



T R A N S C O N A BIZ BULLET

Vol 17. No. 2

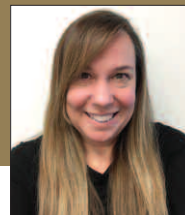
September 2020

*Beautify Transcona
Featured on page 5*



Executive Director's Message

By Leila Dance



After nine months in my new position, I'd like to say that I have my feet under me but I can't. Due to the global pandemic, we are all living in a very new and different world. We have many new challenges that we must face daily, and it has truly changed the way we do business in our community.

This year's Annual Community Clean Up could not happen the way it normally does, involving 3500 students, teachers, and community groups as we were in the middle of the provincial state of emergency. As a community, we came together during the last week of July and were able to collect a lot of garbage around Transcona and help us make our community a place we can all be proud to live, work and play in.

Our Festival of Banners was another program that had to be changed significantly this year to ensure that it still happened. We no longer had teachers and school groups to help us get submissions, we no longer had

the art studio at Murdoch Mackay School to host the kids to paint and finish any banners not completed. We had to turn to the community and parents to make it happen through social media. In a year when parents were forced to become teachers, and in many cases all while still doing their full-time jobs from home. When they no longer had a community to help them raise their kids, we added one more thing to their plates – and they rose to the occasion!

Parents submitted banner designs, they voted and shared their child's work on social media, they picked up banners and paint, they lost their dinner tables for days on end while their kids painted huge banners in their kitchens – and in some cases they stayed up late to finish painting while their kids were fast asleep. And everyone handed in their banners on time!!! Make sure you drive around downtown Transcona and check out all of their hard work.

I think the biggest hurdle this year has been the Community Markets. We waited on permits from the city to use the square, we fielded hundreds of calls about the markets, we raced to get vendors in place, we adjusted to new physical distancing and cleaning procedures, and we dealt with complaints from people that didn't understand the markets or the changes. It was truly a labour of love and had it not been for the smiles and happy comments from the vendors and community members I might have cancelled them altogether.

We, like everyone, are just trying to find a new normal in this crazy new world we are living in. It has been hard on us all but I am happy to be a part of this community and look forward to getting past this global pandemic and coming together as a community again.

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
Twitter - twitter.com/transconabiz
Instagram - instagram.com/transconabiz
Website - transconabiz.ca

Visit us anytime!



Transcona BIZ Board of Directors, 2020

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

Transcona BIZ BUCKS Winners!

February: Elaine Lilley, Kerri Bosc, Verla Forbes
March: Wendy Stewart, K. Moseley, Barb Korb
April: Nester Wowryk, Michelle Resler, Pennie Pilon
May: Linda Lafreniere, Linda Joyce, John Kowaliuk
Due to us not printing in June, there will be no winners from June, July and August this year.

BIZ Summer Students Return

While certain aspects of the BIZ's programming have been scaled back this summer, we have been fortunate to have one of our biggest Summer Student Teams ever. The seven members of Summer Students have been hard at work keeping Transcona beautiful.

Initially, we were concerned we would be unable to have Summer Students at all with provincial and federal funding being delayed. Our students are part of two different funding programs: the Green Team is through the Province of Manitoba and has provided us with 4 students, the Canada Summer Jobs Program is through the Government of Canada and has provide us with funding for 3 students.

If you have enjoyed the hanging flower baskets, you can thank the Summer Students who not only maintain them but also assembled each basket themselves before they were hung. Our large team was able to also assist us in the office, working on many historical research and administration projects. If you attended the markets, the students were there to greet you. If you use our business directory in the back of this magazine, you can thank the Summer Students who visited every business in the zone to try to make sure we had the most up-to-date information.



As our team heads back to school and to their winter jobs, we would like to thank Moira, Adinna, Gemma, Brittany, Ryleigh, Nick and Ciarán (left to right in photo) for their hard work this summer. Thank you for helping make Transcona a great place to work, live, and play!



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



**FULL 24 HOUR
SERVICE**

**MB Hydro Financing
Available**

**COMPLETE SERVICING OF ALL COMMERCIAL/INDUSTRIAL/
RESIDENTIAL AIR CONDITIONING AND HEATING**

- Refrigeration • Electrical
- Ventilation • Air Conditioning
- Heat Pumps • Boilers

24 Hour Service

204-226-3636
www.nexstarmechanical.com



Enter by September 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**

*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

Keep reading to find next months BIZ Bucks ballot.

The Chamois presents the 2020 Transcona BIZ Community Clean Up

We would like to extend a great big thank you to our volunteers and sponsors, the Chamois and Councillor Shawn Nason for taking part in our Annual Community Clean Up. This year our summer students were able to collect over 60 bags of garbage in the Transcona area, and we had numerous community groups who collected countless bags to add to the total. Remember you can always help keep your community clean by taking a garbage bag with you on your walks or when you go to the park with your kids.

Thanks to everyone for your continued support and hard work!



James Teitsma, MLA Radison and Marissa



Nello Altomare, MLA Transcona and Ray Sandhu

Thank you to our sponsors:

the Chamois
Car Wash and Detail Centre

85 Reenders • 850 Waverley • 1285 St. James

SHAWN NASON

City Councillor – Transcona Ward

**Committed
to our
Community!**



Council Building, 510 Main Street • Winnipeg, Manitoba R3B 1B9 • Tel. 204-986-8087

[f](#) [@ShawnNasonTranscona](#) [snason@winnipeg.ca](#) [www.shawnnason.ca](#)

Beautify Transcona

Every spring, the Transcona BIZ plants flowers throughout the Zone. This year, the hanging baskets are filled with flowers from Lacoste Garden Centre and include different coloured petunias.

Our ground planters, found in front of businesses and bus stops, have flowers from Sumka Brothers Greenhouse and include banana plants, begonias, coleus, zinnias, guara, lobelia, and tut grass to name a few.

We hope you are enjoying them as much as we do.





COMMUNITY MARKETS RETURN WITH A DIFFERENT LOOK AND FEEL

Although we got a late start to our Community Markets this year, we still had a chance to host 5 Thursday daytime markets. It was a learning year with all the new physical distancing and cleaning procedures and the need to cut our market in half to meet the new requirements, but it was widely welcome by the community and vendors.

We had some new faces this year and many returning favorites. The Transcona BIZ worked very hard to include everyone that asked to be apart of the markets and were able to offer a variety of vendors week to week.

Thank you to everyone that came out and supported the Markets and we look forward to seeing you all next year.



Meet Pete, the Transcona BIZ Graffiti Technician



If you have been paying attention over the last couple of summers, you might be familiar with Peter Oliver. Pete is our Graffiti Technician. He has been working on graffiti for 3 years in Transcona. Our Anti-Graffiti Program, through the help of a grant from the City of Winnipeg, allows us to send Pete around not only painting over and wiping off

graffiti, but actively searching for it. However, Pete does not do it all alone. When removing graffiti, Pete has assistance from the members of our Summer Students who have the opportunity to learn

from Pete so that we may continue to provide this service in Transcona for as long as we can.

When Pete's not working for the BIZ, Pete is Grade 5-12 Concert Band and Jazz Band Teacher and has a Music degree from the University of Manitoba. He is also an accomplished trumpet player. Lately he has spent his free time planning his wedding with his fiancé Justine.



If you spot graffiti, please visit our website to report it or call the BIZ office at 204-222-8566 and we will send Pete out to take care of it, free of charge!



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.

**Transcona BIZ
Anti-Graffiti
Campaign**

You can also email a photo
and the location to
admin@transconabiz.ca.

BIZ Office: 204-222-8566

**Spend \$20 before tax at
1609 Regent Ave West and get
half-moon cheese bread FREE**



**1609 Regent
Ave West**

Coupon Required. Walk in only.

Enter by October 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**

*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

Keep reading to find next months BIZ Bucks ballot.



Affordable Retailer Dollarama Expands Their Transcona Footprint

Park City Commons has expanded yet again. This marks the chain's second Transcona location, both within the boundaries of the Transcona Business Improvement Zone.

Dollarama was founded by Larry Rossy, an entrepreneur who opened his first store in Matane, Quebec in 1992. Dollarama has grown and expanded across Canada. With

over 1000 locations from coast to coast, Dollarama is recognized as a Canadian value retailer.

This new branch in the community aims to provide its customers with many different options of general merchandise, consumables, and seasonal items, as well as a valued and consistent shopping experience. It is corporately owned and

operated, similar to other Winnipeg branches, and is located conveniently in the Park City Commons at 1460 Plessis Rd.

Their products are available in individual multiple units at low, fixed price points. Come see the new location between 9am-9pm from Monday to Saturday, and 9am-6pm on Sundays. Second Transcona location, same great prices!

Rexall Joins Park City Commons Mixed-Use Space



As the residential portion of Park City Commons' mixed-use space prepares for residents to gain possession of their spaces, the development's retail offerings continue to expand. Rexall has been

opened in Transcona's Park City Commons! This location is walkable from all residential spaces and offers a wide variety of grocery and household items in addition to their pharmaceutical products.

Rexall is a leading drugstore operator with a heritage dating back over a century. It was established in Canada in 1904 and quickly became an innovator in retail pharmacy. Operating over 400 pharmacies across Canada, Rexall's employees are dedicated to providing excellent health care and service in 180 communities. They are committed to helping Canadian families and communities become healthier and aims to increase access to convenient, quality healthcare for all Canadians.

Stop in to chat with the pharmacist or just to pick up a few things, Rexall is there for you. Its weekly hours are from 9am to 10pm, Saturday hours are from 9am to 7pm, and Sunday hours are from 9am to 6pm.

A Little Pizza Heaven in Transcona

You are not dreaming; A Little Pizza Heaven has finally made its way from Osbourne village to Transcona. The “Best Pizza This Side of Heaven” has arrived! Doors opened April 1st this year on the corner of Regent Avenue and Day Street. You can swing on in for a slice Sunday to Wednesday between 11am-12 midnight and from Thursday to Saturday between 11am-2am.



Originally based in Osbourne village; owners Dave Fox, Jon Hall and Matt Stevenson wanted to spread their pizza joy to the outskirts of our city and landed in our neighbourhood. They were attracted to our vibrant community and our ever-growing suburbs. Not to mention they were able to transition into the building Pizza Pizza originally owned. Describing the business as their baby, they established themselves in 2006 and now have five locations in Winnipeg. You can even find them in their food truck as they cater to festivals, golf tournaments and even weddings!



pizzas are baked at a temperature of 525 degrees Fahrenheit and are ready within 5 minutes. Furthermore, they proudly work with many charities and organizations here in Winnipeg such as the Winnipeg Harvest, HSC COVID, Humane Society, Graffiti Gallery and Siloam Mission. They even provide deals for school lunches! Transconians can look forward to their everyday special of buy one, get one half off. Try out the Dave’s favorite, Chicken Clubhouse and Jon’s favorite, Chicken and Spinach!



As a Winnipeg local business, they take pride in getting their pizzas fresh out of the oven with their amazing quality cheese. They carry gluten free options with a cauliflower base and even carry vegan cheese in their stores. Their

**Enter by November 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

*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



**Parking Spots
Available**

**\$55.00
per month**

108 Bond Street Phone: 204-226-3636
Between Regent and Pandora. Paved with electrical.

**20 spots
available
now 1
available**

**Perfect for businesses that require
employee parking. Save your
parking for your customers or
condo owners with multiple vehicles.
Near CN main employee entrance!**

Festival of Banners Returns Despite COVID-19



It is safe to say that 2020 has been an unusual year for all of us, and there is no exception when it comes to the Transcona BIZ's Festival of Banners. Normally we partner with the local schools in Transcona to have the students design and paint their own banners, which are then hung throughout our community. Despite COVID-19, we at the BIZ felt that we needed the Festival of Banners to continue to brighten and inspire our community. Our team decided the theme for the 2020 Festival of Banners would be a Transcona classic, the Flamingo!

With kids out of school, we facilitated the competition through our Facebook page,



where applicants sent in their banner samples. We received over 140 banner applicants, and 61 winners were selected by public voting. Our Transcona BIZ Summer Students traced the submissions onto the double-sided banners and put together painting kits of heavy-duty outdoor paint and brushes. Once everything was ready, families poured into our office to pick up their banners and supplies and began the painting process at home. A lot of parents noticed how much bigger the banners are when they are down from the light poles! The banners are over six feet tall by two and a half feet wide. That is a lot of paint! It was great to hear how much fun the families had working on this project together.

We want to thank all the families that were patient with us as we navigated the new

normal for our Festival of Banners. We wanted to ensure we could continue with this tradition in the safest way possible. Although this year proved to be challenging, it was ever rewarding seeing all your beautiful artwork!

Thank you also to Sevala's Ukrainian Deli for donating all the plastic containers and lids for the families to transport all the paint.

You can find the new banners throughout Transcona on Regent Avenue, Bond Street, Pandora Avenue and on Plessis Road near the Underpass. We would love to see you out searching for the banners in Transcona! Upload your favourite and tag us on Instagram or Facebook @TransconaBIZ!





Business Directory

Why go anywhere else?

www.transconabiz.ca

Accounting

H & R Block Canada
3-801 Regent Ave W R2C 3A7
204-949-4110

LDF Consulting Services
114 Regent Ave E R2C 0C1
204-222-9373
Personal and Small Business Tax preparation and consulting, including e-filing, bookkeeping, and accounting for small to medium businesses. Consulting for new business setup, including setup of accounting systems with training. Located in Transcona for over 20 years, now offering contactless services.

Liberty Tax Services
309 Day St R2C 1B1
204-808-7835

RJ Accounting & Tax Service
314 Bond St R2C 2L5
204-224-5913
robert@rjaccounting.com
Twenty-five years of experience with personal income tax returns, monthly accounting, and corporate tax returns, deceased and estate returns, fast electronic filing and personalized service.

Automobile Services

D & S Auto Service Ltd
122 Regent Ave W R2C 1P9
204-222-1404
Full automotive repairs.

Ram Collision
345 Pandora Ave W R2C 1M6
204-222-7464
Collision repair specialist. We repair all makes and models.

RMK Auto Sales
351 Pandora Ave W R2C 1M6
204-230-3949

Spider Design Automotive
361 Pandora Ave W R2C 1M6
204-229-1932
Automotive repairs and service, vehicle safety inspections.

True-Way Muffler
1380 Plessis Rd R2C 4L1
204-663-3431
Specialising in mufflers, brakes, front ends and safeties, suspensions.

Banking

Casera Credit Union
1300 Plessis Rd R2C 2Y6
204-958-6300
To fulfill our member's financial needs with trustworthy advice, market-leading products, and exceptional service that creates rewarding member experiences.

Royal Bank of Canada
128-701 Regent Ave W
ATM only.

Beauty

Beautiful YOU
115 A Regent Ave W R2C 1R1
204-661-6086
Appointments for esthetic services Tue – Sat (including evening appts). Only quality skin products are used and are available for purchase. Women's apparel, purses, accessories, & more. Gift certificates are available.

Fabutan Suntan Studio
7-801 Regent Ave W R2C 3A7
204-224-8330
www.fabutan.com
North America's largest tanning company.

Hair Expansion
8-801 Regent Ave W R2C 3A7
204-222-9982
Hair salon offering highlights, colour, ear piercing and tanning.

Le Petit Barbier
B-130 Regent Ave W R2C 1P9
204-807-0056
lepetitbarbier@shaw.ca
Barber shop / beauty salon.

Lucky Nails
2-453 Regent Ave W R2C 1R3
204-224-5794
Excellent professional care, sculpted nails, overlay, gel nails, nail art, hand designs, manicure, and spa pedicure.

Night N Day Hair Studio
313 B Day St R2C 1B1
204-421-9321
Full service hair salon.

Rising Phoenix Hair Salon
120-701 Regent Ave W R2C 1P9
204-777-0647
<https://risingphoenixsalon.wixsite.com/hairsalon>
Hair salon

Romeo Bros Barber Shop
134 Regent Ave W R2C 1P9
204-222-8196
Men's hairstyling

Root 37 Hair Design
225 Regent Ave W R2C 1R3
204-222-3704
Hairstyling/Esthetics/Massage.

Tony's Barber Shop
118 Regent Ave W R2C 1P9
204-224-0283
Family owned business for over sixty years, by appointment only.

Creative Arts

Doreen Bissett School of Dance
120 Regent Ave E R2C 0C1
204-222-9368
dbdsd@shaw.ca
www.dbdsdance.com
Dance studio in the heart of Transcona. Excellence in dance education since 1966. Tap, jazz, ballet, hip hop, musical theatre, lyrical / contemporary, pre-dance, story arts, acro, and more!

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

Dine In & Take Out

A&W
1450 Plessis Rd R2C 2X4
204-224-0686

Chicken Delight
453 Regent Ave W R2C 1R7
204-982-1370
<https://www.chickendelight.com/location/453-regent-ave-w/>
Chicken, ribs and pizza for take-out and delivery.

Choy's Chinese Food Catering Services
110 Regent Ave W R2C 0C1
204-222-2005
www.choys.ca
Open 7 days a week, pickup and delivery. Lunch catering available.

Dairy Queen (Seasonal)
100 Victoria Ave E R2C 0E2
204-222-9641
www.instagram.com/daystdq
Soft serve, cones, blizzards, sundaes, milkshakes, Customized cakes.

Dal's Chicken Inn
122-126-701 Regent Ave W R2C 1S3
204-222-4255
Full service restaurant. Pizza, burgers, salads, chicken and more for takeout and delivery.

Domino's Pizza
1-233 Regent Ave W R2C 1R3
204-987-5557
<https://pizza.dominos.ca/winnipeg-manitoba-10207/>
Pizza, wings and more.

KFC
1470 Plessis Rd R2C 5G6
204-219-4852

L'Arche Tova Café
119 Regent Ave W R2C 0C1
204-421-9388
larchetovacafe@larchewinnipeg.org
www.larchewinnipeg.org/larche-cafe/
Building a more compassionate society one cup of coffee at a time.

Little Bones Wings
123 Regent Ave W R2C 1R1
204-777-2667

Little Caesar's Pizza
2-801 Regent Ave W R2C 3A7
204-953-8888
Hot-N-Ready pizza. Order non-contact pick-up and delivery online.

Little Pizza Heaven
101 Regent Ave E R2C 0C2
204-777-5575
info@alittlepizzaheaven.ca
Offering our signature garlic crust alongside all you're A Little Pizza Heaven favorites. Besides pick up and delivery, we offer catering and our Food Truck for private events.

Maggie's Restaurant (Seasonal)
102 Victoria Ave E R2C 0E2
204-698-6813
Syrian and traditional drive-in food.

Mucho Burrito Fresh Mexican Grill
2-1510 Plessis Rd R2C 5R5
204 306 7810
<https://muchoburrito.com/>
Canada's largest premium fast casual Mexican restaurant, serving food that is mucho real and mucho fresh. It is made by hand right in front of our guest's eyes, using only the freshest ingredients, free of artificial flavours and preservatives.

Pizza Hotline
130A Regent Ave E R2C 0C2
204-222-2222
Pickup and delivery.

Pizza Hut
3-1510 Plessis Rd R2C 5G6
431-317-0589

Quinlan's Café
101 Regent Ave W R2C 1R1
204-421-2122

Red Chilli's East Indian Cuisine
11-801 Regent Ave W R2C 3A7
204-615-5550
www.redchillis.ca
East Indian cuisine. Dining area to accommodate up to 150 guests. Licensed bar. Good for business meetings and parties for a special occasion. Lunch buffet Tues-Fri. 11-3pm Dinner buffet Fri-Sun. 5-9:30 pm

Royal Garden Chinese Food
139A Regent Ave W R2C 1R1
204-222-4726
Chinese food – pickup and delivery.

Salisbury House of Canada
19-801 Regent Ave W R2C 3A7
204-222-0280
Family restaurant.

Santa Lucia Pizza
108 Regent Ave E R2C 0C1
204-888-5555
SLPregent@gmail.com
www.santaluciapizza.com
Offering take-out, delivery and catering services. Please contact us with an inquiries

Spikes Grill
202 Bond St R2C 2L4
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.

Starbucks
101-1510 Plessis Rd R2C 5R5
204-899-5472

Subway
100 Regent Ave W R2C 2P9
204-222-8778
www.subway.ca
Dine-in or take-out restaurant with free delivery for catering platters and orders of more than 5 footlong sandwiches. Parties for lunches, dinners and funerals can be organized upon request.

Szeto Chinese Food
103 Bond St R2C 2L1
204-222-6868
Full service restaurant Chinese food - pickup and delivery.

Tasty Chinese Cuisine
129 Regent Ave W R2C 1R1
204-222-3245
Chinese cuisine and homemade features. Lunch Buffet.

Tim Horton's
107 Pandora Ave W R2C 1M4
204-222-0501

TOM YUM Thai Restaurant
3-233 Regent Ave W R2C 1R3
204-414-9144
Thai Restaurant offering authentic Thai cuisine.

Will's Tasty Food
201 Melrose Ave E R2C 0B1
204-489-8322
<http://www.willstastyfood.com>
*Tues – Wed: 4:30 pm – 10:00 pm
Thurs – Sat: 4:30 pm – 12:00 am
Homemade artisan and gourmet pizzas, poutine, and hot and cold sandwiches.*

Entertainment

Central Hotel
201 Melrose Ave E R2C 0B1
204-222-4777
centralhotelevents@mymts.net
www.rookiesinsidethecentral.ca
Beverage vendor, VLTs, monthly rooms, Darts and Pool League, Off Track Betting (OTB) for Assiniboia Downs, WTF Restaurant.

Joe's Pandora Inn
103 Bond St R2C 2L1
204-222-0571
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.

Princess Hotel
202 Bond St R2C 2L4
204-224-4885
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. Banquet hall available for rent (seats 165).

Royal George Hotel
123 Regent Ave W R2C 1R1
204-224-1882
Open 7 days a week, Live entertainment music venue, 210 seat beverage room, VLTs, Vendor, Outdoor Patio, Hotel, Home of Little Bones Wings. Call us to book your special event.

Funeral Services

Bardal Funeral Home Arrangement Centre
6-801 Regent Ave W R2C 3A7
204-774-7474

Transcona Funeral Chapel
3-549 Regent Ave W R2C 1R9
204-222-5516
www.korbanchapel.com

Gas Stations

7-Eleven
104 Regent Ave E R2C 0C1
204-985-0188

1-801 Regent Ave W R2C 3A7
204-985-0130
Convenience, gas, lottery, hot food and grill items.

Fas Gas Plus
105 Pandora Ave E R2C 0A1
204-224-1600
Full service gas & propane, carwash, convenience store, samosas and Heffy's fried chicken.

Petro Canada
107 Pandora Ave W R2C 1M4
204-222-4086
Gas, diesel, propane, convenience store and car wash.

Shell Canada
1440 Plessis Rd R2C 2X4
204-224-0074

609 Regent Ave W R2C 1R9
204-222-9431
www.shell.ca
Gas, car wash and convenience store.

Health Care Clinics

Plessis Medical Centre
12-801 Regent Ave W R2C 3A7
204-222-4200
Family practice medical office.

Prana Medical Centre
208 Regent Ave W R2C 1R2
204-222-6771
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
204-222-5221
transmed@mts.net

Chiropractors

Moorhead Chiropractic
501 Regent Ave W R2C 1R9
204-222-2969
Dr. Lloyd Moorhead
Dr. Richard Moorhead
moorheadchiro@shaw.ca
Chiropractic and massage therapy for your spinal and extremity joint dysfunction and pain.

Regent Chiropractic Centre
705 Regent Ave W R2C 1S2
204-222-1571
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
204-224-9474
Dr. Livia Zaharia
Dr. Mark Zaharia
zahariachiropractic@gmail.com
www.zahariachiropractic.com
Open late Thursdays until 8pm. Health and injury care, pregnancy & children, auto & work accidents, neck & back pain, headaches, sports & muscle injuries.

Dentists/Denturists

Kontiki Dental Centre
C-212 Regent Ave W R2C 1R2
204-222-4238
Dr. Terry Wong
Dr. Nancy Auyeung
Comprehensive general dentistry. Offering a full range of general, cosmetic and implant dental services. New patients welcome.

Regent Denture Clinic & Implant Centre
1-549 Regent Ave W R2C 1R2
204-224-8800
www.regentdentureclinic.ca
Complete denture care & implant solutions.

Transcona Dental Centre
10-801 Regent Ave W R2C 3A7
204-222-8609
Dr. Charles Rubin
Dr. Ken Strong
Complete family dentistry. Offer a full range of general and cosmetic dentistry.

Equipment

Transcona Health & Safety Service
111B Regent Ave W R2C 1R1
204-414-7131
Transcona@shaw.ca
Medical equipment, garment fitter, compression legwear, diabetic & orthotic footwear. Safety supplies. Healthcare products, cryo care post-surgery.

Hearing Centres

Connect Hearing
130-701 Regent Ave W R2C 1S3
204-942-7646
T.T.Y. Deaf Access: 204-942-7691
www.connecthearing.ca
Hearing health, hearing testing, wide range of hearing aids for purchase, third party coverage, repairs and cleaning.

Massage Therapists

Aruba Massage Therapy Clinic
112 Regent Ave E R2C 0C1
204-777-6222
arubamtc@mts.net
6 Licensed Massage Therapists. Open Mon. - Sat. with online booking available. Heated massage tables, relaxing environment. Massage therapy, deep-tissue, craniosacral, hot stone, pregnancy & children. We take care of your aches, pains, and reduce stress. Direct billing with Blue Cross. Gift certificates available.

Maryka's Massage Therapy Clinic
115 B Regent Ave W R2C 1R1
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. Flexible hours of operation. Open 7 days a week.

Prairie Sage Massage Therapy
109 Regent Ave W R2C 1R1
204-691-9101
<http://www.prairiesagemassage.ca>
Registered massage therapists offering therapeutic and relaxation massage.

Steven Hanks Massage Therapy
(inside Miracle Health Network)
132 B Regent Ave W R2C 1P9
204-770-4414
www.TMHN.info
Our 25th year! Advanced Massage RMT, Medically Trained IASTM, STAT Certified, Emotional Release (ERT), Muscle NRG Therapy (MET), kid friendly, direct billing.

Medical Laboratories

Dynacare Laboratory and Health Services Centre
140-701 Regent Ave W R2C 1R1
204-222-4930
<https://www.dynacare.ca/specialpages/secondarynav/find-a-location/transcona.aspx>
Open Monday – Friday 8am - 4.30pm, closed on weekends.

Transcona Xray Clinic
140-701 Regent Ave W R2C 1R1
204-222-2482
Open Monday – Friday 8.30 am – 4 pm, closed daily between 12.15pm – 1pm, closed on weekends.

Optometrists

Transcona Optical
A-212 Regent Ave W R2C 1R2
204-224-2254
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

Plessis Pharmacy
15-801 Regent Ave W R2C 3A7
204-777-1468
Independent & locally owned community Pharmacy proudly serving Transcona & surrounding areas since 2009. We offer prompt, courteous, friendly service including free city-wide delivery, curbside services, blister packaging, blood pressure monitoring, medication review, auto-refill & sync prescription services. We are open 6 days a week and offer after hour service.

Prana Pharmacy
208 Regent Ave W R2C 1R2
204-777-3093
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.

Regent Park Pharmacy
118-701 Regent Ave W R2C 1S3
204-222-3257
Retail Pharmacy offering city-wide delivery, stamp shop and greeting cards.

ReXall Pharmacy
1-1490 Plessis Rd R2C 5G6

The Prescription Shop
218 A Regent Ave W R2C 1R2
204-222-7222
Community retail pharmacy offering free city-wide delivery of prescriptions and a full range of non-prescription medicines and home care products.

Physiotherapists

Plessis Physiotherapy
14-801 Regent Ave W R2C 3A7
204-222-2432
www.plessisphysiotherapy.ca
Private practice physiotherapy clinic.

Transcona Physiotherapy
C-230 Regent Ave W R2C 1S3
204-224-4015
transconaphysiotherapy@shaw.ca
www.transconaphysio.com/
Private physiotherapy clinic for workplace, sport and other injuries. Doctor's referral not required.

Household Services & Trades

Creative Door Services

64 Hoka St R2C 3N2
204-224-1224
www.creativedoor.com
Commercial and residential garage door products.

Nexstar Mechanical Services Ltd.

108 Bond St R2C 2L2
204-226-3636
www.nexstarmechanical.com
Industrial, commercial, and residential heating, cooling, and ventilation systems. Service and installation.

RGC Plumbing & Mechanical

130 Regent Ave W R2C 1P9
204-415-3512
RGCPumbing@gmail.com
www.rgcplumbingandmechanical.com
RGC Plumbing - Your Total Plumbing Contractor. RGC Radon - Leaders in Radon Mitigation.

Transcona Overhead Doors Ltd.

118 Melrose Ave W R2C 1N6
204-222-7943
www.transconaoverheaddoors.ca
Residential overhead garage doors, electric openers, and bug screens. Sales, service and installations serving happy homeowners since 1973.

Wach Window & Door Ltd.

521 Pandora Ave W R2C 1M8
204-222-9434
Residential window and door replacement, sales, service, installation
Transcona business since 1967.

Government

Daniel Blaikie

MP, Elmwood—Transcona
201-1111 Munroe Ave R2K 3Z5
204-984-2499
Daniel.Blaikie@parl.gc.ca

Nello Altomare

MLA, Transcona
127 Regent Ave W R2C 1R1
204-594-2025
Nello.Altomare@yourmanitoba.ca

James Teitsma

MLA, Radisson
Room 227 Legislative Building
450 Broadway R3C 0V8
204-691-7976
james.teitsma@leg.gov.mb.ca

Shawn Nason

City Councillor, Transcona
510 Main St R3B 1B9
204-986-8087
snason@winnipeg.ca

Insurance

Ball Insurance Agency

112 Regent Ave W R2C 1P9
204-222-7771
sball.ballins@shaw.ca
Insurance sales and service for vehicles, home, cottage, business, travel, and health. CAA Broker Partner.

Clarke Financial Planning & Insurance Services

110 Regent Ave W R2C 1P9
204-487-6556
linda.clarke@clarkefinancialplanning.com
www.clarkefinancialplanning.com
The firm specializes in offering group insurance & pension plan services to First Nation companies and governments. 100% First Nations owned and operated.

Medi-Quote Insurance Brokers

505 Pandora Ave W R2C 1M8
204-947-9210
www.mediquote.ca
Specializing in travel medical insurance for all ages. We have a plan for everyone.

Wyatt Dowling Insurance Brokers

136-138 Regent Ave W R2C 1P9
204-222-3221

4-801 Regent Ave W R2C 3A7

204-940-6552
www.wyattdowling.ca
General Insurance including Home, Auto, Business, and Life Insurance.
11 Locations in Winnipeg.

Law Offices

George & Tweed Law Corporation

4-549 Regent Ave W R2C 1R9
204-949-3080
Providing legal services in: Real Estate, Wills & Estates, Family Law, Corporate Law.

Hilary C. Maxim Law Office

B-212 Regent Ave W R2C 1R2
204-224-2600
Lawyer dealing with residential real estate transactions, wills, and general Power of Attorney.

Lange Law

227 Regent Ave W R2C 1R3
204-272-0266
chrislange@clangelaw.com
www.clangelaw.com

Manufacturers & Industrial Trades

Burnbrae Farms Limited

615 Kernaghan Ave
204-222-2783
www.burnbraefarms.com
Egg grading and processing.

Canital Granite

100 – 100 Hoka St R2C 3N2
204-224-2286
Toll Free: 1-800-665-0045
www.canital.mb.ca
mail@canital.mb.ca
Granite and quartz countertops.

Clark Transport

770 Pandora Ave E R2C 3N1
204-453-6042

Dominion Pallet & Crate Ltd

414 Pandora Ave W R2C 3A5
204-958-8068
www.dominionpallet.ca

Exceldor

(Formerly Granny's Poultry)
750 Pandora Ave E R2C 4G5
204-488-2230
Wholesale only - no retail outlet or license to sell to the general public.

Final Step Limited

22-630 Kernaghan Ave R2C 5G1
204-222-8822

George Wakefield Foods Inc

B-1225 Plessis Road R2C 3L9
204-488-0716

Kent Welding Gun

1249 Plessis Rd R2C 3L9
204-667-7555
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.

Martel Bros. Ltd.

359 Pandora Ave W R2C 1M6
204-233-2022
martelbrosLtd@shaw.ca
Freight handling.

National Tire Distributors Inc

64-630 Kernaghan Ave R2C 2L8
204-775-9321
www.ntdcanada.com

New Flyer Industries

711 Kernaghan Ave R2C 3T4
204-224-1251
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.

Polynt Composites Canada

84-84 Hoka St R2C 3N2
204-668-4900
https://www.polynt.com/en/

Praxair Canada Inc.

700 Pandora Ave E R2C 3A6
204-222-4269
Acetylene filling station.

Quick Transfer

200-766 Pandora Ave E R2C 3A6
204-786-6011
https://www.qtmoving.com/

Target Products

400 Pandora Ave W R2C 3A5
204-654-8320

Not-for-Profit

Community Groups

East End Community Club

517 Pandora Ave R2C 0A5
204-222-8013
eastendarena.ca

L'Arche Winnipeg

118 Regent Ave E R2C 0C1
204-421-9388
www.larchewinnipeg.org

Royal Canadian Legion Branch 7

117 Regent Ave E R2C 0C2
204-222-9951
transconalegion.ca

Transcona Historical Museum

141 Regent Ave W R2C 1R1
204-222-0423
www.transconamuseum.mb.ca

Transcona Public Library

1 Transcona Blvd R2C 5R6
204-986-3954
wpl.winnipeg.ca/library/branchpages/
branch.aspx?tran

Transconca BIZ

108 Bond St R2C 2L2
204-222-8566
transconabiz.ca

Churches

Powermine Church

127 Regent Ave E R2C 0C2
204-813-7070

St. George's Anglican Church

321 Pandora Ave W R2C 1M6
204-222-1942

Transcona Christian Reformed Church

131 Victoria Ave W R2C 1S6
204-222-4380

Transcona Seventh Day Adventist Church

133 Regent Ave E R2C 0C2
204-222-2391

Pet Services

Pet Planet

4-1510 Plessis Rd R2C 5R5
204-222-8069
Pet Planet is a "natural grocer" for dogs and cats offering a wide range of healthy food, treats, supplements, a self-wash, and, of course, toys!

Shih Tzu's Forever Grooming Services

103 Regent Ave W R2C 1R1
204-221-2811
Where we treat your pet like family.

Transcona Veterinary Hospital

501 Pandora Ave W R2C 1M8
204-222-5251
www.transconaveterinaryhospital.ca
Primarily canine and feline veterinary hospital.

Printing

Bond Printing

130 Victoria Ave W R2C 1S5
204-222-7069
www.bondprinting.net
sales@bondprinting.net
Serving the Community since 1986! Commercial and retail printing/promo items/community news publication.

HITEK Print Management

116 Regent Ave W R2C 1P9
204-224-4304
Sales/Marketing – Miles Moorhouse
miles@hitekpm.com
Customer Service – Lisa Moorhouse
lisa@hitekpm.com
www.promotemybrand.ca
We can help you promote your brand. Promotional products, business, and athletic apparel. Design, printing, displays, signage, and much more. PPE products including hand sanitizer, face masks, and more.

Real Estate

Kehler Realty

132 Regent Ave W R2C 1P9
www.KehlerRealty.com
Art Kehler - 204-222-0149
Jeremy Kehler - 204-222-0001
Gus Miller - 204-224-0078
Robert Unger - 204-791-5145

McCreedy Knox Team

6-549 Regent Ave W R2C 1R9
204-989-7900
www.mccreedyknox.ca

Pillar To Post Home Inspectors

7-549 Regent Ave W R2C 1R9
204-771-3453
www.pillartopost.com/winnipeg
The Winnipeg team has performed more than 17,000 home inspections in Winnipeg and surrounding areas since 1996 and is consistently named one of the top home inspection companies. Not only do we help home buyers, home sellers, and realtors by exceeding the industry standards, we take the time to educate our clients during the home inspection process.

Retail

431 Urban Street Wear

B-139 Regent Ave W R2C 1P9
204-222-0350

ABC Power Tools

201 Regent Ave W R2C 1R3
204-224-1760
www.abcpowertools.ca
Winnipeg's number 1 STIHL Dealer. Specializing in power equipment and handheld tools. Sales and service.

All About Computers

C-130 Regent Ave W R2C 1P9
204-224-9285
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."

Aunt Monica's Attic

111-A Regent Ave W R2C 1R1
204-615-5270
fun@auntmonicasattic.com
www.auntmonicasattic.com
Battery-free toys, novelties, craft kits, jigsaw puzzles, supplies and more. Kids' parties, story times and workshops too. For kids and adults alike.

DEFEHR Furniture (2009) Ltd.

770 Pandora Ave E R2C 3N1

DOLLARAMA LP

1460 Plessis Rd
204-260-9262

110-701 Regent Ave W R2C 1S3

204-222-3912
www.dollarama.com

Dulux Paints

2-100 Regent Ave W R2C 1P9
204-224-3134
pa8645@ppg.com
www.dulux.ca
Paint supplies, interior and exterior paint.

East End Meats & Sausage

123 Regent Ave E R2C 0C2
204-222-4888
www.eastendmeats.ca
Smoked sausages and homestyle deli meats, fine cuts, fresh beef, pork, chicken, delicacies, frozen foods, dry grocery, deli trays, meat packages, custom cutting

Fat Panda Vape Shop

2-233 Regent Ave W R2C 1R3
204-416-8333
www.fatpanda.ca
Vape shop here to help our customers make the transition from smoking to vaping.

House of Vacuums

313A Day St R2C 1B1
204-222-7678
Vacuum sales and repairs.

Homerun Sports
(inside East End CC)
517 Pandora Ave E
204-999-5849

JLR Jewellers
118 Regent Ave W R2C 1P9
204-471-3632
All jewellery, watch, and clock repairs, watch batteries, custom work, vintage & estate jewellery, and unique giftware.

John Russell Honey Company
128 Victoria Ave W R2C 1S5
204-612-2337
honeyb@mts.net
www.honeyb.ca
Proudly servicing our great customers in Transcona, also providing laundry services for commercial clients all over the city of Winnipeg.

LumberZone
309 Bond St R2C 2L6
204-222-3281
www.thelumberzone.ca
Building supplies, hardware, paint, and tools for commercial and residential purposes.

Mission Thrift Store
701 Regent Ave R2C 1S3
204-667-5329

Northern Lights
129 Regent Ave E R2C 0C2
204-415-5106
Head shop and plant nutrients.

Palliser Furniture Outlet
79-630 Kernaghan Ave
204-988-0800
www.palliser.com
Furniture outlet for high quality upholstered furniture at less-than retail prices. Cash & carry. Delivery available. Hours: Wednesday - Friday: 10am - 7pm, Saturday & Sunday: 10am - 5pm, Closed Monday & Tuesday

PharSyde
117A Regent Ave W R2C 1R1
204-222-4753
A variety of convenience items, cat and dog food, lotteries, hemp products, and vape products.

Pop And Shop
132-701 Regent Ave W R2C 1S3
204-222-0904
Convenience store, lottery and game area, water supplies and refills, key cutting, dry cleaning, photocopying, Kinsmen Bingo, ATM inside.

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

Sevala's Deli and Catering
126 Victoria Ave W R2C 1S5
204-224-4900
www.sevalas.com
sevalas@shaw.ca
Specialize in Ukrainian foods: perogies, cabbage rolls, meatballs, borscht, pyryshky, plus a wide selection of homestyle entrees ready to heat and serve.

Soccerland
3-453 Regent Ave W R2C 1R7
204-470-1316
www.soccerlandcanada.com
maco34@mts.net
Hours: Monday - Friday 1pm - 6pm, Saturday 1 - 5pm. We sell good quality custom soccer team uniforms and accessories. Brand names including Kappa, Lotto, Diadora, Sondico, Inaria, and Admiral.

Ted's No Frills Grocery
1500 Plessis Rd R2C 5G2
1-866-987-6543

The Joint Glass Gallery & Tobacconist
114 Regent Ave E R2C 0C1
204-615-5285
thejointcannabis.ca
Cannabis accessories.

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

Video King
309B Day St R2C 1B1
204-224-9521
Video Distribution.

Security

BIL Security Services Canada
Unit A - 1225 Plessis Rd R2C 3L9
204-254-3109
Toll Free: 1-866-323-3585
www.bilsecurity.com
Commercial security services, specializing in CCTV and monitoring services.

Oakley Alarms
359 Pandora Ave W R2C 1M6
204-654-9982
oakleyalarms@shaw.ca
Sales and installation of home and commercial security systems.

Services - Other

Access Information Management Canada
76 Hoka St R2C 3N2
www.accesscorp.com
Records management including storage, destruction, and recycling management services.

Blaze Ink Tattoo
107 Regent Ave W R2C 1R1
204-222-6668
blazeink@hotmail.com
www.blazeinktattoos.com
Custom Tattoo shop that caters to all styles.

Kildonan Tailor
736 Regent Ave W R2C 1S4
204-615-5857

Nichol Commercial Licensing Inc.
114 Regent Ave W R2C 1P9
204-777-6700
lnichol@nclnet.ca
sbergen@nclnet.ca
www.nclnet.ca
NCL is a Transportation Consulting Firm that specializes in Commercial Fleet Licensing & Safety & Compliance needs for companies operating in Canada & U.S.

PCRenue.com
201 Bond St R2C 2L3
204-224-3483
www.pcrenu.com
kcarthy@pcrenu.com
Used PC systems, service & sales, laptops too!

RC Amusements, Inc.
128 Regent Ave W R2C 1P9
204-294-1110
Repair arcade games and pinball machines, supplier of jukeboxes to bars and hotels.

Red Door Property Management Services Inc.
2-549 Regent Ave W R2C 1R9
204-505-1334
reddoorproperties@shaw.ca
Specializing in condominium management.

Regent Park Banquet Centre
116-701 Regent Ave W R2C 1S3
204-222-2931
www.weddingswinnipeg.com
regentparkhall@shaw.ca
Great location for socials, weddings, banquets, meetings, special events. Capacity 450. Licensed. Chef on staff.

Regent Tailor
107 Regent Ave E R2C 0C2
204-221-6585
Clothing alterations and repairs.

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

Spike's Quick Silver Laundry
204 Bond St R2C 2L4
204-224-0108
Proudly servicing our great customers in Transcona, also providing laundry services for commercial clients all over the city of Winnipeg.

Tixit Ticket Company Ltd
119A Regent Ave W R2C 1R1
204-219-9444
www.tixit.ca
Full service local online ticket agency for concerts, fundraisers, and other events. Official ticket agent for the Centennial Concert Hall, Folklorama, and the Manitoba Stampede.