

Transcona Legion

by James Wasnick

Decoration Day 2023

Every year The Royal Canadian Legion, Transcona Branch #7, holds a Decoration Day remembering those who gave their lives for our freedom, and those who have since passed away, with a Ceremony at the Field of Honour and a Parade to Memorial Park Circle. During the pandemic we have conducted smaller ceremonies to mark Decoration Day. This year our branch will be conducting an in-person Decoration Day on **June 11, 2023 (Sunday)**. The ceremony **starts at 1:00 pm** with a service at the Field of Honour in the Transcona Cemetery on Dugald Road.

This is in honour of the Veterans who returned from the various conflicts and lived out their lives in Transcona until buried at the Field of Honor. During the ceremony family and friends will place crosses with poppies attached, supplied by the Transcona Legion, on each of the graves. Some of these Veterans do not have family members available, so we invite anyone who would wish to place a cross on a grave, to please attend. It would be beautiful to see every grave with a cross on it. The Field of Honour Memorial was erected in 1984 and there are over 284 Veterans interred there.

The Parade forms up at The Transcona Legion at **2:30 pm** marching off to the Cenotaph in Memorial Park

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58th Transcona Hi Neighbour Festival

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Summer Time – Protect Your Eyes!

By: Dr Blake Chartier, OD

With summer among us, it is time to discuss the importance of protecting your eyes from the sun. When thinking about sun safety, most people recognize the importance of sunscreen to prevent burns and forms of skin cancer. Often overlooked is the need for sunglasses and eye protection, to prevent over-exposure to ultra violet (UV) rays. UV is an invisible component to sunlight that can be linked to a variety of eye conditions – including cataract, pingueculas, eye lid cancers, cornea burns and age-related macular degeneration.

Proper sunglass wear is critical to protecting against UV exposure, particularly around bodies of water, sand and pavement, when reflections off these surfaces can cause increased light sensitivity.

While cataracts are part of the natural aging process, their progress

can often be accelerated by exposure to sunlight. Pinguecula, which are small yellow spots that grow on the white part of the eye, are also triggered by UV light.

Cancers of the skin which are caused by sun exposure can also target areas near the eye and around the lid. And similar to getting a sunburn, it is also possible to burn your cornea from over exposure to the sun – which results in a painful, red and light sensitive eye.

Wearing tinted lenses protecting against UV light can help to drastically reduce the risk of these conditions. Contact lens wearing patients can talk to their optometrist about their lenses and ability to protect against UV. Transition lenses, which darken or tint when going outdoors, will also provide this protection.

It is important to keep yourself informed on the UV index – which is

typically highest between the hours of 10am-4pm. While the sun is still bright and can cause light sensitivity outside of these hours, the risk for excess UV is much lower.

When children are playing outside, they should be wearing sunglasses. In situations where this is not possible, a brimmed hat that provides proper shading should be worn. A child's crystalline lens inside the eye is much less capable of filtering UV compared to that of an adult. The World Health Organization estimates that 80% of a person's lifetime UV exposure occurs before the age of 18 – making it all more important to make sure that a focus remains on protecting your child's eyes.

This summer, make a conscious effort to protect your eyes against the cumulative effect of UV exposure. It is a decision that will pay off in the long term in keeping your eyes both happy and healthy. Do not hesitate to ask your optometrist more about sun protection at your next comprehensive eye exam.

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

TRANSCONAVIEWS AND ADVERTISER

Promote your community news!

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

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



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

Community Billboard

Friendly Settlers

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

Continued on page 4

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10:00AM - 2:00PM

Transcona Legion

Continued from page 1

Circle where another short service is held with the laying of Wreaths to honour our fallen.

The cenotaph is in remembrance of the 80 Transcona Men that lost their lives during the First World War, the 38 Transcona Men during the Second World War, and the men and women who lost their lives during the Korea Conflict and Peacekeeping.

Furthermore, we also recognize the service and sacrifices of all veterans including those who also served on the various United Nations (UN) and NATO missions and in Afghanistan. We also honour the current serving members of the Canadian Armed Forces and the Royal Canadian Mounted Police.

This year's Decoration Day is also very significant as it marks the Ladies Auxiliary's 95th anniversary. We also honour their valuable

contribution to the legion, our branch and the community.

The public is encouraged to attend our Decoration Day at both the Field of Honour and be part of our parade to Memorial Park Circle. More information about the Transcona Legion on our website at: <http://transconalegion.ca/> ❖

Community Billboard

Continued from page 2

Transcona Memorial United Church

209 Yale Avenue West. *Continuing to be a vital community! We strive to live out care for others.*

From all of us to all of you: Hi Neighbour!

Transcona Memorial United Church, 209 Yale Avenue West, continues to worship on Sunday mornings at 10 a.m. in person and on ZOOM. All are welcome! The details for the ZOOM at on the church website <https://tmuc.ca>

We continue to care about all of our world. We #StandWithUkraine with prayers and weekly English conversation groups.

At 10:00 a.m. on Sunday, June 11, members of Cairde Winnipeg, a traditional Irish music group, will be joining us in worship leadership – all are welcome!

June 25 at 10:00 a.m. is the last Sunday for worship leadership with the Reverends Jeff Cook and Carol Fletcher. Carol and Jeff came to TMUC on July 1, 1988; they are retiring on June 30, 2023 after 35 years of leadership and service. June 25's service will include communion and a choir – if you would like to join in the choir, practices are on Tuesdays from 7 to 8:30 throughout the month.

In celebration of our 35 years together, you are invited to join us in a 'Mix and Mingle' retirement party on Tuesday, June 27 at 6:30 p.m. in the Church basement, 209 Yale Avenue West. In advance, greetings and good wishes for Jeff and Carol can be sent to tmuc@shaw.ca and please contact the office if you would like to contribute to a group gift.

TMUC's office is open Tuesdays from 9-2 and Wednesday through Friday from 9-noon. Information about Church events and facility rentals are on the church website – all are welcome.

Continued on page 9

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Royal Canadian Legion #7
TRANSCONA

117 Regent Avenue East, Winnipeg, Manitoba



Welcome Neighbour to Transcona Legion #7 - June 3rd
Event Filled Day Open To Everyone

WELCOME ALL NEIGHBOURS!!

ANNUAL TRANSCONA LEGION #7

Along With *Smitty's* on Regent

PANCAKE BREAKFAST

Continue the tradition – JOIN US!!
Saturday June 3rd. 8 am – 11:00 am (Rain or Shine)



TICKETS AVAILABLE AT THE DOOR

Adults' \$6.00 ea. Kids' 4-12 yrs \$3.00 ea.
Kids' 3 yrs & under free! Small fee for 2nd's

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Available Noon - 3:00 pm

Come in for a cool drink - Stay for

Meat Draw 2:45 pm - 5:15 pm

Chase the Ace @ 4:00 pm - **50/50** @ 5:00 pm



ENJOY LIVE MUSIC
Starts at 8:00 pm - midnight



Website: transconalegion.ca or call 204 222-9951

Transcona Rotary

Transcona Rotary is closing in on the end of the Rotary year with the 2023/2024 year starting July 1, 2023. As that year starts, Jim Trann will become the new President. Jim is a former President, undertaking the role for a second term after having a long absence from that position.

Jim is Charter Member of the Transcona Rotary Club and a long time Transcona resident, with a little stint in Alberta before returning to live in St. Boniface and finally back to Transcona where most of his family live.

Having spent a most of his working life in the road transport industry in a variety of sales, operations and management positions, Jim is now

retired, looking to do things once more for the community. Over the years Jim has coached baseball and hockey in Transcona and St. Boniface from the 5-6 year olds to Juniors 16-21. He has coaching certification in both sports as well as had some very good teams, along with some not so good, but certainly had a lot of fun, as well as meeting and maintaining many relationships with good young people. He has also been involved with the Winnipeg Chamber of Commerce, The Manitoba Trucking Association, The United Way, Special Olympics, the Children's Museum and The Better Business Bureau, along with several other organizations. All of these gave



Jim considerable experience in fund raising and charitable work.

During his term as President of Transcona Rotary, Jim would like to see much more involvement in the community. More projects that Rotary can initiate to provide opportunities for youngsters, as well as the older hipsters (that's us!) as well as those needing various types of assistance.

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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58th Transcona Hi Neighbour Festival

Schedule of Events June 2,3,4, 2023

FRIDAY JUNE 2

5:00 pm-Midnight

Midway Open-Select Shows Rides & Games.

Variety of Food and Merchandise Vendors

Hi Neighbour Event Tent-merchandise, 50/50 and draw ticket sales until 11pm.

Watch for Forever Fairest Princesses until 8pm.

Sponsored by Steinbach Credit Union

6:00pm-8:00pm

Paula's Face Painting

Sponsored by Giancola Construction

Roaming Balloon Twister

Sponsored by Skippers

6:00pm-8:00pm

Watch for the Roaming Leprechaun

Sponsored by WittyPeg

Transcona Centennial Square

6:00 pm-7:00 pm

Opening Ceremonies

Singing of O'Canada -TBA

7:00 pm-8:30 pm

DJ Set by SASA

8:30pm

In the Centennial Square Transcona Rocks with

From the People who brought you

Big Top Radio

REVENGE OF THE 80'S

Presented by the Chamois Car Wash and Detail Centre

SATURDAY JUNE 3

8:00 am-11:00 am

WELCOME NEIGHBOURS!

Annual Transcona Legion #7

Along with Smitty's on Regent Ave.

PANCAKE BREAKFAST

Continue the Tradition-Join Us! Rain or Shine

117 Regent Ave E.

Adults \$6.00 Kids 4-12 yrs \$3.00

Kid's 3 yrs and under eat free! Small fee for second's

12:00pm-3:00pm

Transcona Legion #7 Parking Lot

Hamburgers and Hotdogs being sold

11:00am-1:00pm

Baba's Kitchen-Authentic Ukrainian Menu

Sponsored by the Ukrainian Catholic

Women's League of St. Michael's Parish

400 Day St.

Serving: Kubasa, perogies, lazy cabbage roles, coleslaw, bread, dessert, coffee, tea, or juice

Adults \$15.00 Children 6-12 yrs \$10.00

Children 5 yrs and under eat free

12:00pm-6:00pm

CN Rail Safety Awareness Tent

Watch for CN Police Cruiser to play in for fun and CN swag give aways

1:00 pm-7:00 pm

Paula's Facepainting

Sponsored by Skippers

1:00pm-5pm

Roaming Balloon Twister

Sponsored by Cambrian Credit Union

1:00pm-6:00pm

Watch for the Roaming Leprechaun

Sponsored by WittyPeg

1:00 pm-6:00 pm

Captain Richard's Roaming Bubbles

Sponsored by Adelman & Solar Law Office

1:30 pm-Midnight

Midway Open-Select Shows Rides & Games

Variety of Food and Merchandise Vendors

12:00pm-11:00pm

Hi Neighbour Event Tent-merchandise,

50/50 and draw ticket sales

Watch for Forever Fairest Princesses

until 6pm

Sponsored by Steinbach Credit Union

3:00pm-5:00pm

Sacred Flames Tarot Card Reader-no charge

Sponsored by Bridgeport Office Solutions

3:00pm-4:00pm

Watch for the Stilt Walker

Sponsored by Tyler's No Frills

6:00pm-8:30pm

DJ Set by SASA

Sponsored by Western Financial

8:00pm-Midnight

Transcona Legion #7 Presents "Bluestem"

117 Regent Ave East No cover charge

8:30pm

In the Centennial Square Transcona Rocks with "PRISM"

Presented by Select Shows

SUNDAY JUNE 4

Transcona Centennial Square

10:00 am-Noon

Ecumenical Worship-All Welcome

2:00 pm-3:00 pm

Forever Fairest Fairytale Live Theatre

Sponsored by Steinbach Credit Union

12:00 pm-6:00 pm

Midway Open-Select Shows Rides & Games

Variety of Food and Merchandise Vendors

1:00pm-4:00pm

Roaming Balloon Twister

Sponsored by Joe's Pandora Inn

1:00pm-5:00pm

Paula's Face Painting

Captain Richard's Roaming Bubbles

Sponsored by Adelman & Solar Law Office

1:00pm-4:00pm

Watch for the Roaming Leprechaun

Sponsored by Archambault Buenaventura

Team Winnipeg Real Estate

1:00pm-4:00pm

Watch for Forever Fairest Princesses

Sponsored by Steinbach Credit Union

3:00pm-5:00pm

Sacred Flames Tarot Card Reader

-no charge

Sponsored by The Royal George Hotel

3:00pm-4:00pm

Watch for the Stilt Walker

Sponsored by Amstead Rail

5:45pm-6:00pm

THNFI 50/50 Draw

Only 750 tickets printed \$5.00 each

Chance to take home \$1875.00

if we sell all the tickets!

Events subject to change for further information please visit www.transconahineighbourfestival.ca

Thank you to all the THNFI Sponsors for supporting this year's festival! "Making Community Connections"

Railer Express 10th season comes to a close!

The Express closed out their season winning round 1 of the MMJHL playoffs with a convincing 4-1 series over the River East Knights, setting up a semi final match with the league's defending champion St James Canucks. We started the series with a bang taking game one but then dropped the second game in double overtime. The 3rd and forth games were anyone's games but unfortunately the Canucks came out on top. The Express ran out of gas in the 5th game, credit to the Canucks who led the league for a second year in a row to win the se-



ries and go on to another MMJHL championship.

Thanks to the players, staff, parents, families, fans and sponsors of the Railer Express for supporting us in our 10th season.

Though a number of players will graduate on Coach Gagnon, along with assistants Landrey and Fehr are

excited with the young corp of players who remain and potentially coming in, to be competitive once again in the fall.

At our year end luncheon we were happy to celebrate the season with players and parents as well as present a number of individual awards and scholarships.

Most Valuable Player

– Mattie Boonstra

Leading Scorer

– Mattie Boonstra

Most improved Player

– Jacob Howell

Coaches Award

– Jason Kotchon

Unsung Hero Award

– Conrad Solypa

Community Award

– Michael Todoruk



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Rookie of the Year
 – Kaden Bruchanski
Sportsmanship and Ability Award

– Rhonan White

The Board of Directors are once again pleased and proud to present another \$13,500 in scholarships to players on the Railer Express hockey club for the 2022-23 season, which pushes us over \$100,000 in scholarships in the past 10 years. Helping our players further their education and start their careers is a priority for our organization. We thank the alumni, service groups, and community members donors for making this support possible.

Mirage Consulting

– Rhonan White

Unipoint Software

– Austin Campbell

Rotary Club of Winnipeg Transcona
 – Carter Johannesson
Jim Johnson Memorial Award

– Nathan Turner

Railer Express Board of Directors Award

– Evan Chudley

Anthony McLaughlin Memorial Award

– Liam Eori, Connor Toth, Kaden Bruchanski

Dave Orton Memorial Awards

– Conrad Solypa, Parker Janz, Jacob Howell

Follow the Express at www.transconarailerexpress.ca for more information on the team, upcoming events, fall camp and next season schedule.

Go Express – Stoked by intensity - Fueled by passion! ❖

Community Billboard

Continued from page 4

St Georges Anglican Church

321 Pandora Avenue West
 We gather Sunday mornings at 1030 for our weekly worship services. Please join us. Masks are optional. Everyone is welcome.

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

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

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

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

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Transcona Garden Club

By Anne Copland

June, traditionally the month of weddings, is an exciting time in the life of gardeners. There is much to admire when the perennials begin their displays, usually starting with irises. Keeping up are the bleeding hearts, Solomon's Seal, lily-of-the-valley, forget-me-nots, Lady's Mantle and so many others including late tulips. The lovely scent of lilacs wafts on breezes outdoors.

I would like to share tips on cutting bouquets. Disinfecting cutting shears before cutting is a good practice to prevent the spread of bacteria from plant to plant and the cut flowers. Cut flowers early in the day or late evening and place immediately in a deep bucket of cool water. A hint

for lovely lilac bouquets is to cut stems that have at least three quarters of the flowers open. Take off the leaves and place their stems in a bucket of cool water, keep in a dark, cool area for at least an hour to drink. Then recut the stems and slice vertically into the stem an inch or more and replace to drink again for another hour or two. After that, you can arrange them as desired and enjoy their scent and beauty for three to four days.

Peonies should be cut when in the closed ball stage but slightly soft to the touch and showing colour. This ensures that ever-present ants will not have gone in between petals. You may want to cut some, espe-

cially if harsh weather threatens. Kept in a cool dark place they will not open all at once. Using clean shears, snip a diagonal cut, leaving at least two sets of leaves on the stem. Place the stems in warm water as soon as you cut, removing any leaves below the water line. A fresh cut before placing in fresh water in the vase will ensure better uptake of water. Your bouquet will last longer in a cool area out of direct sunlight. For all cut flower bouquets keeping foliage above the water line and changing the water daily will prolong their life.

How about thirst-quenching Rhubarb Citrus Punch to enjoy on a warm day?

8 cups of diced rhubarb, 5 cups water, 1-1/3 cup sugar, 2 cups orange juice, 3/4 cup lemon juice, 1 quart ginger ale or 7-Up, chilled. 1 cup fresh strawberries, optional. Mint sprigs, optional.

Simmer rhubarb and water until soft. Cool. Strain. Measure 4 cups of juice. Return to pot with sugar, heat to dissolve sugar. Add orange and lemon juices. Chill. Add the soda and strawberries just before serving over ice.

Transcona Garden Club will host "Beautiful Bouquets from Your Garden" on June 21 at 328 Whittier Ave West at 7PM. Special guest presenters, Pat Roberts and Pam MacFarlane will demonstrate the possibilities. All are welcome. Non-members entry fee is \$5.00.

The Flower Arrangers group meets on June 9, our final meeting until September. Please call Anne at 204-224-2535 for more information.

Have a wonderful summer everyone. ❖

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CROPO IN OUR COMMUNITY 1800 DAY STREET

Open House

Welcome

Plan On Joining Us

Welcome

July 28

&

July 29

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

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



Come and explore our facility,
enjoy a BBQ, bouncy castle ,



face painting for the kids (and kids at heart)
and meet some of our team.



June at the Transcona Museum

By: Jennifer Maxwell, Assistant Curator

Summer Hours – On Thursday, June 1 the Transcona Museum will be switching over to our Summer Hours. We are open Monday to Saturday, 9:00 am – 4:00 pm (subject to change).

Rain Barrels – Thank You! – We would like to thank everyone who purchase a rain barrel and/or accessories during our fundraiser last month. This fundraiser helps to

support the Transcona Museum’s operations.

Save the Date: Upcoming AGM – The Transcona Museum will be holding its Annual General Meeting on Thursday, June 22 at 7:00 pm. Please visit our website for more information on how to attend the meeting. All are welcome, and museum members in good standing have voting privileges. If you need

to renew your membership, you can do so on our website. Please contact the museum if you have any questions.

Great Canadian Giving Challenge! – Help us win \$20,000 this month! From June 1 – 30, every \$1 donated through CanadaHelps.org is a chance for us to win a \$20,000. The more you give, the more chances for us to win. DONATE NOW through our website.

Community Walking Tours 2023 – Walking Tours of the Transcona community will be offered on select Thursdays and Saturdays in July and August. We offer tours on “Historic Downtown Transcona” (11:00 am – 12:15 am), “Murals of Transcona” (2:00 – 3:00 pm), and “Transcona’s War Efforts” (10:00 – 11:30 am). Registration for our walking tours will be available on our website in late-June. Tickets prices are as follows: Adults & Seniors - \$5, Youth (ages 4-12) - \$3, Children (ages 0-3) – Free (Members get a 10% discount).

Summer Programming 2023 – We are currently planning our Summer Programs which will launch on Tuesday, July 4! Our programs will include our popular KidsQuest and TransconaQuest (with Grand Prize draw). We will also be holding our Craft with Us drop-in activities with different crafts and activities based on a weekly theme. Watch our website and social media for updates.

Hours & Contact Info – Transcona Museum is located at 141 Regent Avenue West. Our hours are Monday to Saturday, 9:00 am to 4:00 pm (subject to change). We are also

Continued on page 13

WORLD POLICE & FIRE GAMES

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FEBRUARY 2023

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VISIT OUR WEBSITE FOR
DETAILS ON EACH
SPORT

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

Continued from page 9

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.

Sunday School at 8:45 a.m. on June 4 and June 11 (S.S. wind-up), Sunday Worship Service at 10:00 a.m. Scrap Quilt Show on Saturday, June 10th from 10:00 a.m. to 2:00 p.m. For information about our church or our activities and events, please contact the church office at [204-222-0245](tel:204-222-0245) or view our website at www.lcgstranscona.org

St. Michael's Ukrainian Catholic Parish. 400 Day St. - Sun. Liturgy 9:30 a.m.

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.

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 Thursday. If you are in need of the

Transcona Food Bank, please call Harvest Manitoba 204-982-3660 and register by the Friday before each opening!

2023 SCHEDULE


THURSDAY JUNE 8, 2023

THURSDAY, JULY 6, 2023

THURSDAY, AUGUST 3, 2023

THURSDAY, AUGUST 31, 2023

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Hearing Aid program popular with seniors

James Teitsma, MLA for Radisson

When I was young, it was considered normal for seniors to be hard of hearing. At the same time, they often got little to no help with the condition. Today, over 60% of adults aged 70 years or over have diminished speech perception. Hearing loss can cause loneliness, isolation, dependence, frustration, and even a quicker onset of dementia. New hi-tech hearing aids can help with these issues but the high cost of hearing aids, hearing loss stigma, and inadequate training of health care practitioners can mean that many seniors won't benefit.

That is why I was so pleased to join Minister of Seniors and Long-Term Care Scott Johnston in providing a grant of up to \$2,000 for hearing aids to Manitobans aged 65 or over with family income below \$80K. My office has fielded numerous calls about this program and the topic often comes up when I visit seniors' homes. It is clearly a popular and much-needed program.

Getting all the ducks in a row to make this program available and operational has been a top priority. The program will launch on June 7, 2023. You will be able to find more information about the program as well as the rest of the Seniors Strategy at gov.mb.ca/seniors/. Note that retroactive payments for already purchased hearing aids will not be covered by this program. Each individual is eligible to receive this grant once every five years. Two people from the same household can both apply provided they each meet the program requirements.

Manitoba seniors also want life to be more affordable. That why I was also pleased to see significant income tax relief that will especially benefit seniors in this year's budget. Raising the basic personal amount to \$15,000 plus significant increases to tax brackets for next year means that the income tax bill for a senior earning \$30,000 per year will decrease by a whopping 23%.

Manitoba's seniors want to know that their communities are safe. People I speak with are concerned about the impact drug addiction is having on community safety. Most agree our government's focus is where it should be: on recovery from addiction. Studies show that the NDP policy of so-called "safe supply" will only enable addicts by driving down the cost of street drugs like fentanyl, getting more people hooked, making our communities less safe, and increasing overdose deaths. I teach my children that doing drugs is wrong. The NDP instead suggest that children can be left to make their own choices. Their approach only results in thousands more kids getting hooked.

Do you have ideas about how to make our province a safer, more affordable place to live? Please contact my office at 204-691-7976 or by email at office@jamesteitsma.ca. ❖

Community Billboard

Continued from page 13

THURSDAY, SEPTEMBER 28, 2023

THURSDAY, OCTOBER 26, 2023

THURSDAY, NOVEMBER 23, 2023

DOORS OPEN AT 8:00 AM

FOOD IS SERVED AT 9:00 AM

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

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

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

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



Seniors Bulletin Board

by Colleen Tackaberry,
Transcona Council for Seniors
Resource Coordinator

Transcona Council for Seniors Inc. will hold the Annual General Meeting on June 20, 2023 at 328 Whittier Avenue West at 1:30pm. Please attend.

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 calling 204 222-9879. Monday's

meals can be picked up at 209 Yale Avenue West between 3:30 and 4:00pm. Wednesday's meals can be picked up at 209 Yale Avenue West between 3:30 and 4:00pm. Thursday's meals are available for pick-up at 500 WIDLAK Street between 11:30 and noon or you may Dine In at 11:30am. You **MUST** register in advance at 204 222-5947.

Continued on page 17



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Balayage

Transcona Salon Spa

The term comes from the French word "balayer," meaning to sweep. It's a term that refers to the way the color is applied, not the color itself. Balayage is a technique where hair color is painted onto the hair to create a graduated, more natural-looking highlight effect. Means the final look is less stripy than highlights of the past.

Oh, and if you're wondering, it's pronounced baa - lee - ahge.

Why is balayage so popular?

- It requires less maintenance than most hair color. Since the process is designed to give the look of grown-out roots in a way that's flattering and it's less work to maintain. That translates to less time and money spent at the salon, and in turn, less damage done to the hair.

- It's customized. Every balayage is different: Placement, gradation,

and color is based on your hair color, texture, and length, so it "can be personalized for each client No two balayages should look the same. Clients love it because it's more tailored to them."

How is balayage achieved?

With you having the end look in mind, the stylist then learns what you're looking for, to know where to start. This allow your stylist to contour and highlight your color based on your lifestyle and to create an end look that's curated just for you.

How is balayage different from highlights or ombre?

The terms "balayage," "ombre," "babylights," and "highlights" are all various styles and techniques that refer to the same goal: lightening the hair. They can all be combined for a desired look.

- Traditional highlights are created by sectioning pieces of hair and wrapping in foil from root to tip. Wrapping hair in foil allows the color to develop more quickly (a.k.a. lighten more) than it might with just handpainting, which is why many stylists still use some strategically-placed foils, even when balayaging.

- Babylights are super-thin highlights that mimic the look of a child's natural highlights. "A babylight consists of an extremely small, thin section of hair, creating a super subtle, sun-kissed result.

Ombre means "shaded from dark to light, so balayage is actually a technique used to create ombre. However, if you ask for an ombre at the salon, chances are that all of your ends will be lightened, and the color will start lower on the hair shaft.

How much does balayage cost?

Expect to spend anywhere from \$200-\$500, depending on your hair.

Can you balayage at home?

You probably shouldn't. Balayage might look effortless and natural, but unlike traditional single-process hair color, "balayage techniques are very precise and take a lot of education and practice.

How to maintain your balayage

To keep your color looking fresh between visits, We suggests a rich, hydrating hair mask for healthy shine. A purple shampo has also been proven to balance out any brassy tones that may crop up between colorings. ❖



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Seniors Bulletin Board

Continued from page 15

Thank you to Cutting Edge Cutlery Company who provided us with some great new utensils at a discounted price.

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

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

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

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

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

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

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

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

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

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

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

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

Organization it is \$20 for a yearly membership.

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

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

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Child care projects move ahead in Manitoba thanks to New Democrats

By Daniel Blaikie, MP Elmwood-Transcona

Many families, whether they are single or two-parent families, struggle to afford child care. Even for those who can afford child care, finding a space close to home or work is a serious challenge.

New Democrats have long called for a real child care strategy for Canada; a national, long-term, funded strategy that sets benchmarks for the price and availability of child care spaces.

Delivering on this kind of strategy is one important reason I ran for public office. At the time in 2015, New Democrats were the only ones fighting for this.

Conservatives said government had no business funding child care. Liberals ridiculed the idea, saying provinces would never agree.

Persistent pressure by New Democrats, and consistent minority

parliaments by Canadians, changed the thinking in Ottawa. We are only just beginning to see the results.

During the pandemic, New Democrats pushed the federal government to provide over \$2 billion in emergency funding for child care in Canada. That money flowed through the provinces. Parents and child care operators in Manitoba watched with dismay as the Pallister/Stefanson government sat on the money and threatened the operating funding of child care centres.

In this year's Manitoba budget, Heather Stefanson's Conservative government is happy to take credit for the NDP's work in Ottawa. With \$10-per-day child care on the way for infant and preschool age children, better pay for Early Childhood Educators and an additional 2,600 affordable, non-profit child care

spaces on the books, even the people who fought against this achievement are lining up for accolades.

What the Manitoba budget does not emphasize is that \$240M in new funding is coming to Manitoba every year for the next five years under the Canada-Manitoba Canada-Wide Early Learning and Child Care agreement.

While Conservatives here are making \$800 million in reckless tax cuts that will disproportionately benefit the wealthy, New Democrats are finding ways to fund the affordable support families need to be able to work and care for their children.

It matters that people know not only where the money comes from, but who supports the program, because there is still a lot of work to do to get the most value out of this investment.

Going all the way back to 1993, the Liberals have been promising a national child care strategy but refusing to deliver. It was not until Canadians gave New Democrats the power in Parliament to force a solution that we saw the strategy come to life.

New Democrats fought hard for affordable child care alongside child care professionals, parents, unions and activists. That effort culminated in us forcing the Liberals to finally introduce the *Early Learning and Child Care Act*. Bill C-35, introduced in December and now making its way through Parliament, is long overdue.

New Democrats are using our position in this parliament to push through this legislation that will safeguard the child care strategy – with its funding – into the future. We want

DANIEL BLAIKIE **MP**
Elmwood-Transcona

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to see better support for school-aged care and we are emphasizing the importance of non-profit care even though, like with healthcare, Liberals and Conservatives won't join us.

Families have waited long enough to live in a Canada that takes seriously the essential role of good child care in supporting the economy and the quality of life enjoyed by Canadian families. We have made it clear that this legislation must pass for New Democrats not to cause an election.

We can do a lot more, but to do it right, we need governments that believe in the project, instead of those just in it to score political points after others have done all the work. ❖

Healthy Aging

5 Tips for Healthy Eating on a Budget

Good nutrition is important at every age. Eating well can make a huge difference in your mood, your energy, and your overall health! In fact, eating well can also help lower the risk of chronic diseases such as heart disease, diabetes, osteoporosis, and some types of cancer. With food prices increasing up to 10.3% in the last year, food isn't cheap regardless of whether it is deemed "healthy" or "unhealthy". So how can we eat well without breaking the bank? Here are 5 tips for eating healthy on a budget.

Tip #1: Plan Ahead

Menu planning helps you eat healthier, shop smarter and reduces food waste all while saving you money. Here are 4 practical steps for getting started:

Do an inventory of your fridge and cupboards. This gives you an opportunity to see what you already have, plan around foods that are about to expire and create a list based on what you don't have.

Make a grocery list. By creating a grocery list, this helps you stick to your budget and helps reduce impulse purchases.

Plan meals around Canada's Food Guide. When planning meals, keep the plate method in mind! Aim for ½ plate of vegetables, ¼ plate of grains and starches and ¼ plate of protein-rich foods.

Look around for flyers, sales, and coupons. Consider planning your main meals around sale items. For example, if stewing beef is on sale, plan to make stew.

Tip #2: Choose Store Brands

The next time you're looking at similar food items, consider buying generic store brands (such as *No Name*) instead of name brands. Generic store brands will often be a cheaper alternative, while still having the same nutritional quality.

Tip #3: Consider Shopping for Frozen Vegetables and Fruits

A common misconception is that frozen vegetables and fruits have fewer nutrients than their fresh produce counterparts. Aside from being less expensive, believe it or not, frozen vegetables and fruits are sometimes more nutritious. This is

Continued on page 20

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June Report

By *Nello Altomare, MLA Transcona*

Like many of you, I have been looking forward to summer weather and although I don't want to speak too soon (as I am writing in the beginning of May) it finally looks like we've turned the corner.

I was pleased to participate in the L'Arche Community Walk that occurred on Saturday May 6. It was good to see and experience the high level of support our community provides to L'Arche. Their model of community living is one that is emulated by other organizations and it is one that L'Arche continues to improve upon. I would like to thank everyone that participated.

The other important piece continues to be community outreach. I received a warm welcome at Columbus Villa in early May. Residents are concerned about having timely access to healthcare, pharmacare de-

ductibles and the status of acquiring personal care home space as Transcona residents become ready to transition to this living model. All expressed a desire to age in place where they remain close to family supports and familiar surroundings. Our part of the city remains an area with low PCH space as compared to our population. This needs to change. We also discussed the high cost of groceries and health concerns regarding smoking in supportive housing facilities.

School Boards of Trustees have also been reaching out to me in my capacity as the K-12 Education and Early Childhood Learning Critic. All have expressed their frustration with provincial government funding levels that are not meeting the needs of kids, families and communities. Emerging from the pandemic has

put strain on our public schools, from larger class sizes to over-worked teachers and more demands for mental health supports, all have of these areas have felt the pinch of inadequate funding.

River East Transcona School Division recently announced they will be laying off library technicians, many of whom call Transcona home and will not be offering the long-standing- International Baccalaureate (IB) program after the next school year. These cuts will have an impact on kids and were made under the strain of years of underfunding by this PC Government.

To reach out to the Transcona Constituency office, 127 Regent Ave West.

Nello.Altomare@yourmanitoba.ca or phone, 204 594 2025. ❖

Healthy Aging

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because, prior to freezing, vegetables and fruits are picked at peak ripeness when they are the most nutritious!

Tip #4: Expand your Protein Options

Protein is a nutrient found in food that helps build and maintain muscle in the body. Often, meat sources can be the most expensive items on the grocery list. By expanding your protein options, you can save money while still enjoying protein in your diet. Consider the following:

Purchase less expensive cuts of meats. For example, try chicken thighs instead of chicken breast.

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Healthy Aging

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Include meat-less meals more often. Try plant-based protein sources including soy, tofu, beans, and lentils. Going meatless more than once a week doesn't mean you'll be missing out on protein but instead, could mean considerable savings!

Use canned fish or chicken. These options can be a healthy and low-cost option for protein. These can be added into sandwiches, casseroles, or salads. Choose low sodium options when possible.

Try substituting meat in your dishes with other ingredients.

Consider adding oatmeal, brown rice, or mashed beans to meatloaf, meatballs, and burgers to increase fibre content and use less meat.

Tip #5: Stretch your Money When you Cook

Lastly, have you ever heard the quote, "Cook Once, Eat Twice"? This means to plan to use leftovers for next day's meals. Preparing larger portions of food to use over multiple meals can help you save time, energy, and money!

For more health and wellness tips, connect with the **Healthy Aging Resource Team** at 204-940-2114!

WRHA Report

By Stacy Boone,
WRHA Community Facilitator

Let's kick up some summer fun!

Soccer balls are needed by our new-to-Canada families! These balls will be donated to the River East School Division River East Transcona Immigrant Services team to distribute to the families they work with in our community.

New or gently used soccer balls can be dropped off at

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

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

*Transcona Memorial United Church's office (209 Yale Avenue West) –Tuesday to Friday mornings.

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

The Plessis Community Resource Centre is asking for donations of ramen

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TRANSCONAVIEWS AND ADVERTISERS

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

Closing Dates for July Issue
Editorial – no later than
Tuesday, June 6th
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noodle soups, canned fruit, tea, coffee, shampoo and dish soap.

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

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

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

If you have any questions about donation items you can contact the Centre by phone: 204.777.1215 or email: Plessis@familydynamics.ca

Interested in cycling? – Cycle this summer with a women’s 55+ cycling pro-

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

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

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