

TRANSCONAVIEWS

Transcona's Only Exclusive Community Paper
www.bondprinting.net/views.php

AND ADVERTISER

Published by



130 Victoria Ave. West • Phone: 204-222-7069

**SPECIAL
TRANSCONA
BIZ EDITION**



TRANSCONA
BUSINESS IMPROVEMENT ZONE

TRANSCONA BIZ BULLET

VOL.24 No. 1

MARCH 2025



GOODFELLOW
realty

**Buying or Selling a house
or condo in Transcona?**

**SCAN THE QR CODE
WITH YOUR PHONE** to
find out why we are the
Trusted Name for selling
**TRANSCONA REAL
ESTATE** for over 25 years



TOM GOODFELLOW & JOSH GIBSON
goodfellowrealty.com | 204.224.2551



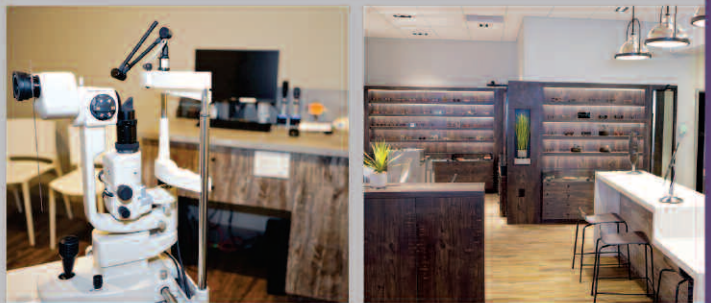
SEE HOW YOU CAN GET INVOLVED!
This upcoming spring & summer season.



TRANSCONA
OPTICAL

NEW OFFICE! NEW LOOK!

211 Regent Ave. W | Ph 204-224-2254 | transconaoptical.ca  



ON-SITE PARKING



Dr. Elisa Florentino



Dr. Elissa Boroditsky



Dr. Steven Malo



Dr. Karen Blackie



Dr. Blake Chartier



Dr. Alexa Prieur

OAKLEY

TOM FORD

etnia O.
BARCELONA

Ray-Ban®

MK

MICHAEL KORS

BOGO 50% OFF *

*Buy two complete pairs of glasses and get the second set of lenses at 50% off

Eye Health & Vision Examinations

Designer Glasses, Sunglasses & Contacts

State Of The Art Diagnostic Technology

Digital Retinal Imaging & OCT

Direct Billing To Insurance Companies

OPEN Monday-Friday 8.30am-5.30pm | Saturday 9am-3pm

Exciting news, hockey fans!



Derek and staff coached team to victory 11-9 over the Team West

The Transcona Railer Express is heading to the playoffs in the Manitoba Major Junior Hockey League, and they've done it with style! After an impressive first half of the season, this team has consistently shown their strength, positioning themselves at the top of the league. But that's not all! This month, the Railer Express players are stepping off the ice and into the community for Reading Month. They'll be visiting schools in Transcona to read to students, fostering a love for literacy and supporting our local youth. Plus, the Railer Express is dedicated to the development of its athletes, actively providing scholarships to help players excel both on and off the ice. Mark your calendars for March 6th! The Railer Express will host its annual Sportsman Dinner, a night filled with fun, friendship, and fundraising, all to benefit the program. You won't want to miss it check out the website for all the details! Join us as the Railer Express powers through the end of the regular season and into the playoffs. Let's pack the stands and cheer them on-full steam ahead! ❖

✂ Extra Value Ad Index ✂

Comfortec	page 1
ABC Power Tools	page 2
Sunrise Dental	page 4
Royal LePage Prime Real Estate	page 5
Oakley Alarms	page 7
JD Hoggs Sausage Co.	page 9
Kehler Realty	page 10
JTL Construction	page 12
GRD Yardworks	page 19
CM Engrave	page 20
Century 21 Sun Country Realty	page 24

Bringing comfort to your home.



For the peace of mind that comes with quiet, dependable warmth and energy efficiency that can save you money, discover Comfortmaker® systems.



Comfortmaker®
Air Conditioning & Heating



For everyone's safety be assured we are practicing all COVID protocols

Annual Furnace Service

\$79⁹⁵

plus applicable taxes

Includes: Inspection, Cleaning, Tune up, & Inspection.



204-792-2906

www.comfortec.ca

SERVING TRANSCONA SINCE 2001

Please mention coupon at time of booking. Expiry April 15, 2025



TRANSCONA
PHYSIOTHERAPY + SPORTS INJURY

www.transconaphysio.com

230 Regent Ave. West Winnipeg, MB R2C 1R2 Ph. 204 224 4015

Age Related Macular Degeneration

By: Dr. Blake Chartier, OD

Some of the most common questions we get as optometrists centre around the topic of age related macular degeneration (AMD). Along with cataracts and glaucoma, AMD is one of the most talked about eye conditions. The goal of this article is to answer some common questions in an attempt to better inform readers on all things pertinent to AMD.

To understand age related macular degeneration, we must first look at basic eye anatomy. The macula is located at the back of the eye, in the most central part of the retina. It is an area where photoreceptors are present in largest numbers and therefore the macula is responsible for all our detailed and central vision. It is used for everything we do

- from driving, reading and looking at our digital devices. Therefore, developing AMD will generally leave patients with reduced central vision while the periphery remains unchanged.

The earliest stages of AMD can be entirely symptom free, but are often detected during a routine eye exam. The most common complaints of initial symptoms might be slightly blurred vision noticed especially during tasks that require seeing detail. As macular degeneration progresses, the blurred area can become larger and more pronounced leading to a permanent reduction in vision. Other changes to vision that may occur are straight lines appearing wavy or jagged and a dark black spot in the central vision which moves with the eye. In all of these cases, there will not be any associated pain.

The two subtypes of AMD are: dry and wet. Dry AMD is the much more common and milder form which often develops slowly over time. Wet AMD on the other hand is much less common, but often presents as a sudden visual disturbance when weakened blood vessels at the macula start to leak or bleed into the macular tissue. The result is quite often a worse visual prognosis. It should be noted that dry AMD can turn to wet – making early detection important in long term visual outcomes.

Since AMD is part of the natural aging process, the risk of developing it increases with age. However those individuals who smoke, or have had significant UV exposure are at higher risk. High blood pressure and family history are thought to be possible risk factors as well.

In order to prevent AMD, optometrists will advise patients on the importance of UV protection, a balanced diet and not smoking. When asked, I will generally tell my patients, “What is good for the body is good for the eyes,” including leafy green vegetables like kale,

Continued on page 6

Number 1 Worldwide **STIHL**

204.224.1760
info@abcpowertools.ca
201 Regent Ave. West





ABC POWER TOOLS
 WINNIPEG'S #1 SAW SHOP

Ball Insurance Agency

SINCE 1953

LOCALLY OWNED, COMMUNITY MINDED



HOME AUTO BUSINESS ...AND MORE

CONNECT TODAY!



(204) 222 7771



@ballinsuranceagencywinnipeg



info@ballinsurance.ca



112 Regent Ave. W (Regent @ Day)

Hours:

Mon - Fri

9:00AM - 5:30PM

Open Saturdays!!

10:00AM - 2:00PM

March at the Transcona Museum

By: Jennifer Maxwell, Assistant Curator

Upcoming Closures & Reduced Hours

The Transcona Museum will be closed to the public for our exhibition renewal starting Saturday, April 5. We will reopen in early May. Any additional changes to our hours will be posted on our social media pages. Thank you.

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

Join us this Spring Break for a week full of creativity, fun, and adventures! Each day will feature crafts and activities based on a daily theme. There will be three sessions each day, so you can

choose the one that works best for you. Make sure to register in advance to secure your spot, as these sessions tend to fill up fast! [Tickets will be available on our website starting March 10.](#)

Sketch Saturdays – March

Dates: March 1/March 8/March 15/
March 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 visit our website for more information on this program.

Exhibitions: Last Chance!

March is the final month to view our current exhibits *The Everyday Art of Transcona* and the *Winnipeg 150 Community Photo Display*. Following Spring Break (March 31 – April 4), the Transcona Museum will be closed for our exhibition renewal. We will reopen in early May with brand-new displays in the museum's galleries.

Caring for Your Family Heirlooms

Date: April 16

Time: 6:30 – 8:30 pm

Location: Ecole Regent Park
School Library

Cost: \$21

Ages: 18 and up

This workshop will provide practical tips on how to care for the special ob-



Same Smile with a New Name.

We are bigger and better.

Using advanced technology

to provide the highest quality DENTAL CARE

BECAUSE WE CARE ABOUT YOUR SMILE.



Sunrise
DENTAL

T100 Regent Avenue West, Winnipeg, MB R2C 4J2

Tel. 204.661.6091

FREE
Exams
and X-Rays
For New
Patients

We are
now accepting
the CDCP
program

jects and archival documents you have at home. Participants are welcome to bring examples of family heirlooms (items, documents, etc.) they are interested in preserving to gain the benefit of experienced advice from the Transcona Museum staff! Contact the RETLife office for information about registration (204-667-6193).

Upcoming: Annual General Meeting

The Transcona Museum will hold its Annual General Meeting on Thursday, May 22 at 7:00 pm. The meeting will take place at the museum, located at 141 Regent Avenue West. Everyone is welcome to attend, and museum members in good standing will have voting privileges. *If you need to renew your membership, you can do so through our website or at the meeting.* Please feel free to contact us if you have any questions.

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

Community Billboard

Transcona Memorial United Church

209 Yale Avenue West

Please join us for Sunday worship service at 10am!

World Day of Prayer will be held at TMUC on March 7, 2025 at 1:30pm. This

is an international event, celebrated by 170 churches worldwide. The service has been prepared by women living in Cook Islands in the South Pacific. All are welcome to attend, this is an ecumenical service. Refreshments will be served following the service.

PIE Day at Transcona Memorial United Church! Friday, March 14, doors at 5pm. Pie for supper & pie for dessert!

\$10.00 per person. Presentations & Door Prizes. All are welcome!

Messy Church will be held on March 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*, a play by Michael Druce; Produced by special arrangement with Pioneer Drama Serv-

Continued on page 6

Congratulations
GOODFELLOW/LIND

ROYAL LEPAGE®
Prime Real Estate
INDEPENDENTLY OWNED AND OPERATED

ROYAL LEPAGE®
PRESIDENT'S GOLD™
AWARD 2023-2024

ROYAL LEPAGE®
NATIONAL TOP 10%™
2024

**SAME GREAT SERVICE
DIFFERENT LOCATION**

ROYAL LEPAGE
PRIME REAL ESTATE
204-989-7900 – OFFICE

GOODFELLOW
LIND *trusted since 1981*

Lori LIND
cell/text: 204-791-2004

Deb GOODFELLOW
cell/text: 204-794-9005

**YOUR REAL ESTATE SOURCE FOR BUYING, SELLING,
OR JUST EXPLORING YOUR OPTIONS**

Are you ready to make a move? We are here to guide you every step of the way. As your local Realtors, we have a pulse on our community and an extensive network to ensure that your interests are best served.

Why Choose Deb GOODFELLOW & Lori LIND?

Local Expertise: We have helped thousands of Buyers & Sellers achieve their home buying and selling goals over the last few decades. We were also both in Bank Management careers prior to real estate with a solid financial background.

Personalized Service: Every client is unique. We tailor our approach to not only meet, but exceed your goals.

Proven Track Record: With a history of successful transactions and customer satisfaction – we are committed to leveraging your results.

Thinking of Selling? – Now is a fantastic time to list your home as the market strongly favors the Seller! With demand high and inventory low, marketed by a skilled professional to include MLS, REALTOR.ca, social media, professional photos and videos, an illuminated custom sign, staging, marketing with a holdback – and a tailored approach to marketing – SUCCESS is yours, to achieve the best return on your real estate investment.

Unlock the Door to Your Future Goals or Stage in Life – **HELPING YOU IS WHAT WE DO** Home Selling/Home Buying/ Existing market or building/Condos/First Time Buying/ Moving Up/ Moving Down/ Moving to 55 Plus or rental/Investors/Estate Sales

The TRUST. The EXPERIENCE. The SERVICE

Age Related Macular Degeneration

Continued from page 2

spinach and peppers. In cases where early AMD is already detected, optometrists may suggest an additional eye vitamin to reduce chances of progression. Treatment for wet AMD is far more invasive and may require injections into the back of the eye to stop leaking blood

vessels. These are done by an ophthalmologist. Patients with AMD may be given an Amsler grid, allowing them to monitor for visual changes at home.

Routine eye exams by your optometrist will assess the health of the entire eye including the macula, to allow for

early detection and patient awareness. Do not hesitate to ask your doctor about AMD at your next visit.

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

Community Billboard

Continued from page 5

ice, Inc., Englewood, Colorado. Dinner Theatre will be held from April 24-27, 2025 at TMUC. Tickets are on sale now! Please visit <https://tmuc.ca/dinner-theatre/> for information on ticket purchases.

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

The UCW of TMUC are collecting toiletries and everyday necessities to help support the Shoebox Project in Manitoba. The Shoebox Project supports women who are escaping domestic violence and may arrive at a shelter with only the clothes on their backs. Please contact Mary at marbensales@gmail.com for more information or if you're interested in supporting this initiative.

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

Continued on page 8

A Dignity Memorial Difference

24-hour Compassion Helpline®

With Dignity Memorial's exclusive Compassion Helpline, your family will have up to 13 months of unlimited complimentary phone access to professionals trained in grief counseling.

In addition, anyone who attends a visitation, cremation memorial or celebration of life will have three months' access to the Compassion Helpline.

Call today to receive a **FREE PERSONAL PLANNING GUIDE**

GREEN ACRES

Funeral Home & Cemetery

Personalized Funeral, Cremation and Cemetery Services

204-222-3241

www.greenacresfuneralhome.com

Follow Us



Dignity[®]
MEMORIAL



A division of Service Corporation International (Canada) ULC

OAKLEY alarms Ltd.

THE SECURITY EXPERTS



Call Us Today: 204-654-9982

info@oakleyalarms.ca

www.oakleyalarms.ca

We do it all !!

- ✓ New systems starting at \$75.00
- ✓ Take over existing systems
- ✓ Phone line elimination options
- ✓ Video doorbell & camera's
- ✓ Home automation
- ✓ Commercial security, card access/door entry, fleet vehicle tracking & more
- ✓ Free no obligation consultations
- ✓ Trusted since 1997

Community Billboard

Continued from page 6

Doors open 6:00 pm
Early Birds 7:00 pm
Regular Bingo 7:30 pm
Canteen Snacks Available
Perogy Sale dates;
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..

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, and 1pm to 3pm.

The Transcona Food Bank would like to thank everyone who supported the food bank in 2024.

TRANSCONA FOOD BANK SCHEDULE:

- THURSDAY, MARCH 13, 2025
- THURSDAY, APRIL 10, 2025
- THURSDAY, MAY 8, 2025
- THURSDAY, JUNE 5, 2025

"Meeting on my time. My way."

uncover

Cambrian Credit Union

Reach our advisors via video, phone or in-branch, with extended hours for many services.



Scan here





JD HOGGS SAUSAGE CO.

NEW HOURS: Mon – Thurs. 7:30 – 5:00, Fri. 7:30 – 4:00

*Manitoba's Choice For
Quality Sausage & Deli Products*

Come in and
give us a try
anything from

- Garlic Sausage
- Snack Sticks
 - Bacon
 - Deli Meat
 - Jerky

and much much more!

Everything is
Gluten free
and made in house

JD HOGGS RETAIL PRICES COMPARE AND SAVE

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

Effective APRIL/2024 *Prices are subject to change without notice*

8 CHRISTOPHER ST.

(Corner of Christopher St. & Springfield Rd. just after it turns into Springfield Road off Redonda)

PH: (204)222-9277 FAX: (204)667-5945

Check us out at jdhoggs.com

Your One Stop Shop



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 is kicking off another year of fundraising and we just wanted to thank each of you who assisted in our 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 of unprecedented growth in our membership, which allows us to expand our ability 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" 5 year 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 \$125 per person or a table of 8 for \$1000. 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 become a sponsor, purchase tickets, buy advertis-

ing space or make a prize donation for our silent/live auctions, by contacting Rotary with the info below. For those of you that know or follow me on social media, you can just reach out direct to Steve Lipschak.

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. ❖

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 3rdst 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).**

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.

For more information, call our Access Transcona Front Desk Staff at 204-938-5555

Hello community!

Please join us at our next TCN (Transcona Community Network) meeting! All are welcome to learn more about what is happening in Transcona! Let's get together, update each other and connect!

We will meet on **Tuesday March 11th, 930-11am** at Access Transcona.

Continued on page 16

KEHLER REALTY LTD.
132 Regent Ave. W

kehlerrealty.com
[@kehlerrealty](https://www.facebook.com/kehlerrealty)

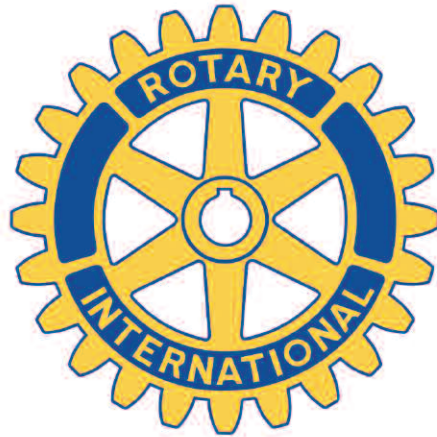
Not intended to solicit properties already listed.

**Thinking of buying or selling your home?
Call your local Transcona experts!
Serving the community for over 50 years!**

Art Kehler
call 204.222.0149
text 204.941.1903
Art@KehlerRealty.com

Jeremy Kehler
call 204.222.0001
text 204.999.6018
Jeremy@KehlerRealty.com

Shaylene & Robert Unger
call/text 204.791-5145
Robert@KehlerRealty.com
Robert Unger Personal Real Estate Corporation



WINNIPEG TRANSCONA ROTARY
JUNE 1981 - JUNE 2024

22nd Annual Cabin Fever Dinner & Auction

**CanadInns Transcona
826 Regent Ave West**

**Friday March 21,
Starting at 6 PM**

Corporate tables of eight are available at \$1,000.00. Your company logo will be prominently displayed. Individual tickets are available at \$125.00.

**To book your tickets
call or text Steve at
431-792-2662**





Transcona Legion Branch # 7

Submitted by Donna Poitras

Chairperson for Hall Rentals, Eileen Page, would like to share with our community that within our Branch we have the availability to rent facilities for your special events.

Welcome to Moroz Hall! The hall is located on the upper level of the Transcona Legion; this hidden gem is a perfect space for any occasion.

A wide-open space with a capacity of 100 people is ideal for smaller events. Moroz Hall has been transformed for a variety of events including business meetings, baby showers, birthday parties, retirement celebrations along with weddings and socials.

We offer a full kitchen space which is perfect for prepping meals along with

an option for a full bar/liquor service. Moroz Hall has its own private entrance as well as a lift for any guest who may have mobility challenges.

Please see our ad in this month's Views that provides some insight to the Hall.

When booking your next event, think of Moroz Hall. Please email rcl7hallrentals@gmail.com for any inquiries, we look forward to seeing you at Moroz Hall.

Moroz Hall was named after two brothers Harry and Mike Moroz. They grew up in Transcona and attended Central School. They both served in WWII Harry in Air Force and Mike in the Army. They lost their lives while in service.

This past **December** our Branch held Elections for our Executive. We would like to introduce one of our new Board Members Wendy Richey. You will often see Wendy as she helps out at our Saturday Meat draws and at our Regular Board Meetings.

Wendy's grandpa served in the military. She would often go to the Legion with her grandparents and has great memories that she cherishes. She currently sits on the Executive with the Transcona Food Bank (Secretary) Wendy role within the Executive is Chairperson for our Honours and Awards Event and will be assisting with the Branch Membership Committee. Wendy's vision while on the Executive is to help "Create more events and activities for the community to attend, continuing growing our branch membership, and to build our means to support our veterans in need. Spread the word of what a great place the legion is!"

Continued on page 17

www.
JTL
 CONSTRUCTION
 .ca
204.292.8782

SERVICES PROVIDED:

- Full design, from start to finish
- Supplying all materials for projects

PROVIDING ALL PERMITS FROM:

- Demolition • Electrical
- Construction • Plumbing

BUILDERS OF:

- New homes • Garages
- Cottages • Additions

RENOVATORS OF:

- Kitchens • Bathrooms • Rec Rooms



**JTL Construction is a certified
 Gold Medal RenoMark renovator of MHBA
 Call for a Free Consult / Estimate today**



jeff@jtlconstruction.ca • angelika@jtlconstruction.ca • rhett@jtlconstruction.ca • hannah@jtlconstruction.ca

20 Years Serving Winnipeg and Rural Manitoba & Cottage Customers
 MHBA RenoMark Member & CHBA Member



TRANSCONA LEGION

117 REGENT AVE., E.

Welcomes You!

**WE HAVE MANY WAYS FOR YOU TO JOIN, ENJOY A NIGHT OUT
AND SOCIALIZE IN A SAFE ADULT PLACE!**

COME IN AS OUR GUEST AND SEE WHAT OUR LEGION HAS TO OFFER YOU!



**FULLY EQUIPPED
HALL FOR RENT**

The Legion has a beautiful hall for rent, ideal for events such as showers, anniversaries, family dinners, company parties, retirements, and small socials. A fully equipped kitchen is available, and rental rates are very reasonable.

Contact the Legion for booking at 204-222-9951.

Social Activities

Monday Night - Bingo

Tuesday Night - Cribbage

Wednesday - Darts

Saturday - Meat Draw,

Chase the ACE, 50/50 draw.

**BIG SCREEN TV - POOL TABLE - VLTS
ENTERTAINMENT - LIVE BANDS - SPECIAL DINNERS**

CALL ANYTIME:

204-222-9951

E-mail: branch7@shaw.ca

Website: transconalegion.ca

Healthy Aging

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

The Importance of Decluttering

As we welcome the month of March with hopes of Spring and blooming flowers, it's also an opportunity for fresh starts and rejuvenation. Spring is the perfect time to consider the benefits of decluttering. Whether it's a home that has accumulated years of memories or a space that has become overwhelming, the act of decluttering can positively impact your physical and mental well-being.

One of the immediate benefits of decluttering is improved physical safety. Over time, clutter can accumulate and create tripping hazards which may lead to falls, and piles of belongings can obstruct exits or block access in emergency situations. And, in addition to safety, decluttering allows for a more functional and organized environment which allows for safe and easier access to everyday tasks such as managing medications, preparing meals or making space for a walking aid.

Decluttering can also have profound benefits for our mental health.

Studies have shown that clutter can contribute to higher cortisol levels, a hormone associated with stress. A cluttered environment can be overwhelming, leaving you feeling anxious, frustrated and depressed. Decluttering can provide a sense of accomplishment which can lead to an improvement in overall mood and emotional well-being. A tidier space also offers the opportunity for more positive experiences, such as enjoying activities, entertaining guests or relaxing in a peaceful, organized setting.

Tips on where to start:

Set realistic goals and expectations, break things down into small manageable tasks and set a specific area or room to tackle first i.e. you might begin with a single drawer or closet. Setting small goals will make the process less overwhelming and give you a sense of accomplishment along the way.

Sort items into categories such as keep, donate or give away, trash and recycle. For items that you keep, put them

where they belong right away. Try using the OHIO rule, "only handle it once". Once you've made the decision to let something go, get them out of your home and where they need to go as soon as possible otherwise you may feel the need to rethink your decision all over again.

Pace yourself and take breaks. If you are feeling overwhelmed or tired, take a break or return to the task later. You don't have to finish everything in one sitting. Use strategies such as a timer and schedule 30 minutes daily.

Enlist help such as a family member or friend or professional organizer to assist you. They can provide help with the physical labor and provide emotional support when letting go of sentimental items. Having someone help can make the process more enjoyable and less isolating.

Decide what to do with sentimental items. If there are objects you don't want to part with but don't use, consider taking pictures of them to preserve the memory while freeing up physical space.

Consider Safety and Accessibility by ensuring walkways, stairways are free of obstacles that can lead to falls. If you use a walker, make sure there is enough space for them to be used easily. Items that are frequently used should be kept within easy reach to avoid unnecessary strain and injury.

Remember to celebrate your progress, no matter how small.

De-cluttering is a great way to improve quality of life, enhance mental well-being, and promote a sense of control over one's surroundings. If you or anyone you know requires support or further resources for decluttering, please contact the Healthy Aging Resource Team at 204-940-2114. ❖

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.



130 Victoria Ave. West 204-222-7069
transconaviews@bondprinting.net
www.bondprinting.net

TRANSCONAVIEWS
AND ADVERTISER

Email Editorial/Advertising to
transconaviews@bondprinting.net
Published by
Bond Printing Ltd.
130 Victoria Ave. West
204.222.7069 www.bondprinting.net

We're more than just Printing. We also Specialize in Promotional Products

Some of the brands we carry:
The Northface, Nike, Callaway, Eddie Bauer,
Tough Duck, Work King, Gilden, ATC, OGIO, Coal Harbour

We Offer

Promotional Products • Screen Printing • HeatPress
• Embroidery • Banners • Signage

• all your Printing needs plus, *so much more*

We're your local printer that prints on the
products everyone loves to use and wear!

204.222.7069

sales@bondprinting.net

www.bondprinting.net

130 Victoria Ave. West

Serving our Community
for 38 Years



Dear Elmwood – Transcona

Leila Dance – MP Elmwood-Transcona

It has been an honour to serve and represent our community as Member of Parliament these last several months. But it has also been a time of great concern and uncertainty for our community and our country.

President Trump's tariff threats have weighed heavily on workers, small businesses, and all of us. Workers across our community have been telling me how worried they are about losing their jobs or having their hours cut.

We will come together and respond to Trump's threats with strength, solidarity, and Canadian pride. Protecting Manitoba workers and their jobs is of the utmost priority.

It has filled me with pride to see how Canadians and Manitobans have already come together, rallying to support Canadian businesses and stand up for our country.

Donald Trump is wrong about Canada being weak. He is wrong to think we can be pushed around. And so are the very few political leaders in Canada

who agree with him and want us to bow down.

The reality is, while Trump's threats put our jobs, businesses, and economy at risk, they also present an opportunity to improve our economy and industries in major ways. There are many things we can do to beef up domestic manufacturing and increase the good-paying Canadian jobs that come with it, to strengthen our trading partnerships with countries around the world, and to cut the bureaucracy and increase interprovincial trade.

Canada's natural resources are the envy of the world, and our skilled workers are the best there are. But too often we export our resources as raw materials, to be refined in other countries like the United States, then sold back to us for far more. We need to invest in domestic manufacturing, so Canadian workers can produce the finished products. This would create good jobs, make us more self-reliant, and keep profits in Canada.

This issue will require a massive, nationwide approach, with governments,

labour, and businesses all working together. I will continue to fight to ensure that the entire approach, any measures we take, and any dollars we spend, serve our workers, regular people, and small businesses, not corporations and investors.

I know how critical these threats are to all of us, and I want to hear your thoughts, so I am holding several town halls across our community over the next few weeks. Details at leiladance.ndp.ca/events. You can also pick up Canadian flags and pins at our constituency office to show we are united in buying Canadian! (Hours and location on my website.)

Canadians and Manitobans have proven our strength and resolve, time and time again.

We will get through this, together.

And if we use these tariff threats as an opportunity to change our habits and buy Canadian, to increase domestic manufacturing, and to increase interprovincial trade, we will come out of this stronger than ever. ❖

WRHA Report

Continued from page 10

Ken McKim will be present to share information on the East of the Red Rec Plex.

Psssssst, did you know the top 5 wanted items at our Transcona Food bank are; canned fruit/fruit cups, rice, pork and beans, canned pasta in sauce and peanut butter?

This meeting is a way of networking with citizens and agencies to enhance the quality of life in Transcona. We know it's been awhile

All are welcome to join in the discussion, share updates about what's happening in Transcona and learn



LEILA DANCE  **MP**
Elmwood-Transcona

Working
for You

📞 204 984 2499
✉ Leila.Dance@parl.gc.ca
📍 207-1111 Munroe Avenue



from others living and working in our community.

If so inclined, we will welcome any food donations to the Transcona food bank at our meeting.

Looking forward to seeing you all again.

The Plessis Community Resource Centre is looking for items for our children's lunch program such as individual juice boxes, fruit cups, pudding cups and peanut free snacks.

Our helping pantry is needing sugar, coffee, tea and cat food that we can divide into smaller portions and provide to our community.

With Easter just around the corner we are looking for goodies to fill our children's treat bags such as Individually wrapped candies, chocolate and small items such as fidget toys.

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 Legion Branch # 7

Continued from page 12

Events within the Branch- **Monday** Night Bingo early bird starts @ 6:45pm- Regular games 7:00pm **Tuesday** evening Cribbage-**Thursday** 1st & 3rd evening Trivia by Flamingo-**Saturday** afternoon Meat Draw-Chase the Ace-50/50 draw. The following **bands** will be performing **March 14th Agassiz Bluegrass Band 7-9 pm** and **TC Hooligans March 15th and Ravin March 29th**. Everyone is welcomed, no cover charge and performing from 7-11 pm. Please check our website at transconalegion.ca for up-to-date information. ❖

Transcona Garden Club

By Anne Copland

Now that we are into March, spring can't be too far away. Many of you may already have some seeds started, but hopefully not tomatoes because the perennial question of leggy tomato seedlings will be an issue before planting our gardens is possible. Not to worry, it has happened to all of us in our quest to grow things from seed.

There is no point in starting seeds indoors sooner than necessary. Seed packets give you instructions on when to start seeds. In our area the last frost date is May 21 – 31. Most seeds can be started around April 9. Peppers, being slow growers, need an earlier start, around April 2. Check the number of days to maturity to guide your plans to harvest that first ripe tomato. The range is 50 to 90 days, with cherry types being the earliest, and large heritage varieties taking longer. Prices of everything is up including seeds. You may have some from previous years to test for viability. This may satisfy that urge to begin gardening. This is the perfect time to do it. Sprinkle 10 seeds on a well-moistened paper towel and seal in a plastic bag. Label and date it. Keep it in a warm spot so you can check frequently. In a few days there will be a white "root", a cotyledon, sprouting from each seed. Depending on the number of sprouts, you can interpret the results in two ways: starting more of the old seeds to yield the number of seedlings, or get new seeds which generally have a better germination rate. You may be able to transfer the cotyledons to seed-starting medium if the window for planting out is not too far away. Otherwise discard them. Some species naturally have a lower germination rate.

That doesn't mean the seeds are inferior, but planting more will improve your chances.

Glenlea Greenhouses Annual Spring Fundraiser is open for online orders until April 15. This is a convenient way to shop from home and support us at the same time. Go to: glenleagreenhouses.com click on 2025 Spring Fundraiser, browse the collection and click on the pictures for full descriptions and information. Follow the prompts to select your choices. Please indicate Transcona Garden Club as the group you are supporting. Pay securely with credit card or e-Transfer. Membership is not required and we appreciate your support. The plants will be ready for pickup on May 10 at 328 Whittier Avenue West.

You are cordially invited to attend the **Transcona Garden Club meeting on March 19 at 328 Whittier Avenue West at 7:00 PM. Pamela McFarlane will be our guest speaker on Growing Salad Greens Hydroponically.** All are welcome. There is a non-member drop-in fee of \$5.00. Annual single membership is still \$15.00, \$25.00 for a family, domiciled at the same address. Catch up on announcements of TGC plans for activities. Refreshments will be served. Bring a friend and mingle with other enthusiastic gardeners. We welcome new arrivals in our community to come and share their gardening experiences.

Transcona Little Green Thumbs gardening for ages 6 to 12 is underway and spaces are still available. Information and registration is available on Facebook and Eventbrite (Kids).

Please call Anne @ 204-224-2535 for all inquiries. ❖

From Promise to Progress: Radisson's Momentum This Spring

Jelynn Dela Cruz, NDP MLA for Radisson



We are experiencing an exciting season of growth and progress here in Radisson, with positive changes blossoming across our community. The momentum is building, and I am thrilled to share some recent announcements from our government that will benefit our com-

munity. These positive changes set a promising tone for the spring season.

At Park Manor Personal Care Home, I had the honour of joining the Minister of Health, Seniors, and Long-Term Care, Uzoma Asagwara, to announce funding for a new 90-bed

expansion, which will begin construction this year. Park Manor is one of the few care homes in Transcona, and this expansion will improve conditions for seniors living there while enabling more of our loved ones to receive the care they need in the community they cherish. This is a significant step forward, offering a fresh outlook for our seniors and a stronger foundation for the future.

At Bernie Wolfe School, I joined Premier Wab Kinew and our new Minister of Education and Early Childhood Learning, Tracy Schmidt, to announce funding for a new school in Devonshire Park. This new school was promised by the previous government, but no funding plans were put in place. For years, families in Devonshire Park and other growing neighbourhoods in Radisson have awaited this important addition. This new school will relieve class size pressures in the River East Transcona School Division (RETSD), ensuring that our children receive the support they need to thrive. I am thrilled that we are able to work with the RETSD Board to bring this new school to fruition. Education is key to shaping Manitoba's future, and this announcement marks a pivotal moment in our ongoing efforts to foster opportunity and success for our children.

Finally, I am eager to amplify the progress of the East of the Red RecPlex. This project, led by the City of Winnipeg, will build onto the Transcona Library and bring many vital amenities to our community. In addition to the impressive aquatic centre, the plans include a gymnasium, a fitness area, a childcare centre, outdoor play spaces, a community kitchen, and various social gathering areas. For more details, including the preliminary designs, visit Winnipeg.ca/EastOfTheRed. I had the pleasure of attending the open houses hosted by the City of Winnipeg to gather feedback, and I am excited to watch this project evolve in our area.

As we put the finishing touches on our office, we have started hosting meet-

ings with community groups and constituents. We look forward to welcoming the public to our office, with an official grand opening scheduled for this spring. Stay tuned for more details!

Please continue to share your feedback, as it plays a crucial role in shaping

our work in the legislature. If you have any questions or concerns, feel free to contact our Radisson team at (204) 599-2080 or email jelynn@yourmanitoba.ca. Together, let us continue to build on the momentum of positive change in our community. ❖

8. Visit Manitoba's only national museum at the Canadian Museum for Human Rights

9. With Manitoba's rivers and lakes thawing soon, check out our many spectacular waterfalls, Rainbow Falls, Tulabi Falls, Wekusko Falls, Pisew Falls or check them all out at; <https://www.world-waterfalldatabase.com/country/Canada/Manitoba/list>

10. For history buffs, there are over a dozen forts in Manitoba. Explore Manitoba's past by visiting Lower Fort Garry in St. Andrews, Fort Dauphin, Fort la Reine in Portage la Prairie or the Prince of Wales Fort in Churchill.

11. Get your tickets now for The Winnipeg Goldeyes as they return to the diamond at Blue Cross Park in May,

12. Grab a coffee and take a walking tour of Downtown Transcona. Contact the Transcona Museum to find out where and when.

13. The Royal Manitoba Theatre Centre is Canada's oldest English-language regional theatre, for a steady stream of fantastic shows to attend this spring.

14. Pineridge Hollow is perfect short trip, with multiple dining options, shops featuring local products, a farmers' market and a petting zoo. ❖

"Let's keep it local this year"

Things to Do This Spring in Manitoba

1. Camping season kicks off in spring! With most of our provincial park campgrounds open by mid-May, go online to <https://manitoba.goingtocamp.com/> to book your spot.

2. Brandon's Royal Manitoba Winter Fair, held at the end of March, is a great way to say goodbye to winter and hello to spring. The agricultural event includes show jumping, competitions, livestock displays, and live entertainment.

3. When we think of spring, we think of flowers. Spend time at the Leo Mol Sculpture Garden and the outdoor gardens at The Leaf in Assiniboine Park to see all of the new blossoms.

4. Dust off those hiking boots...hiking season is soon here. Go to <https://www.trailsmanitoba.ca/> . Or go biking and spend some time in nature on one of the province's many biking trails.

Go to <https://www.travelmanitoba.com/things-to-do/outdoor/hiking-trails/>

5. Visit the largest known concentration of red-sided garter snakes in the world? Head to Narcisse to witness thousands of snakes wriggle together in huge mating balls, a sight that must be seen to be believed.

6. Fishing season begins in May. For early season fishing check out Lake Winnipeg at Hecla Island for greenback wall-eye, the Red River at Lockport for channel catfish and Lake Manitoba at Whitemud River for freshwater drum and common carp.

7. Manitoba's marshes come alive with wildlife in spring. Take the short drive to Oak Hammock Marsh in Stonewall, Grassy Narrows Marsh on Hecla Island, or Delta Marsh near Portage la Prairie to witness the return of numerous bird species.

Business & Professional D I R E C T O R Y



Dr. Tom Swanlund
DMD | Doctor of Dental Medicine

Dr Daniella Battaglia
DMD | Doctor of Dental Medicine

Unit 3-1565
Regent Avenue West
Winnipeg, MB
R2C 3B3

Tel: 204.663.3423
Fax: 204.663.4423

aquadentalwellness.com info@aquadentalwellness.com
After hours phone: 431-999-AQUA (2782)

GRD YARDWORKS

PH: 204-290-9549

- + SNOW CLEARING
- + GRASS CUTTING
- + RESIDENTIAL
- + WINDOW AND EAVES TROUGH CLEANING
- + PAY PER VISIT
- + SEASONAL PACKAGES
- + MONTHLY CONTRACTS

SERVING THE TRANSCONA AREA

Business & Professional D I R E C T O R Y

KON TIKI DENTAL CENTER

Dr. Terry Wong
Dr. Nancy Auyeung

212C Regent Ave. W. • Mon - Thurs: 8:30 am to 5:00 p.m.
Fri: 8:30 am to 4:00 p.m.

Phone: 204-222-4238

Comprehensive Family Dental Care
New Patients Welcome!

Ask us how we can help with your loose dentures!

REGENT Chiropractic & Massage Clinic

Chiropractor:

Dr. Curtis Possia

Massage Therapists:

Yessenia de Leon R.M.T.

Amanda Dutiaume R.M.T.

PH: 204-222-1571

FAX: 204-222-8050

705 REGENT AVE. W. WINNIPEG, MB R2C 1S2

Effective Treatment and Rehabilitation

- Sports injuries
- Neck pain ■ Whiplash
- Low back pain
- Slipped disc ■ Headaches
- Tennis elbow
- Foot pain - custom orthotics
- Rotator cuff injury
- Tendonitis ■ Work injuries
- Exercise programs

Treatment covered by:

Medicare, Autopac,
Workers Comp.,
Blue Cross and
Great West Life

SS PLUMBING & HEATING

Residential & Commercial Installations & Repairs

- Renovations
- New Installations
- Gas Furnaces
- Air Conditioning
- Pumps & Softeners
- Prompt Water Heater Replacements



NOW OFFERING
FULL ELECTRICAL
SERVICES

office@ssplumbing.ca
WINNIPEG, MB

204-222-0723 www.ssplumbing.ca

At your service for over 50 years



TRANSCONA DENTAL CENTRE

Dr. Charles W. Rubin Dr. Kevin H. Pham
Dr. Harry S. Manghera

NEW PATIENTS WELCOME

Complete Dental Care for the Entire Family

**INVISALIGN
DENTAL IMPLANTS
DIRECT BILLING**

10-801 REGENT AVENUE, WEST

Phone **204-222-8609**

www.transconadental.com

ADLEMAN & SOLAR LAW OFFICE

104 -1601 Regent Ave., W.,
N.E. corner of Regent & Lagimodiere

REAL ESTATE & MORTGAGES
WILLS, POWERS OF ATTORNEY, ESTATES
NOTARY PUBLIC

GRANT M. SOLAR
204-224-2222

TRANSCONA OVERHEAD DOORS LTD.

118 MELROSE AVENUE WEST
WINNIPEG, MB R2C 1N6

**Phone:
204.222.7943**

www.transconaoverheaddoors.ca



Transcona Chiropractic Wellness Centre

Dr. Harpal S Duggal B.Sc, D.C

1783 Plessis Rd, Unit 7, Wpg, MB, R3W-1N3
Ph: **204-777-9355** Fax: 204-777-9356
Email: drduggal@transconachiropractic.com
Website: www.transconachiropractic.com

give me a call
Chris Cale

cmengrave@shaw.ca

CM ENGRAVE

**SIGNAGE / LAMICOIDS
TROPHIES / PLAQUES / MEDALS / ACRYLIC**

cmengrave.ca

WINNIPEG 204-224-2416



Holly (Charney) Fjeldsted
*Owner
Funeral Director*



576 Balsam Crescent Oakbank, MB



Sheryl (Sellen) Ruta
*Office Manager
Funeral Assistant*

*Proudly serving our community of the
Rural Municipality of Springfield
as well as Winnipeg*

Did you know...

- *Arrangements can be made in the comfort of your own home*
- *Existing pre-arrangements can be transferred to and will be honoured by Seasons Funeral Chapel*
- *We can provide funerals and celebrations of life in Transcona*
- *Traditional and cremation services at an affordable price*
- *Serving all faiths and cemeteries*

204-444-5444
www.seasonsfunerals.ca

BUYING OR SELLING A HOME, CONDO OR INVESTMENT PROPERTY?

Contact Manitoba's #1 Real Estate
Team with Century 21



Geoff
Archambault

Regan
Archambault

Mike
Buenaventura

ARCHAMBAULT
BUENAVENTURA

Team

204-975-9349

www.WinnipegHomeConnection.com



CENTURY 21
Sun Country Realty



Each office is independently owned and operated.
®Registered trademark of Century 21 Real Estate Corporation used under license.