

TRANSCONAVIEWS

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TRANSCONA BIZ BULLET

VOL 20 No. 3

September 2023



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The Three O's!

By: Dr. Blake Chartier, OD

Optometrist. Ophthalmologist. Optician. The difference between these three designations is a common question amongst our patients, various healthcare professionals and members of the general public. The avenues of training and expertise in certain areas is different for each eye care provider – but all may play a role in the care of your eyes.

Optometrists – or doctors of optometry, are primary health care providers for your eyes. Optometrists are required to first complete a Bachelor of Science degree which is then followed by a four-year Doctor of Optometry degree at an accredited university. Upon the completion of schooling and licensing exam, optometrists are educated, and clinically trained to deliver a high standard of comprehensive primary eye care.

Scope of practice for an optometrist making assessments during an eye exam include: measuring refractive and binocular vision status along with the diagnosis of health conditions within the eye such as glaucoma, macular degeneration, retinal detachments and cataracts. Additionally, optometrists are trained to recognize signs and symptoms of certain systemic conditions such as diabetes and hypertension. Optometrists in Manitoba can prescribe eye drops to treat cases of ocular infection and inflammation in addition to removing foreign bodies from the eye. Optometrists will provide referrals to and co-manage conditions with specialists (ophthalmologists) when required.

Ophthalmologists – are surgeons and specialists in eye disease. Like doctors of optometry, they are required to complete a Bachelor of Science degree which is then followed by four years at medical school. From there, they specialize in medical/ surgical care of the

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Homeowner's Maintenance Tips: Keeping Your Home in Tip-Top Shape

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

Owning a home is a significant investment, and it's essential to take proper care of it to ensure its longevity and maintain its value. Regular maintenance not only helps prevent costly

repairs but also creates a safe and comfortable living environment for you and your family. Here are some homeowner's maintenance tips to keep your home in tip-top shape.

1. Regularly inspect your roof: Your roof is your home's first line of defense against the elements. Inspect it at least twice a year, in spring and fall, for any signs of damage, such as missing or damaged shingles, leaks, or sagging. Addressing these issues promptly can prevent water damage and extend the lifespan of your roof.

2. Clean and maintain gutters: Clogged gutters can lead to water damage, foundation issues, and even pest infestations. Clean your gutters at least twice a year, removing leaves, debris, and ensuring that downspouts are clear. Consider installing gutter guards to minimize debris buildup and make maintenance easier.

3. Check and service your HVAC system: Regular maintenance of your heating, ventilation, and air conditioning (HVAC) system is crucial for optimal performance and energy efficiency. Change air filters regularly, clean vents and ducts, and schedule professional inspections and servicing annually to catch any potential issues before they become major problems.

4. Maintain your landscaping: A well-maintained yard not only enhances your home's curb appeal but also helps prevent issues like water damage and pest infestations. Regularly mow the lawn, trim trees and shrubs, and keep an eye out for signs of pests or diseases. Properly water and fertilize plants to promote healthy growth.

5. Test and maintain smoke detectors and carbon monoxide detectors: These life-saving devices should be tested monthly and have their batteries replaced at least once a year. Ensure that you have detectors on every level of your home and near bedrooms. It's also a good idea to have a fire extinguisher readily accessible in case of emergencies.

6. Inspect and maintain your plumbing: Regularly check for leaks, drips, or signs of water damage in your

Continued on page 8

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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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The Three O's!

Continued from page 1

eyes during their five-year residency program. Ophthalmologists will accept referrals from optometry for surgical treatment of cataracts and retinal detachments, along with other vision threatening conditions. They are able to order systemic testing and MRI/CT scan imaging when deemed appropriate.

Opticians – are the third member of your eye care team, and you will frequently see them working in our clinic at Transcona Optical. Opticians are trained through a two-year college program which licenses them to fit your glasses, which are a medical device! Opticians are trained to help optimize your frame selection not only to suit your style preference, but more importantly to ensure it is a proper fit for your prescription written by the optometrist. Adjustments made by opticians to properly align your glasses to the best and proper positioning, can often help eliminate minor issues patients have when adjusting to a new pair.

Whether you need a referral for cataract surgery, a new pair of glasses, or it is just time to make sure your eyes are healthy – our team at Transcona Optical is here to help in any way we can. We hope to see you soon!

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

Community Billboard

Transcona Memorial United Church. 209 Yale Avenue West

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

A warm welcome to Rev. Rob Reed, joining us in full time ministry. We continue to worship at 10am on Sundays, please join us - all are welcome! Choir practice and activities

will be restarting in mid-September, please check our website or social media platforms for dates and times. www.tmuc.ca

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 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 church office at [204-222-0245](tel:204-222-0245) or view our website at www.lcgstranscona.org

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

No Bingo July & August - Resumes Sept. 6th 7:00 pm.

Friendly Settlers

Friendly Settlers will be open again for the fall/winter season on



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Sept 11, 2023.

We are a 55+ club meeting on Mondays at 400 Day St.

We have crib at 10 am, lunch at 12 and bingo at 1 pm. Membership is \$20 with a nominal fee for crib, lunch and bingo.

Come on out have some fun and socialize.

Transcona 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 CONSID-
ERED 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: Health Fair at Kildonan Place October 5th 10:00am to 3:00pm. Twenty-five plus booths with health information for seniors and their families. Free and open to all.

Pros Know Expo October 19th at 1500 Day Street. Business special-

izing in seniors needs will be on hand to 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 to be announced. Do not miss out on this truly remarkable show. they were in

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. *Continued on page 7*

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September at the Transcona Museum

By: Jennifer Maxwell, Assistant Curator

Museum Closed Dates – The Transcona Museum will be closed for the Labour Day Weekend (September 2nd – 4th) and on Saturday, September 9th. We will also be closed to mark National Day for Truth and Reconciliation (September 30th – October 2nd).

Museum Hours – On September 1st, we will be changing back to our Regular Hours. The Transcona Museum will be open to the public Monday to Friday, 11:00 am – 4:00 pm and Saturday, 12:00 – 4:00 pm. We are closed all holiday long weekends. Any other changes to our regular hours will be posted and shared on our website and social media pages.

Summer Programs 2023 – Thank you to everyone who participated in our Summer Programs this year! We had a wonderful summer and congratulations to our Grand Prize winners of KidsQuest 2023.

A reminder that you don't have to wait until next summer to have fun at

the museum! We offer gallery games, Holiday craft sessions, and our MuralQuest can be downloaded at any time from our website. See you on your next visit.

Musetoba Collections Database – Have you ever wondered what artifacts we have in our collections? Now you can search our collections online. Introducing Musetoba, a shared database for museum collections in Manitoba designed by the Association of Manitoba Museums (AMM). This online database features collections from several institutions across the province, including the Transcona Museum. Please note this online database does not represent the full collections of the Transcona Museum. Our collections database is a work in progress, and we are adding new records on a regular basis. We may also update our records based on further research and review. Start exploring the collections by visiting www.musetoba.ca/.

Trivia Night Fundraiser! – 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, in-person at the Transcona Museum, or by phone.

Preserving Your Precious Documents and Photographs (Ages 18+) – Learn to make custom enclosures for your treasured documents! This workshop will introduce practical tips on how to care for documents and photographs you have at home. Participants will also learn to make clear, protective enclosures (encapsulation) for items to reduce the risk of permanent damage when handling. Participants are welcome to bring documents they are interested in preserving to this workshop. All materials are included!

The workshop will be held on Wednesday, September 27th from 6:30 – 8:30 pm at Ecole Regent Park School. Tickets are \$20 each (max. of 20 participants). Follow the ticket link through our website or visit the RETLife website directly to purchase. This workshop is held in partnership with RETLife.

Culture Days 2023 – From September 22nd – October 15th, join us for

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Culture Days at the Transcona Museum! We will be offering two free events in addition to our self-guided activities for our museum visitors.

On Friday, September 29th at 2:00 pm we will be presenting the “Small Talk: Snapshot! A Look at 1960s Transcona, Part 5”. This talk is a continuation of the popular Snapshot! series that explores 1960s Transcona through slide negatives from The Transcona News. On Friday, October 6th at 2:00 pm we will be offering a “Murals of Transcona” walking tour (weather dependent). Register for these events through our website.

Hours & Contact Info – Transcona Museum is located at 141 Regent Avenue West. Our hours are Monday to Friday, 11:00 am to 4:00 pm and Saturday, 12:00 – 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

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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.

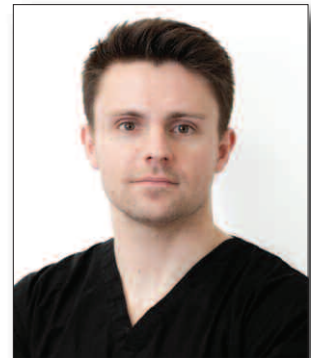
The Transcona Council for Seniors will continue to provide training for Seniors who would like to learn more about working with their IPAD, tablets or cell phones. For more information, please see the Transcona Council for Seniors website at Transconaseniors.ca or contact Colleen Tackaberry at 204 222-9879 *Continued on page 8*



Regent Avenue
DENTAL CENTRE

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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Homeowner's Maintenance Tips: Keeping Your Home in Tip-Top Shape

Continued from page 2

plumbing system. Insulate exposed pipes to prevent freezing during colder months. Flush your water heater annually to remove sediment buildup and ensure optimal performance.

7. Clean and maintain your appliances: Regularly clean and maintain your appliances, such as your refrigerator, dishwasher, and washing machine, to extend their lifespan and improve energy efficiency. Clean refrigerator coils, remove debris from dishwasher filters, and clean out dryer vents to prevent fire hazards.

8. Seal windows and doors: Properly sealed windows and doors help improve energy efficiency and prevent drafts. Check for any gaps or cracks and apply weatherstripping or caulking as needed. Consider upgrading to energy-efficient windows and doors for long-term savings.

9. Schedule regular pest control inspections: Pests can cause significant damage to your home and pose health risks. Schedule regular inspections with a professional pest control

service to catch any infestations early and take preventive measures.

10. Keep records of maintenance and repairs: Maintain a record of all maintenance and repairs performed on your home. This documentation can be helpful for insurance claims,

potential buyers, and future maintenance planning.

Remember, regular maintenance is key to preserving the value and integrity of your home. By following these homeowner's maintenance tips, you can ensure that your home remains a safe, comfortable, and enjoyable place for years to come. Well maintained properties also tend to qualify for better insurance rates. Keep your Home Insurance provider aware of the updates to your home! ❖

Seniors Bulletin Board

Continued from page 7

We are providing take out meals and dine in meals. A menu can be provided by emailing tcs@mymts.net or calling 204 222-9879. Monday's meals can be picked up at 209 Yale Avenue West between 3:30 and 4:00pm. Wednesday's meals can be picked up at 209 Yale Avenue West between 3:30 and 4:00pm. Thursday's meals are available for pick-up at 500 WIDLAKE Street between 11:30 and noon or you may Dine In at

11:30am. You **MUST** register in advance at 204 222-5947.

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 25th. and Wednesdays, acrylic and oils starting September 27th 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.

Continued on page 11

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Endorsement of Titi Tijani as PC Party MLA Candidate for Transcona



Dear Fellow residents,

As we approach the upcoming election, we are presented with a special opportunity to decide how to make our Transcona community even better. Transcona is at a point where it needs and deserves a genuine advocate for community unity, a strong voice for families and a compassionate representative in the Manitoba Legislature. A person with fresh perspectives who will go fight for better opportunities for Transcona. Titi Tijani is that advocate, that voice and that compassionate new leader.

Throughout my life in our community, I have had the privilege of working closely and interacting with individuals who possess genuine, bold, and visionary leadership. Today, I am pleased to introduce one such individual who embodies these qualities and more – Titi Tijani, the PC Party's MLA candidate for Transcona. She brings experience, commitment, and visionary leadership to the service of our community. With Titi as our representative, I am confident that our Transcona community will thrive.

I am proud to wholeheartedly endorse the candidacy of Titi Tijani as the best choice for MLA for Transcona and urge you to support Titi and the PC Party in the upcoming election. Together we can begin the process of building our historic Transcona Community into something even better.

Lawrence Toet
Member of Parliament For Elmwood-Transcona (2011 – 2015)



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IMPROVING EDUCATION

- ✉ **River East School Division** – 9.8% increased funding above the 2022 Budget. Highest in Manitoba
- ✉ **Teachers' Idea Fund** – \$3.6 million to support 31 new single-year projects & \$1.4m to support 19 previously announce multi-year projects.
- ✉ **School capital projects** – Building new schools (\$104 million), renovations (\$90 million), & infrastructure improvements (\$66 million) during the 2023-24 school year.

PROMOTING AFFORDABILITY

- ✉ **Family Affordability Package** – Eligible families with children under 18 receive \$250 for 1st eligible child & \$200 for each additional eligible child.
- ✉ **Seniors** – Hearing aid grant of up to \$2,000 per person & \$300 payment if they rent or own homes.
- ✉ **Eligible students** – Increased MB Student Loan maximum weekly benefit increased from \$140 to \$200 per week of study.
- ✉ **700,000 eligible Manitobans** – Carbon Tax Relief Fund at \$225 per single person and \$375 per couple.
- ✉ **Employment and Income Assistance (EIA) recipients** – Extra \$50 per adult each month
- ✉ **All EIA disability clients** – Additional \$25 per household each month.

More Opportunities Ahead



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📱 [tititijaniwpg](#)

Transcona Garden Club

By Anne Copland

July and August were exceptional months weatherwise in Canada. Here at the center, we gardened and holidayed in relative comfort. Sure it was hot and smoky at times, but compared to flooding and forests burning, it was quite bearable. In spite of some dry spells and sunshine filtered by smoke coming from faraway fires, our gardens are, by all accounts, some two weeks ahead in maturing.

Thanks to Susan Richardson for offering a July evening tour of her garden. Several members enjoyed viewing her perennials, annuals, trees and outdoor-living areas, three in total! The garden is a large semi-circle, with veggies in a separate

area. Pat Osmond and Susan provided a rhubarb punch and snacks to sustain us. Master Gardener Igor Kaftan offered a showing to small groups of his garden featuring his passion, Coleus, and much more. He uses every inch of his compact back yard to showcase many varieties of coleus on three sides, with trees all around as a buffer from a busy street. Igor grows tomatoes, peppers and other veggies in containers in the middle, eliminating any need to mow grass.

Culver's Root, beebalm and veronica attracted many bees and other pollinators to my garden. Culver's Root has white flowers resembling candelabra which mature and

open from the bottom to top of the spikes. It likes average soil and sunny locations. A mature clump may get to four feet wide and up to 5 feet tall, consisting of stems rising up at ground level and branching at the base of each flower spike. Mine is not that large, about 30 inches wide and 40 to 48 inches tall. The flowers last about a month and can be dead-headed for a second flush of bloom, but it is best to leave some so bees can continue to feast on the high-quality nectar. This is the plant for you if you want bees in your garden.

Bunnies were less of a problem this summer, but one nibbled the base of a fully-grown morning glory just before it burst into flower. I couldn't figure out why it suddenly wilted. Just when I had let my guard down, disaster struck. Such are the trials and tribulations of gardening.

Transcona Garden Club invites members and non-members to 328 Whittier Avenue West on **September 20th at 7 PM**, wheelchair accessible. The guest speaker will be **Mick Manfield, presenting on Square-foot Gardening**. Please join us for an educational and enjoyable evening with refreshments. All are welcome. Non-member fee is \$5.00, an Annual membership is \$15.00. There may be some perennials for sale, donated from Domia Derkach's garden, as well as some informative garden books.

The Flower Arrangers group will meet on September 8th at 1 – 3PM at the above location. The workshop will be

"Mother and Babies". Anyone interested in learning more about our group is cordially invited to come and observe, or call Lois at 204-391-2445 or Anne at 204-224-2535.

Happy Harvesting! ❖

Join
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Seniors Bulletin Board

Continued from page 8

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 September 12th.

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 September 18th.

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 5th.

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

Tuesday beginners Bridge 1:30pm. On going.

Thursday's darts at 10:00am call for start date.

Thursdays Scottish Country Dancing at 1:00pm. Call for start date.

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*

Aging and Sleep

It is common for older adults to experience changes in the quality and duration of their sleep. Aging af-

fects sleep primarily due to changes in the body's circadian rhythms, physiological needs, and other age-related health conditions.

As people age, the body secretes less melatonin, which is normally produced in response to darkness and helps promote sleep by coordinating circadian rhythms.

Mental and physical health conditions may also interfere with sleep.

Continued on page 12



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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Healthy Aging

Continued from page 11

Conditions which commonly affect sleep in older adults include depression, anxiety, heart disease, diabetes, and conditions that cause discomfort and pain, such as arthritis.

It is a common misconception that older adults require less sleep than younger individuals. Many older adults have a hard time getting the sleep they need, but this does not mean they need less sleep. In general, adults 65+ should aim to get at least 7-8 hours of sleep each night.

Sleep is essential for optimal health and maintaining a good quality of life. Research has shown that you can take steps to improve your sleep. These steps often involve focusing on improving your sleep hygiene and developing habits that encourage a quality sleep.

Here are some suggestions for improving your overall sleep hygiene:

Exercise: Regular exercise allows you to fall asleep faster, sleep longer and obtain a better quality of sleep. Avoid exercising 2 hours before bedtime.

Avoid substances that discourage sleep: Substances like alcohol, tobacco, caffeine and even larger meals late in the day can make sleep more challenging. Consider quitting smoking, reduce caffeine intake and eating dinner at least 4 hours before bedtime. A light snack before bed may be beneficial.

Reduce bedroom distractions: Televisions, smartphones, and bright lights can make it more challenging to fall asleep. Keep the television in another room and try not to fall asleep with it turned on. Move electronics out of the bedroom and reserve the bedroom for only sleeping and sex.

Create a calming sleep environment: Choose a comfortable mat-

tress, bedding and pillows. Keep the bedroom cool, quiet and darkened during the night. Consider using black out curtains or an eye mask if outside light is an issue.

Keep a regular sleep schedule: Aging can make it more difficult to recover from lost sleep. Avoid sudden changes in sleep schedules. This means going to bed and waking up at the same time every day and being careful about napping too long or too close to bedtime.

Develop a bedtime routine: Find activities that help you relax before bed for example, taking a warm bath, reading or finding some quiet time before bed.

Keep a journal: If you find yourself lying in bed with your mind racing, consider writing down any thoughts or worries in a journal and then put the notebook away until morning. This will help to clear your head and relax before sleep.

For further information about sleep hygiene or resources to assist with sleep, please contact the **Healthy Aging Resource Team at 204-940-2114.**



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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 October Issue

**Editorial – no later than
Thursday September 7th**
**Advertising – no later than
Tuesday, September 12th**

Email Editorial/Advertising
to transconaviews@bondprinting.net

Published by Bond Printing Ltd.
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WRHA Report

By Stacy Boone,
WRHA Community Facilitator

The Plessis Community Resource Centre is asking for donations of canned fruit, toilet paper, shampoo /conditioner/ body wash and dish soap.

They are also looking for donations of diapers. Currently low on sizes 3T - 4T Pull ups, as well as size 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

RETSD Immigrant Services is seeking school supplies for the upcoming school year.

Backpacks, lunch bags, zipped binders, and other school supply items would be welcomed as they provide programs and supports to immigrant families arriving in the River East Transcona area of Winnipeg.

Donations accepted at the New-comers Welcome Centre at John Pritchard School, 1490 Henderson Hwy 204.669.9412

For more information or assistance in drop off of supplies, please call Stacy Boone, WRHA Community Facilitator at 204-223-6535 or stacy.boone@wrha.mb.ca

Looking for a Playgroup for Fall? "Pitter Patter" is a free playgroup for new born to 5-year olds and their parents/ caregivers to spend time with other parents /caregivers in a safe, fun environment!

Thursdays from 930-1130am at 131 Victoria Ave W. Plenty of free parking! Pitter Patter Playgroup is on Facebook – please follow for ongoing information and details.

Cycling with Sarah's first year has been a great success! With over 50 women cycling in groups and close to 40 on the waitlist everyone is enjoying getting active together. The benefits that the women have talked about experiencing are not

just physical but mental health as well. The connection, support and encouragement among the women has been so amazing to see.

Plans for the fall/winter season when cycling for most comes to an end will include hiking, snow shoeing and cross-country skiing.

For more information contact Sarah at cyclingwithsarah@gmail.com and follow her on Instagram @cyclingwithsarah

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Transcona Legion Branch # 7

Submitted by Donna Poitras

September is the month we start our Membership renewal campaign. Our campaign officially starts September 5th ending on December 2nd. The cost to renew/apply for new membership during this period will be \$40.00 per person. Members looking to **renew** their membership can take advantage of the promotion of BOGO promotion for only \$75.00 per person when **renewing** for **two** consecutive years. Everyone who renews by December 2rd will have their name placed in a draw with a chance to have their yearly membership reimbursed. The draw will take place January 1st 2024 at our New Year's Day Levee Event.

We encourage our community to consider becoming a member of the Legion and our Branch. There are different membership categories for you to apply to be a member. Any Canadian or citizen of an Allied nation 18 years of age or older is welcome to join. Please check our **ad** in this month Views to see the different membership categories that are available to you.

We are a diverse group of individuals; we have members whose family have served, are currently serving, some that want to help and support individuals who served for Canada. Membership is a way of honouring the memory of those who served and actively support those currently serving.

We pride ourselves on being a member-based organization providing programs and services to Veterans and their families. These programs help to ensure Veterans and their family receive their benefits and help them adjust to civilian life. We have a volunteer Service Officer available to assist you access these programs.

We hold our annual Decoration Day in June-Veterans Week in September-Poppy Campaign last Friday in October to Remembrance Day. We attend schools in our community and engage our youth in Remembrance. We work with our Transcona Museum to tell the stories of those that served from our community. We work with the No Stone Left Alone Organization and participating in their Ceremony. We promote Wreaths at Christmas in the Field of Honour an event hosted by the Audrey and Peter Martin Family of Transcona. This year we will be hanging Banners throughout downtown Transcona honouring the 123 soldiers that had served and never returned home.

Our Branch offers a place to gather for fun and celebrations. We have a weekly Monday Night Bingo along with our Saturday Meat Draw-Chase the Ace-50-50 draw. September, we sport our blue and gold apparel (Bombers) as we take on the Roughriders at the Banjo Bowl while watching on our big Screen TV. Darts will be resuming in September check our website out for the date. We have a monthly **meat package** draw **\$225.00** worth of meat all for the low price of a **\$5.00** ticket. October we will be holding another fun filled Trivia Night and live Bands will be returning. We hold Floral Arrangements workshops during the Fall-Spring hosted by one of Members. Check our website at transconalegion.ca for up-to-date information on our events. ❖



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Royal Canadian Legion #7 TRANSCONA

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WELCOMING THE COMMUNITY TO OUR BRANCH

Monday Night Bingo-Tuesday Night Cribbage-Wednesday Darts - Saturday Afternoon Meat Draw - Chase the ACE - 50/50 Draws

New monthly Meat package draw (last Saturday of month) - Big Screen TV-VLTS - Snooker Table - Live Bands - Hallowe'en Trivia Pursuit

Join the Legion. Here's How

Ordinary member - You can join as an Ordinary member, if you have ever been in any branch of the Armed Forces, and were honourably discharged. This also includes the Reserve Forces. You can also join if you are or were a member of a Police Force.

Associate member - You can join as an Associate member, if you had a member of your family in the forces. This includes **Fathers, Mothers, Brothers and Sisters, any Grandparent, or an Uncle or Aunt.** You may also join if you are/were a member of a regular or **volunteer Fire Department** for at least a one-year period.

Affiliate Voting member - Any Canadian Citizen or Commonwealth subject who is of Federal voting age and who is not eligible for Ordinary or Associate membership.

Affiliate Non-Voting member - non-Canadian citizen or a non-Commonwealth subject from an Allied Nation and support the aims and objects of the Royal Canadian Legion.

Early Bird Membership dues for **2024** are only \$40.00 in any category. Two-year **renewal** promotion of **BOGO** total cost is **\$75.00** per person.

Check our website at transconalegion.ca for up-to-date information on our special events and activities.

Serving or Retired CAF or RCMP who have not been a member of the Legion-there is a Veteran Family Welcome Program promotion for you. There is a one-year free Legion membership to Welcome you to the Legion. This is also opened to your parents or guardian, spouses and children 18+ Come down to our Branch any Saturday afternoon during the renewal promotion - our Membership Chair will assist in the filling out of the application form.

The Legion is proud to support Canada's Cadets and recognizes their service by offering all graduating Cadets a one year free membership. You must apply on line and this membership does not include the Legion Magazine. Once you have your new card come down to our Branch and have your membership transferred to Branch #7.

TRANSCONA LEGION

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E-mail: branch7@shaw.ca

Website: transconalegion.ca

The Importance of Facials and Skin Care

Transcona Salon Spa

Your Face is the first thing people see when you walk into a room. Taking care of your skin is just as important as eating a well-balanced diet, exercising regularly, and getting enough sleep.

Treating yourself to a facial once every 4 to 6 weeks can benefit your skin in many ways. Regular facials provide many benefits, including no-

ticeable improvements to your skin tone, texture and appearance.

Facials delay signs of aging, eliminate black heads, increase collagen production, improve skin elasticity and leave your skin with a healthy glow.

Skin Care Products after your Facial. A good skin care routine is only as good as the products you

use. While good quality products can help your skin look better now as well as in the future, poor quality products can be ineffective and even cause harm. Why is good skin care important?

Good skin care is important for the following reasons:

- It helps your skin stay in good condition: You're shedding skin cells throughout the day, so it's important to keep your skin glowing and in good condition. An effective routine can help prevent acne, treat wrinkles, and help keep your skin looking its best.

- Your skin will look more youthful: As you age, your skin's cells turn over more slowly, make it look duller and less radiant. Using a quality skin care line can help remove dead skin cells so your body will replace them with newer, more youthful cells.

- Prevention is easier than correction: Preventing skin problems is easier – and less costly – than trying to fix them in the future.

- Your self-confidence will get a boost: When your skin looks better, you'll feel better about yourself and have more self-confidence.

What are some good skin care methods? The following can create a good, effective skin care routine:

- **Cleanser:** Wash your face gently with a product designed for your face. If you have dry skin, you'll want to choose a cleanser that doesn't have alcohol, and if you have oily skin, look for an oil-free cleanser. Afterward, rinse with warm water.

- **Toner:** Toner is used after washing your face, and it helps smooth and calm skin while restoring nutrients.

Continued on page 18

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Positive impacts in our community

James Teitsma, MLA for Radisson



Last month, our government announced the recipients of this year's \$50 million Arts, Culture and Sport in Community Fund and once again, our community benefited. Local recipients include the Transcona Museum who will use their nearly \$72,000.00 grant to cover the costs of building the protective enclosure around the historic steam locomotive engine CN 2747 – the first steam locomotive built in in the Transcona Yards!

When I was first elected in 2016, CN 2747 was in rough shape with significant risk that it would be irreparable. Since then, I have worked with the Museum to secure a series of provincial government grants to help pay for much of the \$600K+ expenses involved in restoring and preserving this important artifact. One of the best features of this new cover is that it will include a stairway and platform to allow students and visitors to get right up and inside the locomotive where the engineer stood. My hope is that thousands of students will be able to enjoy this well-preserved artifact every year!

Seniors also benefited from this year's round of grants. The Transcona Retired Citizens Organization will receive nearly \$5,000.00 to pay for a new sound system and upgraded dart boards at their 328 Whittier Avenue West location. The Transcona Council for Seniors will also receive \$5,000.00 to host an Art Show allowing seniors to showcase their

artwork, plus bring in a travelling art show from the Netherlands!

The Transcona Nationals Football Club were also awarded more than \$90,000.00 to help pay for new clubhouse space. Last year's grant recipients included Buhler Recreation Park. They received \$250,000.00 to help upgrade their facilities to host the World Police and Fire Games. I spoke with facility manager Steve Mymko during the games this summer. He told me people from across Canada and around the world were raving about the world-class facilities we have here in Transcona. From the new concrete baseball dugouts to the improved drainage systems, these grants have helped improve Buhler Park and Transcona's already excellent reputation.

I want to see Radisson and Transcona continue to benefit from provincial government grants. If you have questions about what grants your organization may be eligible for, or if you need a letter of reference to apply for a grant, please visit my website at jamesteitsma.ca or contact my office at 204-691-7976 or office@jamesteitsma.ca. ❖

James
TEITSMA
MLA for Radisson

204.691.7976
office@jamesteitsma.ca

The Importance of Facials and Skin Care

Continued from page 16

- **Moisturizer:** Moisturizers should be used every time you wash your face, even if you have oily skin. If you have this type of skin, choose an oil-free or gel product.

- **Sunscreen:** Even if your moisturizer has a sunscreen, it can still help to use a separate sunscreen every day, even if it's cloudy. Choose one that provides broad-spectrum protection and has an SPF of at least 30.

- **Exfoliator:** Exfoliators are optional and can be used after a cleanser but before a moisturizer. They should only be used a maximum of once or twice a week.

- **Serum:** A serum can help address specific issues, such as redness.

What benefits do quality skin care products provide? The following are some of the benefits of quality skin care products:

- **Quality ingredients:** Similar to the benefits that healthy food provides for your body, quality skin-care ingredients can improve your skin.

- **Protection from environmental damage:** such as pollution

- **Help fighting the effects of aging:** such as wrinkles and sunspots

- **Results for the money:** Even if quality products cost more in some cases, they're worth the money. If you use ineffective products, you're wasting money

- **Exceeding standards:** Quality skin care products are more refined, with fewer bacteria and impurities.

Why should you avoid poor quality skin care products? Poor quality skin care products are more likely to cause the following negative effects:

- Ineffective results
- Infections
- Allergic reactions such as rashes

- Worsening problems by clogging pores, causing breakouts, etc.

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Money matters: federal transfers go up, health care services go down

By Daniel Blaikie, MP Elmwood-Transcona

Everyone knows that it is difficult to balance the many challenges we face as a country today. Inflation, mounting interest rates, an overstressed health system and the impacts of climate change are just some of these challenges.

Successful responses often require public investment, but that investment must be made in a way that does not itself contribute further to inflation.

One of the best ways to do this is to focus on reducing the cost of things we cannot do without. Dental care, health care and child care are good examples of areas where investment can lead to lower costs and better service for Canadians.

Child care is a notable example where we are seeing some improvement. More spaces are being created and fees are coming down for some families. This is the result of new federal funding – \$240 mil-

lion per year for five years – under the Canada-Manitoba Canada-Wide Early Learning and Child Care agreement; funding the NDP in Ottawa fought for and is now working to make permanent with new legislation.

Investments to decarbonize the economy and build more housing may be more difficult from an inflationary point of view, but these crises demand a response. A long-term capital plan that includes training more workers to meet the demand created by the plan itself would go a long way in mitigating inflationary pressure.

I believe these things are possible but require different levels of government to stop working against each other.

Consider this: federal transfers to Manitoba are way up since the Conservatives came to government in Manitoba. In 2015-16, the annual

transfer to Manitoba was \$3.436 billion and will be \$5.881 billion in 2023-24 – an increase of \$2.445 billion.

With the support of the federal NDP, there has been a significant increase in the Canada Health Transfer in addition to the exceptional health spending during the pandemic. The federal government picked up 70% of those pandemic expenses according to a Canadian Centre for Policy Alternatives review of COVID-19 spending.

Northeast Winnipeggers certainly have seen more than our fair share of health care cuts; cuts that began even before the pandemic. These include closures, cancellations or ‘consolidations’ to the Concordia ER, Park Manor Care, Diagnostic/lab services, ACCESS Transcona Community IV program and the CancerCare MB Concordia out-patient clinic.

How can Manitoba be receiving more money for health care and getting worse results? There is more than one answer to that question. Let us consider a couple.

The Conservatives refuse to bargain in good faith with public sector unions. MLCC workers had to take strike action this summer after going a year without a contract. Workers in other public companies like MPI and MB Hydro are considering the same. In a time of extraordinary inflation, governments should be leaders in showing how to maintain the power of workers’ paycheques.

Stefanson’s crew has taken the same approach with health care unions. Instead of bargaining attractive wages and working conditions, Conservatives are dragging out bargaining while paying exorbitant rates to private nursing agencies;

Continued on page 22

DANIEL BLAIKIE MP
Elmwood-Transcona

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Transcona Report

By Nello Altomare, MLA Transcona

As your MLA, it is my job to work for you and the best interests of the Constituency of Transcona. My team and I have been out in the community meeting with constituents, listening to your aspirations and concerns as Manitobans begin preparations to head into the next provincial election.

Transcona is a great place to grow up, raise a family and age in place.

What we hear from folks is the need for more personal care home space in our community so our loved ones can age in place with dignity, in close proximity to family and friends. When the current PC government was elected in 2016, one of the very first things they did was cancel the expansion of Park Manor Personal Care Home. The consequence of that decision?

Transcona continues to have the lowest per capita PCH space in the city. The construction and subsequent staffing of more PCH space

needs to be a priority for the next government and I will work to ensure this remains a priority.

The most pressing issue I'm hearing from constituents and those working in healthcare, is that we need change. The current PC government broke our healthcare system and can't be trusted to fix it. Nurses are over-worked, stretched to the limit in providing quality care that Manitobans deserve.

Inconsistency in homecare services is an issue that will also need to be addressed. Accessible and quality homecare is necessary so that we can age in place and keep the pressure off an already stretched healthcare system.

The other issue Transcona families have raised, as we've been out canvassing, is the need for better, equitable funding for our public schools. River East Transcona School Division had to take the extraordinary step this year of having

to borrow money this year to meet the needs of kids and families in our community. Why? The current government has been consistently underfunding schools, felt most acutely in RETSD, since 2016. This despite the fact that RETSD has experienced increasing enrolment and some of the highest number of newcomer students in the province.

These, and many more topics, will be debated and discussed throughout the upcoming election. I look forward to continue meeting Transcona constituents to talk about the issues that matter most.

Please continue to reach out, the Transcona Constituency Office is open daily, Monday to Friday. Call 204 594 2025 or email us at, Nello.Altomare@Yourmanitoba.ca

Money matters: federal transfers go up, health care services go down

Continued from page 20

often hiring the same nurses who left the public system due to poor treatment.

This would be a losing strategy, even if the Manitoba government was investing all the new federal dollars into solutions, but they are not. The school tax rebate and other tax cuts will eat up about \$800 million of those increased federal transfers every year.

Between inflation and these tax cuts, how much is left in new dollars to fix our health system? And who is benefitting from these tax cuts?

While some people were no doubt glad to get a little extra money

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in their pocket, New Democrats have met many people on the doorstep who would much rather seen their rebate go to fixing our ailing hospitals and distressed schools.

Besides, not all that tax relief is even staying in the province. A lot is going to big corporations with no loyalty to Manitoba. Almost \$1 million is going to Cadillac Fairview (Polo Park) alone ... and more big money is going back to grocery retailers, like Loblaws, who have seen their profits skyrocket in a period of serious hardship for many Canadians.

Manitoba cannot afford to waste federal transfers by sending cheques to everyone regardless of their income, or to corporations who take their profits elsewhere as the Stefanson government likes to do.

The actions of the Conservative government here in Manitoba are exactly the things Pierre Poilievre says are inflationary.

New Democrats have pushed a different approach and forced the Liberals to double the GST rebate, invest in child care, raise health care funding, and develop the first-ever dental pro-

gram in the country's history. For all their bluster, except for the dental care program, Conservatives in Ottawa have reluctantly voted for most of these things because economists have confirmed these are good ways to relieve economic pressure on households without making the inflation problem worse.

With less theatre and finger pointing, governments in Canada could get a lot more done for people. We cannot afford, in this difficult moment, to have governments working against each other. ❖

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