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VOL 20 No. 1

March 2023

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Photo by Corneluis Thiessen



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Transcona Garden Club

By Anne Copland

SEED STARTING – February, being a short month brought us that much closer to spring. Just a couple of days shorter, but that is like a week in gardener-speak, right? March, though, is the time to get serious about starting seeds. Planning and organizing supplies will save you time later. We all tend to accumulate seeds from year to year and wonder if we can still use them. To test them, wet a paper towel, drop 10 or so seeds and fold the towel over the seeds. Label and date, place the towel in a clear plastic bag. Put the bag in a warm spot and check often. The number of sprouted seeds will indicate the percentage of viability. If fewer than half sprout, it is best to get some fresh seeds.

According to the provincial guide, our last frost date is May 16 to 19th for Zone 3. This is an average, so use this as a guide to actual seed starting by counting back the number of weeks suggested on the seed packets.

I am so impressed with winter sowing that I intend to carry on with it again. Last year I had far more successes than failures with a variety of seeds. This year I hope to include a few of the failures, repeat some successes and try some seeds I haven't tried yet. Setting the jugs out anytime in March or even early April is ample time for this process. For more information on this method go to www.wintersowers.com.

There is still time to collect 2 or 4-litre milk jugs or distilled water containers and prepare them by first making bottom drainage and cutting the jugs. Seed starting mix is ideal. No additives are needed. It is important to dampen the mix really well so it will retain some moisture to carry into early spring. Remember to throw the caps away as suggested. They are not

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Myopia

by Dr. Karen Blackie, OD

Myopia is a growing concern amongst children today, especially children under the age of 10. With more time spent indoors focusing more on screens and up-close, an increasing amount of children are becoming more myopic than ever before. But what exactly IS myopia? Should you as a parent, be concerned about it?

Nearsightedness, or myopia, as it is medically termed, is a visual condition in which near objects are seen clearly, but distant objects do not come into proper focus. When your eyeball is too long or the cornea has too much curvature, light entering the eye is not focused properly onto the back of the eye, called the retina. This is where the the light entering the eye NEEDS to get to in order to see clearly.

Risk factors for myopia include (primarily) genetics, i.e. having one or both parent who are myopic, or even grandparents. Newer research suggests children's behavior and environment also play a role in the progression of myopia.

Too much time looking at work close up (especially at a young age), not enough time spent outdoors, and being of Asian ethnicity.

Low to moderate myopia is not that big of a deal. The problem lies with high myopia (-4.00 and above), which has higher chances of having retinal detachments, developing cataracts, and developing glaucoma. Not to mention, with high myopia, the lens edge thickness gets very thick, so thinning the lenses with a more high index lens is preferred, which make the lenses more costly.

People are not usually born nearsighted, and can develop at any age, but most commonly in your childhood/teenage years. Typically, the younger you started wearing myopic prescription the higher the myopia will end up being because on average it will keep increasing up until end of teenage years/early 20's when the prescription stabilizes.

Signs your child may be nearsighted may be demonstrated by sitting too close to the tv, squinting, or difficulty in school

because they can't see the board. They might also complain of tired eyes or headaches when trying to see something far away.

There are options available now to slow down myopia in young children. Myopia treatments can be with glasses with specialty lenses like MiyoSmart lens, special drops to be used nightly, and special contact lenses.

The MiyoSmart lens has a special "honeycomb" design (known as D.I.M.S. Technology). This lens has a specialized ring-shaped treatment area on the lens with a focusing area in the middle. This technology can slow down your child's myopia progression. Kids tolerate it well, and you can only see the "honeycomb" if you hold it up and catch the light.

If you are worried about your child en route to high myopia, talk to your Optometrist about options available. ❖

Community Billboard

St Georges Anglican Church – 321 Pandora Avenue West. Please join us for Sunday morning worship services. Service starts at 1030 am. Masks are required. Everyone is welcome.

A Lenten series and Holy week services are being planned. Please check our website for dates, times and details.

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 *Continued on page 7*

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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Hairstylist Uses Drugstore Shampoo for a Week and the Results are Dramatic

Amy Dodds/BEAUTYLAUNCHPAD

Modified key points for Editorial by Transcona Salon Spa

Jacqui Swan, California, decided to put her hair on the line and test how much, if at all, her hair would be affected by drugstore shampoo. Well, the proof is in the pudding, as they say, and after a week of using the non-pro stuff, her hair color had dramatically faded and her hair felt brittle and way less healthy.

Seven Day Drugstore Shampoo Challenge?

There was a week in the salon where four new clients in a row showed me these beautiful photos of bright blondes and vibrant vivid tones with all the hopes and dreams of having that hair when they left the salon that day. Expectations were running high. After explaining what their hair would have to go through to achieve their dreams, they were all on board. But when I asked what shampoo they used at home, two said Pantene and the other two said Head &

Shoulders. And one of those two didn't even use conditioner because the bottle says 2-in-1! When I was trying to explain what it means to take care of their hair once they get home, it was like I could see their ears close. They were no longer listening. I was frustrated. While venting to a fellow stylist a few days later I said, "I know what I'll do, I'll use what they use and show them it's wrong!"

Criteria for the Challenge?

Wash my hair hot water every day for seven days with drugstore shampoo and conditioner. Style it with non-professional products every day as well. I knew I was the perfect candidate because I have the same hair as most of my clients: a natural level 4 that's lightened to a level 9.

I very quickly noticed a change in the quality. I normally can get away with blow drying it with my fingers and it looks

nice. Not in this case. My ends looked frayed, as if I needed a haircut, but I had just got one two weeks before. It only got more tangly and more unmanageable with every wash. I noticed the hair health first, but the color was visibly different after one wash, and after two washes the vibrant pop of color was gone. The main thing I noticed about all of the products was the strong smell. They really get people with the smell. It makes them believe it's working. But do you really want to wash your hair with perfume?

Vibrant-toned hair definitely sees a more dramatic depletion in color, but any way you swing it hair color is going to fade, whether it's natural or vivid. But when you're investing a lot of money to get it done, take care of it. Would you put your designer bag in the washing machine?

I was struggling to find a way to get the point across. As stylists, we can give our clients all their hair dreams. But if they don't maintain it properly at home, when they come back, they may complain that it didn't last, like we did it to them. Many of my young clients come in every three months. That's four days out of 365 that I'm taking care their hair. They are taking care of it the remaining 361 days. It truly isn't about me making money off of you buying products or forcing you to spend a bunch of money. I don't care where you go: Find professional hair brands you like, find good deals and use them!

The response from clients has been amazing! "You convinced me, I need to take better care of my hair!" ❖

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March at the Transcona Museum

By: Jennifer Maxwell, Assistant Curator

Community Safety Measures

Visitors will be required to wear a mask and social distance when visiting the Transcona Museum. Do not visit the museum if you are exhibiting any COVID-19 symptoms or have tested positive for COVID-19 with a laboratory-based test or a rapid antigen test.

Thank you.

Save the Date: Spring Break 2023

Join us for Spring Break at the Transcona Museum! Join us for in-person crafts and games that week from March 27 - 31. Each day will have a different theme with related activities. We have three timeslots available: 10:45 am, 1:00 pm and 2:30 pm. Each time slot is for 45 minutes. Masks are required. Registration will be available through our website in early March.

Please watch our social media pages for updates.

Exhibition Last Chance

March is the final month to view our current exhibition *A Community Called Transcona*. For over 110 years, Transcona has witnessed several changes as it evolved from a railway town on the prairies to a neighbourhood within the City of Winnipeg. Throughout all this, Transcona has maintained its sense of community. This exhibit captures the spirit of what we have created together as a community and shares our history and stories for the benefit of all.

Following Spring Break, the museum will be closed in April for exhibition renewal. We will reopen by May with brand new displays in the museum's galleries!

Rain Barrel Sale 2023 – TBA

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

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@transcona.museum.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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Community Billboard

Continued from page 2

Lutheran Church of the Good Shepherd, 401 Kildare Ave W. Winnipeg Sunday School at 8:45 a.m. Sunday Worship Service at 10:00 a.m. For information about our church or our activities and events, please contact the church office at [204-222-0245](tel:204-222-0245) or view our website at www.lcgstranscona.org

Transcona Memorial United Church – 209 Yale Avenue West

Continuing to be a vital community!

We strive to live out care for others.

TMUC is committed to sharing the latest news and plans on our website, <https://tmuc.ca>

All are welcome to join in!

Activities are also listed on the church website including your invitation to ZOOM in and join the Book Group in discussing **The Sentence** by Louise Erdrich.

TMUC folks are meeting for breakfast at the CanadInn Transcona Altos at 8 am on Monday, March 6.

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

Choir for children ages 5 through 12 practices Tuesdays from 6:15-6:45 and the children will sing in church on April 2.

Messy Church is on March 17 at 5:30 p.m.

Spring is on the way and we are hosting a Glenlea Greenhouse Fundraiser. The deadline for ordering is April 15 and the delivery to the church is on May 12 (after 3 pm). Please order early to get your favourites!

<https://www.glenleagreenhouses.com/collections/2023-spring-fundraiser-home-page>

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

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

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19th Annual Vickar Automotive Group Walk with L'Arche

By Jelynn Dela Cruz, Chair of the L'Arche Winnipeg Walk Committee

After three consecutive virtual years, we are happy to resume our largest annual fundraiser event – the *Vickar Automotive Group Walk with L'Arche* – in person... *but with a catch!*

For those who feel more comfortable walking along their own paths this year, we will continue to offer the virtual participant option. No matter which method you choose, we hope that you'll join us in raising money for L'Arche Winnipeg, a disability services organization here in Transcona, to continue providing people with support and to elevate our work of building world where everyone can thrive!



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The 2023 Walk with L'Arche event will take place on **Saturday, May 6th, 2023, at Oxford Heights Community Club, 359 Dowling Avenue East.** Check-in and last-minute registration tables open at 12:30 PM. The Walk begins at 2:00 PM, with a program to follow. **In celebration of L'Arche Winnipeg's 50th anniversary, our golden jubilee, the walk will incorporate special entertainment, food, treats from the L'Arche Tova Café, and several prize packages ready to be won!**

Registration and pledge brochures have been mailed out to past participants on the L'Arche Winnipeg mailing list. First time participants, can either visit our main offices (118 Regent Avenue East), stop by the L'Arche Tova Café (our social enterprise located at 119 Regent Avenue West), or print forms from our website www.larchewinnipeg.org to begin their journey.

Adult registration (ages 18-59) is \$10.00. Child (6-17) & Senior (60+) registration is \$5.00. Children (5 and under) are free. Registration forms and fees can be either mailed in or dropped off to our main office.

Participants who have submitted their registration form, registration fee, and a minimum of \$100.00 in pledges to our main office by Friday, April 7th, 2023 at 4 PM, will be eligible to receive

Walk t-shirt. Pledges can continue to be raised until May 6th, the day of the walk, noting that no t-shirt requests will be accepted after the April 7th deadline.

All year round, L'Arche Winnipeg creates home for 28 people with a disability and approximately 20 assistants. The community consists of six houses, one independent living unit, and an extended network of supporters who are passionate about building an inclusive world. All but two homes are located in Transcona; the others are in Windsor Park, and the Norwood Flats area.

L'Arche Winnipeg believes that every person has a unique and sacred value, with a mission to be a sign of hope in a divided world, offering an example of how people with different abilities, social origins, religions, and cultures, can live together in harmony.

For more information, please feel welcome to e-mail jelynn@larchewpg.ca, call the office at 204-237-0300 ext. 100, or visit our website www.larchewinnipeg.org! ❖

Community Billboard

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2023 SCHEDULE

- 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.

Seniors Bulletin Board

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

Monday March 13, 2023 we will have a bus tour to The Leaf. Pick up at 328 Whittier Avenue West. Cost is \$30 and includes admission into The Leaf. Expect to spend about two hours at The Leaf. For information or tickets please call colleen at 204 222-9879.

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, physio-

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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

Working hard as “Minister of the Alphabet”

James Teitsma, MLA for Radisson



February was my first month serving as a cabinet minister in our provincial government. My full title is now “Minister of Consumer Protection and Government Services, minister responsible for the Manitoba Public Service, and minis-

ter responsible for the Public Utilities Board”. For short, I am referred to as MinCPGS, hence the nickname “Minister of the Alphabet”. But what does that all mean? As it turns out, there is a large variety of responsibilities.

One area that is perhaps nearest and dearest to me is the Digital Technical Services (DTS) division. I have nearly 30 years of experience in software and IT and I am very excited to see how innovation and digital transformation can improve government services and citizen experiences.

I am also responsible for “vertical” capital projects such as building new schools and renovating existing ones. The planned K-8 school in the Devonshire Park neighborhood, the 24 new classrooms built in Bernie Wolfe School, and the new gym and significant expansion happening at École Regent Park are all examples of the important work being done to improve education in Manitoba.

We also manage the construction, leasing, and operation of every provincial government building in the entire province. As part of that, we are responsible for the Legislative building and grounds, including the noteworthy 15-year renovation project currently underway there.

My department is also responsible for Vital Statistics. This means ensuring people can get birth, marriage and death certificates when they need them.

The Procurement and Supply Chain division coordinates buying supplies across the entire government and the broader public sector to obtain the best value for taxpayers. It is also the division responsible for obtaining and distributing all needed vaccines throughout the province – a vital responsibility!

The Vehicle and Equipment Management Agency (VEMA) is responsible for buying and selling heavy duty and light duty vehicles across all government departments as well as managing the entire fleet. ➔



The Consumer Protection division includes the Residential Tenancies Branch, registration of businesses and corporations, and licensing payday lenders. It investigates and facilitates the resolution of disputes between consumers and businesses. It also delivers trustee and guardianship services for vulnerable individuals such as severely disabled adults – a sacred duty.

Being the minister responsible for the Public Service means overseeing the Public Service Commission. They are essentially the Human Resources department for the entire government. They work to recruit and retain civil servants and ensure their workplaces are ethical, inclusive, and respectful.

While I am also the minister responsible for the Public Utilities Board (PUB), I don't get to tell them what to do. In fact, my job is to ensure the PUB remains independent as it looks out for the short-term and long-term interests of →

Seniors Bulletin Board
Continued from page 9

therapy, 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

Continued on page 12

consumers and our public utilities like Manitoba Hydro and MPI.

On top of all of that, I have also been appointed Vice-Chair of the Treasury Board which is responsible for high-level fiscal management and reporting, and for ensuring taxpayer dollars are spent efficiently and effectively to deliver programs and services to Manitobans.

Phew!

While I am now the person respon-

sible for all the above activities, the simple fact is that I would get very little done if it were not for the work of the 1,400+ civil servants that work with me. I depend on them to get everything done while they depend on me for strategic direction and support. I am convinced that, by working together, we will be able to make real improvements to the ways that services are delivered to Manitoba's citizens. ❖

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On behalf of the members of the Rotary Club of Transcona-Winnipeg, I would like to take this time to wish all our friends and neighbours a happy & healthy 2023!!

We're a little late in submitting our first article of the year for our beloved Transcona Views, but we wanted to make the good people of Transcona aware of what Transcona Rotary was able to accomplish with their help in 2022!!

The Rotary Club of Transcona conducted two fundraising events in 2022. The first was a Spring Raffle with our partners Save on Foods and the second was the selling of the 2022 Grey Cup Pool tickets. With the revenues earned from these two events, Transcona Rotary was able to provide much needed financial support to Transcona Food Bank, Siloam Mission and donated to the Scholarship Fund of Transcona Railer Express.

When the devastating invasion of Ukraine occurred, our little local Rotary Club stepped up and raised over \$30,000 in just 12 days, to send directly to Shelter Box in Poland to help ease the burden of our Ukranian brethren fleeing their homeland.

With your help & support of Rotary Club of Transcona-Winnipeg initiatives, we hope to continue assisting the community and helping others in 2023 and beyond.

Transcona Rotary has remained a platform with which one could be encouraged to contribute and play an active role in serving humanity and displaying the Rotary motto "Service above Self", while at the same time, making and retaining long lasting friendship with fellow Rotarians.

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.

Stay tuned for more info in next month's Transcona Views, when we start to share our individual whys.

Be well, take care. Thanks for your continued support. ❖

Seniors Bulletin Board

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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. Monday's meals can be picked up at 209 Yale Avenue West between 3:30 and 4:00pm. Wednesday's meals can be picked up at 209 Yale Avenue West between 3:30 and 4:00pm or you may Dine In! 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.

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Transcona Garden Club

Continued from page 1

needed for warmth. Once the jugs thaw out, it may be necessary to stand them in water to remoisten if they have dried. It is all dependant on what kind of spring we get.

“The Coleus King” Igor Kaftan, Master Gardener, will be joining us on March 15, 328 Whittier Avenue

West, from 7:00 – 9:00 PM. You won’t want to miss hearing all about this very versatile plant. Igor is well-known for his knowledge of coleus varieties, which come in many colour combinations and forms. Some are sun-tolerant. All are beautiful and easy to maintain.

We invite anyone wishing to support the garden club to participate in our annual fundraiser with Glenlea Greenhouses. Their website glenleagreenhouses.com is convenient to shop from the comfort of home. Choose 2023 Spring Fundraising Collection and select quality plants. Your order will be available on **May 13** for pickup at 328 Whittier Avenue West. You will be contacted when your order is ready. Be sure to indicate Transcona Garden Club as the group you are supporting.

Another way to support the garden club is to volunteer to assist the board on one of its committees. Special skills are not required and your participation is very much appreciated. If you enjoy meeting people in the community and want to learn more, we welcome you to come to a meeting or call the number below for more information.

Transcona Garden Club membership is due now and still \$15.00, or \$25.00 for a family (domiciled at the same address). Non-members are welcome to attend our presentations with admission at \$5.00. Our venue requires proof of vaccination.

We are looking forward to seeing everyone, and hope you can join us.

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

Seniors Bulletin Board

Continued from page 12

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. ➔



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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:

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

Tuesday soup and Sandwich Lunch Program. \$8

Tuesday beginners Bridge 1:30pm.
Thursday's darts at 10:00am
Thursdays Scottish Country Dancing at 1:00pm.

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

Friday Whist or Crib 1:30pm

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

Our programs will be resuming using Manitoba Health guidelines. Wearing of masks when not exercising and all participants must show proof of being fully vaccination. If you are not feeling well, please do not attend any sessions of programs offered!!

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

Healthy Aging

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

If you are aged 40 or older, you are at risk for developing type 2 diabetes; a disease in which your body does not produce enough insulin, or it does not properly utilize insulin. This can result in a build up of sugar in your blood. If left untreated or poorly managed, diabetes can cause serious health problems. Recognizing the risk factors, signs and symptoms, and applying the right interventions are all key to preventing or delaying type 2 diabetes and potential complications.

Diabetes prevention - Lifestyle changes such as eating healthy, limiting the amount of time you spend sitting,

Continued on page 17

Free Income Tax Filing

DROP OFF SERVICE ONLY

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Starting March 1st -April 28th, 2023

AS A CONTACTLESS SERVICE, A "DROP OFF FORM" MUST BE FILLED OUT WITH YOUR RETURN. COMPLETE AND SIGN THE DROP OFF FORM AND PUT IN A SEALED ENVELOPE WITH YOUR TAX PAPERS AND RECEIPTS. Drop off FORMs available at front desk at 845 Regent AND MUST BE Completed AND INCLUDED WITH TAX SLIPS

- Couple up to \$50,000
- Each additional dependent \$2,500

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

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- Have more than \$3,000 interest income

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8. PROPERTY TAX BILL
9. RENT/RENT ASSIST RECEIPTS)
10. RRSP CONTRIBUTION RECEIPTS

For more info: Call Access Transcona at 204-938-5555

Time to reject the American style, for-profit health care Conservatives are pushing

By Daniel Blaikie, MP Elmwood-Transcona

“Some have described it as a perversion of Canadian values that they cannot use their money to purchase faster treatment from a private provider for their loved ones. I believe it is a far greater perversion of Canadian values to accept a system where money, rather than need, determines who gets access to care.”

— Roy Romanow, from the final report of the Royal Commission on the Future of Health Care (2002)

Canada is at an important crossroads when it comes to how we deliver health care.

We all know that our system is under incredible strain. We hear about the problems constantly in the news. More importantly, we all know someone or have personally experienced long waits and other challenges to accessing care.

Some Conservative Premiers – including our own here in Manitoba – have

been quick to pounce on the idea that privatization is the solution to our health-care woes. But it is at our peril, not theirs, that this advice would be accepted.

Privatization is an old idea, but not a good one. There are other ways to repair health delivery in Canada.

The fact that for-profit long-term care facilities had worse health outcomes and higher mortality rates during the pandemic is well documented. At the outset of the pandemic, two of the biggest for-profit long-term care companies in Canada, Chartwell and Revera, had former Conservative Premiers in positions of leadership.

The federal government should once again contribute its fair share to healthcare funding. Its contribution has fallen from 50% to about 22% since the beginning of medicare.

Provinces should accept some accountability for how this money is spent.

Premiers like Heather Stefanson, who demand more health funds from Ottawa only to turn around and offer \$450 million in education tax rebates, betray a lack of seriousness about investing properly in fixing our health system.

Here in northeast Winnipeg – where the MLA for Radisson James Teitsma had been the Legislative Assistant to the Health Minister and now sits at the cabinet table – we have seen our health services cut as the province reduces its revenues. The Concordia ER, Transcona’s Community IV program and CancerCare MB’s out-patient clinic at Concordia hospital are just some examples of services lost to our community since the Pallister/Stefanson hit squad got to work.

The Concordia ER, Transcona’s Community IV program and CancerCare MB’s out-patient clinic at Concordia hospital are just some examples of services lost to our community since the Pallister/Stefanson hit squad got to work.

Manitoba’s government has made a mess of collective bargaining in this province while racking up huge bills for private agency nurses. Investing the money used to pay exorbitant agency fees to improve working conditions in the public sector would be a good start on attracting healthcare professionals back onto the payroll of our hospitals.

Prudent, effective delivery of health services is possible in the public sphere, but it takes people in government who believe in public services in the first place.

Before accepting that privatization is the answer on the advice of people who

DANIEL BLAIKIE **MP**
Elmwood-Transcona

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do not, we owe it to ourselves to ask how that hack and slash approach has been working for us so far, and who stands to benefit from further privatization. ❖

Healthy Aging

Continued from page 15

getting at least 150 minutes of aerobic exercise per week, and losing weight if you are overweight are the most effective things you can do to help prevent or delay the onset of type 2 diabetes.

Understanding your risks - Risk factors for developing type 2 diabetes include being 40 years of age or older, being overweight (especially around your abdomen), or having:

- a close relative who has type 2 diabetes
- a history of prediabetes
- some evidence of the complications of diabetes (such as eye, nerve or kidney problems)
- heart disease
- high blood pressure
- obstructive sleep apnea

Additional risk factors can be found on the Diabetes Canada website at <https://www.diabetes.ca/>. You can also complete the Public Health Agency of Canada's Canadian diabetes risk questionnaire (CANRISK) to help you determine whether you are at higher risk of having pre-diabetes or type 2 diabetes. This questionnaire can be found at <https://www.healthycanadians.gc.ca/en/canrisk>.

Diabetes management - Those with type 2 diabetes can live a long and healthy life through proper management.

You can manage type 2 diabetes by eating a balanced diet, enjoying regular physical activity and aiming for a healthy body weight, managing stress effectively, monitoring your blood sugar, and taking your diabetes medication as prescribed by your doctor.

When to see your doctor - Anyone over the age of 40 should be tested for diabetes every three years. If you have

one or more of the risk factors mentioned above, you should be tested more frequently. In addition, you should contact your doctor if you experience any of the signs and symptoms of diabetes, including unusual thirst, frequent urination, changes in weight, extreme fatigue, blurred vision, frequent or recurring infections, cuts and bruises that are slow

Continued on page 18



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TRANSCONA LEGION BRANCH #7

Submitted by Celeste West

On January 28, 2023, The Transcona Legion Ladies Auxiliary will be celebrating 95 years of service. One of the longest existing Auxiliaries in all of Canada. The auxiliary was formed by a volunteer group of ladies consisting of wives, sisters, and daughters alike with the well being of our Veterans and their families in mind. Any funds raised go the betterment of the Legion and the Community.

In keeping with the original intent, our efforts in fundraising have continued not without the great support of our Ladies Auxiliary members and volunteers. Some of our greatest successes are catering funeral lunches, Grey Cup pool tickets, calendar draws, bakes sales and lunches on Saturdays during the Meat Draws. One of our biggest fundraisers is the selling of homemade pierogies and meat pies throughout the year at various events/functions.

In addition to fundraising, every year, we sponsor 5 bursaries to deserving students in Transcona area. These bursaries can be used to further continue their education.

This past summer we had a booth at the Transcona Farmers Market where we collected non perishable food items and cash donations for the local Transcona Food Bank. This drive continues throughout the years with a collection bin at the Legion.

Remembrance Day is a day we all cannot and will not forget. The Ladies Auxiliary volunteers in any capacity we can. We serve an active role in the Poppy Campaign. The Colour Party

participates in the June Decoration Day Parade and the Remembrance Day Parade.

Every year, we are also very proud and honoured to cohost with the Branch two visits from the Deer Lodge Veterans and serve dinner to our local Transcona Veterans.

We are not all business. We have fun too. There is an annual banquet to honour and recognize the hard work and dedication of our members. Our Auxiliary cannot survive without the dedication and service of these ladies. We also like to get together for potluck supper for friendship and camaraderie or just simply gab over coffee and tea. We also do not forget about our shut ins who are unable to get out and partake in the festivities. We have a Sick Visitation Committee that will do any effort to ensure that they are included by going to go visit.

Over the years there have been many changes and the Transcona Legion Ladies Auxiliary have managed to keep up. We have had a few new members each year, however, as some of the members age, they are unable to help as much as they would love to. After reading all the activities, please do not feel that you need to bake or cook to become a member, there is always a job that is fit for you. If you would like to join a wonderful hardworking group of ladies and volunteer to make a positive impact to the Transcona Legion and our community, we would love to meet you. If you would like more information, please call Celeste West at 204-995-9567. ❖

Healthy Aging

Continued from page 17

to heal, and tingling or numbness in the hands or feet.

Support and resources - For further information about diabetes and diabetes management or for resources to assist with healthy living, you can contact the Healthy Aging Resource Team at 204-940-2114. You can also visit the Diabetes Canada website to find useful information about diabetes and diabetes management, including recipes, tips for meal planning, and exercise tutorials.

WRHA Report

Stacy Boone
WRHA Community Facilitator

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).

Continued on page 20



TRANSCONA LEGION

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Contact the Legion for booking at 204-222-9951.

Social Activities

Monday Night - Bingo

Tuesday Night - Cribbage

Wednesday - Darts

Saturday - Meat Draw,

Chase the ACE, 50/50 draw.

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Education Funding in Manitoba

By Nello Altomare, MLA Transcona

Every year in early February, the Province announces the allotment for education funding in Manitoba. This is an important announcement for school divisions as they have to have their budgeting process completed sometime near the end of March every year.

At the most recent provincial government announcement, the education minister touted that the government's increase was "astronomical." This was an over-statement by the minister for a number of reasons.

Since this current PC government was elected in 2016, they have been under-funding public education. Year-to-year provincial funding has not met the complex needs of students and families and has resulted in school divisions having to make impossible decisions between which programs to cut and what staff to let go. This has also resulted in a large backlog of deferred maintenance to

our school buildings, this at a time when enrolments are growing especially in the neighborhoods served by the River East Transcona School Division.

Since 2016 the provincial portion of public education funding has been shrinking every year. In 2016, the province covered 62.4% of the funding required for public schools. Last year the percentage covered by the province shrunk to 56.4%. The result? School divisions like ours, are forced to increase the local education levy on commercial and residential property in order to cover the remaining costs of running our schools. In school divisions that have large commercial tax bases, raising this money is a little easier, but in River East Transcona, the school division relies more on residential property owners because our commercial tax base isn't as large as other areas of the city.

This government also removed the cap on class size at the K-3 level. Before 2016, K-3 class sizes were capped at 20 students. We know that smaller class sizes in early years results in timely interventions for kids that need extra support and more manageable workloads for teachers and staff.

So, while the province and the minister say that their level of support for public education is adequate, it will not make up for the six previous years of underfunding that has hampered school divisions in providing needed services for our kids.

Constituency office hours are 9am to 5pm daily and we are located at 127 Regent Ave West. You can reach us by calling 204 594 2025 or email, Nello.Altomare@Yourmanitoba.ca ❖

WRHA Report

Continued from page 18

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

Income eligibility guidelines:

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

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

The Plessis Community Resource Centre is asking for donations of canned



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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.

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

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

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

Interested in cycling?

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

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

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

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

Please join us at our next TCN (Transcona Community Network) meeting March 21st from 9-1030 am at Access Transcona, 845 Regent Ave W.

Where we network with citizens and agencies to enhance the quality of life in Transcona. All are welcome to join in the discussion, share updates about what's happening in Transcona and learn from others living and working in our community.

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

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

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

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

We'd like to hear from you!

The HTN grant aims to make healthy living an easier choice for people who live in our community by addressing barriers that prevent our community from living healthier lives. To be eligible to apply your program must:

- exist in the Transcona community area
- be creative and innovative (partnerships encouraged!)
- involve one or more of the four pillars mentioned above
- be free or low cost and accessible for every participant
- be sustainable (a plan to ensure program continues beyond HTN funding, including strengthening partnerships, increasing skills and knowledge of community, training opportunities for community, securing additional funding from other sources etc.)

Continued on page 23

BEHIND ON YOUR COVID-19 OR FLU SHOTS?

ATTEND

SPRING INTO WELLNESS HEALTH FAIR!

Come get your COVID-19 & flu vaccines, information from different First Nations health organizations, & art activities

Meals and bus tickets provided

Time: 10:00 AM to 3:00 PM

Date: Wednesday March 22nd & Wednesday March 29th

Location: 74 - 630 Kernaghan Ave

FIRST NATIONS HEALTH AND SOCIAL SECRETARIAT OF MANITOBA

Special thanks to: Kenneth, William & Bruce Miller

1st Transcona Scout group

We have had a successful year to date. The older sections having participated in their 2nd camp of the year winter one to boot.



The cubs up at Camp Arnes for Operation Ice Cap had great weather while enjoying snowshoeing, hiking, great food and winning the fishing competition.

The scouts had a much more typical January weather camp up in Gimli, having a blast with their winter events. Up next for them is Klondike and getting ready for their Cub car/Scout truck races and competition. ➡



The Beavers have been busy too, they have been crafting, learning about lots of things and even did their own indoor Klondike. They will be creating their beaver buggies to race along side the other sections later in the spring.

Scout hall update:

The hall is slowly moving along from the abatement. We have been working on getting the funding to complete the renovations required to get the building up and functioning as a scout hall again.

Please be on the lookout for our grassroots fundraising projects that are being released soon.

Anyone interested in helping out please contact one of our members or email to: firsttransconascouts@gmail.com



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

Email Editorial/Advertising
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WRHA Report

Continued from page 21

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

The maximum amount that can be

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

All applications must be submitted electronically. Please visit <https://healthytogethernow.net/community-funding/application-form/> to apply!

Application deadline March 31st 2023. If you have any other questions, please contact Stacy Boone, Community Facilitator at 204-223-6535 or sboone@wrha.mb.ca

On behalf of the Transcona HTN committee, thank you for your interest in the healthy living grant!

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