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**SPECIAL
TRANSCONA
BIZ EDITION**



TRANSCONA BIZ BULLET

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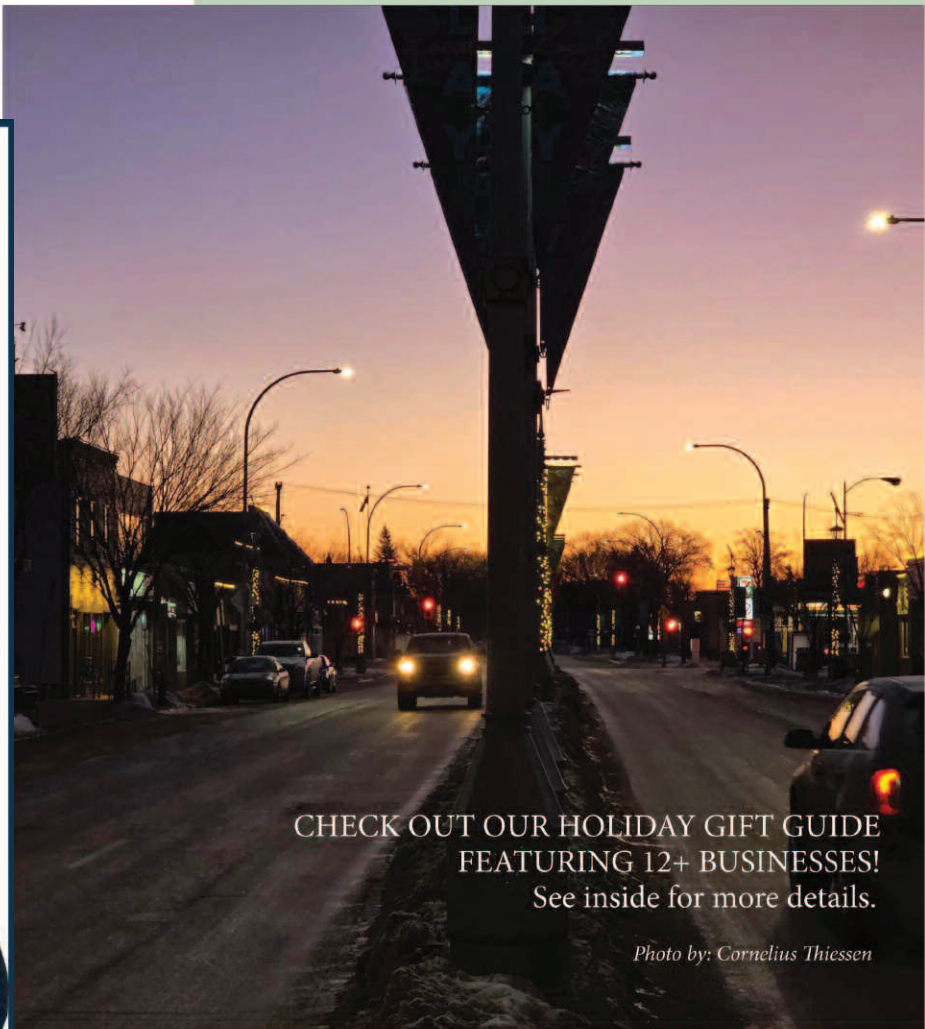
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Photo by: Cornelius Thiessen

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Optimist Club of Transcona

Create a Transcona Winter Wonderland

Two age groups: Ages 7 yrs. and under as well as 8-10 yrs can enjoy bringing a Winter Wonderland to life through colouring. Whether it's Santa's sleigh, festive Christmas scenes, snowmen, or whatever the holiday season means to you, get creative! Use a blank sheet or construction paper to draw, colour, glue, or stick your artwork onto a page.

Please make sure information is on back of entry so we know the winner!

Name, Parents Name, Age, Phone # and Email

1 entry per child - We will contact the winner Thursday December 12, 2024.

3 winner in ages 7 and under

3 winners in ages 8-10

Entries no later Dec 9/24 Pick up and Drop entries to:

Vickar Community Chevrolet

964 Regent Ave West

East End Community Club

517 Pandora Ave. East

Transcona Salon Spa

14-1783 Plessis Road

Transcona Biz Association

309B Day St, Winnipeg

Please make sure information is on back of entry so we know the winner!

Optimist Club of Transcona is on a jolly quest to give "SANTA" a helping hand!

Sashaying through our streets once again!

December 21st, and Sunday December 22nd, so mark your calendars.

Come snag a selfie with SANTA in his fabulous Sleigh!****

Sunday December 15th 4pm -7 pm @Vickar Chevrolet 964 Regent Ave W.

Cost is Cash donation or Food donation for Transcona Food Bank Pictures are taken with your camera or cell phone. For over thirty years, Santa has been making his rounds on the Sunday evening before Christmas, traveling through Transcona. This event is organized annually by the Transcona Optimist Club.

Optimist members, along with Vickar Chevrolet, dedicate days to preparing, mapping, and decorating Santa's sleigh for his arrival.

Continued on page 8

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Welcome Dr Prieur!

The staff at Transcona Optical are happy to welcome our newest optometrist, Dr. Alexa Prieur, to the team!

Dr. Prieur graduated from Indiana University School of Optometry in 2023. She is a proud Franco-Manitoban and is happy to be back in her hometown to offer eye exams in both English and French.

She completed clinical externships across the United States and Canada during her final year of optometry school. During that time, Dr. Prieur received extensive training in the treatment and management of several ocular diseases at Dorn VA Medical Center. Throughout the rest of the year, she also focused on furthering her knowledge on new and upcoming management strategies for dry eye disease.

As new technology continues to emerge in optometry, she is committed to staying up to date to provide her clients the best care possible. Her main interests are primary care with a focus in ocular disease including dry eyes, diabetic retinopathy, cataracts, glaucoma, macular degeneration and more. In her free time, Dr. Prieur enjoys traveling to new places, hiking, golfing, and being with family and friends.



Dr. Prieur recognizes the importance of having a comfortable environment for everyone. Her goal is to give you a thorough explanation of your ocular health and to answer any questions you may have. She values creating a personalized treatment plan with her clients and encouraging them to make informed decisions regarding their vision care. She is happy to be accepting new clients of all ages from Tuesday to Saturday. Dr. Prieur looks forward to caring for you and your family's eye health for years to come! ❖

formed decisions regarding their vision care. She is happy to be accepting new clients of all ages from Tuesday to Saturday. Dr. Prieur looks forward to caring for you and your family's eye health for years to come! ❖

Community Billboard

Transcona Memorial United Church, 209 Yale Avenue West

Continuing to be a vital community! We strive to live out care for others.

Please join us this month to celebrate the gifts of the season!

The United Church Women invite the community to join us for the lighting of the Advent Tree on November 29, 2024 at 5:30pm. Fellowship inside the lower hall following the tree lighting.

December is the season of Advent. Join us as we light the candles of Hope, Peace, Joy and Love each Sunday at 10am. A special performance by the Youth Chorus will be held on December 15th at 10am.

A Christmas Cafe will take place December 7, 2024 at 7pm. Please join our choir and special guests for a Christmas themed evening of music. Tickets are \$10 for adults, \$5 for 12 & under. Includes two cookies and a hot beverage. Tickets available in the church office.

Messy Christmas will take place on December 20, 2024 at 5:30pm until 7:30pm. Join us as we craft, have supper and share a story. RSVP preferred, but never required.

A Blue Christmas service will be held on December 22, 2024 at 7pm. For those who are experiencing loss or for whom Christmas is a difficult time.

Christmas Eve services will be held on December 24th. An afternoon service of lessons and carols and an evening service with communion and candle lighting. Times will be shared online, in our weekly announcements or by calling the church office at 204-222-1331.

Caught In The Act Company invites you to save the date for Dinner Theatre in 2025. Mark your calendars for April 24, 25, 26, 27th, 2025 for this year's play! Tickets will go on sale in February.

Lutheran Church of the Good Shepherd, 401 Kildare

Ave W. Winnipeg, MB R2C 2B4.

Sunday School at 8:45 a.m.;
Sunday Worship Service at 10:00 a.m.; Wed. Dec. 4, 11 and 18 Advent Services at 7:00 p.m.; Tues. Dec. 24 Christmas Eve Service at 7:00 p.m.; Wed. Dec. 25 Christmas Day 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

Continued on page 5



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Transcona Railer Express hit their stride



Over 500 people attended Remembrance Day service at East End Arena.

In mid-November, the team had played 14 games and was sitting in first place in the Manitoba Major Junior Hockey League (MMJHL). The team had a ten-game winning streak due in part to the play of their rookie goalie, Sage Delaronde. Sage joined the Express this year after finishing his high-school hockey career with Murdoch MacKay Collegiate. He was also named the leagues' top rookie and goalie for the month of October with a save percentage of .940 and goals against of 1.82. For more on the team, hockey updates and season schedules, please visit our website at transconarailerexpress.ca.

Involved in the community – One of the most important aspects of our hockey program is the partnerships created in the

community. We run more than just a hockey program; we run a community program benefitting the hockey club, its players and importantly the surrounding area.

Our organizational beliefs drive our players to not only play their best but to making giving back to the community of Transcona a top-level goal.

Express players and our owners consistently and willingly donate their time and efforts to give a lending a hand to those in need. Some of our volunteer focus is on:

- Volunteering with the Transcona Minor Hockey Association at such events as Hockey
- Day in Transcona, development camps and Breakfast with Santa; Regularly helping at the local food bank;
- Reading to students at nearby ele-

mentary schools;

- Providing support for Remembrance Day services and
- Assisting and participating at the L'arche Walk

"When we help in the community we gain new friends, learn new skills and even feel happier and healthier, says Railer Express President, Don Gale. Building this connection with those in need hopefully builds a life-long foundation for our players to serve others."

For Remembrance Day we help the Transcona Legion set-up and take-down the ice covering for their service at East End Arena. This year there was over 500 people in attendance.

We have been helping at the Transcona Foodbank in November and December and the Express has been collecting non-perishable food items at home games in December. Donations can also be placed under the tree in the foyer at East End Arena throughout December. We thank you for your donations especially at this time of year.

Annual breakfast with Santa –

This year's Breakfast with Santa is on Saturday, December 14 from 8 to 11 am. The Railer Express partners with East End Community Club and offers a pancake breakfast before or after morning hockey games or for anyone who wants to come for delicious pancakes. All proceeds go to aid the Transcona Foodbank.

Four home games in December

(All home games are at East End Arena)

- Sunday, December 1
2 pm — EXPRESS vs Jets
- Sunday, December 8
2 pm — EXPRESS vs Vics
- Sunday, December 15
2 pm — EXPRESS vs Twins
- Friday, December 20
8 pm — EXPRESS vs Raiders

Save money with season tickets –

Save money while attending your favorite team's home games. You can purchase season tickets at a discount, \$200 for 23 game tickets. That's just \$7 a game, you save three dollars per ticket per game and \$69 over buying individual game tickets. As a season ticket member, you can use multiple seasons tickets for a game so bring your family members and friends to a home game soon!

Affordable ticket prices make supporting your favourite MMJHL team a reasonable top-notch family entertainment choice! Season tickets are available for sale at every home game.



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Shaylene & Robert Unger
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The Express wish everyone a happy and safe holiday season.

About the Transcona Railer Express
The Transcona Railer Express organization takes pride in their involvement in the Transcona community, while providing a high-quality, affordable program for competitive hockey players as they continue their education or begin their professional careers. A veteran of seven seasons as the Express Head Coach, Derek Gagnon brought the team to the MMJHL finals in his first year as coach, the first since 1992. ❖

Community Billboard

Continued from page 2

St Georges Anglican Church

321 Pandora Avenue West
We gather Sunday mornings at 1030 for our weekly worship services. Everyone is welcome.

We are celebrating the season with Advent services Sunday mornings at 1030 starting Sunday December 1, 2024.

Christmas Eve service will be Tuesday, December 24 at 7pm

Our Annual Lessons and Carols service will be held Sunday December 29, 2024 at 1030 followed by a hot dog lunch.

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 Street Ave. 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 Wednesday with food served on Thursday. If you are in need of the Transcona Food Bank, please call Harvest Manitoba at 204-982-3660 and register by Friday before the 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. Donations can be dropped at the Transcona Memorial United Church from Tuesday to Friday, 9am to 12pm, 1pm to 3pm.

TRANSCONA FOOD BANK SCHEDULE:

THURSDAY, DECEMBER 19, 2024

THURSDAY, JANUARY 16, 2025

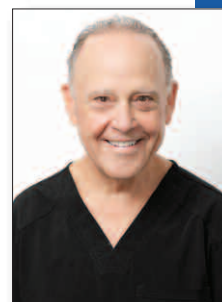
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December at the Transcona Museum

By: Jennifer Maxwell, Assistant Curator

Museum Closure Dates – The Transcona Museum will be closed on December 7th. We will also be closed for the Winter Holidays from December 22nd, 2024 to January 6th, 2025. We look forward to seeing everyone again in 2025!

Photos with Santa at CN 2747 – We've teamed up with the Transcona BIZ for a magical afternoon with Santa Claus aboard the iconic CN2747! Bring

your own camera to take a picture with Santa as he makes a stop at the CN2747. Bring your family, friends, camera, and holiday spirit for a unique photo opportunity that will create lifetime memories. There will also be a special holiday Storytime at the Transcona Library at 2 PM for all to enjoy. Admission: Tin for the Bin, all the items will go to the Transcona Food Bank. The CN2747 is in Rotary

Heritage Park, 735 Kildare Ave West. While there is parking onsite, it is limited.

Transcona BIZ Holiday Tree Ornament Painting Afternoon – Get into the holiday spirit by painting a custom ornament for the Transcona BIZ's festive tree! It's a fun, creative way to share your holiday cheer with the community. Drop into the museum on Friday, December 13th, from 1-4 PM to pick up and paint one of the wooden ornaments for the holiday tree. Your ornament will be proudly displayed for all to see throughout the season! The Transcona BIZ will light up their tree that day after 5pm. The ornaments will be available in early December while supplies last.

Museum Holiday Sale! – The Holiday Sale is on at the Transcona Museum! Discounts up to 50% off on select items. The sale is on from Sunday, December 1 to Saturday, December 21 both at the museum and online. Hurray, while supplies last.

Gifts and Giving – The gift shop at the Transcona Museum offers a variety of merchandise and gift options for everyone. We currently sell merchandise related to CN 2747, the Transcona Museum, and other community-related items. Museum Members and Canadian Veterans get a 10% discount on select items.

Why not give the gift of a Museum Membership for the holiday season? Memberships are good for one year from the date of purchase. Prices are \$15 for an Individual and \$20 for a Family. Memberships may be purchased at the Transcona Museum and on our website through the Zeffy platform.

A reminder to our supporters that monetary gifts to the Transcona Museum are eligible for a charitable tax receipt (\$50 minimum or upon request). To donate, visit our website or call the museum if you need assistance. Anyone wishing to donate in-person at the museum is welcome to do so by December 21st (last day museum is open in 2024).

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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Optimist Club of Transcona

Continued from page 1

Many remember their childhoods when Santa's sleigh would cruise up and down the streets of Transcona. Now that our wonderful community has expanded considerably, our members spend time each year mapping out a route. They conduct multiple dry runs to cover as much of Transcona as possible in one evening. Unfortunately, it's impossible for Santa's sleigh to visit every area. Therefore, the route is altered each year and we added another day to ensure different neighborhoods get to enjoy Santa's visit!

We utilize Facebook to keep everyone informed about Santa's location, so you can step out to greet him. He moves quickly, so be sure to follow the route map that will be shared on our page to know when he'll be in your area.

Weather, sleigh malfunctions, and time constraints are just a few challenges we face during this event, so we appreciate your patience as we do our best.

We hope to contribute to the magic of this season, and we look forward to seeing the smiles, waves, and cheers from both young and old each year. Please remember to stay safe and refrain from blocking intersections.

From our hearts to your home, See you December 21st and 22nd Merry Christmas everyone!

Optimists Club of Transcona

Seniors Bulletin Board

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

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.

Annual Christmas Lights – Bus Trip – Sponsored by Russ Wyatt

We've all been waiting for it and the time has finally come! Come join us for our annual tour of some of Winnipeg's prettiest Christmas lights on December 16th - \$25.00 per person. The bus will depart from 328 Whittier Avenue West and 400 Day Street at 4:30 pm. Reserve your tickets ASAP by calling 204-222-9879.

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 continues to grow. 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.



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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 Are you needing some help around the house or snow removal services? Our local referral service for seniors provides snow shovelling, home maintenance, light house keeping, lawn care, etc. 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. 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.

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. Thursdays' 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**.

For a meal on Mondays, please register by the Friday before that Monday. For a meal on Wednesday and Thursday, please register by the Monday before that Wednesday and Thursday.

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 is scheduled for **December 11th** at 209 Yale Avenue West. Entertainment is at 3:00 p.m. and dinner is at 4:00 p.m. You're in for a real treat with the always lovely Senior Melody Group coming by to sing for us! Come on out and have a great time – guaranteed!! You **MUST** register **by noon on December 9th** at 204-222-5947. \$12 cash

at the door – please bring exact change if at all possible.

Lunch at 500 Widlake Did you know that we have a dine-in lunch every Thursday at 500 Widlake (11:30 am)? For only \$8, you can enjoy a delicious meal in a bright and inviting dining room along with the friendly company of other Transconians. You **MUST** register **by noon Monday before the Thursday you attend** by calling 204-222-5947. At the Thursday, December 5th lunch, we're having a presentation on Wills, Powers of Attorney and Health Care Directives. Hope to see you there! Please bring exact change if at all possible.

Meal Program Closure Please note that our meal program will be closed the week of December 23 to 27, 2024. If you'd like to have meals for that week, we'd suggest you order extra meals the week before for storing.

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 *Continued on page 12*

The love of family & friends makes...



...a house a home.



Bob Goodfellow
204.941.9479
bobgoodfellow1@gmail.com

Deb Goodfellow
204.794.9005
debgoodfellow1@gmail.com

Lori Lind
204.791.2004
lorilind@gmail.com



We wish you & yours a Merry Christmas, Happy Hanukkah & Holiday Season - and a Healthy & Kind 2025

Transcona Garden Club

By Anne Copland

Gardening season has not ended, it has just changed locations. Fall seems to have extended quite a bit from when I first began gardening. Each year we seem to have more time to complete outdoor chores and to get decorations up in decent temperatures.

There I was, surrounded by bags and bags of leaves for mulch and the ground not yet frozen, at time of writing. Mulching seems like good insurance, especially for "young" gardens, with perennials not yet well-established. There is no sure way of knowing the length or severity of the coming winter. Having done all that we could to ensure our plants are protected, we can turn our attention to other things.

Indoor gardens can be anything from a few resident houseplants to shelves of succulents and other plants which we cannot let go. So in they come, and with some special attention, most will survive and perhaps even thrive, dependant on thoughtful care. Checking for hitch-hiking pests, restricting watering and fertilizing is generally good practice. Bulbs, e.g. oxalis may flower year-round in good light, and regular watering. Amaryllis

need a period of dormancy. Mandevilla may need trimming, some leaf drop is normal. Check Hibiscus for aphids. Christmas cactus need a cool dark spot to set their buds for flowering. Orchids require a 5 to 10 degree drop in temperature to prepare them for blooming. Succulents need only enough water to prevent them from shrivelling. Many houseplants originated where their summer is our winter, and may need special attention. Familiar Aloes come in many attractive forms, requiring sandy soil, very little water, bright natural light, and even do well without fertilizer. We can control the temperature somewhat by turning down the thermostat, and providing extra lights. Think of little-used rooms, dark closets, any place away from heating vents for the cactus and bulbs. What is the best thing about indoor gardening? – NO MOSQUITOS!

Thoughts will turn to making our homes look festive and inviting for the holidays. There are **YouTube videos of How to make a Christmas Centerpiece by Ramon - at Home. Direct link is: https://youtu.be/Wtpov_ex6RO**

si=YuXeCT3apuXWYnUw. One in particular I liked was an artificial arrangement featuring a flameless candle, hurricane, greens, ornaments, ribbon and flowers. The same techniques would apply to live material, only wet floral oasis instead of the dry one.

Transcona Garden Club monthly meetings with Speakers will resume on February 19, 2025, at 328 Whittier Avenue West. All are welcome. Annual memberships are still \$15.00, a family membership is \$25.00, for two domiciled at the same address. We hope to bring back most of our 2024 activities, such as Little Green Thumbs (ages 6 to sixteen), Glenlea Greenhouses Fundraising Plant order, Annual Plant Sale, Spring Horticultural Show, and more.

TGC was pleased to donate some beautiful plants to the Transcona BIZ on the occasion of their move to 309B Day Street. The plants came from generous friends of TGC and were much appreciated. The BIZ sponsor many family-friendly "always free" community events to help strengthen and build a stronger community, with a prosperous business district."

Please call Pat Osmond, President at 204-224-3859 for more information.

May Peace and Happiness be yours this Christmas and throughout the New Year. ❖



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Seniors Bulletin Board

Continued from page 9

send us an email tcs@mymts.net. We're also on the web www.transconaseniors.ca and Facebook.

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 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. Fridays 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.

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 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. Tuesdays and Thursdays - noon to 3:00 pm. Call Fred for more information 204 224-4941.

Support Groups – New Opportunities We're hoping to start a Stroke Recovery Support Group for those who are going through their recovery journey. If you're interested in participating, please call us for more details – 204-222-9879. Our Alzheimer Care Giver Support Group is now offering the opportunity for care givers to bring their loved one with Alzheimer/Dementia to the support group. While you are in the support group, your loved one will be welcomed in a separate area under the care of qualified volunteers, for a time of activities and snacks. Please call 204-222-9879 for more details.

Support Groups

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.



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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.

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 Country Dancing; and Line Dancing. Please check the Transcona Council for Seniors website www.transconaseniors.ca for more information.

Please note that many of these programs will be on a holiday schedule over December and starting up again in early January 2025. One particular program is the Tuesday Soup and Sandwich which will have its last day on December 10th and will start up again on January 7, 2025. Please check the website www.transconaseniors.ca to find specific dates for the other programs.

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!

Healthy Aging

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

The March of Dimes Safe and Healthy Home for Seniors Grant: Enhancing Safety for Manitobans

Home is where most people feel the safest, but for individuals with disabilities or seniors, it can sometimes become a challenging environment. The March of Dimes Canada, a national organization dedicated to supporting individuals with disabilities, offers a valuable resource to enhance home safety in Manitoba: The Safe and Healthy Home for Seniors Grant.

TRANSCONAVIEWS

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What is the Safe and Healthy Home for Seniors Grant?

Funded by the Government of Manitoba's Department of Health, Seniors and Long-Term Care, the Safe and Healthy Home for Seniors Program provides funding for basic and essential devices or adaptations for seniors facing barriers within their homes. The goal of the program is to create an accessible, barrier-free living space where a low-moderate income senior with a condition or limitation can complete basic activities of daily living (eating, bathing, toileting, transferring, and mobility) or getting in and out of their home to access essential medical care and community services safely, independently and with dignity.

Who Can Apply?

An eligible Applicant must: be a permanent Manitoba Resident, be 65 years of age or older, have a combined net household income of under \$60,000, have a permanent ongoing or recurring condition/limitation that impedes mobility and results in substantial restrictions in activities of daily living (eating, bathing, toileting, transferring, and mobility) and/or getting in and out of your home to access essential medical care or community services. If Eligible, an applicant may apply for:

- Up to \$5,000 for basic and essential accessibility solutions, every three years, to a lifetime maximum of \$15,000.
- Up to \$6,500 for basic and essential accessibility solutions if the applicant resides in a rural or remote area of Man-

itoba, every three years, to a lifetime maximum of \$15,000

What Types of Modifications Can Be Funded?

The grant can cover a wide range of modifications, depending on the specific needs of the applicant. Some of the most common improvements include:

Ramp Installation: For individuals using wheelchairs or walkers, ramps provide safer access to homes and reduce the risk of falls associated with steps or curbs.

Bathroom Modifications: Installing grab bars, non-slip flooring, bath seats and zero threshold showers can greatly enhance bathroom safety, preventing slips and falls.

Stairlifts and Elevators: For those living in multi-story homes, stairlifts or residential elevators provide a safer alternative to navigating stairs.

Widened Doorways: Wider doorways allow for easier passage of mobility devices, such as wheelchairs or walkers, making the home more accessible.

Other Accessibility Devices: Modifications to door handles and light switches, can also be funded to ensure ease of access and movement throughout the home.

How to Apply for the Home Safety Grant?

Interested individuals should visit the March of Dimes Canada website <https://www.marchofdimes.ca/en-ca/programs/am/mshhs> or contact 1-866-906-6006 for an application.

Continued on page 14

Merry Christmas to you and your family

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Ward Office: Unit 6 - 801 Regent Avenue West

Healthy Aging

Continued from page 13

Applicants will need to provide proof of income, documentation verifying their disability, as well as details including a price quote about the modifications and/or equipment required.

For more information on the grant and how to apply, contact the March of Dimes or contact the Healthy Aging Resource Team at 204-940-2114.

WRHA Report

*By Stacy Boone,
WRHA Community Facilitator*

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

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 alphetetti,

canned fruit, canned vegetables, canned soup and crackers, instant noodles, shampoo, Toothpaste and toothbrushes, dry and wet cat food.

Donations can be dropped off at the Plessis Community Resource Centre anytime during open hours.

Thank you for your support!

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 fruit and pasta's in sauce, beans in sauce.*

Please join us at our next Transcona Community Network (TCN) meeting Jan 14th 2025 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

Have you heard of *Social Prescribing*?

Social prescribing is a means for health care providers to connect patients to a range of non-clinical services in the community in order to improve patients' social connections, health, and well-being. Did you know being socially connected brings enjoyment and a sense of purpose in life? Adds to improving quality of life, reduces the risk of mental health problems like depression and reduces the risk of physical health problems? Talk to your health care professional about Social Prescribing and how to improve your life here in Transcona!

Our own Transcona Council for Seniors can help too! 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**.



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Over a Year of Progress – Improving Healthcare for Radisson

Jelynn Dela Cruz, NDP MLA for Radisson

As Manitobans prepare for winter, marked by holiday celebrations and the seasonal spread of colds and flus, many are also grappling with rising costs. High grocery prices and interest rates have made it harder for families to manage their finances. Affordability and healthcare are top of mind for Manitobans, and these are the priorities of our government. Elected with a clear mandate to make life more affordable and rebuild our healthcare system, we are working every day to address these challenges.

The cost of living is a growing concern across the country, and Manitobans are no exception. With inflation putting pressure on household budgets, we understand the financial difficulties many face. In response, we are committed to easing these pressures through practical measures that provide both immediate relief and long-term solutions.

One key initiative is the gas tax holiday, introduced earlier this year to provide relief at the pump. By lowering gasoline prices, we have helped ease inflationary pressures that affect everything from grocery shopping to commuting. This measure has directly benefited households across the



province, and we are extending the gas tax holiday through December 31st to provide additional savings during the holiday season.

In addition to the gas tax holiday, we have implemented measures to ease financial strain, such as doubling the prenatal benefit and offering rebates for electric vehicles and home security sys-

tems. We are also committed to making homeownership more accessible for Manitobans.

Since taking office, we have prioritized rebuilding healthcare by listening to front-line workers through a comprehensive listening tour. As part of this effort, I have spent much of the past year visiting personal care homes, meeting with seniors, and listening to their concerns. We are investing in restoring services, addressing seniors' needs, and working to establish a Seniors' Advocate Office, despite opposition blocking progress since March.

In addition to improving the quality of care, we have expanded healthcare capacity across the province. We have opened two new extended-hours primary care clinics at Concordia and Grace Hospitals and expanded the sexual assault nurse examiner program to provide trauma-informed care. We are also adding new staffed beds, launching a mobile MRI service for Northern Manitoba, and expanding spinal surgery programs to reduce wait times and improve care.

To support these efforts, we are hiring 1,000 new healthcare workers to meet growing demand. Despite the budget deficit left by the previous gov-

A campaign graphic with an orange background. On the left is a portrait of Jelynn Dela Cruz, a woman with long dark hair wearing a maroon top. To the right of the portrait, the text "Proud to serve the people of Radisson!" is written in a white, cursive font. At the bottom, there is a white banner with the Manitoba coat of arms, the name "JELYNN DELA CRUZ" in large blue letters, and "MLA FOR RADISSON | DÉPUTÉE DE RADISSON" in smaller blue letters. Below the banner, there is an orange bar containing the phone number "(204) 599-2080", social media icons for X, Facebook, and Instagram, and the email address "JELYNN@YOURMANITDBA.CA".

ernment, we are committed to balancing the budget while making essential investments in healthcare, job creation, and sustainability.

At the heart of our efforts is the belief that every Manitoban deserves access to affordable healthcare and a decent standard of living. As we head into the holiday season, our government remains committed to making life better for all Manitobans. ❖

Nello's Transcona Report

Hello everyone, I remain so honoured to represent you in the Legislature. As most of you know, I am temporarily away from work due to a health issue. It has become very clear to me how fortunate I am to be part of this great community. I am grateful to everyone that reached out, wished me well and inquired about my wellbeing. I know there are many meetings and discussions I have had to postpone, and I want to thank everyone for their patience and understanding.

It definitely takes a team to do the job I do and what a great team I have! I want to thank all the people who are taking on my workload while I am away, including Minister Schmit who is handling my Ministerial duties and Daniel Blaikie who has attended events on my behalf.

Winter break will soon be upon us. I wish all students and school staff a wonderful holiday. Be sure to enjoy all the winter activities that Transcona has to offer. Once weather permits, outdoor skating will be available at Oxford Heights Community Club and, thanks to the Transcona Biz, we will have a rink set up again in Centennial Square. If skating is not your thing, you can try snowshoeing through the Transcona Bio Reserve which contains a 2.3 km loop through prairie meadows and forests. Finally, you should check out up coming Transcona Railer Express games. As of writing, they are on quite the run, as they have won seven out of their last eight games. Their schedule can be found at mmjhl.ca. ➔

If you would rather stay warm and indoors, I recommend searching for Transcona landmarks in 'Five Golden Rings', a Hallmark Christmas movie that used our streets and business fronts as shooting locations.

I look forward to returning in the not-too-distant future. The constituency office is still open to meet your needs. Reach out to Devon and Denise. Our office is located at 127 Regent Avenue West. 204-594-2025 Nello.Altomare@yourmanitoba.ca. ❖

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