

TRANSCONAVIEWS

Transcona's Only Exclusive Community Paper
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AND ADVERTISER

Published by



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BIZ EDITION**



TRANSCONA BIZ BULLET

VOL 20 No. 4

December 2023

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BUYING GUIDE"
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SANTA'S ON HIS WAY! Optimist Club of Transcona

Optimist Club of Transcona



Santa Rides Transcona 2 Days!!! Saturday December 16th Sunday December 17th! Mark your calendars.

Meet with Santa for Picture. December 18th and 19th., 6:00pm - 8:00pm at Vickar Chevrolet 964 Regent Ave W.

Cost is Cash donation or Food donation for Transcona Food Bank. Pictures are taken with your camera or cell phone.

This year he is riding 2 days Sunday December 16th and 17th, so mark your calendars.

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Holiday Safety

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The holiday season is a time of joy and celebration, but unfortunately, it can also be a prime time for theft and burglaries. With an increase in shopping, travel, and social gatherings, it's crucial to take extra precautions to keep your belongings safe.

Secure Your Home

- Install a security system or upgrade existing ones.
- Use timers for lights and electronics to create an illusion of occupancy.
- Reinforce doors and windows with deadbolts and security film.
- Avoid sharing vacation plans on social media platforms.

Protect Your Packages

- Opt for delivery options that require a signature or provide tracking.
- Consider having packages delivered to your workplace or a trusted neighbor.
- Install a video doorbell or surveillance camera to deter porch pirates.
- Request delivery notifications and arrange for someone to collect packages promptly.

Safeguard Your Vehicle

- Park in well-lit areas and avoid leaving valuables in plain sight.
- Lock your car doors and windows, even if you're only stepping away for a moment.

- Use steering wheel locks or car alarms as additional deterrents.
- Be cautious of where you park when shopping, ensuring it's a secure and monitored area.

Stay Vigilant While Traveling

- Keep your travel plans discreet and avoid discussing them in public.
- Use luggage locks and consider investing in anti-theft bags or backpacks.
- Inform a trusted neighbor or friend about your absence and ask them to keep an eye on your property.

Be Mindful of Social Media:

- Avoid posting about expensive gifts or holiday purchases.
- Refrain from sharing your location in real-time or announcing extended absences.
- Adjust privacy settings to limit who can view your posts and personal information.
- Be cautious of friend requests or messages from unknown individuals.

While the holiday season is a time for celebration, it's essential to take steps to protect your belongings. By implementing these practical tips, you can minimize the risk of theft and enjoy a safe and secure holiday season! ❖

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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Like a Deer in the Headlights

By Dr. Karen Blackie, OD

One evening, I was driving down Highway 7, just North of Teulon, and I saw several sets

of eyes glowing back at me from the ditches. Shortly after, I came upon a deer standing motionless in our headlights. The deer was standing smack in the middle of the road staring at our oncoming car, transfixed. As we abruptly braked, the deer decided it had seen enough and crossed into the ditch. Anyone who has ever had a similar situation has probably thought “why does it just stand there?!” There are a number of specific reasons for this that we will discuss further, but what it boils down to is essentially the anatomy of the deers eyes, the nature of the animal, and an increase in lumen output of modern automobile headlights.

The nature of deer physiology give them a wide field of view, specif-

ically the placement of their eyes on the sides of their skull. This placement enables them to spot potential threats and predators. Having eyes positioned this way may be beneficial for spotting danger, but it reduces depth perception, decreasing their ability to judge how fast and far away you the motorist are coming towards them. Deer by nature are most active in the twilight hours, having excellent night vision. Human and Deer eyes have similar properties, each contain a ratio of photoreceptors called rods and cones. Deer have a much higher percentage of rods than humans, this gives them the ability to see exceptionally well in the dark. The deer eye also contains a special reflective layer, called the tapetum lucidum whose job is to act as a mirror and reflect light back towards the photoreceptive layer in-

creasing their night vision power. This is similar to other animals that are adapted to see well in low light conditions such as cats, dogs, owls, racoons and rats.

Since the early 1980's the output of automobile headlights as doubled, meaning we are projecting greater quantities of directed light much further ahead of our vehicles with increased focus and intensity. I'm sure we have all been dazzled by an oncoming driver who forgot to dim their high-beam headlights. Due to the larger ratio of rods in deer this effect is multiplied significantly. Having better headlights makes for safer driving at night for humans, but this increase in headlight output can increase the chances of deer being literally blinded by them.

When a deer trying to cross a road becomes trapped in an oncoming cars headlights, all the adaptations their eyes have for seeing in the dark immediately blind them. Similar to us if someone turns the lights on suddenly in a dark room, and you feel temporarily blinded and annoyed!... The deers eye is having to transition from near total darkness to an intense brightness almost instantly and this transition takes time. The reflective layer is essentially bouncing around the light inside the deers eye increasing the length of time the eye needs to adjust to the intense light. This compounded with the animals nature to freeze and stand still when determining if a threat is present causes them to become transfixed and unable to move off to safety. So be mindful the next time so see a deer on the highway and give them ample time to cross safely. ❖

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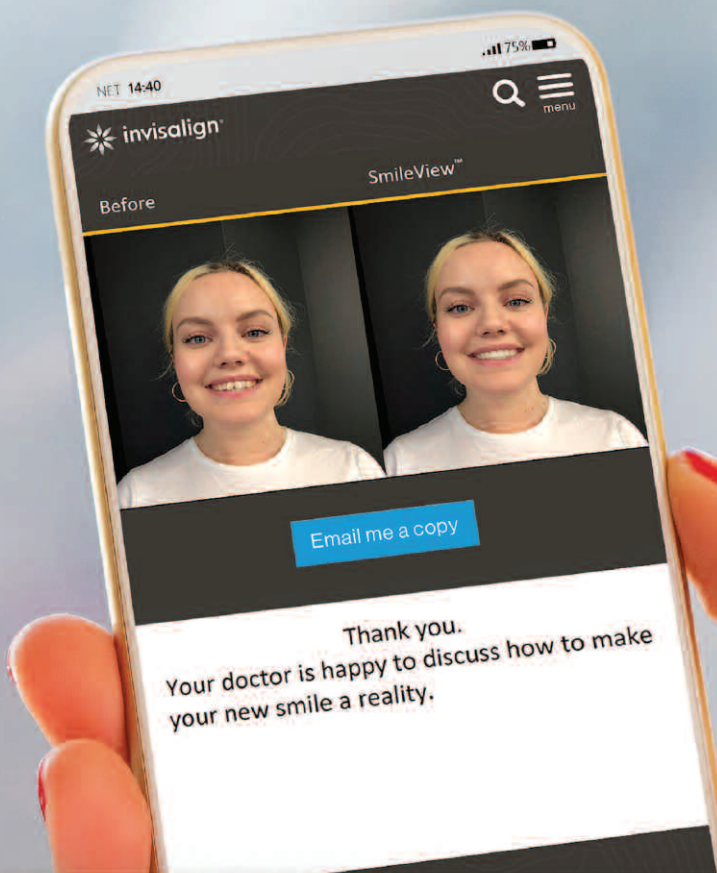
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December at the Transcona Museum

By Jennifer Maxwell, Assistant Curator

Museum Closure Dates – The Transcona Museum will be closed for the Winter Holidays from December 24, 2023 to January 1, 2024. We will look forward to seeing everyone again in 2024!

Holiday Flamingo Scavenger Hunt – Visit the Transcona Museum from December 1 – 21 for a holiday flamingo-themed scavenger hunt in the galleries! Participants who complete the scavenger hunt will have the opportunity to be entered into the prize giveaways. Winners will be announced on our social media pages on Friday, December 22.

Winter Holiday Crafting Party! – Join us on Friday, December 8 and Saturday, December 9 for some Winter Holiday crafting fun and

prize giveaways! We have three timeslots available each day: 10:45 am, 1:00 pm and 2:30 pm. Each time slot is for 45 minutes. Pick the date and time that works best for you!

Pre-registration is required as space is limited. 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.

We kindly ask participants to bring a non-perishable food item as an alternative to an admission donation for the event. Museum staff will collect and bring all donations to the Transcona Food Bank.

Gifts and Giving – The gift shop at the Transcona Museum offers a

variety of merchandise and gift options for everyone! We currently sell Transcona's 2747, GET ON BOARD campaign merchandise, TM logo, and Transcona items. Museum Members and Canadian Veterans get a 10% discount on select items. (To redeem this discount, please show your Museum Membership or Veteran's Service Card to the museum staff.)

Why not give the gift of a Museum Membership for the holiday season! Memberships are good for one year from the date of purchase. Prices are \$15 for an Individual and \$20 for a Family. Members receive benefits to the museum such as discounts on select merchandise, voting privileges at the AGM, invitations to special events and more. Memberships may be purchased at the Transcona Museum and on our website (Zeffy).

A reminder to our supporters that monetary gifts to the Transcona Mu-

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seum are eligible for a charitable tax receipt (\$50 minimum or upon request). To donate, visit our website or call the museum if you need assistance. Anyone wishing to donate in-person at the museum is welcome to do so.

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. ❖

Community Billboard

All Saints Ukrainian Orthodox Church. 1500 Day St.

For a great evening, join us for Ukrainian New Years/ Malanka on Jan 13, 2024 Catering is by Ludwick, music by the Dennis Nykoliation Band.

Tickets are \$70 for adults and 12 and under are \$35. For tickets call Ted 431 279 4965 or Emil 204 488 2200. ➡

Transcona Memorial United Church.

209 Yale Avenue West

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

MESSY CHRISTMAS: December 15th, 5:30-7:30pm in Yale Hall. RSVP not required, but appreciated.

Please contact the church office to join in the fun.

Join us this December as we light the Advent candles - 10 am, 209 Yale Avenue W. December 3rd, Hope; December 10th, Peace; December 17th, Joy; December 24th, Love.

Continued on page 8



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SANTA'S ON HIS WAY!

Optimist Club of Transcona

Continued from page 1



The Optimist Club of Transcona puts the event on each year.

Our Optimist Members along with Vickar Chevrolet spends days prepping, mapping and decorating Santa's sleigh for when Santa arrives.

Now that our amazing community has grown so much, we asked Santa to do 2 days to hit many more streets. The route is changed year to year so as many as possible experience Santa's visit!

We are on Facebook to give everyone a heads up where he will be, and this year we will post his route hopefully the week before so that you may plan where to get out to meet him, he moves fast so follow the map route that will be posted on our page, to see when he visits your area. Santa's timing of visiting your street is unknown during the event. Weather, sleigh issues and time are just a few challenges to this event... so be patient, we will do our best.

We hope we add to this magical time of the year for you and your families. We look forward to the

smiles, waves and cheers from young and old every year. Please stay safe and we ask that you don't plug the intersections.

See you December 16th and 17th and we hope you come meet Santa for picture December 18th and 19th. From our hearts to your home.

Merry Christmas everyone!

Community Billboard

Continued from page 7

Christmas Eve Service will be held December 24th at 7pm.

SAVE THE DATE! Caught In The Act Co. is once again pleased to present our fabulous dinner theatre. Please join from May 2-5th, 2024 for *Foibles and Folly* by Michelle R. Davis. A lighthearted comedy set in Distinctive Manor, featuring an eclectic cast of loveable characters. Produced by special arrangement with Pioneer Drama Service, Inc., Denver, Colorado. Ticket information and reservations to begin in February. Please watch this space for more information or visit our social media sites.

St Georges Anglican Church.
321 Pandora Avenue West

We welcome our new priest: Rev Wilson Akinwale on December 17th.

Upcoming Services & Events:

- Christmas Bake Sale pick up

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

- December 3, 10, 17, 24 . Advent Services at 1030 am

- Sunday December 24, Christmas Eve evening service- Family - Candlelight service at 7 pm

- Sunday December 31- 1030 am Lessons and Carols service

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. Kildare Ave W. Winnipeg.

Sunday School at 8:45 a.m.

Sunday Worship Service at 10:00 a.m.

Advent Worship Service at 7:00 p.m. Wednesday Dec 6, 13 & 20

Christmas Eve Worship Service 7:00 p.m. Sunday Dec 24

Christmas Day Worship Service 10:00 a.m. Monday Dec 25

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*Season's
greetings*

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THE SECURITY EXPERTS

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Transcona Garden Club

By Anne Copland

It appeared we might have a lengthy fall; the temperatures were above freezing with just a few raindrops overnight. Then the snow came and stayed, before Halloween, no less. So, with good snow cover, plant protection and moisture levels through the winter are guaranteed, however premature the onset of winter. Knowing that our gardens are down for a winter's rest, perhaps you might be interested in a less-colourful style of gardening in the future.

Technically, white is not a colour, although stunningly beautiful, as glittery snow blankets our landscapes. Adding an all-white moon garden

can bring the same enjoyment to our shorter summer season. It can be a small corner of your garden, designed to add interest, and break up the monotony of a long border. Locating it where you can view it in comfort from a seating area is a must. Other ways to add white is with garden structures, rock accents, or trees with white bark. All would show up nicely on a moonlit night. Oh, and don't forget mosquito spray!

If you are shaking your head and wondering, "Why would I want all white when I can have a riot of glorious colour"? Well, for one, such a bold combination of many colours

may clash, making it difficult to focus. But you can have both, mixing in white next to bright, refocuses the eye, and makes the nearby brighter colours pop. White is restful, as is green. Small plants in black and various shades of it, are more dramatic, and probably best used carefully combined in a stand-alone planter. Taller black grasses make a statement, but you won't see them at night. I guess what I am trying to say is, don't overlook white or black.

Pollinators will visit white flowers, as well as others. Large white fragrant flowers such as lilies attract bats by their scent at night. Bees are the most well-known important pollinators, followed by hoverflies, being the most prolific. Wasps and butterflies contribute their share. Most gardens have a mixture of annuals, perennials and vegetables which all require pollination. Adding some native wildflowers, grasses and herbs will guarantee something for everyone in their search for nectar.

Delphiniums, snapdragons, sunflowers, Tanacetum (matricaria), sweet peas, dahlias, gladioli, bleeding hearts and zinnias all come in white, and other colours, and would make beautiful additions.

Transcona Garden Club will wind up 2023 with some new faces on our executive and Board of Directors. A Holiday Swag workshop and pizza party was held on Nov. 19. In lieu of a meeting in December, members will gather for a dinner out. Call Kathy for details at 204-224-1386.

There will be many exciting topics presented in the new year. The



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program is planned according to suggestions on members' surveys earlier.

Memberships for 2024 are now due, and still \$15.00. Please call President, Pat Osmond at 204- 224-3859 with any inquiries.

The Flower Arrangers will meet on Dec. 8 at 328 Whittier Avenue West at 1 to 3 PM. Our next meeting will be on April 12, 2024.

Merry Christmas, and Happy Holidays! ❖

Community Billboard

Continued from page 8

For information about our church or our activities and events, please contact the church office at 204-222-0245 or view our website at www.lcgstranscona.org

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!

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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Seniors Bulletin Board

by Colleen Tackaberry,
Transcona Council for Seniors
Resource Coordinator

Winter has arrived and with it our demand for rides for seniors has greatly increased. Are you able to become part of this vital force of volunteers who provides essential rides for seniors to get to their appointments? 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. I always think about the day that I may require this service. Will someone be willing to step up and help? Could you be that someone today?

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 TransconaSeniors.ca or contact Colleen Tackaberry at 204 222-9879

Continued on page 13

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Continued from page 12

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 and Wednesdays, acrylic and oils starting at 10:00am at 328 Whittier Avenue West. Call 204 222-9879 to register.

Men's Shed Call Fred at 204 224-4941 to register.

Yoga is held at Oxford Heights CC Wednesdays at 10:00am please call 204 222-9879 to register. On going.

Pickle Ball is the fastest growing sport in North America and we are

playing it here in Transcona. Phone Fred at 204 224-4941 learn more or to become a member.

Zumba running at Oxford Heights Community Club Tuesdays and Thursdays at 10:00am. \$5 drop-in fee. On going.

Vision Impaired Group will be meeting the second Tuesday of

every month at 75 Kildonan Green Drive at 1:30pm. All who have any kind of vision impairment are well come to attend. For more information call 204 222-9879. Next meeting December 12, 2023.

Canadian Hard of Hearing Association, Manitoba Chapter holds a meeting at 328 Whittier Ave West

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Seniors Bulletin Board

Continued from page 13

every 3rd Monday of the Month from 1-2:30pm. Next meeting December 18, 2023.

Drums Alive Wednesdays at Oxford heights at 11:00AM, Call 204 222-9879 to register.

The Retired Citizen's Organization at 328 Whittier Avenue West is offering the following activities:

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

Tuesday Soup and Sandwich Lunch Program. \$8

Tuesday beginners Bridge 1:30pm. On going.

Wednesday Bingo

Thursday's darts at 10:00am

Thursdays Scottish Country Dancing at 1:00pm.

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

Friday Whist or Crib 1:30pm On going.

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

If you are not feeling well, please do not attend any sessions of programs offered!!

Please call 204-222-9879 and check our website at transconaseniors.ca. 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*

Tips to Manage the Winter Blues and Seasonal Affective Disorder

Winter is hard. With the days getting colder and the nights getting longer, it is common for many of us to have our mood drop with the temperature.

So, what are the winter blues?

The winter blues are a wave of low emotions that come with these cold, dark days. You might feel the need to sleep a bit longer, indulge more often in comfort food, and spend more time watching television than with your family and friends. You may have heard people referring to this as seasonal affective disorder (SAD), but the winter blues and SAD are two different things.

The difference between the winter blues and seasonal affective disorder:

About 15% of people in Canada experience the winter blues, while only about 2-3% of people in Canada experience SAD.

SAD is a widely researched condition of regularly occurring depression in the winter season that can impair one's daily life. Treatment can include light therapy, counselling, medication, or a combination of the three. A health professional can help determine if you are experiencing SAD.

Here are some tips to help you beat the winter blues and seasonal affective disorder:

Move your body. Physical exercise is proven to produce feel-good chemicals (called endorphins) in your brain that enhance your overall sense of well-being. If you can, get outside for even a few minutes to ex-

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pose yourself to natural sunlight and fresh air.

Connect with others. Making the effort to socialize with loved ones and friends helps ease feelings of loneliness and isolation that are common during colder months.

Stress management is key. Make sure to take time to rest your mind and body with activities like meditation, yoga or mindful breathing to keep stress levels low.

Stick to a regular sleep routine. Our circadian rhythm can become out of whack this time of year because we are exposed to far less sunlight and spend more time indoors. Try to avoid napping because it can make sleeping at night harder and force us out of a routine, which has bigger impacts on our mood than we think.

Take a vitamin D supplement. Winter months usually mean less sunshine and higher likelihood of vitamin D deficiency. A supplement can help keep your levels up while the sun is down (or clouded over).

It's important to know you're not alone. If you need immediate help, here is a 24-hour support line available in Winnipeg:

Klinic Crisis Line (24/7)

Provides free and confidential counselling and referrals for people who are suicidal, in crisis or struggling to cope.

Phone: **204-786-8686** or toll-free: **1-888-322-3019**

Mental health support or resources:



Canadian Mental Health Association Service Navigation Hub

Specialists are available to help all Manitobans find the best type of care to match your needs, including mental health and addictions.

Phone: **204-982-6100**

Sara Riel 24/7 Seneca Warm Line →

Dedicated Support Workers are available to talk and provide support.

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For further information about resources to assist with your health and wellness, please contact the **Healthy Aging Resource Team** at 204-940-2114.

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Transcona Legion Branch #7

Submitted by Donna Poitras

It is amazing how quickly the year has flown. We have had some amazing times at our Branch.

We have had live entertainment in our Branch from Karaoke to Bands. We held two Trivia Pursuit Events, Welcome Neighbour Pancake Breakfast and BBQ the weekend of Hi Neighbour and our Famous Fish Fry's.

We are trying out some new events that we encourage our community to come out and participate. Jamming Session on December 14th 7-10 pm, on the 1st and 3rd Thursday of the month at 7:30 pm. Trivia Night with Pink Flamingo, it is a great evening, bring a team of your peers or join a team.

We have been holding a monthly meat package draw. Tickets are only \$5.00 each and you can win \$225.00 worth of meat. We are selling tickets

for a **Christmas "Spirit" Draw** Dec 16th -grand prize \$550.00 worth of liquor, tickets are \$5.00 each sold at the Bar.

Our regular weekly events at the Branch are:

Monday Night Bingo-Early Bird 6:45 pm Regular game 7:00pm

Tuesday Cribbage Group -all levels welcome

Saturday Meat draw-Chase the Ace-50/50-start time 2:45pm.

We are pleased to announce we are hosting a **New Year's Eve Party**.

A fun filled evening of a dinner and dance. The cost is \$50.00/per person and included is a cooked meal, late lunch, Champagne, party favours, live music by the Band Destiny. Doors open at 5:30 pm. There is a special membership discount for your ticket-you have to show your current membership card to get the

discount. Tickets can be purchased at the Bar.

Branch News

This year we encountered a rather large expense that needed to be addressed immediately. Our roof needed a major overhaul. A fair amount of our fundraising has been going towards this major expense.

We will be holding our Elections on **December 7** at 7:30 pm. We encourage our members to come out to help elect the 2024 Executive Committee. **December 8th** Floral workshop tickets at the Bar.

December 2nd is the last day you can renew your membership at the reduced rate and have your name entered in the draw. December 23 is the last meat draw for the year.

January 1st we hold our annual Levee Day open to all. Please check our website/Facebook for up-to-date information at transconalegion.ca.

Our Branch works hard to ensure that we follow the Legion mission to serve Veterans, including serving military, RCMP members and their families, promote Remembrance, and to serve our community.

We have for your evening out VLTs, snooker table, large screen tv to watch your favourite sports team along with an awesome Bar staff.

We would like to thank all the Businesses who have supported us over this past year. Thank you to the Members, Community and Volunteers who support our Branch and events.

Our Executive Committee and Staff would like to wish everyone a Happy and Safe Festive Season and look forward to seeing you in 2024. ❖

Merry Christmas to you and your family

Russ Wyatt | City Councillor - Transcona Ward

204-986-8087
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Pierre Poilievre and Justin Trudeau team up to keep your heating bill high

By Daniel Blaikie, MP Elmwood-Transcona

Carbon pricing is once again making headlines. Climate change is real and carbon pricing is an important tool to lower emissions, but it is not the only tool . . . and the Liberals are making a mess of it.

The mess started when the Liberals announced they would put a three year pause on the carbon tax for home heating oil. Not all people using home heating oil in Canada live in the Atlantic provinces, but most of them do.

The Prime Minister made the announcement surrounded by a gaggle of Liberal MPs from the East Coast. Then Liberal Cabinet Minister Gudie Hutchings went on CTV to say that Canadians in other parts of the country who want a break on their heating

costs should elect more Liberals.

In a matter of days, the Liberals sabotaged an important climate measure with a majority, cross-partisan consensus behind it by pitting different regions of the country against each other for crass partisan gain.

In response, the Conservatives introduced a motion to apply the carbon tax pause to all forms of home heating, including natural gas. I voted in favour of that motion.

The Liberals call it a flipflop, but I see it as a legitimate protest of the divisive, regional politics they are playing with the carbon tax. It was defeated on the strength of Liberal and Bloc Quebecois votes.

The Conservatives want to get rid of the carbon tax altogether. I think that

is the wrong approach. Carbon pricing is an important tool in the fight against climate change, but that does not mean the Liberals are getting it right.

The NDP proposes to remove GST from home heating, make heat pumps easier to afford for low-income and middle-class Canadians and pay for it by charging a windfall profit tax on the oil and gas sector that saw its profits increase by 1,000% between 2019 and 2022. That's right, three zeros, it is not a typo.

Unlike the federal carbon tax, the GST is paid by every Canadian in all provinces (many provinces have their own carbon price, so the federal one does not apply). Unlike the carbon tax, we have a tradition of not charging GST on essentials. Unlike the carbon tax, the GST applies to all forms of home heating, including renewable power.

You might think the Conservatives would jump at the chance to succeed in removing a tax from home heating, but they refuse to endorse our plan. Pierre Poilievre prefers the divisive, vote-getting politics of the carbon tax to actually reducing your heating bill. Like Justin Trudeau, he is putting partisan politics and his loyalty to oil and gas lobbyists ahead of financial relief for Canadians in a difficult time.

You will hear Liberals and Conservatives say all sorts of things on this issue. Instead of taking them at face value, ask them why they teamed up to defeat the NDP's common sense plan to save Canadians money and reduce emissions. ❖

DANIEL BLAIKIE  **MP**
Elmwood-Transcona

Season's Greetings

  204.984.2499  Daniel.Blaikie@parl.gc.ca
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8 Reasons to Give a Gift Card This Holiday Season

Transcona Salon Spa

Gift Cards often get the bad rap. They are often considered impersonal gifts.

Here are 8 reasons you should consider giving a Transcona Salon Spa gift card as a gift for the holidays or any time of the year.

1. It ensures the person gets exactly what they want. Think back. Have you ever been disappointed to get a gift card? “A gift card? Oh no, I have to go get my hair done or spend time getting a facial! And spend someone else’s money. How horrible!” said no one ever.

2. You can make them any dollar amount. They can use it for any service we do or buy any product on our shelves.

3. They can be paired up with a small gift. For the people saying, “if

I give a gift card, they won’t have anything on Christmas to open.” Sure, if all they get is gift cards, but that probably won’t happen. But if you are really worried about this, then pair it with a small gift. We have plenty of Christmas packs and options

4. They never have to be returned. Nothing is worse than getting a gift for Christmas that has to be returned.

5. They are easy to wrap.

6. It is more economical for the other person. By giving a gift card, you can help the person get a special service they normally think about getting.

7. They are easy to purchase. and you can keep within your budget.

8. They can be great to have on hand for surprise gifts. Nothing is worse than getting a gift from someone and not having a gift for them. But if you keep a few gift cards on hand in your office or purse, you’ll be ready for this. They may not be as personal as you’d like, but it saves you from having to deal with the awkward situation. And if you don’t need them, you can always use them later for yourself. ❖

WRHA Report

By Stacy Boone,
WRHA Community Facilitator

Coping & Resiliency hosted by Sara Riel (a non-profit Mental Health and Addictions Organization) Coming in January 2024 @ Transcona Access, 845 Regent Ave W

This group is for individuals who would like to come and meet to discuss their experiences living with mental health, socialize, give/receive support, and exchange information/strategies in a safe, respectful, and supportive peer led environment. Topics will vary from week to week and will come from the participants within the groups.

Weekly meetings from Jan – March 2024. To add your name to the list, please contact Stacy Boone, WRHA Community Facilitator. Sboone@wrha.mb.ca or 204-223-6535.

After a successful Spring and Summer, “**Cycling with Sarah**”

Continued on page 22

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Transcona Report

Nello Altomare

First and foremost, on behalf of myself and our constituency assistant, Devon Kelly, we would like to wish everyone in Transcona a happy and joyous holiday season and all the best in 2024. Take the time to connect with your family, take the time to connect with people important to you and take the time to reflect on how you can share your time and talents with organizations that provide services to those in need.

I would also like to thank you for your messages of congratulations and support as I assume the position of Minister of Education and Early Childhood Learning for the Province

of Manitoba. I say this many times when I am at the Legislature, the support our community gives to its elected officials is exemplary; and it is this support that gives us the energy to do the important work of supporting folks not only in Transcona, but throughout the province.

As a result of the recent provincial election, Manitobans told us it was time for change. We have promised to deliver a government that builds a shared future for our province. Our platform offered an ambitious and responsible plan to make healthcare better, lower costs and grow the economy with good jobs while at the same time, balancing the budget.

Being appointed the Minister of Education and Early Childhood Learning gives me the privilege to ensure our public schools and childcare centres are safe places where every child matters and every child is set up for success. We know that the road ahead will have challenges, but we owe it to the people of Manitoba to deliver on our commitments with honesty, kindness and pragmatism.

Together, we can accomplish these goals, I will rely on you for your feedback and support as we begin to embark on our ambitious agenda. The constituency office is open daily, 9am to 5pm and we're located at 127 Regent Ave West. Call us at 204 594 2025 or email, Nello.Altomare@yourmanitoba.ca ❖

**Happy
Holidays**
NELLO ALTOMARE
Your MLA for Transcona

**127 Regent Ave. W,
Winnipeg MB R2C 1R1
nello.altomare@yourmanitoba.ca**

Interesting Christmas Facts

Christmas wasn't always on December 25.

While Christmas celebrates the birth of Jesus Christ, the actual date of the big event is lost to history. There's no mention of December 25 in the Bible and many historians say Jesus was most likely born in the spring. Some historians posit the date was originally chosen because it coincided with the pagan festival of Saturnalia, which honored the agricultural god Saturn with celebrating and gift-giving.

Gifts have both Christian and Pagan origins

Christians may have grown up learning that we give gifts at Christmas to mimic the presents the Three Wise Men brought the baby Jesus, but like so many other traditions, that also has its roots in Saturnalia. The pagans originally gave offerings to the gods too.

Evergreens are an ancient tradition

The tradition of Christmas trees goes all the way back to the ancient Egyptians and Romans, who decorated with evergreens during the winter solstice to signify that spring would return. Evergreens reminded them of all the green plants that were to grow once the sun returned.

St. Nick was more generous than jolly

You probably already knew that the idea of Santa Claus came from St. Nicholas. The saint wasn't really a bearded man who wore a red suit; that look came much later. In the fourth century, the Christian bishop gave away his large inheritance to the poor and rescued women from servitude. In Dutch, his name is Sinter Klaas, which later morphed into Santa Claus.

Coca-Cola played a part in Santa's image

Before Coca-Cola decided to use his image for advertising, Santa looked more spooky than jolly. Then, in 1931, the beverage company hired an illustrator named Haddon Sundblom to depict the jolly old man for magazine ads. Now, kids see visions of sugarplums instead of having Santa-themed nightmares.

Hanging stockings started by accident

Legend has it we hang stockings by the chimney with care because one year a poor widowed man didn't have enough money for his three daughters' dowries, making it difficult

for them to marry. Generous old St. Nick dropped a bag of gold down their chimney one night and into the freshly washed stockings the girls had hung by the fire to dry. After that, the tradition stuck!

Rudolph was a marketing ploy

Rudolph the Red-Nosed Reindeer first appeared in 1939 when the Montgomery Ward department store asked one of its copywriters to create a Christmas story for kids that the store could distribute as a promotion. In the first year alone 2.4 million copies were distributed and late in 1949 Gene Autry recorded the song "Rudolph the Red-Nosed Reindeer". The adorable movie featuring the island of misfit toys and Herbie the elf hit the airwaves (and our hearts) in 1964.

The eight tiny reindeer have had lots of names

Rudolph was almost named Rollo or Reginald and his crew also had lots of other names. They've previously been called Flossie, Glossie, Racer, Pacer, Scratcher, Feckless, Ready, Steady and Fireball.

WRHA Report

Continued from page 20

group rides have wrapped up BUT wait - we've created another way to keep us connected and active!

"**Cycling with Sarah**", will be offering 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

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 January Issue

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

Email Editorial/Advertising to transconaviews@bondprinting.net

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55+ along with enhancing our physical, mental and emotional health. With the cooler weather let's still get outside and get moving! The sunshine and fresh air in our winter months is the best thing to beat off the blues 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](https://www.instagram.com/cyclingwithsarah)

The Plessis Community Re-

source Centre is asking for donations of boxes of cereal, pancake mix and syrup, peanut butter, jam and 1 litre juice boxes for our breakfast program.

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

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

4, 5 and 6 regular diapers. Baby wipes are accepted too.

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

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