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TRANSCONA BIZ BULLET

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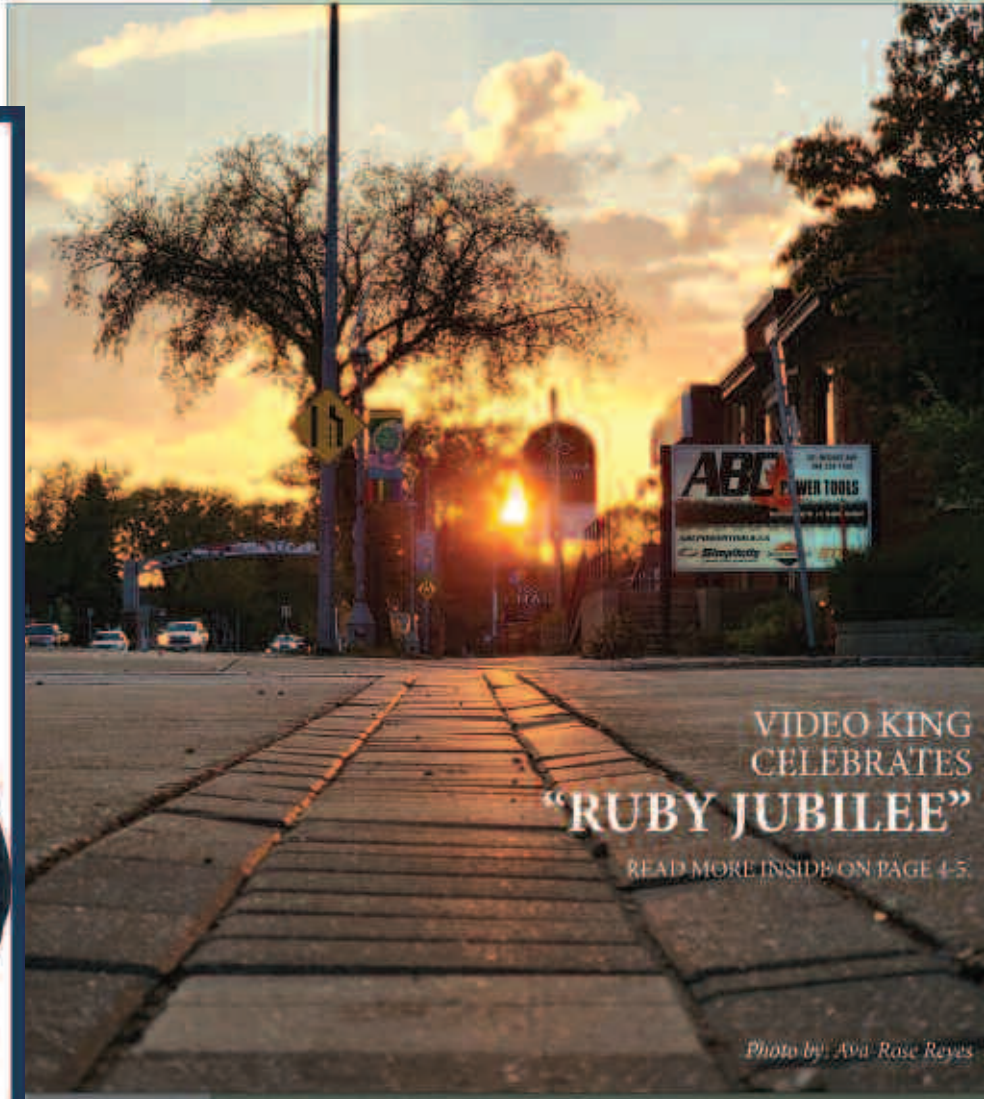
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READ MORE INSIDE ON PAGE 4-5.

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We Should Give Thanks

By Steve Lipischak

It's a new year! All I can say is thank God. It's been a trying time, but the constant that we all needed was friends and this great community. I read Ace Burpee's list of his top 100 Manitobans, and it made me think, "Who or what makes Transcona so great and interesting?" I believe it's volunteers, those among us that see a need and reach out to help. I decided to make a short list of those people that I think deserve recognition for the work they do in helping to promote Transcona and to help our citizens in need. There are many, but I've narrowed it down to my top 6 individuals, and then threw in a few people and businesses that do an outstanding job in this area.

Cornelius Thiessen- The unofficial Mayor of Transcona, always brightens my day with beautiful photos of his trips around our community. (He even throws in some from other areas once in awhile to shake things up!) His never-ending support of small businesses in Transcona, promotion of our community, even with its warts, all is unwavering. On top of all this, he carries doggie treats in his pockets for our fur babies! Proud to call him a friend.

Ron Lechman- For years this man and his garden put a smile on all our faces. Who else would walk across the street and plant a garden on Pandora and tend to it? Ron had a health setback this past year and no longer does the garden, but you can find him pedalling around the neighbourhood, greeting people, and smiling away. Thanks Ron, I always look forward to the times when we meet up!

Lisa Webinger- I'm a huge fan. This woman does so much for different charities, fundraises, raises awareness... just

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Winter Eye Health

By Dr. Blake Chartier, OD

With more of the winter months ahead and plenty of opportunity for outdoor adventures, it is important to take the proper precautions to protect your eyes from the cold. As humidity drops in the winter months, people who suffer from dry eyes often tend to become more symptomatic.

Here are some tips and tricks and some things to consider to keep your eyes both safe and comfortable during our long Winnipeg winters.

During the frosty winter months, people may tend to notice that their eyes will dry. A combination of frigid temperatures and dry heat from the furnace may cause the eyes to produce less tear volume or cause quicker evaporation of tears. A humidifier in the bedroom at this time of year can help return humidity to

the environment and reduce excessive dryness.

Eye protection during winter sports is equally important. Wearing goggles for activities such as skiing, snowboarding, snowshoeing, ice fishing and even long walks will help to reduce eye exposure to the chilling environment.

Sunglasses can be equally important in the winter months as UV rays continue all year round. Reflection from the sun off the snow can cause increased light sensitivity during this time of year, making sun protection even more critical for optimal eyesight.

Contact lenses can be more susceptible to drying out with exposure to the cold, so it is always important to plan ahead. If you wear monthly lenses, be sure to have your case and solution on

hand. Even allowing the lenses to rehydrate for a few hours after some outdoor winter activity can restore comfort in the lenses. Daily lenses can be thrown out when returning indoors and exchange for glasses or a new pair of lenses if needed.

As always, the symptoms of dry eye can be treated with a combination of artificial tears and warm compress regimen. It is suggested, especially when symptomatic for sandy, burning or watery eyes – that patients use tear drops at least four times a day. Warm compresses should be attempted twice a day, for a duration of 5 minutes with gentle sustained heat on the eyes while closed.

Talk to your optometrist about your winter activities and see what precautions or actions may benefit you.

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



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March at the Transcona Museum

By Jennifer Maxwell, Assistant Curator

Upcoming Closures & Reduced Hours – The Transcona Museum will be closed March 29th – April 1st for the Easter Holiday Weekend. Starting April 2nd the museum will be closed for our annual exhibit renewal. We will reopen in May with new displays. Any additional changes to our hours will be posted on our social media pages. Thank you.

Celebrate Winnipeg 150: Call for Photo Submissions! – The Transcona Museum and the Transcona BIZ are thrilled to announce an exciting opportunity for you to be part of our upcoming Photograph Exhibitions, “Winnipeg 150”! As we gear up to celebrate the rich history and vibrant spirit of our beloved city, we invite you to contribute your images

– whether they capture the essence of Winnipeg today or hold a piece of its fascinating history.

We are looking for: current snapshots of Winnipeg’s landmarks, neighbourhoods, and community events; historical photographs that showcase the changes of our city; and heartwarming moments and snapshots of daily life.

The submission deadline is March 15, 2024. Email your high-resolution images to the Transcona Museum (info@transconamuseum.mb.ca) with a brief description. The photos selected for use in the exhibits will receive a photo credit. Photographers will be required to sign a consent form for the use of their photos in the exhibition and any marketing around the displays.

Not only will your images be featured in our special exhibition in the museum that will run from May 2024 - March 2025, but they will also be featured in Centennial Square during the summer months, and you’ll also play a vital role in preserving and sharing the story of Winnipeg. It’s a chance to showcase your talent, connect with fellow Winnipeggers, and contribute to a milestone celebration for our city.

Upcoming Event: Spring Break 2024 – Join us for Spring Break at the Transcona Museum! Join us for crafts and games that week from March 25th – 28th. Each day will have a different theme with related activities. We have three timeslots available: 10:45 am, 1:00 pm, and 2:30 pm. Each time slot is for 45 minutes. The museum is mask friendly. *More details and registration will be available through our website in early March.* Please watch our social media pages for updates.

Exhibition Last Chance – March is the final month to view our current exhibition *Did You Know: The Transcona Connection Revisited*. This display revisits the 2009 exhibit with facts presented in the original, as well as new stories and artifacts to delight and surprise. You may think you know Transcona’s history, but there is always more to discover.

Following Spring Break, the museum will be closed in April for exhibition renewal. We will reopen in May with brand new displays in the museum’s galleries!

NEW CHAINSAWS



Dealers may sell for less. Pricing on all products and accessories will remain in effect until June 28th, 2024, or while supplies last. Illustrations and descriptions are as accurate as known at the time of publication and are subject to change without notice. STIHL is not responsible for a printing error, the local STIHL Dealer has the final authority to set product pricing.

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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

New Daycare! Coming Fall 2024

Yes it is true! There is a new infant/preschool childcare centre coming to Transcona. Little Flamingos Early Learning Centre is being built on Ravelston Ave, behind Ecole Regent Park. Childcare will be provided for children ages three months to kindergarten entry. You can add yourself to the waiting list by visiting <https://forms.gle/VoTuo-RymJycsX5d39> or use the qr code to go directly to the waiting list.



You can email the centre at littleflamingoselc@gmail.com

We are in the process of developing a website.

Transcona Memorial United Church

209 Yale Avenue West

Continuing to be a vital community!

We strive to live out care for others.

Weekly worship continues to be at 10am on Sundays - please join us!

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

SAVE THE DATE! Caught In The Act Co. presents *Foibles and Folly* by Michelle R. Davis, from May 3-5, 2024. Tickets are on sale now! Tickets are \$50 (purchaser receives a \$20 donation receipt). For more information on the dinner theatre and ticket purchasing, please visit: <https://tmuc.ca/dinner-theatre/>.

Friendly Settlers

Friendly Settlers is a 55+ club meeting on Mondays at 400 Day St.

We have crib at 10 am, lunch at 12 and bingo at 1 pm.

Membership is \$20 per year with a nominal fee for crib, lunch and bingo.

Come on out have some fun and socialize.

St Georges Anglican Church

321 Pandora Avenue West

We gather Sunday mornings at 1030 for our weekly worship services.

Continued on page 6

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Community Billboard

Continued from page 5

Please join us. Masks are optional. Everyone is welcome.

Holy Week Services:

Sunday March 24- Palm Sunday:
Holy Eucharist 1030 am

Thursday March 28- Maundy Thursday- 2 pm

Friday March 29- Good Friday- 1030 am

Sunday March 31- Easter Sunday- 1130 am (note time change)

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

For further information, future events, requests for pastoral visits, hall rentals or any other concerns:

Please call the church: 204-222-1942 or email us at: stgeorgesanglicantranscona@gmail.com

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

Transcona Discussion Group

AA – Meetings are held every Monday, Wednesday and Friday from 7:30 to 8:30 p.m. in the basement of Saint Georges Anglican Church, 321 Pandora Avenue West. All are welcome!

Lutheran Church of the Good Shepherd

401 Kildare Ave W. Winnipeg

Sunday School at 8:45 a.m., Sunday Worship Service at 10:00 a.m.

Wednesday March 6, 13 & 20 Lenten Worship Service at 7:00 p.m.; March 28 Maundy Thursday Worship Service at 7:00 p.m.;

March 29 Good Friday Worship Service at 7:00 p.m. and March 31 Easter 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 visit 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 –

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

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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.

Upcoming Food Bank Dates; March 14, April 11, May 09.

Seniors Bulletin Board

by Colleen Tackaberry,
Transcona Council for Seniors
Resource Coordinator

Our Income Tax Clinic will begin March 4th and run until April 30, 2024. There are several new changes this year which maybe of benefit to some seniors. New this year is the Multi-Generational Home Renovation Tax Credit. This is a refundable tax credit that can assist with the cost of renovating a home to create a secondary unit that will be occupied by a qualifying senior, relative, or individual with a disability.

This credit is 15% of the qualifying renovation expenditures, up to a maximum of \$7,500 (or \$50,000 in renovation costs). Seniors can find out more information about the credit on the Multi-Generational Home Renovation Tax Credit page on the CRA's web site.

Did you know that you can also claim a tax credit for other home renovations, if they help improve the accessibility or safety of your home for a qualifying person? The Home Accessibility Tax

Credit allows seniors, or individuals who are eligible for the Disability Tax Credit, still living in their own home to claim up to \$20,000 towards eligible expenses.

Old Age Security, the Guaranteed Income Supplement, and many other benefit amounts are based on information from your tax return. Even the quarterly GST/HST Credit can't be calculated unless we have a current tax return on file. So, to make sure that all of your ben-

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Real Estate is about more than just selling houses. It is also about caring for the people living in those homes – and supporting our Community. **Helping You is What We Do**

Transcona Garden Club

By Anne Copland

The days are getting longer, a welcome sign that spring is not far off.

Storage potatoes sprouting is one signal that things are coming out of dormancy. Incidentally, homemade hash-browns or panfries make a nice change from baked, boiled and mashed. Potatoes are packed with B vitamins, and lower in calories than rice and pasta. So enjoy them while they are still firm, or, you may want to save a few potatoes to get a head start to gardening. Potatoes can be grown successfully in containers, potato-beetle free.

Stored dahlia tubers, calla lily rhizomes, canna lily bulbs and gladiolus corms will also be waking up. Check them all for any signs of damage. Use only the healthiest for best results. Cannas seem to take the longest to start, so get them into pots. Dahlias laid sideways in fresh peat moss and placed on a heating mat will soon sprout. If you have plant lights, the shelf above the light bulbs may be a warm enough spot to set them. Callas like a warm sunny spot to get going. I have tried starting glad corms early indoors but found it is simpler to just plant them directly into containers or flower beds, ideally by

May 10th for flowering in late July or early August.

Our annual fundraiser with **Glenlea Greenhouses** is open for shopping until April 15th. Choose confidently from their online catalogue, pay securely, and your plants will be available for pickup in prime condition at 328 Whittier Avenue West. The catalogue can be found on their website www.glenleagreenhouses.com, click on Spring Fundraiser and follow the prompts. Please indicate Transcona Garden Club as the group you are supporting. Membership is not required to participate. Your support is greatly appreciated.

Seedy Saturday is March 9 from 10:30 am to 3:30 pm at the Millennium Library, 251 Donald Street. This is a popular annual event worth checking out for heritage seed varieties and other gardening materials.

Registrations for Transcona Little Green Thumbs (Junior Gardeners), ages 6 to 8 and 9 to 12 are taking place. All the details are available on Transcona Little Green Thumbs eventbrite.ca, or Facebook Transcona Moms on the Move. The next meeting is on March 24, "Soil and Composting".

"Perennials for Shady Areas" by Linda Dietrick is the topic for March 20th at 7 – 9 PM, at 328 Whittier Avenue West. Linda is a well-known Master Gardener, you won't want to miss hearing her. All are welcome to attend, non-member fee is \$5.00. The annual membership is still only \$15.00, with a free package of Hyacinth Bean seeds (while supplies last) and 10% discounts at some greenhouses. 2024 Prairie Garden book, "Year Round Gardening" is available at a reduced price to members. There will be seeds, gently used garden books, and refreshments. So bring a friend or two and join us for an informative evening with other friendly gardeners.

Please call Pat Osmond at 204-224-3859 for more information. We look forward to seeing you on March 20th. ❖

Seniors Bulletin Board

Continued from page 7

efits keep coming, it's best to get your taxes filed as early as possible.

Do you have a passion for being physically fit? If so, you might want to share your passion with a community group and become a peer leader in The Steppin' Up with Confidence program. Training will take place March 15th and March 22nd from 10:00am to 4:30pm each day at the Wellness Institute 1075 Leila Ave. To register call Jaymi Derrett at 204 632-3947 or for more information call Colleen 204 222-9879

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 2nd, 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.

Please call 204 222-9879 to schedule an appointment.

You can find more information about KLD Law at www.kldlaw.ca ➔

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Shaylene & Robert Unger
call/text 204.791-5145
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Robert Unger Personal Real Estate Corporation

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

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 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.

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Transcona Rotary Club



The Transcona Rotary Club has been busy during the past few months working on local, regional, national and international projects.

Transcona Rotary sponsored 4 students to attend school in the Philippines as scholarship grants. These grants not only help the students in attaining an education which could lead to more meaningful work placement, it also provides training for their families to learn a sustainable trade to improve their lives.

Indigenous / non indigenous Students in Northern MB were provided with registration fees to allow them to get music instruction within the school system. Transcona Rotary, the town and the reservation provided funding through the work of Rotary and a local representative.

Scout Hall on Winona St. is going to get a total renovation through the local

Scout Hall Committee along with the assistance of Transcona Rotary.

Mental Health aid will be coming to Transcona in a direct service by Sara Riel with the assistance of the Transcona Rotary Club. The City of Winnipeg, The Federal Government, Transcona Biz, funds from local Citizens, Energy MB among others are stepping up to move this project forward.

Transcona Rotary donated to the Transcona Food Bank and the Sholam Mission at Christmas to assist their efforts to help those less fortunate at Christmas.

This spring the Winnipeg Rotary Club has partnered with the Transcona Rotary Club to send 2 students to the Adventure in Citizenship Program. This is a wonderful experience for these young people to go to Ottawa to see the process of Citizenship at work through

the involved agencies and processes.

We will keep working to assist the community with its required needs. Rotary as other volunteer organizations is always looking for new, dedicated members. Should you have an interest in learning more about Rotary and being involved please visit our website at transconarotary.ca. ❖

Seniors Bulletin Board

Continued from page 9

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 March 12, 2024

Canadian Hard of Hearing Association, Manitoba Chapter holds a meeting at 328 Whittier Ave West every 3rd Monday of the Month from 1-2:30pm. Next meeting March 18, 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:

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Transcona Legion Branch # 7

Submitted by Donna Poitras

We would like to let everyone in our community know that within our Branch we have a banquet hall that is available to rent. The hall seats approximately 100 people and is wheelchair accessible. There is a full-sized kitchen for your use.

The Hall is reasonably priced and some of events held here are small weddings, both baby and wedding showers, birthday and retirement parties as well as some community meetings. If you would like to view our hall, please contact the Branch by calling 204-222-9951 or email us at rcl7hallrentals@gmail.com.

Our hall is called **Moroz Hall** and was named after two brothers Harry and Mike Moroz. You will see a plaque of the brothers on one of the walls in the hall. They were the sons of Alexander and Anastasia Moroz and resided in Transcona. They attended Central School and both enjoyed sports.

Harry played hockey as a goalie for the Winnipeg Monarchs. Mike enjoyed playing baseball and played outfield for the Transcona Men's Baseball team. Harry married in 1940 and with his wife Katherine moved to Flin Flon Manitoba

where he worked for the Hudson Bay Mining Company.

The brothers volunteered and enlisted in two different branches within the armed services during World War II. Harry was in the Air Force and Mike in the Army. Mike left behind his wife and infant son.

The brothers served overseas in Europe and in 1944 took part in operations over Germany and in France. They were both killed in action within months of each other. Harry Moroz, a Flying Officer, was killed while on a flying operation over Frankfurt Germany March 23, 1944. Mike Moroz, a Trooper, was killed in action in Normandy France August 9, 1944.

Harry was commemorated on a panel of the Runnymede Memorial in Surrey United Kingdom. Mike is buried in Bretteville-Sur Laize Canadian War Cemetery in Calvados France.

Anastasia Moroz, who lost her two sons, unveiled the WWII names on the Cenotaph now located in Memorial Park Circle. She served as the "Silver Cross Mother" during many Transcona Remembrance Day services. In the

Transcona Cemetery you will see a picture of the two brothers and their parents on the headstone of both Alexander and Anastasia. A commemoration was also made by the naming of "Moroz Street" in 2003 (formerly named Royal Street) in Transcona.

Events within the Branch- **Monday** Night Bingo early bird starts @ 6:45pm- **Tuesday** evening Cribbage-**Thursday** 1st & 3rd evening Trivia by Flamingo-2nd **Thursday** evening informal Jam session-musicians welcomed-**Saturday** afternoon Meat Draw-Chase the Ace-50/50 draw. The the following **bands** will be performing-**March 9** Ravin-**March 23rd** Karaoke by Wayne and **March 30th** Band Bobby Dove. Everyone is welcomed and for the Bands there is no cover charge. Check transconalegion.ca for up-to-date information. ❖

Seniors Bulletin Board

Continued from page 10

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. We are posting safe activities on our website. Stay well and keep active!



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Working hard for you in 2024!

Jelynn Dela Cruz, NDP MLA for Radisson

I'm continuously grateful for my Radisson community. January was a busy month—meeting with organizations about important initiatives, understanding different issues surrounding our community, and diving further into my role as Legislative Assistant for Health, Seniors and Long-term Care.

Our Manitoba NDP team has been hard at work, ensuring that everyone in Manitoba has equal access to health services. I'm encouraged by our announcements to expand capacity at the Grace and St. Boniface Hospitals. We know beds are only effective if they're staffed, which is why we are investing in dozens of healthcare jobs across the province. In January we announced more doctors will join the Health Science Centre's minor injuries clinic to alleviate the wait-times for patients. It has been inspiring to listen to frontline workers and health-care staff about their ideas and concerns for healthcare in this province.

We also want to uplift the ideas and concerns of seniors in Manitoba. I look

forward to having a Senior's Advocate who can give a direct voice to seniors' experiences in the province. We know the first step to take is expanding care for seniors in Manitoba. We must care for the generation who raised and cared for us. This care will include improving homecare by increasing access and expanding delivery. It will also be essential to support recruitment and retention of staff for homecare facilities. No matter what age you are, you should have access to timely, effective, and local health-care services.

I am moved by conversations I've had with Radisson community members about healthcare and other issues facing our community and our province. We had over 200 people at our first Face to Face at Kildonan Place. Folks were very open about how uplifted they are by our NDP team's first hundred days in office. The best part of my job is being able to meet with folks from every walk of life whose stories and experiences influence how we make effective change in Manitoba.

Many at the booth had the chance to sign up for our Radisson Community Task Force. The task force is up and running and I am so grateful for volunteers who feel passionate about serving our community. I look forward to working alongside the task force and making a difference in Radisson, together. If you'd like to get involved with the task force, please get in contact with my team!

I would love to hear from you, whether you'd like to share about your experiences, you have an idea or an issue about the community, or if you'd just like to say hello. You can contact us by email jelynn@yourmanitoba.ca or call: 204-599-2080. ❖

Healthy Aging

Medications and Aging

Two thirds of Canadians over the age of 65 take at least 5 different prescription medications; almost one third take 10 or more. Did you know? As we grow older, our bodies become more sensitive to medications, increasing the risk of harmful effects. These risks include drug interactions, falls and fractures, confusion and memory problems and even drug-related hospitalizations and death.

Not only are older adults at risk of harm from taking too many medications, but 40% of Canadians over the age of 65 take a medication considered unnecessary or potentially risky for older adults. Common medications such as sleeping pills, long-term prescriptions of proton-pump inhibitors for acid reflux, and antipsychotics for insomnia and dementia are no longer recommended.

What can you do? Check out the brochures and the information on the Canadian Deprescribing Network website (www.deprescribingnetwork.ca) to



find out if your medications are safe, and whether you can substitute with safer alternatives. If your doctor suggests you take a new drug, you have the right to ask what the drug is for, what its benefits are and the risks of harm. Ask if there are equally effective lifestyle changes, exercise habits or other therapies you can try instead. Taking medication is, and always has to be, an informed choice.

Book a special appointment with your doctor, nurse or pharmacist to review your complete medication list. Ensure you discuss any over the counter medications and supplements as well. What was good for you then, may not be good for you now. Ask about the possibility of “deprescribing”. Deprescribing is stopping or reducing the dose of a drug that may be causing harm or is no longer helping you.

Here are 5 questions you can ask:

Why am I taking this medication?

What are the potential benefits and harms of this medication?

Can this medication affect my memory or cause me to fall?

Can I stop or reduce the dosing of this medication? (i.e. deprescribing)

Who do I follow up with and when?

Always talk to your doctor, nurse or pharmacist before stopping or changing any of your medications.

For more information about medication safety, visit this website: www.deprescribingnetwork.ca or contact the Healthy Aging Resource Team at 204-940-2114.

WRHA Report

By Stacy Boone,
WRHA Community Facilitator

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 4th 2024 – April 30th 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 submitted 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 bank-

Continued on page 16



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We Should Give Thanks

Continued from page 1

has so much energy! She always uplifts Transcona, and if you meet her in person, you're drawn to her, it's as if she casts spells or something. Style beyond belief, but most important to me, her unending supply of super cool glasses!

Peter Martin- I first met Peter when he was walking around Transcona promoting the festival, dressed as Hi Neighbour Sam himself!! These days, Peter is a driving force with the Transcona Museum's efforts to put a roof over engine 2747 and help preserve part of Transcona history. Next time you see him, thank him for all the work he puts in on behalf of Veterans, most importantly, Transcona Veterans. Lest we forget.

Brett & Kim Enns- This couple is Transcona. Just hard-working everyday people like you and me. If you are from Transcona and scroll on Facebook, chances are you are a member of their 21,000 member group "Transcona and Proud of It". They work in tandem on this, as well as being fixtures at Transcona Legion #7, volunteering their time in sup-

port of Veterans in general and Transcona in particular. They're always willing to lend a hand and support, I count these two on my list of good friends.

Rob Nykoluk- What Transcona list would be complete without a former rail-roader on it? I chose to include Rob on this list for his work with "Gifts of Grace" and helping feed the homeless. Giving back and paying forward, along with his love of family, is his true gift of grace.

Leila Dance- The Executive Director of Transcona Biz works diligently at promoting businesses of Transcona, but more importantly, the neighbourhood itself. If you've been to the markets in the summer, thank her. Leila is always building us up, even amidst the chaos that Transcona is.

Colleen Tackaberry- Hands down, one of the best resource people for Seniors in Winnipeg. Transcona Seniors are so very lucky to have this woman in their (okay, our) corner, fighting for funding, developing programs, all to better the

quality of life for our aging population. If you can stop her for a minute, give her a hug of thanks on behalf of seniors everywhere!

Larry Vickar- If you've ever been to a charity event of some kind in Transcona, chances are, Larry has supported it, with both financial and sweat equity. He has a long-standing business relationship with our community and lends support in promoting and growing Transcona.

Larche Tova Café- Hard to believe this place has only been here for about 11 years!! A neighbourhood eatery like no other in the city, the Café brings awareness of people with different abilities to others. You just feel good when you're here, like a big old bear hug...and the food is fantastic!! Friends from across the city make the trek to sample their cuisine and go home and rave to others about our hidden gem!!

So, there you have my list folks. Many thanks to all above and to the many others who do all they can to promote Transcona to the world. Wishing all a healthy, happy, and fulfilling 2024. Take care, be well. ❖

Russ Wyatt

City Councillor
Transcona Ward

PH: 204-986-8087

Email: rwyatt@winnipeg.ca



Ward Office:

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

WRHA Report

Continued from page 15

ruptcy in 2022, have more than \$3,000 in interest or a rental income.

The Plessis Community Resource Centre is looking to make Spring Cleaning kits for their families!

They are asking for donations of the following items; all Purpose cleaner, windex, bowl cleaner and brush, cleaning sponge, dish soap, lysol wipes, paper towel and rubber gloves. ➡

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.

We 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

“**Cycling with Sarah**” had a fun and adventure filled fall and winter season of hiking, snow shoeing, XC skiing and fat biking! We are taking a break to prepare for the upcoming summer cycling season! Throughout all of our activities we enhanced our physical, mental and social well-being. Friendships were formed and a strong sense of community was

born among our group of 55+ women! We participated in 4 Community Fundraising Events highlighting the commitment and compassion of senior women to give back to those in need. For more information about our program and to be added to the waitlist for cycling contact us at cyclingwithsarah@gmail.com or on Instagram and Facebook at cyclingwithsarah.

Volunteers needed at Transcona Food Bank!

More volunteers are needed for regular food bank duties! Lots of opportunities to help Transcona families!

*Help clients with their food and help take it to their vehicles. Where: 209 Yale Avenue West When: Thursdays, 9:00 am to Noon

*Help unload and organize food donations Where: 209 Yale Avenue West When: Wednesdays, 12:00 to 3:00 pm On food bank days (see dates below)

*We need volunteers with a vehicle

to pick up: Clothing at Mission Thrift Store (701 Regent Ave) and deliver them to Transcona Food Bank When: Wednesday (week of food bank days), 11:00-12:00pm

*Cardboard at Transcona Food bank and take them to the 4R Depot (429 Panet Road) When: Thursday (week of food bank days), 12:00- 1:00 pm

*Clothing and household items at Transcona Food Bank and take them to Flavie Laurent (301 Archibald Street) When: Thursdays (week of food bank days), 12:00- 3:00 pm

UPCOMING FOOD BANK DAYS: February 15, March 14, April 11, May 9, June 6.

Contact: Sue Sebastian at 204-803-9365

Please consider donating one of the TOP 5 MOST needed food items: rice, canned pasta's in sauce, beans in sauce, canned fruit and cereal.

Free Income Tax Service DROP OFF ONLY

ACCESS TRANSCONA 845 Regent Ave West

March 4th - April 30th, 2024

Drop Off Forms & the Instruction Sheets are available at the front desk at ACCESS TRANSCONA and must be completed, signed and included with your TAX SLIPS & RECEIPTS

Eligibility Income

- One person up to \$35,000
- Couple up to \$50,000
- Each additional dependent \$2,500

NOT eligible (including if a client filed for bankruptcy in 2023)

- Self employed
- Have more than \$3,000 interest income
- Have rental income

BE SURE TO BRING THE FOLLOWING (IF APPLICABLE):

All your Tax slips (T4's, T4A's, T4OAS, T4CPP, T5's, T3's, T5008's, etc...)

Rent Receipts and/or Property Tax Bill (if you own your home)

A copy of your Manitoba Primary Caregiver Approval letter

RRSP contribution receipts

Charitable donation receipts and medical receipts

For more information phone: 204-938-5555

New Democrats are delivering dental care that will help millions of Canadian families

By Daniel Blaikie, MP Elmwood-Transcona

I ran for office because I believe Canada is a place where we can afford to ensure that everyone gets access to the basic components of a good life: good healthcare, affordable homes, fair wages, quality education and healthy food.

But Canada is struggling to make good on its potential. I believe that has a lot to do with decisions that prioritized tax cuts for the biggest corporations and wealthiest individuals – like reducing corporate taxes from 28% to 15% since 2000 – and leaning on the shrinking middle class to pick up the slack.

The good news is that bad public policy can be reversed, even if it still takes time for the positive effects to be felt. In this parliament, I am part of a team that is pushing to expand services and reverse some of these tax giveaways.

By choosing not to force a snap election, New Democrats succeeded in getting the federal government to raise the corporate income tax for banks and

insurance companies from 16.5% to 15% and impose a one-time tax to recoup some of their excessive pandemic profits.

Now we are making good on our commitment to expand health coverage by launching a national dental insurance program.

Good oral health is a critical component of our overall health. This program will not only improve health outcomes, for many Canadians, it will mean an end to chronic pain or a boost in confidence to seek employment.

How do I know that this would not have happened without Canada's New Democrats?

Because I watched when Liberals and Conservatives voted together against the principle of a national dental program just months before the 2021 election. Because I was part of the negotiating team that pushed for more and better coverage from a reluctant Liberal government.

Conservatives continue to oppose the creation of this program, ignoring the benefits to so many individuals across Canada and overlooking the advantages of having these services available for the workforce when investors are deciding where to locate new facilities.

Here is what we know about the rollout of this game-changing national program, so far:

The Canadian Dental Care Plan (CDCP) is expanding to seniors, children under 18 and people with disabilities. Canadians who meet the following criteria will qualify:

- No access to private dental insurance.
- Annual adjusted family net income below \$90,000.
- Canadian residency for tax purposes.
- Tax return filed in the previous year.

Canadians with access to dental coverage through a social program offered by a province and/or the federal government can still qualify if they meet all the eligibility criteria.

To ensure a successful and smooth rollout applications for enrollment will be accepted in phases. Seniors aged 70 and over will begin receiving letters in sequence based on age inviting them to apply by phone starting in December 2023:

- Seniors 72 years and older should have received an enrollment letter by the end of February 2024
- Seniors 70 to 71 years will receive letters in March 2024

Seniors aged 65 to 69 will be able to apply online starting in May 2024.

Continued on page 22

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A Door may close, but there are always other, unlimited number of – new opportunities.

Moving our eyes elsewhere might not be easy due to attachment to the old and familiar and anxiety of the new and the unknown.

1. Change closes a door that are no longer serving us and it opens door to bigger, better blessings.

That in itself is absolutely amazing. Like the Bible says, what they make for bad, God makes for good. That is a great metaphor and a mirror for what change is in our life.

2. Change prunes things, circumstances and situations that are not serv-

ing our highest good...and that are not there to help us and propel us to the desires of our hearts and help us reach our goals. So, change comes in to prune and get rid of and cut back those things that are no longer helping us thrive. And as we all know, when we prune or cut down leaves of a plant, what happens? We get a multiplying of growth. That is how change works in our life. It changes things up. It doesn't always feel good, but the outcome is better than we could have imagined.

3. Everything good comes from change.

Growth is inevitable in our world, in our life. Every day we're evolving, every day we are changing. That means that as we are evolving and changing, with the change of times.

Look at change as being something that is good, something that is bringing in better, bringing in blessings, and allow change to empower us. ❖

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Nello's Transcona Report

By Nello Altomare, MLA Transcona

Last month was I Love Read month and, as usual, I made the rounds here in Transcona visiting schools and reading to kids.

As a former teacher, I always feel I am expected to choose entertaining and meaningful books to read. This year, among others, I had with me the 'Name Jar' and 'Yetis are the Worst'. The first is a story is about a young girl attending school in North America for the first time and how she gradually grows comfortable with her Korean name and identity. The second is much sillier. It's about a goblin named Gilbert who sets out to prove to the world that Yetis are boring and do not deserve all the attention they receive from the public.

There some really great children's books out there and, now that my kids are adults, this my only opportunity to indulge. When you are able to pick the right book for the right crowd, it is pure joy to see kids light up and engage with a good story. Hopefully, my reading will have encouraged them to pick up and explore books on their own. This is, after all, what I Love to Read is all about.

Visiting schools this year has extra meaning attached to it as, this time, I am participating in I Love to Read as Minister of Education. As you may know, the past few years have been tough on schools as public funding has not met the needs of growing enrolment and increasing costs due to inflation.

In late January, I had the extraordinary privilege of announcing that the Manitoba Government will be increasing the operating funding for public schools by 3.4 per cent. As funding levels for each School Division are adjusted based on their enrolment growth and revenue, for the River-East Transcona School Division, this means they will be receiving a 5.6% increase.

I know this funding along with our commitments to school nutrition programs and smaller class sizes will go along way in creating learning environments that are responsive to a child's needs. I look forward to visiting school throughout RETSD and the Province to engage with kids, families and communities to get reactions to our plans for schools. ❖

New Democrats are delivering dental care that will help millions of Canadian families

Continued from page 18

Persons with a valid Disability Tax Credit certificate and children under the age of 18 will be able to apply online starting in June 2024.

All remaining eligible Canadian residents between the ages of 18 and 64 will be able to apply online starting in 2025.

Once enrolled, Canadians will be sent a welcome package by Sun Life with a member card, details of their coverage and the start date for when their dental coverage begins.

The start date to access oral health care will vary based on when each group can apply, when the application is received and when enrolment is com-



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TRANSCONAVIEWS
AND ADVERTISER

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

**Closing Date for March Issue;
Tuesday, March 12th, 2024**

Email Editorial/Advertising to transconaviews@bondprinting.net

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pleted. Those enrolled in the CDCP will be able book appointments to see an oral health provider as early as May 1, 2024, starting with seniors.

The list of covered services is still being finalized and will be announced when the program goes into effect. New Democrats are pushing for a plan that includes all of the following services:

- preventive services, including scaling (cleaning), polishing, sealants, and fluoride
- diagnostic services, including examinations and x-rays
- restorative services, including fillings
- endodontic services, including root canal treatments
- prosthodontic services, including complete and partial removable dentures
- periodontal services, including deep scaling
- oral surgery services, including extractions

Eligible oral health care service costs will be covered at the CDCP established fees based on adjusted family net

incomes as follows:

- Income lower than \$70,000 = 100% coverage
- Income between \$70,000 and \$79,999 = 60% coverage
- Income between \$80,000 and

\$89,999 = 40% coverage

Stay tuned for more details as the program rolls out. You can check www.Canada.ca/Dental for the most up-to-date information on the application process. ❖

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