

# TRANSCONAVIEWS

Transcona's Only Exclusive Community Paper  
[www.bondprinting.net/views.php](http://www.bondprinting.net/views.php)

AND ADVERTISER

Published by  
  
 bond printing Ltd.  
 and Promotions  
 130 Victoria Ave. West • Phone: 204-222-7069

## Busy times off and on the ice for the Railer Express in 2023 - 24

Players, coaches and board members have been working hard again this year on the ice to gel as a team and prepare for playoffs as well as giving back to our community. This season we are led by our new leadership team – Captain Rhonan White along with assistants Carter Van den Bussche, Mike Todoruk and Evan Chudley.



The philosophy of the Railer Express program has always been to provide an affordable venue for young hockey players to develop their skills while attending school or starting careers and fostering the value of community - by 'giving back'.

During November and December Express players help at the Transcona Foodbank unloading foodbank donations and helping clients carry their bags. During Express home games in December fans were also asked to bring non-perishable food items as we work together to make the holidays that much better for everyone. We appreciate all the donations!

*Continued on page 12*



**GOODFELLOW**  
 realty

**TRANSCONA'S PROVEN  
 REAL ESTATE TEAM**




**TOM GOODFELLOW & JOSH GIBSON**  
 204.224.2551 | [info@goodfellowrealty.com](mailto:info@goodfellowrealty.com)  
[goodfellowrealty.com](http://goodfellowrealty.com)



8-1783 Plessis Road  
 Winnipeg, MB R3W 1N3

**PLESSIS PHYSIOTHERAPY**  
 SPORTS INJURY CLINIC

[www.plessisphysio.com](http://www.plessisphysio.com)

14-801 Regent Ave. West Winnipeg, MB R2C 3A7 Ph. 204 222 2432

**Extra Value Ad Index**

ABC Power Tools .....page 4	JD Hoggs Sausage Co. ....page 15
Comfortec .....page 5	Transcona Salon Spa .....page 20
Goodfellow/Lind Real Estate...page 7	Stephen's Edge Painting .....page 22
Kehler Realty .....page 8	GRD Yardworks .....page 22
Transcona Dental Centre .....page 9	CM Engrave .....page 23
Anytyme Travel & Tours .....Page12	Archambault .....page 24
Sunrise Dental.....page 13	

# What is Glaucoma?

by Dr. Karen Blackie, OD

Glaucoma is an eye disease that affects your peripheral vision, and is one of the leading causes of blindness in Canada. The most common form of glaucoma is primary open angle glaucoma, but there are other forms as well. We all have an internal eye pressure due to the eye constantly producing fluid inside the eye, called aqueous fluid. But if too much fluid is being produced or if the fluid cannot drain properly, the pressure can get too high, and can cause damage to the fine lining of the back of the eye, i.e. your retina, and damage the optic nerve. The optic nerve transmits all the information that the eyes see, and sends that information to your brain, which tells you what you are seeing. When the optic nerve is damaged, peripheral vision is affected 1st, but central vision can be affected

during later stages of the disease too. It develops painlessly and gradually, and the patient often doesn't realize that they're losing vision until the later stages of the disease. Vision loss is unfortunately permanent.



Glaucoma most frequently occurs in individuals over the age of 40. Some families have a hereditary tendency to develop glaucoma, but not all cases. History of eye injuries, or strong myopic (nearsighted Rx's) can increase your risk factors for developing glaucoma.

A full comprehensive eye examination is often the only way to detect glaucoma. Every patient the we see, children to seniors is assessed for glaucoma risk factors at every visit. Your Optometrist will ask you about any family history of glaucoma, will check your

eye pressure (the "air puff" test as some people refer to it, but can be measured different ways as well), check if you have any peripheral field loss, and assess the quality of your optic nerve, looking for signs of glaucoma damage. Your overall risk factors for having or developing glaucoma will be determined, and a decision will be made about how often you should be seen for monitoring. Those at high risk may require further glaucoma workup. Our OCT machine (optical coherence tomography) measures retinal thickness, looking for areas of thinning. Glaucoma suspects, with risk factors are often monitored every 6 months, where we look for change over time. If a diagnosis of glaucoma is concluded, your Optometrist will often start by prescribing a medicated eye drop that you would use daily. They are intended to reduce elevated eye pressure. If a single medication is not working enough, or stops

*Continued on page 6*

**TRANSCONA OPTICAL**

211 Regent Ave. W | Ph. 204-224-2254  
www.transconaoptical.ca  



Dr. Elisa Fiorentino



Dr. Alissa Boroditsky



Dr. Steven Malo



Dr. Karen Blackie



Dr. Blake Chartier

Eye Health & Vision Examinations

Designer Glasses, Sunglasses & Contacts

Friendly Doctors & Staff

State Of The Art Diagnostic Technology

Digital Retinal Imaging & OCT

Direct Billing To Most Insurance Companies



**WE HAVE MOVED!**  
(just across the street)  
Now we have parking!

Open: Monday to Friday 8.30am to 5.30pm | Saturday 9am to 3pm

Serving Transcona for 70 Years!!

# Ball Insurance Agency

SINCE 1953

## Off Road Vehicle Insurance



**CONNECT TODAY!**



(204) 222 7771



@ballinsuranceagencywinnipeg



info@ballinsurance.ca



112 Regent Ave. W (Regent @ Day)

**Hours:**

Mon - Fri

9:00AM - 5:30PM

**Open Saturdays!!**

10:00AM - 2:00PM

# Transcona Legion Branch # 7

Submitted by Donna Poitras

The Executive and Staff wishes everyone a Happy New Year as we welcome in 2024.

We would like to thank all the Members, Business and our Community for supporting our Branch this past year. We look forward to seeing you in 2024.

This past December we held our Elections. Comrade Dave Tweed was re-

elected as our President for 2024. We would like to thank the 2023 Board for all their contributions this past year. Congratulations to the 2024 Executive Committee, we look forward to a great year.

**January**, we hold our Annual General Meeting (AGM). This will take place on January 25<sup>th</sup> 2024 at 7:30pm. We typically bring forward our Budget, elect del-

egates/alternates to our Zone, District and Conventions. We will be electing our representatives to sit on the Board for Transcona Place. A reminder members attending our Meetings will need to show their current Membership card.

**January** there will be a **Robbie Burns Evening** held January 27<sup>th</sup> from 7pm-midnight. An evening with pipes, drums, skits and more. A light lunch will be served at 10 pm of haggis, tatties and neeps. We encourage you to wear your favourite kilt. Tickets are \$20.00 and can be purchased at the Bar.

**February** we will be hosting a **Trivia Night** with the Valentine Theme. The date for this is February 16<sup>th</sup>. Tickets will be sold at the Bar. It is a fun night with prizes awarded to the top teams.

We are in the process of a major fundraiser at our Branch. We have had to make some major upgrades to our roof with the project estimated cost \$130,000.00 A fund raising campaign named "**Raise the Roof Donation Fund.**" has been created to help us raise the funds. We are targeting May 2024 as our date to reach this goal. We have posted on our website some information for this fundraiser. You can also connect with Executive members at our weekly events.

Our weekly events-Monday Night Bingo starts at 6:45 pm-Tuesday Cribbage 7:00 pm-Saturday Meat draw Chase the Ace & 50/50-doors open 1 pm. We are hosting on the 2<sup>nd</sup> Thursday of the month a "Jam Session" where we encourage musicians to bring their musical instrument for a fun evening from 7pm-10pm. The 3<sup>rd</sup> Thursday is a Trivia Night with Pink Flamingo Trivia opened to all-starts at 7:30pm.

We encourage our guests, who come in on a Friday, to wear **RED**. When we wear **RED**, we are supporting our troops still deployed (**Remembering Everyone Deployed**) it shows that we are thinking of them. When you wear **RED** on a Friday and purchase a beverage you can enter your name in a monthly draw.

If you need a hall to rent, consider our Moroz Hall. Please call the



## HAPPY NEW YEAR



BLOWERS STARTING AT  
**\$309.99**

Number 1 Worldwide **STIHL**®

**ABC** POWER TOOLS  
WINNIPEG'S #1 SAW SHOP

204.224.1760  
info@abcpowertools.ca  
201 Regent Ave. West



Branch @ 204-222-9951 to arrange a time to come check it out.

We are looking forward to an exciting 2024 at our Branch, check our website [transconalegion.ca](http://transconalegion.ca) or Facebook for up-to-date information. ❖

## Community Billboard

### Friendly Settlers

Friendly Settlers is a 55+club meeting on Monday's at 400 Day St. We have cribbage at 10am, lunch at 12 and bingo at 1 pm. Membership is \$20 per year with a nominal fee for crib, lunch and bingo. Come on out, have some fun and socialize.

### 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.*

Happy New Year to you and yours! Deep thanks for your generous support of Christmas Hampers, the Transcona Food Bank, and all the additional donations that were shared in the holiday season!

Weekly worship continues to be at 10:00 a.m. and all are welcome!

Visit the website to find out dates for Messy Church, Book Group, Choir Practice and more!

For more information on programming or Sunday services please be in touch by email ([office@tmuc.ca](mailto:office@tmuc.ca)).

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 gather Sunday mornings at 1030 for our weekly worship services. Please join us. Masks are optional. Everyone is welcome.

January 25, 2024 at 6:30 pm - Celebration of New Ministry Service

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

For further information, future events, requests for pastoral visits, hall

*Continued on page 6*

# Bringing comfort to your home.

For the peace of mind that comes with quiet, dependable warmth and energy efficiency that can save you money, discover Comfortmaker® systems.



NO HASSLE REPLACEMENT LIMITED WARRANTY  
See warranty certificate for details.

10 Year Parts Limited Warranty  
Timely registration required. See warranty certificate for details and restrictions.

AIRI CERTIFIED  
www.airiregistry.org



For everyone's safety be assured we are practicing all COVID protocols

## Comfortmaker®

Air Conditioning & Heating



## Annual Furnace Service

**\$79<sup>95</sup>**  
*plus applicable taxes*

Includes:  
Inspection, Cleaning,  
Tune up, & Inspection.



## 204-792-2906

SERVING TRANSCONA SINCE 2001

Please mention coupon at time of booking. Expiry February 15, 2024



## What is Glaucoma?

*Continued from page 2*

working effectively a combination of eye drops can be added. Laser surgery may help lower pressure when medication is still not enough, by opening up the drainage system.

Treatment is usually effective at maintaining your vision, but once vision is lost due to glaucoma, it cannot be restored. Patients with glaucoma must continue treatment for the rest of their lives. Since the disease can still progress, or change, compliance with treatment & eye exams are essential. Treatment may need to be adjusted periodically.

Regular eye examinations with your Optometrist are highly recommended to screen for and prevent glaucoma. ❖

## Community Billboard

*Continued from page 5*

rentals or any other concerns:

Please call the church: 204-222-1942 or email us at: [stgeorgesanglicantranscona@gmail.com](mailto:stgeorgesanglicantranscona@gmail.com)

For updated church information please check out website: [stgeorgesanglicantranscona.ca](http://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 or view our website at [www.lcgstranscona.org](http://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

The Transcona Food Bank Executive would like to thank everyone who supported our Food Bank this past year. Your donations of food, clothing, and monetary donations were greatly appreciated. **A special thanks to all our volunteers who donated their time and efforts to help make our Food Bank run smoothly.**

The Transcona Food Bank is located in the Transcona Memorial United Church at 209 Yale Avenue West.

Food Bank can be accessed through the front glass doors. There is a ramp outside and an elevator inside for those in need.

Food deliveries take place on Wednesdays with food served on Thursday. If you are in need of the Transcona Food Bank, please call Harvest Manitoba 204-982-3660 and register by the Friday before each opening!

**DOORS OPEN 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.



*Crope*

**HER FRECKLES AND HER UNBREAKABLE CONFIDENCE**  
Treasure the gifts they've given you.

**Crope Funeral Chapel**  
1800 Day Street • 204-224-8044

*Unparalleled Expertise in the  
Transcona Market - since 1981*



Meet **Bob Goodfellow**, a real estate maven who kickstarted his journey with Del Bro Real Estate Ltd. in 1978. While he covered various parts of The City and its outskirts, Bob gained a reputation as the go-to Transcona Specialist. A record-breaking Top Realtor at Del Bro's North East Office for 11 years, he racked up multiple MLS Medallion Awards.

Enter **Deb Goodfellow**, Bob's partner in both life and real estate, joining the scene in 1981. With a background in bank management, specializing in Consumer Finance and Mortgages, Deb brought her A-game as a Top Producing Realtor. Beyond real estate, she delved into Marketing, Sales, and Community Involvement. A former President of both The Winnipeg Regional Real Estate Board and The Manitoba Real Estate Association, Deb's commitment extended to various boards, committees, and philanthropic endeavors.

Adding to the dynamic duo is **Lori Lind**, Deb's sister, a former Bank Manager with a knack for pampering high-profile clients. Recognized with a Vice-President's Award for Excellence in Service, Lori seamlessly embraced family values, community engagement, and fundraising.

Together, this powerhouse trio crafted a legacy, selling approximately 7,500 homes primarily in Transcona, where Deb and Lori's grandparents settled over a century ago—fifth generation pride.

**Transcona isn't just a market for them; it's their home.** Bob and Deb raised their daughter there, while Lori and her husband reveled in Transcona's vibrant hockey community with their two sons. Deb, an author, penned articles for The Transcona Views, extolling the virtues of living in Transcona – The Park City. Their commitment to community and service is etched into their very fabric.

Dreaming big, Deb envisioned her real estate company, leading to the birth of GOODFELLOW & GOODFELLOW Real Estate. Bob and Lori hopped on board, eventually evolving into GOODFELLOW & GOODFELLOW & LIND Real Estate, now known as GOODFELLOW Realty. Two years ago, the trio joined forces with **Royal LePage Prime Real Estate, Winnipeg's top real estate office.**

While Bob takes on an administrative role, Deb and Lori continue to champion their loyal home-buyers and sellers, boasting an impressive 88.89% of listings sold with competing offers in 2023. Their journey is a testament to trust, experience, and exceptional service.

In essence, the Goodfellow/Lind team invites you to leverage their decades of experience for your advantage. Trust the experts who have woven themselves into the heart of Transcona's real estate scene – where every transaction is more than a deal; **it's a personalized experience.**

*The Trust – The Experience – The Service*



**Deb Goodfellow 204-794-9005**  
**Lori Lind 204-791-2004**

# Crossroads Toastmasters host open house with guest speaker

*Event is free to the public*

**Crossroads Toastmasters** ([www.crossroadstm.ca](http://www.crossroadstm.ca)) invites residents to its open house to meet members and watch special guest speaker, **Laurie Barkman, Health & Wellness Coach of Lauriebarkman.com** talk about the importance of personal health and wellness, which includes having self-confidence and self-esteem. She will speak on how Toastmasters has helped her branch into entrepreneurship and how it has helped her in her overall wellness journey.

“**Crossroads Toastmasters** provides a supportive, positive, non-judgmental environment where members have the opportunity to develop their communication and leadership skills, as well as gaining self-confidence” says **Susan Page, Club President** for Crossroads Toastmasters.”

Guests will also be able to see how being a member of Toastmasters will give you the SKILLS and CONFIDENCE to stand out from the crowd! You will get



to observe a regular Toastmasters meeting that will include prepared speeches, Table Topics™ (impromptu speeches) and evaluations, which are all beneficial skills that one learns and improves on in Toastmasters.

Crossroads Toastmasters Open House –

Date: **February 21, 2024**

Location: **Abundant Life Baptist Church, 1396 Plessis Rd.**

Time: **7:00p.m. – 8:30p.m.**

For more information, email **Susan Page** at [spage3075@gmail.com](mailto:spage3075@gmail.com).

Crossroads Toastmasters meets in-person bi-weekly on **Wednesdays at 7:00pm – 8:30pm** at the **Abundant Life Baptist Church, 1396 Plessis Ave.** and via ZOOM on the alternating Wednesdays. For more information about this event and the club, please visit [www.crossroadstm.ca](http://www.crossroadstm.ca)

**About Toastmasters International** – Toastmasters International is a

worldwide nonprofit educational organization that empowers individuals to become more effective communicators and leaders. Headquartered in Englewood, Colo., the organization’s membership exceeds 300,000 in more than 15,800 clubs in 149 countries. Since 1924, Toastmasters International has helped people from diverse backgrounds become more confident speakers, communicators, and leaders. For information about local Toastmasters clubs, please visit [www.toastmasters.org](http://www.toastmasters.org). Follow [@Toastmasters](https://twitter.com/Toastmasters) on Twitter. ❖



## Seniors Bulletin Board

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

We are pleased to announce our partnership with Kendra L. d'Eon at KLD Law to provide access to wills, powers of attorney, and health care directives. Kendra will be available on the 2<sup>nd</sup>, Monday of each month for consultation meetings. Meetings will range from 1-2 hours; the consultation is free and fees for services are only paid at the end of the meeting if you want to proceed.

The first meeting date will be on January 8<sup>th</sup> in Transcona. Please call 204 222-9879 to schedule an appointment.

For more You can find more information about KLD Law at [www.kldlaw.ca](http://www.kldlaw.ca)

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?

*Continued on page 11*



132 Regent Ave. W

**Thinking of buying or selling your home?  
Call your local Transcona experts!  
Serving the community for over 50 years!**



**Art Kehler**  
call 204.222.0149  
text 204.941.1903  
[Art@KehlerRealty.com](mailto:Art@KehlerRealty.com)



**Jeremy Kehler**  
call 204.222.0001  
text 204.999.6018  
[Jeremy@KehlerRealty.com](mailto:Jeremy@KehlerRealty.com)



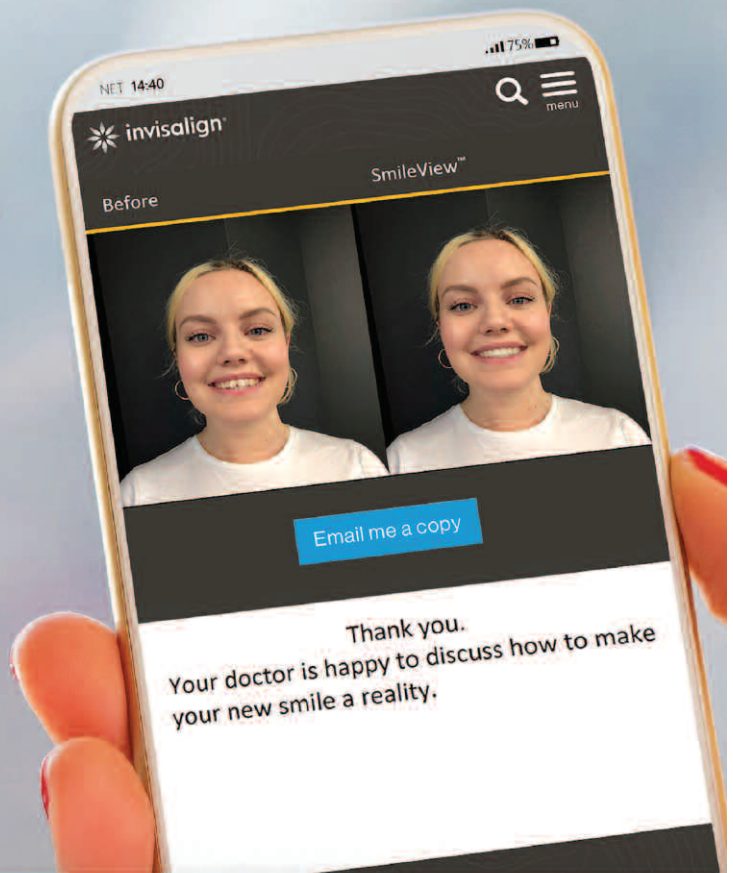
**Shaylene & Robert Unger**  
call/text 204.791-5145  
[Robert@KehlerRealty.com](mailto:Robert@KehlerRealty.com)  
Robert Unger Personal Real Estate Corporation



# See your new Invisalign® smile in seconds.

Scan the QR code to see your smile transformation.

- 01 Get your phone
- 02 Open your camera
- 03 Point it at the QR code
- 04 Snap your selfie
- 05 See your new smile



**TRANSCONA**  
DENTAL CENTRE

**Dr. Charles W. Rubin**

**10-801 REGENT AVENUE, WEST**

Phone **204-222-8609** [www.transconadental.com](http://www.transconadental.com)



**Complete Dental Care for the Entire Family • Financing available**

**align** © 2020 Align Technology, Inc. Invisalign, the Invisalign logo, and SmileView among others, are trademarks and/or service marks of Align Technology, Inc. or one of its subsidiaries or affiliated companies, and may be registered in the U.S. and/or other countries. | MKT-0003095 Rev C

# Transcona Garden Club

By Anne Copland

## Happy New Year everyone!

Here it is, the coldest month usually, and those with travel plans to warmer places are counting the number of sleeps until a winter getaway begins. My countdown is more practical: how many days until our last frost-date? The seed

catalogues can be as tantalizing as travel brochures. With the convenience of online ordering, one can place their seed order from under a beach umbrella!

Food prices are continually rising. Growing at least some of our food is increasingly popular, not that it was not al-

ways a way of life for many. In today's circumstances, it is more important than ever to find the space required for community gardens so more people can grow nutritious and delicious produce to feed their families. Learning to successfully save seeds reduces the costs substantially. Newcomers may have relied on growing fresh vegetables or fruit in their former lands. Our climate may differ but nearly everything grows here. I am amazed at how much can be produced on a small plot, using various techniques. The City of Winnipeg has information on where garden plots are available, the prices and other details, <https://www.winnipeg.ca/Communitygardens>

Meeting other gardeners is an enjoyable way to exchange experiences, plants, and seeds while learning what is available locally. Garden clubs are reliable sources of information on all types of garden-related issues. Transcona Garden Club regularly hosts meetings featuring invited speakers on a variety of topics. Through them, I have learned about fruits, veggies, annuals, herbs, perennials, and shrubs. One speaker educated us on growing mushrooms on logs.

My current passion is winter sowing of seeds in plastic jugs which are set outside to germinate in March. Seeds are very smart. They come up in their outdoor "hothouses" when it is their time and not a minute sooner, or so it seems. Nearly everything can be started using this method. Using saved seeds or buying inexpensive varieties of petunias for instance, works just as well or better than the latest new types, which are more costly.

Snapdragons were especially rewarding because they need to be started early indoors. I also had success with foxglove (a biennial), coneflower, rudbeckia, delphinium, and thyme. Parsley is amazingly easy with this method. I like the ease of getting the jugs seeded in late February or early March, setting them outdoors where they will receive good light, a cover of snow, and even April showers, if we ever get such a thing again. Not a thing more is required until spring when warm weather



## Dignity<sup>®</sup> MEMORIAL GREEN ACRES Funeral Home & Cemetery

### Personalized Funeral, Cremation and Cemetery Services

- Convenience of Onsite Reception Centre and Celebration Room
- Ample parking
- Video Tributes and Livestreaming Services
- Extensive AfterCare Assistance
- Indoor glass front niches
- Complete Memorial Marker Sales
- National Transferability
- 24 hour Compassion Helpline - complimentary for all attendees
- 100% Service Guarantee

Call today for a FREE PERSONAL PLANNING GUIDE

Follow Us



204-222-3241

[www.greenacresfuneralhome.com](http://www.greenacresfuneralhome.com)



A division of Service Corporation International (Canada) ULC

arrives. Checking that the jugs are moist is important then.

This method is not suitable for bulbs. Liatris grows from bulbs and produces many seeds. It became extremely popular as an alternative for Lythrum, the mainstay in many rural and urban gardens until Pink or Purple Lythrum became associated with purple loosestrife, (Lythrum salicaria), now a non-native noxious weed. Once a native species in temperate regions, Lythrum has adapted to other zones and is considered extremely invasive.

Liatris is non-invasive and an attractive perennial. My interest was in seeing if its' seeds would germinate with winter sowing. They did. Whether they produce a bulb remains to be seen in 2024.

**This Views is a combined issue for January and February. Please note the dates of the following meetings. Transcona Garden Club is pleased to welcome Charlotte Tataryn on January 19 at 7PM at 328 Whittier Avenue West. She will present "Growing a Perennial Garden that doesn't fight Nature."**

**On February 21, Sheldon Falk of Falk Nurseries will be our guest at the same time and location. He will discuss selection, planting and care of trees and shrubs.** All are welcome, there is a \$5 fee for non-members. Annual membership is still \$15.00. Bring a friend or two and enjoy an evening of garden-talk with us and hear our plans for 2024. Refreshments will be served.

Call Pat at 204-224-3859 with any questions. ❖

## Seniors Bulletin Board

*Continued from page 8*

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 in need.

*Continued on page 12*

# Get debt free faster with our PayOffLoan.



**Apply, book and meet online.**

[cambrian.mb.ca/payoffloan](http://cambrian.mb.ca/payoffloan)

Individual results may vary. Subject to credit approval. Conditions apply.

# Busy times off and on the ice for the Railer Express in 2023 - 24

Continued from page 1



For Remembrance Day we help the Transcona Legion by covering the ice and setting up and taking down for nearly 700 people to attend their service held at East End Arena.

Players and board members also assist East End CC with the annual Breakfast with Santa event - cooking, greeting families as well as handing out candy canes and oranges throughout the event. ❖

## Seniors Bulletin Board

Continued from page 11

who would like to learn more about working with their IPAD, tablets or cell phones. For more information, please see the Transcona Council for Seniors website at [TransconaSeniors.ca](http://TransconaSeniors.ca) or contact Colleen Tackaberry at 204 222-9879

We are providing take out meals and dine in meals. A menu can be provided by emailing [tcs@mymts.net](mailto:tcs@mymts.net) or calling 204 222-9879. Monday's meals can be picked up at 209 Yale Avenue West between 3:30 and 4:00pm. Wednesday's meals can be picked up at 209 Yale Avenue West between 3:30 and 4:00pm. Thursday's meals are available for pick-up at 500 WIDLAK 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



**Anytime  
Travel  
and  
Tours**

Where Adventures Begin

**Phone:  
204-415-4500**  
[office@anytymetravel.com](mailto:office@anytymetravel.com)  
[www.anytymetravel.com](http://www.anytymetravel.com)

**South Beach Overnight.....Feb 20-21**  
**Shooting Star Casino .....March 5-7**  
**Fortune Bay Casino Resort .....April 2-5**  
**Deadwood .....May 28-June 3**

**Several day trips to  
South Beach every month**

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 January 9, 2024

**Canadian Hard of Hearing Association**, Manitoba Chapter holds a meeting at 328 Whittier Ave West every 3<sup>rd</sup> Monday of the Month from 1-2:30pm. Next meeting January 15, 2024.

**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 1:00pm

Thursday's darts at 10:00am

Thursdays Scottish Country Dancing at 1:00pm.

Friday Line Dancing at 10:00am beginners, 11:00am advanced

Friday Whist or Crib 1:30pm On going.

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

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

Please call 204 222-9879 and check our website at [transconaseniors.ca](http://transconaseniors.ca). We are posting safe activities on our website. Stay well and keep active!

## Healthy Aging

### Happy Gut: Building a Healthy Microbiome

*By Lorna Shaw RD  
Healthy Aging Resource Team*

Your microbiome is a bustling community of trillions of microorganisms (possibly up to 300 trillion!), that live inside your body and all over your skin. These little critters, officially know as microbes, are made up of bacteria, fungi, parasites and viruses. Sounds gross? Don't despair! Fortunately, most of these microorganisms are not harmful, in fact many are very beneficial for our health.

A healthy microbiome has many important functions. Research is continuously discovering more fascinating facts about this amazing microscopic ecosystem.

*Continued on page 15*



**kildonan place**  
*dental centre*

**Same Smile with a New Name.**  
**We are bigger and better.**  
**Using advanced technology**  
**to provide the highest quality DENTAL CARE**  
**BECAUSE WE CARE ABOUT YOUR SMILE.**



**Sunrise**  
**DENTAL**

T100 Regent Avenue West, Winnipeg, MB R2C 4J2  
**Tel. 204.661.6091**



**FREE**  
**Exams**  
**and X-Rays**  
**For New**  
**Patients**

# New year, new government! Honored to serve you.

*Jelynn Dela Cruz, NDP MLA for Radisson*

2024 has taken off on a running start: I hope you have had a healthy and happy beginning to the year, filled with the things that matter to you!

During the Fall legislative session, I had the honour to welcome two incredible Radisson community groups to the Legislature.

On November 27, we were joined by the Transcona Council for Seniors, to share about their programming including the Emergency Response Information Kit (ERIK) program, community referral service, fitness classes, and the 55+ Dining Experience—where they graciously hosted me for a delicious dinner one November evening, despite not meeting the age requirement!

On December 6th I had the pleasure of welcoming guests who attended on behalf of the Plessis Community Resource Centre to the Legislature, allowing me to share about their work including a breakfast program and walking school bus, cooking classes, parent-

ing resources, access to counselling, a food bank, and much more—the Resource Centre building is small but incredibly mighty in all that it does to strengthen our community members through personal growth, skill building, social support, and fostering a true sense of community.

Each of these grassroots organizations play an integral role in combatting wide-spread societal issues from the frontlines – like aging with dignity, poverty, and gender-based violence. We are so fortunate that our community members are served by these two organizations here in Radisson, and I look forward to meeting more of you in the community and at the Legislature to continue sharing all the heart and passion here in Radisson!

Our team has also heard about the U19AA Angels ringette team's travels to Quebec in January and New Brunswick in April to compete—we wish these athletes, including players from Transcona,

all the best as they represent southeast Winnipeg in these tournaments! I know that we will be well-represented.

As the legislative assistant for Health, Seniors and Long-Term Care, we are already taking tangible strides to support health care in Manitoba and rebuild our system after years of chaos.

We've launched a listening tour to hear from frontline workers and to tackle the challenges we are facing in health care together. These hour-long, in-person conversations reflect how much we value listening and our commitment to improving healthcare in Manitoba, alongside the experts.

I have also been assigned greater responsibility over the Seniors and Long-Term Care file, working to lay the groundwork for our province's first Seniors' Advocate office and to improve the state of long term and supportive care. Senior Manitobans have devoted their lives to caring for our communities, it's time that we offer that same care for them.

This new year, I'm working diligently to do justice by seniors, frontline workers, and those who rely on our healthcare system. It is a true honour to be trusted with this role and one that is not going to be taken for granted.

Locally, I'm pleased to act on constituent concerns and the demand that we have for quality, accessible care. We have announced investments into a Concordia spine surgery program and continue to assess the needs of our community regarding primary care providers, minor injuries, and more.

Whether you are taking part in a new pursuit, building upon continuing endeavours, or enjoying what you've got, I wish you all the best in the new year! We would love to hear about any local initiatives you're involved in, what is important to you, and any constituent cases that you would like our assistance to solve. Our team can be reached at [jelynn@yourmanitoba.ca](mailto:jelynn@yourmanitoba.ca) or by phone at 204-599-2080. I look forward to serving you in the year ahead. ❖



# Healthy Aging

Continued from page 13

**Immune System Health:** A healthy microbiome helps in the development of a healthy, well functioning immune system. An unhealthy microbiome, referred to as dysbiosis, may cause immune system dysregulation, increasing the risk of illnesses.

**Intestinal Health:** Good gut bacteria helps to keep the intestinal lining healthy, reducing inflammation and supporting good digestion. Good bacteria also help suppress the growth of bad bacteria, reducing the risk of stomach 'bugs' and other digestive ailments.

**Nutrient Metabolism:** Gut bacteria is important for production of vitamin K, which is necessary for blood clotting. Microorganisms break down undigested food and produce short chain fatty acids and other products called metabolites. Metabolites are essential for good health and may have a significant impact on mental health and reduce the risk of neurodegenerative diseases.

**Gut- Brain Axis:** This term refers to the back and forth communication between your brain and the gastrointestinal system. The microbiome is involved in production of neurotransmitters, the chemical messengers that send signals to nerve cells. In fact, about 90% of the neurotransmitter serotonin, also called the 'happy chemical' is produced in the gut. Having a healthy, balanced and diverse microbiome may play an integral role in mental health and optimal brain health. Research is exploring the role of the brain-gut-microbiome interactions in psychiatric and neurologic issues including mood disorders, autism spectrum disorders (ASD), Parkinson's disease, multiple sclerosis, and chronic pain.

A person's core microbiome is formed early in life but it can change in response to diet, medications and a variety of environmental exposures. About 70% of our microbiome lives in our gut,

so what you eat can have a significant impact on your health.

## Nutrition Tips for a Happy Gut:

**Follow a healthy diet.** A diet rich in fruits and vegetables will provide antioxidants that help promote good bacterial growth. Include healthy fats such as olive oil and omega-3 fats from fish and canola oil. Eat a wide range of foods. A diverse range of foods will promote a diverse, healthy microbiome.

**Eat healthy bacteria to maintain healthy bacteria.** Probiotics are living microorganisms in foods that are prepared by fermentation. These bacteria multiply in the colon and help to keep a balance of good bacteria, like the ones already in the gut. Yogurt, kefir, kimchi and sauerkraut are some excellent choices.

**Feed your good bacteria with pre-biotics.** Foods rich in fibre and other

Continued on page 16



## JD HOGGS SAUSAGE CO.

NEW HOURS: Mon – Thurs. 7:30 – 5:00, Fri. 7:30 – 4:00

### Transcona's Choice For Quality Sausage & Deli Products

Everything is Gluten free and made in house,  
Come in and give us a try anything from  
garlic sausage - snack sticks - Bacon -  
Deli Meat - Jerky and much much more!

## Your One Stop Shop

**8 CHRISTOPHER ST.** (Corner of Christopher St. & Springfield Rd.  
just after it turns into Springfield Road off Redonda)

**PH: (204)222-9277      FAX: (204)667-5945**

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

# 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.



**130 Victoria Ave. West 204-222-7069**  
**transconaviews@bondprinting.net**  
**www.bondprinting.net**

# January – February at the Transcona Museum

By: Jennifer Maxwell, Assistant Curator

**Happy New Year and Welcome to 2024!** – The Transcona Museum is preparing for another exciting year, and there will be plenty of ways to support and get involved. The New Year is promising to be just as interesting, entertaining, and educational as the previous.

**Upcoming Closures & Reduced Hours** – The Transcona Museum will be closed from February 17<sup>th</sup> – 19<sup>th</sup> for the Louis Riel Weekend. Any additional changes to our hours will be posted on our social media pages. Thank you.

**Winter Break Drop-in Activities (January)** – During the Winter Break, drop-in at the Transcona Museum from January 2<sup>nd</sup> – 6<sup>th</sup> for some fun games and craft activities! This is a come-and-go event during our public visiting hours (Tuesday to Saturday, 11:00 am – 4:00 pm and Saturday, 12:00 – 4:00 pm). No need to RSVP.

**Valentine's Crafting Party! (February)** – Join us on Friday, February 9<sup>th</sup> and Saturday, February 10<sup>th</sup> for some Valentine's crafting fun and games! 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-regis-

tration 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. *Tickets will be available on our website in late January.*

**Upcoming Event: Spring Break 2024 (March)** – Join us for Spring Break at the Transcona Museum! Join us for crafts and games that week from March 25<sup>th</sup> – 28<sup>th</sup>. Each day will have a different theme with related activities. *More details and registration will be available through our website in early March.* Please watch our social media pages for updates.

**Education Programs** – Did you know that the Transcona Museum offers teachers the opportunity to enhance their classroom teachings with uniquely themed, Manitoba curriculum-connected education programs! We offer our education programs at the museum, in-class, and virtual. Programs are available year-round. To book your group, call or email the Transcona Museum. For your convenience, online booking forms are available through our website.

**Research Services & Musetoba** – We offer research services at the Transcona Museum! We work to assist individuals and groups with their personal, business and/or scholarly research projects. Contact the Transcona Museum to book your appointment today. It is strongly encouraged to make appointments for research, as this ensures staff can gather associated materials and direct further research questions.

We also have a shared, online database called Musetoba available through our website. 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.

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

## Russ Wyatt

City Councillor  
Transcona Ward

PH: 204-986-8087

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



Ward Office:

Unit 6 - 801, Regent Avenue West, Transcona, Manitoba

## Healthy Aging

*Continued from page 15*

non-digestible carbohydrates promote a healthy microbiome by providing prebiotics, or food for the bacteria. Include whole grains, fruits and vegetables and fermented dairy products.

**Protect your microbiome.** If it is bad for your health, it is bad for the health of your microbiome. Keep your microbiome healthy and happy by reducing refined carbohydrates like sugar and

*Continued on page 18*





Holly (Charney) Fjeldsted  
Owner  
Funeral Director



576 Balsam Crescent Oakbank, MB



Sheryl (Sellen) Ruta  
Office Manager  
Funeral Assistant

*Proudly serving our community of the  
Rural Municipality of Springfield  
as well as Winnipeg*

*Did you know...*

- *Arrangements can be made in the comfort of your own home*
- *Existing pre-arrangements can be transferred to and will be honoured by Seasons Funeral Chapel*
- *We can provide funerals and celebrations of life in Transcona*
- *Traditional and cremation services at an affordable price*
- *Serving all faiths and cemeteries*

**204-444-5444**  
*www.seasonsfunerals.ca*

# Conservatives put Canadian support for Ukraine in jeopardy

By Daniel Blaikie, MP Elmwood-Transcona

This February will mark the two-year anniversary of Russia's illegal invasion of Ukraine. This unjust war has claimed the lives of at least 10,000 civilians, including over 560 children. At stake in the battle is nothing less than international rules-based order itself.

When the fighting began, Canada showed a strong, united front in support of Ukraine. I am proud to have been one of the first MPs to raise the issue in the House of Commons. I have been banned from entering Putin's Russia; a distinction I carry with pride.

Unfortunately, in the fall of 2023, Canada's effective, united front in support of Ukraine began to crumble.

First, former House of Commons Speaker Anthony Rota invited and introduced a former member of the Nazi SS to the House during President Zelenskyy's visit to Parliament.

Not only did this embarrass Canada and our parliament, it created a pretext for Russian propogandists to accuse President Zelenskyy and Canada, un-

truthfully, of being Nazi sympathizers. New Democrats called immediately for the Speaker's resignation when this came to light.

Instead of joining our call right away, the Conservatives spent a couple days trying to blame it on the Prime Minister to score political points. They did this even though the Speaker is not required to have his guests vetted by the Prime Minister's Office, something the Conservatives know very well.

Not long after Rota's debacle, the Conservatives again chose political point-making over substantial support for Ukraine by voting against a renewed trade agreement, a move publicly condemned by the Ukrainian ambassador and the Ukrainian Canadian Congress.

Conservatives say they object because the deal imposes a carbon tax on Ukraine, but they ignore key facts: (1) Ukraine has had its own carbon tax since 2011; (2) They require a carbon tax to join the European Union, something essential for Ukraine's long-term defence,

and; (3) President Zelenskyy is fighting a war and does not have time to defend the Ukrainian carbon tax to Canadian Conservatives.

It is a disconcerting trend, given that it follows efforts in the US Republican party to discredit the Ukrainian government and reduce U.S. aid to Ukraine. We know that former President Trump often praises Vladimir Putin and his fondness for Russia is reverberating through the conservative movement in the U.S. ... and now apparently with some of Trump's admirers in Canada.

The Ukrainian people are fighting the fight for democracy on behalf of us all. We owe it to them not to let our domestic politics compromise our support for their efforts. I join with the Ukrainian Canadian Congress in urging Canada's Conservatives to change their tune and vote in favour of the Canada-Ukraine Free Trade Agreement when it comes before the House for a final vote. ❖

## Healthy Aging

*Continued from page 16*

white bread, processed meats and fried foods. Limit red meat to 1-2 times per week by substituting with fish, legumes and lean poultry. Get support to quit smoking and reduce alcohol use.

For more health and wellness tips, connect with the Healthy Aging Resource Team at 204-940-2114! We can help you connect with resources, support you to maintain and improve your health; and provide information about health and community services.

## 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

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

Standing Up  
for Working  
People



204.984.2499



Daniel.Blaikie@parl.gc.ca

Constituency Office: 207-1111 Munroe Avenue

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 Karen Carr, [kcarr@sarariel.ca](mailto:kcarr@sarariel.ca) at Sara Riel.

The Transcona Food Bank is urgently looking for food and cash donations for their next food bank. They have had a record of 170 families signed up for the last few months! Donations can be dropped off to help make a difference to Transcona families using our food bank. Drop off location is 209 Yale Ave West.

**DROP OFF DAYS AND TIMES:**  
MONDAYS : 1:30pm - 4:30pm (Call 204-791-2571 before dropping off)  
TUESDAYS: 9:00am - 2:00pm (Buzz church office).  
WEDNESDAYS: 4:00pm

- 6:00pm (Call 204-803-9365 before dropping off) FRIDAY: 9:00am - NOON (Buzz church office)

To make a cash donation, click here: <https://tmuc.ca/food-bank/>

To access the Transcona Food Bank, clients must first register with Harvest Manitoba: 204-982-3660

Thank you for your ongoing support of this very important community cause!

2023-2024 Community Volunteer Income Tax Program (CVITP) will again be offering FREE income tax returns. This program will be a DROP-OFF PROGRAM service only.

Taxes will be prepared and e-filed for **free** for low income earners starting **March 4<sup>th</sup> 2024**.

ACCESS Transcona at 845 Regent will be the drop off site. Front desk staff will accept your income tax information/receipts. **A drop off sheet (includes personal and contact information) MUST be filled out and sub-**

**mitted with your tax documents. Drop off sheets will be available at the front desk of Access Transcona. Drop off sheets can be picked up prior to dropping off taxes if preferred.** (No in person income tax services available).

**Clients will be called to pick up their completed income tax returns.**

Income eligibility guidelines:  
Single and your total income is \$35,000 or if you are a married couple and your total combined family income is \$50,000 or less.

We do not prepare taxes for: self-employed individuals, claimed bankruptcy in 2022, have more than \$3,000 in interest or a rental income.

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

*Continued on page 22*



# How To Prevent Fine Lines And Wrinkles Before They Happen

Written by: Libby Wright - Eminence Organics - Transcona Salon Spa

As the saying goes, “an ounce of prevention is worth a pound of cure.” And when it comes to taking care of your skin, this advice is spot on. While there are many products designed to replenish skin and repair damage, it’s also true that the less damage there is, the less you’ll need to repair. So how do you prevent these signs of aging from happening in the first place? And can you reverse wrinkles once they’ve appeared? Read on to find out.

**Protect Your Skin From The Sun Every Day** – Sun damage is the number one cause of premature aging, period. From rough, uneven texture to blotchiness, sagging skin, dark patches and wrinkles, sun exposure in the form of UVA and UVB rays shows up on the skin and robs it of its glow. And since these pesky rays exist everywhere and year-round (yes, even on the cloudiest winter days), we are all susceptible to this type of damage. Lucky for us, there are products designed to help mitigate the fallout.

Though often overlooked, SPF is literally the most important and effective anti-aging product out there. Thankfully, it is available in so many different forms these days, so there’s an option out there that’s suitable for any skin type or preference. Chemical and physical sunscreens can be found in creams, oils, fluids and powders — so there are zero excuses. A broad-spectrum SPF of 30 or higher is a must, and reapplying throughout the day, especially when spending time outdoors, is the best way to stay protected.

**Cleanse Daily, But Gently** – While removing your makeup, SPF, sweat and environmental pollutants like dirt, dust and smoke is essential, using too much pressure when scrubbing your skin clean can cause irritation. And skin irritation accelerates skin aging. Gentle washing is more than sufficient when looking to get rid of dirt, sweat and grime. And if a morning cleanse isn’t part of your ritual, it might be time to add that step. Cleans-

ing the skin before applying your daytime products will help them absorb better and, shocker, work better!

**Retinols And Retinol Alternatives** – Retinoids are compounds that are derived from Vitamin A and are known for their ability to improve skin texture and minimize the appearance of wrinkles. Conventional retinol (one form of retinoid) is a powerful but harsh ingredient that can help strengthen the protective function of the outermost layer of the skin, limit water loss and even protect collagen — a protein that offers structural support to the skin (aka holds it up to prevent sagging and wrinkles). It doesn’t happen overnight, but conventional retinol may ease fine lines and wrinkles and tackle other signs of aging.

While retinols are a big deal in the skin care world, they’re not for everybody. All of the upside comes at a price, usually in the form of redness, irritation and peeling. Lucky for us, bakuchiol has entered the chat and is changing the game. Touted as an effective and natural alternative to conventional retinol, this plant-based powerhouse offers many of the same results as retinol, without the downsides. Extracted from the leaves and seeds of the babchi plant, bakuchiol is a gentle alternative that can reduce the appearance of fine lines and wrinkles, help restore firmness, refine skin texture and even out skin tone in a gentle yet effective way.

**Hydrate, Hydrate And Hydrate Some More** – Moisture is key when it comes to staving off lines and wrinkles. And, great news, there’s a multi-pronged approach to hydration that will literally benefit your skin from the inside out. Drinking plenty of water is super important to the health of your skin — it helps maintain that glowing look by providing elasticity and plumpness. Dehydration can lead to dry patches, which can leave skin looking dull.

**Don’t Forget The Eyes** – Another simple step that can help prevent the look of fine lines and wrinkles is the addition of an eye cream. The delicate skin under the eyes needs a little extra TLC,

Continued on page 22



Happy New Year!

Look for More in 2024!  
Loyalty Rewards  
also great Loyalty Deal Offers

**Transcona Salon Spa**

Transcona's Full Service Licensed and Certified Professionals  
14-1783 Plessis Road Next to Subway  
204-222-8266 transconahair.com

# Nello's Transcona Report

By Nello Altomare, MLA Transcona

I hope everyone had a wonderful holiday season. Of course, if you're a long time Transcona resident, you know the party is not quite finished as we still have Malanka to celebrate.

Malanka is the Ukrainian tradition of New Year's which is celebrated according to the Julian calendar placing New Year's Eve on January 13<sup>th</sup> – this year falling on a Saturday. Every January, I look forward to joining my friends at the All Saints Ukrainian Orthodox church on Day Street for a delicious Ukrainian feast, traditional music, and great company.

This time of year always causes me to reflect on the special relationship between Transcona and Ukraine. The Ukrainian connection to our community is as old as Transcona itself with many Ukrainian immigrants finding jobs at the rail shops in the interwar years just as our community was establishing its roots. Many Transcona people today have stories of their Ukrainian parents and grandparents arriving here to start a new life.

Luckily, we also have institutions such as the Transcona Museum that help keep these memories alive. I recently read an interesting article titled "Discrimination in Transcona: The Ukrainian Boys" recounting an incident in 1936 in which 9 Ukrainian youth were unfairly arrested and fined and how the community rallied to their support. (You can find this well written article as well as many others in the Blog section on the Transcona Museum website).

Another great reminder of this connection is the "Life Goddess" mural on the east wall of Sevala's Ukrainian Deli, right behind my office. This award-winning mural features a woman wearing a traditional head wreath complete with vibrant flowers and heads of wheat (special thanks to the Transcona BIZ for spearheading this project!)

At last year's Malanka dinner at All Saints Church, I had the pleasure of meeting a young family that had just arrived in Manitoba after leaving their war-torn home in Eastern Ukraine. I want to thank everyone who has had a hand in

helping these families settle down, find jobs, and learn English as we now have a new generation of Ukrainians that call our community home.

The war continues to grind on. I encourage everyone to keep doing what you can. The Ukrainian Canadian Congress continues to take donations - <https://www.ucc.ca/> .

You can call Emil (204 448 2200) or Ted (431 279 4965) for tickets to the All Saints Malanka dinner (if still available). Sevala's will reopen from holidays on January 5<sup>th</sup> and can meet all your Ukrainian culinary needs. The Transcona Museum is running their Winter Break Drop-in activities, which includes crafts and games, until January 6<sup>th</sup>. Keep an eye on their website for further winter programming.

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@your-manitoba.ca](mailto:Nello.Altomare@your-manitoba.ca). ❖

**Proud to serve  
Transcona**

**NELLO  
ALTOMARE**  
MLA for Transcona

16-801 Regent Ave. West  
[nello4transcona@gmail.com](mailto:nello4transcona@gmail.com)

## TRANSCONAVIEWS THE ADVERTISER

The Views is a community paper distributed free of charge each month to the Transcona Community.

**Closing Date for March Issue;  
Tuesday, February 13th, 2024**

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

Published by Bond Printing Ltd.  
130 Victoria Ave. West  
204.222.7069  
[www.bondprinting.net](http://www.bondprinting.net)



## How To Prevent Fine Lines And Wrinkles Before They Happen

*Continued from page 20*

which is why a product designed specifically for the area can be the preemptive step you need in your life. Try the Marine Flower Peptide Eye Cream or the Hibiscus Ultra Lift Eye Cream. As well as helping to prevent or slow down the formation of lines and wrinkles in the area, these two formulas incorporate ingredients that can reduce the look of puffiness and darkening, while helping to rejuvenate that thin skin. ❖

## WRHA Report

*Continued from page 19*

“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 55+ along with enhancing our physical, mental and emotional health. With our 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](mailto:cyclingwithsarah@gmail.com) and follow on Instagram @cyclingwithsarah

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

With cooler weather here, and flu season upon us, requests for chicken noodle soup, 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](mailto:Plessis@familydynamics.ca)

Transcona Community Network (TCN) meetings are coming back!

We welcome a new chair and an opportunity to reconnect in our community!

Please join us at our next TCN (Transcona Community Network) meeting **February 13th from 9-11 am** at Access Transcona, 845 Regent Ave W.

Where we network with citizens and agencies to enhance the quality of life in Transcona. All are welcome to join in the discussion, share updates about what’s happening in Transcona and learn from others living and working in our community.

Please connect with Stacy Boone, WRHA Community Facilitator. [Sboone@wrha.mb.ca](mailto:Sboone@wrha.mb.ca) or 204-223-6535 for more information.

# Business & Professional DIRECTORY



Unit 3-1565  
Regent Avenue West  
Winnipeg, MB  
R2C 3B3

[aquadentalwellness.com](http://aquadentalwellness.com) info@aquadentalwellness.com  
After hours phone: 431-999-AQUA (2782)

**Dr. Tom Swanlund**  
DMD | Doctor of Dental Medicine

**Dr Daniella Battaglia**  
DMD | Doctor of Dental Medicine

Tel: 204.663.3423  
Fax: 204.663.4423

## GRD YARDWORKS

PH: 204-290-9549

- + SNOW CLEARING
- + GRASS CUTTING
- + RESIDENTIAL
- + MONTHLY CONTRACTS
- + SENIOR DISCOUNTS
- + PAY PER VISIT
- + SEASONAL PACKAGES
- + FREE ESTIMATES

SERVING THE TRANSCONA AREA

## Stephen's Edge PAINTING

EXPERT PAINTING SINCE 1996  
EVERYTHING CAN BE PAINTED

Kitchen Cabinets, Stucco, Siding, Decks, Fences

Senior Discounts

204.229.9980

[stephensedgepainting.com](http://stephensedgepainting.com)



# Business & Professional D I R E C T O R Y

## KON TIKI DENTAL CENTER

Dr. Terry Wong  
Dr. Nancy Auyeung

212C Regent Ave. W. • Mon - Thurs: 8:30 am to 5:00 p.m.  
Fri: 8:30 am to 4:00 p.m.

**Phone: 204-222-4238**

Comprehensive Family Dental Care  
New Patients Welcome!

**Ask us how we can help with your loose dentures!**

## REGENT Chiropractic & Massage Clinic

Chiropractor:

Dr. Curtis Possia

Massage Therapists:

Yessenia de Leon R.M.T.

Amanda Dutiaume R.M.T.

**PH: 204-222-1571**

FAX: 204-222-8050

705 REGENT AVE. W. WINNIPEG, MB R2C 1S2

### Effective Treatment and Rehabilitation

- Sports injuries
- Neck pain ■ Whiplash
- Low back pain
- Slipped disc ■ Headaches
- Tennis elbow
- Foot pain - custom orthotics
- Rotator cuff injury
- Tendonitis ■ Work injuries
- Exercise programs

### Treatment covered by:

Medicare, Autopac,  
Workers Comp.,  
Blue Cross and  
Great West Life

## SS PLUMBING & HEATING

Residential & Commercial Installations & Repairs

- Renovations
- New Installations
- Gas Furnaces
- Air Conditioning
- Pumps & Softeners
- Prompt Water Heater Replacements



NOW OFFERING  
FULL ELECTRICAL  
SERVICES

office@ssplumbing.ca  
WINNIPEG, MB

**204-222-0723** www.ssplumbing.ca

At your service for over 50 years



## TRANSCONA DENTAL CENTRE

Dr. Charles W. Rubin

Dr. Kevin H. Pham

**NEW PATIENTS WELCOME**

**Complete Dental Care for the Entire Family**

**INVISALIGN  
DENTAL IMPLANTS  
DIRECT BILLING**

10-801 REGENT AVENUE, WEST

Phone **204-222-8609**

www.transconadental.com

## ADLEMAN & SOLAR LAW OFFICE

104 -1601 Regent Ave., W.,  
N.E. corner of Regent & Lagimodiere

REAL ESTATE & MORTGAGES  
WILLS, POWERS OF ATTORNEY, ESTATES  
NOTARY PUBLIC

GRANT M. SOLAR  
204-224-2222

## TRANSCONA OVERHEAD DOORS LTD.

118 MELROSE AVENUE WEST  
WINNIPEG, MB R2C 1N6

**Phone:  
204.222.7943**

www.transconaoverheaddoors.ca



## Transcona Chiropractic Wellness Centre

**Dr. Harpal S Duggal B.Sc, D.C**

1783 Plessis Rd, Unit 7, Wpg, MB, R3W-1N3  
Ph: **204-777-9355** Fax: 204-777-9356  
Email: drduggal@transconachiropractic.com  
Website: www.transconachiropractic.com

give me a call  
Chris Cale

cmengrave@shaw.ca

**CM ENGRAVE**

**SIGNAGE / LAMICOIDS  
TROPHIES / PLAQUES / MEDALS / ACRYLIC**

**cmengrave.ca**

**WINNIPEG 204-224-2416**

# BUYING OR SELLING A HOME, CONDO OR INVESTMENT PROPERTY?

## Contact Manitoba's #1 Real Estate Team with Century 21



# ARCHAMBAULT BUENAVENTURA

Team

# 204-975-9349

[www.WinnipegHomeConnection.com](http://www.WinnipegHomeConnection.com)



**CENTURY 21**  
Sun Country Realty



Each office is independently owned and operated.  
®Registered trademark of Century 21 Real Estate Corporation used under license.