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TRANSCONAVIEWS

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Vol 21. No.3

September 2024



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The Three O's!

By: Dr. Blake Chartier, OD Optometrist.

Ophthalmologist. Optician.

The difference between these three designations is a common question amongst our patients, various healthcare professionals and members of the general public. The avenues of training and expertise in certain areas is different for each eye care provider – but all may play a role in the care of your eyes.

Optometrists – or doctors of optometry, are primary health care providers for your eyes. Optometrists are required to first complete a Bachelor of Science degree which is then followed by a four-year Doctor of Optometry degree at an accredited university. Upon the completion of schooling and licensing exam, optometrists are educated, and clinically trained to deliver a high standard of comprehensive primary eye care.

Scope of practice for an optometrist making assessments during an eye exam include: measuring refractive and binocular vision status along with the diagnosis of health conditions within the eye such as glaucoma, macular degeneration, retinal detachments and cataracts. Additionally, optometrists are trained to recognize signs and symptoms of certain systemic conditions such as diabetes and hypertension. Optometrists in Manitoba can prescribe eye drops to treat cases of ocular infection and inflammation in addition to removing foreign bodies from the eye. Optometrists will provide referrals to and co-manage conditions with specialists (ophthalmologists) when required.

Ophthalmologists – are surgeons and specialists in eye disease. Like doctors of optometry, they are required to complete a Bachelor of Science degree which is then followed by four years at medical school. From there, they specialize in medical/surgical care of the eyes during their five-year residency program. Ophthalmologists will accept referrals from optometry for surgical treatment of cataracts and retinal detachments, along with other vision threatening conditions. They are able to order systemic testing and MRI/CT scan imaging when deemed appropriate.

Opticians – are the third member of your eye care team, and you will frequently see them working in our clinic at Transcona Optical. Opticians are trained through a two-year college program which licenses them to fit your glasses, which are a medical device! Opticians are trained to help optimize your frame selection not only to suit your style preference, but more importantly to ensure it is a proper fit for your prescription written by the optometrist. Adjustments made by opticians to properly align your glasses to the best and proper positioning, can often help eliminate minor issues patients have when adjusting to a new pair.

Whether you need a referral for cataract surgery, a new pair of glasses, or it is just time to make sure your eyes are healthy – our team at Transcona Optical is here to help in any way we can. We hope to see you soon!

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

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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.

Greetings and blessings to you, Neighbours!

Worship continues to be at 10am on Sundays - all are welcome!

Programs are starting up again for the season: Choir practices begin September 10th at 7pm in the Sanctuary, all skill levels welcome, suitable for grade 7 to seniors, please call the office and leave a message for Crystal for more information; United Church Women meetings resume September 9th; Messy Church is back! Friday September 20 from 5:30-7:30, join in the mess for crafts, songs and a meal. RSVP preferred but never required; English Conversation class and Bookclub are all ready to welcome you. Please visit our calendar to see our other happenings - <https://tmuc.ca/calendar/> or call the office at 204-222-1331 if you have more questions.

Join us for a tree planting ceremony on Sunday September 22, 2024 at 11:15am to celebrate the conclusion of our Green Project. A reception with light

refreshments to follow in the church basement.

Church directories will be arriving soon. Please watch your Friday e-announcements for more details. If you do not have an email address listed with the church, you will be contacted by phone.

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!

Continued on page 6



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Transcona Garden Club

By Anne Copland

July and August brought prime conditions for all sorts of gardening. We had adequate rainfall, although some may have wished for a tad less. We have to take what we get. We were extremely fortunate not to have weather extremes, such as severe winds, hail or unrelenting heat. Some found certain crops slow to mature, largely due to cool nights earlier in sum-

mer. By now that should be behind us, with ripening tomatoes and peppers making up for lost time.

Many brave gardeners are finding success with lilies again, or should I say still? Although the red lily beetles are not yet completely stamped out, diligent methods of controlling them appear to be effective. Daily inspections and picking and squishing are very labour intensive. People have discovered chemical solutions which work for them and are simpler but must be kept up on a regular basis. I personally am reluctant to bring out the heavy weaponry but some situations warrant just that. Wasps occupied a decorative birdhouse while we were away for a few days. When we returned they proceeded to sting us whenever we passed by. I really liked that birdhouse, sigh.

Transcona Garden Club members and others brought their finest blooms and produce to our June and August shows, the first in five years. It was heartening to welcome new, and existing members who stuck with us through those years of no shows. People grow an amazing array of new introductions of annuals and perennials and they make for a very interesting display of the beauty in our community. It may be a competition but rest assured it is all very friendly and the ribbons, rosettes and prize money are worth the effort. Volunteers and exhibitors make these events possible. We applaud them. **Please mark your calendars and come out to Awards Night to congratulate the exhibitors on their winnings and awards on September 18 at 7:00 PM at 328 Whittier Avenue West. Prize money will be handed out for both shows, so Exhibitors, plan to attend. Any prize money not claimed shall revert to club coffers after 30 days.**

There will also be a presentation on Selection & Care of Orchids by Terry Eno from the Orchid Society. Non-members admission fee is \$5 and all are welcome. Refreshments will be served. Annual memberships are due at year-end October 31.

Please give consideration to joining Transcona Garden Club as an opportunity to meet other gardeners to share your successes or (ahem) failures. Openings are expected on the Board of Directors, as several people will complete their 2-year terms. The Annual General Election will be held on October 16 at 7:00 PM. Please reach out to Pat or any of the directors at the September meeting if you would like to get more information. More activities could be added if people would be willing to step up and head a committee, or otherwise participate.

Please call Pat Osmond, President at 204-224-3859. ♦



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Community Billboard

Continued from page 2

Lutheran Church of the Good Shepherd

401 Kildare Ave W. Winnipeg, MB R2C 2B4 SundayWorship Service at 10:00 a.m. For information about our church, or our activities and events, please contact the church office at 204-222-0245, or visit our website at www.lcgstranscona.org

St. Michael's Ukrainian Catholic Parish

400 Day St. - Sun. Liturgy 9:30 am

Wednesday Night Bingo
St. Michael's Parish Hall
Doors open 6:00 pm
Early Birds 7:00 pm
Regular Bingo 7:30 pm
Canteen Snacks Available

Transcona Food Bank –

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

TRANSCONA FOOD BANK SCHEDULE:

THURSDAY, SEPTEMBER 26, 2024
THURSDAY, OCTOBER 24, 2024
THURSDAY, NOVEMBER 21, 2024
THURSDAY, DECEMBER 19, 2024

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.

Seniors Bulletin Board

Transcona Council for Seniors

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

Walking Group How many of us would like to get out for a lovely walk with others in our community? We've started a walking group that meets every Monday @ 10:00 am (at Oxford Heights Community Club). Please call us to register at 204-222-9879 or tcs@mymts.net.

Continued on page 8

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Seniors Bulletin Board

Continued from page 6

It's all about enjoying the company of others and walking at your own pace. We'd love to see you there!

Legal Assistance Do you need some advice/information on wills, powers of attorney and health care directives? Our partnership with Kendra L. d'Eon at KLD Law will continue to be provided. Kendra is available on the second Mon-

day of each month for consultation meetings (1 to 2 hours). The consultation is free and fees for services are quoted at the end of the meeting if you want to proceed with Kendra's services. Please call 204-222-9879 to schedule an appointment. You can find more information about KLD Law at www.kldlaw.ca

Transcona Council for Seniors – Health Fair Mark your calendars! On October 10th, the Transcona Council for Seniors will be hosting the "Reimagining Wellness" Health Fair at Kildonan Place 9:00 to 3:00 pm. Please join us and visit the many (25) participating vendors,

speaker's corner and entertainment. All booths will be located in the Cineplex Junxion hallway. Come out and reimagine your wellness!

Volunteer Drivers Needed Our demand for rides for seniors has greatly increased. Are you able to become part of this vital force of volunteers who provide essential rides for seniors to get to their appointments? This valued program takes seniors of our community to their medical appointments including doctors, physiotherapy, dentists and eye care, etc.

As a volunteer driver you would provide transport to a senior from their home to their appointment and bring them back 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. The time commitment is very flexible and you can drive when it is convenient for you! You would be contacted by our coordinator and a date for a ride would be offered to you. If you're not available you just have to say you are not available.

Our seniors have been the folks who built this community. Now they need a little help. The rewards are great as you realize how much your contribution of time means to the seniors you drive. Please call the Transcona Council for Seniors office at 204-222-9879 for more information.

Rides to Medical Appointments We are providing rides to medical appointments. To enroll in the Transportation Program please call 204-222-9879. Once enrolled in the program, please call 204-222-9879 to book a ride. Rides are provided by volunteers and are provided on a first-come, first-served basis.

Home Maintenance Program We're starting a local referral service for seniors providing snow shovelling, home maintenance, light house keeping, lawn care, etc. If you would like to provide services to our seniors, please call 204-222-9879 for an application. After a vetting process, we would then refer your services to seniors in need.

If you would like to use our Home Maintenance Program to help you around your home, please call us at 204-222-9879 to register.

iPad and iPhone Training Transcona Council for Seniors will continue to provide training for Seniors who would like to learn more about working with their iPad or iPhone. Sessions are held throughout the

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<p>MS 391 GAS CHAINSAW</p> <p>64.1 CC • 14.1 LB ①</p>		<p>SAVE \$80 \$799⁹⁹ <small>MSRP \$879.99 with 16" bar</small></p>

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year, so please call us to register for an upcoming session at 204-222-9879.

Meal Program We continue to provide delicious take-out and dine-in meals on Mondays, Wednesdays and Thursdays each week. A menu can be provided by emailing tcs@mymts.net or calling 204-222-9879. Menu's can also be found on our website www.transconaseniors.ca

Monday's and Wednesday's meals can be picked up at 209 Yale Avenue West between 3:30 and 4:00 p.m. Thursday's meals are available for pick-up at 500 Widlake Street between 11:30 and noon, or you may dine in at 500 Widlake at 11:30 a.m. You MUST register in advance for all meals at 204-222-5947.

Would you like us to email a monthly menu to you? If so, please call us at 204-222-9879 so we can add your email to our list.

Entertainment Wednesdays This month, our dine-in Entertainment Wednesday is scheduled for September 18th at 209 Yale Avenue West. Entertainment is at 3:00 p.m. and dinner is at 4:00 p.m. Entertainment will be provided by Red Road Music. Take a trip down memory lane with singer, Rick Roschuk, who'll take

us back to the 50's, 60's & 70's! Come on out and have a great time – guaranteed!! You MUST register in advance at 204-222-5947. \$12 cash at the door.

Tai Chi Open House – Have you always wondered about Tai Chi – an ancient Chinese movement practice? Well wonder no more – come out to the Tai Chi Open House on September 23rd at 10:00 am to 11:30 am. The Open House is for anyone who wants to return to Tai Chi classes and continue OR for people who are new and just curious. The Open House is being held at the Transcona Retired Citizens Organization (TRCO) Centre at 328 Whittier Avenue West. Regular classes will start on the following Monday, September 30th, 10:00 am to 10:50 am for beginners. Continuing students will start at 11:00 am to noon. \$2 drop-in fee.

Our Programs and Groups Would you like to know more about the programs and groups that Transcona Council for Seniors offers? We'd love to hear from you and can provide you with information via an in-home visit or simply over the phone. Give us a call at 204-222-9879 or send us an email tcs@mymts.net. We're also on the web www.transconaseniors.ca and Facebook.

If you're looking for someone to chat with, we offer Friendly Telephone Calls for our seniors to enjoy some time visiting with another senior. Call us to register at 204-222-9879.

Most of our Programs and Groups were wrapped up over the summer, however, all programs have started up again in September and October.

I AM Fit is held Monday's and Thursday's from 10:30-11:30 at 1500 Day Street. Start Dates: Monday, September 9th and Thursday, September 12th.

Tai Chi will begin Monday, September 23rd from 10:00-11:30 with an Open House (at TRCO 328 Whittier Avenue West) for those students continuing or for those who are beginning and wanting to learn more. Regular classes will commence September 30th and continue every Monday from 10:00 to 10:50 for beginners and 11:00 to 11:50 for continuing students at TRCO 328 Whittier Avenue West.

Zumba Gold Come out and enjoy some exercise through Zumba dancing at Oxford Heights CC (359 Dowling Ave East) held Tuesdays and Thursdays at 10:00 am. \$5 drop-in fee. Start Date: Ongoing

Continued on page 10

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Seniors Bulletin Board

Continued from page 9

Yoga with Lois Grab your yoga mat and join Lois Kosowan in an energizing yoga session - Wednesdays 9:45-10:45 am at Oxford Heights CC (359 Dowling Ave East). All levels welcome, modifications provided throughout. \$5 drop-in fee. Start Date: Ongoing

Chair Yoga with Lois (NEW!) Following the regular yoga class, Lois Kosowan will lead you through an invigorating session of chair yoga – Wednesdays 11:00 to 12:00 pm at Oxford Heights CC (359 Dowling Ave East). Chair yoga includes the same elements as traditional yoga - a slow stretch, mindful meditation with a few invigorating postures. All levels welcome, modifications provided throughout. \$5 drop-in fee. Start Date: September 11, 2024.

Drums Alive Fitness with Lois (NEW LOCATION, DATE AND TIME!) Come

and join Lois Kosowan for an energetic combination of music, drumming and movement. Mondays 10:00-11:00 am at 500 Widlake. An exercise/stability ball and running shoes are required. All levels welcome, modifications provided throughout. \$6 drop-in fee. Start Date: October 21, 2024

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

Art Classes are held on Mondays 10:00-12:00 pm (watercolours) and Wednesdays 10:00-12:00 pm (oils/acrylics) at 328 Whittier Avenue West. Call us to register at 204-222-9879 for the upcoming season. Start Dates: Monday, September 23rd and Wednesday, September 25th.

Men's Shed Calling all men! Looking for a place to hang out and enjoy varied interests from woodworking and metalworking to gardening, technology, and more? The Men's Shed is a place to learn new skills, share the skills you already have or simply enjoy a cup of coffee and good conversation in a welcoming atmosphere. Call Fred for more information 204 224-4941.

Alzheimer Care Giver Support Group meets the 1st Wednesday of the month from 10-11:30 am at 209 Yale Avenue West. Next Date: September 4th.

Vision Impaired Group meets the 2nd Tuesday of every month at 75 Kildonan Green Drive at 1:30-3:00 pm. All who have any kind of vision impairment are welcome to attend. For more information call 204 222-9879. Start Date: September 10th.

The Canadian Hard of Hearing Association, Manitoba Chapter holds a meeting at 328 Whittier Ave West on the 3rd Monday of the month from 1-2:30 pm. Start Date: October 21st.

The Transcona Retired Citizen's Organization (TRCO) at 328 Whittier Avenue West offers many programs from September to May each year, such as: Soup and Sandwich Lunch Program (every Tuesday) - \$8 drop-in fee (due to the by-election on September 16th, the first Soup and Sandwich will be held on Monday, September 24th 11:00 am (eat at noon).

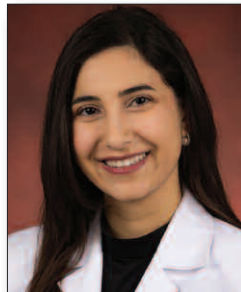
Continued on page 13



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BACON:		LOAVES:	
BACK BACON	\$2.07	BBQ	\$1.57
BACON ENDS	\$1.45	FAMOUS GARBAGE	\$1.72
GROUND SIDE BACON	\$1.66	JAL & CHSE	\$1.72
PEAMEAL BACON	\$2.07	ONION & GARLIC	\$1.57
SLAB SIDE BACON	\$1.49	PORK & BACON	\$1.57
		MAC & CHSE	\$1.72
SLICED SIDE BACON	\$1.66	SMOKIES:	Per 100g
TURKEY BACON	\$2.07	CHEESE	\$1.51
		HAM	\$1.66
FRESH SAUSAGES:	Per 100g	HOT ITALIAN	\$1.61
BEEF	\$1.61	JAL & CHSE	\$1.66
BRATWURST	\$1.40	KUBI DOGS	\$1.39
BREAKFAST	\$1.51	REGULAR	\$1.39
ITALIAN BREAKFAST	\$1.40	ALL BEEF	\$2.15
ITALIAN HOT	\$1.40	WILD RICE SMOKIES	\$1.61
ITALIAN MILD	\$1.40	WIENERS:	Per 100g
MAPLE PORK	\$1.40	EUROPEAN	\$1.61
		HOGG DOGGS	\$1.66
DELI PRODUCTS:	Per 100g	FOOT LONG skinless	\$1.61
BUNG BOLOGNE	\$1.86	SNACKS:	Per 100g
CORNEED BEEF	\$3.23	BEEF JERKY 4 Flavors	\$6.95
HAM, COOKED	\$1.61	BARBEQUE, REGULAR	MAPLE FIRE
HAM, OLD FASHION	\$2.05	SNACK STICKS	
HAM, SPICED	\$1.61	DYNAMITES	\$1.66 EACH
HEAD CHEESE	\$1.79	FIRE CRACKERS	\$1.66 EACH
KIELBASA ROLL	\$1.79	HAM PEPPERETTES	\$1.66 EACH
KUBI ROLL	\$1.73	HONEY GARLIC	\$1.66 EACH
PEPPERONI, DELI	\$1.79	HUNGARIAN	\$1.46 / 100g
PEPPERONI, PIZZA	\$1.89	PEPPERETTES	\$1.46 EACH
ROAST BEEF	\$3.23	TACO	\$1.66 EACH
ROAST PORK	\$2.05	DRY PEPPERONI	\$1.46 / 100g
RST TURKEY BREAST	\$3.94	MISC:	Per 100g
SALAMI	\$1.79	BUCKWHEAT SAUS	\$1.83
SALAMI, ALL BEEF	\$2.15	FARMER LINKS	\$1.72
GARLIC SAUSAGE:	Per 100g	FARMER PATTIES	\$1.72
COIL	\$1.29	HAM NUGGETS	1.14
FINE	\$1.39	SMKD BACK RIBS	Price Varies
HAM	\$1.86	PULLED PORK	\$1.65
CHICKEN GARLIC	\$2.26	SMKD PORK TENDER	Price Varies

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September at the Transcona Museum

By: Jennifer Maxwell, Assistant Curator

Museum Closed Dates – The Transcona Museum will be closed for the Labour Day Weekend (August 31st – September 2nd). We will also be closed to mark National Day for Truth and Reconciliation (September 28th – 30th).

Museum Hours – On Tuesday, September 3rd, we will be changing back to our Regular Hours. The Transcona Museum will be open to the public Tuesday to Friday, 11:00 am – 4:00 pm and Saturday, 12:00 – 4:00 pm. We are

closed all holiday long weekends. Any other changes to our regular hours will be posted and shared on our website and social media pages.

Summer Programs 2024 – Thank you to everyone who participated in our Summer Programs this year! We had a wonderful summer and congratulations to our Craft with Us prize winners and our Grand Prize winners of KidsQuest 2024.

Culture Days 2024 – From September 20th – October 13th, join us for Culture Days at the Transcona Museum! We will be offering free walking tour events in addition to our self-guided activities for our museum visitors. Our walking tour schedule will be:

- Murals of Transcona” on Saturday, September 21st at 10:30 – 11:45 am
- Historic Downtown Transcona” on Friday, September 27th at 3:00 – 4:30 pm
- War Efforts of Transcona” on Thursday, October 3rd at 3:00 – 4:30 pm

All walking tours leave from the Transcona Museum and are subject to weather conditions. You can register for these tours through our website.

Hours & Contact Info – Transcona Museum is located at 141 Regent Avenue West. Museum gallery hours are Tuesday to Friday, 9:00 am – 4:00 pm and Saturday, 12:00 – 4:00 pm (subject to change). CN 2747 hours are select Tuesdays and Saturdays, 9:30 – 11:30 am. 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, X (Twitter), Instagram, TikTok, Threads, Pinterest, and YouTube. ❖

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Seniors Bulletin Board

Continued from page 10

Other programs - TOPS; Cards (Beginner & Advanced Bridge, Whist or Crib); City Cooking Classes; Bingo; Transcona Garden Club; Flower Arranging; Club 359 (Dance Group); Darts; Pool; Scottish Dancing; Line Dancing will all be up and running in September & October. Please check the Transcona Council for Seniors website www.transconaseniors.ca on September 1st for all TRCO program start dates.

A membership is required to participate in the TRCO programs (annual fee of \$20). Registration for the upcoming season can be done between September 24th and December 31st, or ask for a registration form at any of the scheduled programs.

We hope you're able to find some time to come out and enjoy all the fun and socialization our wonderful community has to offer!

Neighbours Helping Hi Neighbour

The students at Murdoch Mackay Collegiate recently had the honour of helping revitalize the Transcona Legion parade float. This was a group effort involving many different departments at the school. We'd like to thank the Automotive program for servicing the wheels and axles and verifying that the electrical system was in proper working order, the grade 12 Graphic Communications students who used their knowledge and skills to update the 16 foot banners that are attached to the float and also created magnetic signage for the vehicles, the welding program that cleaned up and secured the benches so our veterans had



The painting crew:
Michael, Mikayla, Irvine, Arwen,
and Laurence

a safe place to sit, and the Carpentry program for building a new storage box. Finally, a big thank you to the student volunteers who gave their spare time to paint the float. ❖

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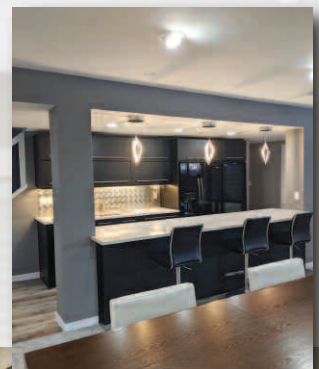
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Transcona Legion Branch # 7

Submitted by Kent Page

September is the month we start our Membership renewal campaign! Our campaign officially starts on September 3rd and ends December 7th. Get the Early Bird price to renew or apply for new membership during this period for only \$40.00 per person. Members looking to **renew** their membership can unlock the amazing price of \$75.00 per person by **renewing** for **two** consecutive years. Everyone who renews by December 7th will have their name placed in a draw with a chance to have their yearly membership reimbursed. The draw will take place January 1st 2025 at our New Year's Day Levee Event.

We encourage our community to consider becoming a member of the Legion and our Branch. There are different membership categories for you to

apply to be a member. Any Canadian or citizen of an Allied nation 18 years of age or older is welcome to join. Please check our **ad** in this month Views to see the different membership categories that are available to you.

We are a diverse group of individuals; we have members whose family have served, are currently serving, some that want to help and support individuals who served for Canada. Membership is a way of honouring the memory of those who served and actively support those currently serving.

We pride ourselves on being a member-based organization providing programs and services to Veterans and their families. These programs help to ensure Veterans and their family receive their benefits and help them adjust to

civilian life. We have a volunteer Service Officer available to assist you access these programs.

We hold our annual Decoration Day in June-Veterans Week in September-Poppy Campaign last Friday in October to Remembrance Day. We attend schools in our community and engage our youth in Remembrance. We work with our Transcona Museum to tell the stories of those that served from our community. We work with the No Stone Left Alone Organization and participating in their Ceremony. We promote Wreaths at Christmas in the Field of Honour an event hosted by the Audrey and Peter Martin Family of Transcona. We have been hanging Banners throughout our clubroom honouring the 123 soldiers from Transcona that had served and never returned home.

Our Branch offers a place to gather for fun and celebrations. We have a weekly Monday Night Bingo along with our Saturday Meat Draw-Chase the Ace-50-50 draw. September, we sport our blue and gold apparel (Bombers) as we take on the Roughriders at the Banjo Bowl while watching on our big Screen TV. Darts will be resuming in September check our website out for the date. We have a monthly **meat package** draw **\$225.00** worth of meat all for the low price of a \$5.00 ticket. We are selling Grey Cup Tickets available at the Bar. November we will be holding another fun filled Trivia Night and live Bands will be returning. Check our website at transconalegion.ca for up-to-date information on our events. ♦

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WRHA Report

By Stacy Boone,
WRHA Community Facilitator

The Plessis Community Resource Centre is looking forward to school starting!

Canned goods for lunches, fruit cups, pasta sauce, alpagetti canned meats and Ravioli, instant noodles, soda crackers are welcomed.

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

Continued on page 17



WELCOMING THE COMMUNITY TO OUR BRANCH

- Monday Night Bingo • Tuesday Night Cribbage • Wednesday Darts • Saturday Afternoon Meat Draw
• Chase the ACE • 50/50 Draws New monthly Meat package draw (last Saturday of month) • Big Screen TV-VLTS
• Snooker Table • Live Bands returning in September • Fall Fish Fry • Trivia Pursuit in November

Join the Legion. Here's How

Ordinary member - You can join as an Ordinary member, if you have ever been in any branch of the Armed Forces, and were honourably discharged. This also includes the Reserve Forces. You can also join if you are or were a member of a Police Force.

Associate member - You can join as an Associate member, if you had a member of your family in the forces. This includes **Fathers, Mothers, Brothers and Sisters, any Grandparent, or an Uncle or Aunt.** You may also join if you are/were a member of a regular or **volunteer Fire Department** for at least a one-year period.

Affiliate Voting member - Any Canadian Citizen or Commonwealth subject who is of Federal voting age and who is not eligible for Ordinary or Associate membership.

Affiliate Non-Voting member - non-Canadian citizen or a non-Commonwealth subject from an Allied Nation and support the aims and objects of the Royal Canadian Legion.

Early Bird Membership and new Membership dues for 2025 are only \$40.00 in any category. Two-year renewal promotion of BOGO total cost is \$75.00 per person.

Check our website at transconalegion.ca for up-to-date information on our special events and activities.

FREE FIRST YEAR OF MEMBERSHIP

Serving or Retired CAF or RCMP who have not been a member of the Legion - there is a Veteran Family Welcome Program promotion for you.

There is a one-year free Legion membership to Welcome you to the Legion.

This is also opened to your parents or guardian, spouses and children 18+

This promotion is only available online at
legion.ca/join-us/veteran-welcome-program/Cadet
and Junior Canadian Ranger Application

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Reflecting on a Historic Year and Exciting Legislation Ahead

Jelynn Dela Cruz, NDP MLA for Radisson

As summer draws to a close and my first year as your MLA comes to an end, I am filled with pride as I reflect on our achievements and the progress we have made together.

During our first session of government, we concentrated on key areas

that matter to you: investing in health-care, making life more affordable, and ensuring safer communities for all Manitobans. I am pleased to share that we have made significant strides in these areas, setting a strong foundation for future improvements.



JELYNN DELA CRUZ
MLA FOR RADISSON | DÉPUTÉE DE RADISSON

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The beginning of summer was a time of celebration and reflection. We took pride in acknowledging important events such as Pride Month, Filipino Heritage Month, and Indigenous History Month. Each of these celebrations highlighted the rich diversity of our community and reinforced our commitment to inclusivity.

Summer has been a vibrant season of community engagement. I've enjoyed participating in numerous events, including Pride celebrations, the Filipino Heritage Month flag-raising at the Philippine Canadian Centre of Manitoba, and the Hi Neighbour festival and parade in Transcona. One of the highlights of this year was hosting the inaugural Filipino Heritage Month Opening Ceremony at the legislature. It was a great honor to celebrate and recognize the contributions of the Filipino community.

This summer has also been incredibly rewarding as I focused on connecting with Radisson. From visiting valuable community organizations like the Plessis Resource Centre and the Transcona Council for Seniors, to hosting engaging lemonade parties at seniors' homes and organizing our Community Cleanup and BBQ, I have truly enjoyed getting to know you and working alongside you to enhance our neighborhood.

These interactions are crucial as they inform and inspire the work we do in the legislature. If you see me around Radisson, please don't hesitate to say hello—I truly value your input and engagement. It's because of our community's tenacity that we have been able to make strides in governance through the gas tax holiday, the universal school nutrition program, the security home rebate program, the seniors' advocate office, and more to come from your friendly neighbourhood MLA during the fall 2024 legislative sitting!

Looking ahead, I am excited to announce that our new constituency office will be opening this fall across from Kildonan Place Mall. This will provide us with a permanent space to better serve and support our community. Stay tuned to our social media for more details about the office opening – one that will let you leave your mark on our space – and how you can visit us once we're open to the public. Not on social media?



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Thank you for your continued support and trust throughout this year. As Manitoba's youngest woman elected to office, it is an honour to represent you here in Radisson and work every day to bridge our gaps. I look forward to building on our successes and working together to create a brighter future for Radisson and all of Manitoba.

Maraming salamat, merci, miigwetch!
Yours, MLA Jelynn Dela Cruz ❖

WRHA Report

Continued from page 14

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.

Please join us at our next Transcona Community Network (TCN) meeting Oct 22/2024 at 930am at Access Transcona. This meeting is open to all citizens open and interested in knowing more about community's events, upcoming changes in Transcona and networking with others connected and interested in making Transcona a great place to live and work.

For more information, please contact Stacy Boone, WRHA Community Facilitator at 204-223-6535 or sboone@wrha.mb.ca

Join us for Get Better Together!

Get evidence-based support with in-person workshops offered once a week for six weeks for 2 ½ hours in-person.

Upcoming Sessions at Access Transcona.

Date: Tuesdays, Oct 15th, 22nd, 29th and Nov 19th, 26th ending Dec 3rd 2024.

Start living better with health issues through a free Get Better Together (GBT) Program. Topics covered included:

- Techniques to deal with problems such as frustration, fatigue, pain and isolation.
- Exercise for maintaining and improving strength, flexibility, and endurance
- Appropriate use of medications
- Communicating effectively with family, friends, and health professionals
- Ways to manage negative thinking

- Nutrition
- Decision making

Take control of your chronic physical or mental health condition(s) and build your confidence to manage better. Support persons are also welcome to register. For more information or to register please call 204-938-5555

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!

Continued on page 18

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Nello's Transcona Report

By Nello Altomare, MLA Transcona

Another school year is upon us. I'd like welcome everyone, clerical, teachers, support staff and students back to class, refreshed and ready for the coming year. I would also like to thank custodial staff for your efforts during the summer break in ensuring everyone returns to a clean, fully functional school building.

September always brings me back to my days as a teacher and school leader. The first day of school was always filled with stories and memories of the time away during the summer break. There was a buzz in the classroom as friends would reconnect, some after not seeing each other since the last school day in June. New students provided their own anxious energy as they adjusted to their new classmates and surroundings.

Working in schools, you realize how much preparation is needed to set up a classroom to create the right atmosphere that encourages learners. Educators often begin visiting their classrooms in the last few weeks of August to make sure everything is just right.

You can expect new teachers, fresh graduates from the previous spring, arriving with classroom furniture and teaching resources. Often, they arrive with

their friends or parents who help them unload bin after bin full of teaching materials. After that, shelves are put together and often filled with books, learning supplies and board games. To put the finishing touches on a classroom, posters are often hung on the walls.

For parents, the weeks before September involve reviewing lists of school supplies with trips to the store. If you are able, or if you have any extra supplies, please consider donating these much-needed resources to your school where they will be put to good use.

I also want to acknowledge Telus Communications Inc who generously donate school back packs full of supplies across the Province of Manitoba. This program, called Kits for Kids is aimed at ensuring students have the necessary supplies that will help them be ready to learn and participate fully in class. I want to thank Telus employees for collecting and assembling these kits. I know they will be appreciated by the students and schools that receive them.

The Constituency Office can be reached by email; Nello.Altomare@yourmanitoba.ca, or by calling 204 594 2025. We are in downtown Transcona at 127 Regent Ave West. ♦

WRHA Report

Continued from page 17

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 1 Healthy Together Now

Application deadline is September 27th 2024.

For more information please contact Stacy Boone, WRHA Community Facilitator @ sboone@wrha.mb.ca or 204-223-6535

Sara Riel and the supports of their services in Mental Health and Addictions will be offering a weekly support group in the Fall. This support group will be offered out of Access Transcona during the day.

If interested in knowing more or to register, please call 204-938-5555

Healthy Aging

Taking an Active Role in Managing your Medications

**Eve Alexiuk,
Occupational Therapy Student**

Taking care of your health requires juggling everything from appointments, treatments, medications, and lifestyle choices. The complexity and amount of these moving pieces can make it hard to be an active participant in every aspect. Specifically, understanding medications can be daunting due to their complicated names, specific uses, and many potential side effects.

To address the difficulty of managing medications, in 2019, the Canadian

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Deprescribing Network suggested five steps to improve medication safety for older Canadians. One step is to help people learn about safe medication use and other treatment options. Learning about safe medication use in a way that is relevant to you can begin with a closer look at your own medications. The term medication management is used to describe a person's process of understanding, organizing, taking, and monitoring their medications (Richardson et al., 2022). Effective medication management can improve health by ensuring medications are taken correctly, monitoring their effects, and minimizing adverse reactions. Further, this can decrease stress levels, save time, energy, and money, allowing us to engage in other meaningful activities.

Creating a medication list is a helpful tool to manage your medications well. This can relieve some of the pressure of managing multiple medications and retaining information on previous medications. It can help you better understand your health and identify areas where you would like to see changes in your care. As you provide this comprehensive history to your healthcare providers, they have a better understanding of your history and can provide care that will better meet your needs. Your understanding can improve confidence in conversations about your medications with healthcare providers, enabling you to take an active role in shared decision making with your healthcare providers.

These charts often detail what medicines you take, expected effects, and how to use them safely. In addition to prescribed medication, this list should include over-the-counter medicines,

allergies, and dietary supplements. Medication lists typically include:

- the name of the medicine,
- the prescribed dose/strength,
- how and when to take it,
- the reason for taking it, and
- who prescribed it.

You might also include information such as the form of the medication (e.g., liquid, capsules), what it looks like (e.g., shape, markings), special instructions (e.g., foods and medicines to avoid while taking the medication), and start/stop dates (Richardson et al., 2022). Medication lists can be most helpful when you include the information that helps you make sense of them.



To begin creating your medication list, scan this QR code for example charts, a step-by-step guide, and more information about medication safety. Alternatively, contact the Healthy Aging Resource Team at (204) 940-2114 for information or support with medication management.

References

Canadian Deprescribing Network (2019). Canada 2019: Making medication safety a priority [Infographic]. Retrieved June 12, 2024, from <http://www.bcforum.ca/Resources/Med-Safetyinfographic2019.pdf>

Richardson, L., Farrell, B., Conklin, J., Dilliot, D., Howell, P., McCarthy, L., Raman-Wilms, L., & Quast, T. (2022, January 13). Workshop #1: Talking about medications [PowerPoint slides]. Bruyère Research Institute.

Russ Wyatt

City Councillor
Transcona Ward

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