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TRANSCONA BIZ BULLET

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JUNE 2024



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Summer Time – Protect Your Eyes!

By: Dr Blake Chartier, OD

With summer among us, it is time to discuss the importance of protecting your eyes from the sun. When thinking about sun safety, most people recognize the importance of sunscreen to prevent burns and forms of skin cancer. Often overlooked is the need for sunglasses and eye protection, to prevent overexposure to ultra violet (UV) rays. UV is an invisible component to sunlight that can be linked to a variety of eye conditions – including cataract, pingueculas, eye lid cancers, cornea burns and age-related macular degeneration.

Proper sunglass wear is critical to protecting against UV exposure, particularly around bodies of water, sand and pavement, when reflections off these surfaces can cause increased light sensitivity.

While cataracts are part of the natural aging process, their progress can often be accelerated by exposure to sunlight. Pinguecula, which are small yellow spots that grow on the white part of the eye, are also triggered by UV light.

Cancers of the skin which are caused by sun exposure can also target areas near the eye and around the lid. And similar to getting a sunburn, it is also possible to burn your cornea from over exposure to the sun – which results in a painful, red and light sensitive eye.

Continued on page 8

✂ Extra Value Ad Index ✂

Anytime Travel & Tours	page 2
Kehler Realty	page 4
JTL Construction	page 5
Eastend Sausage and Meats	page 6
Goodfellow Lind Royal Lepage Prime Realty	page 7
Oakley Alarms	page 9
ABC Power Tools	page 10
JD Hogs.....	page 11
Sunrise Dental.....	page 13
GRD Yardworks	page 14
Transcona Legion.....	page 15
CM Engrave	page 24
S&S Plumbing	page 24



**See page 17 for The Hi Neighbour
Festival Schedule of Events**



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Optimist Club of Transcona



Hi Neighbour

The Optimist Club of Transcona extends a warm invitation to all our neighbors, especially the young cyclists in our community! We're thrilled to announce the return of our Bike Safety Event at the Hi Neighbour Festival. Scheduled for June 15th at the East End Community Club, this event is designed for children in kindergarten through 6th grade. It's a fantastic opportunity for kids to learn about bike safety in a fun and engaging environment. The Transcona Optimists are eager to add this important event back to our annual calendar, alongside other cherished activities such as the Santa Sleigh, essay and oratorical contests, and our contributions to various community organizations that support children in Transcona.

Our efforts to make a positive impact on the youth in our community wouldn't be possible without our

fundraising initiatives. From operating our hotdog cart, selling used golf balls, to managing grey cup ticket sales, every effort is made to support and sustain our projects. These endeavors allow us to continue making significant contributions to our community, including the creation and maintenance of parks and clubhouses for everyone to enjoy.

Since our founding in 1970, the Optimist Club of Transcona has been dedicated to supporting the youth in our community. For over 50 years, we have worked tirelessly to build a better future for our children, providing them with opportunities to learn, grow, and thrive. Whether it's through promoting bike safety, encouraging academic excellence, or supporting local community organizations, our commitment to the well-being of Transcona's youth remains unwavering. We look forward to welcoming new and familiar faces at our

upcoming Bike Safety Event and continuing our tradition of service and support to the community.

Come see us at our booth at Hi Neighbour ❖

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.

Greetings and Blessings to you, Neighbours!

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

We continue to hold photo sessions this month for our updated Photo Directory. All members and adherents are welcome to sign up. There is no cost to have your photo included in the directory. Please

Continued on page 5



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June at the Transcona Museum

By: Jennifer Maxwell, Assistant Curator

Summer Hours

On Saturday, June 1 the Transcona Museum will be switching over to our Summer Hours. We are open Monday to Saturday, 9:00 am – 4:00 pm (subject to change). Please note that we are closed all holiday long weekends.

Rain Barrels – Thank You!

We would like to thank everyone who purchase a rain barrel and/or accessories during our fundraiser last month. We sold over 300 rain barrels which made this sale our best one yet! This fundraiser helps to support the Transcona Museum's operations.

Save the Date: Upcoming AGM

The Transcona Museum will be holding its Annual General Meeting on Thurs., June 27th at 7:00 pm. The meeting will be held at the museum (141 Regent Avenue West). All are welcome, and museum members in

good standing have voting privileges. If you need to renew your membership, you can do so through our website or at the meeting. Please contact the museum if you have any questions.

Great Canadian Giving Challenge!

Help us win \$20,000 this month! From June 1 – 30, every \$1 donated through CanadaHelps is a chance for us to win. Donations must be made via canadahelps.org. Minimum \$3 donation required. Visit our website for the link to donate today!!

Community Walking Tours 2024

Walking Tours of the Transcona community will be offered on select Thursdays in July and August. We offer tours on "Historic Downtown Transcona" (11:00 am – 12:15 am) and "Murals of Transcona" (2:00 – 3:00 pm). Registration for our walk-

ing tours will be available on our website in late-June. Tickets prices are as follows: Adults & Seniors - \$5, Youth (ages 4-12) - \$3, Children (ages 0-3) – Free (Members get a 10% discount). *Please note that walking tours can also be booked by request – contact the Transcona Museum for availability.*

Summer Programming 2024

We are currently planning our Summer Programs which will launch on Tuesday, July 2nd! Our programs will include our popular KidsQuest (with Grand Prize draw). We will also be holding our Craft with Us activities with different crafts and activities based on a weekly theme. Watch our website and social media for updates and registration information.

CN 2747 Enclosure – Open to the Public

The Transcona Museum is excited to welcome the public into the enclosure to view CN 2747 this summer. Please keep watch for dates and times on our website and social media pages.

Hours & Contact Info

Transcona Museum is located at 141 Regent Avenue West. Our hours are Monday to Saturday, 9:00 am – 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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Shaylene & Robert Unger
call/text 204.791-5145
Robert@KehlerRealty.com
Robert Unger Personal Real Estate Corporation

Community Billboard

Continued from page 2

contact Breanna at 204-299-6663 or bdbilyk@gmail.com for more information.

Programming and events slow down for summer. Please visit our website to see our happenings - <https://tmuc.ca/calendar/endar/>

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.

Transcona Discussion Group

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

Lutheran Church of the Good Shepherd

401 Kildare Ave W. Winnipeg
Sunday School at 8:45 a.m.,
Sunday Worship Service at 10:00 a.m.

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

St. Michael's Ukrainian Catholic Parish

400 Day St.
Sun. Liturgy 9:30 am
Wednesday Night Bingo
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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. The 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

Continued on page 7

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Transcona Garden Club

By Anne Copland

June, how we gardeners have awaited you!

Vague memories of frost warnings, winter-kill on lawns, critter-caused damage to our precious rose bushes, are all behind us now as we eagerly anticipate those first blooms.

Having done the necessary spring prune to remove old and damaged parts only, we shall be rewarded.

The elegant irises, peonies with huge blooms, delicately scented, and hopefully some roses will dazzle us with their beauty.

Depending on which varieties of daffodils, tulips (early or late) and other spring bulbs graced our gardens, the cheery yellows, reds and

other vivid colours commanded our attention. Such a welcome change from no colours. The early ones have had their time to shine, but later ones may yet appear. Other perennials will put on their growth to continue the June display. Anemones, true Forget-me-nots, Solomon's Seal, Bleeding Hearts: pink, red or white, and Ladies Mantle are just a few I look forward to.

Flowering shrubs also come into glorious bloom, some filling the air with their scent. Forsythia, with yellow flowers, tends to bloom lower down, working upwards. Lilac, Bridal Wreath Spirea, Mockorange, Flowering Almond, Crab apples, and Cherry trees give us the upper-story show.

Parkland roses may have a main flush of flowering in June and another lighter one in September. Cuthbert Grant (strongly-scented) and Hope for Humanity (light scent) with their velvety red blooms are worth the wait.

Flower Arranging group meets on June 14 at 1:00 – 3:00PM at TRCC. Please call ahead if you plan to attend, Lois at 204-391-2445 or Anne at 204-224-2535. The project is "Blooming Basket" and we will see "Astonishing Driftwood" demonstrated, which will be our first project when meetings resume in September. New members are welcome and the first visit is free. Membership (\$15.00) will be due in September.

Transcona Garden Club is meeting on **June 19** at Transcona Retired Citizens Centre (TRCC), 328 Whittier Avenue West. **Terry**



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Neufeld of Sweet Petals Farm will present on her family flower farm at Howden, Manitoba. In addition to growing cut flowers for sale, they make botanically-sourced creams, have bees for honey production, and related products. She may have product for sale, so bring some cash in case. All are welcome. Non-member drop-in fee is \$5.00. Important information regarding the Spring Show details and supplies will be available for pickup. Refreshments will be served.

Transcona Garden Club's 2024 Spring Horticultural Show and Competition is on June 22nd at the above

Community Billboard

Continued from page 5

Transcona Food Bank, please call Harvest Manitoba 204-982-3660 and register by the Friday before each opening!

DOORS OPEN AT 8:00 AM. FOOD IS SERVED AT 9:00 AM

PLEASE ARRIVE AND BE IN LINE BY 10:00 AM. LATE ARRIVALS WILL NOT BE SERVED AND WILL BE CONSIDERED A NO SHOW.

Please note: Transcona Food bank is a rebooking Food bank so you do 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

If there is a High Neighbour Parade this year the Transcona Food Bank will be collecting food donations along the parade route..

Upcoming Food bank Dates ; June 06,2024

Seniors Bulletin Board

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

Transcona Council for Seniors Inc. Annual General Meeting will be held Tuesday, June 18th, 2024 at 328 Whittier Avenue West at 2:00pm. Please plan to attend. Refreshments will be served. Your support of this dynamic organization would be greatly appreciated!

We are pleased to announce our partnership with Kendra L. d'Eon at KLD Law to provide access to wills,

Continued on page 8

location. The categories of exhibits include roses, perennials, house plants, spring vegetables and fruit (yes, rhubarb is fruit), flowering branches of shrubs and trees, flower arrangements, photography and children's classes. Entry tags and forms, brochures with all details are available in advance at the club meeting or by calling **Shari** at 204-471-3566. I recommend that you prepare your entry form and tags at home to save time when you arrive to register your entries on June 21, from 6:30 - 7:00 PM.

Inquiries are welcome. Please call President Pat Osmond at 204-224-3859. Happy Gardening! ❖



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Sunday, June 16

Habitat for Humanity's Team Build Day – June 13th. We are joining 50 MREA Realtor members by donating \$50.00. Raising Funds & Volunteering at the Pandora Avenue West Project in our community.

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Summer Time – Protect Your Eyes!

Continued from page 1

Wearing tinted lenses protecting against UV light can help to drastically reduce the risk of these conditions. Contact lens wearing patients can talk to their optometrist about their lenses and ability to protect against UV. Transition lenses, which darken or tint when going outdoors, will also provide this protection.

It is important to keep yourself informed on the UV index – which is typically highest between the hours of 10am-4pm. While the sun is still bright and can cause light sensitivity outside of these hours, the risk for excess UV is much lower.

When children are playing outside, they should be wearing sunglasses. In situations where this is

not possible, a brimmed hat that provides proper shading should be worn. A child's crystalline lens inside the eye is much less capable of filtering UV compared to that of an adult. The World Health Organization estimates that 80% of a person's lifetime UV exposure occurs before the age of 18 – making it all more important to make sure that a focus remains on protecting your child's eyes.

This summer, make a conscious effort to protect your eyes against the cumulative effect of UV exposure. It is a decision that will pay off in the long term in keeping your eyes both happy and healthy. Do not hesitate to ask your optometrist more

about sun protection at your next comprehensive eye exam.

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

Seniors Bulletin Board

Continued from page 7

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

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.

Continued on page 10



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Seniors Bulletin Board

Continued from page 8

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 Transcona seniors.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.

Entertainment Wednesdays June 19th at 3:00pm before the Wednesday meal. In June Neil Keeps will be performing! 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

Continued on page 16



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HAM	\$1.86	PULLED PORK	\$1.65
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Railer Express Jr Hockey 2023-24 Season Comes To An End

It was a truly up and down season with extremely tight standings as several points determined 2nd to 8th positions. Unfortunately drawing the defending champs Canucks in round 1 of playoffs was an enormous mountain to climb especially when we struggled to find the back of the net often enough but the boys battled hard right to the end.

The corp of this year's Express team will remain in tack with only one graduating player, that being captain Rhonan White. Though big shoes to fill, the rest of the defense squad is ready for the task, while the coaching staff is already busy recruiting to fill that void along with a



MVP Nolan Van Den Bussche with Head Coach Derek Gagnon and assistant coaches

few others. Thank you to our families, fans and sponsors who supported the Railer Express

throughout this whole season. Though not quite where we wanted to end up we see potential on the horizon as we start planning for the 2024-25 season!

Congratulations to the St. James Canucks Hockey Club for taking it all the way and winning their 3rd consecutive MMJHL championship trophy.

Team's year-end awards luncheon

The Railer Express recently held their awards luncheon at Dal's Restaurants where parents, players, staff and board celebrated the season awards as well as handing out \$12,000 in scholarships to players, recognizing their academic accomplishments. Congratulations to all players on personal accomplishments and to the following award winners!

League awards

Here is the list of individual award and scholarship recipients:

Player

Kyle Todoruk
Nolan Van Den Bussche
Evan Chudley and Colton Pakoo
Austin Campbell
Jacob Howell
Carter Johannesson
Rhonan White
Colton Pakoo

Team Award

Most Improved Player
Most Valuable Player
Leading Scorers
Unsung Hero
Community Award
Coach's Award
Sportsmanship and Ability
Rookie of the Year

Player

Jeremy Chateaneuf
Kaden Bruchanski
Connor Toth
Jacob Howell
Austin Campbell
Evan Chudley

Scholarship

Director's Award
Mirage Award
uniPoint Award
Jim Johnson Award
Anthony McLaughlan Award
Dave Orton Memorial Award



Team rookie Colton Pakoo also received two monthly awards as the MMJHL's rookie of the month in MMJHL during the 2023-24 hockey season while Nolan Van den Bussche, Kaden Bruchanski, Colton Pakoo, Evan Chudley and Rhonan White were all named to play in the MMJHL allstar game.

About the Transcona Railer Express

Returning to the Manitoba Major Junior Hockey League in 2012, the Transcona Railer Express organization takes pride in their involvement in the Transcona community, while providing a high-quality, affordable program for

competitive hockey players who are continuing their education or beginning their professional careers.

2024-25 planning is underway with GM and Head Coach Derek Gagnon along with assistants Pierre Landrey, Cam Fehr and Conner Shaw recruiting to build a championship team in Transcona.

Go Express Go! ❖



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Decoration Day 2024

Submitted by Donna Poitras

Every year The Royal Canadian Legion, Transcona Branch #7, holds a Decoration Day remembering those who gave their lives for our freedom, and those who have since passed away, with a Ceremony at the Field of Honour and a Parade to Memorial Park Circle. During the pandemic we have conducted smaller ceremonies to mark Decoration Day. This year we are having our Decoration Day on **June 9, 2024 (Sunday)**. The ceremony **starts at 1:00 pm** with a service at the Field of Honour in the Transcona Cemetery on Dugald Road.

This is in honour of the Veterans who returned from the various conflicts and lived out their lives in Transcona until buried at the Field of Honor. During the ceremony family and friends will place crosses with poppies attached, supplied by the

Transcona Legion, on each of the graves. Some of these Veterans do not have family members available, so we invite anyone who would wish to place a cross on a grave, to please attend. It would be beautiful to see every grave with a cross on it. The Field of Honour Memorial was erected in 1984 and there are over 284 Veterans interred there.

The Parade forms up at The Transcona Legion at **2:30 pm** marching off to the Cenotaph in Memorial Park Circle where another short service is held with the laying of Wreaths to honour our fallen.

The cenotaph is in remembrance of the **81** Transcona Men that lost their lives during the First World War, the **42** Transcona Men during the Second World War, and the men and women who lost their lives during the Korea Conflict and Peacekeeping.

Furthermore, we also recognize the service and sacrifices of all veterans including those who also served on the various United Nations (UN) and NATO missions and in Afghanistan. We also honour the current serving members of the Canadian Armed Forces and the Royal Canadian Mounted Police.

This year marks the 100-year anniversary of the Royal Canadian Air Force (RCAF), the 80 year anniversary of the D -Day Invasion and the 10 anniversary in which Canada's involvement war in Afghanistan ended. For more information about these historical events refer to the Veteran's Affairs Website at: <https://www.veterans.gc.ca/eng/remembrance>

The public attend is encouraged to attend our Decoration Day at both the Field of Honour and be part of our parade to Memorial Park Circle. More information about the Transcona Legion on our website at: <http://transconalegion.ca/>

It will be busy weekend in Transcona and parking at the branch will be limited.

June 8th we welcome along with Smitty's on Regent, to our **Annual Community Pancake Breakfast 8am-11am**. In the afternoon till 3pm we will be selling Hamburgers and Hot Dogs. Weekly meat draw starts at 2:45pm. **Bands** playing at our Branch **June 1st Still Friends** and **June 22nd TC Hooligans**. Everyone is welcomed for a great evening of entertainment. ❖

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SERVING THE TRANSCONA AREA



Welcome Neighbour to Transcona Legion #7 Annual Community Pancake Breakfast



Hosted by Transcona Legion

Along with *Smitty's* on Regent

Join us and continue the tradition

Saturday June 8th – 8am-11am (Rain or Shine)

TICKETS AVAILABLE AT THE FRONT DOOR

Adults \$6.00 Kids 4-12 yrs. \$3.00 each

Kids 3yrs & under free! Small fee for 2nds



BBQ Hamburgers and Hot Dogs

Available 1pm-3pm

Come in for a cool drink-stay for Meat Draw 2:45pm-5:15pm

Chase the Ace @ 4pm- 50/50 @ 5pm



Tickets are available at the Bar for Fire Wood Stand created and donated by Murdoch Mackay Collegiate Metals Students tickets are 1 for \$3.00 or 3 for \$5.00 to be drawn June 15th as well we have on sale tickets for our Summer Cooler Raffle-tickets are \$5.00 each -draw date June 22nd- 1st prize approximately \$350.00 worth of alcohol, 2nd prize \$100.00 Liquor Mart gift card, 3rd prize \$75.00 gift card.

Please join us on Sunday June 9th for our Decoration Day Ceremony. We start at 1pm in the Field of Honour Transcona Cemetery and at 2:30 pm we march off from the Branch to Memorial Park Circle. Everyone is welcomed at both events.

Website: transconalegion.ca or call 204 222-9951

Seniors Bulletin Board

Continued from page 10

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 9:45am 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 June 11, 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 June 17, 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 and these will resume in September:

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!

Join us for this years 60th Anniversary of the Hi Neighbour Festival June 7,8,9 2024

Mainstage Free entertainment
Weekend Mainstage Entertainment
Sponsored by Select Shows

Friday Night



Presented by
the Chamois Car Wash and Detail Centre
Transcona Square at 8:30pm

Saturday Night Toronto

Presented by Access Transcona Credit Union
Transcona Centennial Square at 8:30 pm



"Making Community Connections"



60th Hi Neighbour Festival

Schedule of Events June 7, 8 & 9, 2024

FRIDAY JUNE 7

5:00 pm-Midnight

Midway Open-Select Shows Rides & Games
Variety of Food and Merchandise Vendors
Hi Neighbour Event Tent-merchandise, 50/50
and draw ticket sales until 11pm
Watch for Forever Fairest Princesses until 8pm
Sponsored by IVC Vita Health

6:00pm-8:00pm

Paula's Face Painting
Sponsored by Steinbach Credit Union

Roaming Balloon Twister

Sponsored by Skinnners

6:00pm-8:00pm

Watch for the Roaming Leprechaun
Sponsored by WittyPegSacred Flames Tarot Card Reader – no charge
Sponsored by The Royal George Mr. BubblesSponsored by Adelman and Solar Law office

TRANSCONA CENTENNIAL SQUARE

5:00 pm-6:00pm

School of Rock Music Performance

6:00 pm-6:30 pm

Opening Ceremonies
Singing of O'Canada -TBA

7:00 pm-8:30 pm

TBD

8:30pm

**In the Centennial Square Transcona Rocks with
BIG TOP RADIO**
*Presenting Sponsor Chamois Car Wash and
Detail Centre*

SATURDAY JUNE 8

8:00 am-11:00 am

WELCOME NEIGHBOURS!
*Annual Transcona Legion #7
Along with Smitty's on Regent Ave.*

PANCAKE BREAKFAST

Continue the Tradition-Join Us! Rain or Shine
117 Regent Ave E.

Kid's 3 yrs and under eat free! Small fee for
second's**11:00 am Transcona Hi Neighbour
Parade** Starts at Brewster to Wayoata St.
After the Parade, Church barbecue Grace
Canadian Reformed Church 730 Pandora Ave.
West

1200-2:00pm

TBD

Baba's Kitchen- Authentic Ukrainian Menu
*Sponsored by the Ukrainian Catholic Women's
League of St. Michael's Parish*
400 Day St.

Serving: Kubasa, perogies, lazy cabbage roles,
coleslaw, bread, dessert, coffee, tea, or juice
Children 5 yrs and under eat free

12:00pm-6:00pm

CN Rail Safety Awareness Tent
*Watch for CN Police Cruiser to play in for fun and
CN swag give aways*

1:00 pm-7:00 pm

Paula's Facepainting
Sponsored by Steinbach Credit Union

1:00pm-5pm

Roaming Balloon Twister
Sponsored by Skinnners

1:00pm-6:00pm

Watch for the Roaming Leprechaun
Sponsored by WittyPeg

1:00 pm-6:00 pm

Captain Richard's Roaming Bubbles
Sponsored by Adelman & Solar Law Office

1:30 pm-Midnight

Midway Open-Select Shows Rides & Games
Variety of Food and Merchandise Vendors

12:00pm-11:00pm

Hi Neighbour Event Tent-merchandise, 50/50
and draw ticket sales
Watch for Forever Fairest Princesses until 6pm
Sponsored by IVC Vita Health
In the afternoonWatch for Ukrainian dancers
Sacred Flames Tarot Card Reader-no charge
Sponsored by Bridgeport Office Solutions

3:00pm-4:00pm

Legacy Cheerleading

6:30pm-8:00pm

TBD

8:30pm

In the Centennial Square Transcona Rocks with

"TORONTO"

Presented by Access Credit Union

SUNDAY JUNE 9

RANSCONA CENTENNIAL SQUARE

10:00 am-Noon

Ecumenical Worship-All Welcome

2:00 pm-3:00 pm

Forever Fairest Fairytale Live Theatre
Sponsored by

12:00 pm-6:00 pm

Midway Open-Select Shows Rides & Games
Variety of Food and Merchandise Vendors

1:00pm-4:00pm

Roaming Balloon Twister
Sponsored by Joe's Pandora Inn

1:00pm-5:00pm

Paula's Face Painting
Sponsored by Steinbach Credit Union
Captain Richard's Roaming Bubbles
Sponsored by Cambrian Credit Union

1:00pm-4:00pm

Watch for the Roaming Leprechaun
Sponsored by Wittypeg

1:00pm-4:00pm

Watch for Forever Fairest Princesses
Sponsored by IVC Vita Health

3:00pm-5:00pm

Sacred Flames Tarot Card Reader -no charge
Sponsored by The Royal George Hotel

3:00pm-4:00pm

Legacy Cheerleading

5:45pm-6:00pm

THNFI 50/50 Draw
Only 750 tickets printed \$5.00 each
Chance to take home \$1875.00 if we sell all the
tickets!

*Events subject to change
for further information please visit
www.transconahineighbourfestival.ca
Special Thank you to the Mainstage Sponsors:
**Select Shows, Chamois, and
Access Transcona Credit Union**
*Thank you to all the THNFI Sponsors for
supporting this year's festival!*
"Making Community Connections"*

Hi Neighbours! Ready for Summer 2024

Jelynn Dela Cruz, NDP MLA for Radisson



At our NDP Party Convention, our premier, Wab Kinew, shared highlights of the progress our government has made for Manitobans in only 6 months. From the universal school nutrition

program and commitment to hire 1000 new healthcare workers, to the gas tax holiday, doubling the pre-natal benefit to be the highest in Canada, and making prescription birth control free: our NDP

government is investing in Manitoba's future while also making life more affordable for you.

Our government has committed \$3 million for the construction of a new 6-story housing complex in Transcona. The project is being led by the not-for-profit Winnipeg Housing Rehabilitation Corporation (WHRC). Of the 154 units, 31 will be rent-geared-to-income social housing. Several of the social housing units will be designed to be fully accessible, and will be offered to people with disabilities through partnership with Siloam Mission.

It was a pleasure to attend Transcona Memorial United Church's 11th Annual Dinner Theatre 'Foibles and Folly' on April 25, and to volunteer with Nello Altomere, the MLA for Transcona, on April 28 for the Sunday show!

During Earth Week, I had the honour to speak at Miles Mac Collegiate alongside the Minister of Environment and Climate Change, Tracy Schmidt. It is heartening to hear from youth who, rather than despair at a future of climate change and environmental degradation, are instead inspired and galvanised to take action.

In early May our team attended the Annual General Meeting of Park City West Community Club. It was inspiring to be among so many dedicated volunteers working to keep kids and teens in the community active and involved. We would like to extend a big thank you to Deirdre Dowd who has completed a decade of service with the Park City West Board of Directors, and wish her and her family all the best as they move to Quebec!

As the weather continues to get warmer, our Radisson constituency



JELYNN DELA CRUZ
MLA FOR RADISSON | DÉPUTÉE DE RADISSON

(204) 599-2080



JELYNN@YOURMANITOBA.CA

team has started knocking on doors to hear from folks. Healthcare is still front of mind for many in our community. One neighbour described how her cancer treatment was moved from Concordia Hospital to Seven Oaks due to closures caused by the former government's funding cuts. While she was able to finish her treatment and is now in remission, she expressed concerns for other cancer patients who struggle to access transportation.

Given how the previous local CancerCare clinic was closed by the former PC government, it is a privilege to share that our NDP government's provincial budget for 2024 addresses cancer care. We have committed \$6.9 million for better cancer care, including improving access to cancer drugs and \$112,000 for pre-design work on a new CancerCare Manitoba headquarters.

Other neighbours described the impacts that overworked staff, long wait times, and privatisation have had on their access to quality healthcare. These stories are common to many, not just here in Radisson but across the province, and the disparities only increase the further people get from an urban centre.

In our provincial budget, we have committed to hire 1000 new healthcare workers: 100 doctors, 210 nurses, 90 paramedics and 600 healthcare aides. \$309.5 million is earmarked to recruit, retain, and train more healthcare workers so Manitobans can get the care they need, more quickly, and closer to home. This includes \$66.7 million to increase bed capacity and reduce ER wait times, \$25.2 million to permanently increase critical care capacity (intensive care units), and

\$47.28 million to connect more Manitobans with a family doctor.

In April, I visited the team working at Concordia Hospital's N3 West unit, reconnecting with family friends and constituents working in healthcare. It was an honour to return, now as an MLA, to the unit where my mother worked as I grew up. I am grateful for the friendly welcome that made it feel like

coming home. Joined by the MLA for Concordia, Matt Wiebe, we toured Concordia Hospital and met senior staff who described challenges they face and innovative solutions they are working on.

In my role as the Legislative Assistant for Health, Seniors, and Long-Term Care, I've had the opportunity to meet with folks

Continued on page 20



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Hi Neighbours! Ready for Summer 2024

Continued from page 19

working with seniors. We visited Luther Home to see the work they are doing to support seniors and people with disabilities, provide spiritual services to residents, and initiatives that make them an employer of choice and help retain staff. We also heard their concerns about lack of funding for staff, spiritual care, and even basic necessities like groceries and medicine for residents. These discussions are brought back to my colleagues at the legislature and inform the work we do.

For the second time since being elected to office, our team in Radisson booked the community booth at Kildonan Place Mall. On Saturday, April 20, we talked and listened to the young families, active seniors, dedicated mall walkers, and youth we met with coffee, tea, and doughnuts.

The best question we heard was: what is the government doing for

seniors? Our provincial budget sets aside \$22.3 million to provide better care for seniors. This includes increasing the direct hours of care for seniors in personal care homes, implementing the new Safe and Healthy at Home program to support ageing in place, and funding the long awaited Seniors' Advocate Office.

Mark your calendars for Saturday, July 20! We are looking forward to connecting with you at our community BBQ between 1 - 4 pm at the Rotary Heritage Park at the corner of Kildare and Plessis—better known to many as “the train park”, home to CN 2747!

My team and I hope to meet you on your doorstep or in the community soon! To see what else our team has been up to, check out our updates on Instagram and X @TeamJelynn

As I work with my colleagues in the legislature to invest in Manitoba's

future while making life more affordable for Manitobans, our team in Radisson remains committed to serving the constituents. For any concerns or inquiries, please email us at jelynn@yourmanitoba.ca ❖

Healthy Aging

*By Mehak Wadhwa
(Nutrition Student, MAHN),
Healthy Aging Resource Team*

Power Up with Plant-based Protein

As we age, muscle mass and muscle strength slowly start to decline. A decrease in muscle mass in the body could be due to several reasons including hormonal changes (testosterone decline), a sedentary lifestyle, a lack of a nutritious diet, and other physiological conditions or chronic diseases. The term **sarcopenia** is used to describe the age-related loss of muscle mass and strength in older adults. Common symptoms of sarcopenia include falling, muscle weakness, slow walking speed, muscle wasting, and difficulty performing normal daily activities. The effects of sarcopenia are often preventable or reversible by performing strength-building exercises and eating a healthy diet that contains high-protein foods.

Protein is a macronutrient that our body needs to build and maintain our muscle and for overall growth and development. Canada's Food Guide recommends having a balanced meal with ¼ of our plate filled from protein foods at all three meals. Include high-protein snacks to help meet your needs and to help you feel full and satisfied. ➡

Russ Wyatt

City Councillor
Transcona Ward

PH: 204-986-8087

Email: rw Wyatt@winnipeg.ca



Ward Office:

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

Sources of Protein: Animal-based foods: Lean cuts of meat (i.e. beef, pork), poultry (i.e. chicken, turkey), fish and shellfish (i.e. trout, perch, shrimp, salmon, pickerel, sardines, mackerel), eggs and low-fat dairy (i.e. milk, cheese, yogurt).

Plant-based foods: Legumes include beans, chickpeas, and lentils, Nuts (i.e. peanuts, almonds, cashews, nut butter), Seeds (i.e. sunflower seeds, pumpkin seeds) Tofu, and fortified plant-based beverages. For plant-based beverages: soy and pea protein beverages are usually higher in protein compared to other plant-based beverages. Read the nutrition label and compare the amount of protein and added vitamin D and calcium.

Plant-based proteins offer several added health benefits. Research suggests that diets rich in plant-based proteins may help reduce the risk of chronic diseases such as heart disease, diabetes, and certain types of cancer. Many plant-based protein foods, including beans, chickpeas, and lentils, contain fibre, which benefits our digestive system and heart health. Furthermore, plant-based proteins tend to be lower in saturated fat compared to animal-based proteins, making them a great choice for the overall health.

Tips to increase plant-based (and dairy!) protein:

Legumes: Add extra kidney beans to chili or soups. Add lentils and chickpeas to soups, salads, or pasta dishes. Puree pulses to make a dip such as hummus (made with chickpeas) or add to baking.

Nut: Almonds, walnuts, and peanuts can be eaten as snacks or added to salads, smoothies, or yogurt.

Seeds: Pumpkin seeds are good for snacking or added to salads.

Chia and flax seeds can be blended in smoothies. Use seeds as a topping for yogurt.

Dairy products: Include a glass of low-fat milk with meals or enjoy a cup of yogurt as a snack or dessert. Sprinkle with fruit for extra flavour and nutrition. Use paneer in soups, stir fries or curries. Sprinkle cheese on salad and soups or slip a slice in a sandwich.

Tofu, Tempeh: Use firm tofu and tempeh in stir fries, soups or curries. Blend soft tofu with fruit for a protein-power-packed smoothie.

Mix-it-up: Substitute some of the meat in recipes such as meat-loaf, meat sauce and chili with legumes. For example, swap out all or some of the ground beef in spaghetti sauce for a can of lentils.

Continued on page 22

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Nello's Transcona Report

By Nello Altomare, MLA Transcona

There is nothing quite like the Hi Neighbour Festival to kick off summer here in Transcona. This year's edition will mark the 60th anniversary and will run from Friday, June 7th through Sunday, June 9th. As of writing, we are still awaiting the concert line-up, but if past years provide any hint, we can expect a classic rock line-up, likely something from the 1970's and 1980's. Make sure you don't miss out on the many other events in or around the festival. I'll be at the Pancake Breakfast at the Legion on Saturday morning (June 8th) flipping pancakes and, if it's on again this year, joining friends in Baba's Kitchen for a Ukrainian meal at St. Michael's Ukrainian Catholic Church.

Every June, from my office, I get to witness Regent Ave transform into bustling community gathering place complete with vendors, carnival rides and food trucks. One constant force at work, making it all happen, is Leslie Wishlow, the Vice Chairperson for the

Festival. Over the course of the weekend, you'll find Leslie hustling up and down Regent, checking in on the vendors, bringing food for the musicians and generally troubleshooting any problems that commonly arise in a festival setting. Leslie, I truly appreciate all your hard work and I know everyone in Transcona and everyone that participates in the festival appreciates you as well.

If you are interested in helping out, I know the organizing team is always looking for volunteers, even at this late stage of planning. You can contact the Festival on their website <https://transconahineighbourfestival.ca/>, or find them on Facebook. If you are a high school student interested in volunteering, you could be eligible a ½ or whole credit. I know that any time you could offer would be greatly appreciated.

Finally, as the Minister of Education, I want to congratulate all students

graduating this year, especially those from Murdoch MacKay, TCI, CPET and Calvin Christian. Best wishes in celebrating with your families and classmates this month and I hope you (and your teachers) have relaxing and enjoyable summer. ❖

Healthy Aging

Continued from page 21

Power up with plant-based protein by incorporating various nutrient-dense options into your meals and snacks. Experiment with new recipes, explore different legumes and find creative ways to add nuts, seeds, and whole grains to your daily routine. Embracing the power of plant-based proteins will help prevent and recover muscle mass loss and build strength to do what you want to do! For more health and wellness tips, connect with the **Healthy Aging Resource Team** at 204-940-2114!

NELLO ALTOMARE

Your MLA for Transcona



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

TRANSCONAVIEWS AND ADVERTISER

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

**Closing Date for July/August Issue;
Thursday, June 13th, 2024**

Email Editorial/Advertising
to transconaviews@bondprinting.net

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WRHA Report

By Stacy Boone,
WRHA Community Facilitator

The Plessis Community Resource Centre is looking to make Spring pop!

They are looking for flower seeds and vegetable seeds to brighten up the community.

Canned goods like soups, vegetables, fruit, pasta sauce, alphabetically canned meats and Ravioli, instant noodles, soda crackers are welcomed.

They are also asking for donations of the following items; baby wipes. 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

Transcona Food Bank May Top 5 most needed items:

Please consider donating one of the most needed items: *toilet paper, rice, canned pasta's in*

sauce, beans in sauce, and canned fruit.

"Cycling with Sarah" will start their second season in the beginning of June. We will be cycling with our groups on Tuesdays, Wednesdays and Thursdays till September. Our first ride will be on the Transcona Trail with our half way break at a local bakery, "A Taste of France" on Kildare Ave. This route is a favorite of all the women! Other exciting news is we have started a South

Chapter which will run out of Woodcock Cycle on Wednesdays. All our groups are at capacity right now but we will place any interested women on our waitlist. It is inspiring that so many senior women want to focus on their physical, mental and social well-being. Maybe because Cycle with Sarah is just so much fun!!! Here's to women supporting women." You can contact with us at cyclingwithsarah@gmail.com or on Instagram @cyclingwithsarah

TRANSCONAVIEWS AND ADVERTISER

Promote your community news!

The Transcona Views welcomes your articles and notices of events within our community. Need help publicizing your fundraising - Need exposure to attract the public to your carnivals, concerts, dances, dinners or other activities? Just send us the details! We are here to help you get the word out!

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



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