

TRANSCONAVIEWS

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Transcona's Only Exclusive Community Paper
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AND ADVERTISER

Transcona Welcoming the World this Summer

This year the **World Police and Fire Games** will be coming to Winnipeg and **Buhler Recreation Park!**

Held biennially, the **World Police and Fire Games** is an Olympic-style competition with more than 8,500 athletes representing law enforcement,

firefighters, and first responders from more than 60 countries from across the world. These athletes will compete in more than

60 sports. Founded in 1985 in San Jose California, the **2023 World Police & Fire Games** in Winnipeg will be the 20th edition of the Games. Hosted multiple times in the United States and

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Sun Protection for Our Eyes

By Dr. Karen Blackie, OD

For those of us that wear glasses, we are familiar with the hassles of dealing with the sun! Do we go with contact lenses and regular sunglasses? Carry your glasses & Rx sunglasses wherever we go and switch as needed? Fit-overs that go over top of our regular glasses, clip-ons? Or transition lenses that go dark outside? No matter which option you prefer, sun protection for our eyes is a must!

We need to protect our eyes from harmful UV rays and help feel comfortable when it is too bright outside. This applies to any season or place where the sun and its re-

flective rays impact your eyes and vision. Ultraviolet (UV) rays damage the eye's surface tissues, cornea, conjunctiva, lens, as well as the retina. Over time, that damage can lead to pingecula, cataracts, and macular degeneration.

With sunglasses, we can often get away with buying an oversized frame, which provides better coverage! Wraparound style is another good option to limit UV rays from entering the sides of the glasses. Traditionally, tint options are grey or brown. But really any color tint is possible! A nice option is going with a gradient tint. This starts of darker near the top

of the lens and gradually gets lighter as it goes down the lens. Grey tends to feel darker, but advantages of brown colored lenses is that it can provide more contrast, and take the harshness of the bright sun away. I find on days when it isn't super sunny, but still bright outside, my brown lenses make my eyes feel more relaxed. Plus, I can run into the grocery store still wearing them, and not feel like it is too dark inside! Sometimes, the frame you are selecting dictates which lens color to go with.

Polarized sunglasses are a favourite among many. These lenses filter light by blocking some of the light from passing through the lens. Only light rays coming in vertically can pass through, while hori-

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Want fuller, longer hair ? Extensions are a fantastic way to get that

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1. There are different types

– clip-ins, tapes and hot/cold bonds – means there is likely to be a style that particularly suits your preferences. As with all hair decisions, there are positives and negatives to each style. If you're unsure, perhaps try clip-in extensions to begin with, as they are a great starting point for anyone looking for a temporary switch-up.

2. They can look natural.

That all comes down to having high-quality hairpieces that have been positioned to blend in with your own locks. Perhaps the most important factor though, was the advice to focus on achieving body as well as length.

3. Good extensions shouldn't cause damage

Not all brands and methods are created equally. Your hair should look as good if not better than when you put them in; that's when you know your hair is being protected.

4. But taking care of them does take time

Factor in enough time to wash, blow-dry and style extensions – as you shouldn't leave them wet in case they start to slip or become sticky. It's time-consuming, granted, but you'll thank yourself for it, because styling really makes the most of your new look. The simple addition of a curl to the ends, or straightening and smoothing your own natural hair – will blend everything in nicely.

5. You'll probably need new products

Unfortunately, your normal hair-care product doesn't tend to measure up once you have extensions, mainly because the hair that isn't your own will respond differently to washing and styling. It is important for keeping your hair tangle-free too.

Consultation with our certified stylists will help you pick the right hair, method and products. ❖

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.

Transcona Memorial United Church

209 Yale Avenue West

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

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From all of us at Transcona Memorial United Church, thank you!

Happy Mothers Day

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Thanks for supporting the Caught in the Act Co. Dinner Theatre and the production of Borrowed Time!

Thanks for supporting the Glenlea Greenhouse fundraiser. Plant pickup is at the church on Friday, May 12. Please be in touch with tmucflowers@gmail.com for exact time and arrangements.

Thanks for saving your clean, crushed pop cans and helping us make sure that they get recycled. We have raised over \$270 since we began this project. This project is continuing, drop off is during office hours and on Sunday mornings.

Thanks for continuing to support our partnership with TruEarth for fundraising. TruEarth is a Canadian Company that has developed an environmentally friendly hypo-allergenic laundry soap that is 100% plastic free. The laundry strips are mailed to your home, and very easy to use. If you have questions there are a number of people in our congregation who are using them. The fundraising link can be used by anyone across the country so please share the news with family and friends!

<https://fundraising.tru.earth/tmuc>

Thanks for helping to make a difference to the globe and the community! Thanks for your continued support of the Transcona Food Bank! Please consider 'grow-a-row' for the Food Bank or to share with others in the community who do not have the opportunity to garden.

Thanks for joining us for worship in person and online! We continue

to share worship on Sundays at 10 a.m. at 209 Yale Avenue West and on ZOOM. All are welcome. The details for the ZOOM at on the church website <https://tmuc.ca>

TMUC's office is open Tuesdays from 9-2 and Wednesday through Friday from 9-noon. Other information about Church events (we will

post information about a community metal drive as soon as we have a date!) is on the church website – all are welcome!

St Georges Anglican Church

321 Pandora Avenue West
He is Risen! Alleluia!

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Spring Cleanup week starting May 14th

Wow, I can't believe it's already May!! Spring has sprung and is steering us into a fantastic summer!! Transcona Biz has scheduled a Spring Cleanup week starting May 14th and Transcona Rotary welcomes you to join us in cleaning up our parks!! Let's do all we can to make Transcona the cleanest area of the city!!

As previously stated, we are going to visit with individual club members as to why they chose to be a Rotarian. This month, President Steve Lipischak shares in his own words.

My trip into the world of Rotary started in 2013. I had always volunteered my time and efforts to different organizations, but never Rotary. One day, my mentor invited me to join him for a Rotary lunch and I haven't left since. We always joke that Transcona is a railroad town, and Rotary does its'

part. But, after settling in, I learned that I was part of Rotary even when I didn't know it!! The Four Way Test of Rotary (Is it true? Is it fair to all concerned? Will it build goodwill and friendship? Will it be beneficial to all concerned?) is how I've tried to live my life. It gave me the opportunity to help and reach out to people and organizations that I wouldn't have if not for Rotary. I've had a small part in helping people in the Philippines, Ukraine, Turkey, Nigeria and most importantly to me, Transcona. I can say that through my association with our club, I had a part in sheltering and protecting Engine 2747, providing funds for scholarships and bursaries to local students, building new parks and playgrounds like Waterside Estates, helping out the Senior Centre and more. All I can say is thank you Rotary for enabling me to



be able to help people here at home and abroad. My term as President is coming to an end, but not my tenure as a member. For me, Rotary is a platform where one could be engaged to contribute and play a role in serving humanity and displaying the Rotary motto, "Service above Self".

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. ❖

Community Billboard

Continued from page 5

We gather Sunday mornings at 1030 for our weekly worship services. Please join us. Masks are required. 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](tel:204-222-1942) or email us at: stgeorgesanglicantranscona@gmail.com

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

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Transcona Welcoming the World this Summer

Continued from page 1

Canada, additionally past host countries include, Australia, China, Northern Ireland, Spain, Sweden and more.

Buhler Recreation Park will be hosting the outdoor soccer and softball portion of the Games which run from July 28 – August 6, 2023. This

is a free event for spectators, so come on down and cheer the athletes on! This event is the second largest sporting event in the world only behind the summer Olympics when it comes to athlete participation. Over 60 different countries from around the world will be participating in the Games and it will be a showcase event for the entire province of Manitoba.

The games will be an opportunity for us to showcase the “**Greatest Community in Winnipeg**” to the rest of the world. We will highlight our small-town charm with a big dose of hospitality and appreciation to our frontline fire, paramedic and police members.

As the largest sporting event ever hosted in Winnipeg, over 25,000 people are expected to attend the Games, which will help stimulate new business growth and economic opportunities for the city. Tourism Winnipeg has an assessment that the Games will bring \$85 million in economic impact to Winnipeg and Manitoba.

The Games organizers are currently looking for volunteers for various positions. What better way to meet new people and to tell stories about the community you live in and to give back to the men and women who keep our communities safe.

So, mark the dates and come down to the various venues throughout the city to cheer the athletes on!

If you are interested in volunteering for this event, please contact the games staff at their volunteer page or e-mail steve@buhlerrecpark.com. ❖



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TRANSCONAVIEWS

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Promote your community news!

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

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



130 Victoria Ave. West 204-222-7069

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Community Billboard

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Transcona Discussion Group

AA – Meetings are held every Monday, Wednesday and Friday from 7:30 to 8:30 p.m. in the basement of Saint Georges Anglican Church, 321 Pandora Avenue West. All are welcome!

Lutheran Church of the Good Shepherd, 401 Kildare Ave W. Winnipeg

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

0245 or view our website at www.lcgstranscona.org

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

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

All Saints Ukrainian Orthodox Church, 1500 Day St.

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.

2023 SCHEDULE

Thursday May 11, 2023

Thursday June 8, 2023

DOORS OPEN AT 9:00 am. 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.

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Selling Real Estate is about so much more than just selling homes. It is about caring for the people living in those homes – and the communities that we all share. Giving back and making a difference has always been important to us – and we have been grateful for the many opportunities that we have been given in order to help in some way, over the years. **May is MS Awareness Month.** We are proud of Lori Lind who has raised in excess of a quarter of a million dollars as Team Leader of Mass Synergy in the annual **MS Walk for a Cure to end MS.** Take a walk in your neighbourhood in honor of those who are living with **MS** – and think about making a small donation – that could make a **Big difference.**

And remember MOM on Mother's Day – and every day.

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Transcona Legion Branch # 7

Submitted by Donna Poitras

Branch # 7 would like to introduce, to our community, and welcome one of our new Executive Board Members, Jim Dolphin. Jim was first elected to the Board at our elections held last December.

Hi, I'm Jim Dolphin, newly appointed Entertainment Chair of the Transcona Legion. I have been a resident of Transcona for most of my life; graduating from Murdoch MacKay, (where I met my wife of 33 years) and

we have proudly raised our two daughters here in Transcona.

My Dad, Albert Dolphin, was a member of the RCAF, flying in England, where he met and married my mom, Janet Dolphin. Through life, they mainly lived here in Transcona, raising their family of 5 boys, and were both proud members of the Transcona Legion. They passed along to me their love of Transcona and their enjoyment of the Legion and the events and community provided by the Legion. My family and I have participated in many Legion events and I am proud to now be serving as the Entertainment Chair of the Transcona Legion Executive Committee.


On the Entertainment news front, we recently had a sold-out Trivia Night where everyone had a great time and we have more planned. Monthly we schedule an evening of friendship, music and dancing with live bands and DJ's, there is no coverage charge and anyone is welcome. Upcoming scheduled event include a Karaoke Night with Dave on April 29th. We have had performing at the Branch 5 Shades of Grey and Bluestem. Please check our website or Facebook for when they will be returning. We have plans in the works and will be announcing several events to be held during the Hi Neighbour weekend.

Keep an eye out for announcement of ticket sales to another Trivia Night in October as well as monthly events which are posted in the Legion and on our Facebook page. Events will include more live band



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evenings, trivia nights, etc. If you have an entertainment idea you would like to see us host, please call the Legion and leave a message for me, I would love to hear what you want for your Legion entertainment.

Our weekly events at our Branch are Monday Night Bingo, Tuesday a group of dedicated players have a Cribbage Night, Saturday Meat Draw-Chase the Ace-50-50. We have VLTS within the Clubroom and a snooker table. As well come in and watch some NHL Hockey on our big screen tv. If you stop in on a Friday Night, we encourage you to wear **red**. We wear red as a way of showing support to our military personnel still serving (**R**emember **E**veryone **D**eployed). When you wear red and purchase any beverage you can get a ticket to enter your name in a monthly draw. ❖

Seniors Bulletin Board

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

Transcona Council for Seniors Inc. Volunteer Drivers Program is still in need of more volunteer drivers. This is a very essential and valued program that takes the seniors of our community to medical appointments including doctors, physiotherapy, dentists and eye care etc. If we get enough drivers, we will be able to expand this service to include shopping etc.

As a volunteer driver you would provide transport to a senior from their home to their appointment and bring them home. You receive an honorarium to cover your car cost so

what you are providing is your time and often an ear to a senior who lives on their own and appreciates a little company.

Your schedule is very flexible and you can drive when it is convenient for you! You would be contacted and a date for a ride would be offered to you. If you are not available you just have to say you are not available.

Seniors have been the folks who built this community. Now they need a little help! Can you be that person? The rewards are great as you realize how much your contribution of time means to the seniors you drive.

The Transcona Council for Seniors will continue to provide training for Seniors who would like to learn more about working with their IPAD,

Continued on page 13

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May at the Transcona Museum

By Jennifer Maxwell, Assistant Curator

Mask Friendly Space – Visitors will no longer be required to wear a mask when visiting the Transcona Museum, but we are a “mask friendly space” for those who still wish to wear one. Do not visit the museum if you are exhibiting any cold or flu symptoms or have tested positive for COVID. Thank you.

Upcoming Closure Dates – The museum will be closed from May 20 – 22 for the May Long Weekend.

Did You Know: The Transcona Connection, Revisited – New Exhibit – The Transcona Museum has a brand-new exhibition on display! This display revisits the 2009 exhibit with

facts presented in the original, as well as new stories and artifacts to delight and surprise. You may think you know Transcona’s history, but there is always more to discover. Come visit the Transcona Museum today and see what’s new on display.

Rain Barrel Sale 2023 – Transcona Museum has partnered with RainBarrel.ca to host a RAIN BARREL FUNDRAISER! Each rain barrel includes a leaf and mosquito filter basket, an overflow adaptor, a spigot, and an overflow hose. To order, please visit www.rainbarrel.ca/transcona/. Payment options: (1) pre-payment online; (2)

pre-order with payment of cash or debit (additional \$0.10 transaction fee charged for debit) completed on pick-up day.

Rain barrels will be available for pick-up on May 17 from 3:00 to 8:00 pm at Transcona Museum, 141 Regent Avenue West, Winnipeg, MB R2C 1R1. This sale benefits the Transcona Museum and its operations. For more information, contact Transcona Museum:

(info@transconamuseum.mb.ca, 204-222-0423). Thank you!

Doors Open Winnipeg 2023 – We have a full day planned for Doors Open Winnipeg on Saturday, May 27. There will be a walking tour of “Historic Downtown Transcona” from 9:00 – 10:30 am starting from the Transcona Museum. Visitors are welcome to view the museum exhibits and play galleries games anytime between 11:00 am – 4:00 pm. There will also be Behind-the-Scenes Tours at 11:30 am, 1:00 pm, 2:15 pm, and 3:15 pm (approx. 30 – 45 minutes in length). Registration is required for these tours (available on our website in early May), as space is limited in the collections storages areas. There will be a max. of 5 people per tour. We hope you will join us on Doors Open!

Manitoba Day – Children’s Crafting Activities. Join us for Manitoba Day on Thursday, May 18 for crafts and games! We have three timeslots available: 10:45 am, 1:00 pm and 2:30 pm. Each time slot is for 45 minutes. Registration will be available through our website in early March. Please watch our so-



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cial media pages for updates. This event is for children 12 and under.

Jane's Walk 2023 – Join us for Jane's Walk on Saturday, May 6 for our "Murals of Transcona" walking tour. The tour will run from 10:45 – 11:45 am starting from the Transcona Museum. You can register for the walking tour through our website; this is a FREE event. We also offer a self-guided tour of "Re-

gent Avenue, Transcona's old business district" through our website.

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

Hours & Contact Info – Transcona Museum is located at 141 Regent Avenue West. Our hours are Monday to Friday, 11:00 am to 4:00

pm and Saturday, 12:00 to 4:00 pm (subject to change). We are also available by appointment. Have questions or research inquiries? Call us at 204-222-0423, email at info@transconamuseum.mb.ca, or visit our website at www.transconamuseum.mb.ca. Follow us on social media for all the latest information including Facebook, Twitter, Instagram, TikTok, Pinterest, and YouTube. ❖

Seniors Bulletin Board

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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 WIDLAKE Street between 11:30 and noon or you may Dine In at 11:30am. You **MUST** register in advance at 204 222-5947.

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

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

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.

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Federal Budget: New Democrats use their power to deliver results

By Daniel Blaikie, MP Elmwood-Transcona

The recent federal budget offers more for Canadians because New Democrats in Parliament are using our twenty-five seats to get things done for people.

Most importantly, the budget includes funding to provide dental coverage to uninsured children, seniors and people living with disabilities with household incomes under

\$90,000. This significant expansion of public health insurance should be in place at the end of the year.

The uptake on an initial bridge benefit of \$1,300 per child under 12 was strong, with hundreds of thousands of children benefiting this year alone. The next expansion will apply to millions more.

Budget 2023, at the insistence of the NDP, also includes another doubling of the GST rebate. This measure helps almost 12 million Canadian households with the sharp increase in the cost of groceries without causing more inflation.

The federal government is finally making big investments in producing more low-emissions electricity and electrifying our industrial sector. For the first time ever, there are conditions on those federal investments. To get the benefit, companies will have to pay their workers according to the high standards for wages, benefits and pensions set by unionized workers. Measures like these are what it means to ensure that workers benefit directly from the creation of a low-carbon economy. New Democrats are leading the way to get workers a seat at the table.

The budget adds to the \$500 Canada Housing Benefit and other housing measures the NDP forced the government to adopt in the last budget cycle. The new measures include funding for Indigenous housing in urban, rural and northern communities. This will make a difference in many communities, especially in urban settings like Winnipeg, where

Indigenous people are dramatically over-represented among those experiencing homelessness.

These are all policy areas covered by the Confidence & Supply Agreement and the gains are a direct result of New Democrats choosing not to cause an election and instead make a positive difference in the lives of Canadians.

Of course, the agreement does not cover everything, only what could be agreed upon. There are many significant disagreements between New Democrats and Liberals about where the country is at, and even more so about where we should be heading. ➔

Seniors Bulletin Board

Continued from page 13

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

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For example, the Liberals did not act on Employment Insurance in this budget. As economists warn of a recession, the government cancelled temporary improvements to the EI system made during the pandemic. They did this even though the pre-pandemic EI system was clearly broken.

Canada needs a fix to EI before

recession causes job loss. That is why I publicly called out Deputy Prime Minister Freeland on this issue following her budget speech.

New Democrats will continue to hold the government to account, even as we negotiate new measures to strengthen the bottom line of Canadian households. ❖



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Transcona Garden Club

By Anne Copland

May is what we have been awaiting, to see our gardens wake up after a long sleep. When the last bits of snow disappear, revealing the green shoots here and there, you can almost hear the big collective sigh from gardeners, "Ahhhh, at last!" From the time the first Canada goose flew over the house on April 1st until today has seemed an eternity for me.

The urge to dive in and begin clearing away the leftover foliage in the beds may be strong but proceed with caution. Spring winds can be chilling for backs under skimpy jackets. Also, it is very easy to become overheated with exertion because

the overhead sun is strong. Our bodies may not be in prime condition for endless bending and lifting. We will get there in time but for now, we need to pace ourselves. The other problem is that there is still a possibility of heavy frost occasionally. Removing all the winter protection leaves new shoots vulnerable, especially for perennials pushing the hardiness zone. When all snow is gone, use whatever boughs remain from winter containers to provide protection if frost threatens. A late snowfall, however unwelcome, won't hurt.

What to do with all those 'pretties' that followed you home from your vis-

its to garden centers, big box stores and fellow gardeners who started too much of everything? One solution is to pot up your outdoor containers. You should have somewhere to pull them in for the night as tender annuals cannot take any frost. Coleus, begonias, sweet potato vines, impatiens and spiderworts are all susceptible to wind chill even if the thermometer says above 0 C. Others such as petunias, geraniums, pansies, snapdragons, etc., are tougher but also require hardening off gradually before being left to the elements.

The key to creating a beautiful landscape, on a large or small scale, is to choose the right plants for the right position. A north-facing home with a large overhang, will require some shade-loving plants for foundation plantings as they will be in shade most of the day. The sun-lovers can be positioned in the area that gets at least 6 hours of sun. Container plantings can provide an impressive impact by considering complimentary colours, shapes and textures for the Thriller, Filler and Spiller choices.

Something new in the Proven Winners collection is UPSIDE Key Lime Sweet Potato Vine. It can be grown on an obelisk alone or with spillers around the rim. A few of these containers at the front of your home would give season-long colour.

The Glenlea orders will be ready for pickup on May 13 from 10 AM to 12 at the centre. Thanks to all for your support. Donations of potted perennials, seeds, bulbs, annuals, herbs and houseplants are appreciated for our



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Mini-Plant Sale on the 13th. Please bring them already priced on May 12 between 6 and 7 PM.

Transcona Garden Club May 17th meeting is the place to be so save the date and invite a friend or two to accompany you. Nadine Kampden, Master Gardener, will present on 'Perennials for a Succession of Bloom'. Please join us at 328 Whittier Avenue West at 7 PM. All are welcome, there is a \$5.00 admission charge for non - members. ❖

Seniors Bulletin Board

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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.

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!

WRHA Report

*By Stacy Boone,
WRHA Community Facilitator*

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

Drop off canned items to:

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

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

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

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

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FREE GRAFFITI REMOVAL

The Transcona BIZ has worked extremely hard for over 15 years to help keep Transcona clean. If you see any graffiti in the area, please report it!

This is a FREE service to all community members!

We clean graffiti on residences, businesses, community mailboxes, hydro poles and light standards, garbage bins, fences and much more. If you see it – report it – and we will clean it!

Report online at: TransconaBIZ.ca
Email us at: admin@transconabiz.ca
Call us at: **204-222-8566**

Busy spring at the Manitoba legislature

James Teitsma, MLA for Radisson

It's been a few months since I was appointed a Cabinet Minister in the Manitoba government. I am affectionally called the "Minister of the Alphabet" but my full title is "the Minister of Consumer Protection and Government Services, the minister responsible for the Manitoba Public Service, and the minister responsible for the Public Utilities Board".

Those months have sure been busy! Our government introduced a Budget with significant investments in schools, our health system, and public safety. It also includes a major increase to the Basic Personal Amount meaning that Manitobans' paycheques will increase starting in July as the amount of provincial income tax they pay goes down. The Liberals and NDP opposed these tax reductions. That's no surprise be-

cause at the same time, their federal cousins were busy increasing taxes on beer and wine while also jacking up the carbon tax. Higher taxation is the last thing we need. That will only further contribute to higher prices for groceries and gas.

This spring our government also announced significant investments in building new schools. Since 2019, projects to build 14 schools across Manitoba have been underway with new schools coming online every few months. That's in addition to the excellent renovations done at Bernie Wolfe School, the continued expansion of Ecole Regent Park, and the restoration of Westview School. This spring I had the privilege of announcing plans to build another NINE schools across Manitoba in a single bundle with the goal of opening



these schools by the 2027/28 school year. One of those schools is planned for the Devonshire/Peguis neighbourhood north of Costco.

The NDP, and specifically my neighbouring Transcona MLA Nello Altomare, have been pushing back against the plans to build these nine "P3" schools. A lot of misinformation has been spread so let me clear that up right now. The nine new schools will be much like the 14 schools already underway. They will be built to the same standards. They will be publicly owned. They will be operated by school divisions. Teachers will be able to do exactly the same things no matter if they are working in a P3 school or a traditional build. Anyone who tells you otherwise is just trying to spread fear instead of facts.

The difference with these nine new schools is that major maintenance like roof replacement, building envelope upgrades, and HVAC replacements for the first 30 years will be included in the initial contract. It's like buying a new vehicle with a



lengthy powertrain warranty. The hope is that this will encourage the builder to invest more up front in longer lasting designs and materials to reduce the long-term maintenance costs. Building the schools in a bundle will also get them done more quickly and at a lower cost. That's what students and families across our province want.

I think that's a common-sense approach. Care will need to be taken to ensure the contracts achieve these objectives, but that's always the case with any publicly tendered project. If you have questions or ideas, please share them with me. You can connect with me on Facebook, Instagram, email at james@jamesteitsma.ca or by calling 204-691-7976. ❖

Sun Protection for Our Eyes

Continued from page 2

zontal light waves are blocked from passing through to your eyes. As a result, the image you see is a bit darker than usual, but objects look crisper and clearer. Polarized lenses, are particularly helpful for water and snow sports to really cut the glare reflecting off the water/snow. To learn about the pros and cons of polarized lenses, talk to your eye care provider.

Photochromic lenses have been around for decades. Transition lenses today, are available in a variety of

color options (grey, brown, amber, green, emerald, purple, blue). They change from clear lenses to dark lenses when exposed to UV light. They are convenient, and can save you money by only needing one pair of glasses. Although, technology has improved over the years, they can take longer to adjust in cold weather,

and they don't darken as well inside cars. The front windshield of the car blocks a lot of the UV so you are only getting UV exposure from the side windows.

There is no "best" option, it really is a personal choice which option appeals to you! Most important is to protect your eyes year-round! ❖

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May Report

By Nello Altomare, MLA Transcona

As the weather begins to warm up and more outdoor events begin to ramp up, my team and I look forward to seeing you at community events.

The first of these events will be the Walk for L'Arche that will take place on Saturday May 6 with last minute registration beginning at 12:30pm at Oxford Heights Community Club. To register early and acquire pledge brochures, please visit their website, larchewinnipeg.org

The first week of June, Transcona will host the Hi Neighbour Festival complete with the festival parade, midway and outdoor concerts. We will have a table set-up at the Hi Neighbour festival where you will be able to stop by and say hello.

The month of June is time for high school graduation ceremonies. In

order to encourage students to further their studies, and as a former teacher and school principal, my office supports three bursaries for graduating grade 12 students who want to pursue a career in education. I look forward to attending this year's high school graduation ceremonies.

Another major event that will occur in the constituency of Transcona is the World Fire and Police Games. From July 28 to August 6, 2023, Winnipeg will host this large sporting event at several locations in and around the city. Our very own Buhler Park in Southside Transcona will host soccer and softball (slope-pitch). More information regarding this event can be found at wpfg2023.com

If you're planning events and you would like to invite me as the MLA for

Transcona, please reach out to the constituency office at 127 Regent Ave. West. The phone number is 204 594 2025, email is, Nello.Altomare@Yourmanitoba.ca ❖

WRHA Report

Continued from page 17

The Plessis Community Resource Centre is asking for donations of ramen 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

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TRANSCONAVIEWS THE 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 June Issue

Editorial – no later than

Tuesday, May 9th

Advertising – no later than

Thursday, May 11th

Email Editorial/Advertising
to transconaviews@bondprinting.net

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WRHA Report

Continued from page 20

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 cycling-withsarah@gmail.com or on Instagram @cyclingwithsarah"

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