

TRANSCONAVIEWS

AND ADVERTISER

Transcona's Only Exclusive Community Paper
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May at the Transcona Museum

By: Jennifer Maxwell, Assistant Curator

The exhibition renewal is finishing up at the beginning of this month. Check our website for details about the re-opening as at the time of writing we don't have a firm opening date yet.

Upcoming Closure Dates – The museum will be closed for the May Long Weekend from May 18th – 20th.



The Everyday Art of Transcona – New Exhibit – The Transcona Museum has a brand-new exhibition on display! Art and design are all around us, even in the most commonplace of everyday things. *The Everyday Art of Transcona* is a fun exploration of our collections and archives with art, design, colour, texture, and whimsy in mind. After viewing this exhibit, perhaps you will have a new appreciation for the art and design you come across every day.

Also new on display, our *Winnipeg 150 Community Photo Exhibition*. This display was made possible by community members who submitted their photos of Transcona and Winnipeg. Several of the photos will also be displayed in Transcona Centennial Square this summer thanks to the Transcona BIZ.

Continued on page 14



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✂ Extra Value Ad Index ✂

Comfortec	page 5	Sunrise Dental	page 15
East End Meats & Sausage ..	Page 6	GRD Yardworks	page 14
Goodfellow/Lind Real Estate ...	page 7	Bond Printing and Promotions ..	page 19
ABC Power Tools	page 10	Transcona Salon Spa	page 20
JTL Construction	page 11	Stephen's Edge Painting	page 22
Anytyme Travel & Tours	Page 12	CM Engrave	page 23
Kehler Realty	page 12	Archambault	page 24

Seasonal Allergies & Your Eyes

By Dr. Blake Chartier, OD

As the days get longer and snow continues to melt, the enjoyment of spring is just around the corner. With the excitement of warmer weather ahead, many people also anticipate the dread of allergy season. As optometrists we see April, May and June bringing a large number of patients to our clinic with allergy symptoms effecting the eyes.

The most common allergens or irritants at this time of year include ragweed, grass and pollen. When these allergens come in contact with the body they are considered to be “foreign” – meaning the body will amount an immune response to fight against them.

An integral part of the body’s response is the role of *mast cells*. Mast cells will travel in the body, locate and

attach to these allergens. In an attempt to neutralize them, mast cells will release chemical *histamines*. It is the action of these histamines which produce the symptoms that allergy sufferers know all too well: sneezing, nasal congestion along with red, ITCHY and watery eyes. Itch is the hallmark sign of ocular allergies and can begin at any age.



Understanding the allergic response, the role of the mast cells and histamines has allowed for further advancements in treating patient symptoms. While we can all recognize that it may be impossible to completely eradicate allergy symptoms, our goal to drastically reduce patient discomfort can be attainable. How then do we treat symptoms of seasonal allergies?

Oral over the counter anti-histamines such as Claritin and Reactine can be taken daily during your particular allergy season. I always remind my patients that side effects of these medications almost always include dry mouth and increased thirst, so it is important to hydrate properly if choosing this option.

Over the counter artificial tears or anti-histamine eye drops may help to dilute the allergen and provide some relief, but are often not enough to adequately reduce patient symptoms. Prescription eye drops which can be written by your optometrist include *both* anti-histamine and mast cell stabilizer ingredients. These dual action drops such as Pataday, Zaditor and Bepreve, work in a way to limit both the start and the severity of an allergic reaction. These drops often work superior to any drop available over the counter. Cold com-

Continued on page 14

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Transcona Legion Branch # 7

Submitted by Donna Poitras

The month of May we recognize and celebrate the mothers in our life.

We also yearly recognize the Silver Cross Mother. During WWI, a cross known as the Memorial Cross, often referred to the Silver Cross, had been given to mothers, and widows of the Canadian military who died for their country. This was a memento of the personal loss and sacrifices. This cross could be worn by the recipients anytime even though they were not Veterans.

The Memorial Cross now includes all those who have lost their lives on active service, peace keeping, international operations and other service-related deaths. The awarding of the Canadian medal ex-

panded to include the widower or next of kin of any member of the Canadian Forces.

Every year nationally the Legion, through Dominion Command, have selected, from a list of names provided from each Provincial Command, the Silver Cross Mother. The position is one-year in duration. The Silver Cross Mother lays a wreath during the Remembrance Day ceremony at the National War Memorial in Ottawa, on behalf of all mothers who have lost a child in the service of their country. In Manitoba there were 7 Silver Cross Mothers selected.

Our Branch would like to wish to all the mothers a safe and Happy Mother's Day.

Last December we elected some new members to our Executive. We would like to introduce to you Cara Daymond and the following is some information about Cara in her own words.

"I was born and raised in Pinawa, Mb. Both of my granfathers served in WWII. In 2014 I moved to Cold Lake, AB to work. A friend used to take me to the Legion there, and it wasn't until he took me there on Remembrance Day that I decided that I wanted to become a member. When I moved back to Winnipeg I was hired as a bar steward at Prince Edward Legion Branch #81, and I transferred my membership. September 11, 2015 my son left for basic training in Quebec. I worked at PEL for two years. In 2021 I moved to Transcona. Within a few months I transferred from Branch #81 to Transcona Branch #7. Since my transfer I have been actively volunteering, becoming part of Colour Party, serving on the Audit Committee, helping the Legion and the Ladies Auxiliary whenever and wherever needed, and most recently being elected to the Executive in the position of the Ladies Auxiliary Liaison and Rituals. My son released from the Army in November of 2023 after serving for 8 years. He started off in Infantry and released as a medic and para-trooper, with a rank of Master Corporal. Being involved with the Royal Canadian Legion feels good in my heart and soul. It's giving back to those who gave so much for me."

We are proud to announce we will be hosting our annual pancake breakfast the weekend of Hi Neighbour. Please check our website and Facebook for our upcoming events at transconalegion.ca ❖

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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!

A very special THANK YOU to all who visited Distinctive Manor at the beginning of the month. On behalf of the cast and crew of Caught In The Act Co., thank you for attending the dinner theatre this season.

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

For all weekly events, please visit the website calendar: <https://tmuc.ca/calendar/>

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

Continued on page 6

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Transcona Rotary Club

Transcona Rotary is working hard to fund projects in for people in Transcona.

We have Partnered with the AM Rotary Club and the ST. Boniface / ST. Vital Rotary Club for a Golf tournament on June 19th at Elmhurst GC. The funds raised from this event will be for Scholarships for students in the Transcona / River East School Division as well as Scout Hall reconstruction.

A 50/50 fund raiser to assist with other projects in the Transcona in the vocational, international and service to community. [https:// www.rafflebox.ca/raffle/rc-transcona](https://www.rafflebox.ca/raffle/rc-transcona) Great opportunity to help the community, have some fun and perhaps win a good chunk of cash. GO TRANSCONA, lets have a local winner.

This has been a very active year for Rotary along with all the projects we have previously mentioned. We are admitting a new member, moving forward with support for the Navy Cadets, RYLA summer Camp for children we are sponsoring one Transcona child. Internationally sending a student to the Rotary, Adventure in Citizenship program along with the Winnipeg Rotary Club sending one as well. Still working to help with Mental Health issues in Transcona.

Rotary does not stop looking for worthy causes in the communities it serves. The Transcona Rotary will continue to work to assist in making Transcona an even better community than it already is.

Follow us on Facebook or our Web Page Transconarotary.ca ❖

Community Billboard

Continued from page 5

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 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



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United Church at 209 Yale Avenue West Food Bank can be accessed through the front glass doors. There is a ramp outside and an elevator inside for those in need.

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

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

PLEASE ARRIVE AND BE IN LINE BY 10:00 AM.

LATE ARRIVALS WILL NOT BE SERVED AND WILL BE CONSIDERED A NO SHOW.

Please note: Transcona Food Bank is a rebooking Food Bank so you not have to call in each month.

If you have missed or are a No Show to the Food Bank you must call Harvest Manitoba (204) 982-3660 by the Friday before the next opening and re-register.

Upcoming Food Bank Dates; May 09.

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.

May 4, 2024 fabulous Art Show and Sale at 328 Whittier Ave West from 11:00am to 3:00pm. Coffee and dainties will be served. Please don't miss this show and the fabulous talent of our artists. An opportunity to enjoy art and visit with friends. Open and free to all ages.

May 4, 2024 *Beautiful You* will be presenting a *Fun with Fashion* show at 500 Widlake. Doors open at 1:30pm and fashion show at 2:00pm. Tickets must be purchased in advance for \$5. Coffee and dainties will be served and a \$5 coupon will be given at the door for purchases at *Beautiful You*. If you want ideas on how to spruce up your wardrobe or if you just enjoy an afternoon out please join us by calling Connie at 204 661-6086. Tickets must be purchased by May 1st.

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

Our demand for rides for seniors has greatly increased. Are you able to become part of this vital force of volunteers who provides essential rides for seniors to get to their appointments? This is a very essential and valued program that takes the seniors of our community to medical appointments including doctors, physiotherapy, dentists and eye care etc. I always think about the day that I may require this service. Will someone be willing to step up and help? Could you be that someone today?

Continued on page 10



204-989-7900

Deb GOODFELLOW
204-794-9005

Lori LIND
204-791-2004



Sunday, May 12

MS WALK – MAY 26th – Kildonan Park. LORI has raised over a Quarter-of-a Million dollars as Team Captain. We will be making a donation on every HOME SOLD in MAY ♥

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Transcona Garden Club

By Anne Copland

Spring has arrived early this year, and the solar eclipse was an added highlight. The pictures of the April 8th event were stunning. Hopefully many got a glimpse in our area, even though not in totality, still an awesome event.

Gardeners will be pleased to get an earlier start this year, and we await our cues from Mother Nature. Here is hoping we will receive rainfall in sufficient quantities. Spring bulbs made an early appearance, putting tulip flower stems at risk of being

chomped by bunnies. I try to disguise them with evergreen boughs from the winter containers, to give them a chance to flower. The alliums seem to be rabbit-proof.

Drip-watering hoses are helpful in dry years, as they deliver moisture exactly where needed, especially for vegetable gardens which need regular watering. Mulching around tomato plants will help as they require consistent moisture to prevent disease, such as blossom-end rot. Basil and tomatoes are good companions. Herbs prefer well-drained leaner soils and won't mind dry spells.

Trancona Garden Club Plant sale is on May 11th, at 328 Whittier Avenue West, 9 am – 1 pm. Glenlea plant orders will be ready for pickup. Our sale will offer a selection of donated perennials from our gardens, as well as veggie and herb seedlings, annuals and houseplants. Anyone having extras to share may bring them to the centre on May 10, 6 pm to 7:30, please label them with names, colour, etc.

Karrie Blackburn of City of Winnipeg will be presenting on Composting on May 15th at 7PM at 328 Whittier Avenue West. All are welcome to hear about the expansion of composting in our growing city.

Backyard composters and Green Bins for multi-family dwellings will be discussed. Non-member fee is \$5.00.

Annual single memberships to Transcona Garden Club are \$15.00, family rates are available also. Refreshments will be served. Gardening books, seeds, door prizes, and information on upcoming events will be presented. Call President, Pat Osmond at 204-224-3859 with any inquiries.

The Transcona Flower Arranging group is meeting on May 3rd at

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Continued on page 21

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MMCI Class of '84 Reunion

The Class of 1984 MMCI is calling all classmates to attend a social evening and fundraising event to be held May 24, 2024 at The Transcona Legion. We will be celebrating our 40th Reunion!

The event isn't just an opportunity to reminisce of days gone by while we enjoy the music of our teenage years, this event also has a

bigger purpose, and that purpose is to fundraise towards some bursaries to be awarded to deserving graduates from this year's MMCI graduating class.

Our class of 84 would really like to contribute to the future of our community!

The reunion social is slated to start at 7pm and carry on til 11:30 pm.

There will be a silent auction with donated prizes from Murdoch McKay Collegiate Institute's vocational classes as well as items donated by the planning committee and hopefully some local companies.

Monetary donations will also be gratefully accepted !

If a member of the Class of 84 MMCI would like to purchase tickets to the social or would like further detailed information.

Please email at : MMCI84reunion@gmail.com

If any other people would like to make a donation of prizes or money please contact us via email as well

And we will make arrangements to pick-up!

We look forward to making 40 years a wonderful celebration! ❖

Seniors Bulletin Board

Continued from page 7

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

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③ Set includes battery and charger.

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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 May 15th at 3:00pm before the Wednesday meal. In May Victor Philips! 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 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

Continued on page 13



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A Guide to Compassion

*Tanya Swanson, O.T. Reg. (MB)
WRHA Healthy Aging Resource Team
River East/Transcona*

May 6-12 is Mental Health Week.

The theme for this year through the Canadian Mental Health Association is “Compassion Connects”.

Compassion helps us connect with others, mend relationships, and

move forward while fostering emotional intelligence and well-being.

What is Compassion? – The word compassion is derived from Latin, meaning “to suffer together.” Researchers today define compassion as

an emotional response to the struggles of others combined with a real, authentic desire to help lessen their suffering. Compassion is often confused with empathy; but while empathy is the sensing, feeling and understanding of another’s suffering, compassion goes beyond empathy and moves into you taking action. This formula captures what compassion is: empathy + action = compassion.

Showing compassion to others is particularly powerful for our mental health and well-being.

What is Self-Compassion? – Practicing self-compassion means approaching ourselves with the same kindness we extend to others such as our family and friends. In moments of difficulty, failure, or self-doubt, we recognize our pain instead of ignoring it and provide ourselves with comfort and care.

Why is Self-Compassion important? – Individuals who are more self-compassionate tend to have greater happiness, life satisfaction and motivation, better relationships and physical health, and less anxiety and depression. They also have the resilience needed to cope with stressful life events such as divorce, health crises, academic failure, and even combat trauma.

How to Practise Self-Compassion:

Pay attention to your inner voice.

Is it supportive or overly critical?

Replace unhelpful thoughts, such as “I shouldn’t feel this way” or “I’ll never fit in” with more helpful ones, like “anyone would feel disappointed in these circumstances” or “I accept my whole self.”

Try specific self-compassion exercises such as writing a letter to yourself or engaging in a loving-kindness meditation. <https://youtu.be/wvbm4ITpAR0>

Prioritize self-care with activities like going for a walk, journaling, calling a friend, or treating yourself to your favorite dinner. ➡



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South Beach Day Trip: Transcona area. May 8

Pick-up location added for Transcona area is 140 Transcona Blvd. if you choose or at Park City Commons this will be your stop. Cost \$30 Get FREE Buffet.

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Cultivate a mindfulness practice.
<https://www.youtube.com/watch?v=7-1Y6lbAxdM>

For more information on Compassion, visit the Canadian Mental Health Association (CMHA) website: www.cmha.ca.

Mental Health Resources – If you are experiencing isolation, loneliness, anxiety, depression, mental health concerns, addiction, or are concerned about your family, a navigation specialist can find the best support or service to help you. **CMHA Service Navigation Specialists call 204-775-6442 (Mon-Fri 830am-430pm) or by email at hub@cmhawpg.mb.ca.**

You can also continue to reach the **Healthy Aging Resource Team (HART)** for phone consultation and in-person assessment at **204-940-2114**. Our goal is to support older adults (55+) to achieve and maintain health and wellness. No referrals are necessary, we can assist anyone 55+ in the River East and Transcona areas. ♦

Seniors Bulletin Board

Continued from page 11

kind of vision impairment are well come to attend. For more information call 204 222-9879. Next meeting May 14, 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 May 20, 2024.

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

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

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

Tuesday Soup and Sandwich Lunch Program. \$8 ➡

Tuesday beginners Bridge 1:30pm. On going.

Wednesday Bingo 1:00pm

Thursday's darts at 10:00am

Thursdays Scottish Country Dancing at 1:00pm.

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

Friday Whist or Crib 1:30pm On going.

To register for any of the programs at the Retired Citizen's 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 ***transconaseniors.ca***. We are posting safe activities on our website. Stay well and keep active!

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May at the Transcona Museum

Continued from page 1

Rain Barrel Pick-up Day – A reminder to those who purchased a rain barrel from our fundraiser: the pick-up date is Friday, May 10th from 3:00 pm to 8:00 pm at Transcona Museum, 141 Regent Avenue West, Winnipeg, MB R2C 1R1. It will be cash only on pick-up day for those who need to complete payment of their rain barrels and accessories. Please note that there may be some extra rain barrels and accessories available after the sale on a first-come, first-served basis. Thank you.

This sale benefits the Transcona Museum and its operations. For more information, contact Transcona Museum: (info@transconamuseum.mb.ca or 204-222-0423).

Jane's Walk 2024

Join us for Jane's Walk on Saturday, May 4th for our "Murals of Transcona" walking tour. The tour will run from 10:30 – 11:45 am starting from the Transcona Museum. You can register for the walking tour

through our website; this is a FREE event. We also offer a self-guided tour of "Regent Avenue, Transcona's old business district" through our website.

Doors Open Winnipeg 2024

We have a full day planned for Doors Open Winnipeg on Saturday, May 25th. There will be a walking tour of "Historic Downtown Transcona" from 9:00 – 10:30 am starting from the Transcona Museum. Visitors are welcome to view the museum exhibits and play galleries games anytime between 11:00 am – 4:00 pm. Registration is required for these tours (available on our website in early May). We hope you will join us on Doors Open!

Save the Date: Upcoming

AGM – The Transcona Museum will be holding its Annual General Meeting on Thurs., June 27th at 7:00 pm at the museum. 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. ❖

Seasonal Allergies & Your Eyes

Continued from page 2

presses are also recommended in combination with these drops to help reduce symptoms of dry, red, itchy and watery eyes.

Despite all the treatment options available, there is still no definitive cure. Each patient must be treated individually and it is important to consider a collaborative approach. Talk to your family doctor about possible allergy testing if the underlying cause remains unknown. Consult with your optometrist at your next visit to see which therapy may be best for your ocular surface symptoms. The active and outdoor season is ready to start in Manitoba, and we want to help keep our patients comfortable outside!

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

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SERVING THE TRANSCONA AREA

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 brighter 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" had a fun adventure filled winter and are planning for warmer weather adventures! April and May will be filled with events, mapping out ride routes and place riders in groups!

Our physical, mental and social well-being are going to be the highlight of 2024! Many friendships to be made biking ahead for our group of 55+ women!

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](https://www.instagram.com/cyclingwithsarah).

Do you have a new program idea but can't get it off the ground?

Apply now for Transcona's \$500.00 "Healthy Together Now" grant! HTN is offering small community grants for new Fall programming in Transcona!

"Healthy Together Now" (HTN) grants encourage the health of our Transcona community through programs that support; healthy eating, physical activity, smoke free living and mental wellness.

Information and funding guidelines as well as the HTN application can be found online at [Application Form | Healthy Together Now](#)

Application deadline is June 7, 2024. For more information please contact Stacy Boone, WRHA Community Facilitator @ sboone@wrha.mb.ca or 204-223-6535.



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Good News in Time for Spring with Budget 2024

Jelynn Dela Cruz, NDP MLA for Radisson

It is so wonderful to be surrounded by the emergence of spring: the days continue to grow longer, the snowy days are behind us, and — like it or not — the geese have returned... though, along with the spring flowers and grass that recovers from the winter we have left behind. On March 24th I had the pleasure of celebrating Holi, the Hindu Festival of Colours which marks the arrival of spring.

Yet, amidst these spring pleasures, I worry about the unseasonal weather patterns, low river levels, and potential summer of forest fires and extreme heat that characterize the local impacts of the global climate crisis.

But there are many reasons to have hope! On April 2nd, our new NDP government released the 2024 Provincial Budget. I am encouraged by our commitments to Manitobans of all walks of life - from feeding kids in schools to improving workplaces

to finally funding a seniors' advocate office.

Our 2024 Provincial Budget was introduced on April 2nd. The five big priorities of the budget are:

- Rebuilding healthcare,
- Lowering costs for families,
- Investing in healthier families and safer communities,
- Growing our economy, and
- Ensuring government works for you.

For an in-depth look at the budget, visit Manitoba.ca/budget2024 – read on for highlights from each of the priority items.

Our government is committed to hire 1000 new healthcare workers — 100 doctors, 210 nurses, 90 paramedics, and 600 healthcare aides. We are increasing funding to improve care for seniors and cancer patients. We are investing in our healthcare system to:

- Increase bed capacity, including critical care (ICUs)

- Reduce ER wait times
- Connect more Manitobans with a family doctor

We also continue to bolster support for seniors to age with dignity in the communities they love dearly. As such, I'm proud that we have committed to \$22.3 million for the Safe and Healthy at Home program, as well as increasing hours of care for patients in long-term care with the goals of 4.1 HPRD for direct staffing. Further, we are finally funding the development of the Seniors' Advocate office that is long awaited for by our community.

To help lower costs for families, our government will increase:

- Financial supports for low-income renters,
- EIA supports for low-income families,
- Financial aid for post-secondary students, and
- Tax credits for homeowners, renters, and seniors.

We are introducing free prescription birth control, year-round \$10/day childcare, lower auto-insurance rates, and rebates for new and used electric vehicles and plug-in hybrids.

Committing to healthier families and safer communities, we are investing in education for children by:

- Increasing education funding,
- Introducing a universal school nutrition program, and
- Constructing, expanding, and improving school properties (including two new schools in Winnipeg!)

Our government will build and maintain social and affordable

Continued on page 18



JELYNN DELA CRUZ
MLA FOR RADISSON | DÉPUTÉE POUR RADISSON

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Good News in Time for Spring with Budget 2024

Continued from page 16

housing, increase funding for community living and children's disABILITY services, and double the pre-natal benefit to make it the highest in Canada. Funding to address the addiction crisis will:

- Develop Manitoba's first supervised consumption site,
- Increase available addiction treatment beds, and
- Improve and expand harm reduction services.

Hi Neighbour!

Please come & join us for a

Community Pancake Breakfast & Garage Sale

At our church hall, 1500 Day Street, May 25th!

We'd love to get to know you better, and want you to know that we support our neighbours & our community.

Breakfast will be served at 8:00 am until 10:00 am.

Pay as you're able, then take in our Garage Sale, which will begin at 10:00 am. If you're still hungry, our canteen will be open for lunch.

See you soon! The Crew

Ukrainian Orthodox Church of All Saints
1500 Day Street

To grow Manitoba's economy, we are funding highways, transportation, and water-related infrastructure. We are investing in the New Flyers Inc. All Canadian Build facility to build more electric buses and establish our province as a centre for excellence. Funding to increase the number of apprenticeship training seats will help grow our skilled workforce.

Ensuring the government works for you, we will eliminate the backlog at vital statistics and hire more staff to process Manitoba Provincial Nominee Program applications. We will launch an inquiry into police headquarters. Budget 2024 is the start of a path to balance government finances over the next 4 years.

At the end of March, I attended the flag-raising for International Transgender Day of Visibility. The MLA for Kirkfield Park, Logan Oxenham, introduced a bill to recognize March 31st as 'Two-Spirit and Transgender Day of Visibility.' With other MLAs, I visited the Royal Manitoba Winter Fair in Brandon at the start of April. On the 8th, I met with the Ambassador of the Philippines.

Closer to home, we celebrated Daniel Blaikie's service as MP for Elmwood-Transcona on April 4th. I extend a heartfelt thanks to Daniel, his late father, Bill, and the entire Blaikie family who have done so much for Elmwood-Transcona over many decades of service!

In recognition of World Health Day on April 7th, I spoke about the impacts climate change and affordability have on health and our healthcare system, and commended the Concordia healthcare workers who serve Northeast Winnipeg.

As part of my role as the Legislative Assistant for Health, Seniors, and Long Term Care, I toured the Simkin Assisted Living

Continued on page 22

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!

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Your Mom Deserves a Day at the Salon This Mother's Day

TRANSCONA SALON SPA

With Mother's Day just a couple weeks away, it's time to celebrate all the wonderful moms and mother figures out there. And what better gift is there than treating mom to a relaxing day at the hair salon/spa? We all know mom deserves a gift from the heart, but why not make it one that she also needs and wants. Here are some reasons why mom deserves a mother's day gift card.

Hair to Dye For – From highlights to balayage, Transcona Salon Spa can deliver both classic and new/trending colour treatments for mom to choose from. So, give your mom the gift of confidence this Mother's Day and buy her a gift card to book an appointment with one of our colourists.

Give Mom a Hand for all She's Done – After years of picking up messes, cooking dinner every night, and driving you to and from school or soccer practice, mom's hands de-

serve a little break... and TLC. A manicure will leave mom feeling relaxed and her nails looking beautifully polished.

An "Eyebrow-raising" Treatment – Help mom feel beautiful with freshly shaped brows, add a brow tint or add a lash lift?

Facial Treatments – Trying a facial can be a transformative experience for your skin care routine. Facials are not only a luxurious indulgence but also a vital step towards achieving a radiant and healthy complexion. They are tailored treatments that address specific skin concerns, such as acne, dryness, aging, and more. Regular facials, can lead to noticeable improvements in skin texture, tone, and overall appearance, making them a great suggestion with gift card.

Shopping for Mom has never been so easy! Gift card from Transcona Salon Spa

Mother's Day is a special occasion to show appreciation and love for the incredible women in our lives who nurture, support, and inspire us. One thoughtful and unique gift idea that will surely be appreciated is a gift card to Transcona Salon Spa for a service. This gift provides a wonderful opportunity for moms to indulge in a bit of self-care and transformation, something they might not often prioritize for themselves.

We are adding a personal touch to make the gift card even more special. We will pair the gift card with a travel size shampoo and conditioner gift of ALCOVE Alcove was developed in 2022 and based in Montreal, Quebec (Canada), formulated and manufacturing top-quality, natural care and styling products for you!

Ultimately, a gift card for a salon service is more than just a present—it's an experience that celebrates her and gives her a well-deserved break to feel rejuvenated and beautiful. ♦



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Nello's Transcona Report

By Nello Altomare, MLA Transcona

On Sunday, May 5th, L'Arche Winnipeg will be holding their Annual Vickar Automotive Walk. I congratulate L'Arche for reaching the 20-year mark in organizing this event and I look forward to celebrating this achievement in person.

If you have never participated in this event before, I encourage you to give it some thought. L'Arche Winnipeg is a non-profit organization that supports people with intellectual disabilities by providing a family model of care. Rather than simply offering housing, L'Arche strives to de-

velop meaningful and lasting relationships between its core members and the public by creating a true sense of home, community and belonging. The organization operates six homes and one Supported Independent Living apartment in Winnipeg, however its roots remain in Transcona where the first home was established over 50 years ago. Most Transcona residents are familiar with L'Arche Tove Cafe a few doors down from my office on Regent Ave. This restaurant offers training and employment, including food prep, bak-

ing skills and customer service opportunities, for individuals with intellectual disabilities.

Registration for the L'Arche Walk costs \$15 (\$10 for children over 5 years old). You can also seek pledges from your friends and family. Here is what to expect: The walk begins at Oxford Heights Community Club (359 Dowling Ave E), registration is at 12:30pm and the walk begins at 2pm. The route follows the Transcona Trail and, in my experience, it is always a beautiful spring day. The length of the walk is a bit flexible as there is a 5km or a 1km option. I often bring my bike. At the finish line, you will be welcomed by an outdoor after party including BBQ lunch and live music. I love connecting with constituent especially when we are all out supporting a worthy cause. I hope to see you there.

If you are unable to make it to this event, you are always welcome to donate directly on their webpage - <https://www.larchewinnipeg.org/>. You will also find news about other fundraising events as well as information on how you can volunteer or become a live-in assistant. ❖

Transcona Garden Club

Continued from page 8

1:00 to 3:00 PM. The workshop is "Blooming Basket", using spring flowers (we bring our own flowers). Our motto is "Learning Together". Please come by to observe or participate. The first visit is free and you may find it relaxing. Create an arrangement to enjoy in your home. Call Lois at 204-391-2445 or Anne at 204-224-2535 for more details.

Transcona Garden Club Spring Show and Competition is on June 22nd, bring in your entries on June 21 between 7 and 8 PM to 328 Whittier Avenue West. It is exciting to bring back this very popular event for members and non-members. Various classes include cut flowers, spring veggies, arrangements and photos. One of the benefits of membership entitles exhibitors to place an unlimited number of entries for a nominal fee of \$2.00. Pick up a show schedule and plan to enter something, even if you have never exhibited before.

Mentoring is available so don't be shy. There is prize money at stake, and ribbons!

Happy Gardening! ❖

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Good News in Time for Spring with Budget 2024

Continued from page 18

Centre. I am also meeting with the Manitoba Association of Residential and Community Care Homes for the Elderly, the Manitoba Association of Residential and Community Care Homes for Everyone, the Canadian Foundation of Nurses, and many more big players in health, home care, and senior living.

We hosted our second meeting of the Radisson Community Task Force in March, and began planning a community clean up, discussed a community patrol program, and heard concerns from constituents about healthcare and childcare availability. On April 20th we met with constituents face-to-face at Kildonan Place Shopping Centre. I also met with kids and

teens at the Plessis Resource Centre on April 5th, and joined in for a community-clean up hosted by the centre on Earth Day. I hope to see and meet many more community members at the upcoming open houses for Park Manor Personal Care Home and École Regent Park in May, which serve our Radisson community members early and later in life!

To best serve you, I continue our search for a permanent office space within Radisson that will be conveniently located, transit accessible, and a reasonable use of your constituent dollars. In the meantime, we are thankful to share the office space of the MLA for Transcona, Nello Altomere at

127 Regent Avenue West. We are also looking for a full-time Constituency Assistant to handle casework, community errands, events, and office hours, please contact our office for more information.

To see what else our team has been up to, check out our updates on Instagram and X @TeamJelynn or email jelynn@yourmanitoba.ca!

As our new NDP government settles in, we are committed to addressing the interconnected issues of healthcare, affordability, and the climate crisis. The 2024 provincial budget is the start of our government's important work to steadily move our province forward in a true progressive fashion. As spring takes hold and blooms into summer, we are excited to continue our work for Radisson residents, rebuild relationships by valuing the opinions of workers across sectors, and by tackling real problems with real solutions. ❖

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