This year, each area of Winnipeg will be providing educational opportunities, health promotions, interactive activities, information booths and a chance for older adults to connect and celebrate their accomplishments and abilities.

In Transcona, the Transcona Council for Seniors Inc. will be hosting a Health Fair at Kildonan Place Shopping Centre on Thursday, October 6, 2016 to celebrate Seniors’ and Elders’ Month. The theme of this year’s fair will be Rolling Along to Good Health. The activities will begin at 9:00 AM and continue until 3:00 PM. The fair will be free and open to everyone, so we encourage anyone who has an interest in securing information on improving or maintaining their health, or that of their senior loved ones, to come and join us.

There will be over 40 organizations taking part in the Health Fair, which will make it one of the largest in Winnipeg. Included will be many services available to seniors such as Seniors Moving, Age & Opportunity, Community Financial Services, Manitoba Lung Association, Parkinson Canada, home maintenance, driver fitness, Caregiving with Confidence, Canadian Mental Health Association, Anxiety Disorders Association of Manitoba, and many more.

Topics covered at the Health Fair will range from arthritis, Alzheimer’s disease and dementia, diabetes, nutrition, heart and lung health, prostate cancer, osteoporosis, Parkinson’s disease,

Continued on page 18
EASING COMPUTER EYE STRAIN

With permission of the American Optometric Association

Eye related health care and glasses problems related to video display terminal (VDT) use costs Americans nearly $2 billion each year. Figures from the American Optometric Association (AOA) show that eye related complaints are the “number one” problems cited by computer users.

The most common eye and vision complaints are eye strain, eye fatigue, eye irritation and blurred vision. Computer users also frequently complain of tired burning, itching and watering eyes; headaches; flickering sensations and double vision. This complex of eye and vision related problems associated with using a computer can be described as Computer Vision Syndrome or CVS. It is estimated that CVS costs American companies and employees $1.9 billion per year to treat.

Since working at a computer is such a visually intense task, people use their bodies to locate their eyes so that they can best see and interact with the computer. People will accommodate their eyes at the expense of good posture. That can result in musculoskeletal difficulties like neckache, shoulder pain and backaches.

If you spend a lot of time at computers there are some preventative steps you can take to minimize the effects on your eyes and body.

8 Keep the computer screen four to nine inches below eye level.
8 Place the computer “straight in front of you” if you are looking at it most of the time.
8 Use drapes, shades or blinds to control window lighting and glare. Vertical or horizontal blinds can be used to direct light away from the computer user and the computer.
8 Creating an adjustable workstation can be very helpful in easing CVS.
8 That means an adjustable table and chair, an adjustable copyholder that fastens to the desk or the computer itself, a detachable keyboard. 
8 A screen that can be turned or tilted and has adjustable brightness and contrast controls is also beneficial. Generally, screen brightness should be the same as the brightness of other objects in the room. As for the color of the screen, black characters on a white background are easiest on the eyes.

Use a glare reducing filter on your computer screen. These types of filters are available at office supply stores and can enhance screen contrast and increase character legibility.

The eyes lead the body. If your eyes are suffering when working at a computer, then commonly, the body will also. Your optometrist will target the problem and offer solutions to solve it. Ranging from simple workspace adjustments to specialized computer glasses, the solutions are less expensive and less painful than neck and shoulder treatments.

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112 Regent Ave. West
Hair care tips for autumn! It's time we start preparing for the new season!

Fall hair care is generally much simpler than the summer care, here are some things you need to know.

Make sure your tresses welcome the cold season looking shiny, bouncy, soft and restored? Here are some suggestions on how to achieve that:

**Go Warmer.** Natural hair is lighter in the summer and slightly darker during the cold season, which means your sun touched hair could definitely use a bit of a touch up. Experiment with caramel and golden hues if you’re blonde as these will give your, by now probably slightly paler, complexion a fresh glow or opt for natural-looking high and low-lights if you’re a brunette.

**Clarify.** From styling products, lake water, SPF lotions and leave-ins -- there are tons of stuff that had been building up on your hair during the summer. And now is the perfect time to get them out and start a new season with absolutely clean, maximally shiny hair! Have one of our professional stylists, clarify your hair for you or invest in a salon quality clarifying shampoo.

**Deep Condition.** Now, I know this next hair care tip for autumn is not the season's exclusive, but is definitely something you mustn't forget once the hot days are gone! Use a good salon shampoo and conditioner to restore moisture and add elasticity to your sun dried hair and follow up with a deep conditioning treatment! Have your stylist pick the right product that will be best for your hair. A deep conditioning session is best done after clarifying and will result in wonderfully restored, soft and supple hair.

**The Cut.** But we must not forget! Split ends are definitely not something you should take with you into the next season so book an appointment with one of our stylists and have this taken care of!

**Frizz Proof.** Cold … well we can handle the cold but rain and that crazy frizz that follows are definitely not on any girl's list of things to love autumn for! Hair care should definitely involve a good anti-frizz product or a Brazilian Blow Out Treatment or Split End Treatment.

**Moisturize.** Moisturizing definitely needs to find its place in your fall hair care too as wind, heating and blow drying can take a toll on your hair! Consider a moisturizing shampoo and conditioner, or a leave-in conditioner to simplify your daily routine or try a Joico Co-Wash that you would use between your regular shampoo and conditioner, or a Brazilian Blow Out Treatment or Split End Treatment.

**Massage.** Out with the old, in with the new! If you happen to be shedding like a cat around this time, too, get your boar bristle brush ready and be sure to use it at least once every 2-3 days. A relaxing 10 to 15 minute massage will increase the blood circulation in your scalp, speeding up new growth and will give you healthier hair and head in the long run! Don’t get scared if your shedding gets worse as these hairs are, in fact, ready to go and the sooner they do, the better!

Don’t forget about your skin!!! Visit our Spa for a personalized facial with Eminence Organics skin care line, your skin will show you how much it loves it.

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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 typewritten 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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www.bondprinting.net/views.html
Health and Wellness
TRANScona CHiropractic
wellness centre

We at Transcona Chiropractic promote wellness as well as pain relief. We believe patients can live a more healthier life with proactive health care rather than reactive health care. Health and wellness is a lifestyle and a personal choice. We help patients strive for a healthier lifestyle by educating patients on the cause of their pain or discomfort and how to rectify it. Once your problem has been rectified we continue treatment on a maintenance/wellness program to prevent further re-occurrence of symptoms. The original philosophy of chiropractic is to free the nervous system of interference by directly affecting ones health by adjusting the spine. Chiropractic has since evolved to be an effective alternative to mainstream medicine for pain relief. We look to promote both of these aspects of chiropractic in our clinic.

For many people, their Doctor of Chiropractic is a primary health care provider, helping keep the entire body functioning at its best, offering advice on nutrition and exercise and to prevent unforeseen problems from developing into bigger health challenges.

People of all ages and walks of life benefit from chiropractic care. No matter how you spend your days, chiropractic care can help you achieve optimal health.

The care provided by a Doctor of Chiropractic is personalized to fit each persons unique requirements. From newborns, to seniors, no matter your physical or mental condition, chiropractic care is a unique health care discipline focusing on the whole person. Doctors of Chiropractic work with the inborn healing ability of individuals to safely restore their health without drugs or surgery.

Dr. Duggal attended Life Chiropractic College West in Hayward, California. There he studied under world renowned chiropractors for 4 years where he perfected his craft and became an exceptional chiropractic practitioner. Soon after graduation, Dr. Duggal returned to his home in Winnipeg where he wanted to open up his own clinic and give back to the community through his services and experience; thus the creation of “Transcona Chiropractic Wellness Centre” located at 1783 Plessis Rd, Unit 7. Phone: (204)777-WELL (9355) Fax: (204)777-9356 Email: drduggal@transconachiropactic.com

Continued on page 10
VOLUNTEERING IN TRANSCONA

James Teitsma, MLA for Radisson

It’s important to encourage and recognize volunteers in our community. We have many amazing examples, right here in Transcona!

Greg Veosovich raises thousands of dollars every year by camping on the rooftop of his 1495 Regent Ave Tim Horton’s location.

Paramedic Kevin Martin together with his father arranged for an entire semi-trailer load of emergency relief supplies to be sent to the displaced residents of Fort MacMurray (pictured)

Lisa Webinger is currently part of a team working to raise $50,000 for the Health Sciences Centre Foundation.

Colleen Tackaberry runs the Transcona Council for Seniors among other things. Everyone involved in running the Transcona Food Bank. All the volunteers at the L’Arche Tova Café. And the list goes on and on.

We appreciate what these and so many other volunteers do for our community. We know that their work helps others. In a way, we know their work helps us all.

But if you ask them, you’ll find out that they feel just as good (or better!) doing the volunteer work as those do who benefit from it. Why is that?

Better to Give than to Receive

Well it turns out the old adage “it’s better to give than to receive” is not just a proverb our grandmothers used to try make us less greedy at Christmas time. It’s scientifically proven to be true! Volunteer- ing can help you reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. Volunteer- ing doesn’t have to involve a long-term commitment or take huge chunks out of your days. Giving of yourself to others even in simple ways improve your health and happiness while helping those in need. And the more you volunteer, the more benefits you’ll experience! As Ralph Waldo Emerson said, “It is one of the most beautiful compensations of life, that no man can sincerely try to help another without helping himself”.

Setting a Good Example

I know firsthand that children watch everything their parents and grandparents do and say. I’m grateful my own parents taught me to give back to my community and to help those who need it. By showing concern for your community and helping others by volunteering, you’ll get double the dividends because of the good example you’ll set for your children and grandchildren.

Volunteer Opportunities.

One reason why people don’t volunteer is because they aren’t aware of the need or the opportunities.

At a recent meeting of the Transcona Seniors Advisory Council, I heard one group after the other say

Continued on page 12
October – Another Summer gone, so let’s enjoy the colors of the Autumn Season. There are leaves of many colors, some flowers that bloom till the snow flies and the grass seed heads that bob in the breeze. Many of the grass seed heads remain standing during winter and can be seen above the snow line.

There are still some lingering thoughts of summer in some gardeners’ minds, ie. the winners in the August Show held at the Kildonan Place Mall. There were 513 exhibits placed by 42 exhibitors which was an increase from last year’s numbers. Awards were presented to the winners on September 21st at the Annual Awards Night.


Junior Aggregate Winners: Junior Baking – Faith Sawicki, Junior Gardeners, Junior Crafts and the JUNIOR GRAND AGGREGATE – Gracia Sawicki


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During the summer, Wyatt Dowling Insurance Brokers held eight community barbeques with the proceeds of each one going to different charities. Each branch chose one charity that they would like to support, ranging from local community groups to larger charitable organizations. This year over $20,000 was raised.

Wyatt Dowling Insurance Brokers have been hosting these barbeques every year for many years. These barbeques are not only to provide an event to their loyal customers, friends and the local community but also to give back to the communities that support Wyatt Dowling Insurance Brokers. In addition to the community barbeques, Wyatt Dowling Insurance Brokers have also hosted several movies in the park events along with local Realtors, Geoff and Regan Archambault.

Other Awards: Best Bouquet of Mixed Flowers was won by Louise Page.
Honey Special Awards: 1st Evangeline Manulak 2nd Patricia Sawicki 3rd Domia Derkach
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Troop: First Transcona Scouts
Sage Creek Residents Association

Call 204 949 2600
or visit wyattdowling.ca
JOIN THE LEGION TODAY!

By Faye Jashyn

There are many ways the Legion gives, and by joining you give too!

When you join the Legion, you support the many services we offer to Veterans, serving military, RCMP Members, and their families.

Veterans put their lives on the line for their country; becoming a member of the Legion is the ultimate way to show your appreciation for that service. Your membership also helps provide essential services within our communities, including seniors support services, housing and care for the elderly, drop-in centres, Cadets, youth and sport programs, and much more.

Go to www.Legion.ca and download the membership form and come down to the branch.

Renewals are underway at the branch. Pay your early bird by November 30th for a chance to win back your membership on Levy Day, January 1, 2017. There will be 10 draws for free membership, 6 for people in attendance and 4 do not have to be in attendance.

The Transcona Legion has a supply of walkers, wheelchairs, and personal devices that can be loaned out. If you know someone that is in need please contact the Legion.

The Transcona Legion operates a Bingo every Thursday afternoon held on the Main Floor of the Legion Doors Open at 11:00 am. Play starts at 12:00 pm with penny bingo and at 12:30 pm regular bingo with accumulator games. These games require bingo chips to play. There are also 3 special games requiring bingo dabbers. The special bingo paper sheets must be purchased before 12:00 pm. The Bingo is usually over around 4:00 pm. Refreshments (Sandwiches, cake, coffee or Tea) are sold before and during intermission. We would be pleased to see you there and bring a friend.

Weekly Legion activities include: Bingo on Mondays at 6:45pm (Early Bird) & 7:00pm (Regular Games).

Cribbage on Tuesdays at 7:00pm, Friday night Bluegrass, Saturday afternoon Meat Draw & Chase the Ace, draws starts at 2:00pm & 4:00pm respectively.

Volunteers are always needed for our events. Contact the Legion at 204-222-9951 and leave your name and number and someone will contact you.

For more information on all events and activities at the

Transcona -Legion Branch #7, 117 Regent Avenue East, watch the bulletin boards.

Community Billboard

Continued from page 5

Other volunteer needs: 2 volunteers needed for Tuesday afternoon bingo.

Podiatrist assistant: 1 person needed once a month to bring people to and from the podiatrist, generally on the first Tuesday of the month.

Monday, Tuesday and Wednesday Evening programs

2 volunteers needed for Wednesday afternoon Music Program.

Friday Beauty Club Assistants need to help with manicures.

For further information, please call Bernice Middlestead at 204-222-3251, or E-mail at bmiddlestead@parkmanor.ca

Continued on page 15
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A project by KOTHARI GROUP

Transcona Views and Advertiser – 11 –
October 2016
they needed more volunteers to ensure existing programs could continue to be offered or to get new programs off the ground. Volunteers were needed to help drive seniors to medical appointments or to simply hand out pamphlets at the Annual Health Fair on Thursday, October 6th. If you can help with these or one of many other opportunities, contact Colleen Tackaberry at tcs@mymts.net or 204-222-9879.

Next summer, Canada turns 150 years old and Winnipeg is the host city for the 50th Annual Canada Games! Over 6,000 volunteers are needed! Go to www.2017canadagames.ca to find out more.

You can find more great opportunities to volunteer at Winnipeg Harvest.

Another great option is Siloam Mission. Siloam includes opportunities for families to volunteer together. Groups and individual volunteers are also welcome! They need help with sorting donated clothing items, cleaning the basement and even baking treats for their community members.

If you’re still not able to find an opportunity that suits you, you can check out www.volunteermanitoba.ca or call my office at 204-691-7976 and we will try to connect you with one of the many groups in Transcona that could benefit from your help.

Remember that “volunteering is the ultimate exercise in democracy. You vote in elections once every year or two, but when you volunteer, you vote every day about the kind of community you want to live in.” (Author unknown). ♦

WRHA says Get the shot, not the flu!

Mark your calendars – it is time to get immunized this October!

WRHA Flu clinic will be held at East End Arena and Community Club, on the 2nd Floor, 517 Pandora Ave East from 12pm-7pm 2016 on the following dates; Tuesday October 25th, Wednesday October 26th, Thursday October 27th

Vaccine will also be available at other public influenza vaccination clinics in the Winnipeg Health Region and through your regular immunization provider. For dates & other clinic locations in Winnipeg, visit wrha.mb.ca or call HealthLinks / Info Sante at 204-788-8200. ♦
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Serving and Supporting the Transcona Community • Serving all Denominations
Would you like a great breakfast served by some very entertaining people? Get a ticket for The Transcona Council for Seniors Inc. Fundraiser at Applebee’s on October 29, 2016 and be served by The Board members. Cost is $10 per ticket, please call Colleen for tickets at 204-222-9879. Limited seating so get your ticket early and don’t be disappointed. Service with a smile and a joke or two!

Would you like to learn more about your tablet or computer? Transcona Council for Seniors will be offering programs for a small charge to learn about the Microsoft program, email, internet, i-pads etc.

Have you had a loss of a spouse? We have a Bereavement Group called Moving Forth which meets and plans activities together. If you are interested please call Colleen for more information at 204-222-9879.

Would you like to learn more about your tablet or computer?

Pickle Ball is played at Oxford Heights Community Centre and Transcona Memorial United Church. To register for this programs or have more information please call George at (204)782-0106.

The 55+ Dinning Experience has moved to Lutheran Church of The Good Shepherd, 401 Kildare Avenue West. There are delightful home cooked meals, entertainment and interesting company. Our meals are open to all 55+ and are served Mondays and Wednesdays at 4:30 PM and Fridays at 12 noon. We have a wonderful variety of meals. To hear what the menu is for any given day call 204-222-5947 and listen to the menu. Join us for our Thanksgiving Dinner October 12, 2016. There is limited seating so get your ticket early by calling 204-222-9879. Cost $15.

Dinner Discussions will be held Wednesday October 26, 2016 at 401 Kildare Avenue West at 3:30 PM. Register and stay for supper if you wish by calling 204-222-5947.

Wednesday, October 5, 2016 the Alzheimer’s Caregivers’ Group will meet at Transcona Memorial United Church, 209 Yale Avenue West from 10:00 – 11:30 AM.

Tuesday, October 11, 2016 our Vision Impaired Group will meet at Devonshire House at 75 Kildonan Green Drive starting at 1:00 PM – 2:30 PM. We will have a Guest Speaker from CNIB Lenard Ferber who is the Director of Client Services. This group is for seniors who have difficulty with their eyesight and who might enjoy getting together once a month for discussions of topics of mutual interest regarding loss of sight.

Monday, October 31, 2016 A program for the Hard of Hearing will be held at 1 PM at 1396 Plessis (Abundant Life Church). Come and learn how to maximize the hearing you information please call Colleen at 204-222-9879.

Tuesdays and Fridays Zumba Gold and Toning is held at 10 AM at Oxford Heights Community Centre 359 Dowling Ave East. Join the fun with Tammy.

Our Exercise Program is free of charge and open to anyone 55+. It is held Friday mornings at 11:00 AM at 401 Kildare Avenue West. A trained peer leader leads you through exercises which help with balance and flexibility.

Wednesdays Yoga/Relaxation and Stress Reduction for 55+ is held at 10:00 AM at Oxford Heights Community Centre. Our instructor helps to make sure you are doing each position correctly and is willing to modify poses to suit your ability. Wednesdays between 10 AM and Noon the Art

Transcona Views and Advertiser

October 2016
Group meets at 328 Whittier Avenue West. It is a free class where everyone shares their talent.

If you have been looking for a weekend activity join the Art group open to all 55+ and meets at 845 Regent Avenue West, Saturdays at 10:00 AM to 1 PM. Come and express yourself!

Thursday’s Scottish Country Dancing takes place at 1 PM at 328 Whittier Avenue West. Please call Joyce Cormack at 204-224-2291 for more information or come out and join the fun.

Every Friday at 1:30 PM Whist or Cribbage is played at 328 Whittier Avenue West. Come and join the fun. Everyone 55 plus is welcome.

For information on any of the above programs, call Colleen at 204-222-9879

TRANScona Biz
By Jessica Campbell, Community Promotions Developer

Transcona Biz is humbled by the amount of support and participation in the events held this summer in the Transcona Centennial Square. Our Market Garden had a wonderful turnout, enough so that we were scrambling to provide more tents for new vendors.

After our Saturday Craft Market had such a great response we have decided to hold a Winter Craft Sale on December 3rd. Don’t worry, it will be inside! This event will be held at the East End Community Club in the brand new upstairs meeting rooms. Walk in through the main doors and look for the signs. Times are to be announced.

Please mark your calendars for our Halloween Event taking place on Thursday, October 27th. Join us in the Square after 6:00 PM for some spooky fun and then walk over to the Legion for hot chocolate and Halloween movies starting at 7:30 PM. We encourage you to wear your costumes and bring a blanket to stretch out on during the movie.

More information about both of these events to follow, please check updates in the window of the Biz office at 108 Bond Street and our website www.transcona.biz.ca/events

Community Billboard
Continued from page 10

1st Transcona Scout Group
Hall located at 308 Whittier Avenue West
Co-Ed Youth Programming
Beavers ages 5-7 Wednesday’s 6:30-8:00 pm,
Cubs ages 8-10 Monday’s 7-8:30 pm,
Scouts ages 11-14 Tuesday’s 7-9:00 pm

Registration on Tuesday October 4th and Tuesday October 11th
To Register or for more information go to www.scouts.ca
Call 1-888-855-3336 or email helpcentre@scouts.ca or call Wendy 204-224-3632.
Section Leaders, Group Committee and Parent Volunteers Needed!

Transcona & District Pipe Band
Ever wanted to learn how to play the bagpipes or drums? Interested in the Scottish music and culture? Want to play in a

Continued on page 17
Having a place to call home is something many, but not all, of us are fortunate to be able to take for granted. Imagine trying to find a job, make a health insurance claim, or even just get a good night’s sleep without your own place to come home to at the end of the day.

Quality, affordable housing is the key to living a good life. It plays a critical role in everything from meeting basic needs, to accessing services, to participating in the economy. That’s why I’m proud to support the work Habitat For Humanity is doing in Elmwood-Transcona.

No one wants to think about their death any sooner than they must, but planning your funeral and cemetery services in advance is a responsible, caring act that can reduce stress for your grieving loved ones. It’s easy to understand how making decisions now about your final arrangements can help assure those left behind that your wishes are being honored.

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Giti and Ahmad are working hard to support their four children

Not only are they helping to build more affordable housing, they are also making homeownership – with the sense of dignity and pride that comes with it – possible for many families that otherwise would not be able to own their own home. They do this through a combination of sweat equity by volunteers and the family, donated materials and interest-free mortgages.

On August 5th, I had the pleasure of volunteering for a Habitat build on McCalman Street in Elmwood. Giti and Ahmad are working hard to support their four children and will now be able to own their own home because of Habitat for Humanity.

For all its accomplishments, however, Habitat for Humanity cannot address Canada’s lack of affordable housing all by itself.

Since the Liberal government cancelled our National Housing Strategy in the 1990s, Canada’s affordable housing stock has deteriorated in quality and quantity. Hardly any new federal money has been invested in housing over the last 25 years. The small amount that did come from Ottawa came from what is known as the “NDP budget” passed under Paul Martin’s minority government in 2005.

Ongoing operating money for affordable housing that does flow from the federal government is largely tied to agreements signed in the 1960’s and 1970’s. These agreements were tied to long-term mortgages that will mature over the coming years.

It is imperative that the money earmarked in these agreements continue to flow to affordable housing once those mortgages mature and that we see new federal money to build more affordable housing and repair the existing stock.

The new Liberal government has committed to make some investments in affordable housing. The NDP is working in
Ottawa to hold them to that commitment and ensure it is not just a flash-in-the-pan announcement, but the beginning of a sustained, long-term National Housing Strategy that will make it possible for every Canadian to put a roof over their head.

The Anglican Church Women meet the 3rd Wednesday of each month downstairs at 1:15pm; October’s meeting is on the 19th.

Men’s Fellowship: Usually held the last Saturday each month, breakfast at 9am (29th) - contact Steven (via church) to confirm location.

Diabetes Support Group meets the first Thursday of each month from 2-3 PM at Access Transcona, 845 Regent Avenue West. Call 204-938-5525 for more information.

Community Billboard
Continued from page 15

band that’s been part of the community for over 50 years?

The Transcona and District Pipe Band still have a few spots open for boys or girls to become students and learn to play bagpipes or drums. Lessons are free call Ryan Stewart at 204-224-0455.

St. Michael’s Parish Perogy Dates:
October 7th and 21st, November 4th and 18th, December 2nd and 9th (last one). Please contact Ann 204-222-9003

St. George’s Anglican Church
On Oct 2, @ 4pm St. George’s is having a Blessing Of The Animals Service - all pets (furry, feathered, finned or scaly) welcome!
K. SAUNDERS
TAEKWONDO ACADEMY

The K. SAUNDERS TAEKWONDO ACADEMY has been apart of the Transcona community for over 20 years. Over 5000 students have come through both our Oxford Heights and Park City West C.C. locations. People of all ages, (starting as early as 5 years old), have come and experienced what it takes to be a REAL Martial Artist.

Together with the help of our certified and experienced instructors, we have been able to create a positive and safe environment, in which quality instruction is provided to each and every student through our many programs. Such as the traditional family classes, Tiny Tigers or Sport Taekwondo programs.

At Saunders Taekwondo every student’s individual needs and goals are supported, met, and for many students exceeded!

Master Saunders has personally created a one of kind program which helps strengthen the mind, body, and spirit through military style training. Many Students over the years have accomplished great things in sport taekwondo. Our Elite Olympic program has created many provincial, national, international and world champions in full contact sparring right here from Winnipeg.

We are committed to the physical and mental development of the youth in our community. The results speak for themselves. We have watched as our students families bonds have strengthened and their family values supported. We have seen our students grow into business owners, educators and successful leaders in our community.

We would like to thank all the families, friends and businesses who have supported our program throughout the years. It is these people who have made it possible for us to be the longest running and most trusted martial art school in transcona.

Come give it a try. "A family that trains together, stays together!"

October is Seniors’ & Elders’ Month

Continued from page 1

housing options, and many others. In addition, free hearing screenings will be available as well as blood pressure reading.

While you are attending the fair there will be opportunities to try pole walking, exercising with bands, Pickle Ball, Zumba Gold, yoga, and chair exercises. If you have been curious about any of these activities, here is a chance to see what they are about and to enter into the fun if you would like to.

There will also be a number of local organizations such as The Transcona Council for Seniors and Good Neighbors Active Living Centre present who provide opportunities for socializing and entertainment and who would love to tell you about their programming.

Please accept this as your invitation to the Health Fair. We would love to have you visit and take in this fun and informative event. There will also be opportunities to win door prizes.

And if you would like to volunteer at the Health Fair, please call Colleen Tackaberry at 204-222-9879.

See you at the Fair!
Transcona Views and Advertiser – 19 –

MMJHL AND RAILER EXPRESS JR HOCKEY SEASON UNDERWAY

By Jerry Sodomluk

Railer Express Jr Hockey players are back on the ice and helping in the community! Players are helping at the Transcona Minor Hockey and East End Community Club fall hockey camps as well as looking forward to lending a hand at the Transcona Foodbank and reading in schools. The Transcona Major Jr Hockey program is committed to providing a competitive place for these 17 to 21 year olds players to play as well as instilling the value of giving back to the community.

The 2016-17 Manitoba Major Junior Hockey season is in full swing. This year’s Railer Express squad has a mix of veteran and rookies. Several players have graduated due to age, a couple have had to focus on school and work commitments leaving a number of openings for new players like Braedon Pokrant out of Murdoch MacKay Collegiate, Kiley Fender from Steinbach, Adam Howlett from TCI and Gaurion Baril from PET.

All home game days can be good family fun with entertaining hockey, lots of door prizes including a pair of Silver Jeans at every home game. We invite everyone to come out and enjoy the competitive atmosphere as well as cheer on the Railer Express team. You can get a great season ticket package that can reduce home game tickets to $5 a game, students can enjoy half price specials while children under 12 are also free.

FRIDAY 07-Oct-16, EXPRESS TWINS
ED GOLDING ARENA 8:00PM
SUNDAY 16-Oct-16, EXPRESS RIELS
ED GOLDING 2:00PM

October home games: Watch for exciting game day plans at this and many other dates throughout the year including Thursday October 13 when we host our Season Kickoff ‘Pork & Pint’ event for players, families, friends and fans. We are also very excited to have Rod Black coming back to be our guest speaker at this year’s Sportsman dinner later in January.

Come out and enjoy the atmosphere and catch some of the fun.
For more information on the Railer Express Junior Hockey Club visit the website at www.transconarailerexpress.ca

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October 2016
Hello October! The nights are drawing in, there’s a noticeable chill in the air, and the leaves are slowly changing colour. The beauty of autumn certainly gives staff at the Transcona Historical Museum something to smile about. To mark the start of this great season, the museum is pleased to share some of its highlights for the coming month. Continue reading to find out more:

Meet Jennifer Maxwell, our Assistant Curator: I studied History at Brandon University and Queen’s University before completing my Master of Museum Studies at the University of Toronto. I completed an internship at The National Ballet of Canada as a course requirement for my Museum Studies programme. In addition to my internship, I have worked at the Fort la Reine Museum, the University of Toronto’s History of Medicine Programme, and the Royal Ontario Museum. My education and work experience has provided me with the skills and training necessary to perform my job; this includes collections management, preventative conservation, and curatorial research. A favourite aspect of my job is solving collection conundrums: investigating and determining what to do with the oddities found in every museum collection (objects without records, identification, or sometimes even a location). My work certainly keeps me busy, as well as entertained!

Videos: This summer, our programming students created some wonderful videos that capture a collection of noteworthy stories from Transcona’s past. Discover the personal history of local magician Melvin McMullen (a.k.a. Len Ventus) and his legacy on the international profession of magic. Also learn about Canadian National locomotive 2747, the first steam locomotive to be built in Western Canada at the Transcona Shops. You are welcome to view these videos on our YouTube channel.

Remembrance Week: The Transcona Museum will once again be celebrating Remembrance Day at Kildonan Place from November 7th – 11th. Please join us at Centre Court during mall hours to learn the role Transcona has played during wartime, and to find out about those Transconians who have made the ultimate sacrifice for their country. If you are able to donate some time to the Transcona Museum and would like to volunteer at our booth, please contact Alanna or Jennifer at the museum. Any time you are able to give would be greatly appreciated.

Educational Programming: Don’t forget that the Transcona Museum offers Manitoba curriculum-based programmes that can be booked by teachers and educators for groups of all ages. These programmes can be booked at the museum, or we can come to you! Please note that all of our programmes require booking in advance. Our prices are either a donation of $25 or $1 per person, whichever is

Continued on page 22
BLAIR YAKIMOSKI
MLA for the Constituency of Transcona

Public money has no party — that’s a phrase that has really driven home the importance and essence of my new role as a member of the public accounts committee (PAC) at the Manitoba Legislature. As a member of this committee, I was fortunate to take part in a recent national conference of the Canadian Council of Public Accounts Committees and the Canadian Council of Legislative Auditors in Yellowknife, N.W.T.

Although the Northwest Territories is a beautiful part of Canada, I was there to learn and absorb. PAC is responsible for dealing with recommendations in reports of the Auditor General and working to ensure they are implemented. These audit reports are not about the policies of a government, but about their effective implementation. Essentially, they assess whether your tax dollars have been spent efficiently.

A presentation by the C.D. Howe Institute at the Yellowknife conference brought forth the connection between the oversight that Public Accounts Committees provide and the improved quality of life in jurisdictions that have strong oversight. There is a direct correlation between strong oversight and increased GDP, increased income, improved ease of business in external trade and improved gender equality.

PAC includes 11 representatives from all political parties at the legislature. Although it can never be completely free of partisanship, we should all agree that efficient administration of a policy recommended by an impartial third party should be the goal of government. Meetings of PAC are open to the public.

In September, we dealt with a recently released report on inspections of provincial bridges. Our new Manitoba government agrees with, and is in the process of implementing all 20 recommendations. I hope as a new government, we will be able to focus on the implementation of these recommendations in future reports.

Being a part of this committee is exciting. It gives me the opportunity to learn about a wide range of departments within our government, and to engage in a process whereby I can play a role in making a better Manitoba.

You can review the Auditor General’s reports online at http://www.oag.mb.ca/. If you would like to discuss further, please contact Tara at my constituency office to arrange a meeting.

Constituency Office: 127 Regent Avenue W., Phone: 204-615-0844  blair_yakimoskimla@outlook.com

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Business & Community Leaders are invited to join this Informal Weekly Business Meeting

**NORTH EAST BUSINESS EXCHANGE**

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This is not intended to solicit properties already listed.
greater. All of our programmes can be modified for older or younger groups. Check our website for more information.

**Hours & Contact Info:** Transcona Historical Museum is located at 141 Regent Avenue West. Our hours are Monday to Saturday, 9am to 4pm (hours are subject to change). 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, and YouTube for regular updates on museum activities.

Please note the museum will be closed for Thanksgiving from October 8th – 10th, as well as on Saturday, October 15th.

Have a wonderful October everyone! ✿

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**Seniors Bulletin Board**

Client appointments at Access Transcona, call 204-940-2114.

**Individual Counseling** available free of charge with A&O Counselor. Call 204-956-6440 to make an appointment.

Diabetes Education, 4 week sessions, call Access Transcona to register: 204-938-5555

**Support Groups-Meeting at ACCESS Transcona.** No registration required. Call 204-940-2114 for further information.

**Diabetes Support Group**-meets the 1st Thursday of each month from 2-3 pm. Next Session Sept. 8th. All about fitness.

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**OCTOBER AT THE TRANSCONA HISTORICAL MUSEUM**

*Continued from page 20*

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**MANITOBA PROSTATE CANCER SUPPORT GROUP**

Meets 3rd Thursday of each month, 7-9 pm at the Seven Oaks Hospital auditorium. Call 204-989-3433 or manpros@mts.net for more information.

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**Mood Disorders Support Group** at Access Transcona- Monday at 7-9 pm.

**Visual Impairment Coffee Group**—call 204-222-9879 for further information

**Hard of Hearing Support Group** at Abundant Life Church, Last Monday of the month at 1:00-3:00 call 204-222-9879.

**Continuity Care** offers 2 support groups for older parents and siblings in a care giving role who have a family member with an intellectual disability. Join us for coffee, shared stories and speakers on topics of interest. Please call 204-779-1679 for more information. Access River East- First Thursday of the month.

**Moving Forward Group:** Do you find yourself alone after the loss of your spouse and want to establish new social networks and new opportunities for personal growth? Meetings are the third Friday of each month at Access River East, 1:30-3:30. Call 204-940-2114 to register. Next meeting Sept. 16th.

**Manitoba Prostate Cancer Support Group,** meetings 3rd Thursday of each month, 7-9 pm at the Seven Oaks Hospital auditorium. Call 204-989-3433 or manpros@mts.net for more information.

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**OCTOBER AT THE TRANSCONA HISTORICAL MUSEUM**

*Continued from page 20*

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