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Winter Eye Health

By: Dr. Blake Chartier, OD

With more of the winter months ahead and plenty of opportunity for outdoor adventures, it is important to take the proper precautions to protect your eyes from the cold. As humidity drops in the winter months, people who suffer from dry eyes often tend to become more symptomatic.

Here are some tips and tricks and some things to consider to keep your eyes both safe and comfortable during our long Winnipeg winters.

During the frosty winter months, people may tend to notice that their eyes will dry. A combination of frigid temperatures and dry heat from the furnace may cause the eyes to produce less tear volume or cause quicker evaporation of tears. A humidifier in the bedroom at this time of year can help return humidity to the environment and reduce excessive dryness.

Eye protection during winter sports is equally important. Wearing goggles for activities such as skiing, snowboarding, snowshoeing, ice fishing and even long walks will help to reduce eye exposure to the chilling environment.

Sunglasses can be equally important in the winter months as UV rays continue all year round. Reflection from the sun off

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Winter Eye Health

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the snow can cause increased light sensitivity during this time of year, making sun protection even more critical for optimal eyesight.

Contact lenses can be more susceptible to drying out with exposure to the cold, so it is always important to plan ahead. If you wear monthly lenses, be sure to have your case and solution on hand. Even allowing the lenses to re-hydrate for a few hours after some outdoor winter activity can restore comfort in the lenses. Daily lenses can be thrown out when returning indoors and exchange for glasses or a new pair of lenses if needed.

As always, the symptoms of dry eye can be treated with a combination of artificial tears and warm compress regimen. It is suggested, especially when symptomatic for sandy, burning or watery eyes – that patients use tear drops at least four times a day. Warm compresses should be attempted twice a day, for a duration of 5 minutes with gentle sustained heat on the eyes while closed.

Talk to your optometrist about your winter activities and see what precautions or actions may benefit you. ➔

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

Community Billboard

Transcona Memorial United Church

209 Yale Avenue West



Please join us for Sunday worship service at 10am!

Messy Church will be held on January 17 and February 21, 2025 from 5:30pm-7:30pm. Please join us for games, stories, songs and dinner. RSVP preferred but never required.

Caught In The Act Co. is pleased to present *Murder At Regent Manor*,

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Dr. Alissa Boroditsky



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10:00AM - 2:00PM

Community Billboard

Continued from page 2

a play by Michael Druce; Produced by special arrangement with Pioneer Drama Service, Inc., Englewood, Colorado. Dinner Theatre will be held from April 24-27, 2025 at TMUC. Tickets will go on sale Satur-

day, February 22, 2025 from 9:00 am – 11:30 am in Yale Hall (basement of 209 Yale Ave. W.). The Transcona Council of Seniors will be hosting a Brunch and Bake Sale in conjunction with ticket sales day. The brunch will start at 8:30 a.m. and end at 11:00 a.m.

Ticket prices for 2025 will be \$55.00 and this will include a \$20.00 donation receipt.

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.;

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

Perogy Sale dates; January 24,

February 21, March 21, May 9

St Georges Anglican Church

321 Pandora Avenue West.

We gather Sunday mornings at 1030 for our weekly worship services. Everyone is welcome..

February 9, 2025: we will host our AGM following the service.

February 23,2025: We will be celebrating Black History Month.

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:

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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, FEBRUARY 13, 2025.

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

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January – February at the Transcona Museum

By: Jennifer Maxwell, Assistant Curator

Happy New Year and Welcome to 2025

The Transcona Museum is preparing for another exciting year, and there will be plenty of ways to support and get involved. The New Year is promising to be just as interesting, entertaining, and educational as the previous!

Upcoming Closures & Reduced Hours

The Transcona Museum will be closed February 15 – 17 (Louis Riel Weekend). Any additional changes to our hours will be posted on our social media pages. Thank you.

Award of Excellence – CN 2747

In early December 2024, the Transcona Museum received an Award of Excellence from the Association of Manitoba Museums (AMM) for our CN 2747 Protective Enclosure. We are truly grateful for the recognition of this conservation project. Thank you!

New: Sketch Saturdays!

Dates: January 11 / January 18 / January 25 / February 1 / February 22.

Time: 1:30 – 3:30 pm

Cost: Free-with-admission

Ages: 10 and up

Draw inspiration from the Transcona Museum collections – join us for Sketch Saturdays. Each session we will bring out different museum objects for participants to draw. We will have 6 seats available, and participants are welcome to attend the whole session or drop-in anytime during program hours. *This is not a drawing class but a space to creatively observe and sketch museum objects.*

Please note: We encourage you to bring your own supplies, but basic drawing materials like pencils and paper will be available. No wet medias (paint, ink, etc.). Bring head-



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phones if you enjoy your own music or want to block distractions. No food or drinks in the museum galleries, thank you.

Valentine's Crafting Party!

Date: February 8

Times: 1:00 – 1:45 pm /
2:30 – 3:15 pm

Cost: Free-with-admission

Ages: 12 and under

Join us for some Valentine's crafting fun and games! Make your own handmade decorations and cards for family and friends. Seating is limited to 8 spots for each session (pre-registration required). *Tickets will be available on our website in late January.*

Upcoming Event:

Spring Break 2025

Dates: March 31 – April 4

Times: 10:30 – 11:45 am / 1:00
– 1:45 pm / 2:30 – 3:15 pm

Cost: Free-with-admission

Ages: 12 and under

Spring Break is back at the Transcona Museum! Join us for 5 days of crafts and games – each day will have a different theme with related activities. *More details and registration will be available through our website in March.*

Research Services & Musetoba

We're here to assist you with your research questions relating to family, business/organization, and community histories. *Fees may apply for some services, photocopies, and digital reproductions.* To

ensure you receive the best assistance, we recommend contacting us to discuss your research inquiries and/or make an appointment for a research visit.

Search our collections online with Musetoba. Created by the Association of Manitoba Museums (AMM), this database includes collections from various institutions across the province, including the Transcona Museum. Please note that we are adding and updating records on a regular basis.

Hours & Contact Info

Hours: Tuesday to Friday, 11:00 am – 4:00 pm & Saturday, 12:00 – 4:00 pm (subject to change) – We are CLOSED all holiday long weekends.

Transcona Museum (141 Regent Avenue West, Winnipeg, MB R2C 1R1)

Phone: 204-222-0423

Email:

info@transconamuseum.mb.ca

Website:

www.transconamuseum.mb.ca

Social Media: @TransconaMuseum

*New Year
New Home*

New Dreams 20



25

Whatever your hopes, dreams and aspirations – may 2025 lead your path forward with Good Health, Happiness, Peace, Prosperity, and an Abundance of Love – and Kindness.

And may we all have a vision – now and then – of a world where every neighbour is a friend. – from your friends in real estate – Lori Lind & Deb Goodfellow. We have had the pleasure of helping thousands of our friends in the community – achieve their home-buying & selling dreams and goals – providing the same great service – different location.

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Seniors Bulletin Board

Continued from page 5

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 en-

sure good nutrition. Please feel free to reach out to us by calling 204-222-9879 or via email tcs@mymts.net.

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. 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

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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.

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

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,

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Transcona Garden Club

By Anne Copland

Welcoming in the New Year is filled with anticipation for gardeners. With heartwarming memories of our shinier moments in 2024, thoughts turn to even greater things in 2025! What will they be; experimenting with different varieties of tomatoes? How about adopting more environmentally-friendly practices, such as composting, or tackling unwanted weeds without harmful chemicals? Reducing our dependence on expensive bedding plants? Encouraging pollinators to visit our plants? I have a solution for that. All are possible and can save us money as well.

Some things are still free to gardeners. Not everyone has space for grow lights to start seeds but perfect light is not necessary for that step.

Average daylight is adequate. Later on a sunny window is more important. Alternative inexpensive methods for growing your own seedlings will be discussed in the February 19 workshop on Winter Sowing.

Collecting free rainwater involves an initial outlay of cash for a barrel or two. Free ones are available but must be food-safe, i.e., not from hazardous chemicals. They pay for themselves in a season or two. Hint: put on your Mother's Day or birthday wish list.

Native plants are preferred by many beneficial insects and other pollinators. Nectar-loving hummingbirds will thank you for planting the annual Cuphea "Vermillionaire". It is shrub-like and loaded with colourful tubular blossoms so attractive to hummers all summer long. The sub-

stantial plants are much cheaper than sugar-water feeders and are maintenance-free. One plant per large container will give a visual impact to your garden, or several in a border can serve as a petite hedge in full sun.

Parents and grandparents of children 6 to 12 will be interested to hear that **Little Green Thumbs gardening club** will return with new garden topics and activities planned to help the little ones learn about gardening. Eight sessions for \$80.00, starting on Saturday, February 22. Spots are limited so watch the Transcona Garden Club Facebook page and Eventbrite site in mid-January for more information and details on how to register.

Our annual **Spring Fundraiser with Glenlea Greenhouses** online website opens to all for orders on February 1. It is such a convenient way to shop for bedding plants, baskets, stuffers for containers, perennials, succulents, veggies, herbs, patio tomatoes, gift cards or spectacular fall chrysanthemums. Payment is simple and secure, and your order will be available for pickup at 328 Whittier on May 10. This fundraiser is our main source of funding and we would appreciate your support. More information on ordering will be available at the meeting on Feb. 19th.

Transcona Garden Club is **NOT** meeting in January, but on February 19th, I will be conducting a **free workshop on Winter Sowing** at 328 Whittier Avenue West at 7 – 9 PM. Registration is required. Email

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arcoplant@outlook.com or call 204-224-2535. This is a tried-and-true way of starting your own seedlings by leaving all the work to Nature, and is suitable for all but bulbs. This results in stronger seedlings already hardened off, so that you may plant them as soon as your garden is workable. Soil, seeds and containers will be provided and a handout with instructions. You may use your own annual or perennial seeds.

All are welcome. Non-member drop-in fee is \$5.00. Refreshments will be served.

Please call Pat Osmond, President, at 204-224-3859 for general inquiries.

Happy New Year to all!

Seniors Bulletin Board

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please call us at 204-222-9879 so we can add your email to our list.

Entertainment Wednesdays

Our January Dine-in Entertainment is scheduled for **January 22 2025** at 209 Yale Avenue West. Entertainment is at 3:00 p.m. and dinner is at 4:00 p.m. We're bringing back our ever-popular Red Road Music with Rick and Trish Roschuk. Come on out and have a great time!! You **MUST** register **by noon on Monday, January 20th** at 204-222-5947. \$12 cash at the door – please bring exact change if at all possible.

Our February Dine-in Entertainment is scheduled for **February 19 2025** at 209 Yale Avenue West. Entertainment is at 3:00 p.m. and dinner is at 4:00 p.m. We'll be entertained by the infamous Winnipeg band "B Side Apostles". Come on out and have a great time!! You **MUST** register **by noon on Monday, February 17th** 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 Transcon-

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Transcona Legion Branch # 7

Submitted by Donna Poitras

Message from President Tweed

Greetings from the Transcona Legion Branch #7. The past year had been both challenging and an exciting year. We have welcomed many new members. We experienced a phenomenal year with our Chase the Ace going down to the last card. I would like to offer an apology to all the veterans, members and the people from the community that were turned away due to our maximum capacity.

Our Decoration Day and Remembrance Day services were well attended and very well done thanks to all that assisted in the organization of the events. We paid a special tribute on the 100th Anniversary of the Royal Canadian Air Force (RCAF), and the 80th Anniversary of the D-Day invasion. Our Branch added a plaque on our Cenotaph at Memorial Park in memory of our community and all our Canadians who served in the Afghanistan War.

I would like to thank the members of our Branch and our community for their continue support throughout the year and we look forward to another successful year ahead.

In December we elected our new Executive for 2025. You can often see our Executive at different Events we host and at our Regular Meetings held the 4th Thursday of January-

March-May-July-Sept-November.

Weekly events- Monday Night Bingo-Tuesday Fun Cribbage Night-Wednesday Darts. Typically, the 2nd and 4th Friday of the month Blue Grass can be heard in our clubroom. Saturday is our Meat Draw-Chase the Ace- and 50/50 draw. We do have a big screen tv where we often watch and support our sports teams, as well as a snooker table and VLTS. We have an awesome group of Bar Staff ready to serve your favourite beverage. We will be

hosting bands throughout the year. February 1st we will be hosting TC Hooligans and the 15th Vinyl Revival Band. March 1 Trivia by Quizzlers, March 15th TC Hooligans and March 29th the Band Ravin. Please check our website and calendar at transconalegion.ca for the up-to-date list of events we will be hosting.

Just a reminder we encourage our Members and Community, when coming into the Branch on a Friday, to please wear something **Red**. We do this to as a way of showing our support to the military still serving- **Remember Everyone Deployed**. As a bonus when wearing red and purchasing a beverage of choice your name could be entered into a draw. ❖

Seniors Bulletin Board

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ans. You **MUST** register **by noon Monday before the Thursday you attend** by calling 204-222-5947. Please bring exact change if at all possible.

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.

I AM 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.

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	Per 100g	JAL & CHSE	\$1.61
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ITALIAN MILD	\$1.40	WIENERS:	Per 100g
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		HOGG DOGGS	\$1.66
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	Per 100g		\$1.61
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KUBI ROLL	\$1.73	HAM PEPPERETTES	\$1.66 EACH
PEPPERONI, DELI	\$1.79	HONEY GARLIC	\$1.66 EACH
PEPPERONI, PIZZA	\$1.89	HUNGARIAN	\$1.46 / 100g
ROAST BEEF	\$3.23	PEPPERETTES	\$1.46 EACH
ROAST PORK	\$2.05	TACO	\$1.66 EACH
RST TURKEY BREAST	\$3.94	DRY PEPPERONI	\$1.46 / 100g
SALAMI	\$1.79	MISC:	
SALAMI, ALL BEEF	\$2.15	Per 100g	
GARLIC SAUSAGE:	Per 100g	BUCKWHEAT SAUS	\$1.83
COIL	\$1.29	FARMER LINKS	\$1.72
FINE	\$1.39	FARMER PATTIES	\$1.72
HAM	\$1.86	HAM NUGGETS	1.14
CHICKEN GARLIC	\$2.26	SMKD BACK RIBS	Price Varies
		PULLED PORK	\$1.65
		SMKD PORK TENDER	Price Varies

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Transcona Rotary Club

The crisp cool morning air can only mean one thing... it's winter! My not so favourite time of year. Transcona Rotary would like to wish every one of our neighbours a healthy and safe 2025!! As we kick off the start of another year, we just wanted to thank each of you who assisted in our fundraising efforts over the years. Together we have helped many organizations here in Transcona and around the world and look forward to more projects designed to help those of us who may need a helping hand.

We've had a busy few weeks hosting a well attended mixer to re-introduce Transconians to our club and what it is that we do, all the while continuing to raise funds for our charitable deeds. Most of the money our club raises, stays in our little community, to help those in need right here in our own backyard. But we're not done yet!

That's right! Back by popular demand, our annual Dinner & Auction "Cabin Fever" is returning after a brief hiatus. Please make plans to join us on Friday March 21, 2025 to shake the winter blahs at CanadInns Transcona for a good meal, great fellowship and a worthy cause. Tickets are \$100 per person or a table of 8 for \$800. This is your opportunity to assist us in giving a hand to many local projects and to help those in need. You can arrange to purchase tickets or make a prize do-

nation by contacting Rotary with the info below.

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 time Transcona, take care, be well. ❖

Seniors Bulletin Board

Continued from page 12

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 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 have started a Stroke Recovery Support Group for those who are going through their recovery journey. The group meets on the first Tuesday of every month at 1:00 pm at ACCESS Transcona (845 Regent Ave West). 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.

Continued on page 19



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Leila's Transcona Report

Leila Dance, MP Elmwood-Transcona

Ten years ago, if you told me I would be representing the community I have spent my entire life in as their Member of Parliament, I wouldn't have believed you. In fact, even ten months ago, I likely still wouldn't have. Having spent the last 20 years of my life working with and for this community, I could not be more grateful and humbled that this community chose me as their representative.

Since accepting the nomination in April 2024, I had a chance to not only reconnect but also meet thousands of community members. I listened to your concerns and heard many great suggestions on how to improve the lives of Manitobans. I share these concerns, because I've lived with them too. As a single

mother, I know the anxiety and the struggle that comes with opening those monthly bills, paying the mortgage, and doing mental math at the grocery store check-out.

People have been forced to choose between groceries and their prescriptions, between heating their home and putting gas in their car. That's why I chose to run. In my community work, I fought to fill the gaps left by Conservative provincial governments that cut and gutted the social services that we need so desperately to make ends meet. As wages continue to be outpaced by inflation, our local food banks are struggling to feed record numbers of people, and affordable housing has become more and more impossible to find. These are not luxuries— they

are basic necessities for a decent, dignified life, the life we all deserve to live in our country.

I also heard time and again about issues with casework, this includes Service Canada, CRA and Immigration. I am happy to announce that my Winnipeg office is now set up and ready to help address some of those concerns. To help get the answers you have been long waiting for and to push the government to fix these services so that they work better for Canadians.

With the House of Commons prorogued until March 24th I plan to spend every day between now and then meeting with constituents and community groups to ensure that once the next sitting resumes, I will return to Ottawa with the concerns of my neighbour's top of mind. If you would like the chance to speak with me or if there is an event in our community you would like me to attend please do not hesitate to reach out to my office by calling 204-984-2499 or emailing Leila.Dance@parl.gc.ca

The people of Elmwood-Transcona sent me to Ottawa to bring their concerns and their struggles to Parliament and be their voice. I could not be more excited, and committed, to representing our home in the nation's capital.

Thank you! ❖

LEILA DANCE **MP**
Elmwood-Transcona

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2025 Begins with Action: Building a Healthier, More Affordable Manitoba

Jelynn Dela Cruz, NDP MLA for Radisson

As we begin 2025, Manitobans continue to face challenges like inflation, rising costs, and global uncertainties. In response, our government has frozen hydro rates and expanded healthcare access. While we address these issues, we also see an opportunity to rebuild and push for positive change. Our government is committed to solving today's challenges while planning for a stronger, more sustainable future. The upcoming 2025 budget will outline further measures to strengthen Manitoba and support all those who call it home.

We are focused on making everyday life more affordable. One way we are achieving this is by freezing hydro-electric rates for 2025, starting January 1st. This freeze is not just temporary relief—it's part of a long-term strategy to stabilize costs for

Manitobans. By locking in rates for the year, we provide predictability, helping families better budget and manage their finances through the winter and beyond.

In addition to managing living costs, we are expanding healthcare access with two new Extended Hours Primary Care Clinics, including at Concordia hospital, a place close to my heart. Open evenings, holidays, and weekends, these clinics provide timely care for minor health issues, especially for those without a family doctor or needing care outside regular hours. As we enter the new year, we remain committed to improving health outcomes for Manitobans.

To protect Manitobans from COVID-19 and other respiratory viruses, we are making vaccines more accessible. The 2024-2025 COVID-19

vaccines are now available, and we encourage everyone to get vaccinated to safeguard their health and the health of loved ones. To find a nearby vaccine provider, visit Manitoba.ca/RespiratoryViruses/VaccineFinder.htm. Alternatively, the provincial call centre is available Monday to Friday from 9:00 am to 5:00 pm at 1-844-626-8222 for assistance in locating a vaccine provider. Vaccines are part of our broader commitment to safeguarding public health amid ongoing health challenges.

Our government remains steadfast in our commitment to rebuilding a Manitoba that is resilient, healthy, and affordable for all. Through actions like freezing hydro rates, expanding healthcare access and increasing vaccine availability we are laying the foundation for a sustainable, prosperous future. Rebuilding takes time, but with consistent action and collective effort, we will shape a better tomorrow. In the 2025 budget, expect more details on these efforts and additional measures to strengthen our province. Together, we will create a more affordable, healthier Manitoba.

Over the past year, I have had the privilege of chairing and participating in several committees, always keeping the interests of my Radisson constituents at the forefront. In the Standing Committee on Public Accounts, I raised concerns related to provincial tourism, drinking water safety, and cybersecurity for electronic health records. As chair of the Standing Committee on Social and Economic Development, I have heard valuable public input on key issues such as Men's Mental Health Awareness Week and



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

(204) 598-2080



JELYNN@YOURMANITOBA.CA

the Long-Bladed Weapon Control Act. These opportunities have enabled me to advocate for issues that matter most to our community.

Please continue to send your feedback as it informs our work in the legislature. For any questions or concerns, contact our Radisson team at (204) 599-2080 or email jelynn@your-manitoba.ca. Together, let's make 2025 a year of positive change.

Seniors Bulletin Board

Continued from page 14

Support Groups

Alzheimer Care Giver Support Group meets the 1st Wednesday of every month from 10-11:30 am at 209 Yale Avenue West. All are welcome to bring their loved one with Alzheimer/Dementia to the support group where they will be welcomed under the care of qualified volunteers for a time of activities and snacks, while you attend the support group.

Stroke Recovery Group meets the 1st Tuesday of every month at 1:00 pm at ACCESS Transcona 845 Regent Ave West. All are welcome who are going through the stroke recovery journey.

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. All are welcome who have any level of hard of hearing.

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 check the website www.transconaseniors.ca to find specific dates and times for all programs. A membership is required to participate in the TRCO programs (annual fee of \$20).

Don't let the colder weather stop you from getting out and enjoying yourself. Bundle up, come out to our programs and enjoy the warmth of friendship and fun!

Healthy Aging

By WRHA Healthy Aging Resource Team

Living well ... with Arthritis

"Arthritis", meaning joint inflammation, describes a group of over 100 diseases that can cause joint inflammation and resulting joint pain and damage. There are two broad categories of arthritis: inflammatory and osteoarthritis.

Inflammatory arthritis is caused by chronic inflammation that can damage joints and affect other areas of the body. Gout, rheumatoid arthritis, ankylosing spondylitis and psoriatic arthritis are types of inflammatory arthritis.

Osteoarthritis (OA) is the most common type of arthritis. It is caused by the progressive breakdown of joint cartilage and the under-

Continued on page 20

TRANSCONAVIEWS

AND ADVERTISER

Promote your community news!

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

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



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Transcona Railer Express

“The Transcona Railer Express rolled into the Christmas break with a bang, boasting an impressive 20-3-3 record that put them firmly in 1st place in the Manitoba Major Junior Hockey League! The team is truly firing on all cylinders, leading the league with the most goals scored, the best power play, and a formidable second-best penalty kill. With the dynamic goalie duo of Sage Delaronde and Logan Maroni manning the nets, the boys are showcasing some stellar defense. Sage’s outstanding performance earned him the title of Goalie of the Month for October, along with Rookie of the Month honors for both October and

November! But it’s not just about on-ice success; the Railer Express are making waves in the Transcona community too!

Players and board members have been actively volunteering at the Transcona food bank, spreading kindness and support. In a heartwarming event, hundreds of Transcona Minor Hockey players enjoyed a delightful Breakfast with Santa, hosted by the East End Community Club and the Railer Express. Every Wednesday, our dedicated players and coaching staff share their skills and passion by mentoring U7 and U9 TMHA players, helping to nurture the next generation of hockey talent. ➔

Mark your calendars for Railer Express home games at Ed Golding Arena on:

January 26th at 2:00 PM
February 2th at 2:00 PM
February 9th at 12:45PM
February 14th at 8:00 PM
February 23rd at 2:00 PM
March 2nd at 2:00 PM

Don’t miss the chance to witness fast-paced, exhilarating hockey action. Join us as we charge forward full steam ahead! “ ❖

Healthy Aging

Continued from page 19

lying bone. When the body is unable to repair and replenish the damaged tissue, osteoarthritis develops. Although it can result from the ‘wear and tear’ of aging, the risk of developing arthritis is increased by joint injury, sedentary lifestyle and activities that require repetitive movements or heavy lifting. Chronic inflammation in the joint from inflammatory arthritis can lead to OA as well.

About half of adults over age 65 have arthritis, which means the other half do NOT have arthritis! It isn’t an inevitable part of aging. Although there is no cure for arthritis, there are many things that you can do to decrease risk, improve symptoms and help make arthritis more manageable.

Controlling inflammation is critical to managing inflammatory types of arthritis but it can also help manage OA. Chronic inflammation occurs when the body continues the inflam-

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matory response when there's no imminent danger of infection or injury. Inflammatory cells that normally promote healing can damage healthy cells and increase risk of arthritis and several health conditions like heart disease, cancer, autoimmune diseases and other inflammatory diseases.

What You Can Do:

Let Food be Thy Medicine!

Choosing foods that are rich in antioxidants and anti-inflammatory agents can help reduce chronic inflammation caused by oxidative stress. Exposure to environmental contaminants, smoking, alcohol and diets high in sugar, saturated fat and highly processed foods can increase oxidative stress. To illustrate, imagine a cut apple that turns brown when exposed to the air – that is oxidative stress. Now rub a little lemon juice on the cut apple, you will notice it doesn't brown – the lemon acts as an anti-oxidant. Fortunately, the body does produce some natural antioxidants but not enough to prevent oxidative stress and damage to cells.

A diet rich in antioxidants and anti-inflammatory foods can help fill the gap and in turn reduce oxidative stress and the risk of the associated chronic diseases. Choose a diet rich in brightly coloured fruits and vegetables, whole grains, legumes and healthy fats such as olive oil, nuts & seeds and fatty fish. Research suggests that garlic, turmeric, cinnamon and ginger may have benefits in reducing inflammation. Enjoy these spices liberally in food but use caution if using them as supplements.

There isn't enough research to confirm safe amounts.

Cut back on highly processed foods, sugar and saturated fats. These foods can increase inflammation and replace health promoting foods. Try substituting red meat with salmon or legumes a few times a week. You don't need to avoid nightshade vegetables, like tomatoes, eggplants and peppers. Research does not support their role in increasing arthritis symptoms.

Drink plenty of water. Staying well hydrated helps to flush out toxins and keep cartilage well-hydrated to reduce stiffness in joints.

Keep Moving! Low-impact exercise can help reduce joint stiffness and ease pain. Exercise can also help to strengthen muscles that support and stabilise your joints. Talk to a physiotherapist about the best exercises for your type and location of arthritis. Walking, water exercises, Tai Chi and yoga are popular choices.

Pace Yourself! Learn your limits. Break big jobs down into small manageable tasks to reduce pain and fatigue from arthritis symptoms. Speak to an Occupational Therapist for tips and strategies to make everyday tasks easier. For example, using fat handle cutlery can make eating easier if you have arthritis in your hands. Getting enough sleep and managing stress are important for overall health.

Talk to Your Doctor! Your primary care provider can work with you to find treatment and management strategies for your arthritis. It is a good idea to keep a symptom

log so you can accurately describe your symptoms and associated activities to your doctor.

For more information, check out arthritis.ca or contact **HART** at 204-940-2114!

WRHA Report

*By Stacy Boone,
WRHA Community Facilitator*

2024-2025 Community Volunteer Income Tax Program (CVITP) will again be offering FREE income tax returns. This program will be a DROP-OFF PROGRAM service only.

Taxes will be prepared and e-filed for **free** for low income earners starting **March 4st 2025 – April 30th 2025**.

ACCESS Transcona at 845 Regent will be the drop off site. Front desk staff will accept your income tax information/receipts. **A drop off sheet (includes personal and contact information) MUST be filled out and submitted with your tax documents. Drop off sheets will be available at the front desk of Access Transcona. Drop off sheets can be picked up prior to dropping off taxes if preferred. (No in person income tax services available).** *Continued on page 22*

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WRHA Report

Continued from page 21

Clients will be called to pick up their completed income tax returns.

Income eligibility guidelines:

Single and your total income is \$35,000 or if you are a married couple and your total combined family income is \$50,000 or less.

We do not prepare taxes for: self-employed individuals, claimed bankruptcy in 2022, have more than \$3,000 in interest or a rental income.

The Plessis Community Resource Centre welcomes food donations.

We are accepting donations for our helping pantry such as coffee, sugar, pasta sauce, ravioli and alpaghetti, 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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2024 - \$323,500
+ 7.1%

Median Price in 3M (East)
2023 - \$346,500
2024 - \$370,000
+6.8%

Median Price in 3N (South)
2023 - \$336,000
2024 - \$371,000
+10.4%

• Based on Winnipeg Regional Real Estate Board sales to December 31, 2024

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