyone has a slightly different take on what it means to age well. For some, it might mean being able to play Pickleball at age 85, for others it might simply be having the ability to visit with friends and family.

According to the World Health Organization, healthy aging “is the process of **developing** and **maintaining** the **functional ability** that enables **well being** in older age”. Functional ability is about having the capability: to meet your basic needs to learn,

grow and make decisions to be mobile to build and maintain relationships and to contribute to society.

According to a recent study “Determinants of healthy ageing: a systematic review of contemporary literature”, published in *Aging Clinical Experimental Research (02/22)*, the determinants of healthy aging can be divided into three domains: physical, mental/cognitive and social well-being.

Physical: This domain focuses on maintaining physical capabilities through healthy lifestyle choices, chronic disease prevention and management. Move your body, whether it’s Pickleball or chair exercises, staying active is key. Fuel your body well. Include healthy proteins, energy boosting carbohydrates and plenty of fruits and vegetables.

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What is Glaucoma?

by Dr. Karen Blackie, OD

Glaucoma is an eye disease that affects your peripheral vision, and is one of the leading causes of blindness in Canada. The most common form of glaucoma is primary open angle glaucoma, but there are other forms as well. We all have an internal eye pressure due to the eye constantly producing fluid inside the eye, called aqueous fluid. But if too much fluid is being produced or if the fluid cannot drain properly, the pressure can get too high, and can cause damage to the fine lining of the back of the eye, i.e. your retina, and damage the optic nerve. The optic nerve transmits all the information that the eyes see, and sends that information to your brain, which tells you what you are seeing. When the optic nerve is damaged, peripheral vision is affected

1st, but central vision can be affected during later stages of the disease too. It develops painlessly and gradually, and the patient often doesn't realize that they're losing vision until the later stages of the disease. Vision loss is unfortunately permanent.

Glaucoma most frequently occurs in individuals over the age of 40. Some families have a hereditary tendency to develop glaucoma, but not all cases. History of eye injuries, or strong myopic (nearsighted Rx's) can increase your risk factors for developing glaucoma.

A full comprehensive eye examination is often the only way to detect glaucoma. Every patient the we see, children to seniors is assessed for glaucoma risk factors at every visit. Your Optometrist

will ask you about any family history of glaucoma, will check your eye pressure (the "air puff" test as some people refer to it, but can be measured different ways as well), check if you have any peripheral field loss, and assess the quality of your optic nerve, looking for signs of glaucoma damage. Your overall risk factors for having or developing glaucoma will be determined, and a decision will be made about how often you should be seen for monitoring. Those at high risk may require further glaucoma workup. Our OCT machine (optical coherence tomography) measures retinal thickness, looking for areas of thinning. Glaucoma suspects, with risk factors are often monitored every 6 months, where we look for change over time. If a diagnosis of glaucoma is concluded, your Optometrist will often start by prescribing a medicated eye drop that you would use daily. They

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ARE EYELASH EXTENSIONS WORTH IT?

TRANSCONA SALON SPA

If you're looking for a bold, defined lash line with or without applying eye makeup, then eyelash extensions are ABSOLUTELY worth it.

#LashGoals every day are possible when you get a set of eyelash exten-

tions. Jemy and Olena will provide eyelash extension service that is safe and relaxing and offers results that not only highlight our eyes, but define your facial features!

WHY EYELASH EXTENSIONS? –

Semi-permanent eyelash extensions are the most dramatic way to enhance the look of your lashes. Unlike a lash lift or lash tint, eyelash extensions provide length and fullness to your natural lash line with the application of premium synthetic lashes. Eyelash extensions provide an instant refresh to your look while often eliminating the need to wear makeup altogether.

WE BELIVE IN EYELASH EXTENSIONS FOR THESE SIMPLE REASONS

1. They Provide a Relaxing Application With Instant Results.

The lash extension application process is incredibly relaxing and when performed by highly trained lash technicians Your New Lashes Can Be Enjoyed With or Without Makeup.

Life is busy and lash extensions are designed to streamline your beauty routine to help you get out the door faster! In fact, they give you a #WokeUp-LikeThis look every time you roll out of bed.

A makeup-free look also includes the ability to toss out your mascara and say goodbye to those pesky mascara smudges or unsightly smears

2. They are Completely Customizable.

Unlike false lash, eyelash extensions are completely customized to fit you, your eye shape.

During your appointment, Jenny or Olena will help you select what is best suited for you, your natural lashes and of course, your dream lash style.

EYELASH EXTENSION PROS AND CONS – The pros of eyelash extensions are endless and a few of our favorites include: enjoying a long-lasting



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lash look, less money spent on purchasing makeup and false lash strips, time-saving beauty, a custom look you will LOVE!

The con is you will have to be more aware of the products you use on and around your lash line.

From cosmetics to cleaners, the beauty products you used before you had lash extensions may have to go if they do not meet the lash extension-friendly requirements. If this is the case, Jenny or Olena can help you select all the lash care products you need and even assess any products you're not sure about. Just bring them along to your next appointment so they can take a look.

Before lash extension, our guests report that they:

- spent too much time getting ready - for a look that would wear off throughout the day.
- Felt frustrated with the outcome and money spent on brand-name mascaras and false lash strips
- Were unhappy with thin, short, or light-coloured natural eyelashes.

YOUR BEST LASHES ARE ONLY AN APPOINTMENT AWAY. ❖

Healthy Aging

Continued from page 1

Improve sleep hygiene; proper sleep is critical for good health. Maintain your body by regular visits to your health care provider. Stay on top of health concerns to prevent complications.

Mental/Cognitive: This domain includes self-awareness, which includes having positive self esteem, a sense of purpose or achievement and resilience

or flexibility. A positive attitude and future orientated behaviour, engaging in active, life-long learning, and a sense of spirituality are also important components of this domain. Take care of your mental and cognitive health by practicing self care, learning stress management strategies and challenging yourself with new hobbies. Speak with her healthcare

provider if you need support to improve your mental health or if you have concerns about your memory.

Social Wellbeing: The three main determinants of social wellbeing include social support, good quality of life and community engagement. It is well known that social isolation has a nega-

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Transcona Garden Club

By Anne Copland

Happy New Year, everyone.

As we head into 2023, whether we have big or modest plans, I hope good health will allow us to enjoy them regardless what winter throws at us. Probably some will head off to warmer climes to shorten the coldest part, but they will re-

turn when Jack Frost stops nipping at our noses and the mosquitoes take over!

This is the time of year when our perennials, shrubs, trees are asleep under their blanket of snow and all will be well unless we have an unusually mild spell as in some years past. I am really

going to date myself here but does anyone else remember the term “bonspiel thaw”? It does not signal that spring is around the corner, oh no. So keep those seed catalogues at hand and see what is new and exciting. Check also for popular standbys that have done well for you before. A ground cherry (*Physalis pruinosa*) ‘New Hanover’ grew very well for me last summer in a clay pot and produced until late fall. They are much easier to harvest in pots. It was from Baker Creek Heirloom Seed Company. ‘Pink Jazz’ tomato produced huge fruit and they were delicious. Both were gifted from a USA source. I like to support local seed suppliers and occasionally try something new, to me.

Take a peek at roots and bulbs you have in storage for signs of spoilage. Any that are showing signs of decay should be tossed. Often dahlias begin to sprout because of light coming in as the days begin to lengthen. Try to move them to a darker and cooler spot if possible.

This is a good time to catch up on reading those gardening books you may have saved or received as gifts recently. Hydroponic stores carry all the necessary supplies (except seeds?) for growing fresh greens for salads. Tabletop light gardens seem to be most reasonable for growing smaller amounts of herbs, leaf lettuce, green onions, etc. According to Stu Innes who spoke at our club in November on proper lighting for nurturing indoor plants, the correct lumens rating is important. Ordinary cool or warm fluorescent tubes can be inadequate. The plants will survive but probably will struggle. I often wondered and now know the reason. ➡



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Transcona Garden Club committee are cautiously preparing a return to normal programming for our monthly meetings. On January 18th we will hear a presentation by Mary Veldman on the 20- year history of the Beausejour Daylily Gardens. Daylilies have graced gardens from castles to community gardens, and new varieties are introduced regularly. They demand nothing of gardeners, except to be divided when the flowering decreases after many years. There will be an “Ask it Basket” at the sign-in table, so bring your questions for Mary.

We meet at Transcona Retired Citizens Centre at 328 Whittier Avenue West, from 7:00 to 9:00 PM. Memberships are due now, still \$15.00 per year, a family rate is \$25.00. Non-members will be charged \$5.00 per visit and are welcome but must show proof of vaccination as required by the facility.

The Flower Arrangers meetings will resume in April.

Please call 204-224-2535 with any inquiries. ❖

Healthy Aging

Continued from page 5

tive impact on physical and mental health and can lead to cognitive decline and increase the risk of premature death. Finding ways to stay connected to others is imperative. Most communities have active living centres that offer a variety of programs. A&O Support Services to Seniors’ Senior Centre Without Walls is a senior centre that offers programs over the phone. The WRHA offers a Friendly Phone Call program, in which people can receive regular phone calls from a volun-

teer. There are many creative ways to stay connected even for those that have challenges leaving their homes.

Promoting healthy aging also takes a community approach. It requires age-friendly communities, supportive health-care systems and adequate access to social opportunities.

Health isn’t just about the absence of illness. It’s about overall wellbeing (physical, mental and social) and continuing to thrive and grow as we age. The

goal of the WRHA Healthy Aging Resource Team is to help people do just that ... to live well, maintain independence in the community and thrive (not just survive!).

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

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Community Billboard

The Plessis Community Resource Centre is asking for breakfast food donations. Coffee, tea, sugar and coffee whitener. Dry and non-perishable items like dry pasta, sauces, Kraft dinner, canned meat and vegetables, soup, and soda crackers.

Shampoo, conditioner, toilet paper, dish and laundry soap are welcomed along with cat litter too.

Space is available in the emergency food fridge for donations of eggs and dairy products too!

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 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 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. More information to follow in February issue.

Transcona Memorial United Church

Happy New Year! – Thank you for your generous support of Christmas Hampers, the Transcona Food Bank, and all the additional donations that were shared!

Weekly Sunday worship is at 10:00 a.m. and all are welcome!

Activities are also listed on the church website including your invitation to join the Book Group on ZOOM in discussing *A Million Reasons Why* by Jessica Strawser on January 17 at 7:00 p.m.

The website contains news of Messy Church and more!

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

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(@transconamemorialunitedchurch). All are Welcome!

Lutheran Church of the Good Shepherd, 401 Kildare Ave W. 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 church office at 204-222-0245 or view our website at www.lcgstranscona.org

St. Georges Transcona

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

We have a hall 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: stgeorgesanglicanstranscona@gmail.com

For updated church information- please check out website: stgeorgesanglicanstranscona.ca

Malanka – Ukrainian New Years

January 14, 2023. All Saints Ukrain-

ian Orthodox Church. 1500 Day St.

Cocktail 5:00 dinner 6:00. Music by Starlites. Catering by Ludwick. \$70./person.

Continued on page 11


TRANSCONAVIEWS

AND ADVERTISER

Promote your community news!

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

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



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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.

WE STAND BEHIND OUR PERSONAL SERVICE COMMITMENT GUARANTEE

TRANSCONA LEGION BRANCH # 7

Submitted by Donna Poitras

Our Branch wishes everyone a Happy New Year as we welcome in 2023. We will be hosting our Levee Day January 1st. Doors and bar will be open at 1 pm.

Levee Day for the military, has traditionally been held on the 1st day of the year, on behalf of His Majesty, the King, Commander in Chief of the Canadian Forces. Citizens were invited to exchange greetings and best wishes for the New Year. The traditional Levee Day hosted men only until WWII when female officers of the Armed Forces starting attending. Since then, the “men only” tradition has given way to Levee attended by all genders.

The Levee has evolved into an occasion to reflect the past year and to welcome in the challenges and opportunities for the New Year. It serves as an op-

portunity to renew old acquaintances and meet new friends in a relaxed atmosphere.

We invite both members and guests to come out-meet the Branch Executive, Members of the Ladies Auxiliary, and friends for a few hours.

We will be drawing names for those members who renewed their memberships early. You could be one of the lucky members who will have their dues reimbursed for 2023.

This past December election took place at our Branch for our Executive. There are many familiar faces returning. Dave Tweed was re-elected as our President. Congratulations to the 2023 Executive Committee.

January is the month we host our Annual General Meeting. We will be holding it on January 26th at 7:30 pm

sharp. Current membership cards are required to be shown in order to attend the meeting. We typically present financial reports, elect delegates/alternates to Zone and District as well as Conventions. We will be electing members to sit as our representatives to Transcona Place, and Joint Hospital Visiting Committee.

There are many active committees within our Branch-one of them is the Sick Visiting Committee. On this Committee, our volunteers assist by visiting local hospitals and homes to provide a support to our fellow comrades in care. We currently have a white board, located in the main clubroom of our Branch, that displays the names of those who are ill and what facility they are in. We will visit our Comrades on the advice of their family. We also try to make monthly visits to Nursing Homes.

If you know of a Veteran, their spouse and any member from our



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Branch in the hospital/nursing home please contact us at 204-222-9951 and leave the details with our Branch Secretary-Linda.

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.

We are looking forward to an exciting 2023 at our Branch, check our website at transconalegion.ca for up-to-date information. ❖

Community Billboard

Continued from page 9

Call Ted 431-279-4965 or Emil 204-488-2200 for tickets.

All are welcome to join the following Services at All Saints Ukrainian Orthodox church. 1500 Day St.

Jan 7/23 Ukrainian Christmas service 10:00 am.

Jan 18/23 Great Blessing of the Water 5:00 pm

Jan 29/23 Church Service 10:00 am

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.

2022-2023 SCHEDULE

Thursday **January 19**, 2023

Thursday **February 16**, 2023

Thursday **March 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 RE-REGISTER.

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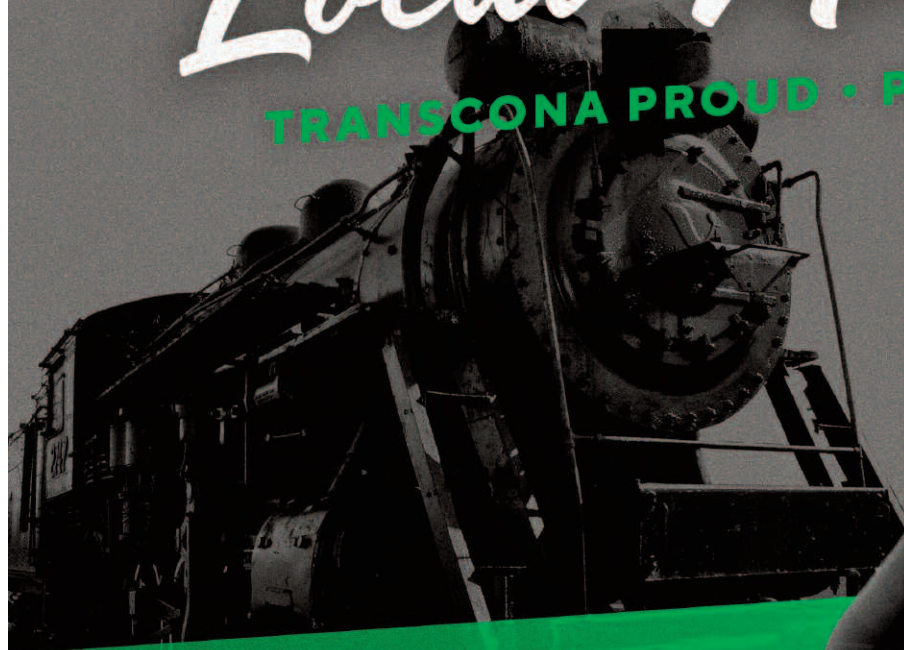
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To celebrate Transcona's rich history, we collaborated with Vessel Beer Co. to bring you your very own local beer!

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This easy-drinking craft pale ale is only available at Beer Boutique or on tap at Sherwood's Bistro!

Local Motive is sold in new 32 or 64 oz growlers, no fills.

Gift cards are now available!

January at the Transcona Museum

By: Jennifer Maxwell, Assistant Curator

Happy New Year and Welcome to 2023!

The Transcona Museum is preparing for another exciting year, and there will be plenty of ways to support and get involved. The New Year is promising to be just as interesting, entertaining, and educational as the previous.

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.

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 will be welcome to bring examples of family heirlooms (items, documents, etc.) they are interested in preserv-

ing. Watch our website for more details as we get closer to the date.

Thank you to RETLife for organizing this workshop. This event is part of a larger course series designed to help participants with researching, preserving, and collecting their family histories and heirlooms.

Upcoming Event: 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. Tickets will be available on our website in late January.

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. ❖

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Seniors Bulletin Board

by Colleen Tackaberry,
Transcona Council for Seniors
Resource Coordinator

Transcona Council for Seniors Inc. Volunteer Drivers Program is in **crisis!** This very essential and valued program has a great need for more volunteer drivers to take the seniors of our community to medical appointments including doctors, physiotherapy, dentists and eye care etc.

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Continued on page 16



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Seniors Bulletin Board

Continued from page 14

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.

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 Trans-

portation Program please call 204 222-9879. Rides are provided by volunteers and are a first come first served bases.

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

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

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

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

Continued on page 19





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Keeping rates low at Manitoba Hydro

James Teitsma, MLA for Radisson



MLA James Teitsma and his wife Joanne took their three youngest children to Pinawa Dam to learn about hydroelectricity

Did you know that Manitoba has the second lowest electricity rates in all of North America? It's true. And our government is taking steps to make sure Hydro

rates stay affordable, even while the price of nearly everything else, including the Liberal-NDP carbon tax, continues to rise sharply.

We are making important changes to support Hydro, by decreasing its debt and reducing rates for the benefit of Manitobans. Manitoba Hydro contributes to government by paying a water rental fee and a debt guarantee fee. Under the previous NDP government, the rates for those fees had slowly but irrevocably grown to double their original values. We are dropping both by 50%. This will mean more than \$185 million going back to Manitoba Hydro and benefiting ratepayers every single year!

These fee reductions are great news for all Manitobans. Manitoba Hydro's latest rate application is for a modest increase of just 2% per year. That increase is needed to ensure workers' wages can increase fairly and the rising costs of vehicles and equipment is covered. For the average homeowner, that



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 February Issue
Editorial – no later than
Thursday, January 5
Advertising – no later than
Tuesday, January 10

Email Editorial/Advertising
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James
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works out to an increase of \$3 per month.

These changes will also allow Hydro to begin paying down its \$24-billion debt while lowering interest charges. Reducing debt is key to keeping rate increases low and ensuring Hydro has cash to reinvest to maintain reliable service for customers. Hydro reported that 40 cents of every dollar they collect goes to paying interest on debt. Sadly, a lot of that debt was accumulated because of NDP mismanagement of Keeyask and Bipole III. The NDP tripled Hydro's debt over 12 years bringing it to \$16,000 per household!

Earlier this fall, our government passed Bill 36. This bill keeps electricity rates low, enhances oversight of major capital spending on projects like Keeyask, and ensures the independent Public Utilities Board remains involved in evaluating rate increase applications, not politicians.

The right thing to do is to stabilize Manitoba Hydro and protect the low rate advantage we have here in Manitoba. And that's what your PC government is doing.

Manitoba Hydro plays an important role in shaping our province's economic future. We will work to ensure Hydro provides clean and green hydro-electric power to all Manitobans while keeping rates among the lowest in North America for decades to come. ❖

Seniors Bulletin Board
Continued from page 16

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. ➔

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.

Continued on page 20

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Although we plan for important life events such as weddings and vacations well in advance, the idea of planning ahead for end of life arrangements is a new concept for many. Our seminars will provide an overview of pre-planning and answer any questions you may have.

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With the new year now upon us, I would like to take this opportunity to wish everyone all the best that the new year can bring

By Nello Altomare, MLA Transcona

For this report to the community, I would like to focus on the high level of excellence being exhibited by the students of Murdoch MacKay Collegiate.

At the recent Manitoba Indigenous Youth Achievement Awards, grade 11 student, Cody McDonald was recognized for his academic prowess. Cody

has always enjoyed learning and, as a result, he has attained marks of 100% in 9 different courses from a range of subjects including geography, chemistry, physics, pre-calculus, biology, Canadian law, and Global Issues.

Cody is an integral part of the Murdoch MacKay Indigenous Academic Achievement program, helping with everything from the Truth and Reconciliation Day events to planning for the school's inaugural Reach for the Top competitions.

He has also created a traditional clothing line and is learning the Michif language, along with Inuktitut and Cree.

Cody is quoted as saying, "Work hard to achieve your goals; never forget where you came from and the incredibly rich heritage of our people."

Cody was nominated for this award by his teachers, Kim Dudek and Dana Jansen.

The MIYAA Awards have been in existence since 1994 and Murdoch MacKay students have recent history in attaining this recognition.

One of last year's award winners in the category of Performing Arts, Ashton McIvor, is also a student at MMCI and was one of this year's Master of Ceremonies for the MIYAA Awards Gala. Ashton is currently in grade 12 and hopes to inspire more youth to pursue the arts in order to tackle the current lack of representation of Indigenous youth in the arts community.

At the Manitoba Legislature, we currently have two pages that serve Members of the Legislative Assembly and they do an excellent job in fulfilling their

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duties and representing their high school, Murdoch MacKay.

I look forward to attending the College Pierre Elliot Trudeau and Murdoch MacKay Convocation Ceremonies in June to continue to celebrate the excel-

lence being exhibited by high school students in our constituency.

The constituency office is open daily, 9am to 5pm at 127 Regent Ave. West. You can also email, Nello.Altomare@Yourmanitoba.ca or call 204 594 2025. ❖

While the Liberals finally voted for the bill, their behaviour was disappointing at many points in the process.

Working with other parties, I was able to get an amendment to also protect the termination and severance pay of workers when a company goes bankrupt; another point of conflict in the SEARS bankruptcy.

Liberals opposed that measure at committee and then had it struck from the bill on a specious point of order. When I tried to get the measure put back in the bill with the agreement of all MPs in the House of Commons, Winnipeg North MP Kevin Lamoureux said 'no', which meant those protections did not make it into the bill.

His actions were condemned by the President of the Canadian Labour Congress and the President of the Manitoba Federation of Labour. The next time a Canadian company goes bankrupt and workers lose their termination and severance pay to the banks, they will have Kevin Lamoureux to thank.

The pension protection afforded by Bill C-228 is nevertheless an important victory for workers. I am proud to have played a key role in moving it through the House of Commons.

The process also exposed some MPs as cozying up to workers when it is politically convenient, but throwing workers under the bus when it counts. I encourage people in Winnipeg North to take note. ❖

Bill protects workers when companies go bankrupt

By Daniel Blaikie, MP Elmwood-Transcona

The money in pension funds is not there through the charity of employers. Pensions are deferred wages. Workers accept to make a little less money now, so that they have financial security in their retirement.

That is why it is wrong for workers to have their pension funds paid out to banks and investors when their company goes bankrupt. After a lifetime of work, they deserve to have those funds protected. They cannot work another 20 or 30 years to build a new pension and the dignity in retirement that comes with it.

We saw this in the case of SEARS workers, for example, when that company went bankrupt several years ago. Workers and re-

tirees had a reduced pension forced upon them so that bigtime investors could get their payday.

I am pleased to report that the House of Commons has finally passed a law to ensure pension funds are protected. While it still must pass through the Senate, I am optimistic that this law will be finalized some time next year.

To get the job done, I worked with Conservative and Bloc Quebecois MPs to push the bill through the House of Commons. I believe that getting results for people should come before partisanship. That is why I have a track record of working across various party lines to advance the causes I run on at election time.

Seniors Bulletin Board

Continued from page 19

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!

AR Appears in Transcona

Augmented reality (AR) is an interactive experience that combines the real world and computer-generated content and it's arrived in Transcona! The Transcona BIZ is happy to include some fun and interactive pieces this holiday season at the Transcona Centennial Square.

Simply visit 135 Regent Ave, open your smartphone camera and scan the QR codes on the posters attached to the side of the stage. Once you have opened the Instagram app, move your phone around to locate the pieces! Make sure to tag @TransconaBIZ so that we can see and share all the photos and to be entered to win 1 of 3 gift cards to your favourite Transcona BIZ Member Business. Display available from December 5th until January 9th, 2023. ❖

What is Glaucoma?

Continued from page 2

are intended to reduce elevated eye pressure. If a single medication is not working enough, or stops working effectively a combination of eye drops can be added. Laser surgery may



help lower pressure when medication is still not enough, by opening up the drainage system.

Treatment is usually effective at maintaining your vision, but once vision is lost due to glaucoma, it cannot be restored. Patients with glaucoma must continue treatment for the rest of their lives. Since the disease can still progress, or change, compliance with treatment & eye exams are essential. Treatment may need to be adjusted periodically.

Regular eye examinations with your Optometrist are highly recommended to screen for and prevent glaucoma!

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