



**TRANSCONA**  
BUSINESS IMPROVEMENT ZONE

# T R A N S C O N A BIZ BULLET

Vol 17. No. 1

March 2020



# Meet the BIZ's 2020 Board of Directors

## First what exactly is a BIZ?

The Transcona BIZ is a membership non-profit organization of businesses. The mandate of the BIZ is to undertake improvements, beautify the area, help promote and market the business members, and build community.

If you've been to the Canada Day Celebrations at Transcona Centennial Square, Outdoor Movie Nights, the Thursday Markets, or the Friday evening concerts, you've participated in a BIZ event! The BIZ has a wide reach in Transcona and connecting businesses with the community is the "big picture" goal of the BIZ.

All businesses that pay business tax within the geographical boundaries of the Business Improvement Zone automatically become members. Each business in the zone pays an additional tax levy that funds the activities of the BIZ. This includes the day-to-day operations of the office as well as our events and programming. In

addition to the levy, the BIZ also enlists sponsors for its programs to bring the community a wide variety of free events such as the Spring Clean-up, Canada Day Festival, free movies and concerts etc.

The Board of Directors provides oversight to ensure the BIZ is managing its programs, events and administration well, and to represent the interests of the business in the day to day Zone activities. The directors are elected at our Annual General Meeting each November. Our board is currently made up of eight volunteers from businesses within the zone, along with a representative liaison from the City of Winnipeg and the Transcona Ward City Councillor.

We are currently looking to fill one more seat on our board. If you or anyone you know may be interested in volunteering to join the BIZ, please call us at 204-222-8566 or send an email to [admin@transconabiz.ca](mailto:admin@transconabiz.ca).

## Social Media

The Transcona BIZ has stepped up their social media presence. We want you to have the most current information about what is going on in the Transcona BIZ Zone as quickly as possible.

You can find us at:

- Facebook - [www.facebook.com/TransconaBiz](https://www.facebook.com/TransconaBiz)
- Twitter - [twitter.com/transconabiz](https://twitter.com/transconabiz)
- Instagram - [instagram.com/transconabiz](https://instagram.com/transconabiz)
- Website - [transconabiz.ca](https://transconabiz.ca)

Visit us anytime!



## Transcona BIZ Board of Directors, 2020

We welcome our new Board for 2020. With a diversity of experiences and talents, each Board Member contributes greatly to the overall success of the Zone.

<b>Brent Thomas</b>	Casera Credit Union	<i>President</i>
<b>Keith Cruise</b>	Bond Printing	<i>Vice-president</i>
<b>Jeff Klause</b>	Little Bones Wings	<i>Treasurer</i>
<b>Shawn Nason</b>	City of Winnipeg Councillor	<i>Secretary</i>
<b>Martin Pasieczka</b>	City of Winnipeg	<i>City of Winnipeg Liaison</i>
<b>Tom Oakley</b>	Oakley Alarms	<i>Director</i>
<b>Robert Juniper</b>	RJ Accounting	<i>Director</i>
<b>Rob Geswin</b>	Wyatt Dowling Insurance	<i>Director</i>
<b>JP Pelletier</b>	New Flyer/MCI	<i>Director</i>
<b>Robert Francis</b>	Prana Medical Centre	<i>Director</i>

## The TRANSCONA BIZ BULLET

is published quarterly in conjunction with the Transcona Views and distributed free of charge to the community.



For information call:  
204-222-8566  
[admin@transconabiz.ca](mailto:admin@transconabiz.ca)

## Transcona BIZ BUCKS Winners!

**November:** Lise Dudar, Dora Frohlich, Cathy Moslenko  
**December:** Starlene Sutherland, Bob Olien, Elizabeth Abad  
**January:** Andrea Therrier, Joan Boudreau, Kathie Tetreault

# Meet the new team at the TRANSCONA BIZ



As we start a new year, we want to take this time to introduce the new Executive Director, Leila Dance and reintroduce Paul Hodgert, Events Coordinator for the Transcona BIZ. We encourage you all to drop by the office and meet the staff or introduce yourselves to us at many of the events that will start happening come spring.



**Leila** is a life-long resident of Transcona with a passion for supporting and working with local businesses and community organizations. She grew up in Transcona, attending the French Immersion program and graduating from College Pierre Elliot Trudeau in 1996. She purchased her first home in the community and has raised

her son, Braeden here. She has volunteered at her son's school, helped raise money to build the Sir Winston Churchill Park just off Edmond Gale and sat on the board of directors for the Transcona Sea Cadets for many years.

Leila's background in the non-profit sector includes fundraising and communications positions with the Children's Wish Foundation, the Kidney Foundation of Canada, Manitoba, and the ALS Society of Manitoba. For the last 18 months, she has also held the role of Director of Operations at Park City West Community Centre, developing significant skills as a business manager, team leader, and community liaison.

Leila can be reached at [ed@transconabiz.ca](mailto:ed@transconabiz.ca) or by phone at 204-222-8566



**Paul** grew up in South Osborne, but now lives near Dugald with his wife Ashli and his two children, Lewis and Margaret.

The family consider the Dugald area to be a suburb of Transcona. Paul has been with the BIZ as the Events Coordinator for just under a year and has found himself involved with almost every aspect of the BIZ's operations. During

the summer, he can be found strolling around our Market Gardens and other events in the Transcona Centennial Square.

Paul's professional background is in finance, banking and marketing, but he has also worked in concert promotion around town since he was fifteen years old. He has worked for such financial institutions as Cambrian Credit Union, Assiniboine Financial Group and BMO Nesbit Burns. He has also done marketing work for the Fort Garry Hotel and Ten Spa. When he's not spending his free time with family, Paul is working on his Master's Degree in Writing and New Media.

Paul can be reached at [events@transconabiz.ca](mailto:events@transconabiz.ca) or by phone at 204-222-8566

We will be documenting our rediscovery of Transcona and all that it has to offer on the Transcona BIZ social media pages. Make sure you follow along at Facebook @TransconaBIZ, on Instagram @transconabiz or on Twitter @TransconaBIZ and make sure to comment and share your hidden gems on Transcona.

**Enter by March 31, 2020  
to Win \$50 BIZ Bucks!\***

(BIZ Bucks have No Cash Value)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**Include email for extra \$50.00 draw if you wish to subscribe to the Transcona BIZ**

\*To be spent at the BIZ Businesses listed in this publication.  
One entry per household. Winner will be notified by phone.

Just drop off or mail your entry form  
to the BIZ office at  
**108 Bond Street  
Winnipeg, Manitoba R2C 2L2**

Office Hours: 9:00 a.m. - 4:00 p.m.

**Phone: 204-222-8566**  
email: [admin@transconabiz.ca](mailto:admin@transconabiz.ca)

*Keep reading to find next months BIZ Bucks ballot.*



# 2019 Winter Wonderland



On what was to that point the coldest night of the year, the Transcona BIZ held our annual Winter Wonderland! The cold wasn't enough to keep approximately 100 people from enjoying the spirit of the season.

Hot chocolate was provided by our friends at the Transcona Legion. The hot chocolate, along with the roaring fire, was enough for most to keep warm. The kids kept warm by using the active living equipment set-up by Fit Kids Healthy Kids.



Winning Tree by Bond Printing



We were also treated to a visit by Santa and Mrs. Claus. The jolly pair took photos with the children on their laps and stuck around long enough in the cold to wade through the crowd, visiting with the young and young at heart, warming themselves by the fire as well.

Transcona's giving spirit was also on display, as we collected food and toys for the Transcona Food Bank. You'd think we had three times as many people at the event judging by the amount of goods collected. Way to go, Transcona!

For the second year in a row, the tree decorating contest was won by Bond Printing with their Snowman themed tree.

If they keep this streak up, we may have to retire them from competition! Congratulations to the team from Bond on a job well done!

Thank you to all our tree decorating contestants, and our **Super Supporter**, **Vickar Automotive** for making it all possible:

## **MEDIUM TREES**

Vickar Automotive

## **SMALL TREES**

Bond Printing

Casera Credit Union

Geoff + Regan Archambault - Century 21

Advanced Realty

Councillor Shawn Nason

Oakley Alarms

Royal Canadian Legion Branch #7

Transcona Historical Museum

Nexstar

Wyatt Dowling Insurance



A volunteer hard at work

# Save The Dates!

## Here's the BIZ 2020 Summer Events Schedule

(Dates subject to change. Check BIZ website and Facebook for updated information)

May 8 . . . . . Community Spring Clean Up and BBQ

June 2, 9, 16, 23 . . . . . Yoga in the Square

June 17 . . . . . Daytime Yoga in the Square

June 8 – 14 . . . . . Bike Week

June 15 . . . . . Bike to Work Day

June 1, 8, 15, 22 . . . . . Games Night in the Square

June 19, 26, July 3, 10 . . . . . Summer Concert Series

July 1 . . . . . Canada Day Family Street Festival

July 2, 9, 16, 23, 30,

Aug 6, 13, 20 - 27 . . . . . Thursday Farmer's Markets

July 15, Aug 12 . . . . . Evening Market/Café Concert Series

July 16, 23, 30,

Aug 6, 13, 20, 27 . . . . . Family Movie Nights

Aug 14 . . . . . Retro Movie Night

### Spot or got graffiti?

If you've been tagged or you see tags anywhere in Transcona call the BIZ Office to report them. We will remove them at no cost to you.



You can also email a photo and the location to [admin@transconabiz.ca](mailto:admin@transconabiz.ca).

BIZ Office: 204-222-8566



### MS. ROBIN L. ZEISS

Barrister, Solicitor & Notary

**NEW LOCATION  
931 Nairn Ave.**

Wills, Powers of Attorney - \$175.00 plus tax  
General Practice. Flat Fee Services Available

**Ph: 204.615.5997**

**[rlzeiss@shaw.ca](mailto:rlzeiss@shaw.ca)**



# 2020 Transcona Community Spring Clean-up



The BIZ is excited to announce that the 4th Annual 2020 Spring Clean-up will take place all day on **Friday May 8, 2020**.

This uplifting community-building event is carried out by over 3500 volunteers including students from Transcona Schools, community groups, and individual teams cleaning up litter and debris left behind by the spring melt. These groups will be cleaning major thoroughfares, residential and industrial areas and green spaces





across Transcona, picking up garbage and debris and collecting it at the Square. This community initiative builds upon and continues to instill a great sense of pride in Transcona and continues our reputation as the “Park City”.

The BIZ, with the help of event sponsors, provides cleanup supplies, trash pick-up, and logistics for this community-wide event. We celebrate our successful day with a wind-up BBQ free for all participants, with live music!

Schools must register their teams on the BIZ website ([www.transconabiz.ca](http://www.transconabiz.ca)) and community groups are encouraged to do the same. Registered community groups will be eligible for a potential honorarium, dependant on number of participants, length of time spent participating and amount of trash collected.

Individual participants can also register to be added to a community team and get free BBQ vouchers.



**Enter by April 30, 2020  
to Win \$50 BIZ Bucks!\***

(BIZ Bucks have No Cash Value)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Include email for extra \$50.00 draw if you wish to subscribe to  
the Transcona BIZ

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One entry per household. Winner will be notified by phone.

Just drop off or mail your entry form  
to the BIZ office at  
**108 Bond Street**  
**Winnipeg, Manitoba R2C 2L2**

Office Hours: 9:00 a.m. - 4:00 p.m.

**Phone: 204-222-8566**

email: [admin@transconabiz.ca](mailto:admin@transconabiz.ca)

*Keep reading to find next months BIZ Bucks ballot.*





## 2020 FESTIVAL OF BANNERS

Our student art banners project is a much-loved tradition in our community! From recognizing the Canada Summer Games in 2017, to honouring Transcona's special places, the art banners live up the BIZ and gives our talented students a way to showcase their creativity.

For 2020 the theme for the banners will be the unofficial bird of Transcona, the Flamingo! Students have been incorporating flamingos into their banners for years, so

this year we decided to make it the official theme. The Transcona flamingo tradition began when Dr. Murdoch MacKay brought one of the plastic birds back from vacation in Florida. Once he proudly displayed his avian treasure in his yard on Victoria Ave., the trend had been set.

The students will design their banners over the next few weeks and the painting workshops will follow soon after. The Banners will then be judged by a volunteer

committee of community members. In past years we have received upwards of 1000 submissions and with only about 60 banners to be hung, the judges always have a tough time selecting the ones to be displayed in the community!

Designing the banners is coordinated with our Arts Consultant at RETSD, who communicates the program directly to the school art teachers and principals. We are always grateful for the support of the







school division for all their help with this big project. If your child or grandchild is enrolled in a Transcona school, check with the school directly to see if they are participating this year.

In June the banners will be hung in various locations in Transcona, to beautify and energize our streets. Be sure to watch our Facebook page and website for more details, as the banner program launches into full gear in April!



**Enter by May 29, 2020  
to Win \$50 BIZ Bucks!\***

(BIZ Bucks have No Cash Value)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**Include email for extra \$50.00 draw if you wish to subscribe to the Transcona BIZ**

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Just drop off or mail your entry form to the BIZ office at  
**108 Bond Street**  
**Winnipeg, Manitoba R2C 2L2**  
 Office Hours: 9:00 a.m. - 4:00 p.m.  
**Phone: 204-222-8566**  
 email: [admin@transconabiz.ca](mailto:admin@transconabiz.ca)



# *Apply for the \*Transcona BIZ 2020 Green Team*

Fun, fast-paced indoor/outdoor, varied summer work with the Transcona BIZ.

As a Green Team member, you'll help manage concerts, movie nights and other events. Learn how to plant and take care of flowers, paint artistic banners, drive a utility vehicle, help keep Transcona clean & green, learn about community and urban planning and more!

If you're a student 18+ you may qualify.  
Local Transcona students are invited to apply.  
A valid driver's license is required.

Work term: Beginning of May until the end of August.

Full time (6-7 hours/day), you **MUST** be available to work evenings and on weekends as well as Canada Day.

Please email cover letter and resume to the BIZ office at [admin@transconabiz.ca](mailto:admin@transconabiz.ca)







# Business Directory

## Why go anywhere else?

www.transconabiz.ca

## Automobile

### Automobile Services

- **D & S Auto Service**  
122 Regent Ave. W. R2C 1P9  
Ph: 204-222-1404  
*Full automotive repairs.*
- **Fas Gas**  
105 Pandora Ave E. R2C 0A1  
Ph: 204-224-1600  
*Full service gas & propane, carwash and convenience store.*
- **Granger & Sons Auto Glass Ltd.**  
128 Victoria Ave. W. (rear entrance) R2C 1S5  
Ph: Office - 204-268-3215  
Transcona Location - 204-941-9469  
Fax: 204-268-4641  
granger@granite.mb.ca  
*Installation of auto glass (Autopac).*
- **Ram Collision Centre**  
345 Pandora Ave. W. R2C 1M6  
Ph: 204-222-7464 Fax: 204-224-2932  
*Automotive and collision repairs.*
- **Spider Designs Automotive**  
361 Pandora Avenue W. R2C 1M6  
Ph: 204-222-3845
- **True-Way Muffler Centre Plessis**  
1380 Plessis Rd. R2C 4L1  
Ph: 204-663-3431 Fax: 204-663-3317  
*Specialising in mufflers, also brakes, front ends and safeties, suspension.*

### Gas Stations

- **Henry's Car Wash Ltd.**  
107 Pandora Ave. W. R2C 1M4  
Ph: 204-222-4086 Fax: 204-942-0176  
dkaila@shawbiz.ca  
*Gas, diesel, propane, convenience store and car wash.*
- **Shell Gas and Convenience Store**  
Park City Commons  
1440 Plessis Rd R2C 2X4  
Ph: 204-224-0074
- **Transcona Fas Gas**  
105 Pandora Ave. E. R2C 0A1  
Ph: 204-224-1600  
*Full service gas & propane, carwash, convenience store, and Robin's Donuts Express.*
- **Shell Canada Ltd.**  
609 Regent Ave. W. R2C 1R9  
Ph: 204-222-9431 Fax: 204-222-9370  
www.shell.ca  
*Gas, car wash and convenience store.*

## Churches

- **Abundant Life Baptist Church**  
1396 Plessis Rd. R2C 4L1  
Ph: 204-222-7671  
www.albc.ca

- **Grace Canadian Reformed Church**  
730 Pandora Ave. W. R2C 5G5  
Ph: 204-661-6970
- **Powermine International Ministries**  
127 Regent Av. E. R2C 0C2  
Ph: 204-813-7070
- **Seventh Day Adventist Church**  
133 Regent Ave. East R2C 0C2  
Ph: 204-222-2291
- **St. George's Anglican Church**  
321 Pandora Ave. W. R2C 1M6  
Ph: 204-222-1942  
www.stgeorgesanglicantranscona.ca
- **St. Joseph The Worker Parish & School**  
505 Brewster St. R2C 2W6  
Ph: 204-222-1841
- **St. Michael's Ukrainian Catholic Church**  
100 Yale Ave. E. R2C 0H8  
Ph: 204-222-4283
- **Transcona Christian Reformed Church**  
131 Victoria Ave. W. R2C 1S6  
Ph: 204-222-4336
- **Transcona Memorial United Church**  
209 Yale Ave. W. R2C 1T9  
Ph: 204-222-1331  
www.tmuc.ca

## Entertainment

### Bars/Billiards

- **Joe's Pandora Inn**  
103 Bond St. R2C 2L1  
Ph: 204-222-0571 Fax: 204-224-2823  
pandorainn@shaw.ca  
*Comfortable rock lounge with daily and weekly entertainment, seven large screen TVs, VLTs, shuffleboard and pool, south facing patio, Transcona Railer Express sponsored Chase the Ace draw every Thursday, Szeto's Chinese Food and beer vendor. Buffet & a Bevy fundraiser events available for booking and sports team sponsorships available.*

## Food & Beverage

### Banquet Services

- **Princess Hotel**  
202 Bond St. R2C 2L4  
Ph: 204-224-4885 Fax: 204-224-5781  
Princess-Hotel@shaw.ca  
*Banquet hall available for rent (seats 165).*
- **Regent Park Banquet Centre**  
116-701 Regent Ave. W. R2C 1S3  
Ph: 204-222-2931  
Fax: 204-334-8040  
www.weddingswinnipeg.com  
regentparkhall@shaw.ca  
*Great location for socials, weddings, banquets, meetings, special events. Capacity 450. Licensed. Chef on staff.*

### Convenience Stores

- **7-Eleven Store #25397**  
104 Regent Ave. E. R2C 0C1  
Ph: 204-985-0188 Fax: 204-985-0190  
*Convenience, gas and lottery outlet.*
- **7-Eleven Store #26773**  
1-801 Regent Ave. W. R2C 3A7  
Ph: 204-985-0130 Fax: 204-985-0187  
*Convenience, gas and lottery outlet.*
- **PharSyde Inc.**  
117A Regent Ave. W. R2C 1R1  
Ph: 204-222-4753 Fax: 204-222-9615  
*A variety of convenience items, lotteries and movie rentals.*
- **Pop And Shop**  
132-701 Regent Ave. W. R2C 1S3  
Ph: 204-222-0904 Fax: 204-222-4515  
*Water supplies and refills, convenience store, lottery outlet, novelty items, key cutting, dry cleaning depot, photocopying and more.*

### Honey

- **The John Russell Honey Company**  
128 Victoria Ave. W. R2C 1S5  
Ph: 204-612-2337  
honeyb@mts.net www.honeyb.ca  
*Local producers and packers of Manitoba's finest specialty honeys and flavoured honey blends.*

### Ukrainian Cuisine

- **Sevala's Deli and Catering**  
126 Victoria Ave. W. R2C 1S5  
Ph: 204-224-4900 Fax: 204-222-3732  
www.sevalas.com sevalas@shaw.ca  
*Ukrainian deli foods, catering and wholesale.*

## Government Representatives

- **Federal Government**  
**Daniel Blaikie, MP**  
201-1111 Munroe Ave. R2K 3Z5  
Ph: 204-984-2499  
Daniel.Blaikie@parl.gc.ca
- **Provincial Government**  
**Nello Altomare, MLA for Transcona**  
127 Regent Ave W. R2C 1R1  
Ph: 204-594-2025  
Fax: 204-5942027  
Nello.Altomare@yourmanitoba.ca
- **Provincial Government**  
**James Teitsma, MLA for Radisson**  
Room 227 Legislative Building  
450 Broadway R3C 0V8  
Ph: 204-691-7976  
Fax: 204-945-1284  
james.teitsma@leg.gov.mb.ca

- **Shawn Nason**, Ward Councillor  
City of Winnipeg  
510 Main St. R3B 1B9  
Ph: 204-986-8087  
Fax: 204-986-8549

## Health Care

### Chiropractors

- **Moorhead Chiropractic Centre**  
501 Regent Ave. W. R2C 1R9  
Ph: 204-222-2969 Fax: 204-224-9322  
moorheadchiro@shaw.ca  
Dr. Lloyd Moorhead, Dr. Richard Moorhead  
*Chiropractic and massage therapy for your spinal and extremity joint dysfunction and pain.*
- **Regent Chiropractic & Therapy Clinic**  
705 Regent Ave. W. R2C 1S2  
Ph: 204-222-1571 Fax: 204-222-8050  
Dr. C. M. Possia,  
Massage Therapist also available  
*Treatment and rehabilitation for sports, work and other injuries.*
- **Zaharia Chiropractic**  
509 Pandora Ave. W. R2C 1M8  
Ph: 204-224-9474 Fax: 204-224-9417  
Dr. Livia Zaharia  
Dr. Mark Zaharia  
zahariachiropractic@gmail.com  
*Helping families discover what they need to improve their health.*

### Clinics

- **CML Health Care Imaging**  
140 – 701 Regent Ave. W. R2C 1S3  
Ph: 204-222-2482 Fax: 204-222-3114

### Dentists/Denturists

- **Dr. G. Maxim / Dr. C. Wells**  
212 B Regent Ave. W. R2C 1R2  
Ph: 204-222-4297 Fax: 204-224-1728  
maximwells@shawcable.com  
*General Dentistry*
- **Kontiki Dental**  
212C Regent Ave. W. R2C 1R2  
Ph: 204-222-4238 Fax: 204-224-3906  
Dr. N.A. Auyeung, Dr. Wong  
*Dental services, new patients welcome.*
- **Regent Denture Clinic**  
1-549 Regent Ave W. R2C 1R2  
Ph: 204-224-8800 Fax: 204-224-8800  
*Denture Clinic Providing all types of dentures.*
- **Transcona Dental Centre**  
10 – 801 Regent Ave. W. R2C 3A7  
Ph: 204-222-8609 Fax: 204-224-5776  
Dr. Charles Rubin, Dr. Ken Strong.  
*Complete family dentistry. Offer a full range of general and cosmetic dentistry.*

### Hearing Centres

- **Connect Hearing**  
130 – 701 Regent Ave. W. R2C 1S3  
Ph: 204-942-7646 Fax: 204-947-9486  
T.T.Y. Deaf Line Access: 204-942-7691  
tcpeters@connecthearing.ca  
*Private practice audiology facility providing diagnosis of hearing problems, effect or communication and fitting of hearing aids when appropriate.*

### Massage Therapists

- **Aruba Massage Therapy Clinic**  
112 Regent Ave. E. R2C 0C1  
Ph: 204-777-6222  
arubamtc@mts.net  
*6 Licensed Massage Therapists. Open Mon-Sat. Heated massage tables, relaxing environment. Massage Therapy, Deep-tissue, CranioSacral, Hotstone, Pregnancy & Children. We take care of your aches, pains, and reduce stress. Direct billing with Blue Cross. Gift Certificates Available.*
- **Regent Chiropractic & Therapy Clinic**  
705 Regent Ave. W. R2C 1S2  
Ph: 204-222-1571 Fax: 204-222-8050  
Massage Therapist: Christopher Millard, Jin Park, Tracey Watanabe  
*Relaxation, therapeutic and pregnancy massage.*
- **Maryka's Massage Therapy Clinic**  
115 B Regent Ave. W. R2C 1R1  
Ph: 204-414-9392  
marykasmassagetherapyclinic@gmail.com  
Online booking: <https://marykamassagetherapy.juvonno.com/plugin.php>  
Registered and Certified Practitioners  
*Therapeutic, Relaxation and Pregnancy Massage, Cupping Therapy and Reflexology. Direct billing offered with most insurance providers. Flexible hours of operation. Open 7 days a week.*
- **Melissa Dorge**  
Ph: 204-226-4861  
meldor19@live.com  
Registered and certified practitioner  
*Therapeutic, Relaxation, Myofascial and pregnancy massage. Direct billing offered to most insurance providers. Open 7 days a week with early morning, afternoon and evening appointments available.*
- **Prairie Sage Massage Therapy**  
109 Regent Ave. W. R2C 1R1  
<http://www.prairiesagemassage.ca>  
Ph: 204-691-9101

### Medical Laboratories

- **Gamma-Dynacare Laboratory Transcona X-Ray Clinic**  
140 – 701 Regent Ave. W. R2C 1S3  
Ph: 204-222-4930 Fax: 204-224-4637

### Medical Services

- **Plessis Medical Centre**  
12 – 801 Regent Ave. W. R2C 3A7  
Ph: 204-222-4200 Fax: 204-222-8181  
*Family practice medical office.*
- **Prana Medical Centre**  
208 Regent Ave. W. R2C 1R2  
Ph: 204-222-6771 Fax: 204-777-1728  
Dr. Dorota Nawrocka  
*Doctors office. Family practice. Walk in Clinic. Mon, Tues, Thurs, Fri – 8am – 7pm, Wed 8am – 5pm, Sat 9am – 1 pm Laboratory services and full service Pharmacy.*
- **Transcona Medical Clinic**  
200 – 701 Regent Ave. W. R2C 1S3  
Ph: 204-222-5221 Fax: 204-224-2053  
transmed@mts.net

### Optometrists

- **Transcona Optical**  
212 Regent Ave. W. R2C 1R2  
Ph: 204-224-2254 Fax: 204-224-0729  
[www.transconaoptical.ca](http://www.transconaoptical.ca)

Dr. B. Rosner Dr. B. Chartier  
Dr. A. Boroditsky Dr. E. Fiorentino  
Dr. S. Malo Dr. K. Blackie  
*Optometric practice providing a full range of services from comprehensive eye exams to high quality frames and contact lenses.*

### Pharmacies

- **Prescription Shop #2**  
218 Regent Ave. W. R2C 1R2  
Ph: 204-222-7222 Fax: 204-224-9503  
*Community retail pharmacy offering city-wide delivery of prescriptions and a full range of non-prescription medicines and home care products.*
- **Prana Medical Pharmacy**  
208 Regent Ave. W. R2C 1R2  
Ph: 204-777-3093 Fax: 204-777-1709  
*Full city-wide delivery and loyalty program. Walk-in clinic and family doctors accepting new patients. Monday through Friday: 9:00 am-7:00 pm Saturday: 9:00 am – 1:00 pm Medscheck and Diabetes education program. Easy to administer program. Tailor-made medications compounding service. Sharps and medication disposal program.*
- **Prana Medical Centre**  
208 Regent Ave. W. R2C 1R2  
Ph: 204-222-6771 Fax: 204-777-1728  
Dr. Iresha Edi (CCFP, MD)  
Dr. Majid Shariati (CCFP, MD)  
Dr. Aziz Aziz (CCFP, MD)  
[www.pranamed.ca](http://www.pranamed.ca)  
[facebook.com/pranapharmacy/](https://facebook.com/pranapharmacy/)  
*New Lady family doctor accepting new patients Walk-in clinic with longer hour service Full-service pharmacy*
- **Plessis Pharmacy**  
Unit 15 – 801 Regent Ave. W. R2C 3A7  
Ph: 204-777-1468 Fax: 204-777-1469  
[christian@plessispharmacy.ca](mailto:christian@plessispharmacy.ca)  
*Community Pharmacy offering prompt, courteous & friendly prescriptions and non-prescription products. Free city wide delivery.*
- **Regent Park Pharmacy**  
118 – 701 Regent Ave. W. R2C 1S3  
Ph: 204-222-3257 Fax: 204-222-1412  
*Retail Pharmacy offering city-wide delivery, stamp shop and greeting cards.*
- **Plessis Physiotherapy**  
14 – 801 Regent Ave. W. R2C 3A7  
Ph: 204-222-2432 Fax: 204-222-2811  
[www.plessisphysiotherapy.ca](http://www.plessisphysiotherapy.ca)  
*Private practice physiotherapy clinic.*
- **Transcona Physiotherapy**  
230 Regent Ave. W. R2C 1S3  
Ph: 204-224-4015 Fax: 204-224-2734  
[transconaphysiotherapy@shaw.ca](mailto:transconaphysiotherapy@shaw.ca)  
*Private physiotherapy clinic for workplace, sport and other injuries. Doctor's referral not required.*

## Hotels

- **Central Hotel**  
201 Melrose Ave. E. R2C 0B1  
Ph: 204-222-4777 Fax: 204-222-8183  
[centralhotelevents@mymts.net](mailto:centralhotelevents@mymts.net)  
*Beverage vendor, restaurant and rooms.*



- **Princess Hotel**  
202 Bond St. R2C 2L4  
**Ph: 204-224-4885 Fax: 204-224-5781**  
Princess-Hotel@shaw.ca  
*Full service hotel with 350-seat beverage room, 165-seat banquet hall, drive-thru beer store, 41-seat restaurant, and 15 rental rooms.*
- **Royal George Hotel**  
123 Regent Ave. W. R2C 1R1  
**Ph: 204-224-1882**  
*Hotel, live music 7 nights a week, VLTs, and restaurant. Outdoor patio.*

## Manufacturers & Processing

- **Burnbrae Farms Limited**  
500 Pandora Ave. W. R2C 1N1  
**Ph: 204-222-2783 Fax: 204-224-0046**  
www.burnbraefarms.com  
*A Canadian family egg business dedicated to quality, health and innovation.*
- **Endries International**  
72 Hoka St. R2C 3N2  
**Ph: 204-222-8695 Fax: 204-222-8857**  
www.endries.com  
*Material management company dealing with OEMs. Manufacturers only.*
- **Granny's Poultry Co-operative (Manitoba) Ltd.**  
750 Pandora Ave. E. R2C 4G5  
**Ph: 204-488-2230 Fax: 204-488-2796**  
customer.service@grannys.ca  
www.grannys.ca  
*Fresh, frozen & cooked chicken and turkey products. Wholesale only - no retail outlet or license to sell to the general public.*
- **New Flyer Industries**  
711 Kernaghan Ave. R2C 3T4  
**Ph: 204-224-1251 Fax: 204-224-4214**  
www.newflyer.com  
buses@newflyer.com  
*The leader in low-floor, heavy-duty buses, New Flyer has a complete line of vehicles operated in fleets across North America.*
- **Factory Furniture Warehouse**  
630 Kernaghan Ave.  
**Ph: 204-988-0800**  
https://furniture-factory-outlet-furniture-maker.business.site  
NEW OUTLET HOURS:  
Tues 12-5, Wed – Fri 11-7, Sat 9:30-4:00  
*Furniture outlet for high quality upholstered furniture, and case goods at less than retail prices. Cash & carry. Delivery available.*
- **Praxair Canada Inc.**  
700 Pandora Ave. E. R2C 3A6  
**Ph: 204-222-4269 Fax: 204-222-3368**  
*Acetylene filling station*
- **Polynt Composites**  
90 Hoka St., R2C 3N2  
**Ph: 204-668-4900 Fax: 204-668-4884**  
lthomas@progressplastics.ca

## Museums

- **Transcona Historical Museum**  
141 Regent Ave. W. R2C 1R1  
**Ph: 204-222-0423 Fax: 204-222-0208**

www.transcomuseum.mb.ca  
info@transcomuseum.mb.ca  
*Gallery exhibits, archival collections, education programs, offsite presentations, and research assistance provided. Free admission, donations appreciated. Group tours available by appointment*

## Not For Profit

### Associations

- **East End Community Club**  
517 Pandora Ave. E. R2C 0A5  
**Ph: 204-222-8013 Fax: 204-222-6256**  
**Ice Rental: 204-222-3220**
- **L'Arche Winnipeg**  
118 Regent Ave. E. R2C 0C1  
**Ph: 204-237-0300 Fax: 204-237-0316**  
www.larchewinnipeg.org  
*International network of faith-based communities creating homes and day programs with people who have developmental disabilities.*
- **Transcona BIZ Office**  
108 Bond Street R2C 2L2  
admin@transconabiz.ca  
www.transconabiz.ca  
**Ph: 204-222-8566 Fax: 204-222-8577**  
*To beautify, improve, maintain and promote the BIZ Zone as a place for industry, retail and commercial activity.*
- **Transcona Adult Learning Centre**  
130 Regent Ave. E. R2C 0C1  
**Ph: 204-958-9297 Fax: 204-958-9299**  
http://schools.retsdb.mb.ca/adultedu
- **Transcona Legion Br.7**  
117 Regent Ave. E. R2C 0C2  
**Ph: 204-222-9951**  
*Veterans club – membership includes associate and affiliate members.*

## Restaurants

### Chinese

- **Choy's Chinese Food**  
110 Regent Ave. E. R2C 0C1  
**Ph: 204-222-2005**  
www.choys.ca  
*Open 7 days a week, pick up and delivery. Lunch catering available.*
- **Royal Garden Restaurant**  
139A Regent Ave. W. R2C 1R1  
**Ph: 204-222-7035**  
*Chinese food – pickup and delivery.*
- **Savoury Asian Restaurant**  
11 – 801 Regent Ave. W. R2C 3A7  
**Ph: 204-222-4726**
- **Szeto's Chinese Food (In the Pandora Inn)**  
103 Bond St. R2C 2L1  
**Ph: 204-222-6868**  
*Hrs: 10:30am-10:30pm Tues to Sat  
3:30-10:30 Sun, Mon & holidays  
7 days a week. Full service restaurant  
Chinese food – pickup and delivery*
- **Tasty Chinese Cuisine**  
129 Regent Ave. W. R2C 1R1  
**Ph: 204-222-3245**  
*Chinese cuisine and homemade features.  
Lunch Buffet.*

## Fast Food

- **A&W**  
Park City Commons  
1440 Plessis Rd. R2C 2X4
- **Chicken Delight**  
453 Regent Ave. W. R2C 1R7  
**Ph: 204-982-1370**  
www.chickendelight.com  
*Chicken, ribs and pizza for take-out and delivery.*
- **Subway**  
100 Regent Ave. W. R2C 1P9  
**Ph: 204-222-8778**  
www.subway.ca  
*Restaurant - dine in or take out*
- **Maggi's (Seasonal)**  
102 Victoria Ave E. R2C 0E2  
**Ph: 204-224-4435**  
*Syrian and traditional drive-in food.*
- **Pizza Hut**  
Park City Commons  
1510 Plessis Rd Unit 3, R2C 5G6  
**Ph: 431-317-0589**
- **Wills Tasty Food (WTF)**  
201 Melrose Ave E. R2C 0B1  
**204-497-9314**  
http://www.willstastyfood.com  
Open Tues – Wed: 4:30 pm – 10:00pm  
Thurs – Sat: 4:30 – 12:00  
*Home made artisan and gourmet pizzas, poutine, and hot and cold sandwiches*

## Full Service

- **Dal's Chicken Inn, Restaurant and Lounge**  
122-126 – 701 Regent Ave. W. R2C 1S3  
**Ph: 204-222-4255**  
*Full service restaurant. Pizza, burgers, salads, chicken and more for take out and delivery.*
- **The L'Arche Tova Café**  
119 Regent Ave W. R2C 0C1  
*For more information or to make a reservation please visit  
www.larchewinnipeg.org/larche-cafe/  
or call 204-421-9388.  
The L'Arche Tova Café...building a more  
compassionate society one cup of coffee at a time*
- **Salisbury House**  
19 – 801 Regent Ave. W. R2C 3A7  
**Ph: 204-222-0280**  
*Family restaurant.*
- **Spikes Grill**  
202 Bond St. (basement)  
**Ph: 204-222-7329**  
*Open from 7 am – 7 pm. Located in the  
basement of the Princess Hotel, fully licensed  
family restaurant (children welcome!).  
Serving home cooked meals.*
- **Quinlan's Deli/Café**  
101 Regent Ave W. R2C 1R1

## Coffee Shops

- **Starbucks**  
Park City Commons  
1510 Plessis Road Unit 101 R2C 5R5  
**Ph: 204-899-5472**
- **Tim Horton's**  
107 Pandora Ave W. R2C 1M4  
**Ph: 204-222-0501**

## Ice Cream

- **Dairy Queen** (Seasonal)  
100 Victoria Ave. E. R2C 0E2  
**Ph: 204-222-9641**  
*Soft ice-cream, cones, sundaes, frozen cakes, blizzards, and more.*

## Pizza

- **Domino's Pizza**  
1 – 233 Regent Ave. W. R2C 1R3  
**Ph: 204-987-5557 Fax: 204-222-3289**  
www.dominos.ca  
*Pizza, twisty bread, cinna stix, wings and more.*
- **Little Caesar's Pizza**  
2 – 801 Regent Ave. W. R2C 3A7  
**Ph: 204-953-8888 Fax: 204-953-8880**  
*Pick up and delivery.*
- **Pizza Hotline**  
130A Regent Ave. E. R2C 0C2  
**Ph: 204-222-2222**  
*Pick up and delivery.*
- **Pizza Hut**  
Park City Commons  
1510 Plessis Rd Unit 3, R2C 5G6  
**Ph: 431-317-0589**
- **Santa Lucia Pizza**  
108 Regent Avenue E. R2C 0C1  
**Ph: 204-888-5555**  
SLPregent@gmail.com  
www.santaluciapizza.com  
*Eight time People's Choice Award winner of Uptown Magazine, Santa Lucia Pizza is proud to announce their return to Transcona at the end of May. We are happy to be a part of the community, and offer exclusive discounts to service providers who help protect and strengthen our community. Our location offers take-out, delivery and catering services. Please contact us with an inquiries.*

## Thai

- **Tom Yum Thai Restaurant**  
233 Regent Ave W. R2C 2L6  
**Ph: 204-414-9144**  
*Thai Restaurant offering authentic Thai cuisine.*

## Retail

### Computer Systems/ Equipment/Supplies

- **All About Computers**  
130 Regent Ave. W. R2C 1P9  
**Ph: 204-224-9285 Fax: 204-224-5949**  
www.regentcomputer.com  
allabout@shaw.ca  
*Quality New & Used Desktop & laptop Computers, Fast Reliable Desktop & Laptop Repairs, Laser Toners & Inkjet Cartridges. "ALWAYS PROVIDING EXCELLENCE IN SERVICE AND PRODUCT"*
- **PCRenu.com**  
201 Bond Street R2C 2L3  
**Ph: 204-224-3483 Fax: 204-224-4621**  
www.pcrenu.com kcarthy@pcrenu.com  
*Used PC systems, service & sales, laptops too!*

## Doors & Windows

- **Creative Door Services**  
64 Hoka St. R2C 3N2  
**Ph: 204-224-1224 Fax: 204-224-1218**  
www.creativedoor.com  
*Commercial and residential garage door products.*
- **Transcona Overhead Doors Ltd.**  
118 Melrose Ave. W. R2C 1N6  
**Ph: 204-222-7943**  
www.transconaoverheaddoors.ca
- **Wach Window & Door Ltd.**  
521 Pandora Ave. W. R2C 1M8  
**Ph: 204-222-9434**

## Dollar Store

- **Dollarama**  
110 - 701 Regent Ave. W. R2C 1S3
- **Dollarama**  
1460 Plessis Rd. R2C 5G6

## Electronics

- **Fat Panda**  
2-233 Regent Avenue W. R2C 1R3

## Food Distribution

- **George Wakefield Foods Inc**  
Unit B - 1225 Plessis Road R2C 3L9  
**Ph: 204-488-0716**

## Gardening Supplies

- **Northern Lights**  
129 Regent Ave. E. R2C 0C2  
**Ph: 204-415-5106 Fax: 204-224-4769**  
*Hydroponic Store. Seed bank. Jewelry, papers & incense as well as gardening supplies & seeds.*

## Glass

- **Allan's Glass & Aluminum Products Ltd.**  
60 Hoka St. R2C 3N2  
**Ph: 204-222-2181 Fax: 204-222-2296**  
john.allans@mts.net  
*Specialising in fabrication and installation of glass and aluminum products.*
- **The Joint Glass Gallery & Tobacconist**  
114 Regent Ave. E. R2C 0C1  
**Ph: 204-615-5285**  
[http://www.thejointgallery.com/regent-ave.](http://www.thejointgallery.com/regent-ave)

## Granite

- **Canital Granite**  
100 – 100 Hoka Street R2C 3N2  
**Ph: 204-224-2286 Fax: 204-222-8602**  
Toll Free: 1-800-665-0045  
www.canital.mb.ca mail@canital.mb.ca  
*Fabricate and install granite countertops as well as signage, house numbers, etc.*

## Grocery Store

- **Ted's No Frills**  
1500 Plessis Rd Unit A. R2C 5G6  
**Ph: 1-866-987-6543**

## Health Care

- **Transcona Health and Safety Service**  
111B Regent Ave. W. R2C 1R1  
**Ph: 204-414-7131**  
Transcona@shaw.ca  
*Retail outlet, doc's referrals, walkers, wheelchairs, health care products, vitamin supplements and medical equipment.*

## Jewellery

- **JLR Jewellers**  
118 Regent Ave. W. R2C 1P9  
**Ph: 204-471-3632**  
*Specializing in jewellery repairs, custom orders and some retail sales.*

## Lumber

- **The Lumber Zone**  
309 Bond St. R2C 2L6  
**Ph: 204-222-3281 Fax: 204-224-9107**  
www.thelumberzone.ca  
*Lumber, plywood, paint, hardware, tools and building materials for commercial, industrial, residential, recreational and agricultural applications.*

## Meat Markets

- **East End Meats And Sausage**  
123 Regent Ave. E. R2C 0C2  
**Ph: 204-222-4888 Fax: 204-222-4888**  
Email: befet@shaw.ca  
*Fresh meat, AI's homestyle sausage & Deli, Deli platters.*

## Movie Sales

- **Video King**  
309B Day Street, R2C 1B1  
**Ph: 204-224-9521**  
*Video Distribution.*

## Pallets and Skids

- **Dominion Pallet and Crate**  
414 Pandora Ave. W. R2C 3A5  
**Ph: 204-958-8068 Fax: 204-985-8113**

## Pawn Shops

- **Regent Pawn**  
105 Regent Ave. W. R2C 1R1  
**Ph: 204-222-6501 Fax: 204-222-6513**  
*Your friendly neighbourhood pawn. Buy, sell, and pawn. Licensed & bonded.*

## Paint and Supplies

- **Dulux Paints**  
100 Regent Ave. W. R2C 1P9  
**Ph: 204-224-3134 Fax: 204-224-3207**  
pa8645@ppg.com  
www.dulux.ca  
*Destination for quality Dulux Paints for professional contractors and do it yourself customers*

## Pet Shops

- **Pet Planet**  
4-1510 Plessis Rd. R2C 5R5  
**Ph: 204-222-8069**

## Railway Equipment and Supplies

- **VAE Nortrak**  
400 Pandora Ave. W. R2C 3A5  
**Ph: 204-982-8725 Fax: 204-982-8720**  
www.nortrak.com  
*Manufacturer of railroad switches, supplies and railroad track materials for the railroad industrial market.*



## Sports

- **Soccerland**  
3-453 Regent Ave. W. R2C 1R7  
**Ph: 204-224-8987**  
www.soccerlandcanada.com  
maco34@mts.net  
Hrs: Mon-Fri. 2-7 p.m. Sat. 10-5 p.m.  
*We sell good quality custom soccer team uniforms and accessories. Brand names like Kappa, Lotto, Diadora, Sondico and others.*

## Thrift Stores

- **Mission Thrift**  
701 Regent Ave W. R2C 1S3  
**Ph: 204-667-5329**

## Toy Shop and Crafts for kids

- **Aunt Monica's Attic**  
111-A Regent Ave. W. R2C 1R1  
**Ph: 204-615-5270**  
fun@auntmonicasattic.com

## Forest and Garden Supplies

- **ABC Power Tools**  
201 Regent Ave. W. R2C 1R3  
**Ph: 204-224-1760 Fax: 204-224-0695**  
www.abcpowertools.ca  
*Specializing in power equipment and handheld tools. Sales and Service*

## Vacuum Cleaners

- **House of Vacuums**  
313A Day St. R2C 1B1  
**Ph: 204-222-7678**  
*Vacuum sales and repairs.*

## Welding

- **Dero Equipment**  
1249 Plessis Rd. R2C 3L9  
**Ph: 204-237-7597 Fax: 204-667-0060**  
*Sales & service for all popular/major brand oxy/fuel equipment.*
- **Kent Welding Gun**  
1249 Plessis Rd. R2C 3L9  
**Ph: 204-667-7555 Fax: 204-667-0060**  
solutions@kentweldinggun.com  
www.kentweldinggun.com  
*Manufacture, sell and service Kent welding guns. Repair service to MIG welding guns. Sales of most popular MIG gun parts. Custom/production CNC machining.*

## Services

### Accounting

- **LDF Consulting Services**  
114 Regent Ave. E. R2C 0C1  
**Ph: 204-222-9373 Fax: 204-222-9373**  
fedorukl@mts.net  
*Personal financial growth, specialising in accounting for small businesses. Provides income tax preparation.*
- **Robert Juniper Accounting & Tax Service**  
314 Bond Street R2C 2L5  
**Ph: 204-224-5913 Fax: 204-777-1288**  
robert@rjaccounting.com  
*Twenty-five years of experience with personal income tax returns, small business returns, and deceased and estate returns. Fast electronic filing and personalised service.*

## Alternative Healing

- **Beautiful YOU**  
115A Regent Ave. W. R2R 1R1  
**Ph: 204-661-6086**  
Tamara Simard - Energy Healer  
Reiki Master Practitioner  
Advance Integrated Energy Practitioner  
*Blue Cross.*  
*Call to book your appointment.*

## Arcade Rentals & Service

- **RC Amusements, Inc.**  
128 Regent Ave. W. R2C 1P9  
**Ph: 204-294-1110**  
*Offering repairs for arcade games and pinball machines*

## Banks

- **Casera Credit Union**  
1300 Plessis Rd. R2C 2Y6  
**Ph: 204-958-6300 Fax: 204-222-6766**  
talktous@caseracu.ca  
www.caseracu.ca  
*Provides innovative financial products, enriched community support and exceptional member service to satisfy the ever-changing financial needs of its members. Full range of banking services.*

## Barbers

- **Le Petit Barbier**  
130 Regent Ave. W. R2C 1P9  
**Ph: 204-414-1536**  
lepetitbarbier@shaw.ca  
*Master Barber since 1978*
- **Romeo Brothers Barber Shop**  
134 Regent Ave. W. R2C 1P9  
**Ph: 204-222-8196**  
*Barber and hair stylist.*
- **Tony's Barber Shop**  
118 Regent Ave. W. R2C 1P9  
**Ph: 204-224-0283**  
*Family owned barbershop. Now you can book appointments.*

## Dance Studios

- **Doreen Bissett School of Dance**  
120 Regent Ave. E. R2C 0C1  
**Ph: 204-222-9368**  
dbsd@shaw.ca  
*Private dance school offering tap, jazz, ballet, Irish dance, and hip hop lessons, musical theatre and other dance programs.*

## Estheticians

- **Beautiful YOU**  
115A Regent Ave. W. R2C 1R1  
**Ph: 204-661-6086**  
*Welcome to Beautiful YOU ! Esthetic services are available Tuesday - Saturday including evening appointments. Come in and see our collection of purses, unique jewellery, and variety of gift items for you or someone special. Can't decide .... Gift Certificates are available. See you soon !*

## Financial Services

- **Clarke Financial Planning and Insurance Services**  
110 Regent Ave. W. R2C 1P9  
**Ph: 204-487-6556**  
**Toll Free: 1-800-558-2088**  
**Fax: 204-487-6557**

linda\_clarke@clarkefinancialplanning.com  
www.clarkefinancialplanning.com  
*The firm specializes in offering group insurance & pension plan services to First Nation companies and governments. Clarke Financial Planning and Insurance Services is 100% First Nations owned and operated.*

## Fitness

- **Snap Fitness**  
16-108 Regent Ave. W. R2C 3A7  
**Ph: 204-237-7627**  
*Make Snap Fitness your 24/7 fitness destination. 24/7 access- endless options- flexible memberships*

## Freight Handling

- **Martel Bros. Ltd.**  
359 Pandora Ave. W. R2C 1M6  
**Ph: 204-233-2022 Fax: 204-237-6104**  
martelbrosLtd@shaw.ca  
*Freight handling.*

## Funeral Homes

- **Bardal Funeral Home Arrangement Centre**  
801 Regent Ave. W. R2C 3A7  
**Ph: 204-774-7474**

## Pet Grooming

- **Shiitzus Forever Grooming Services**  
103 Regent Ave W. R2C 1R1  
**204-227-4858**

## Hair and Beauty Salons

- **Root 37 Hair Design**  
225 Regent Ave. W. R2C 1R3  
**Ph: 204-222-3704, 204-222-3490**  
*Hairstyling/Esthetics/Massage*
- **Hair Expansion Inc.**  
8 - 801 Regent Ave. W. R2C 3A7  
**Ph: 204-222-9982**  
*Hair salon offering highlights, colour, ear piercing and tanning.*
- **Night and Day Hair Salon**  
313B Day St. R2C 1B1  
**Ph: 204-421-9321**  
*Full service hair salon*

## Heating and Air Conditioning

- **Nexstar Mechanical Services Ltd.**  
108 Bond St. R2C 2L2  
**Ph: 204-226-3636 Fax: 204-237-8319**  
gpelland47@shaw.ca  
*24 hour service to all refrigeration, air-conditioning, heating, plumbing, ventilation & electrical equipment.*
- **Direct Heating & Cooling**  
B-139 Regent Ave W. R2C 1R1  
**Ph: 204-944-8448**  
Direct\_heating@mymts.net

## Insurance Companies

- **Ball Insurance**  
112 Regent Ave. W. R2C 1P9  
**Ph: 204-222-7771 Fax: 204-224-9054**  
sball.ballins@shaw.ca  
*General insurance sales and service, for automobiles, home, cottage, business, travel and health.*

- **Snowbird Medi-Quote Inc.**  
505 Pandora Ave. W. R2C 1M8  
**Ph: 204-947-9210 Fax: 204-895-2918**  
www.mediquote.ca  
*Specializing in travel medical insurance for all ages. We have a plan for everyone.*
- **Wyatt Dowling Insurance Brokers**  
4 – 801 Regent Ave. W. R2C 3A7  
**Ph: 204-940-6552 Fax: 204-940-6341**  
www.wyattdowling.ca  
*Full service general insurance brokerage for autopac, homeowners, health and commercial insurance requirements.*
- **Wyatt Dowling Insurance Brokers**  
138 Regent Ave. W. R2C 1P9  
**Ph: 204-222-3221 Fax: 204-222-6220**  
www.wyattdowling.ca  
*Home, auto, business, financial services, life, farm, bonding and boat insurance.*

## Laundromats

- **Spike's Quick Silver Laundry**  
204 Bond St. R2C 2L4  
**Ph: 204-224-0108**  
*Commercial & residential.  
Pickup & delivery.  
Wash & fold. Dry-cleaning.  
Self serve laundry.*

## Lawyers

- **George and Tweed Law Corporation**  
4 – 549 Regent Ave. W. R2C 1R9  
**Ph: 204-949-3080 Fax: 204-949-3089**  
ledarney@george-tweed.ca  
*Providing legal services in: Real Estate, Wills & Estates, Family Law, Corporate Law.*
- **Lange Law**  
227 Regent Ave. W. R2C 1R3  
**Ph: 204-272-0266 Fax: 204-272-0265**  
chrislange@clangelaw.com
- **Hilary Maxim Law Offices**  
212B Regent Ave. W. R2C 1R2  
**Ph: 204-224-2600 Fax: 204-222-2824**

## Libraries

- **Transcona Public Library**  
1 Transcona Blvd. R3W 1S8  
**Ph: 204-986-3954 Fax: 204-986-3172**

## Management

- **VEDD Management**  
**Ph: 204-509-1762**  
veddmanagement@gmail.com
- **Red Door Property Management Services Inc.**  
Unit 2 – 549 Regent Avenue W. R2C 1R9  
**Ph: 204-505-1334 Fax: 204-505-4189**  
reddoorproperties@shaw.ca  
*Specializing in condominium management*

## Manicurists

- **Lucky Nails**  
453A Regent Ave. W. R2C 1Y7  
**Ph: 204-224-5794**  
*Acrylic tips, overlay, sculptured nails, gel nails, airbrush design, nail art, hand designs, manicure and spa pedicure.*

## Mechanical:

- **RGC Plumbing & Mechanical**  
130 Regent Ave. W. R2C 1R1  
**Ph: 204-415-3512 Fax: 204-415-3823**  
RGCPlumbing@gmail.com  
www.rgcplumbingandmechanical.com  
*Registered contractors, certified plumber, licensed gas fitters, licensed back flow. "Your total Plumbing Contractor"*

## Music Instruction

- **Transcona Music Center**  
5 – 549 Regent Ave. W. R2C 1R9  
**Ph: 204-777-6212**  
*Private professional instruction in piano, guitar, bass, saxophone, flute, theory, voice and violin.*

## Photography

- **PICme.ca**  
201 Bond Street R2C 2L3  
**Ph: 204-795-7136 Fax: 204-224-4621**  
www.picme.ca KCarthy@shaw.ca

## Home Inspection

- **Pillar to Post Home Inspecting**  
549 Regent Ave. W #7,  
R2C 1R9

## Printing

- **Bond Printing Ltd.**  
130 Victoria Ave. W. R2C 1S5  
**Ph: 204-222-7069 Fax: 204-222-2979**  
www.bondprinting.net  
sales@bondprinting.net  
*Serving the Community since 1986!  
Commercial and retail printing/promotional items/community news publication.*
- **Hitek Printing & Design**  
116 Regent Ave. W. R2C 1P9  
**Ph: 204-224-4304**  
Sales/Marketing – Miles Moorhouse  
miles@hitekpm.com  
Customer Service – Lisa Moorhouse  
lisa@hitekpm.com www.hitekpm.com  
*We can help you promote your brand.  
Promotional Products, Corporate and Athletic Apparel.  
Design, Printing, Displays and Signage.*

## Real Estate

- **H & R Block**  
3 – 801 Regent Ave. W. R2C 3A7  
**Ph: 204-949-4110 Fax: 204-949-4136**  
www.hrblock.ca  
*Personal, small business, corporate, farm, fishing, U.S., rental and estate tax returns.*
- **Kehler Realty Ltd.**  
132 Regent Ave. W. R2C 1P9  
www.KehlerRealty.com  
**Art Kehler Ph: 204-222-0149**  
**Jeremy Kehler Ph: 204-222-0001**  
**Gus Miller Ph: 204-224-0078**  
**Robert Unger Ph: 204-791-5145**

## Recycling

- **Phoenix Recycling Inc.**  
76 Hoka St. R2C 3N2  
**Ph: 204-222-5096 Fax: 204-224-2798**  
www.phoenixrecycling.ca  
*Provide paper shredding and office recycling programs, business records storage and waste-hauling services.*

## Repair

- **Tony Fernandez Signature Shoe Repair & Key Cutting**  
134-B Regent Ave. W. R2C 1P9  
**Ph: 204-615-1245**

## Security

- **Oakley Alarms Ltd.**  
359 Pandora Ave. W. R2C 1M6  
**Ph: 204-654-9982 Fax: 204-667-1771**  
oakleyalarms@shaw.ca  
*Sales and installation of home and commercial security systems.*
- **BIL Security Services Canada Ltd.**  
Unit A, 1225 Plessis Rd. R2C 3L9  
**Ph: 204-254-3109 Fax: 204-254-3182**  
**Toll Free: 1-866-323-3585**  
bdietterie@bilsecurity.com  
www.bilsecurity.com  
*Commercial security services, specializing in CCTV and monitoring services.*

## Tailoring

- **Regent Tailor**  
107 Regent Ave. E. R2C 0C2  
**Ph: 204-221-6585**

## Tattooing

- **Blaze Ink Tattoo**  
107 Regent Ave. W. R2C 1R1  
**Ph: 204-222-6668**  
blazeink@hotmail.com  
www.blazeinktattoos.com

## Tanning Salons

- **Fabutan Sun Tan Studios**  
7 – 801 Regent Ave. W. R2C 3A7  
**Ph: 204-224-8330**  
www.fabutan.com  
*North America's largest tanning company*

## Ticket Company

- **Tixit Ticket Company Ltd**  
119A Regent Ave. W. R2C 1R1  
**Ph: 204-219-9444**

## Transportation Consultants

- **Nichol Commercial Licensing Inc.**  
114 Regent Ave. W. R2C 1P9  
**Ph: 204-777-6700 Fax: 204-224-5655**  
Email: Inichol@nclnet.ca  
sbergen@nclnet.ca  
*Fleet Licencing/Compliance Audits, Fuel Tax Reporting, Commercial Licencing Consulting, Safety & Compliance Services, IRP Licencing & Operating Authorities, Canadian/US Filings, Fleet Management, Log Book Auditing, Driver's Hours of Service Training*

## Veterinarians

- **Transcona Veterinary Hospital**  
501 Pandora Ave. W. R2C 1M7  
**Ph: 204-222-5251 Fax: 204-224-3974**  
*Primarily canine and feline veterinary hospital.*

## Video Distribution

- **Video King**  
309 Day St. R2C 1B1  
**Ph: 204-224-9521 Fax: 204-222-2795**  
*Video distribution.*