

TRANSCONAVIEWS

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AND ADVERTISER

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Transcona Legion Branch # 7

Submitted by Donna Poitras

Transcona fallen soldiers banner initiative

Many people from Transcona answered the call to help fight in World War 1 and World War 2. Most made it home to their families and helped build our community stronger. Sadly, 123 soldiers in total from both conflicts never made it home. Their names are listed on the cenotaph in Park Circle and on a large sign next to where most are buried in the Field of Honour at the Transcona Cemetery. Although these names can only be found in these two locations; this year, they will be on display in time for Remembrance Day along Regent Avenue for everyone in the community to connect with these fallen heroes.



Peter Martin and Dave Stewart, in a joint effort with Transcona Legion #7 and the Transcona Museum, created, planned and ordered over 60 banners that will be mounted to street lamps on both sides of Regent Avenue. Each name of our 123 fallen will be featured on both sides of these banners. Most will have pictures of the soldier with stock photos used for those we could not find pictures for.

There are many smaller communities similar to Transcona (a few here in Manitoba) that have payed tribute to their fallen with banners for several years. The banners for Transcona are unique in design and have already have been on display in the Legion Hall for the last several months. Although 12 banners are swapped out every month, all of them will be proudly on display in the week before **November 11th, 2023.**

Continued on page 10



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 **Extra Value Coupon Index** 

Comfortecpage 5	Sunrise Dental.....page 15
Frescoliopage 6	Transcona Salon Spapage 16
Goodfellow/Lind Real Estate ...page 7	Crest Eyecarepage 22
Anytyme Travel & ToursPage 8	Stephen's Edge Paintingpage 22
ABC Power Toolspage 10	GRD Yardworkspage 22
Kehler Realtypage 12	CM Engravepage 23
JD Hogs Sausage Co.page 12	Archambaultpage 24

What is 20/20 vision, and can you still have vision problems?

By Dr. Karen Blackie, OD

What does it mean to have 20/20 vision? At 20 feet away you can see the smallest row clearly on the chart at the end of the exam room. If you have worse vision, for example 20/40 vision (when the board in the classroom definitely starts getting harder to see), that means at 20 feet you can only get down to the row of letters that someone with normal good vision can still see all the way at 40 feet away. The big E is considered 20/400, meaning someone with normal good vision can go all the way to 400 feet away and still see it, whereas you have to be at 20 feet to see it. To drive a car, one needs to be able to see at least the 20/50 line on the chart.

Obviously for younger kids they don't need to worry about vision for driving a car,

so as long as they can see the board, then there is no problem, right? WRONG!

Some eye problems have associated symptoms, like crossed eyes, or an eye that drifts away from centre, but most are a lot more subtle, especially in kids. Young kids can't identify what they are experiencing as abnormal, so they don't think to describe the problem to an adult. They can end up confused, upset, or discouraged.

Being able to see 20/20 on the chart doesn't necessarily mean that there isn't an Rx that can help. Kids usually have a low amount of hyperopia (a plus Rx), but having moderate or high hyperopia can often still see 20/20, but it is because their eyes are working very hard to do that. This can give headaches, strain, tired eyes. De-


pending on the strength of the Rx, the age of the individual, and the amount of reading that they do, glasses may be recommended for full time wear, or at least for near to take the strain off the eyes.

Another scenario, is that with both eyes open you can see 20/20, but one eye is clear, the other is blurry. The good news is that our brains can perfectly ignore the weaker eye when they are both open....the problem is the weaker eye can become a permanent weak eye (otherwise known as an amblyopic or "lazy eye"). Our brain is actively creating good eye to brain vision connections between age 2-6. The older you get the less likely that the weaker eye will EVER be able to see 20/20. Even if you try wearing glasses when older, it can be too late to fix it! Our goal, is to improve the weaker eye as much as possible, in case something tragic happens to your better eye. Patching is often done in cases where there is an amblyopic eye. Covering the

Continued on page 7

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Fall Home Maintenance Tips

Rob Geswin, Ball Insurance Agency. Locally Owned, Community Minded.

As the leaves start to change color and the temperature begins to drop, it's time to start thinking about fall home maintenance. Taking care of your home during this season can help prevent costly repairs and ensure that your prop-

erty is ready for Winnipeg's Winter months. Here are some essential fall home maintenance tips to keep in mind:

Clean your gutters: Remove leaves and debris from your gutters to prevent clogging. This will ensure that water can

flow freely and prevent damage to your roof and foundation.

Inspect your roof: Check for any loose or damaged shingles. Replace or repair them to prevent leaks and water damage during the winter.

Seal gaps and cracks: Inspect the exterior of your home for any gaps or cracks where cold air can enter. Use caulk or weatherstripping to seal these areas and improve energy efficiency.

Service your heating system: Schedule a professional inspection and maintenance for your furnace. There are several local Transcona firms that can assist you with this and ensure that your furnace is working efficiently, helping to prevent any breakdowns during the colder months.

Clean and store outdoor furniture: Clean and store your outdoor furniture to protect it from the harsh winter weather. This will help extend its lifespan and save you money in the long run.

Insulate pipes: Insulate exposed pipes to prevent them from freezing and bursting. This is especially important for pipes in unheated areas such as basements, attics, and crawl spaces.

Test smoke and carbon monoxide detectors: Replace batteries and test your smoke and carbon monoxide detectors to ensure they are in working order. This is crucial for your family's safety during the winter months when windows are closed and heating systems are in use.

Prepare your fireplace: If you have a fireplace, have it inspected and cleaned by a professional before using it. This will ensure that it's safe to use and prevent any potential fire hazards.

Trim trees and shrubs: Trim any overhanging branches or shrubs near your home. This will prevent them from causing damage during storms or heavy snowfall.

Clean and store your lawnmower: Drain the fuel from your mower and clean it before storing it for the winter. This will help prevent any damage and ensure that it's ready to use in the spring. ➔



It's only natural to make plans that safeguard against the unexpected - that's what we buy insurance and plan our estates. Prepaid funeral and cemetery arrangements are no different. It's a pragmatic decision that protects your family's financial resources and helps ensure your final wishes will be honoured.

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By following these fall home maintenance tips, you can protect your property, save money on repairs, and ensure a comfortable and safe living environment for your family. ❖

Community Billboard

Transcona Memorial United Church.

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

Choir practice has now started for the season. Join us Tuesday evenings from 7-8:30pm in the Sanctuary. All levels of experience are welcome. The TMUC Singers sing on the last Sunday of the month.

On October 20th at 7pm, we are hosting our famous Time and Talent Auction. Join us in Yale Hall for laughter and good times!

Messy Church is returning this Fall! Please check the website for dates.

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.

We are hosting a Blessing of the Animals Service on Sunday October 1 at 4 pm.

Plans are underway for Christmas events including our Bazaar and Christmas Bake Sale. Stay tuned.

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

For further information, future events, requests for pastoral visits, hall rentals or any other concerns: Please call the church: 204-222-1942 or email

us at: stgeorgesanglicantranscona@gmail.com

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

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

Continued on page 7

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Transcona Garden Club

By Anne Copland

Gardening season is in it's final days. Our fall chores are now dictated by chillier days, nightly frost warnings and a real possibility of snow. If we can get everything put to bed, good for us.

Were you perhaps dreaming of a glorious spring bulb display? There may still be time before the ground totally

freezes to tuck in some plump bulbs. Daffodils and fritillaries are said to repel rodents so include some of them too. If you missed the window for outdoor bulbs, consider indoor forcing of daffodils and tulips. Early varieties are best, and <https://florissa.com> is a good source for information. Forcing simply means plant-

ing a few bulbs in a pot and placing them in a dark cold spot such as a cold room, insulated garage, or a spare fridge if you have one. They require a cold but not freezing period to first put down roots, then the growing tips will emerge in late winter. Then they will require light and water. That should hold us until the seed orders start arriving!

If the ground is not frozen, it is still possible to transplant perennial divisions. Mature clumps of hostas, daylilies, etc., will yield many divisions for sharing. A tried- and -true method is to heel extras into an empty space in the veggie garden. Heeling in simply means to sink your spade into soil, creating a V by moving the spade handle forward, drop in the division into the V created. Bring the spade upright and press the soil down with your heel. Remove the spade and repeat until all your divisions are heeled in. Water and mark the area. Mulching with compost or dry leaves is good insurance. In the spring when the earth is workable, carefully dig up the divisions and pot them up for growing on. (Transcona Garden Club appreciates donations for their sale) Hostas are late risers in spring and will grow more quickly in warm pot soil. Water as needed.

Transcona Garden Club is pleased to invite everyone to Time for Tea: Growing a Tea Garden, a presentation by Florence Carey on October 18 at 7:00 PM at 328 Whittier Avenue West. All are welcome, non-members \$5. Annual memberships are \$15.00, and renewable now. Refreshments will be served.

Our annual elections for board positions will also take place. Garden Tours, Horticultural Shows, Community Planting, etc. are events that need leaders and helpers to make them happen. Please consider stepping up and giving a hand.

The Flower Arranging Group will meet at the above address on October



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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.



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13 at 1 – 3 PM. We will watch a demo, “Warm Up to Winter”, followed by the workshop themed “These Boots are Made for Walking”. Please call Anne at 204-2535, or Lois at 204-391-2445 for more details. We welcome anyone interested to drop by to observe. Our program is planned for ease of joining in as we learn together.

Please call Pat at 204-224-3859, with any inquiries.

Happy Thanksgiving! ❖

What is 20/20 vision, and can you still have vision problems?

Continued from page 2

good eye a few hours in the evenings, forces the weaker eye to be used, helping to improve vision the best it can.

Final scenario I’ll discuss is astigmatism. This is blur that pulls in one direction. Perceived as shadows, or 2nd images overlapping. This can cause headaches, and

can also lead to amblyopia. Making sure your child can see clearly and comfortably at school is important for their academic success. Add a back to school eye exam to your list of things to do. It’s quick and easy to do and kids tend to enjoy the overall experience when they visit the Optometrist. ❖

Community Billboard

Continued from page 5

church office at 204-222-0245 or view our website at www.lcgstranscona.org

St. Michael’s Ukrainian Catholic Parish. 400 Day St.

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

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, SEPTEMBER 28, 2023
 THURSDAY, OCTOBER 26, 2023

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.

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Transcona Rotary Club



The crisp cool morning air can only mean one thing... Fall has arrived!! My favourite time of year. Transcona Rotary Club is back in action, looking to make a difference in our community.

Like most service clubs, Rotary takes the summer off so our members can enjoy time away or on the golf course... or if they are lucky enough, sit and enjoy sunsets at the cottage. That's not to say the Club isn't active, however. We were so proud to be notified that the new park in

Waterside Estates had been renamed "Waterside Rotary Park" to commemorate our club's commitment to community through donations and partnership.

August also saw Transcona Rotary Club attend and support the Annual ANCOF Walk in Assiniboine Park, to raise funds and awareness to help the poorest of the poor in the Philippines and in many other countries across the world.

Most of the money our club raises, stays in our little community, to help those

in need right here in our own backyard. Stay tuned for some upcoming exciting and fun events that we are planning to hold over the next few months which will enable us to continue to help our neighbours here in Transcona!!

Who doesn't like getting their hands on Grey Cup Pool tickets?!! With the great game less than two months away, Transcona Rotary members have tickets for you, with a great opportunity to win some cash while helping raise much needed funds. Tickets are \$2 each and are available through the club or members.

We meet in person and as well via zoom. The Transcona Rotary Club is accepting applications for new members now and if you would like to join us in helping our community drop us a line.

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. ❖

Seniors Bulletin Board

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

Exciting Events coming your way:

Health Fair at Kildonan Place October 5th 9:00am to 3:00pm. Twenty-five plus booths with health information for seniors and their families. Free and open to all. Exercise demonstrations, yoga, Zumba chair exercises etc., a speaker's corner with presentations a variety of topics of interest to seniors and their families and door prizes.

Pros Know Expo October 19th at 1500 Day Street. Business specializing in seniors needs will be on hand to an-

Continued on page 10

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Transcona Legion Branch # 7

Continued from page 1

Please take the time to view the banners and you'll recognize the names of neighbors and street names in our community. It's important to remember who these people were and the ultimate sacrifice they made to allow us the life we have today.

Lest We Forget

Every year the Royal Canadian Legion operates its most important program, the **Poppy Campaign**. This campaign is held in order to collect funds to support veterans in our community. The money raised from donations provides direct assistance

for Veterans in financial distress, as well as funding for medical equipment, medical research, home services, long term care facilities and many other purposes. The monies collected in our community are distributed to our local programs.

Starting the **last Friday** of October and running up to Remembrance Day **November 11th**, you will see donation boxes located at businesses throughout the community and volunteers canvassing in order to distribute Poppies.

Canvassing for the Legion is only a 2-hour commitment and there are many shifts that need to be filled, if you are interested in helping, please contact our Transcona Legion Branch to get connected with our Poppy Committee.

We would like to thank in advance all businesses and individuals who support the campaign by either having a collection box at your business, volunteering your time canvassing, involved behind the scenes and to every single person who makes a donation. No matter how big or small the amount you put in the collection box, it makes a difference.

The **Ladies Auxiliary** will be hosting a **Christmas Craft** sale on **Sunday, October 29** at the Legion. Come join us between **11:00 and 3:00** to get some great gifts for your family and yourself! Woodwork, Sewing, Crochet, Dream Catchers, Gems, and some of your favourite vendors will be there. ❖

Seniors Bulletin Board

Continued from page 8

answer all your question from housing to hearing aids. Free and open to all.

Sargent Wilson's Army Show will be returning from the Netherlands October 24th. Location 1500 Day Street at 7:00pm. Do not miss out on this truly re-

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BR 450 GAS BACKPACK BLOWER 63.3 CC - 23.4 LB Ⓞ		SAVE 10% \$669⁹⁹ MSRP \$750.00
BR 600 GAS BACKPACK BLOWER 64.8 CC - 31.6 LB Ⓞ		SAVE 10% \$749⁹⁹ MSRP \$850.00
SH 56 C-E GAS SHREDDER VAC/ BLOWER 272 CC - 11.5 LB Ⓞ		SAVE 10% \$299⁹⁹ MSRP \$350.00
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markable show. Tickets are \$20 and available by calling Colleen at 204 222-9879.

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 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 Transcona-seniors.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 be-

tween 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

Continued on page 15

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Voting needs to be about trust

By James Teitsma – Progressive Conservative candidate for Radisson

I am writing this article just as the provincial election campaign is getting started. By the time you read this, it will almost be over. It's hard to predict how things will go.

The NDP seem to be promising all kinds of things, but how will they pay for

them? If past behavior is any indication, they will have to resort to raising taxes like the PST.

I came into politics as someone who takes the promises I make very seriously. I am firmly committed to keeping my word. Thankfully, my party has

largely taken a similar approach. We said we would lower the PST and we did. We said we would cut ambulance bills in half from \$500+ to \$250 and we have. We said we would lower education property taxes and we are – by 50% with more to come. We said we would build 20 schools by 2029, but instead we are building 23 schools by 2027 – that's three additional schools, two years sooner than originally planned. I have been in politics long enough to know that it is a pretty remarkable thing for government to under-promise and over-deliver, but we have.

One of those schools is right here in Transcona at the corner of Peguis and Transcona Blvd. For decades, I have been buying my bedding plants from Mr. George Sumka and his family at Sumka Greenhouses. But the time has come for Mr. Sumka to retire. I am so pleased that he agreed to allow his 7.7 acre property (including the house) to be used for a brand-new, full-sized K-8 school.

Another key issue for this campaign will be health care. There is no easy fix for what is ailing our health care system. If a politician pretends there is, they are either hopelessly naïve or they are lying. One thing everyone can agree on is that we need to recruit (and retain) more nurses, doctors, and other health care professionals. We started a major recruitment drive in November 2022, and by the end of August 2023, more than 2,000 new nurses, doctors, health care aides, and other professionals had been hired. That's a good start. We have also increased the number of medical graduates here in Manitoba with the largest physician graduating class in history and 1,200 nursing students graduating each year – up from 800 just a couple of years ago. *Continued on page 15*

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- ▶ Reducing the first income tax bracket rate by 50%

IMPROVING PUBLIC EDUCATION

- ▶ 20+ new classrooms in Bernie Wolfe School
- ▶ New gym and classrooms in École Regent Park
- ▶ New K-8 school coming to Devonshire Park
- ▶ Committed to keeping parents informed about their children's wellbeing at school

HEALING HEALTH CARE

- ▶ Keeping Concordia Urgent care open 24/7 while adding staff to address wait times
- ▶ Reducing surgical and diagnostic waits

SAFER STREETS

- ▶ Getting the unsheltered off the streets and on a pathway of recovery and hope
- ▶ Keeping violent offenders behind bars
- ▶ 1,000 new addiction treatment spaces



✉ james@jamesteitsma.ca

🌐 www.jamesteitsma.ca

f /TeitsmaForRadisson

☎ 204-915-6125

PC Progressive Conservative

Authorized by official agent for James Teitsma

October at the Transcona Museum

By: Jennifer Maxwell, Assistant Curator

Museum Closed Dates – The Transcona Museum will be closed for the Thanksgiving Weekend (October 7th – 9th). The museum will also be closed on Friday, October 13th as museum staff will be preparing for the Trivia Night Fundraiser!

Trivia Night Fundraiser! – GET YOUR TICKETS NOW. The Transcona Museum is holding a Trivia Night fundraiser on Friday, October 13th. Put a team together or come on your own to a fun night of trivia, mini-games, rainbow auction and more. All proceeds from our event will support the GET ON BOARD capital campaign for CN 2747.

The event will be held at the Transcona Legion. Doors open at 7:00 pm, with the trivia starting at 7:30 pm. You can purchase individual tickets (from

a select table) for \$25 or purchase an entire reserved table with 8 people for \$180. Your tickets include reserved seating, social food, and a whole lot of trivia fun! There are a limited number of tables/tickets! Tickets can be purchased through our website (Zeffy), in-person at the Transcona Museum, or by phone.

Murals of Transcona Walking Tour (Culture Days) – On Friday, October 6 at 2:00 pm we will be offering a “Murals of Transcona” walking tour. This is a 1-hour guided tour that showcases a collection of outdoor murals in Downtown Transcona. Includes 20 historic and contemporary murals painted over the past 30 years. This is a free event! Please register for the walking tour through our website.

Please note: The tour is subject to cancellation due to severe weather con-

ditions. We will send out a notice as soon as possible should this happen.

Transcona Museum Board Appointments. – Applications are now open for positions on the TM Board of Directors. The deadline for applications is Friday, October 20th at 4:30 pm. To apply, you must be a resident of the City of Winnipeg, a Canadian citizen or permanent resident, and 18 years of age or older.

Interested citizens are asked to apply online by accessing application forms at City of Winnipeg – 2023 Citizen Appointments to Boards & Commissions. For more information, please contact 311 or the Transcona Museum.

The Transcona Museum Board is responsible for the management, control, and operation of the Transcona Museum and all other buildings or premises used for the purposes of the Transcona Museum within the East Kildonan-Transcona Community. The TM Board of Directors is composed of up to 8 citizen members and 1 member of Council from the East Kildonan-Transcona Community. Positions are held in 2-year terms. Meetings are held 10 times per year. Remuneration is not applicable.

Halloween at the Transcona Museum. – Join us on Friday, October 27th and Saturday, October 28th for a fun Halloween crafting event for children and families. There are three timeslots available: 10:45 am, 1:00 pm and 2:30 pm (45 minutes each). There are 8 spots total per timeslot (one ticket per child, not including parents or guardians). One parent or guardian must accompany the child if they are under 12. The museum is a mask-friendly space. Register for a spot through our website.

Remembrance Week 2023. – We are currently planning our Remembrance Week display – *Stories of Remembrance: From Hometown to the Frontlines* – for early November. Please



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visit our website and social media pages to stay tuned for more information on where the display will be set-up.

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, or visit our website at 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 11

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 25th. and Wednesdays, acrylic and oils starting September 27th at 10:00am. Call 204 222-9879 to register.

Continued on page 17

Voting needs to be about trust

Continued from page 12

I expect each political party will be making significant announcements about affordability. Our PC team has committed to eliminating the carbon tax on Hydro bills. We are also reducing the first income tax bracket rate (paid on income between \$15K and \$47K) by 50% over 4 years. This will save most Manitobans \$200 each month! That's real money in your

pocket, for good, not just for 6 or 12 months.

At the end of the day, regardless of what promises are made, or how polished (or not) the party leaders appear, the questions we all need to be asking ourselves are: who is willing to make tough decisions? Who will protect the interests of ALL Manitobans? Who can we trust to keep their word? ❖



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Gel Nail Extensions

Transcona Salon Spa

Gel extensions are a form of nail treatment that extends the existing natural nail.

Gel extensions can differ in application techniques but all require a hard gel cured to your natural nail, which has to have some length to it in the first place for proper adhesion. For one technique, the technician uses a form underneath the nail and then applies a hard gel on

top of that to the shape and length desired. The treatment is then cured under a UV lamp, which hardens the shape created. The form gets removed, and the technician will continue on with a layer of polish over it. LED lamps can be used for curing as well.

A second technique for gel extensions uses a pre-shaped tip or form that will bond to the natural nail much like a

press-on nail. While there's a little less customization in terms of length, this method is just as long-lasting and effective. You'll start the process like any other manicure, with the filling, cleaning, and buffing of your nails to prep for the extensions.

Are gel nail extensions safe for nails?

While there are no serious risks or major negatives associated with gel nail extensions. Proper removal and care are also vital; otherwise, the nail bed can become weak over time.

How do gel nail extensions differ from acrylic nails?

Acrylics can be used to extend the length of the nail as well, but they're less ideal than gels for several reasons. The difference lies in the polymerization process, the density and flexibility of the extensions, and the removal process, Acrylic is harsher on the nail plate, due to the chemicals used,

Simply put, the application and removal processes for acrylic extensions are a little more involved than gel, and that can have an adverse effect on your nails.

How long do gel nail extensions last?

Gel extensions can last up to three weeks, At that time, you can either 'gel a fill,' which is basically applying gel between your cuticle and the area of nail outgrowth, or you can remove them fully and redo the lifted nail or entire service." If you have nails that are on the oilier side, you may see lifting as early as two weeks in.

What's the best way to remove gel nail extensions?

When removing gel nail extensions, it's best to have a professional technician service you so you don't do any damage to your nails.

Some technician uses an e-file technique for removal in order to limit cuticle and nail exposure to acetone. ➔



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Christmas in the Circle

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Christmas in the Circle Craft Sale
Saturday October 28, 10-8 and Sunday 29, 10-4
Christmas and home decor and a huge selection of gifts. Inspired, quality creations!
Debit and credit welcome
See you at 5 Park Circle!

It's best to seek out professional removal at the same salon where you got the service, since your technician will know exactly what type of gel product was used and how to best remove it. ❖

Seniors Bulletin Board

Continued from page 15

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 October 10th.

Canadian Hard of Hearing Association, Manitoba Chapter holds a meeting at 328 Whittier Ave West every 3rd Monday of the Month from 1-2:30pm. Next meeting October 16th.

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. Starting October 16th.

Tuesday Soup and Sandwich Lunch Program. \$8 Starting September 12th

Tuesday beginners Bridge 1:30pm. On going. ➔

Wednesday Bingo starting September 20th

Thursday's darts at 10:00am Starting September 21st.

Thursdays Scottish Country Dancing at 1:00pm. October 5th.

Friday Line dancing at 10:00am, \$2 drop-in fee. Starting September 29th.

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. 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*

Chronic Pain: What YOU can do!

Everyone has experienced pain at some point in their life. Pain can be a signal that something is wrong and it can encourage us to rest and heal. Pain that persists and lingers for more than 3 months is referred to as chronic pain.

Chronic pain can be all consuming in someone's life. It can limit daily functioning, social activities and activities of daily living. People experiencing chronic pain report a reduced quality of life, increased medical expenses and experience more depression, anxiety and sleep issues. In turn, depression, anxiety

Continued on page 18



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Mission, Vision & Purposes



Mission: By providing hope and positive vision, Optimists bring out the best in youth, our communities and ourselves.

Vision: Transcona Optimist is volunteer organization that values all children and helps them develop to their full potential.

Purposes: To develop optimism as a philosophy of life utilizing the tenets of the Optimist Creed; to promote an active interest in good government and civic affairs; to inspire respect for the law; to promote patriotism and work for interna-

tional accord and friendship among all people; to aid and encourage the development of youth, in the belief that the giving of one's self in service to others will advance the well-being of humankind, community life and the world.

Our Transcona Optimist Club is reaching out to the community for VOLUNTEER'S

• As most know... we have the Santa Sleigh run through Transcona every year, which is the most wonderful, emotional event that I have ever done with this group. It is something to experience and will warm your heart for a life time.

• Santa Sleigh Photo with Santa
 • We have our Hot Dog Cart that we use to fund raise or support organization, This year we did Park City and Transcona East End Soccer Jamborees,
 • 1,000 hotdogs for Ecole Margret Underhill (huge undertaking by Tom and Judy Nesby)

• Volunteered at Transcona East End Winter Carnival games, and what a blast we had.

• This coming June "Bike Safety"
 We meet once a month, the second Thursday of each month @ East End Community Club meeting room up stairs in the first rink, at 5pm. Our youth and community need you!

Call Tom Nesby 204-224-1934 ❖



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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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Healthy Aging

Continued from page 17

ety and poor sleep actually increase the amount and severity of reported pain. Due to the invisible nature of pain, people that experience chronic pain often feel misunderstood and isolated.

Chronic pain affects up to 30% of Canadians. It can appear in different forms and can affect every area of the body. The most common locations for chronic pain are the back, hips, knees and feet.

Causes of **chronic back pain** include, slipped or bulging discs, spinal stenosis,

Continued on page 19

Nello's Transcona Report

By: Nello Altomare, NDP Candidate Transcona

We are now nearing the end of the provincial election campaign and I would like to begin by saying what an honour it is to represent you, the people of Transcona, at the Manitoba Legislature.

The past four years since the last election has seen us go through a lot here in Transcona and the province. This is a great place to grow up, raise a family and grow old, especially here in our part of the city of Winnipeg.

However, since the current government was elected, we've seen our area more and more neglected by the current provincial government. One of the first things they did was cancel the expansion of Park Manor Personal Care Home. Our part of the city is one of the most underserved areas when it comes to PCH space and we needed Park manor to be expanded and it wasn't.

Cancer care was removed from Concordia Hospital with the result being, many Transcona cancer patients had to receive treatment further afield.

The closing of the emergency room at Concordia Hospital was another move made by the current government during a time when northeast Winnipeg, including Transcona, is experiencing significant population growth.

Another area of concern is the funding of public education and specifically, the funding received by River East Transcona School Division. RETSD has faced significant funding challenges since this current government was elected. This past year, RETSD had to take out a loan to pay for the needed services our kids need. RETSD has also seen student enrolment growth without any extra financial support from the current provincial government. This has to change.

Early childhood education is another significant hurdle being faced by families here in Transcona. Early childhood edu-

cators are underpaid and the sector has struggled through Manitoba government austerity for years. This government has failed to invest in early childhood education which has harmed the recruitment of ECE's resulting in families having to scramble to find licensed childcare.

There is hope. Hope for a new government that will invest in healthcare, public education and tackle the affordability crisis being faced by many Manitobans.

On October 3, vote. It is our democratic duty to vote. Many Transcona people fought and died to grant us the privilege of voting, let's not let them down. ❖

Healthy Aging

Continued from page 18

compression fractures or structural issues such as lordosis or scoliosis. In fact, lower back pain is one of the most common pain complaints. Many older adults experience **joint pain** caused by arthritis, bursitis or tendinitis. **Chronic nerve pain** affects about 10% of people. Types nerve pain in-

clude diabetic neuropathy, carpal/ulnar tunnel syndrome and the infamous sciatic pain that causes a shooting, often excruciating pain down the leg. Chronic pain doesn't always have a known cause. Some people experience a condition called fibromyalgia, which causes wide spread **muscle pain**. Other types of chronic pain may result from chronic illness, post surgical pain or from injuries.

Although chronic pain can't be cured, people can learn strategies to manage pain and improve daily functioning and quality of life. The first step is talk to your doctor about properly diagnosing the cause of your pain and discussing treatment options. Massage, physiotherapy, TENS, acupuncture, biofeedback, CBT and counselling are some of the many beneficial treatments to explore.

The following self-management strategies from the Cleveland Clinic ([Chronic Pain: What Is It, Causes, Symptoms & Treatment \(clevelandclinic.org\)](https://www.clevelandclinic.org/health/conditions-and-treatments/15077-chronic-pain)) may help you cope with your chronic pain and improve your overall health:

Avoid smoking. Although the nicotine may provide short term pain relief, in the long run it actually worsens chronic pain and pain sensitivity.

Continued on page 20

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Healthy Aging

Continued from page 19

Pace yourself. Create a daily schedule that includes a few priorities and time for rest and self-care.

Eat a healthy diet. There are no 'magic' foods but a balanced diet rich in vegetables, fruit and fatty fish may be helpful.

Exercise regularly – water exercises, yoga and tai chi can be beneficial. It can be hard to keep moving when you are in pain, but studies show that physical activity significantly reduces all types of chronic pain.

Get enough sleep. Although this can be challenging, poor sleep aggravates chronic pain. Get into the practice of following a healthy sleep routine – limit late day caffeine, shut down all electronics an hour before bed, and practice soothing activities at bedtime.

Manage your stress. Find a healthy outlet for stress management such as exercise, meditation, puzzles ... anything that you find calming.

Join a support group for chronic pain to learn from other people with similar conditions.

The best way to manage your chronic pain is to empower yourself with knowledge. The WRHA Health Management Guide offers a course called Chronic Pain Self Management. This 7-part series will help to improve your understanding of the causes of chronic pain, discuss how thoughts, feelings and behaviours are connected to the pain experience and enhance your knowledge of various pain management strategies. You will also have opportunity to connect and learn from others with lived experience with chronic pain.

Check out [Chronic Pain Self-Management | Winnipeg Regional Health Authority \(wrha.mb.ca\)](#) for information and to register for a free class.

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

WRHA Report

*By Stacy Boone,
WRHA Community Facilitator*

After a successful Spring and Summer, "Cycling with Sarah" group rides wrap up on September 14th 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 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 27th 1-6pm

Sat Nov 4th 10-3pm

Friday Nov 10th 10-3pm

Thursday Nov 16th 1-6pm

Sat Nov 25th 10-3pm

Continued on page 22

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TRANSCONAVIEWS

AND ADVERTISER

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

Closing Dates for November Issue

**Editorial – no later than
Tuesday, October 10th**
**Advertising – no later than
Thursday, October 12th**

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WRHA Report

Continued from page 20

To book an appointment at this location please call 1-844-626-8222 or booking online at www.patient.petal-health.com

The Plessis Community Resource Centre is asking for donations of ramen noodle soups, canned fruit, tea, coffee, shampoo and dish soap. Nut-free snacks and Halloween candies would be welcomed too.

They are also looking for donations of diapers. Currently low on sizes 3T, 4T

Pull ups, as well as size 4, 5 and 6 regular diapers. Baby wipes are accepted too.

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

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

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

ReACT – Recovery Education for Additions and Complex Trauma will be

offering a 4-week program that explores how complex trauma affects everyone in 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 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@react.winnipeg.ca

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