

TRANSCONAVIEWS

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Railer Express Jr Hockey primed for another competitive season in MMJHL.

The board of directors, led by president Don Gale, along with head coach/General Manager Derek Gagnon and his coaching staff have worked hard to put together and foster a 1st class program here in Transcona. Coach Gagnon says “we expect a competitive team who will work hard and play fast”. Leading the way will be this year’s veteran leadership group –



captain Jeremy Chateaufneuf with assistants Evan Chudley, Micheal Todoruk, Nolan VanDenBussche and Kaden Bruchanski.

As always, the mission of the Transcona Major Jr Hockey club is to provide a positive venue for young players to play competitive hockey while completing their education, starting an apprenticeship or careers, while instilling the value of giving back to the community. This organization is more of a program than just a team, helping these young men

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Spellbound at the square and Colouring Contest



See page 5 for details

PRESBYOPIA, the aging eye

by Dr. Karen Blackie, OD

The dreaded 40's, where it starts to get harder to see close up, but you can see far away as usual. This is called presbyopia, which literally translates to "old eyes." It's a natural and expected part of the aging process, and happens at the same rate for every human being on the planet! You may notice you need to hold your book further away to see it easier. The classic joke is that you know it is time for reading glasses when your arms are not long enough anymore. Headaches, nausea, or fatigue can occur from doing close work.

Presbyopia is related to the natural lens in the eye getting less flexible. Normally when we look in the distance, our

lens is in a flattened state, and as soon as we change our focus to near, the lens "accommodates" and gets thicker to help us see close up. The closer the work, the more the lens magnifies. Kids have a lot of accommodative power to be able to read very close. Technically, as we get older we gradually lose the accommodative power, but don't notice because we don't tend to read that close anyways. Presbyopia usually becomes apparent to people in their early to mid- forties, initially resulting in difficulty with very fine print up close or in poor lighting. The changes in the lens continue to progress until our late 40's, early 50's to a point at which objects

within arms length cannot be seen without reading glasses, and continues to progress until your early 60's, when it levels off. It doesn't usually affect your baseline distance vision.


Options to see near:

- Over-the-counter readers, i.e. "cheaters" that you can find at the drug-store. These often do the trick, but don't always work for everyone. Nonprescription readers range from powers of +1.00 diopter (D) to +3.00 D. Choose the lowest magnification that works. You know it is time to increase the strength once your arms are getting longer again.
- Readers Rx'd by your Optometrist that you would just use for close work.
- Bifocals have 2 different prescriptions in one lens. The top is for your distance, and the bottom (visible) button has your reading prescription.

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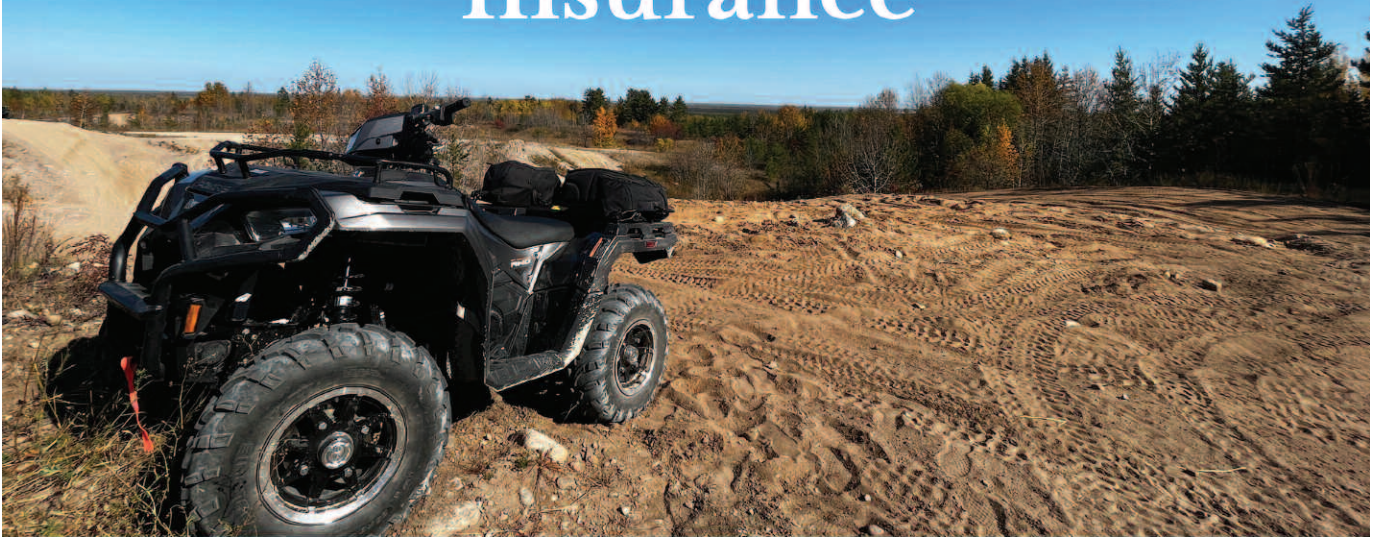
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Transcona Garden Club

By Anne Copland

Autumn always comes too soon, it seems. But it is such an impressive season. Nature's preparation for the future is truly awesome. Granted, it is a busy time for gardeners with fall chores. In between the frost warnings and other seasonal changes, we sometimes forget to take the time to observe all the wondrous things happening.

In addition to fall chores, many are busy preserving garden produce by freezing, pickling, dehydrating and canning to reduce food costs over the long winter. As the produce in our gardens ripened this was Job 1.

Creatures are equally busy preparing for the harsh season ahead, some seeking out sources of nutritious food in our gardens to prepare their bodies for migration or hibernation. There are two schools of

thought on whether to cut down perennials or leave them standing. Choosing the former will benefit songbirds who will appreciate the seed heads of coneflowers, grasses and others left upright. Insects such as ladybugs and other beneficials need places to shelter. Leaving perennials standing in windswept areas helps to retain the snow cover for winter protection for the plants.

To mulch or not is a decision gardeners need to prepare for. Oak leaves, compost, and bark chips provide shelter for overwintering tender perennials. Many city gardens have microclimates which allow us to push the zone limits. But when in doubt, mulching is good practice. Just wait until the ground is frozen before applying mulch. Check for seed pods if you want to save seeds.

Saving tuberous annuals is not difficult and can save you money. Cannas,

gladiolas, callas, dahlias and begonias all store fairly easily.

Many beautiful floral, rhubarb, potted plants and photography exhibits were entered in the Spring Show in June. Best in Show Award went to Lois Ross.

54th Annual Horticultural Show and Competition results have been tallied and the Best in Class Award winners are as follows:

Glory Sawicki – Junior Gardeners, Deb Boudreau - Cut Flowers, Pam McFarlane – Potted Plants, Emil Kowalski - Vegetables, Nancy Drewniak - Home Cooking, Betty Thiessen - Arrangements, Crafts, Photography as **well as Show Grand Aggregate**, Pat Osmond - John Russell Honey Special, Anne Copland- Joseph and Phyllis Paulicelli Memorial Award.

Thank you to all who entered and came to see the Show.

Transcona Garden Club is pleased to welcome guest speaker Marla Riekman, Soil Management Specialist, Manitoba Agriculture, on October 16 at 7:00 PM at 328 Whittier Avenue West. All are welcome. Non-member admission is \$5.00. Annual single memberships are \$15.00. A family of 2 domiciled at same address is \$25.00. Membership is effective November 1, 2024 to October 31, 2025.

Succulents, garden books, and 2024 Prairie Garden books will be available. Refreshments will be served.

Annual elections for any vacant positions on the Board will also be held. Please contact Pat Osmond if you would like to volunteer by serving a term or two.

Transcona Flower Arranging group usually meets on the 2nd Friday each month at 1:00 – 3:00 pm. However due to the sudden passing of Lois Ross, plans for going forward are under consideration. She will be greatly missed.

Please contact Pat Osmond, President at 204-224-3859 for more details about the club and our activities. ❖



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Spellbound at the Square



This year, join us for a thrilling Halloween celebration at the Square! (135 Regent Ave W) On October 31st, from 3 PM to 7 PM, immerse yourself in an evening filled with excitement. Embark on a spooky crawl through Downtown Transcona (Regent Ave from Winona St. to Leola St.), where you'll scavenge local businesses that sell the items for the mysterious Witches Brew. Complete this quest and earn a ticket for an escape room experience with Timelapse Escape Rooms.

"You and your group of friends are seeking a way to make some extra money and hear that the new owner of a mysterious old house down the street needs help clearing junk from her yard. Rumor has it that she might be a witch... but is it true?"

As you approach the house, you notice the front door is slightly ajar. You call out, but there is no response. Deciding to investigate, you enter the darkened room. Suddenly, the door slams shut and locks behind you. A loud, cackling voice echoes, announcing that you are under a confinement spell and must break it within the allotted time to see the outside world again.

As your eyes adjust to the dim light, you find yourself surrounded by strange and eerie objects. You gasp in realization: the rumors were true. The new owner is indeed a witch, and you're now caught in her spell." -Timelapse Escape Rooms

Please note: All children under 12 must be accompanied by a parent or guardian while in the escape room.

Additionally, the Transcona BIZ is excited to announce a Halloween colouring contest! Three lucky winners will be chosen through a draw. Pick up

colouring pages and crayons at our office, located at 309B Day Street, Monday to Friday from 8 AM to 3 PM, or download and print them from our website starting October 1st.

Get ready for a spook-tacular time! We look forward to seeing your ghoulishly creative costumes, and haunted spirits at Spellbound at the Square.

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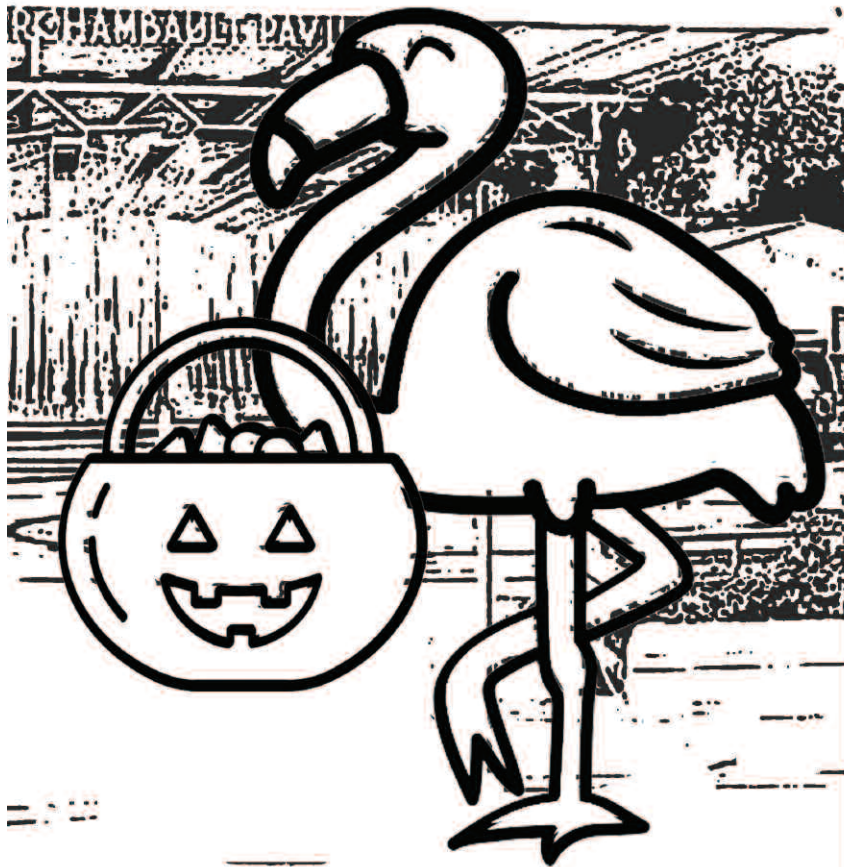
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Community Billboard

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!

Join us for worship on Sunday mornings at 10am!

Upcoming services:

October 6, 10am Worldwide Communion Sunday;

October 20, 10am UCW Thankoffering Service with guest speaker Joanne Lewandoski of the

Ukrainian Canadian Congress; All are welcome!

Our famous Time & Talent Auction occurs Friday October 4th at 7pm. Doors open at 6:30pm. Come early for a sneak peek at all the terrific items up for auction.

TMUC Singers meet every Tuesday at 7pm and sing in church monthly.

Messy Church will be held on October 18th, from 5:30pm-7:30pm. Join us for crafts, stories, songs and a shared meal. RSVP not required but recommended, 204-222-1331.

Lutheran Church of the Good Shepherd

401 Kildare Ave W. Winnipeg, MB R2C 2B4

Sunday School begins on

Sunday, Oct 6, 2024 at 8:45 a.m. with a class for Junior Confirmation.

Sunday Worship Service at 10:00 a.m. For information about our church, or our activities and events, please contact the church office at 204-222-0245, or visit our website at www.lcgstranscona.org

St. Michael's Ukrainian Catholic Parish

400 Day St. -

Sun. Liturgy 9:30 am

Wednesday Night Bingo

St. Michael's Parish Hall

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Early Birds 7:00 pm

Regular Bingo 7:30 pm

Canteen Snacks Available

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Crossroads Toastmasters Open House



Event is free to the public.

Do you have trouble formulating your thoughts in a job interview? Dread making presentations? Does making small talk make you feel awkward? Do you feel that you don't have the skills or confidence to get a promotion? Perhaps you have difficulty in effectively communicating your ideas? We can help with these and so much more! **Crossroads Toastmasters** is celebrating their

54th year as Transcona's only Toastmasters club. We are inviting residents to come to our Open House and see how we can help you increase your self-confidence, improve your communication and leadership skills, effectively lead meetings, prepare for job interviews, and much more in a fun and supportive environment.

"A friend invited me to come to a Toastmasters meeting as a guest. When I went to that first meeting, I immediately saw the value of the life skills that Toastmasters could bring to help me navigate through the professional world and in my everyday life. I joined the club right away, without hesitation. **Crossroads Toastmasters** is a supportive, positive, non-judgmental environment where you can develop your communication and leadership skills, as well as gaining self-confidence" says **Cal Sigurdson**, Crossroads Toastmasters member. "

Please join us to see and hear the positive impact that Crossroads Toastmasters has on an individual. **Susan Page** will be sharing her life journey and how Toastmasters helped her gain her self-confidence and self-esteem from being the shy one in the corner who wouldn't speak, to winning speech contests, and recently being a leadership award recipient.

Guests will also be able to observe how being a member of Toastmasters will give you the **SKILLS** and **CONFIDENCE** to stand out from the crowd! You will get to observe a regular Toastmasters meeting that will include prepared speeches, Table Topics™ (impromptu speaking) and evaluations, which are all beneficial skills that one learns and improves on in Toastmasters.

Crossroads Toastmasters Open House

Date: **October 23, 2024**

Location: **Collège Pierre Elliott Trudeau School Library, 216 Redonda St**

Time: **7:00p.m. – 8:30p.m.**

Crossroads Toastmasters meets in-person weekly on **Wednesdays at 7:00pm – 8:30pm** at **Collège Pierre Elliott Trudeau School Library, 216 Redonda St.** For more information about this event and the club, please visit www.crossroadstm.ca or email **Susan Page** at spage3075@gmail.com ❖



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October at the Transcona Museum

By: Jennifer Maxwell, Assistant Curator

Museum Closed Dates

The Transcona Museum will be closed on October 5th and the Thanksgiving Weekend (October 12th – 14th).

Culture Days 2024

Until October 13th, join us for Culture Days at the Transcona Museum! We will be offering a walking tour event in addition to our self-guided activities for our museum visitors. On Thursday, October 3rd we will be presenting our “War Efforts of Transcona” from 3:00 – 4:30 pm. The walking tour will leave from the Transcona Museum and is subject to weather conditions. You can register for the tour through our website.

Transcona Museum Board Appointments

Applications are now open for positions on the TM Board of Directors. The deadline for applications is Friday, Octo-

ber 18th at 4:30 pm. To apply, you must be a resident of the City of Winnipeg, a Canadian citizen or permanent resident, and 18 years of age or older.

Interested citizens are asked to apply online by accessing application forms at City of Winnipeg – 2024 Citizen Appointments to Boards & Commissions. For more information, please contact 311 or the Transcona Museum.

The Transcona Museum Board is responsible for the management, control, and operation of the Transcona Museum and all other buildings or premises used for the purposes of the Transcona Museum within the East Kildonan-Transcona Community. The TM Board of Directors is composed of up to 8 citizen members and 1 member of Council from the East Kildonan-Transcona Community. Positions are held in 2-year terms. Meetings are held 10 times per year. Remuneration is not applicable.

Halloween at the Transcona Museum

Join us for 2 days of Halloween fun! On Saturday, October 26th we will be holding a crafting event children and families. There are two timeslots available: 1:00 pm and 2:30 pm (45 minutes each). There are 8 spots total per timeslot (one ticket per child, not including parents or guardians). One parent or guardian must accompany the child if they are under 12. Register for a spot through our website.

On Halloween (Thursday, October 31st), stop by the museum from 11:00 am – 4:00 pm for some tricks and treats! Play some gallery games to complete your visit. Costumes are encouraged.

Remembrance Week 2024

Our award-winning Remembrance Week exhibit – “Stories of Remembrance: From Hometown to the Frontlines” – will be on display at Kildonan Place from November 5th – 11th during mall hours. If you are interested in volunteering with the Transcona Museum during the exhibition run, please contact us for more information.

Hours & Contact Info

Transcona Museum is located at 141 Regent Avenue West. Museum gallery hours are Tuesday to Friday, 11:00 am – 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, X (Twitter), Instagram, TikTok, Threads, Pinterest, and YouTube. ❖

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Community Billboard

Continued from page 7

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.

Our annual Christmas Bazaar will be Saturday November 16 from 10-2 pm.

Our annual Christmas Bake Sale will be held Saturday December 7. This is a pre-order sale and pickup on Dec 7. Please check our website for more details.

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 and event information- please check out website: stgeorgesanglicantranscona.ca

Transcona Discussion Group

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

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.

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Railer Express Jr Hockey primed for another competitive season in MMJHL.

Continued from page 1



become better individuals and citizens and encourage our youth to aspire to play junior hockey in Transcona.

We presented more than \$15,000 in player scholarships last season, and have given out nearly \$120,000 in scholarships over the past 11 seasons with the help of alumni, the board and community groups. We hope with continued support we can remain committed to supporting the players with their post-secondary education career plans. The success of our program depends on the generosity of many key local business partners and sponsors including **Access CU, Goodfellow Realty, Dals Restaurant, Vickar Auto Group, Grade A Millwork, Tractus Projects, EdgeCorp Group, Oakley Alarms, Genstar, Pandora Inn, Odyssey Dental and Connelly Signs**. Also important is the tremendous fan base who continue to support us and attend Express games.

Training camp saw nearly 50 players competing to make this year's squad

with coaches putting them through both on ice and dryland drills to illustrate their desire and ability to play Jr hockey.

Sunday Oct 6, St. Vital Vics
East End Arena 2:00 PM
Friday Oct 11, Charleswood Hawks
East End Arena 8:00 PM
Friday Oct 13, Ft Garry Twins



East End Arena 2:00 PM
Sunday Oct 20, Raiders Jr Hockey
East End Arena 2:00 PM
Sunday Oct 27, St Boniface Riels
East End Arena 2:00 PM

The 2024-25 season looks to be exciting - **October home games at East End Arena are scheduled for:**

A reminder is your child plays on a minor hockey team in Transcona their team has an opportunity to get free tickets for them and a parent to attend an Express game, get a drink and a popcorn and maybe a special gift from the Express. For more info contact Brent at nik16@shaw.ca or Keith at keith@bondprinting.net.

Good news for parents and fans - season tickets for 2024-25 can be purchased during all home games. Be sure to get yours and save \$\$\$ for every regular season game.

Follow the Railer Express on our website at www.transconarailerexpress.ca or on Facebook and Twitter. Full Steam Ahead!

Don Gale, President
Transcona Major Jr Hockey
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		HAM	\$1.66
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	Per 100g	JAL & CHSE	\$1.66
BEEF	\$1.61	KUBI DOGS	\$1.39
BRATWURST	\$1.40	REGULAR	\$1.39
BREAKFAST	\$1.51	ALL BEEF	\$2.15
ITALIAN BREAKFAST	\$1.40	WILD RICE SMOKIES	\$1.61
ITALIAN HOT	\$1.40	WIENERS:	Per 100g
ITALIAN MILD	\$1.40	EUROPEAN	\$1.61
MAPLE PORK	\$1.40	HOGG DOGGS	\$1.66
		FOOT LONG skinless	\$1.61
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	Per 100g	Per 100g	
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CORNED BEEF	\$3.23	BARBEQUE, REGULAR	MAPLE FIRE
HAM, COOKED	\$1.61	SNACK STICKS	
HAM, OLD FASHION	\$2.05	DYNAMITES	\$1.66 EACH
HAM, SPICED	\$1.61	FIRE CRACKERS	\$1.66 EACH
HEAD CHEESE	\$1.79	HAM PEPPERETTES	\$1.66 EACH
KIELBASA ROLL	\$1.79	HONEY GARLIC	\$1.66 EACH
KUBI ROLL	\$1.73	HUNGARIAN	\$1.46 / 100g
PEPPERONI, DELI	\$1.79	PEPPERETTES	\$1.46 EACH
PEPPERONI, PIZZA	\$1.89	TACO	\$1.66 EACH
ROAST BEEF	\$3.23	DRY PEPPERONI	\$1.46 / 100g
ROAST PORK	\$2.05	MISC:	Per 100g
RST TURKEY BREAST	\$3.94	BUCKWHEAT SAUS	\$1.83
SALAMI	\$1.79	FARMER LINKS	\$1.72
SALAMI, ALL BEEF	\$2.15	FARMER PATTIES	\$1.72
GARLIC SAUSAGE:	Per 100g	HAM NUGGETS	1.14
COIL	\$1.29	SMKD BACK RIBS	Price Varies
FINE	\$1.39	PULLED PORK	\$1.65
HAM	\$1.86	SMKD PORK TENDER	Price Varies
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8 CHRISTOPHER ST.

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Community Billboard

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TRANSCONA FOOD BANK SCHEDULE

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

Powermine International Ministries, 127 Regent Ave East.

Sunday worship service 10:30 AM. -12:30pm. As well, Sunday services are recorded and available on YouTube "Powermine TV." Please contact our Church office at 204-205-2020 for any other questions you may have. We are happy to assist.

Seniors Bulletin Board

by Colleen Tackaberry,
 Transcona Council for Seniors
 Resource Coordinator

Transcona Council for Seniors Inc. The Transcona Council for Seniors Inc. is one of ten councils within the City of Winnipeg. Our primary role is to help our seniors remain in their homes, living independently for as long as possible. We are an information and referral hub linking our older adults with resources (right here in Transcona) to enhance their well being. We offer several programs that are geared to preventing feelings of isolation and loneliness, keeping our bodies and minds active, and offering 3 healthy and delicious meals a week to ensure good nutrition. Please feel free to reach out to us by calling 204-222-9879 or via email tcs@mymts.net.

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 from 9:00 to 3:00 pm. Please join us and visit the 25+ participating vendors, speaker's corner and entertainment. All booths will be located in the Cineplex Junxion hallway. Come out and reimagine your wellness! All are welcome to come at any time from 9:00 to 3:00, and specifically we have the following time slots for our Speakers' Corner: 10-10:30 Frauds & Scams (Wpg Police Service); 11-11:30 Dementia Friendly Communities (Alzheimer Society); 12-12:30 Do I Still Need These Medications? De-prescribing (MB Association of Senior Communities); 1-1:30 Anxiety Disorders of MB. We also have an Active Living session for you to join in: 9:30-10 Chair Yoga;



FALL SAVINGS

<p>BG 50 GAS HANDHELD BLOWER 27.2 CC - 7.9 LB Ⓢ</p>		<p>SAVE \$40 \$199⁹⁹ MSRP \$239.99</p>
<p>BG 56 C-E GAS HANDHELD BLOWER <i>new 2 Star</i> 27.2 CC - 9.3 LB Ⓢ</p>		<p>SAVE \$80 \$229⁹⁹ MSRP \$309.99</p>
<p>SH 56 C-E GAS SHREDDER VAC/ BLOWER <i>new 2 Star</i> 27.2 CC - 11.5 LB Ⓢ</p>		<p>SAVE \$50 \$279⁹⁹ MSRP \$329.99</p>
<p>SH 86 C-E GAS SHREDDER VAC/BLOWER 27.2 CC - 12.3 LB Ⓢ</p>		<p>SAVE \$30 \$399⁹⁹ MSRP \$429.99</p>
<p>BR 450 GAS BACKPACK BLOWER 63.3 CC - 23.4 LB Ⓢ</p>		<p>SAVE \$40 \$679⁹⁹ MSRP \$719.99</p>
<p>BR 600 GAS BACKPACK BLOWER 64.8 CC - 21.6 LB Ⓢ</p>		<p>SAVE \$50 \$749⁹⁹ MSRP \$799.99</p>
<p>BR 700 GAS BACKPACK BLOWER 64.8 CC - 23.4 LB Ⓢ</p>		<p>SAVE \$60 \$799⁹⁹ MSRP \$859.99</p>
<p>BR 800 X GAS BACKPACK BLOWER 79.9 CC - 23.2 LB Ⓢ</p>		<p>SAVE \$80 \$849⁹⁹ MSRP \$929.99</p>

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10:30-11 - I AM Fit; 11:30-12 Drums Alive; 12:30-1 Urban Poling; 1:30-2 Pickleball. We will also have floor curling ongoing throughout the day. We're excited to bring you so many wonderful ways to reimagine your wellness. Come join us and have some fun, too!

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 Monday 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

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.

Continued on page 17

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Seasons have changed in Radisson!

Jelynn Dela Cruz, NDP MLA for Radisson



With back-to-school season, the Labour Day march, and cooler weather, summer is officially transformed to fall. Whether you call it spooky season, pumpkin spice season, or finally-I-can-wear-my-sweaters season, it is a time of change and reflection. As we embrace

the new season, I want to take a moment to update you on the progress we have made together and share our plans for the months ahead. Your continued support and involvement are crucial as we work towards building a stronger, more vibrant community.

With back-to-school season also comes flu season. As we move into fall, I encourage everyone to get their flu shots and COVID booster shots. Updated COVID vaccines are expected to be approved by Health Canada soon, while flu vaccines should be available by mid-October. Protecting yourself and your loved ones with these vaccinations will help keep us all healthy through the colder months.

After a summer of lemonade parties, community BBQs, summer camp visits, and door knocking, I am excited to bring your feedback and concerns back with me into the legislature. These conversations inspire and inform the work we do.

In our first session, we tackled important issues right away. From community safety and access to healthcare, to investing in our children's education and making life more affordable, we are a government dedicated to listening to you and working to honour your rights.

You have the right to be safe in your community. From our retail and violent crime initiative with the Winnipeg Police Service, to the home security system rebate, we are investing in safer communities.

You and your loved ones have the right to opportunity. We introduced Manitoba's first universal nutrition program, so no child goes hungry at school. From expanding adult literacy programs and funding more apprenticeship opportunities, to banning cellphones in classrooms, we are investing in education. Our government also introduced the gas tax holiday, and Manitoba had the lowest inflation rate in all of Canada. We are also investing in building more affordable housing.

Finally, you have the right to healthcare where and when they need it. We are hiring 1000 new healthcare workers, opening two new Minor Injury and Illness clinics, and funding our healthcare sys-



 **JELYNN DELA CRUZ**
MLA FOR RADISSON | DÉPUTÉE DE RADISSON

(204) 599-2080



JELYNN@YOURMANITOBA.CA

tem to increase bed capacity, reduce ER wait times, and connect more Manitobans with a family doctor. We are also improving access to gender-affirming healthcare and making prescription birth control free for all Manitobans. It will take time to rebuild our care sector and we are so grateful that we have your trust as we steadily get there.

Thank you for your support and participation throughout the past year. I am dedicated to representing you in Radisson and addressing our community's needs. I am excited about continuing to build on our achievements, listening to your feedback, and collaborating to shape a better future for Radisson and all of Manitoba.

Remember, you can always reach our team by email at jelynn@yourmanitoba.ca or by phone/text at 204-599-2080. ❖

Seniors Bulletin Board

Continued from page 15

Home Maintenance Program We're building up our 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 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

Mondays' and Wednesdays' meals can be picked up at 209 Yale Avenue West between 3:30 and 4:00 p.m. Thurs-

days' 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.

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The 2024 Poppy Campaign

Submitted by Kent Page

The mission of the Royal Canadian Legion is to serve Veterans, their families, our community, our Country and to promote Remembrance. One of the most important ways we fulfill our goals is through our annual **Poppy Campaign**.

The Poppy Campaign starts on the last Friday in October and ends on November 11th, Remembrance Day. During this "**Remembrance Period**", you will see collection boxes at local businesses and volunteers distributing bright red Poppies to all who wish to wear one, while gratefully accepting donations for the Poppy Fund.

The lapel Poppy, inspired by John McCrae's poem "In Flanders Field", is a symbol of Remembrance to honour Canada's Fallen. We hope that everyone will proudly wear a Poppy over their heart during the "Remembrance Period".

Donations are used to directly support Veterans and their families within our community and to promote Remembrance. The funds collected are distributed to local programs including long term care facilities, Veterans assistance, housing, the Youth Poster & Literary contest and many other purposes.

The Poppy Campaign relies solely on volunteers to distribute Poppies and canvass donations. We are looking for anyone interested in helping anyway they can. Canvassing for the Legion is generally a 2-hour commitment and we provide everything that you need. If you are interested, please contact the Transcona Legion at (204) 222-9951 for more information.

We would like to thank all the businesses and members of the community

who continue to support the Poppy campaign. Whether your business has collection boxes, or you have volunteered your time or plan to volunteer, made a donation or simply worn a Poppy, our Campaign is successful because of You. ❖



Seniors Bulletin Board

Continued from page 17

Entertainment Wednesdays This month, our dine-in Entertainment Wednesday is scheduled for **October 16th** at 209 Yale Avenue West. Entertainment is at 3:00 p.m. and dinner is at 4:00 p.m. We have a new-to-us entertainer coming on the 16th – none other than Jerry Hallock! Come on out and have a great time – guaranteed!! You **MUST** register in advance at 204-222-5947. \$12 cash at the door.

Entertainment Thursday For the first time ever, we're bringing in Entertainment for our Thursday lunch at 500 Widlake on **October 31st** (11:30 am)! Jay Willis is coming all the way from Gimli to entertain us as we spotlight our weekly dine-in lunch meal. \$8 cash at the door.

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.

Most of our Programs and Groups were wrapped up over the summer, however, all programs have now started up again (unless otherwise noted).

IAM Fit is held Mondays and Thursdays from 10:30-11:30 at 1500 Day Street. \$5 drop-in fee.

Tai Chi is held on Mondays from 10:00-10:50 for beginners and 11:00-11:50 for continuing students at TRCO 328 Whittier Avenue West.

Zumba Gold with Tammy Come out and enjoy some exercise through Zumba dancing at Oxford Heights CC (359 Dowling Ave East) held Tuesdays and Thursdays at 10:00-11:00 am. \$5 drop-in fee.

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. \$6 drop-in fee.

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. \$6 drop-in fee.

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. \$8 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. \$10 annual membership and \$3 drop-in fee for each session.

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.

Men's Shed Calling all men! Looking for a place to hang out and enjoy varied interests from woodworking and metal-working 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. Tuesdays and Thursdays - noon to 3:00 pm. Call Fred for more information 204 224-4941.

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

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.

The Canadian Hard of Hearing Association, Manitoba Chapter holds a meeting at 328 Whittier Ave West on the 3rd Monday of every 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.

Some of the other programs - Cards (Beginner & Advanced Bridge, Whist or Crib); Bingo; 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 for more information.

A membership is required to participate in the TRCO programs (annual fee of \$20).

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!

WRHA Report

*By Stacy Boone,
WRHA Community Facilitator*

The Plessis Community Resource Centre is beginning our planning for Halloween and Christmas Holiday events.

We are looking for donations of candies, chocolate and small bags of chips for 80 Halloween bags and 80 Santa bags.

For our December Holiday breakfast hampers, we are looking for boxes of cereal, pancake mix, pancake syrup, peanut butter, jam or cheese wiz and 1 litre juice boxes.

We also accept donations for our helping pantry such as coffee, sugar, pasta sauce, ravioli and alphetto, canned fruit, canned vegetables, canned soup and crackers, instant noodles, shampoo, Toothpaste and toothbrushes, dry and wet catfood.

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 1/2 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.

Continued on page 20

Nello's Transcona Report

By Nello Altomare, MLA Transcona

We had a busy summer here in Transcona. As your MLA, I have the great pleasure of attending many of the events that happen in our fine part of the city. I love it when I run into former students, classmates and of course, the little ones who make up the next generation of Transcona people.

Hi Neighbour Festival, Movies in the Square, Transcona Biz Community Markets, Lemonade Stands, baseball tournaments, Transcona Museum, just to name a few of the great things that make our part the city unique.

Now Fall has arrived, places like East End Community Club, South Transcona Community Club and Oxford Heights Community club along with our schools will continue to bring an abundance of opportunity for our young people here in Transcona.

One organization that is looking for community help is Murdoch MacKay Football Program. The interest in the

program has exploded with a large contingent of eager and talented Grade 9 and 10 students. The program works in partnership with Transcona Nationals Football Club to support youth football in Transcona. They have had joint practices and work closely together to provide a positive football experience. As the program is becoming a staple in the Transcona community, they are seeking financial support. They are wanting to improve the playing field the club uses, also purchase and install a score board. To help, please contact Darin Demchuk, Head Coach ddemchuk@retsd.mb.ca. Looking forward to attending one of the games.

As always, we here to serve the people of our great community. Please feel free to reach out to the Constituency Office at 127 Regent Ave West, 204-594-2025, Nello.Altomare@YourMantoba.ca. There are people at the office who will do their best to serve you. ❖

WRHA Report

Continued from page 19

- 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

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.

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

Transcona SENIORS RESOURCE FINDER (SRF) help link and refer adults 55+ to community supports, programs and services. Whether it is recreational, volunteer opportunities, social prescribing, exercise programs, or supports to help you meet your needs in daily life, it can be hard to know where to go. SRF's can talk to you about local community resources available in Transcona!

For more information, call Colleen or Lorri with the Transcona Council for Seniors today at **204-222-9879**

NELLO ALTOMARE

Your MLA for Transcona



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Transcona Rotary Club

The crisp cool morning air can only mean one thing... Fall has arrived!! My favourite time of year. Transcona Rotary Club is back in action, looking to make a difference in our community.

Like most service clubs, Rotary takes the summer off so our members can enjoy time away or on the golf course... or if they are lucky enough, sit and enjoy sunsets at the cottage. That's not to say the Club isn't active, however.

We were excited to co-host the annual East Winnipeg Rotary Golf tournament with fellow clubs East AM and St B/St Vital. Another great day of fundraising and fellowship.

Most of the money our club raises, stays in our little community, to help those in need right here in our own backyard. Stay tuned for some upcoming exciting and fun events that we are planning to hold over the next few

months which will enable us to continue to help our neighbours here in Transcona!!

Who doesn't like getting their hands on Grey Cup Pool tickets?!! With the great game just a few weeks away, Transcona Rotary members have tickets for you, with a great opportunity to win some cash while helping raise much needed funds. Tickets are \$2 each and are available through the club or members.

We meet in person and as well via zoom. The Transcona Rotary Club is accepting applications for new members now and if you would like to join us in helping our community drop us a line.

To find out more about our club, please check out our website at www.transconarotary.ca, send email enquiries to info@transconarotary.ca or visit our FB site at Rotary Club of Transcona-Winnipeg. Until next month Transcona, take care, be well. ❖

Bone loss is a natural part of aging but the higher the peak bone mass, the lower the risk of developing osteoporosis. Since we can't turn back time and increase our peak bone mass, let's learn what we can do to preserve and protect our bones today!

Increase Bone Boosting Activities!

Include **calcium-rich foods** in your diet. Calcium is used for many functions in our body. If you don't get enough in your diet, your body will break down bone to get calcium. Animal based milks and fortified plant beverages are great sources of calcium. Yogurt, cheese, almonds and fish with soft bones are other great sources. Calcium in these foods are easy to absorb (bioavailable). Aim for 1000mg per day, or 3 servings of the foods listed above. Talk to your doctor if you aren't getting enough calcium.

Vitamin D helps the body to absorb calcium. Although vitamin D is called the 'sunshine vitamin', after age 50 it is recommended that we take a daily vitamin D supplement of 400 – 1000 IU or as prescribed by your primary care provider. Few foods contain enough vitamin D to meet our daily needs, but cow's milk, fortified beverages and fatty fish are a few good sources.

Protein is important for healthy bones and osteoporosis prevention. Protein also helps to keep muscles strong which reduces the risk of falls. Include a protein rich food at all meals. Dairy products are a great choice as they contain calcium, vitamin D (if fortified) and protein. Other protein-rich foods include beef, pork, poultry and fish with alternatives including beans, lentils, tofu, eggs, peanut (or other nut) butters, shelled nuts and seeds.

Include weight-bearing exercises everyday. Strong muscles help to protect bones. Include exercises to improve

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WRHA Healthy Aging Resource Team

Osteoporosis: The Silent Thief

By Lorna Shaw MPH, RD

Osteoporosis is a disease that causes bones to become weak, brittle and porous, increasing the risk of fracture. Our bones are in a constant state of remodelling – bone is lost and rebuilt continuously. If the amount of bone loss exceeds the amount of bone built, bones

will become thin and porous. This is referred to as low bone mass. Osteoporosis is called 'the silent thief' because this loss of bone occurs without any symptoms. Often people don't know they have osteoporosis until they have a small slip or fall and experience a broken bone. These breaks are called 'fragility fractures' and occur from a tight hug, a missed step on the stairs or even a sneeze.

The most common sites of fracture are in the hip, spine, wrist and shoulder. Other signs of osteoporosis that are due to compression fractures of the spine are loss of height, stooped shoulders and back pain.

During early adulthood our bones reach maximum or peak bone mass.

PRESBYOPIA, the aging eye

Continued from page 2

• Progressive lenses are similar to bifocals, but you don't see the line. Instead there is a gradual transition as you go down the lens.

• Contact lenses for Presbyopia (multifocals)

• If someone is myopic (i.e. near-sighted), and needs glasses to see in the distance, they can often take off their glasses and see up close!

Your Optometrist can diagnose presbyopia at your regular eye exam. Depending upon your lifestyle, occupation, and hobbies; we can help you decide what option is best for you! ❖

WRHA Healthy Aging

Continued from page 21

balance, like Tai Chi; build strength, such as resistance bands or light weights; and build cardiovascular fitness, like walking or pickle ball.

Watch out for **bone-busting** habits. Research shows that people who smoke or drink more than 3 alcoholic drinks per day are at increased risk for osteoporosis. Poor diet and a sedentary lifestyle also increase risk of bone loss.

Certain medications, such as steroids and proton pump inhibitors and medical conditions like kidney disease and COPD can increase risk of Secondary Osteoporosis. Speak with your health care provider about preventative strategies to protect your bones.

For more information on osteoporosis management and to assess your risk, check out Osteoporosis Canada at [Osteoporosis Canada](https://osteoporosis.ca/) (<https://osteoporosis.ca/>). For more health and wellness tips, connect with the **Healthy Aging Resource Team** at 204-940-2114!

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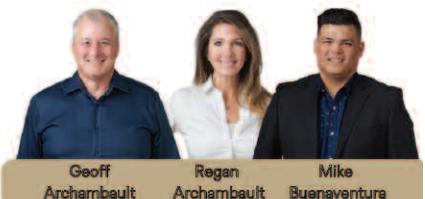
Median Price in 3K (Plessis)
 2023 - \$449,900
 2024 YTD - \$461,750
+2.6%

Median Price in 3L (West)
 2023 - \$302,000
 2024 YTD - \$329,900
+ 9.5%

Median Price in 3M (East)
 2023 - \$345,000
 2024 YTD - \$370,000
+7.2%

Median Price in 3N (South)
 2023 - \$336,000
 2024 YTD - \$379,000
+12.8%

• Based on Winnipeg Regional Real Estate Board sales up until August 31, 2024



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