



T R A N S C O N A BIZ BULLET

Vol 17. No.3

December 2020

*Check out the
updated Business
Directory on page 11.
#ShopLocal*

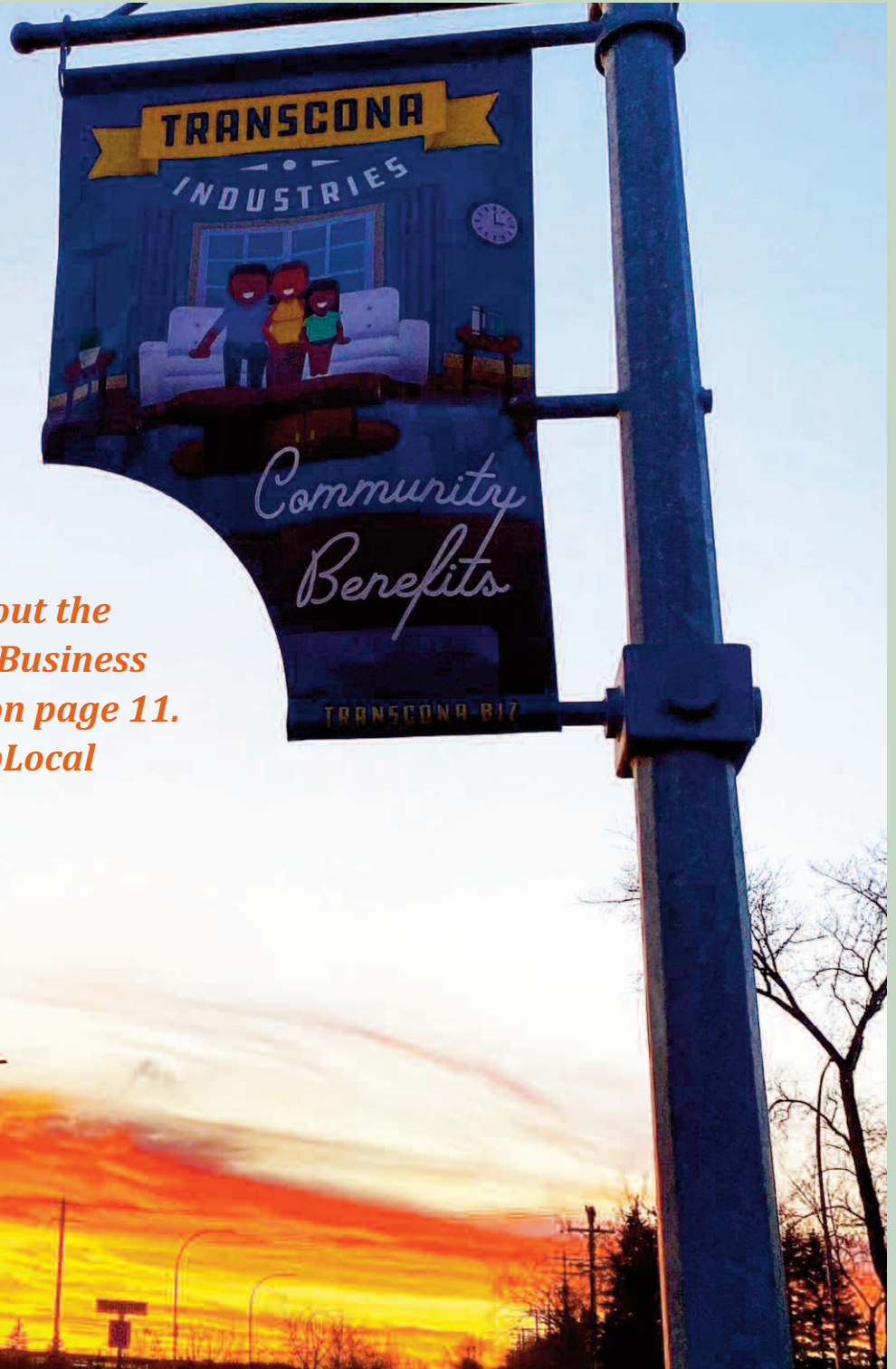


Photo credit: Scott Tingey

Message from the Executive Director

By Leila Dance



As we come to the end of my first year, I feel like I have been in the eye of a storm this whole time. Learning a new position, meeting new people, and rediscovering the beauty that is my community during a global pandemic has been truly eye opening. I could not imagine running a small family business in a time like this. There is no rule book or experience to look back on. There is no expert in the field, and we are all learning the new normal.

Yet in this time I have had the chance to see the resilience of the community, family businesses that have found a new way to offer services to our customers, businesses that have changed and added to their products

to service the community better and most surprising the support from each business to their neighbour.

We as a community have the opportunity this holiday season and into next year to support those local businesses that fill downtown Transcona, those businesses that adjusted to the new world we are living in, those businesses that provide jobs to our children, those businesses that support our community groups and most importantly those businesses that are run by our neighbours and friends. #ShopLocal

I hope you enjoy this issue of the BIZ Bullet. We have a special “reporter” that will be joining us this issue and hopefully

in future issues. He is a man that you might know – he can be seen riding his bike around Transcona, delivering food from long-time Transcona business Chicken Delight, or just snapping a beautiful Transcona sunset. I am happy to invite Cornelius Thiessen to share a more personal look at some of Transcona’s amazing business owners.

I wish you all a happy holiday and hope that whether you are buying a gift for that special someone or treating yourself that you look close to home at the many amazing retail, services and restaurants right here in Transcona.

Season’s Greetings and Happy New Year.
Leila

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 BUCKS Winners!

September: John Moore, Frances Honke and Kim Kerr

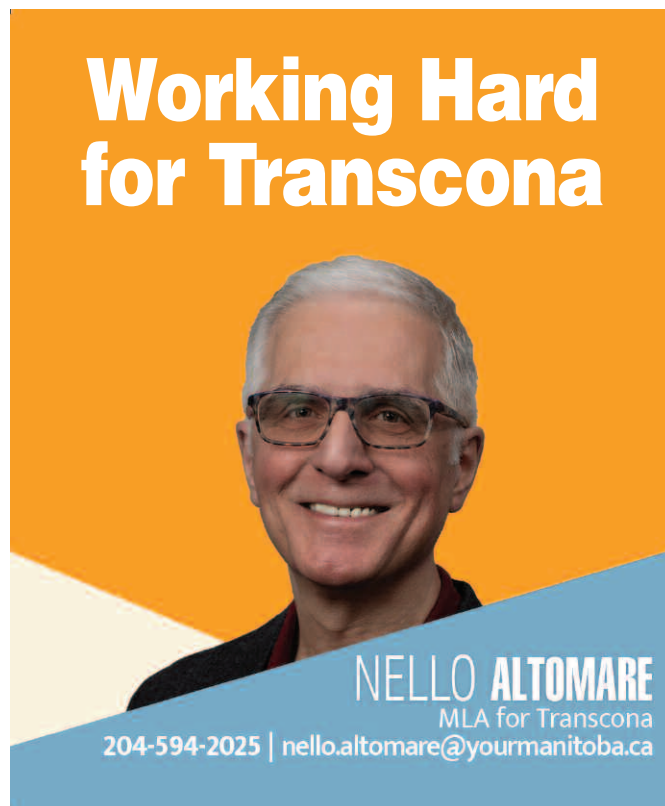
October: Kendra Devine, Kathy Hackett and Jean Kimchak

Transcona BIZ Bullet is published quarterly

For more information call:

204-222-8566 or admin@transconabiz.ca

Working Hard for Transcona





Cornelius Thiessen

Cornelius Thiessen has been sharing his thoughts and photos on the Transcona, And Proud of It Facebook® page for the last few years. He has his finger on the pulse of the community and is happy to share stories of Transcona businesses and the many faces that run them.

D&S Auto Celebrates 45 years in Transcona!

By Cornelius Thiessen

Forty-five years of continuous service on the Regent Strip, forty-five years of satisfied customers and honest business practises. How many businesses can say that? Dave Hrynchuk and his D & S Auto can, with great pride. After ten years of working for other garages in downtown Transcona Dave and his brother Steve decided to start their own business and built it from the ground up. Customers began coming and many of them have been with him all these years. Dave ran an old school shop; there were no computers or cell phones, your bill was figured out with pen and paper, his handwriting wasn't scholarly or neat but it didn't matter, you

knew the figures at the end were honest and accurate.

I remember when I first came to Transcona, barely a dollar to my name and my car had a blown water pump. I went to the nearest garage which happened to be D & S, Dave told me what it would cost, and I said I would bring the car back in a week on payday. He didn't know me, and I didn't know him, but he said to leave the car with him, he would replace the pump and I could come back and pay him in a week. I was amazed at his trust in me and that was the start of many years of business with him. At the back of the shop was a small lunch-

room with a kitchen table, chairs, and a lot of coffee cups. It was a gathering place for the older generation in Transcona, whether your car was in the shop or not it didn't matter, you were always welcome to sit down for a laugh, talk cars or Transcona. There were so many good times around that kitchen table in the back room with Dave and his brother Jack, the shop mechanic. Dave would sometimes point towards the CN Shops and tell me he could have gone to work there, put in his time and be long retired by now with a nice pension but this is what he chose and he had few regrets.



Jack Hrynchuk

When that day finally comes when the shop closes, Dave and his brother Jack will be sorely missed. What will become of the garage is still to be determined, whoever purchases the property will have big shoes to fill. Dave and Jack Hrynchuk, Transcona salutes you for forty-five years of good service!



Keith Cruise, Vice President BIZ Board, Dave Hrynchuk, Owner D&S Auto and Leila Dance, Executive Director BIZ. (Masks were removed for photo only)



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

**Enter by December 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

Keep reading to find next months BIZ Bucks ballot.



Grime Doesn't Pay

Graffiti vandalism can ruin the curb appeal of businesses and residences, but there is a way to deter it through quick and efficient removal.

Thanks to the BIZ's Anti-Graffiti Campaign in partnership with the City of Winnipeg, Downtown Transcona has had clean bricks since '06! Over the summer, our Graffiti Coordinator and Summer Students worked hard to

remove over 200 pieces of graffiti throughout our community.

These jobs were called in by community members, as well as found while the team was out "blitzing". This involved driving around the neighbourhood to search for graffiti on everything from fences and garage doors, to park equipment and sidewalks. Once spotted, the team could begin the process of colour matching and painting, pressure washing, or chemically removing the criminal activity.

Our 2020 campaign has come to an end and will start back up again in 2021 once the weather is warmer. For urgent graffiti removal, you can still report sightings to the City's 311 service or add to our list for spring 2021 by filling out the form on the Transcona BIZ website.



The Transcona community has some amazingly talented people, including photographers and storytellers. In this issue of the BIZ Bullet, we are happy to share some of that talent with you.

If you post a photo on social media that includes one of our businesses, please make sure that you tag @TransconaBIZ in the post. While you are shopping, dining or even just hanging out at the Square make sure that you support local and share these experiences with your community. #TransconaProud

Photo Credit: Deirdre Dowd





RMT MASSAGE
Ear Candling - Weight Loss
Foot Detox - Reiki

132 Regent Ave W
204-770-4414

25th Anniversary

25% off any service including:

- Ear Candling
- 4 in 1 Ionix Detox
- RMT Therapeutic Massage.
- Intracellular Detox & MORE!

A First for Transcona and Winnipeg

- Full Service Natural Health Clinic.
- Medically Directed
- Dr. Recommended 4 in 1 Ionix Detox.
- M.A.S.T.E.R Practitioners.
- Student & Couples Massage Training.
- Sho-Tai Testing.
- Kid/Family friendly.

Direct Billing to third Party Insurers

Proud Supporters of The Children's Miracle Health Network
& The "Prayer Warriors of Winnipeg"!



Miracle Health Network / Steven Hanks Massage Therapy

Phone: 204-770-4414

132 B Regent Ave W, Winnipeg MB R2C 1P9.

Website: www.tmhn.info

2020 Festival of Banners Winners Are Up!

A flamboyance of flamingos painted by local school students can now be discovered perching on poles throughout Downtown Transcona as part of our annual Festival of Banners. The flamingo theme for 2020 was chosen by panelists as a nod to the unofficial bird of Transcona, often found keeping watch from lawns around the neighborhood.

Despite adding a welcome splash of colour to our streets; these birds can camouflage, and finding individual banners turned into the *Great Transcona Treasure Hunt* for our artists and their families. Painting on QR codes or sewing in GPS tracking devices might make things easier, but for 2020 we relied on the simple art of looking up. Just ask the kids though; finally tracking down your own banner is like striking gold!

To take part in your own treasure hunt, banners can be found along:

- Regent Avenue West between Day Street and Plessis Road
- Bond Street between Regent Avenue West and Pandora Avenue
- Pandora Avenue between Day Street and Plessis Road
- Plessis Road from Pandora Avenue to the Plessis Underpass



Alex



Maddilyn



Maëlle



Natasha



Cianna



Alia



Ellie



Jared



Logan



Nyah



Sydney

Enter by January 29, 2021 to Win \$50 BIZ Bucks!*

(BIZ Bucks have No Cash Value)

Name: _____

Address: _____

Phone: _____

Email: _____

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BIZ Storefront Improvement Program Recipients

If you've been waiting for a sign, here's a few.

The Transcona BIZ offers a Storefront Improvement Program to eligible BIZ members within the zone. This incentive helps existing businesses and property owners to improve the external appearance of their storefront. The BIZ provides fifty percent of funding, up to \$5,000, to help cover the cost in the form of a matching grant.

Projects include enhancements that are consistent with the character of the building and 'Hometown/Old English' Transcona theme, that contribute to the economic development and promotion of the businesses and the Transcona community, as well as improve customer comfort and safety such as exterior painting, signage and graphics, awnings and canopies, exterior lighting, entryways, windows and doors, accessibility improvements, landscaping, and much more.

This year the board of directors supported three projects. The magnificent new signage at 225 Regent Ave West lets customers know just where Root 37 Hair Design can be found. A full-service salon offering everything from cuts and colours,



to manicures and pedicures, Root 37 has got everyone covered from root to tip-toe and has certainly earned its spot on the map.

Inspired by the Tragically Hip song of the same name, Little Bones Wings' new bright and fun signage is sure to get you flapping over for a taste. The new signage outside of the Royal George Hotel is the perfect backdrop for your next selfie, and with 75 wing flavours, there is bound to be something you'll love.

Next time you stop at the Regent Avenue and Bond Street intersection, check out the brand spanking new paint job on the exterior of Wyatt Dowling Insurance Brokers at 138 Regent Ave West. With 11

locations across the city of Winnipeg, Wyatt Dowling has the proud distinction of being the city's largest insurance broker and now, it's also the swankiest. Perhaps the universe is speaking to you, or maybe it's just your friendly neighbourhood BIZ.



Get Ready to Guac

By Gemma Chaudhuri

There's a fiesta in my bowl, and everyone's invited. At least that's what it feels like after my first taste of the new kid on the block; Mucho Burrito Fresh Mexican Grill.



Cool, sweet, golden cubes of plump mango and peaches mingle playfully with a touch of smoky spice from tender chicken breast, marinated in-house and grilled to perfection. Familiar amigos of brown rice, black beans, ancient grains, roasted corn, seasonal greens, citrus slaw, and fajita veggies frolic onto the plate to impart their healthy wisdom. But it's that sprinkling of shredded monterey jack, the drizzle of made-from-scratch chipotle-peach crema, and those crispy jalapeno chips that really kick things up a notch. Move over Mentos, there's a new fresh maker in town.

Owners Dinesh Moghariya, Dharm Patel, and Jag Patel decided on the franchise after visiting friends at the Calgary and Toronto locations, noting that Winnipeg

was yet to be introduced. Despite dreaming up the idea of establishing a Mucho Burrito to our city in 2016, initial plans of a location at nearby Kildonan Green fell through. The trio spent the next four years searching all over town for a new location, but just couldn't shake off that Transcona charm.

Opening any business during a global pandemic is a gamble, but when word of an available space in newly developed Park City Commons got out, the team jumped on board. Extra glass partitions, a streamlined service area, and spacious seating arrangements have been built-in to the design of the store, along with advanced health and sanitization protocols employed right from the start to keep everyone safe.

Finally, on August 4th 2020, Mucho Burrito made its grand debut at 1510 Plessis Road to an overwhelmingly encouraging response. Dinesh, Dharm, and Jag are thankful to the community for the warm welcome,



Dinesh and Dharm

enjoying talking with the locals, learning the ropes, and looking forward to future opportunities to give back.

Fresh ingredients take centre stage here, with everything from hand-smashed guacamole to fire-roasted salsa created daily in-store, and a seasonally changing menu. Whether you are in the mood for a signature bowl or a take-home taco meal kit, the store is open for pick-up and dine-in 7 days a week, with delivery available through SkipTheDishes, Door-Dash, and Uber Eats. This winter, things are heating up, with flavours of maple chipotle, smoking BBQ, and ghost peppers featuring on the menu. If spice isn't your thing, *no hay problema*, ingredients can be customised to suit all tastes, and with your BIZ Bullet coupon, what better time to ask the new kid for a dance?

COUPON

25% off
any Signature Bowl,
Burrito, or Taco Trio

- Limit one per customer; pick up only
- Coupon must be presented upon payment
- Valid until December 31st 2020



Mucho Burrito Fresh Mexican Grill
2-1510 Plessis Rd Winnipeg
204-306-7810

Enter by February 26, 2021 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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Phone: 204-222-8566
email: admin@transconabiz.ca

Hidden Gem of Transcona

By Cornelius Thiessen

Established in 1993, one of the smallest shops in Downtown Transcona is J L R Jewellers. I hadn't been through that door since Joe Richarde ran the cluttered little store, so packed with tools of the trade you could barely turn around. After a recent visit however, I was surprised to see it looks nothing like that now. A bright tidy shop where jewellery can be hand-crafted, custom-made, and repaired.

Jace Richarde, the son of Joe runs the place now. He had been apprenticing under his father for a few years, learning the jewellery trade, when Joe went on vacation



to B.C. There, Joe reconnected with his childhood sweetheart, who had managed to track him down after 50 years. Jace came into the shop one Monday morning to find it nearly empty, all was gone except a few old pieces of equipment. He quickly phoned his Dad, who told Jace that now, at 68 years old, he had finally found his true love and was retiring to B.C. The shop was handed down to Jace who, with nothing else to do but rebuild; slept on the floor of the shop while spending his days sourcing display cases, painting artwork for the walls, and revamping the business.



The well-worn machines and a battered desk serve as a reminder of the hard work and dedication Joe put into this shop. The fact it is still going strong is a testament to the ongoing efforts of Jace. Here's hoping this little gem stays around to be passed onto the next generation.

Lighting Up Downtown Transcona



As the weather turns colder and the daylight becomes shorter, the glow of the holiday season begins to warm up Transcona. Each year, the Transcona BIZ is proud to decorate the streets of our zone with holiday lighting. The downtown strip is illuminated with strings of lights and hanging snowflakes.

In a normal year, the Transcona Centennial Square would be the heart of our Annual Winter Wonderland and Hot Chocolate with Santa events. Although those can't happen this year, we are happy to add enchantment through the addition of two grand aspen trees, colourful lights around the Square, and a skating rink in partnership with East End Community Centre. There is also an extra sprinkle of magic that can be seen along Regent Avenue. String lights have descended upon the rooftops of many buildings, just in time to highlight the local shops. The BIZ's Rooftop Lighting Program started in 2017 as an initiative to make our downtown look beautiful at night and create a safe, inviting ambience.

In October, we continued with the program, providing free lighting updates and installations for participating businesses. These lights are energy-efficient LED bulbs that provide a warm glow all year round, without the added price-tag. Whether you are grabbing dinner, attending an evening appointment, or simply taking a stroll along the Avenue, the future is looking bright!



Photos credit: Cornelius Thiessen



Business Directory

Shop Local. Support Community.

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
Specializing 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
www.dbsdance.com
dbsdoffice@gmail.com
Private dance studio operating in Transcona since 1966, offering a wide range of dance programs for ages 2 - adult. Instagram: @dbsd_official Facebook: DBSDLTD

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 E R2C 0C1
204-222-2005
www.choys.ca
Open 7 days a week, pickup and delivery. Lunch catering available.

Dairy Queen (CLOSED FOR SEASON)
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

(CLOSED FOR SEASON)

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 Chili's East Indian Cuisine

11-801 Regent Ave W R2C 3A7
204-615-5550

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.

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

<https://www.santaluciapizza.com/108-regent-ave-east/>

SLPregent@gmail.com

Offering take-out, delivery, and catering services.

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

Chiropractors

Moorhead Chiropractic
501 Regent Ave W R2C 1R9
204-222-2969
Dr. Lloyd Moorhead
Dr. Richard Moorhead
<https://www.moorheadchiro.solutions/>
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

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
RGCPlumbing@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
204-986-3950
<https://wpl.winnipeg.ca/library/branch-pages/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

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.

Homerun Sports

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

J L R 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.ca

honeyb@mts.net

Producers and packers of Manitoba's finest pure, raw Honey. Pioneers of naturally flavored and infused honeys. Fundraising and wedding favour specialists. Co-packing services available, C.I.F.I / S.F.C Licensed

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

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

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.

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 MB Stampede.

