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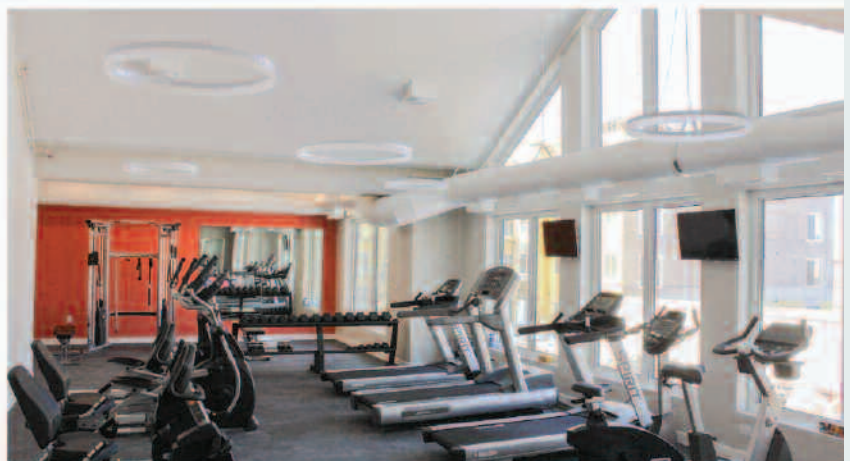
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Railer Express' Annual Sportsman's Dinner Successful

By Lisa Kowalski



From left to right: Philly Aubrey, Dinner emcee and host of Power Mornings on Power 97 and guest speaker, Jeff Odgers, former NHL player.

The team's Annual Sportsman's Dinner was held on January 30, 2020, with former San Jose Sharks Captain, Jeff Odgers entertaining guests as the keynote speaker.

Odgers, a veteran of over 800 NHL games shared his path to the NHL, how you can't take anything for granted, how you need to work hard for everything and seize all your opportunities. He played with many greats and shared some interesting stories and many a good laugh with the over 250 people in attendance.

A big thank you to Casera Credit Union who sponsored the wine for the evening and also thank you to the many table sponsors. Two long time Railer Express sponsors were recognized and thanked for their continued support - Odyssey Dental Care and AirWise Inc. Without these committed sponsors we couldn't offer a quality hockey program. Thanks to all our sponsors, to all our fans and their families for your continued support.

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Diabetes and your Eyes

By Alissa Boroditsky, O.D.

Diabetes is a disease that affects many people. This disease occurs when the body doesn't make enough insulin and/or cannot use its own insulin. Without this hormone, the blood sugar will rise. Approximately two million Canadians live with Diabetes and most of these people have Type II Diabetes [1]. Type II Diabetes typically occurs later in life whereas Type I typically presents in younger people. The prevalence of Diabetes is increasing rapidly and the numbers are predicted to double over the next fifteen years [1].

Diabetes can affect almost every organ in the body including the eyes. Most people fear the loss of sight more than any other sense. Therefore, diabetics must take this disease seriously.

They should continue to regulate their blood sugars, make lifestyle changes such as regular exercise and not smoking and perform routine eye examinations. Eye examinations should be performed at the time of diagnosis and future appointments should be customized for the patient and the severity of their ocular complications.

The effect of this disease on the eyes can range from blurred vision to blindness. If your blood sugar levels are too high, your vision may be blurred and your prescription for glasses may need to be changed. Controlling your blood sugar can help to resolve this. Other effects can be the loss of ocular movement, cataracts, glaucoma and diabetic retinopathy. Diabetic retinopathy is a

microvascular disease of the retina which is the tissue at the back of the eye. The retinopathy causes the blood vessels in the eye to bleed which can result in vision loss. It is the most sight threatening complication of diabetes and causes the most vision problems and blindness in middle aged Canadians [2]. The longer a person lives with diabetes, the greater their risk is for developing diabetic retinopathy. However, when it is caught early, vision loss from diabetic retinopathy can be treated more successfully. This treatment involves a laser which seals leaky blood vessels and stops the growth of new ones. A comprehensive eye examination by an optometrist or ophthalmologist can result in detection of diabetic complications and potential detection of people who have not yet been diagnosed with diabetes.

The good news is that there are things that everyone can do to help pre-

Continued on page 20

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Blossom into Spring

By Transcona Salon Spa

As temperatures rise and as we put away the cozy blankets, warm sweaters and the flannel pajamas, it's time to start thinking about preparing for warmer weather. Here are a few suggestions on cleaning up your beauty routine and swapping out some of your products now that warmer weather is on the horizon.

Spring Clean Your Beauty Stash

Your beauty stash also requires a good purge. Discard products that are over six to nine months old since they can have bacteria build-up and ingredients can expire.

Switch-up your skin care regimen

Make-up brushes should be cleaned or replaced. We recommend discarding any products that are over six to nine months old since old products can have bacteria build-up and ingredients can expire and are no longer active.

Exfoliate More often

As we come out of winter, our skin is still a little on the dry and dehydrated side, this is also a great time of year to exfoliate. Exfoliation expedites the process of sloughing off old skin cells so that new ones can emerge. It is recommended twice to three times weekly in order to remove and turn over dead skin

cells. This also improves the penetration of active ingredients.

Switch to a Lightweight Moisturizer

Look at dialing back on the thickness and richness of the moisturizing products you were using in winter.

Reassess Your Haircare Routine

After the dry winter season transitions into spring, restoring your hair's natural luster and moisture is key. If you don't already, use a clarifying shampoo once a month to cleanse your scalp and to remove build up. Co-washing (which means skipping shampoo and only using conditioner) can help lock in moisture.

Treat Yourself to a Spring-Appropriate Facial

A visit to our spa during the seasonal shift isn't just a way to pamper yourself. It's also a great time of year for pick-me-up services that refine skin texture or boost collagen production. Such treatments include derma-planing or microdermabrasion.

Get Religious About SPF

The importance of sunscreen can't be reiterated enough. It's one of the easiest ways you can prevent damage and keep your skin healthy throughout the year. ❖

Community Billboard

Transcona Food Bank:

The Food Bank is open **March 5th** and **March 19th**. To receive food, you must pre-register with Winnipeg Harvest at 204-982-3660 on or before the Friday morning prior to each food bank date. On food bank days, a used clothing depot is open to the general public from 9 – 10 am and food is available to food bank recipients from 10 – 11 am. Food bank's location is Suthwyn Hall, Transcona Memorial United Church, 209 Yale Avenue West

Transcona Memorial United Church, 209 Yale Ave West:

My friends call me Peter, a name that means Rock, But there are some days when I feel like a flop. Jesus believes I will accomplish great things, I'll rise up above with the Church on my wings. My people are looking for guidance that's sure, And trusting my actions will last and endure. So I'll quiet my fears, I'll just do my best, And trust that our God will accomplish the rest.

Join us for **Messy Church** at Transcona Memorial United Church on **Friday, March 20** from 5 to 7 to explore the story of Peter, friend of Jesus, through food, fellowship, and fun. Registration appreciated but not required. All are Welcome!

Going once...going twice...gone!
The Annual Time and Talent Auction will be held at Transcona Memorial United Church on Saturday, **April 4** from 9 am to noon. The Auction opens with breakfast (\$10 per person) and the bidding starts at 10 am. Donations of new items and 'talents' are greatly appreciated. Please be in touch with the church office, 204-222-1331 to make a donation. And, please join us on April 4 for the fun!

The ecumenical **World Day of Prayer** service will be held at Transcona Memorial United Church on **Friday, March 6**, at 1:30 pm. The service was written by women in

Continued on page 7

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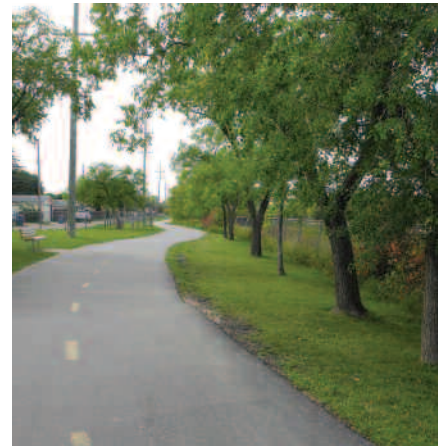


Trails of Transcona

Submitted by Val Cousineau

Thank you to everyone who is using the trails in Transcona. The trail system in Transcona has recently improved. The new Park City Pathway on Transcona

Boulevard leads to the new library. We are missing a few important connecting sections of trail that would make it safer to cycle throughout Transcona. Transcona can become a better community for commuting and doing errands by cycling and walking. ➡



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The Transcona Trails Association's 2020 AGM will be Tuesday April 21st at 6:30 p.m. in the new Transcona Library at 1 Transcona Boulevard. We will discuss our current project to install directional signs on the trails in Transcona this year. The signs will make it easier to find your way on the paved trails. We will also discuss lighting on the Transcona Trail and other trail issues. The meeting is open to the public. Everyone is welcome. ❖



Park City West Community Club



This year's Novice Champions are the Park City Blades!

Park City West Community Club hosted its Second Annual Hockey Jam-boree on January 31 to February 2. The weather was perfect as 9 teams, from two age divisions, including Park City West,

East End CC and East St. Paul participated. The weekend included a skills competition, awards for player of the game, a fundraising raffle, 50/50, and spectators from all over!!

Community Billboard

Continued from page 4

Zimbabwe. Refreshments will follow the service - All are Welcome!

Caught In the Act Co. of TMUC presents **Borrowed Time. 10th Annual Dinner Theatre.**

Hosted by Transcona Memorial United Church. 209 Yale Ave. West on

April 23 – 26. For tickets please call Frank & Carol Favoni at 204-222-1475 or favonifc@mymts.net

St. George's Anglican Church, 321 Pandora Ave West

St. George's Anglican gathers for BAS Eucharist service Sundays at 10:30 am, including Children's Sunday School & also on Mondays (excluding long weekends) at 7 pm for our Contemplative Eucharistic Service. Home communion, hospital visits

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March at the Transcona Museum

by Jennifer Maxwell, Assistant Curator
Exhibition Last Chance

March is the final month to view our current exhibition *Transcona's Railway Journey*. This exhibit tells the story of Transcona as a railroad community and highlights the impact of the Canadian National Railway, starting with the building of the Shops complex. Following Spring Break, the museum will be closed for the month of April for exhibition renewal, and will re-open in early May with all new displays.

Spring Break Activities

Join us for Spring Break activities from Monday, March 30th to Friday, April 3rd. All week we will be offering drop-in activities and games from 1:00 – 4:00 pm. Each day will feature a different theme, in-

cluding Yarn Crafts, Paint Day, STEM Activities, Animal Day, and Nature Crafts. Tickets are \$2 each for all participants or \$1 each for museum members. Space is limited to 15 people maximum each day. Purchase your tickets through our website to secure your spot each day. Check out our website for more information: www.transconamuseum.mb.ca.

Small Talk Tuesday

Join us for Small Talk Tuesdays – a drop-in program for interested seniors, community members, and heritage organizations. Enjoy a casual and lively discussion with the museum curators in the galleries. The talks are scheduled on Tuesdays from 1:00 – 3:00 pm. Admission by

Donation. Our scheduled talks in March include Guest Speaker: Peter Martin (March 10th) and Genealogy 101 (March 24th).

Our Small Talk Tuesday program is also available for group bookings! Please contact the museum by phone (204-222-0423) or email (info@transconamuseum.mb.ca) for more information.

AGM Notice

The Transcona Museum will be holding its Annual General Meeting on Thursday, April 23. It will be held at the Transcona Museum 141 Regent Avenue West. The doors will open at 5:45 pm and the meeting will start at 6:00 pm. All are welcome, and museum members have voting privileges.

Rain Barrel Sale!

It's never too early to start planning your gardens for spring! The Transcona Museum is partnering again with Rain-Barrel.ca to host a RAIN BARREL FUNDRAISER! Each rain barrel includes a leaf and mosquito filter basket, an overflow adaptor, a spigot and an over-

TRANSCONAVIEWS

AND ADVERTISER

ATTENTION TRANSCONA WE WANT YOUR NEWS!

ORGANIZATIONS, SCHOOLS & SERVICE GROUPS

The Transcona Views welcomes your articles and notices of coming events. We invite you to promote yourself to the residents of our community. Every month, you have the opportunity to inform your fellow citizens just how, through your activities, you are contributing to the quality of life in Transcona. Need help publicizing your fundraising efforts? Tell us about it! Need exposure to attract the public to your carnivals, concerts, dances, dinners or other activities? Just send us the details! We're here to help you get the word out!

Editorial Articles & Coming Events of interest to the community may be submitted directly to the **Copy Editor** via e-mail – or via postal mail, fax or hand-delivery to **Bond Printing Ltd.** **E-mail Submissions** may be sent as plain text or as an attached document (MSWord only). **Submissions On Paper** must be typed or printed legibly. **Submitted Articles** must be no longer than 500 words. **All Submissions** are subject to editing-and-formatting for style and to fit available space. **There Is No Guarantee** that articles will appear in their entirety and no guarantee that any images accompanying articles will be used.



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flow hose. All rain barrels must be pre-ordered online, and our webpage will be available on March 22nd (so keep watching our website and social media pages for updates). This sale benefits the Transcona Museum and its operations. For more information, contact Transcona Museum. Thank you!

Hours & Contact Info

Transcona Museum is located at 141 Regent Avenue West. Our hours are Monday to Friday, 11am to 4pm and Saturday, 12pm to 4pm. We are also available by appointment. Have questions or research inquiries? Call us at 204-222-0423, email at info@transconamuseum.mb.ca, or visit our website at www.transconamuseum.mb.ca. Follow us on Facebook, Twitter, Instagram, Pinterest, and YouTube for regular updates on museum activities. ❖

Community Billboard

Continued from page 7

& prayers for healing always available as requested; monthly service (2nd Wednesday, 11th at 9:45 am) for residents at Park Manor Care - if you can volunteer, just come! We also hold services four times per year at Concordia Place (contact office for more info.) For more about our (scent-free) church or any activities, please visit www.stgeorgesanglicantranscona.ca/, contact our contact church office stgeo321@gmail.com (204-222-1942) or fill in form on website if you wish to receive our weekly bulletin to stay informed. Our hall is available for rentals ... details on our webpage where link is also for our Facebook page. Contact church office (email/phone) if you're interested in participating in Lenten Series.

Men's Fellowship: Usually held the first Saturday each month (March 7) - breakfast at 9am; ask Stephen or see sign-

up sheet on bulletin board if interested & to confirm location.

St. Michael's Perogy Dates: March 6 & 20, April 3 & 17, May 1, 15 & 29. May 29 being the last Perogy date. Price \$7.00 per doz. Contact Helen at 204-222-6544

BINGO! BINGO! BINGO! You can try your luck every Wednesday night at St. Michael's Parish Hall, 400 Day Street Doors open 6:00 pm Early Birds 7:00 pm

Regular Bingo 7:30 pm Canteen snacks available. Meet friends for an evening of fun!

Lutheran Church of the Good Shepherd, 401 Kildare Ave W. Sunday Worship Service at 10:00 am; Sunday School at 8:45 am; Lenten Services Wednesday March 4th, 11th, 18th, 25th and April 1st at 7:00 p.m. Info about our church and activities phone 204-222-0245 www.lcgstranscona.org

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Transcona Garden Club

By Domia Derkach



Spring is almost here – birds are singing and seeds are sprouting. Soon the bees will start buzzing in and out while the butterflies flutter about. Bees, butterflies, birds and many other insects regularly check out the blooming fields and deliver pollen to the accepting flower

petals. Flowers and more flowers can be used for many decorative objects. A packet of seeds planted in the spring or the year before in the case of perennials. With this packet of seed you may be able to harvest an arm load of flowers to enjoy.

You can have beautiful bouquets made up from flowers grown in your own yard. The Garden Club has invited Terry Neufeld, of Sweet Petals Farm to show us exactly how you too can make your own bouquets. You will learn what type of flowers would be best, growth habits, sun or shade lovers, etc.

The next meeting will on Wednesday, March 18th at 7:00 pm at the Transcona Retired Citizens Centre, 328 Whittier Avenue West. The topic “Beautiful Bouquets” will be presented by Terry Neufeld. Refreshments will be available and everyone is welcome to attend. Programs are subject to change due to weather conditions, illness, etc. re: speaker availability.

Reminders: Glenlea Orders – also plant a few pots of plants for the Plant & Bake Sale. Plants for the house, yard and patio containers, etc. Invite a friend to a meeting, bring some baking for the refreshment table. Do your part.

Please pick up your copy of a program schedule for this year. Any other information please call the president at 204-224-2356 or the column writer at 204-222-0236.

Transcona Flower Arrangers Group:

The next meeting will be held on Friday, March 13th from 1 – 3:00 pm. at the Transcona Retired Citizens Centre, 328 Whittier Avenue West.

They will be making a design type (Modern Circular) titled “Under the Umbrella”. This is a modern arrangement created using flower groupings in a low bowl with a large leaf acting as an umbrella overhead.

Need more information, please call Anne at 204-224-2535 or Lois at 204-668-3506. ❖



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Community Billboard

Continued from page 9

Powermine International Ministries at 127 Regent Ave E. (beside the Meat Shop) Invites you to register for Healing School commencing in March to take place primarily Tuesday evenings or to your suitability. We have all either experienced loss, or trauma, or even delays or setbacks in our success in life/career/business. Come and be refreshed and learn the keys that will bring wholeness and healing to every area of life. For more information, please call Tonia at 204-218-3669 or email at toniafo-real@yahoo.com to reserve your seat to a life full of peace and prosperity!

Seniors Bulletin Board

by Colleen Tackaberry,
Transcona Council for
Seniors Resource Coordinator

Please contact Colleen Tackaberry at 204-222-9879 for any of the following events:

Women Empowering Women 55+.

Meet with like-minded women who support one another on life's journey to living your best life **Tuesday, March 3rd** 6:30 to 8:30 pm 845 Regent Ave. West.

Our topic will be Women's Health & Hormones with Tara Maltman-Just B.Sc. (Pharm) MSC ABAHP FMNM, Founder and Executive Clinician of Vitality Integrative Medicine.

Wednesday, March 4th the Alzheimer's' Caregivers' Group meets at Transcona Memorial United Church, Knox Lounge, 209 Yale Ave. W. from 10:00 -11:30 am.

Tuesday, March 10th Vision Impaired Group meets at Devonshire House at 75 Kildonan Green Drive from 1:00 - 2:30 pm.

The Hard of Hearing Support Group meets on March 16th 1:00 - 2:30 pm at Abundant Life Church 1396 Plessis Rd. Learn coping skills & speech reading.

The 55+ Dining Experience. Mondays and Wednesdays at 4:30 pm and Fridays at 12 noon, 209 Yale Ave. W. For reservation call 204-222-5947 **by noon two days in advance of the day you wish to attend.**

Seniors that Sizzle Lunch and Learn Series Learn Series at 500 Widlake on Thursdays, doors open at 11:30 AM. Call 204 222-5947 or email tcs@mymts.net to make your reservation. *****Note change of venue.**

Drums Alive! Tuesdays at 9:45 am. \$5 drop-in; bring your own exercise ball. To register call Colleen.

Tai Chi on Mondays 10 -11 am at 328 Whittier Ave.W. The movements are slow and easy.

Exercise Program 55+ held Friday mornings at 11:00 am at 209 Yale Ave. W. Free of charge

Zumba Gold &Toning Tuesdays, Thursdays, and Fridays at Oxford Heights Community Centre 359 Dowling Ave E. at 10 am. \$5 Drop in fee.

Yoga/ Relaxation and Stress Reduction 55+ Wednesdays at 10:00 am at Oxford Heights Community Centre. \$6. Drop in fee. *Continued on page 14*

Spring Fling Night Market for Siloam Mission

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TRANSCONA LEGION BRANCH # 7

Submitted by Donna Poitras

Our Branch has within its building a banquet hall upstairs called "Moroz Hall". We rent this hall to Members of our Branch and to the Community. The hall seats approximately 100 people and is wheelchair accessible. The hall has a

full-sized kitchen for your use. The hall is reasonably priced and some events held here are small weddings, wedding & baby showers, birthdays and retirement parties. If you would like to view our Hall please contact us at the Branch at 204-

222-9951 or email branch7@shaw.ca and we will set up a time for you to come down for a tour.

Moroz Hall was named after two brothers Harry and Mike Moroz. You will see a plaque of the brothers on one of the walls. They were the sons of Alexander and Anastasia Moroz and resided in Transcona. They attended Central School and both did quite well in sports.

Harry played hockey in the position of goalie for the Winnipeg Monarchs. Mike also played hockey but he enjoyed playing baseball and played outfield for the Transcona Men's Baseball team. Harry married in 1940 and with his wife Katherine they moved to Flin Flon Manitoba. He was employed with the Hudson Bay Mining Company.

Harry and Mike volunteered and enlisted in two different branches within the armed services during World War II. Harry was in the Air Force and Mike in the Army. When Mike left, he left behind his wife and infant son.

They both served overseas in Europe and in 1944 they took part in operations over Germany and in France. They were both killed in action within months of each other. Harry Moroz, a Flying Officer, was killed while on a flying operation over Frankfurt Germany March 23, 1944. Mike Moroz, a Trooper, was killed in action in Normandy France August 9, 1944.

Harry was commemorated on a panel of the Runnymede Memorial in Surrey United Kingdom.

Mike is buried in Bretteville-Sur Laize Canadian War Cemetery in Calvados France.

Anastasia Moroz, who lost her only two sons, unveiled the WWII names on the Cenotaph now located in Memorial Park Circle. She also served as the "Silver Cross Mother" during many Transcona Remembrance Day services. In the Transcona Cemetery you will see a pic-

Continued on page 22



DEALER DAY SPECIALS

BG 50 GAS HANDHELD BLOWER <small>27.0 CC - 0.7 KW - 3.6 KG / 7.9 LB</small>		SAVE 100 \$199⁹⁵ <small>HSRP \$209⁹⁵</small>
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BR 450 C-EF GAS BACKPACK BLOWER <small>43.3 CC - 2.9 KW - 11.9 KG / 26.4 LB</small>		SAVE 100 \$729⁹⁵ <small>HSRP \$829⁹⁵</small>
BR 600 GAS BACKPACK BLOWER <small>64.6 CC - 2.8 KW - 9.8 KG / 21.6 LB</small>		SAVE 100 \$679⁹⁵ <small>HSRP \$779⁹⁵</small>
BR 800 C-E GAS BACKPACK BLOWER <small>79.9 CC - 3.2 KW - 13.7 KG / 29.8 LB</small>		SAVE 100 \$879⁹⁵ <small>HSRP \$979⁹⁵</small>

Dealers may sell for less. Pricing on all chain saws and blowers will remain in effect until June 30, 2020. Pricing on all other power tools and accessories will remain in effect until July 31, 2020. Illustrations and descriptions are as accurate as known at the time of publication and are subject to change without notice. STIHL Canada is not responsible for printing errors. The local STIHL Dealer has the final authority to set product pricing. Pricing valid at participating dealers only.
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**E-mail: branch7@shaw.ca
transconalegion.ca**

Seniors Bulletin Board

Continued from page 11

Pickle Ball at Oxford Heights Community Centre and the Transcona Memorial United Church. To register or for more information call George 204-668-0039.

I am Fit 55+ every Monday and Thursday at 1500 Day St. from 10:30 - 11:30 am. \$4 Drop in fee.

Line Dancing held Friday mornings from 10:00 - 11:00 am at 328 Whittier Ave. W.

Scottish Country Dancing held Thursdays 1 pm at 328 Whittier Avenue West. Call Joyce Cormack at 224-2291.

Whist or Cribbage 55+ every Friday at 1:30 pm played at 328 Whittier Ave W.

Noon Art Group Wednesdays 10 am - 12 noon; 328 Whittier Ave. W. Free class; Bring your art supplies and work together.

Weekend Art Group 55+ 845 Regent Ave. W. Saturdays 10 am - 1 pm.

Bereavement Group - Moving Forth: Have you had a loss of a spouse? Group meets and plans activities together.

ERIK Kits: Call Colleen at 204-222-9879, Transcona Council for Seniors Inc.

Healthy Aging

*by Karen Janzen RN BN,
Healthy Aging Resource Team-
River East and Transcona*

Healthy Aging Resource Team:

Client appointments at Access Transcona or at home; focusing on falls prevention, mental well-being, healthy aging, call 204-940-2114.

Age & Opportunity Counselor: Individual Counseling available free of charge. Call 204-956-6440 for appointment. Widow(er) grief support groups call 204-956-6440 for information.

Support Groups: Call 204-940-2114 for further information.

Mood Disorders drop in support group at Access Transcona - Mondays at 7-9 pm.

Moving Forward Group: Do you find yourself alone after the death of your spouse; want to establish new social networks and opportunities for personal growth? Meetings are at Access River East, 1:30-3:30. Call 204-940-2114 to register. Next meeting **Friday, March 20th**.

Manitoba Prostate Cancer Support Group meets 3rd Wednesday of each month, 7 - 9 pm at The First Unitarian Universalist Church of Winnipeg, 603 Wellington Crescent. Call 204-989-3433 or manspros@mts.net or www.manpros.org for more information.

Manitoba Addictions Helpline: 1-855-662-6605, drop in 146 Magnus Ave. 8:30-4:30, M-F.

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Continuity Care workshop series for transitioning those with exceptional needs to adult care. 120 Maryland, call 204-779-1679 for dates and times.

Manitoba Chapter of the Canadian Celiac Association. For more information contact our office at 204-772-6979 or email office@manitobaceliac.com.

Parkinson Caregiver Support Group held the last Wednesday Jan-May, Sept- Nov; 1:30 at Park City Gospel Church at 751 Kildare. For information call 1-800-565-3000 ext. 3440.

Parkinson's Movers and Shakers Support Group meets on the last Tuesday of the month Mar-Apr-May, Sep-Oct-Nov; 6:30-8:00 pm at Mclvor Mennonite Church, 200 Mclvor Ave (behind Mclvor Mall). Call 204-786- 2637 for more information.

It's All About Us! Confidential support group for those in recovery for addictions and mental illness. Led by experienced facilitators. Wednesdays 9:30 - 11:30 am at 823 Ellice Ave. Call Melanie Reimer at 204-772-3533.

Exercise Programs:

Parkinson's Disease Movers and Shakers exercise group, Wednesdays at 1:30 at Park City Gospel Church, 751 Kildare, call Don Pontifex 204-800-3676.

Health Self- Management Series: Access Transcona 204-938-5555 to register.

COPD essentials and medications, Mind and Body Wellness, Get Better Together, Eating for Health, Commit to Quit, Craving Change, Diabetes education series.

Free peer leader training: Interested in leading others in a fun and safe exercise program offered through Active Aging Canada (formerly ALCOA) call 204-444-5120.

Chronic Disease Self-Management Assistance: Telecare Manitoba for CHF or Diabetes 204-788-8688, Dial-A-Dietitian 204-788-8248, Cardiac Rehab- Wellness Institute 204-632-3907, Reh-fit 204-488-5851, Pulmonary Rehab (Dr. referral).

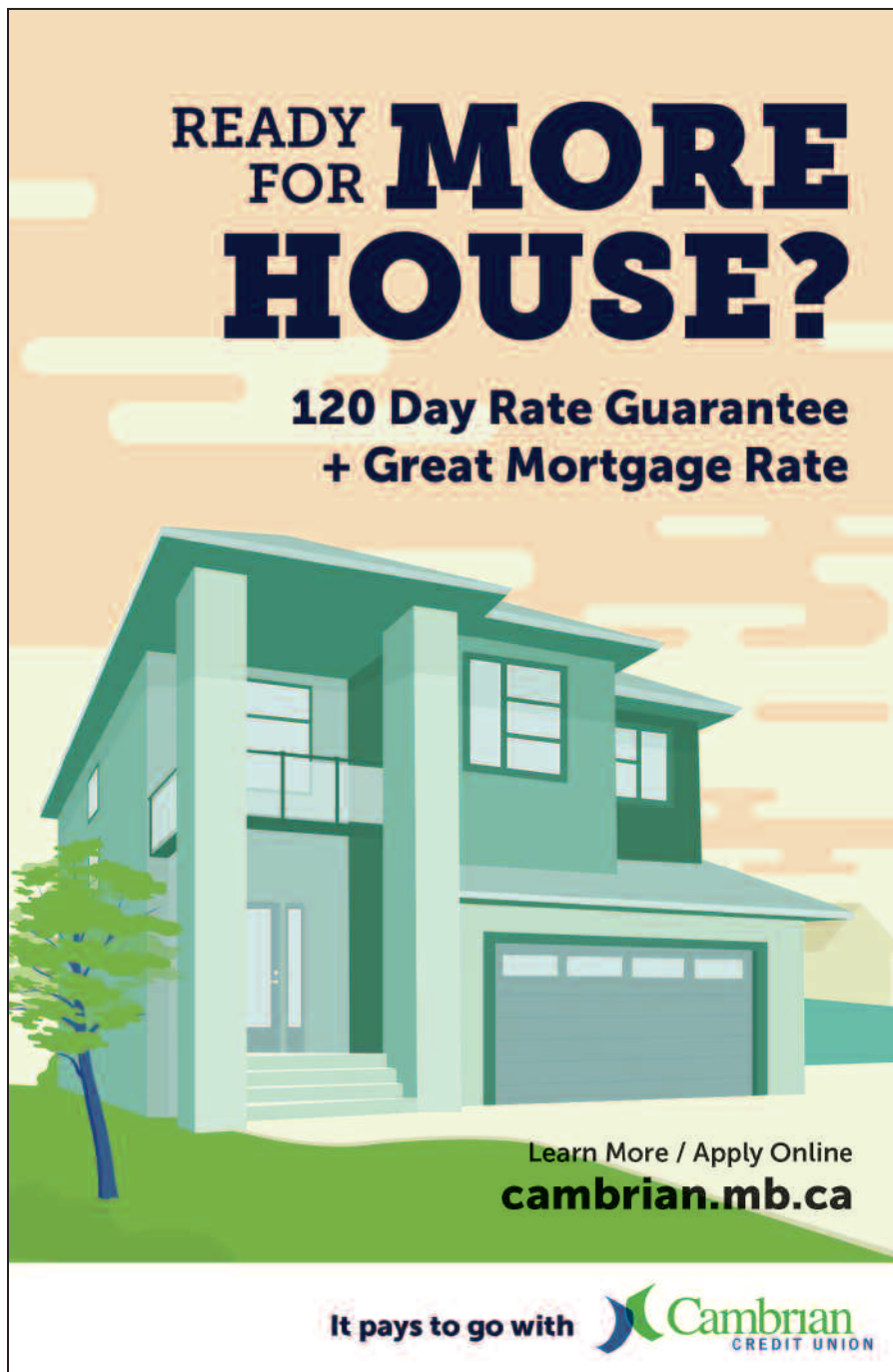
Community Events:

Feeling shut in? Try Senior Center without Walls an A&O program that connects you by phone to a variety of activities and programs such as Bingo, travelogues, learn a language, tour historical sites, coffee chats and much more. Call 204-956-6440.

Friendship Force Manitoba: Opportunities to travel and host international travellers. www.friendshipforce-manitoba.org.

Dinner meetings are the first Wednesday of each month. Peggy Smith 204-224-1480, or Gail Keeley at 204-257-9837.


Caregivers Club: March 30, 1 -3 pm, Good Neighbours Active Living Centre, 720 Henderson Hwy, \$5.00. Join us for a viewing of this film and a discussion of the challenges of caregiving following 4 caregivers over a year of their journeys. Please register at 204-669-1710.



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Don't fall for scammers

By James Teitsma, MLA for Radisson

"Have you ever heard of American Hope Resource?"

That's how a message from one of my constituents began. As it turns out, her aging relatives had recently been phoned by a person claiming to represent this legitimate charity. The caller was promising free money — lots of it! In fact, my constituent's relatives could already see their bank balance was much higher. Must be real, right?

Wrong. Scammers know that just because a cheque is credited to your bank account, it doesn't mean the cheque is good. The cheque might bounce a week later. If it does, your bank will want their money back. Sadly, you will be the one on the hook — not the fraudsters. Not the bank.

This is an issue I take seriously, and one our government takes seriously as well. We know your money should stay your money and we handle every tax dollar that comes through the door with respect. Financial literacy is important. I've been an advocate for introducing

school curriculums on real world fiscal tasks like managing a household budget.

After being contacted by my constituent, I researched what I could do for them. Together, we quickly confirmed that her relatives had indeed been scammed. Unfortunately, they had already sent hundreds of dollars to the scammer that they couldn't get back.

As technology becomes further integrated in our day-to-day lives — so does fraud. Many of us know someone who has been successfully scammed. Most of us have experienced an attempted scam ourselves — no, that wasn't actually the CRA phoning.

It's important to guard yourself against fraud. It's also important to help vulnerable people like seniors and those with disabilities to ensure they don't get caught up in a scam.

Be skeptical of all unsolicited offers. Do your research. Reach out to someone you trust for help if you're unsure. Never give out credit card numbers, banking information or any other personal informa-

tion over the phone unless you initiated the call.

Look for behavioural changes in your friends and family. This can include being excited about winning a lottery or getting an unexpected windfall. It can include feeling more fearful, distressed or depressed than before. Don't be afraid to ask direct but tactful questions about their money and financial decision-making processes. These sorts of problems can be too severe to ignore.

If you get scammed — or someone you know gets scammed, please report it. You might not be able to get your money back, and you might protect someone else from experiencing the same issue. For more information, check out www.gov.mb.ca/finance/literacy/fraud.html or www.gov.mb.ca/consumerinfo

If you're still not sure where to turn, you can contact my office just like that constituent did. Email me at james@jamesteitsma.ca or call my office at 204-691-7976 and we will do our best to help you out. ❖



James
TEITSMA
MLA for Radisson

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Railer Express' Annual Sportsman's Dinner Successful

Continued from page 1

Event host, Philly was his usual fun-loving self, moving the night along while taking amusing shots at his own coaching skills. Event photos can be found at transconarailerexpress.ca.

Upcoming events:

Reading in the classroom The players and team continue to 'give back' to our community by the hours they contribute to events at East End Arena, helping prepare food bins at the Transcona Food Bank and reading at local elementary schools. Every year, a number of players take time from work and their studies to read to students in elementary schools in the Express catchment area. Our players love to share the importance of reading and encouraging students to read for life.

MMJHL Playoffs At time of writing this article, our team was on a 12-game winning streak and was sitting two points out of second place. We fully expect to make the playoffs and have a determined run for the championship.

March Railer Express home games – Only two home games left before playoffs! (Games are played at the home of the Express, East End Arena)

Sunday, March 1, 2 pm
EXPRESS vs Raiders
Sunday, March 8, 2 pm
EXPRESS vs Knights

All Transcona Railer Express games, events and team information can be found on our website at transconarailerexpress.ca. Check back for our MMJHL

playoff schedule and see what team we will play first in the playoffs.

With regular season ticket packages all Express fans can reduce their game ticket prices, students can enjoy ticket specials and children under 10 are always free to attend our games. Our home games always feature game-day promos, where our lucky fans can win door prizes. Come out to a game, enjoy the competitive atmosphere as well as cheer on your Railer Express team.

About the Transcona Railer Express Returning to the Manitoba Major Junior Hockey League in 2012, the Transcona Railer Express organization takes pride in their involvement in the Transcona community, while providing a high-quality, affordable program for competitive hockey players who are continuing their education or beginning their professional careers. Express Head Coach, Derek Gagnon was selected as the MMJHL's 2017-18 Coach of the Year. ❖




With your support, we've been able to contribute over \$80,927.00 back into "Our Community"



Did you know?

We put \$20.00 from every sale of every vehicle and \$5.00 from every oil change that we do back into the Transcona Community! If you know of anyone or group in the Transcona area in need, let us know we can help!

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VICKAR AUTOMOTIVE GROUP'S WALK WITH L'ARCHE

Submitted by Diane Truderung

The 16th Annual Vickar Automotive Group's Walk with L'Arche will take place on Sunday, May 3rd, at Oxford Heights

Community Club, 359 Dowling Ave. East. Walking with your family and friends will add more fun to your day.

Create a team (*minimum of five people will be recognized as a team*). Registration and pledge forms are available from the L'Arche Office, 118 Regent Ave. E, at the L'Arche Tova Café, 119 Regent Ave. West and can also be printed from the L'Arche website www.larchewinnipeg.org

One hundred percent of your pledges will be used to help maintain and improve the quality of life for L'Arche members with developmental disabilities and their volunteer assistants. Fundraise by letting your family, friends and co-workers know you are walking for L'Arche and ask them to sponsor you. Come and join us for this fun event. There will be free food, prizes and entertainment for the entire family. We hope to see you there! ❖

An advertisement for Credit Union Casera. The background is a scenic view of a couple sitting on a wooden dock by a lake at sunset. The man is wearing a light green jacket and the woman is wearing a brown jacket. They are both looking out over the water. The text is overlaid on the left side of the image. At the bottom, there is a graphic of a credit card with the number 0000 0000 0000 0000 and a gold chip.

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- Printed Golf Towel Starting at \$9.89
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Cuts and closures proposed at City Hall

By Daniel Blaikie, MP, Elmwood-Transcona

The City of Winnipeg is proposing severe cuts to the services that make our communities thrive.

In northeast Winnipeg alone, we've been put on notice that we could see the Transcona Pool and Terry Sawchuk Arena closed, and the Munroe and Transcona Libraries operating on reduced hours.

This would be on top of city-wide cuts, like: reducing 24-hour Emergency coverage for the Water & Waste Department from two shifts to one, cutting cleaning programs that reduce brown water and sewer backup, discontinuing garbage pickup for commercial, multi-family and charitable organizations (like apartments and churches), and reducing staff for the already-overwhelmed 311 line.

For over a decade, while other cities were gradually raising property taxes, Winnipeg had a property tax freeze.

Freezing revenue while costs were climbing was made possible due to: a provincial government that increased the

city's operating grant to cover part of the shortfall, deferring maintenance on city facilities to kick costs down the road, and borrowing more to build big projects like bridges and roads.

But circumstances have changed. A new provincial government is no longer willing to fund services while municipal leaders brag about low city taxes. Maintenance cannot be deferred forever. Many facilities are in dire need of repair at costs far greater than in the early 2000s. The City is up against its legal debt-ceiling and cannot simply borrow more to keep things going.

To add insult to injury, there were serious boondoggles over that same period. Construction of the new Winnipeg police headquarters was \$80 million over budget and mired in allegations of fraud, forgery, money laundering and kickbacks.

While the RCMP has said they will not proceed with criminal charges, Winnipeggers would still benefit from a full investigation with public findings.

Something is broken at City Hall and Winnipeggers deserve to know what it is and how to fix it.

Instead of honouring the City's request for a public inquiry, the province has forced it to spend more money on civil litigation. Meanwhile, the province cuts funding to mainline items like public transit and pushes for action on the North End Water Pollution Control Centre, but without contributing any funds.

The City is facing serious fiscal challenges but the answer is not to downgrade services for Winnipeggers already frustrated with the quality of those services. Important projects – like upgrades to the NEWPCC – need to move forward, but we'll need the provincial government to show leadership if we are going to develop better options.

In the meantime, if you would like to speak out against City cuts, you can visit yourwinnipeg.ca ❖

Diabetes and your Eyes

Continued from page 2

vent diabetes and ultimately vision loss. Even if you have diabetes, you can take steps to prevent vision loss. Eating proper foods, maintaining a healthy weight, exercising regularly and routine eye examinations are important prevention strategies.

1. G. Best et al, "Optometric Care of the Patient with Diabetes", [Online.] Available; http://www.opto.ca/en/public/pdfs/advocacy_init/Diabetes%20Core%20Doc_EN.pdf

2. CNIB, "Diabetes and the Eye", [Online]. Available: <http://www.cnib.ca/en/your-eyes/eye-conditions/diabetes>

Checkout our website at www.transconaoptical.ca and be sure to follow us on Facebook at www.facebook.com/transconaoptical and Instagram. ❖

Daniel Blaikie, M.P.
ELMWOOD-TRANSCONA

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204 984 2499 Daniel.Blaikie@parl.gc.ca

From Your MLA's Office...

By Nello Altomare, MLA Transcona

January/February has been a busy time in our community of Transcona. My staff and I have been out at many community events, taking every opportunity we can to connect with folks like you. As your MLA, it is important that I continue to hear from you so I know more about challenges facing our community.

We were happy to support the Transcona Railer Express Hockey team at their annual fundraising dinner. The Railers have become excellent ambassadors for our community and we look forward to their continued growth and development.

The Transcona and District Pipe Band also held their annual Robbie Burns Dinner at the beginning of February. It was wonderful to attend and support this event as some of the people involved in the Pipe Band are former students of mine. It is absolutely wonderful to see my former students give back to our community through their volunteer efforts in organizations like the Transcona and District Pipe Band.

As your MLA, I continue to work to ensure that our community issues are brought to the forefront. Dynacare Labs, the company that provides blood and other diagnostic services in Transcona, have been closing down small labs in the City of Winnipeg in favour of larger "super-sites". The result will be less convenient access and longer travel times, especially for those with mobility and transportation challenges.

Many of you have reached out to me regarding this issue and I will continue to ensure that your voice is heard.

The Pallister Government has still failed to follow through on a 2016 promise to our Transcona community- to build more personal care home beds, specifically in Park Manor Personal Care Home. Four years later and they have not committed anything in support of this expansion. This is unacceptable and I will continue to advocate for these needed investments in our community.

Education funding has yet again been cut by the Pallister government. They continue to force school divisions to do more with less. As the Critic for Education, this is

concerning to me. Funding for the 2020/2021 school year fails to keep up with our increasing student enrolment and inflation, meaning their latest announcement is simply a de facto cut to our education system. These cuts have already forced schools to increase class sizes, making it more difficult for teachers to support students and maintain day-to-day operations.

It has also led to less Educational assistants in the classroom to help those with particular needs. And just like in healthcare, their k-12 education review will lead to more cuts in our children's classroom.

Public education needs to be seen as an investment for the future of our children, not as a line item cost.

If you have any questions or concerns, or would like to let me know about a community event, please come visit us at 127 Regent Ave. West from 9am to 5 pm daily, or give us a call at (204) 594-2025. ❖



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This is not intended to solicit properties already listed.

Let's talk Museum History

By Shawn Nason, City Councillor, Transcona Ward

The Transcona Museum is a hidden gem in the heart of Transcona. It houses over 53,000 artifacts connected to our community history.

Our museum first opened its doors to the public from the basement of the now former Transcona Library on October 16, 1968. It was founded based on a motion from then Alderman and former Mayor of Transcona Paul Martin.

In its early years, the museum was operated by its board members and additional volunteers from throughout the community. As the museum grew, a larger venue was needed to house all of the historical artifacts. Throughout the years the museum moved around the community until finally landing in its current home in June 1983.

The museum has also been a great resource for many community groups, social clubs, and daycares in providing educational programs that suit the needs of each respective group's age range and learning ability. Also we should be very proud of their works of remembrance towards those that served Canada in peacekeeping and the many

wars and conflicts through the decades.

A great opportunity for you to connect with the museum is through "Small Talk Tuesdays". This drop-in program engages community members to take part in casual and lively discussions with our curators.

The museum and many volunteers have been working on another Transcona project for our historic steam locomotive. Simply known as CN 2747, it was the first steam locomotive to be built in western Canada. The strength of the connection our community has with CN over many generations now is undeniable between the Transcona Shops, Symington Railyards and the Claude Mongeau National Training Centre.

The museum continues raising funds to restore CN 2747 through blast cleaning and painting that will continue to take shape in 2020. Still on the project table is a permanent shelter to preserve and protect our historic steam engine for present and future generations of railroaders, perhaps.

The staff and many volunteers at the museum are important to our community.

They are the ones entrusted to preserve Transcona's past and with welcoming our many new community members by sharing & showcasing our great history.

The museum is always looking for additional volunteers & members. If you would like to learn more about Transcona's history please visit transconamuseum.mb.ca.

As always, I'm proud to represent Transcona at City Hall, and I hope you find my articles informative. I currently have a Facebook Page, Instagram account, and website (www.shawnnason.ca) to regularly inform our community on items of importance. Should you want to discuss this or other items of concern—please contact my office via telephone (204.986.8087) or email (snason@winnipeg.ca). ❖

TRANSCONA LEGION BRANCH # 7

Continued from page 12

ture of the two brothers and their parents on the headstone of both Alexander and Anastasia. A further commemoration was made through the naming of "Moroz Street" in 2003 (formerly named Royal Street) in Transcona.

Our weekly activities at the Branch are Monday Night Bingo - Early Bird 6:45 pm with Regular games 7 p.m.; Tuesday cribbage; Wednesday Darts; Thursday afternoon Bingo starts at Noon with lunch sold approximately 11:30 p.m. (games played mainly on hard cards with bingo chips)

Friday: Second and Fourth Friday of the month Blue Grass can be heard; Saturday Meat Draw, Chase the Ace and 50/50. Doors open 1 p.m. Please check our website transconalegion.ca for any new events. ❖

SHAWN NASON

City Councillor – Transcona Ward

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@ShawnNasonTranscona



snason@winnipeg.ca



www.shawnnason.ca

WRHA Report

By *Krystal Kaposi, WRHA Community Facilitator*

FREE Income Tax Return Clinics

Qualified volunteers prepare income tax and benefit returns for eligible individuals who have a modest income and simple tax situation. The criteria to participate are a maximum income level of:

Family income –

Single person up to \$30,000, Couple up to \$40,000, One adult with one child up to \$35,000

For each additional dependent you have, add \$2,500 to the family income. You should not have interest income of more than \$1,000.

Taxpayers helped by the CVITP may include: • Employment and Income Assistance recipients • Newcomers to Canada • Seniors • Students

Types of returns not prepared by the CVITP. Volunteers do not prepare complex returns, such as returns for individuals who:

• have self-employment income • have business or rental income and expenses • have capital gains or losses • have employment expenses • file for bankruptcy • deceased in the year

At Access Transcona, 845 Regent Ave. every Tuesday and Thursday **starting March 17th to April 30th** from 9:00 - 3:00 pm. No appointments ~ first come, first serve.

At Access River East, 975 Henderson Hwy every Wednesday, **starting March 4th to April 29th** from 9:00-3:00 pm. No appointments ~ first come, first serve.

Plessis Family Resource Centre located at 1190 Plessis Road in Transcona. Plessis Family Resource Centre is a non-profit centre operating under Family Dynamics. The programs offered include, a food bank, community kitchen, adult arts and crafts group, family night activities, and youth programming such as the breakfast program, lunch program and Art City. Plessis Family Resource Centre is looking for donations of toques, mittens, finger

gloves, any warm winter gear and gently used runners/boots. All sizes are welcomed (from school-aged to adult). They are also looking for food donations for their pantry – canned and dry goods are welcomed. Donations can be dropped off at the centre at 1190 Plessis or by calling Debra or Melissa directly at 204-777-1215.

TRANSCONAVIEWS AND ADVERTISER

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DEADLINES FOR APRIL 2020 ISSUE:

Editorial Copy Deadline:

No Later Than Tuesday, March 10th

Display Advertising Deadline:

No Later Than Friday, March 13th

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