

# TRANSCONAVIEWS

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## AND ADVERTISER

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### November at the Transcona Museum

By: Jennifer Maxwell, Assistant Curator

**Museum Closure Dates** – The Transcona Museum will be closed November 6<sup>th</sup> – 11<sup>th</sup> for Remembrance Week. We will also be closed November 23<sup>rd</sup>. If there are any other changes to our regular museum hours, we will post to our social media pages.

**Stories of Remembrance: From Hometown to the Frontlines** – The Transcona Museum will be presenting our award-winning Remembrance exhibition, “Stories of Remembrance: From Hometown to the Frontlines” in Centre Court at Kildonan Place Mall from November 6<sup>th</sup> – 11<sup>th</sup>. The display will be available for viewing during mall hours. For details on our opening ceremony, please visit our website or social media pages for updates. *Join us In Remembrance.*

Learn more about Transcona’s war efforts by viewing our virtual exhibit, *Serving King & Country*, available through our website. We also have a selection of blog posts related to Transcona’s military history and remembrance (also available on our website). There is also a book titled, *“We Will Remember Them: Stories from the Transcona Memorial United Church Honour Roll”* by Stephen McKendry-Smith, available for sale in our Gift Store.

**Transcona’s War Efforts Walking Tour** – Join the museum for a guided tour that explores the experiences of Transcona – a small, tightly knit railway community that was forever changed by the events of the First and Second World Wars. The tour will run on November 3<sup>rd</sup> from 9:30 – 11:00 am. Pre-registration is required prior to the start of the tour as space is limited. Please visit our website for more information and to register.

Please note: Tours may be cancelled due to weather conditions. We will notify participants by email as soon as possible in the event of cancellation.

**Crafts & Cocktails Market** – Mark your calendars! The Transcona Museum will be at the Crafts & Cocktails Market on November 23<sup>rd</sup> from  
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# What is a Cataract?

by Dr. Karen Blackie, OD

Cataracts are the world's leading cause of blindness. Fortunately for us in Canada, it is treatable. Surgical removal is offered if and when a cataract is bad enough to interfere with your daily activities and glasses cannot improve your vision. Your optometrist will refer you to an eye surgeon, although wait times can be approximately 1 year. So, what exactly is a cataract? I have been asked if they can be "scraped off?", or "polished?" The answer is no. The lens is a biconvex (thick in the middle, thin at the edges) clear structure that sits behind the pupil & iris. It sits within a capsule, and is needed for close work. When we are looking in the distance, our lens is flat, when we change our focus to something close, it changes shape and becomes thicker. The inevitable need for reading glasses is a natural aging change due to the gradual loss of the lens' ability to focus near objects. Cataracts is when the lens loses its trans-

parency, i.e. has become cloudy. It gets replaced with a clear implant.

There are 3 main types of cataracts:

Nuclear sclerotic - lens turns darker and darker shade of yellow. This kind of cataract often changes the person's glasses Rx which in the beginning keeps the vision satisfactory.

Cortical - think of bicycle spokes at the edge of the lens going towards the center. People often complain of glare due to light scattering.

Posterior Subcapsular - think of a small frosted window right in the center of your vision. If it gets big enough, cataract surgery is needed.

You might feel nervous with the idea of an operation on your eye, but it is a very common procedure. It usually takes about 15 to 20 minutes. If both your eyes need cataract surgery, they are usually about a month apart to allow the 1st eye to heal.



For most people, recovery is smooth. Any surgery of course can have risk, but rare for cataract surgery. After surgery, a lot of people do not even need glasses for distance, or at least a lighter Rx. The surgeon is able to incorporate your spectacle Rx into the implant. If you have a higher amount of astigmatism that is often left over in the new Rx, and the need for reading glasses for near work is still required.

Some individuals notice months to years after that their vision has gotten cloudy again, and suspect that their cataract has come back. This is in fact impossible, but what can happen is a cloudiness due to opacification of the capsular bag that the implant sits in. Apart from reducing visual acuity, it may impair contrast sensitivity causing difficulties with glare. A referral back to the surgeon occurs, and treatment involves the creation of an opening in the posterior capsule (i.e. the back wall of the capsule that the lens implant sits inside with a laser.

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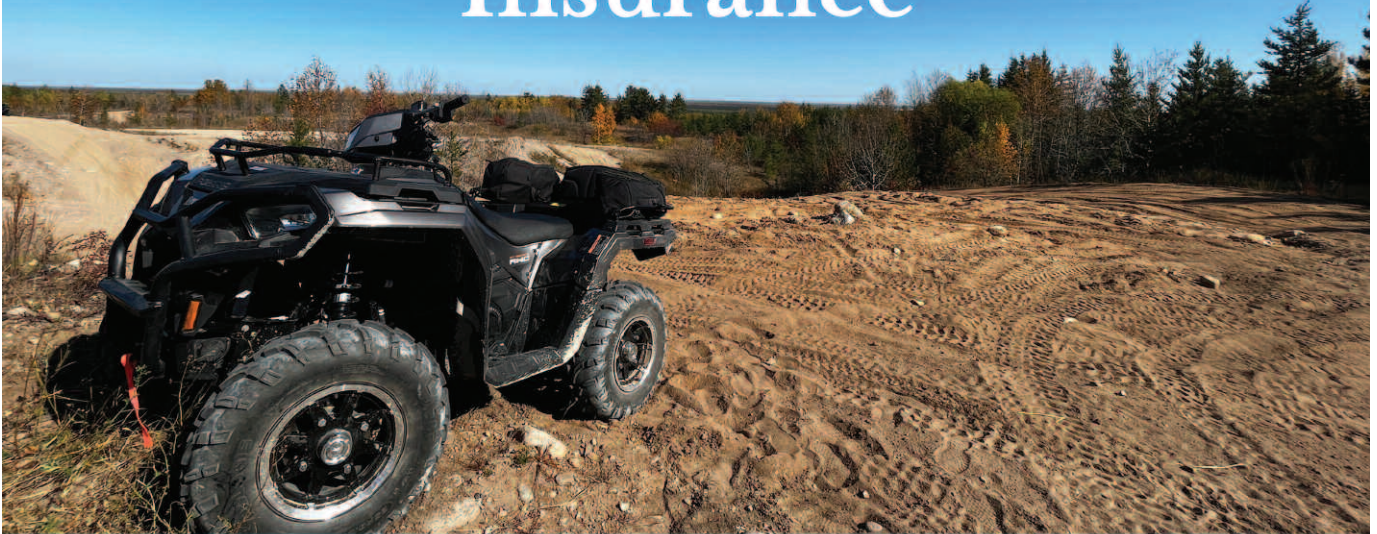
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# Transcona Garden Club

By Anne Copland

Gardeners love November for many reasons, mostly because it is officially the first month to kick off “Non-Mosquito Season”, not to be confused with Mojito season, which is well-known to Snowbirds.

For anyone wishing to challenge me on this, just remember that it is only official because I said so. November is also that fleeting sweet spot between mowing grass, pulling weeds and shovelling

snow. Once our fall drudgery is over, we can look forward to a month of craft sales, working on our outdoor containers, Christmas shopping, and baking. But gardeners are never totally not gardening. Indoor gardeners tend their houseplants, some of which may need special attention, especially if they spent any time outdoors in the summer. As they adjust to dryer air, outbreaks of aphids and other pests may occur. Deal-

ing with the pests and raising the humidity around them will help.

Garden centres offer workshops and stimulate our senses with lush evergreens and other seasonal décor. We go there for the greenhouse ambiance, sustaining us until the days lengthen in the new year. Amaryllis bulbs and other winter bloomers satisfy the nurturer in us. This is the time to pick some up.

While summer bulbs, corms and tubers went into storage, winter blooming amaryllis, paperwhites, hyacinths, etc. need to come out of storage and into the light and warmth to do their spectacular displays in December and January. My rescue amaryllis did not bloom last winter but surprised me in September and October! People are reporting that wax-covered ones might reflower. That is not a given, but gardeners are always up for a challenge. They make nice gifts as they require no special care, not even water, just a spot in average light.

A regular amaryllis prefers direct morning light, indirect light for the afternoon, and moderate watering. Turning the pot to ensure straight growth, and a support for later might be helpful. In some cases, more than one flowering stem is produced and may be top-heavy. Their exotic blooms and foliage add glamour to festive décor. When flowers finish, you may remove them along with the forming seed capsule, leaving the stem and leaves to continue nourishing the bulb. Light watering is all it needs. The bulb can live outdoors for the summer in a sheltered spot, fertilize until mid-August. Keep in a dark room until it is time to bring it out of dormancy to start the process over again.

Transcona Garden Club meeting will be held on November 15 at 7PM at 328 Whittier Avenue West.

A workshop is being planned on November 18. Pre-registration is required. Please call Pat at 204-224-3859 for details. All are welcome.

The Flower Arrangers will meet on November 10 at 1:00 - 3 PM at the above address. Please call Lois at 204-391-2445 or Anne at 204-224-2535 for more details. Newcomers are welcome to sit in to observe or participate. ❖

***“In Flanders fields the  
poppies blow”***

Lest we forget.

# Thank You!



Dear Transcona Residents,

I'm grateful for your support in this election, though the outcome wasn't as hoped. I respect your choice and congratulate our elected representative Nello Altomare.

Thanks to my dedicated team of volunteers and supporters for their hard work.

I'll continue advocating for Transcona's well-being, even outside elected office. Let's stay engaged and work together for a brighter future.

Thank you for the opportunity to serve as your PC MLA candidate.

Sincerely,  
**Titi Tijani**

**PC** Progressive  
Conservative

Authorized by the Official Agent for Titi Tijani

# Community Billboard

**The Park Manor Culture Club** is a group effort of Management and staff to enhance the environment for the residents.

We are holding a Jack Frost Craft Sale, Sat. Nov 25 11-3pm., Park City West Community Centre. 115 Sandford Fleming Rd.

Fundraiser for Park Manor Care Culture Club. Canteen Wheelchair Accessible. \$2 entry, Door Prize.

**Transcona Memorial United Church** – 209 Yale Avenue West

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

We continue to pray for local and global issues - let there be peace on Earth!

Please join us for Quiz Night on November 18 in Yale Hall. Tickets are \$15 and can be purchased through the office - 204-222-1331. There will be a small silent auction of jams, jellies and preserves.

Messy Church is back! Join us on November 10, 2023 from 5:30-7:30 for games, crafts, stories, songs and supper. Registration recommended but never required.

The Monthly Book Group meets in November to discuss *Code Name Verity* by Elizabeth Wein. Please look on the website for meeting dates and locations.

Did you know we rent our space? A variety of rentals available for your needs!

For more information, please reach out through our website <https://tmuc.ca> The office is open on Tuesdays from 9 to 2, and Fridays from 9 to noon.

**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.

Upcoming Events:

Feast of All Saints Memorial Service will be held Sunday November 5 at 1030 am. ➔

Christmas Bazaar on Saturday November 18, 2023 from 10 am to 2 pm. Details on our website.

Christmas Bake Sale pick up will be held on Saturday, December 2. Baked goods options include a mixed tray of dainties, shortbread or butter tarts. Pre-orders required. Details can be found on our website.

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](mailto:stgeorgesanglicantranscona@gmail.com)

**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!

*Continued on page 6*

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## Kids Centre CoOp

### Celebrating 50 years in Transcona!

Kids Centre Co-op Nursery school is celebrating 50 years. The Nursery school started in May of 1973, by University students as part of the classes. The community quickly noticed the need for this kind of programing so when the students had to return to class parents took over the Co-op. The school has made many moves in the community of Transcona but has always served the same age group of two- to five-year-olds.

Kids Centre Co-op started in St Micheals Church, then they made the move to Westview school. For a brief time, they were in Oxford Heights Community Club before moving back to Westview school. In 1993 KCC moved to Ecole Margaret Underhill and in 2000 they made the move to Radisson School. All while having so much support from the community.

The community of Transcona is what makes the Nursery School such a success. There have been parents who have attended when they were young followed by their own children attending. Families have cousins that attend together and the teachers at the Nursery school say they get to know grandparents well as they will see them over many years.

The Celebration of the 50<sup>th</sup> Anniversary took place on the Transcona Trail on October 14<sup>th</sup>, 2023. Current families and Alumni families came out for the centres annual Walk-A-Block A-Thon. It was the 39<sup>th</sup> year of this event. Though the event normally takes place at class time this year the centre choice to make it a part of the 50<sup>th</sup> Anniversary.

The walk ended at Plessis Street where there were special characters to meet the children as well as cake, all the class pictures from years passed and a 50<sup>th</sup> Anniversary Keepsake.

Kids Centre Co-op would like to Thank the community for all their support though the years and for making them a special part of their Childrens learning. ❖

## What is a Cataract?

*Continued from page 2*

People often ask us “when will they be bad enough for surgery?” The truth is we don’t necessarily know, especially in the beginning. Routine follow up every 1-2 years will keep an on on your vision, and a referral would get made when it’s time!

Checkout our website at [www.transconaoptical.ca](http://www.transconaoptical.ca) and be sure to follow us on Facebook at [www.facebook.com/transconaoptical](http://www.facebook.com/transconaoptical) and Instagram @transconaoptical ❖

## Community Billboard

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**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 or view our website at [www.lcgstranscona.org](http://www.lcgstranscona.org)

**St. Michael’s Ukrainian Catholic Parish.** 400 Day St. - ➔

**Jack Frost  
Craft Sale**

**Sat Nov 25 11-3pm**

**Park City West  
Community Centre  
115 Sandford Fleming Rd**

**Fundraiser for  
Park Manor Care  
Culture Club**

**Canteen  
Wheelchair Accessible  
\$2 entry Door Prize**

# 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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Sun. Liturgy 9:30 am  
 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

**St. Michael's Villa Tenants Association, Bake Sale and Silent Auction.** Saturday November 18 between 11:00A.M. & 3:00P.M. at 114 Yale Ave. E.

We will have a great selection of baking items as well as pierogies for sale and a silent auction.

**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, NOVEMBER 23, 2023. THURSDAY, DECEMBER 21, 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*

Exciting Events coming your way:

Local Artists are presenting an amazing gallery of their works Saturday November 4<sup>th</sup>, 2023 at 328 Whittier Avenue West from 10:0am to 3:00pm. This is a show

*Continued on page 9*

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# Transcona Ward Report

## "Progress on East of the Red Rec Plex (ERRP):"

By Russ Wyatt, City Councillor, Transcona Ward

The City of Winnipeg, for the first time, has developed a schedule for building the East of the Red Rec Plex (ERRP). Much is tied to funding from other levels of government, but for the first time, thanks to the fact Council has **committed \$2 million of**

**new funding this year to this project,** progress is being made!

We lost 4 years of work on this project from 2018-2022, as demonstrated by a recent report to Standing Committee, where my predecessor who was our Councillor

during that time, made zero progress on making this important project a reality. After being elected in October of last year, I started pushing to ensure funds were included in the 2023 Capital Budget and was successful on securing said funding.

Thanks to the support of Mayor Gillingham and all of Council, ERRP is moving in the right direction!

Phase 1 - Preliminary Design Services July 2023. Staff resources assigned 2023 Q4. RFP for Preliminary Design Services issued (public tender)

2024 Q1. RFP evaluation complete; contract awarded to successful proponent 2025 Q1. Preliminary design services complete, Class 3 cost estimate established

Next Steps

2025 Q2. Capital budget submission for detailed design and construction submitted for Council consideration, subject to the approval of a funding contribution agreement with other levels of government.

2026 Q2. Capital project fully approved/funded. This step assumes a one-year process to negotiate a funding contribution agreement with other levels of government.

2026 Q3. Detailed design services awarded/commence (approx. 12 months duration)

2027 Q3. Detailed design complete, Class 1 cost estimate established

2027 Q4. Construction Contract tender 2028 Q1. Construction Contract award/start of work (approx. 24 months duration)

2030 Q1. ERRP Commissioning & Opening

### "New Ward Office Open"

I am pleased to announce that our **new Ward Office is now open at Unit 6 -801 Regent Avenue West**. This is in the strip mall at the corner of Regent Avenue West and Plessis Road. A budget was approved for Ward Offices in March of this year, however the search took longer than expected as I wanted to ensure the office would be fully wheelchair accessible, as well on major bus routes, and central for the entire Ward.

The office location is in the geographic centre of the Ward, which extends all the way from the Perimeter Highway in the east, to Lagimodiere in the West, from

## Russ Wyatt

City Councillor  
Transcona Ward

PH: 204-986-8087

Email: [rwyatt@winnipeg.ca](mailto:rwyatt@winnipeg.ca)

Ward Office:

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Kildonan Estates north of Grassie, to and including Southland Park across from the Royal Canadian Mint.

My Executive Assistant (EA) Glen, and I will be working from said office, **with the office open Monday to Friday, from 10AM to 6PM.** The office will be closed on days when City Council meets or when I have a Standing Committee Meeting or Community Committee Meeting (These meetings happen at City Hall). In a typical month that will be four days out of any month where the office will need to be closed as Glen and I will be at City Hall for those said meetings. Every Month's Schedule will be posted in the window of the office so you will know when those days are. I am also on many Boards and Committees beyond those committees, and that means if I am not in the office, due to those meetings, EA Glen will be there still.

As it stands now, only two City Councillors (including myself), have opened Ward Offices. I hope other City Councillor open Ward Offices, as it is helpful to their constituents too, and I did fight to ensure all members of Council had same funding in place if they desire to open a Ward Office. **Our phone number and email address remain the same.** ❖

**Seniors Bulletin Board**  
*Continued from page 7*

you don't want to miss. Admission is free and refreshments will be served. This is in time for a little Christmas shopping.

Transcona Council for Seniors Inc. Volunteer Drivers Program has been blessed with several wonderful 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. We now have enough drivers, to be able to expand this service to include shopping etc. We hope to keep growing this valuable service so if you could consider being part of the team this is what is required.

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.

We wish to start a local referral service for seniors providing snow shovelling, home maintenance, light house keeping, lawn care etc. If you would like to be registered to be part of this referral service, please call Colleen at 204 222-9879 or Steve Lipischak at 431-792-2662. We would then refer your services to seniors in need.

The Transcona Council for Seniors will continue to provide training for Seniors

*Continued on page 10*

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# November at the Transcona Museum

*Continued from page 1*

6:00 – 10:00 pm at Club Regent Casino. This event is presented by the Transcona BIZ and Club Regent Casino. Sample different cocktails all while shopping through the casino and visit the talent of local handmade craft vendors. More information to come, make sure you're following both the museum and the Transcona BIZ on social media for the latest details.

**Winter Holiday Crafts & Activities** – We are planning our Winter Holiday events at the Transcona Museum and in the community! Stay tuned for details on our social media pages and on our website.

**Hours & Contact Info** – Transcona Museum is located at 141 Regent Avenue West. Our hours are Tuesday to Friday, 11:00 am to 4:00 pm and Saturday, 12:00 – 4:00 pm (subject to change). We are CLOSED all holiday long weekends. We are also available

by appointment. Have questions or research inquiries? Call us at 204-222-0423, email at [info@transconamuseum.mb.ca](mailto:info@transconamuseum.mb.ca), or visit our website at [www.transconamuseum.mb.ca](http://www.transconamuseum.mb.ca). Follow us on social media for all the latest information including Facebook, Twitter, Instagram, TikTok, Threads, Pinterest, and YouTube. ❖

## Seniors Bulletin Board

*Continued from page 9*

iors 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](http://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](mailto: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.

Watch for entertainment Wednesdays at 3:00pm before the Wednesday meal. Up coming dates will be posted on the web.

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 starting September 25<sup>th</sup>. and Wednesdays, acrylic and oils starting September 27<sup>th</sup> 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. On going.

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. On going.

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. Next meeting November 14<sup>th</sup>, 2023.

Canadian Hard of Hearing Association, Manitoba Chapter holds a meeting

*Continued on page 14*



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# Transcona Royal Canadian Legion

## Remembrance Day Ceremony (2023)

Remembrance Day in Canada is held each year on November 11th. It is a time to pay homage to those Canadians who have served during times of war, conflict, and peace.

Canadians have served in both the First and Second World Wars,

the Korean War, during the Cold War and in numerous United Nations and NATO missions throughout the world in places such as: Cypress, the Former Yugoslavia, Kosovo, Haiti, etc. Canadians have also fought and served in Afghanistan.



Over the years, thousands of Canadians have lost their lives serving our country. Thousands of more Canadians have also suffered physical and psychological injuries as a result of their service. During this time of year, we recognize and honor all our veterans which includes the current serving members of our military.

The Transcona Legion is having a public Remembrance Day service at the East End Arena. This service will be similar to the service we have held in previous years.

The service will take place on: **November 11, 2023 (Saturday)**. We encourage the public to arrive by **1030 hrs**.

Please be sure to check out Transcona Legion website for any updates/announcements prior to the service: <https://transconalegion.ca/>

The Transcona Legion will be marking Remembrance Day with some other events in our community that will also have a Remembrance Day theme.

Lastly, we would encourage all Canadians to wear a poppy this time of year and to take time to reflect and honour our veteran's past and present.

Our Branch will be hosting, on **December 9th**, our **23rd Annual Breakfast with Santa**. This event is for the children and grandchildren of the Members of Branch #7 and the Ladies Auxiliary. The ages are infant to 10 years of age. Tickets and details for this event are available at the Bar with the deadline of **November 11th** to purchase your tickets.

We are also holding a **Holiday Fundraiser** - Poinsettias from Shelmerdine. The funds raised will be used to "**Help us fix the Roof**". This fundraiser starts October 25th and the deadline is December 4th. Delivery to legion is December 8th. This fundraiser is open to everyone.

There is an assortment of colours for the poinsettias along with door swag, wreaths and gift cards. Our Bar staff will have all the information, details, and order forms available. ❖



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*Welcomes*

**Dr Richard Nieckarz**

Dr Richard Nieckarz was born and raised in Winnipeg and has been a proud resident of Transcona his whole life. He loves Transcona and is very eager to give back to the community he grew up in. He attended the University of Manitoba and received a Bachelors of Science Degree in Biology before graduating with a Doctor of Dental Medicine degree. He is passionate about learning more about dentistry and staying up to date with the latest techniques through continuing education courses. In his spare time, you will often find him playing beach volleyball in the summer or indoor volleyball in the winter. He also enjoys playing the guitar and spending time with family.



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# REMEMBRANCE DAY

Every year on the **eleventh hour** of the **eleventh day** of the **eleventh month** we gather. We wear our **Poppy** as a symbol of both Remembrance and hope for a peaceful future. We stand in honour for a moment of silence of all those that have served our Country that we have lost.

**THEY WALKED WHERE WE WALK TODAY. WE SHALL REMEMBER THEM....**  
**Names of fallen Military from Transcona who never returned.**

## WWI 1914-1918

Aird, Jack Donald	Carroll, Vincent	Higgins, Herbert "Harry"	McGillivray, Patrick	Robson, John Jamieson
Andrews, Harold Marland	Cooper, John	Hines, Thomas	McKay, George	Ryan, George
Annis, Alfred	Dyer, Royce Coleman	Holland, Walter Leonard	McKinven, Angus K.	Schafer, Edward John
Austin, George Bell	Edwards, John	Hynes, Edward	McPherson, Michael	Smith, Frank Wallis
Barugh, Walter	Elliott, Alexander	Hyslop, James Fingland	Mickleburg, Ethelbert William	Swithenbank, H.
Bashford, Charles Ernest Cort	Ellis, James	Jenkins, Harry	"Bert"	Tatton, Norman Douglas
Beattie, Thomas Grant	Esselmont, George	Johnson, Frank John	Millican, William Duncan	Trenham, Edward
Beken, Horace Carl	Farquharson, Donald	Jones, Pierce Edward	Munro, Donald	Walker, Reginald Guy
Berry, John	Ferg, Edward Charles	Keens, Austin B.	Parazenski, Mike	Webster, Daniel David Walwin
Bower, William Murray	Fessey, William Henry	King, Ernest Henry	Pettitt, William	White, Oscar Thomas
Bradley, Edmund Charles	Gibb, Alexander Coull	Kipping, Samuel Wilkins	Poirier, Joseph	Willacy, John Pinder
Brooks, George Cecil Shirley	Gordon, Alanzo Prebble	Law, William	Poirier, Phileas	Williams, Richard
Brown (Lebrun), George Alexander	Green, Wilfred Langford	Linklater, David	Quinlan, Francis Timothy "Frank"	Wilkinson, Scott
Buck, Harold Lambert	Gunn, Angus	Lisoway, William	Rankine, Donald Hugh	Youngson, Alexander Wood
Buckley, Edmund Hall "Ted"	Harvey, James William	Louden, Alfred	Rees, Harold James	
Buntain, John	Heron, William	Marsh, Samuel Parnell	Roberts, Thomas William	
Campbell, David	Herrick, John Riversdale Warren	McAllister, Cyril Augustine	Roberts, William Edmund	

## WWII 1939-1945

Andrews, John Fredrick Edward	Greengrass, Roy Stanley	MacMillan, Duncan Ross	Parsons, Howard Norman	Remi "Remi"
Atwood, Bertram Edwin "Bert"	Haigh, Allen	Magas, Harry	Phillips, Ronald Keith	Turcotte, George
Bate, Arthur John "Jack"	Hurst, Leslie Ernest	Marcotte, Joseph Leo Paul	Regimbal, Leo Joseph	Turner, Alan Thomas
Belanger, Joseph	Johnston, Joseph Neil	Maxwell, Ralph C	Robinson, George Douglas "Doug"	Valde, Victor Lewis
Blackwell, Henry Westbrook	Kasijan, Michael "Mike"	McCann, William Alexander "Billy"	Savage, James Gordon Wilson	Walters, Stuart Fredrick
"Harry"	Kostyk, Andrew	McDougall, George	Stammers, Ernest Frank	Warner, Wilfred Lawrence
Dillabough, Lawson	Kirby, Alfred	Moroz, Hrykory "Harry"	Sutherland, Joseph Arthur William	Widlake, Tom Huntington
Firman, Roger Joseph "Sonny"	Larche, Joseph Armand G.	Moroz, Michael "Mike"	Swanton, Elliot L.	Wylie, Albert Alfred
Gamsby, Austin Gordon	Lopuck, Antoni "Anthony" "Tony"	Muir, John R.	Tetrauit, Joseph Octave Arthur	

## KOREA 1950 – 1953

## AFGHANISTAN 2006 – 2014

## PEACEKEEPING 1956 – PRESENT

### LEST WE FORGET

THEY SHALL NOT GROW OLD, AS WE THAT ARE LEFT GROW OLD,  
AGE SHALL NOT WEARY THEM NOR THE YEARS CONDEMN,  
AT THE GOING DOWN OF THE SUN AND IN THE MORNING,  
"WE SHALL REMEMBER THEM"



**THE ROYAL CANADIAN LEGION**  
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**117 Regent Avenue E.**

# Nello's Transcona Report

By Nello Altomare, MLA Transcona

With the greatest humility, I want to express my sincere gratitude for being re-elected as the Member of the Legislative Assembly for the Constituency of Transcona. I have said this many times since 2019 and it bears repeating. It is an honour to represent Transcona, to be the voice for our beloved community.

To Arthur Bloomfield and Titi Tijani, I would like to thank you for allowing your names to stand on the ballot. It is no small feat to run in an election campaign. It takes courage, dedication and a love for community. This was evident in the way you conducted yourselves during the campaign.

This is an exciting time. The promise of a new government elected brings with it, heightened expectations. During the campaign we focused on improving healthcare and affordability for Manitobans.

We can't make health care better in Manitoba without working with the front-lines. That's why we're proud that our plan for improved health care is endorsed by doctors, nurses, nurse practitioners, paramedics, homecare workers and other health specialists. We will work with them to improve health care for every Manitoban.

Making life more affordable for Manitobans will be a top priority. To this end, we will freeze hydro rates for one year and ban surge pricing. We will cut the gas tax by \$0.14 a litre and offer a broad middle-class tax cut.

As a former teacher and school principal, our plan to implement a universal nutrition program so that every child can focus on learning, has me most thrilled. The other part of our plan for public education will be to ensure school divisions have stable, predictable funding to set kids up for success.

The road ahead won't always be easy, but the way we get through the tough times is to rely on each other and work together. I look forward to continuing to serve as your MLA for Transcona. ❖



**Proud to serve  
Transcona**

**NELLO  
ALTOMARE**  
MLA for Transcona

16-801 Regent Ave. West  
nello4transcona@gmail.com

## Seniors Bulletin Board

Continued from page 10

at 328 Whittier Ave West every 3<sup>rd</sup> Monday of the Month from 1-2:30pm. Next meeting November 20<sup>th</sup>, 2023.

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. On going.

Wednesday Bingo

Thursday's darts at 10:00am

Thursdays Scottish Country Dancing at 1:00pm. ➡



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Check us out at [jdhoggs.com](http://jdhoggs.com)

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

Friday Whist or Crib 1:30pm On going.

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](http://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

**Taking Steps to Prevent Falls**

November is falls prevention month. Every year, one third of Canadians over age 65 have had a fall. Falls are NOT a normal part of aging though; many falls can be prevented. Preventing falls can help you to stay active and remain independent.

Reduce your risk of falls in 3 easy steps: **Move, Improve and Remove!**

**MOVE your body** – Build your balance, strength and flexibility with regular physical activity.

Enhance your stability and co-ordination with activities such as walking, swimming or Tai Chi.

Increase the intensity of your physical activity over time to build stronger muscles.

**IMPROVE your health** – Review medications regularly with your health-care provider or pharmacist and discuss any side effects, such as feeling dizzy or sleepy. Keep up your social activities.

Routinely clean your teeth and gums so you can eat a nutritious diet. Check your eyesight and hearing regularly.

Keep your body healthy and strong with good nutrition and hydration. Aim

for 3 meals per day (plus snacks if needed!) and about 6-8 cups of fluid throughout the day.

Vitamin D is also critical for maintaining muscle strength, balance and reducing the risk of falls. All adults over age 50 should take a daily vitamin D supplement of 1000 IU.

**REMOVE hazards** – Keep your floors clutter free. Install grab bars in the bathroom. Use handrails and turn on lights on all staircases. Wear well-fitting


and supportive footwear inside and outside. In winter, choose boots with good traction and consider adding ice grippers for walking outdoors on snow. Try to avoid icy surfaces, but if you can’t, go slow!

(Source: [Falls in seniors – Parachute](#)).

Complete the *Prevent Falls Check-up* at » [Prevent Falls Check-Up | Staying On Your Feet – Taking Steps to Prevent](#)

*Continued on page 17*

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## Radisson Report

Jelynn Dela Cruz, MLA Radisson



Being elected to serve the public is not something that should ever be taken for granted, nor should the process to get there. After almost two years of attending events, knocking on doors, engaging in difficult conversations, and brainstorming how to put them to action, I sincerely thank the people of Radisson for their patience and their trust. I'm proud to be your new voice in the Manitoba Legislature.

I also thank Jean Luc and James for being welcome company on the ballot for Radisson residents. The three of us rep-

resented teams of people whose loved ones made a slate of sacrifices to get us each to the finish line. After much rest, I hope to see them continue to rise to the cause for the betterment of our communities and express my deepest gratitude for the work they had put in.

Since the beginning of this campaign, it has been my goal to embody compassionate and pragmatic leadership - not by myself, but with the team alongside me. I'm grateful for the community members who poured in to offer us their help, many of whom had never been politically active, and who increased our capacity to hear the stories that people had to share. What our team put forward was a true representation of what Transcona is all about: *Helping our neighbours*.

Coming from a family of aging front-line workers across the care industry, I

have seen the need to listen and do better. Having worked in disability services, I have seen tough decisions have to be made in order to fill gaps in government services. As a young person who joined the workforce at a time of high inflation, I understand the need to make life more affordable, to build a sustainable economy, and to invest in education.

I am poised to use this experience during these next four years serving Radisson. During this period of transition, I am working hard to build a good local team and to lay a strong foundation for constituent engagement. I look forward to announcing a few of the initiatives that I have in the works and welcoming community feedback.

We are navigating difficult waters, but we need bold leadership to listen to check in with those on deck, to change direction and to steady the ship. That's why I am confident in the vision that we voted for in this election. Now, let's get to work! ❖



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## Healthy Aging

*Continued from page 15*

Falls | Winnipeg Regional Health Authority (<https://preventfalls.ca/older-adults/prevent-fall-check-up/>) to learn what is putting you at risk for falling! A&O Support Services for Older Adults offers a **SafetyAid: Falls Prevention program** to support adults 65 plus to reduce their risk of falls through a home assessment, exercise program and education. Contact the intake line at 204-956-6440 for more information.

For additional support with assessing your falls risk or for ideas on how to make your home safer, contact the Healthy Aging Resource Team at 204-940-2114.

## WRHA Report

*By Stacy Boone,  
WRHA Community Facilitator*

After a successful Spring and Summer, “**Cycling with Sarah**” group rides have wrapped up BUT wait - we’ve created another way to keep us connected and active!

“**Cycling with Sarah**”, will be offering fall and winter activities twice a week. Walking, hiking, snow shoeing, XC skiing and tobogganing. Our goal is to stay active, continue to support and encourage all women 55+ along with enhancing our physical, mental and emotional health. With the cooler weather on the way, many find it hard to get outside and get moving. The sunshine and fresh air in our fall and winter months is the best thing to beat off that blue feeling that so many of us can feel in the cooler months. For information on how to register email [cyclingwithsarah@gmail.com](mailto:cyclingwithsarah@gmail.com) and follow on Instagram @cyclingwithsarah

WRHA Fall Flu Clinics will be held at ACCESS Transcona, 845 Regent Ave West on the following dates and times.

These dates may change based on availability of vaccine. These clinics will be able to offer Covid and Pneumonia

with the flu shot.

Friday Oct 27<sup>th</sup> 1-6pm

Sat Nov 4<sup>th</sup> 10-3pm

Friday Nov 10<sup>th</sup> 10-3pm

Thursday Nov 16<sup>th</sup> 1-6pm

Sat Nov 25<sup>th</sup> 10-3pm

To book an appointment at this location please call 1-844-626-8222 or booking online at [www.patient.petal-health.com](http://www.patient.petal-health.com)

The Plessis Community Resource Centre is asking for donations of boxes

of cereal, pancake mix and syrup, peanut butter, jam and 1 litre juice boxes for our breakfast program.

With cooler weather here, soups, canned fruit, tea, coffee, shampoo and dish soap are ongoing needed items.

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.

*Continued on page 18*



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# Anger, Hope and Change

By Daniel Blaikie, MP Elmwood-Transcona

Canadians, like people the world over, are living through challenging times. It is normal to feel anger about the state of the world. It is right to hold policy makers and the powerful to account for the role they play in creating and perpetuating needless hardship.

At the same time, we must be careful not to let our anger drown out our concern for truth or let our quest for accountability devolve into scapegoating. There is a moral point here, to be sure, but also one of self-interest.

If we accept simplistic explanations of the problems, we face that lay all the blame at the feet of one person or one group, we may succeed in changing out the people at election time but fail to solve the problems.

The current housing crisis is a case in point. Pierre Poilievre would have you believe that the housing crisis is all the fault of Justin Trudeau. He would have you believe that government spending during the pandemic is the reason real estate prices have spiked.

I believe Justin Trudeau and his government do bear significant responsibility for the housing crisis, but not for the

same reasons. Unlike Mr. Poilievre, I believe the 'why' matters as much as the 'who'.

Mr. Poilievre's story leaves out the fact that many people during the pandemic wanted bigger homes, adding more buyers into the market. His story leaves out the fact that short-term rentals on Airbnb have made houses attractive as investment properties instead of homes. His story leaves out the role of low interest rates, tax breaks for Real Estate Investment Trusts and the crippling under-investment by Liberal and Conservative federal governments in social housing for the last thirty years.

If you take Mr. Poilievre's story at face value, you will miss the fundamental similarity between the Liberals and Conservatives when it comes to the housing crisis. They both see housing as an asset class to be traded on the open market, rather than as a human right that should be managed as a public good.

Mr. Poilievre's heavy emphasis on government gatekeepers ignores the corporate gatekeepers that are not just blocking Canadians from getting into a home, but actively evicting them in the name of

profit. If we buy his story we miss important truths, allow some people to escape accountability and fail to solve the problem. He would have us change the government without changing the conditions driving the housing crisis.

In Manitoba, we just had an election. The Conservatives ran one of the nastiest campaigns I have ever seen but the NDP and their leader Wab Kinew refused to go low.

Kinew reminded us of the cuts to healthcare and education, but instead of insisting "everything is broken" he reminded us of our potential. He offered us hope that we can do better, not by tearing each other down, but by joining together and finding a sense of common purpose.

In so doing, he modelled for us all how to transform anger into hope instead of letting anger drive us further into conflict. That is how we can successfully channel our anger into change.

I am grateful to all the Manitobans who chose the challenging path of hope and change, rather than accepting our same old problems re-spun with the shallow comforts of anger. ❖

## WRHA Report

*Continued from page 17*

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](mailto:Plessis@familydynamics.ca)

**ReACT** – Recovery Education for Additions and Complex Trauma will be offering a 4-week program that explores how complex trauma affects everyone is some way. For some, it can look like severe mental illness, dysfunctional relationships and/or debilitating substance or process addictions. **ReACT** will be offering a program in Transcona to help those struggling to process trauma and assist

*Continued on page 21*

**DANIEL BLAIKIE** **MP**  
Elmwood-Transcona

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# Why Do I Need To Wear SPF Every Day? Even in Winter?

Shared by *Transcona Salon Spa*

Sunscreen. It protects us from sun damage, reduces our risk of skin cancer, prevents the early onset of wrinkles and starts to work within minutes of application. In other words, it's one of the most effective beauty products around. Most of us already know the importance of SPF during the summer when the sun is shining down on us. But if you want to keep your skin looking radiant and healthy, you actually need to wear sunscreen every single day. Here are the reasons why:

**Reduces Your Risk Of Skin Cancer** – Sunscreen protects your skin and reduces your risk of developing skin cancer and skin pre-cancers. Skin Cancer Foundation claims that applying sunscreen with an SPF factor of 15 reduces your chance of developing squamous cell carcinoma by 40% and your melanoma risk (the deadliest skin cancer) by 50%.

**Protects Against Sunburn** – Sunlight actually consists of two types of harmful rays, UVA and UVB. UVA rays from the sun It's UVB rays, however, that are responsible for sunburn and are thought to cause most skin cancers."

Thankfully, sunscreen defends the skin against UV rays by absorbing, reflecting or scattering sunlight.

**Prevents The Early Onset Of Wrinkles & Fine Lines** – When it comes to developing wrinkles, fine lines and crow's feet, one of the most effective preventative formulas is sunscreen. Lengthy exposure to UVA rays prematurely ages your skin and results in the loss of collagen and skin elasticity.

**Helps Protect Against Blotchy Skin & Hyperpigmentation** – Uneven skin pigmentation (or hyperpigmentation) refers to parts of the skin becoming discolored or darkening in an inconsistent way. This can be hereditary, but it can also be caused by sun exposure.

The good news? There is a simple way to avoid dark spots— and the solution is wearing sunscreen rain or shine, not just in summer.

**Stops DNA Damage** – Scientific studies have found that sunlight induces DNA damage and can trigger skin carcinogenesis and photoaging. Clearly, sun exposure can have a profound effect and potentially cause premature skin

aging, skin cancer and many other skin changes.

**You Need To Wear SPF Indoors** – For those spending all day indoors, UVA light can still reach you by penetrating window glass. If your office is bright from sunlight streaming through the windows, you're receiving a similar amount of UVA rays as you would be if you were outside.

**At High Altitudes** – Even if you've chosen a skiing holiday over a week at the beach. Snow reflects up to 80% of the sun's damaging rays, so next time you're on the slopes, apply sunscreen to the exposed parts of your face.

**During Winter** – The ozone layer is the part of the atmosphere that absorbs the radiation from the sun. During the winter months, the ozone layer thins out, recommend applying sunscreen to areas that aren't covered by clothes, like your ears, neck, scalp, hands and your face (but you already knew that).

**On Cloudy Days** – The Skin Cancer Foundation also states that even when it's cloudy, up to 80% of the sun's UV radiation reaches Earth. Unfortunately, that means outside activity on an overcast day (any season of the year) can still result in skin damage.

**Through Light Clothing** – You would assume that all clothing protects us from sun damage, but some lightweight fabrics like silk, crepe or cotton tend to allow light through. ➡

## TRANSCONAVIEWS

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 December Issue

Editorial – no later than Tuesday, November 7th  
Advertising – no later than Thursday, November 9th

Email Editorial/Advertising to [transconaviews@bondprinting.net](mailto:transconaviews@bondprinting.net)

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## WRHA Report

*Continued from page 18*

in developing new and healthy techniques that lead to developing new and healthy coping skills.

For more information on upcoming programming and to register, please call 204-669-8180 or email [info@reactwinnipeg.ca](mailto:info@reactwinnipeg.ca)

**Healthy Together Now- Transcona Area applications are now being accepted! DEADLINE November 24th, 2023**

Do you have a Fall or Winter 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!

Up to **\$1000** per organization to support chronic disease prevention programs located in Transcona.

For more information please visit Healthy Together Now- [https:// healthytogethernow.net/](https://healthytogethernow.net/)

The Transcona Healthy Together Now grant is now accepting applications for the remainder of 2023. Grants are due Nov 24<sup>th</sup> 2023. Organizations may apply for up to **\$1000**.

If you have a new initiative that promotes **physical activity, healthy eating, mental well-being and/or tobacco reduction**, we'd like to hear from you!

To be eligible to apply, your program must:

- take place in the Transcona community.
- 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 evidence informed (data or research supporting need for initiative such as the evaluations from past programs, Peg City report, Community Health Assessments, needs assessments, census data, surveys etc.)

- be sustainable (a plan to ensure program continues funding, which could include strengthening partnerships, increasing skills and knowledge of community, training opportunities for community, securing additional funding from other sources etc.)

- create a positive behaviour change by increasing knowledge of healthy living

around the four pillars.

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

Be sure to familiarize yourself with the Funding Guidelines by visiting <https://www.healthytogethernow.net/funding-guidelines/>

If you have any other questions, please contact Stacy Boone, Community Facilitator at 204-223-6535 or [sboone@wrha.mb.ca](mailto:sboone@wrha.mb.ca)

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

## OUR PAST PERFECT

*Previously printed January 2007 Views*

**DID YOU KNOW THE FOLLOWING FACTS ABOUT OUR LOCAL HISTORY?**

**“Transcona Is....” BANNERS**

The **Transcona Biz** put up these banners in **1992**. They can be found throughout.

**Downtown Transcona.** The banners say such slogans as “**Transcona Is ....Commerce**” and

“**Transcona Is .... Community**”.

The Biz also sponsors the **Festival of**

**Banners** contest that features the beautiful art of Transcona school children.

**How We Got Named** - The name “**Transcona** “ was put together from two names in connection with our community’s ties to the railroad: “**Trans**” **continental Railway** and **Lord Strath** “**cona**” who drove the last spike into the railway.

**The First Locomotive** - The 2747 was the first locomotive built at the **Transcona Shops**. . The locomotive

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**Shaylene & Robert Unger**

call/text 204.791-5145

[Robert@KehlerRealty.com](mailto:Robert@KehlerRealty.com)

Robert Unger Personal Real Estate Corporation

Continued from page 21

itself is on display in **Kiwanis Park** at the corner of **Plessis Road** and **Kildare Avenue West**

**Remember The Post Office?** – The building on the northwest corner of **Bond Street & Regent Avenue West** – which currently houses **ABC Power Tools** – used to be the **Transcona Post Office**. The **Post Office** opened in **1929**, first offered home delivery in **1958** and closed in **1995**.

**The City Of Parks** – Transcona was official designated as “**Park City**” on **October 3, 1966**. It received this name for having the most parks per capita in any city in **Canada**.

**Cenotaph At Intersection** – The Cenotaph, now in **Memorial Circle Park** on **Wabasha Street**, was originally located in the intersection of **Regent Avenue & Day Street**, It was moved to **Memorial Circle** in **1954**.

**How Did Kern Park Get Its Name?** – **Kern Park** is named after **John Henry Kern** who sold land to the **Railway** so they could build the **Transcona Shops**.

**Keeping Our Community Beautiful** – **Transcona Garden Club** plants the flowers each spring that are located by **Transcona Historical Museum** and elsewhere in **Downtown Transcona**. The Club started

in 1930 as the **Transcona Horticultural Society**.

**Transcona Historical Museum** – Transcona Museum is located at 141 Regent Avenue West. Hours are Tuesday to Friday, 11:00 am to 4:00 pm and Saturday, 12:00 – 4:00 pm (subject to change). CLOSED all holiday long weekends. Also available by appointment. Have questions or research inquiries? Call 204-222-0423, email at [info@transconamuseum.mb.ca](mailto:info@transconamuseum.mb.ca), website at [www.transconamuseum.mb.ca](http://www.transconamuseum.mb.ca). Follow on social media for all the latest information including Facebook, Twitter, Instagram, TikTok, Threads, Pinterest, and YouTube. ❖

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