


TRANSCONAVIEWS

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AND ADVERTISER

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Transcona Legion Branch # 7

Submitted by Donna Poitras



This year marks some special anniversary dates for our Military-Veterans-Legions. We would like to acknowledge some of these dates in this article. The last Canadian Soldiers returned home **March 15th, 2014** from Afghanistan-**10th** year anniversary. Canada's longest combat mission-we lost approximately 165 Canadian military and civilians.

The Royal Canadian Air Force (RCAF) was founded **100** years ago on April 1st, 1924. The NATO Accord was signed April 4th, 1949 **75** years ago.

Our National War Memorial was unveiled May 21st, 1939 **85** years ago, Normandy Invasion-D-Day- took place on June 6th 1944 **80th** anniversary, Dieppe Raid August 19th, 1944 **80th** anniversary.

The **Royal Canadian Air Force (RCAF)** roots go as far back as the First World War (1914-1918) at Camp Borden Ontario. Lieutenant Colonel Cuthbert Hoare led the organization that built our first flying station, trained thousands of air and ground crew to serve overseas. Camp Borden, by **April 1st, 1924**, had become the most important station with their assets, staff, and flying abilities.

Our Branch has the privilege of showcasing Banners that honour our Transcona fallen soldiers who served and never came

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Comprehensive Eye Exams – More Than 20/20

By: Dr. Blake Chartier, OD

A comprehensive eye exam performed by optometrists is an integral part of your health care routine. As doctors of optometry, we have the ability to diagnose, help prevent and treat disorders of the visual system and eye disease. We can also identify and detect small change to ocular structures that can be linked to various systemic health conditions such as hypertension, autoimmune conditions and diabetes.

When many people think of a trip to the eye doctor, they tend to assume it is only to help them see more clearly. While it is true that “which is better 1 or 2,” is part of what we do in a day, there is much more to a comprehen-

sive eye exam, at Transcona Optical, than just seeing clearly. This starts the moment you enter the pre-test room as information gathered here including visual field screening, intraocular pressure and photos of the back of the eye help piece together a picture of the eyes overall health and function.

Once in the room with the optometrist, exams typically begin with a throughout case history. This includes past and present vision status, any new concerns, along with documenting general health, medical issues and family history of eye conditions. An analysis of the patients visual needs such as at home or office computer work,

school and recreational activities is done to determine each patient’s individual visual demands.



Entrance testing is then done as a way to assess the initial ability to see with or without the patients current pair of glasses on. Binocular vision is also assessed as it relates to coordination of the eyes and its muscles, along with their ability to work together and pair as a team for depth perception. Pupil responses to light also allows for testing of neurological function.

Diagnosis of a patient as near (myopia) or far (hyperopia) sighted is done during the traditional refraction testing. This is the part of the exam where optometrists ask you to subjectively decide “which is better 1 or 2”. Testing at distance and near, one eye at a time and both together allow for the optimization of a glasses pre-

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Coming home after almost a decade in Ottawa.

By Daniel Blaikie

By now you have likely heard that I am stepping down as Member of Parliament for Elmwood-Transcona, effective March 31. I will be going to work for Manitoba Premier Wab Kinew as his Senior Advisor on Intergovernmental Affairs.

Too often, the last government in Manitoba let their disagreements with the federal government stop them from working collaboratively on issues of common concern.

As someone who has worked constructively with members of all



parties on Parliament Hill, despite serious disagreements on some matters, I hope to be useful in ensuring Manitoba secures its fair share of federal investment and successfully collaborates with other governments to advance our interests.

Thank you to everyone in Elmwood-Transcona for the opportunity to have served as your MP for the last eight and a half years. I am grateful to my wife, kids and my whole family for serving alongside me in that time. Spending more time at home while my boys are still young is what I look forward to most about the transition.

There is no doubt in my mind that the conduct of politics has become nastier since I first put my name on the ballot. I am not one to shy away from disagreement or calling out positions I think are wrong, but the nastiness is an optional extra that I believe we are all better off without.

Politicians certainly have an obligation not to engage in that kind of behaviour, but I believe voters also have a duty not to reward that kind of behaviour if they do not want to see our politics dominated by it.

Our country and our planet are facing many difficult challenges, including the existential threat of climate change. We will not overcome those challenges through division and conflict. We need citizens and leaders that are determined to work past disagreement and build bridges. ➔

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I have tried to be an example of how to engage in principled, partisan politics in a constructive way that puts the public interest first. Of course, I am not perfect. My success in that endeavour is for you and others to judge. Either way, I hope my successors will strive to do an even better job and that voters will reward the effort. ❖

Limited seats remain for dinner theatre! Please join CITAC as they present *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.

Continued on page 7

Community Billboard

St Georges Anglican Church, 321 Pandora Avenue West.

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

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

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

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

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

Transcona 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!

Thank you to everyone who joined us for PIE Day and worshipped with us over Lent and Easter. Hallelujah!

Did you know that we are on Facebook and Instagram! Learn more about us and Reverend Rob by visiting us on social media.

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April at the Transcona Museum

By: Jennifer Maxwell, Assistant Curator

Closed for Exhibit Renewal –

The Transcona Museum will be closed in April for our exhibition renewal. We will reopen with all new displays by early May. Museum staff will be onsite during office hours from Tuesday to Saturday, 8:30 am – 4:30 pm. We will be providing a behind-the-scenes look at the exhibition renewal process through our social media pages. If you have a research request or an artifact donation, please contact the museum to book an appointment.

Rain Barrel Sale 2024 – TBA –

We are working once again with RainBarrel.ca to hold another Rain Barrel Sale fundraiser for the Transcona Museum. Our sale page can be found here: <https://rainbarrel.ca/transcona/>

At the time of writing (early March), no dates have been selected for the launch of the sale or the pick-up date. Please keep watching our website and social media pages for updates. You can also contact the Transcona Museum by phone or email if you have any questions.

Upcoming Events in May –

The Transcona Museum is planning on taking part in Jane's Walk Winnipeg (Sat., May 4) and Doors Open Winnipeg (Sat., May 25). These events provide the perfect opportunity to explore our heritage buildings and sites, while sharing stories about the Transcona community. We also plan on celebrating Manitoba Day. For more information and updates on these

events, please visit our website and social media pages.

Save the Date: Upcoming AGM – The Transcona Museum will be holding its Annual General Meeting on Thurs., June 27 at 7:00 pm. More details to come.

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. ❖



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Community Billboard

Continued from page 5

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.

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 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
 St. Michael Ukrainian Catholic Parish will be holding perogy sales on April 26 and May 24th. To place an order please contact Helen at 204-218-1597.

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! *Continued on page 8*

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Comprehensive Eye Exams – More Than 20/20

Continued from page 2

scription tailored best to each individual patient's needs.

An extensive ocular health examination will follow with the use of a slit lamp, which allows for high magnification and resolution of the

eyeball front to back, along with its surrounding tissue and structures. It is during this part of the eye exam that optometrists will assess for eye conditions such as glaucoma, cataracts and macular degeneration.

It is also at this time that signs of systemic health issues may be seen.

At the end of each exam, once all the results have been considered, your optometrist will use their knowledge and clinical judgement to make recommendations on the time line for your next visit. In certain instances, with consent from the patient, information may be shared with the family physician or eye specialist (ophthalmology) as it is important for all members of your healthcare team to work in unison.

Whether you are having an issue or its time for a routine exam, be sure to include a visit to your optometrist as part of your health care plans. Don't take 20/20 for granted because we are testing so much more. Your eyes are important, and when you trust us to look after them, we take that seriously.

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



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Monthly dates for Day Trip to South Beach you get FREE Lunch

Community Billboard

Continued from page 7

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



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Seniors Bulletin Board

by Colleen Tackaberry,
Transcona Council for Seniors
Resource Coordinator

The Transcona Seniors Pickleball Club will be having a 10 year celebration on May 3 at Oxford Height Community Centre. Former members who are interested in attending should contact Ruth Kamenev at rkamenev@shaw.ca. There will be a small charge for non members. Space is limited so let Ruth know SAP if you are interested in attending.

Our Income Tax Clinic will 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 benefits keep coming, it's best to get your taxes filed as early as possible.

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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Seniors Bulletin Board

Continued from page 9

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

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

Watch for entertainment Wednesdays at 3:00pm before the Wednesday meal. Up coming dates will be posted on the web.

We are providing rides to medical appointments. To enroll in the Transportation Program please call 204 222-9879. Rides are provided by volunteers and are a first come first served bases.

We are answering inquires and providing information for services available throughout the city.

We are doing Friendly Telephone Calls if you would like someone to chat with during this time.

Art classes are Mondays, water color and Wednesdays, acrylic and oils starting at 10:00am at 328 Whittier Avenue West. Call 204 222-9879 to register.

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

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

Pickle Ball is the fastest growing sport in North America and we are playing it here in Transcona. Phone Fred at 204 224-4941 learn more or to become a member.

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

Vision Impaired Group will be meeting the second Tuesday of every month at 75 Kildonan Green Drive at 1:30pm. All who have any kind of vision impairment are well come to attend. For more information call 204 222-9879. Next meeting April 9, 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 April 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:

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TRANSCONAVIEWS

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Editorial/Articles of interest to the community may be submitted via email, by post, or hand delivered to Bond Printing Ltd. Emailed submissions may be sent as word doc or pdf file. Submissions on paper must be typed or printed legibly. All submitted articles are subject to 500 words, editing and formatting to fit available space. There is no guarantee that articles will appear in their entirety and no guarantee that any images accompanying article will be used.

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Seniors Bulletin Board

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

Tuesday Soup and Sandwich
Lunch Program 10am – 1 pm. \$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 9:30am
beginners, 10:30am advanced.

Friday Whist or Crib 1:30pm On
going.

Advanced Bridge 6:30 - 9:30 pm.

To register for any of the pro-
grams at the Retired Citizen's Or-
ganization 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 **transconase-
niors.ca**. We are posting safe ac-
tivities on our website. Stay well and
keep active!

WRHA Report

*By Stacy Boone,
WRHA Community Facilitator*

2023-2024 Community Volun-
teer 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 4st 2024 – April 30th
2024.**

ACCESS Transcona at 845 Re-
gent will be the drop off site. Front
desk staff will accept your income
tax information/receipts. **A drop off
sheet (includes personal and con-
tact 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 re-
turns.**

Income eligibility guidelines:

Single and your total income is
\$35,000 or if you are a married cou-

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

ple 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.

For more information, call our Access Transcona Front Desk Staff at 204-938-5555

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

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

Continued on page 14

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Transcona Legion Branch # 7

Continued from page 1

home. This month leading up to the special anniversary of the RCAF we have on display the banners of our fallen Air Force soldiers in our club-room. We welcome the community to our Branch to see them. If you have a family member who served during this time feel free to take a photo of their Banner.

NATO (National Atlantic Treaty Organization)-was signed **on April 4th 1949** (75th Anniversary) The twelve countries who signed this agreement are Belgium, Canada, Denmark, France, Iceland, Italy, Luxembourg, the Netherlands, Norway, Portugal, the United Kingdom and the United States. The treaty commits each of the members to share in the risk, and the rule of law. The values of liberty, democracy, human rights responsibilities and the benefits to a collective defence to protect each other. The treaty

was designed to ensure that no members enter into international commitments that are a conflict to the treaty as we follow the principles of the United Nations (UN) charter. There have been some changes to the treaty that have provided new member countries to join.

Events in April for our Branch-**two** bands will be performing **April 6th** TC Hooligans- **April 20th** 5 Shades of Grey-open to everyone-no cover charge. **April 27th** Transcona Cadets Annual **Spaghetti Dinner**-tickets at the Bar open to all. Ladies Auxiliary hosting **Craft & Bake Sale April 28th** 11am-3pm everyone welcome. **Flamingo Trivia** 1st & 3rd Thursday Evening open to all. Our Saturday **Meat Draw** is open to community-start at 2:45pm-5:15pm, Chase the Ace at 4pm and 50/50 at 5pm. **Monday Night** Bingo-early bird starts

6:45pm regular games 7:00pm. Our monthly **Meat Hamper** is drawn the **last Saturday** in April-tickets are sold at the Bar-open to Community. Check our website/Facebook at transcona legion.ca for up-to-date information. ❖

WRHA Report

Continued from page 13

UPCOMING FOOD BANK DAYS: 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: toilet paper, rice, canned pasta's in sauce, beans in sauce, and canned fruit.

“Cycling with Sarah” had a fun adventure filled 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.



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Transcona Garden Club

By Anne Copland

Gardeners welcome April wholeheartedly, hoping that the old adage, “April showers bring May flowers” will indeed happen this month. To help you formulate your plans for planting, the Garden Club has adopted **purple** as colour of the year. The feature flower is **petunia**, and the feature veggie is Royal Burgundy **beans**, or any other purple vegetable. To help you fit more into your gardening space, use trellises, fencing, obelisks, inverted tomato cages for vegetables as well as flowers. By including these in your planting, you will be set to enter various classes in our 55th Annual Horticultural Show and Competition. We are very excited to bring back this important event, although on a smaller scale. Stay tuned.

Some of us may have put the wheels in motion and placed our Glenlea Greenhouse orders. The deadline for online orders is April 15th at www.glenleagreenhouses.ca/

[springfundraiser](#) to reserve your top-quality annuals and perennials. This is open to members and non-members, please remember to indicate Transcona Garden Club as the group you are supporting. Rest assured that your plants will be ready for pick-up at 328 Whittier Avenue West on May 11 from 9 AM. We are planning to have a Plant Sale of donated perennials, seedlings, slips also. Donations of your favourite tomato, basil, pepper, etc., seedlings are always appreciated. I saved seeds from “Pink Jazz” tomatoes as they are my new favourite. The earliest ones to ripen were the largest at 1450 grams, gradually smaller for a total of 69 pounds from 6 plants. They are a large heritage variety, very tasty fresh and make a top-notch sauce.

All are invited to attend on April 17 at 7 – 9 PM to hear a presentation by Nia Massey, “Gardening with Birds and Butterflies”, at

328 Whittier Avenue West. Refreshments will be served. There will be door-prizes and miscellaneous garden-related items for sale, seeds, gardening books, and flower arranging books. Annual membership is \$15.00. Benefits of membership include discounts at some garden centers (have your card ready and inquire before cashier begins, please), reduced rate for the annual Prairie Garden Book, unlimited number of entries in the Horticultural shows, and more. Everyone may attend garden club events, admission is \$5 for non-members. There is no obligation to join, but you would be most welcome.

Transcona Little Green Thumbs (Junior Gardeners) is up and running. Spaces are still available. The schedule and registration may be found online at **transcona little green thumbs** or Tracy’s link on the Transcona Garden Club Facebook page. Also phone Michelle at (431) 733-8718 or by email: transcona.littlegreenthumbs@gmail.com

The flower arranging group restarts on April 12 at 1 – 3 PM at 328 Whittier Avenue West. “April Showers”, a waterfall/cascade arrangement for a rainy day, is our project theme. We welcome new members so please call Lois at 204-391-2445, or Anne at 204-224-2535 for details. We are a casual group, passing on whatever arranging skills we possess and our motto is “We learn from each other”. Please call Pat Osmond, President, at 204-224-3859 with any inquiries.

Editor’s note; We were sorry to hear that Domia Derkach, passed away on Feb. 28, 2024. a Life Member of Transcona Horticultural Society, now Transcona Garden Club, and a long-time contributor to the Transcona Views ❖

Russ Wyatt

City Councillor
Transcona Ward

PH: 204-986-8087

Email: rwyatt@winnipeg.ca



Ward Office:

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

Taste and Aging: Spice it up!

By Lorna Shaw RD

Taste buds are tiny sensory organs that allow us to experience 'taste' and making eating a pleasurable experience. Our mouths are covered in taste buds - the average adult has between 2000-10,000. They are found in the tiny bumps on the tongue but are also in the throat and the roof of the mouth. There are five basic tastes: sweet, salty, bitter, sour and umami (savoury). The temperature, texture and smell of the food also contribute to the flavour of food.

There are many things that can affect the sense of taste. Anything that affects the sense of smell, like a stuffy nose can make food seem 'taste-less'. Prescription drugs like antibiotics, high blood pressure pills, and cholesterol lowering medications can also change the way food tastes. Having a dry mouth can also decrease taste. Taste buds can also be damaged by smoking, excess alcohol intake or foods that are too hot or cold. The number and size of taste buds also declines with age.

As we age, foods we used to enjoy might lose their flavour, causing us to reach for the salt shaker. Too much salt can increase the risk of high blood pressure, stroke, heart disease and kidney disease. Instead of salt, learn other ways to spice up your food. Herbs and spices also have phytochemicals that have health promoting benefits. Here are a few ideas:

Basil: sauces, pesto sauce, dressings, oils & vinegars, chicken, fish, vegetables, pasta dishes.

Cinnamon: baking, seasoning hot cereals, hot beverages, yogurt, applesauce

Chili powder: adds spicy flavour to chili, soups, BBQ sauce, dips, sloppy joes, marinades

Cumin: soups, stews, sauces, meats, legumes

Curry: meat, poultry, fish, legumes, dips, stews, soups

Dill: fish, potatoes, eggs, dips, salad, carrots, cucumbers

Oregano: Italian cuisine, sauces, tomatoes, soups, salad

dressings, poultry, beef, vegetables

Paprika: seafood, vegetables, potato salad, eggs

Rosemary: turkey, chicken, pork, stuffing, rice dishes, soup, lentils

Thyme: chicken, salads and vegetables

Give foods an extra boost by varying the temperature and texture. For example, add granola to yogurt

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Hello Neighbors!

Jelynn Dela Cruz, NDP MLA for Radisson

February was an absolute whirlwind. Though before unpacking what I've been up to, I want to provide a brief report on our progress to plant roots in Radisson.

Our team is now fully staffed! We have Ernesto working as my full time constituency assistant, Kerri working on local community engagement, and Elisha working on digital media and communications. I appreciate the patience of the community as we get set up and as our team learns each of our new roles.

We are still pursuing permanent office space. The MLA for Transcona, Nello Altomare, has been generously sharing his office with us temporarily at 127 Regent Avenue West. Since my election, we have been hosting some community and individual meetings from this space. As well, we have staffed open door office hours from Tuesday to Thursday from 10 AM to 4 PM for any walk-in concerns or casework.

As previously reported on, the Radisson Community Task Force continues to welcome new attendees. Thank you to the good people of the Transcona Library for hosting our group. I'm inspired by the changemakers that are taking leadership on grassroots projects and I am honoured to provide a platform to organize.

In April, we will also be holding another Face-to-Face at Kildonan Place Mall event where I will be welcoming constituents for a coffee and chat, from the convenience of our favourite constituency hub. For further details on upcoming constituency engagement opportunities, please feel welcome to e-mail jelynn@yourmanitoba.ca! We continue to strive to help our constituents navigate government services and to ensure their concerns are reflected in my legislative work.

Lately, community issues have been wide-ranging, from affordability

to sustainability to child protection to employment assistance. Most commonly, we receive positive feedback on our approach to healing the health-care system. We're continuing to steadily add beds, resource the frontlines, and reduce wait times. Though, there is still a long way to go.

Only roughly four months into the job, we were able to take meaningful strides by listening to the recommendations of frontline workers and secure two bilateral health funding agreements with the federal government. The \$434 million combined will go towards hiring doctors, nurses, paramedics, and home care workers. Our spring legislative session will include the introduction of the highly requested Seniors Advocate office.

This office will be a home for both systemic and individual advocacy. There is also progressive work to be announced in our 2024 budget. Our privileged mandate as a new government coupled with the federal support will help bolster senior services that will help senior Manitobans age in the right place with dignity and autonomy.

As the Legislative Assistant for Health, Seniors, and Long Term Care – I am eager to hear suggestions from community on ways that we can continue to improve our system. Particularly, I'm interested in hearing from constituents on their experiences with access and timeliness of services. While I'm thankful that what we're doing is working, we will always plan to do more.

As Radisson's new MLA, I also intend to be very transparent about the outreach beyond our constituency's boundaries. In February, I had the privilege of visiting

Brandon with caucus members and hearing the diverse perspectives on care and community services. I

Continued on page 22





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The second step is to Extract & Hydrate – During this step, your professional will remove debris from pores with painless suction as well as nourish your skin with intense moisturizers.

The third step is to Fuse & Protect – A HydraFacial saturates the skin's surface with antioxidants and peptides to maximize your glow. Targeted, proprietary skin solutions are delivered to address specific skin concerns.

Does Hydradermabrasion hurt? No, Hydradermabrasion is virtually painless. In fact, many clients find this facial relaxing as well as enjoyable.

Who is an ideal candidate for Hydradermabrasion?

- Hyperpigmentation • Fine lines and wrinkles
- Acne-prone skin • Enlarged and congested pores
- Excessively oily skin

Is there any downtime involved? No, there is no downtime associated with this treatment.

How long does it take to see Hydradermabrasion results? You may see noticeable skin improvements after just one treatment. However, the treatment is not a quick fix. In order to get maximum results, you should get a HydraFacial treatment every four to six weeks.

Is Hydradermabrasion safe? Yes, Hydradermabrasion is absolutely safe for most people if performed by a certified esthetician.

What are the benefits of Hydradermabrasion?

- HydraFacial treatment can help minimize the appearance of discoloration or brown spots.
- The treatment can also help you reduce the appearance of your fine lines and wrinkles.
- You will get younger-looking, glowing, healthier skin with this treatment.
- The treatment is absolutely safe.
- It can be performed on almost all skin types.
- It is virtually painless.
- You will also get rid of enlarged pores with this treatment.

What is the aftercare like? Avoid excessive sun exposure for at least 72 hours post treatment. Never forget to wear sunscreen! Although it is fine to apply makeup immediately after the treatment, it is better to give your skin a break for the rest of the day. Avoid excess heat (intense cardio, hot showers and sauna) for at least 24 hours after treatment. Do not pick at your skin. Avoid exfoliating treatments for at least three days.

Book your **Hydradermabrasion Facial now**, limited appointments available. **TRANSCONA SALON SPA 204-222-8266.** ❖

Nello's Transcona Report

By Nello Altomare, MLA Transcona

As I write this article in Mid-March, the Transcona Railer Express are heading into game 3 of their best of 7 series against the St. James Jr. Canucks. The team ended the season at .500, 20 wins and 20 losses, which earned them a playoff matchup with the league leading Canucks. The team fought with passion to make the playoffs and it is my hope that by the time you read this, the Railer Express will be in the midst of a deep playoff run.

On another note, the annual Railer Express dinner at Canad Inns was, as always, a smashing success. This year's special guests were Bombers Nick Demsky and Pat Neufeld. Pat told us about his experiences growing up in Saskatchewan while Nick showed off his rings and reminisced about scoring his first touchdown against the Transcona Nationals. It was also a pleasure to

see local greats Philly and Russ Romaniuk.

The Railer Express Dinner is one of my favourite events of the year as I get to visit with many life-long friends, colleagues and former students. I had the chance to catch up with longtime Railer Express Board member and former Trustee and school principal, Jerry Sodomlak. Jerry and I, naturally, had a lot of education related topics to discuss and I'm happy to hear that he is enjoying his time travelling down south and spending time fishing at the cottage. I want to thank Jerry and all the board members for their continued dedication to the team. I know it takes a lot of volunteer time and effort to keep an organisation running smoothly and all of us in Transcona appreciate the work that you do. You deserve a championship and I feel that one will come soon.

On Friday March 15th, I will be flying in late from Norway House

and, if everything goes to plan, I will be able to make it for game 4 at East End Arena. Hopefully, I will be cheering them on as they win their second series tying game.

The 20th annual Walk With L'Arche is scheduled for May 5th. You can find information and register at <https://www.larchewinnipeg.org/get-involved/the-walk/> ❖

Taste and Aging: Spice it up!

Continued from page 18

or a few croutons to soup. Try having a cold crisp salad with a spicy warm quesadilla. Enlist your other senses to enhance the flavour of food. Choose brightly coloured fruits and vegetables, sprinkle potatoes with green dill or red paprika. Sip water throughout the day to help prevent dry mouth. If you are struggling to enjoy your food or have a reduced appetite, reach out to a dietitian for personalised support. Contact Dial-a-Dietitian at 204-788-8248. For more health and wellness tips, connect with the **Healthy Aging Resource Team** at 204-940-2114! ❖

TRANSCONAVIEWS AND ADVERTISER

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Hello Neighbors!

Continued from page 18

was invited to visit senior homes, visit Brandon's first Sikh gurdwara, and conduct health outreach. I was also invited to Ottawa to deliver remarks for a national conference, meet with the Philippine Embassy, consult with various dignitaries on the Hill, and brag about my community. Whenever I briefly leave Radisson, Radisson never leaves me!

I'm excited to continue to translate every experience as your MLA into real policy change, to get you quality healthcare right here at home, to make your life more affordable, to promote community safety, and to take meaningful steps to sustain our resources for generations to come.

For feedback to reach me directly, please continue to e-mail me at jelynn@mbleg.ca. Many thanks and take care, Radisson! ❖

Spring Bake Sale Extravaganza!

Join us at the Ukrainian Orthodox Church of All Saints for a delightful day filled with homemade goodness and spring vibes! Our Spring Bake Sale is the perfect opportunity to indulge in a wide variety of baked treats and savory delights that are sure to tantalize your taste buds.

Location: Ukrainian Orthodox Church of All Saints, 1500 Day Street
Date: Saturday, April 20, 2024 **Time:** 10 A.M. to 2 P.M.

What's on the Menu?

Dive into an assortment of deliciousness, including:

- Assorted Pies • Perogies • Cabbage Rolls • Paska • Babka
- Cookies • Soups • Perishky

And that's not all! Complement your food choices with beautiful flower arrangements available for purchase. It's the perfect way to welcome the spring season into your home.

Canteen Services Available!

Refresh and recharge at our on-site canteen, offering a selection of traditional Ukrainian foods, beverages, and snacks to enjoy with your baked goods.

Please Note: No pre-orders will be accepted. Everything is available on a first-come, first-served basis, so make sure to come early to grab your favorites!

Don't miss this opportunity to enjoy a day of great food, lovely flowers, and community spirit. We can't wait to see you there and share the joy of springtime and delicious homemade treats!

In support of the Transcona Foodbank, please bring in a non-parishable food item or offer a cash donation. A charitable tax receipt will be given on the spot for any gift \$20 or over.

Bake a difference in your day — support local and indulge in the taste of spring at our Spring Bake Sale!

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