

Message from the Executive Director

By Leila Dance



When this global pandemic started I, like many others, thought it would only last a few short weeks. As it drags on and we reach the one year mark I wonder how COVID-19 will forever change our lives.

I find myself watching how I do things, thinking about my safety and the safety of those around me. Instead of going to a big box store for Christmas shopping, I found myself picking up gifts' curbside from our local toy shop, Aunt Monica's Attic. Instead of driving across the city to try a new restaurant, I ordered from local spots like Quinlan's Café, Dal's Restaurant & Lounge or Tasty Chinese Cuisine to recreate the restaurant dining experience at home.

I realize that, as someone who has lived in Transcona her whole life, I have taken for granted that these places will always be here. Now, they need our support more than ever. They need us to shop local, to be patient with them as they figure out how to get their products into your hands. Whether that means standing in line so that you can get into their small storefront, like Sevala's Ukrainian Deli or Eastend Meats & Sausage or purchasing products while waiting for

services to be available again, like Root 37 Hair Designs or Beautiful YOU Spa & Salon. We need to support our local businesses so that they are always here for us when we need them.

Let us also take the time to share and promote those businesses! Did you enjoy your dinner from a local restaurant? Did you receive some incredible service from a local store? Tell your family and friends. Share on social media. Give them a positive review online. Let us do our part to support local!

For a full list of businesses in the Zone, turn to page 11 and support Transcona's business community with me!

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](https://www.instagram.com/transconabiz)
Website - transconabiz.ca

Transcona BIZ BUCKS Winners!

November: Judy Nesby, Gail Bodner, Denise Watson-Jarigen

December: Liz Kitzul, Brett Enns, Devin Rychliski

January: Jean Fershau, Brad Padoba, Stacey Shine

Transcona BIZ Bullet is published quarterly

for more information contact:

204-222-8566 or admin@transconabiz.ca



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Transcona BIZ AGM Goes Virtual

Each year the Transcona BIZ hosts an Annual General Meeting (AGM), inviting all Business Improvement Zone members to attend. The AGM offers a chance for members to connect, share stories, recall the recent achievements of Transcona BIZ over the past year, review audited financial statements, approve the proposed budget for the coming year, and learn about upcoming programs and plans.

In past years, the AGM has been hosted and catered by local member businesses such as Dal's, CN Rail, Transcona Legion, and Sevala's Ukrainian Deli. Due to safety concerns surrounding the COVID-19 pandemic, the 2020 Transcona BIZ AGM went virtual, and was hosted online via Google Meet on November 18th at 5:30 p.m. The BIZ board of directors, staff, members, and local delegates were in attendance from the comfort of their own homes.

On the agenda was the election of the 2021 Board of Directors. The Transcona BIZ board consists of ten members; one of whom is the Ward Councillor (Shawn Nason) appointed by the City of Winnipeg and the remaining nine are elected by the membership to serve a two-year term, for a maximum of three terms.

Remaining on the board is Brent Thomas (Casera Credit Union), Keith Cruise (Bond Printing), Robert Francis (Prana Medical Centre) and Jeff Klause (Little Bones Wings). Of the five 2021 board nominees, Rob Geswin (Wyatt Dowling Insurance), Robert Juniper (RJ Accounting) and Tom Oakley (Oakley Alarms) stood for another two-year term and standing for election for the first time was Michael Pester (Royal George Hotel) and Sarah Wilson (New Flyer Industries).

Michael Pester is a Manager at the Royal George Hotel, which his family has owned and operated in Downtown Transcona for the past 20 years. Michael's interest in engaging with and learning from the people and businesses that make up our community, as well as a strong background in effective business organization, creative collaborations, marketing, and events makes him a wonderful addition to the Transcona BIZ Board of Directors.

Sarah Wilson acts as a People Services Specialist at New Flyer Industries, and brings to the Board her passion for people, reflected by influencing and supporting a positive, collaborative, open and rewarding work environment. Sarah's background in human resources and extensive history of volunteering within our community have allowed her to continue this passion, and we welcome to her the Board of Directors in 2021.

2021 Board of Directors

Brent Thomas, Casera Credit UnionChair
Keith Cruise, Bond PrintingVice-Chair
Jeff Klause, Little Bones WingsTreasurer
Shawn Nason, City of Winnipeg CouncillorSecretary
Robert Francis, Prana Medical CentreDirector
Rob Geswin, Wyatt Dowling InsuranceDirector
Robert Juniper, RJ AccountingDirector
Tom Oakley, Oakley AlarmsDirector
Michael Pester, Royal George HotelDirector
Sarah Wilson, New Flyer IndustriesDirector
Martin Pasieczka, City of WinnipegCity Liaison



**Enter by March 31, 2021
to Win \$50 BIZ Bucks!***

(BIZ Bucks have No Cash Value)

Name: _____
 Address: _____
 Phone: _____
 Email: _____

*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.

Skating at the Square

We hope everyone had a chance to see and use the Family Skating Rink located at the Transcona Centennial Square this year. Although the weather proved to be a little difficult this year, we were happy to announce that it opened on January 18. A big thanks goes to Tom Nesby, his wife, Judy and the rest of the volunteers at East End Community Centre for helping to get the square cleared of snow and the rink ready to skate on.

We would also like to thank the City of Winnipeg as this year we received the Winnipeg Wellness Grant. Endorsed by Councillor Shawn Nason, this grant was aimed at supporting community activities and initiatives that reduced the emotional, physical, and spiritual stress of the COVID-19 pandemic and allowed residents to connect with one another in a safe way.



Keeping up a healthy, active lifestyle in a Winnipeg winter is difficult in a normal year. With the additional closures of gyms, community centres and other indoor recreational facilities; outdoor rinks

provided some much-needed physical relief, and a welcome opportunity to expend energy, reduce anxiety, and make memories safely as a community in the great outdoors.

Mucho Burrito
fresh mexican grill

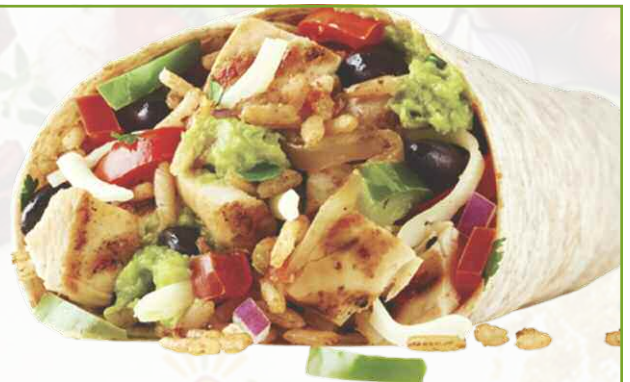
Try our signature burritos, bowls, and take home taco kits made with fresh, flavourful ingredients and traditional fire-roasted cooking techniques.

Spring menu coming soon!

COUPON

15% OFF
any Signature Bowl,
Burrito, or Taco Trio

- Limit one per customer, pick up only
- Coupon must be presented upon payment
- Valid until May 31, 2021



Mucho Burrito
Fresh Mexican Grill

2 - 1510 Plessis Rd.
Winnipeg, MB R2C 5R5
204-306-7810

Open Mon - Saturday
10.30am - 10pm
Sundays 10.30am - 9pm

Prana Pharmacy serves small-town Transcona

By Cornelies Thiessen



At the far west end of the Downtown Transcona Regent strip, just past the old Toronto Dominion Bank, you will find the Prana Family and Walk-in Medical Centre. Driving by you might not notice the little pharmacy within the larger walk-in clinic.

Formerly called Regent Medical Center, the now Prana Medical Center has been a staple of the Regent strip since the mid 70s, serving residents for over 40 years. In 2015, Robert Francis and his business partner, Yousef Yousef decided to start a pharmacy there and took a small portion of the building.

Robert and his wife, Mary received their pharmaceutical training and licenses in their home country of Egypt. Born to pharmacist parents, Robert is a third-generation pharmacist in his family. They immigrated to Canada in 2012, in pursuit of a better and more stable life.



Robert Francis

In the beginning, the pharmacy started by dispensing medication to the walk-in clinic patients only, it was so convenient for those using the clinic. Little did Robert and Mary know what would happen. Word soon got out in Transcona about the great people at the pharmacy and suddenly they had folks from all over Transcona coming to see them.

The pharmacy has a very small-town feel, Robert and Mary know everyone by name and know exactly what you need before you even ask, the kindest, most well-liked people you will ever meet, only dispensing medications and good, sound advice. Their dedication to Transcona is strong; Prana hasn't cut down service hours during Covid-19.

Last year, I went to pick up my medication, while paying cash I realized I was a little short, so I took out my debit card to make up the difference. Mary said to put the card away, we would square up the next time. This is the way business is done here and it is deeply appreciated.

Robert, Mary, and Prana Pharmacy have become an integral part of this community, well respected and liked by all the patrons. Robert sits on the boards of the Transcona Council for Seniors and the Transcona Business Improvement Zone (BIZ), giving back to the community that has been so good to the pharmacy.



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.



Parking Spots Available

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

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

Enter by April 30, 2021 to Win \$50 BIZ Bucks!*

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Name: _____

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Paving the Way at Transcona Centennial Square

The Transcona BIZ “Buy-a-Paver” Campaign gives community members a unique opportunity to have a small square of their history preserved in Transcona for years to come, while supporting the ongoing care of the Transcona Centennial Square. This is in the form of an engraved 8”x 8” paving stone, installed in the ground surrounding the New Flyer Peace Fountain at the Square. The first installment of stones was showcased on August 23rd, 2014, and continues to grow every year, with the most recent addition of 18 pavers installed in November 2020. Honouring loved ones, celebrating a milestone, or simply recognizing life in the community have all been written in stone, and placed for everyone to enjoy. We asked the new sponsors to share the story behind their paver, and were humbled by their replies.

As the snow melts and we look forward to long summer days spent running through the fountain at Transcona Centennial Square, spare a moment to read the pavers, and share a thought for the many wonderful lives that added to the rich tapestry of our community.



Subhdeep Sidhu

“I decided to purchase this paver to support our local community but also as a memory for my brother and I to share. He moved to Vancouver in March of 2018 to pursue his education and career as a Dental Hygienist. He’s currently working full time out of a clinic in Surrey, BC but I wanted to remind him that there’s always a place for him back home here in Winnipeg.”



Tammy Capner

“My family purchased this block to honour my mother and father, Barbara and David Winterburn. They were married in 1957. Their home was one of the first houses built on Kildare. Mom passed away in 2010 but Dad (91) still lives in the house they bought together in 1959. They have 4 children and a legacy of grandchildren and great grandchildren: many who still call Transcona their home.”



David and Barbara Winterburn



Tracey Nowicki

“Loretta Nowicki loved Transcona, from the time she moved here as a young girl until her passing in 2014. During her life here she worked, raised a family and made many Transcona friends. Loretta has been missed dearly since her passing; she left a mark in the world that her family wishes to commemorate by dedicating a paving stone to her in the place that she loved.”



Loretta Nowicki and family



James Teitsma

"My family is always happy to support our Community — the M&M&M&M&M&M at the bottom of our paver is for our six children - Michael, Melannie, Megan, Matthew, Marissa and Mark. If Melannie or Megan would have been a boy, they would have been named Joel. Our first three kids were named Michael after many of my friends, Melannie after my mom, and Megan after my wife's grandmother. But by the time Matthew came around the first three kids were horrified that we would consider naming him Joel or anything that didn't start with an M. So, we kept it going."



The Teitsma Family



Cathy Olive

"The Olive Family paver represents George Olive, former Mayor of Transcona (1936-1945) and Member of Parliament (1945-1953), and his family. George and his wife Amy (nee Thackray) had two sons, Bill and Joe, both of whom served overseas in the Royal Canadian Navy during World War II. Bill married Alma Moore and raised their daughters Margaret and Valerie on Victoria Ave East. Joe married Sophie Trefiak and raised their three children JoAnn, Barbara and Bill on Yale Avenue East. All the Olive men were

employed by CN in Transcona and many of their descendants are still proud to call Transcona home."



G.E. Olive



Michelle Torchia-Varteniuk

"The Torchia paver for Gabriel, Mary, Joseph and Dominic is to honour my family. Gabriel & Mary Torchia were my grandparents and were one of the first Italian settlers coming from Amato, Italy to Transcona in the early 1900's. My Uncle, Joseph, and father Dominic passed away in their early 30's. My father died two months before I was born so I have never met him. I wanted to honor my dad in some way and my grandparents that loved me to the fullest."



Dominic Torchia

If you're interested in adding your own square of history to Transcona, the Buy-a-Paver Program still has space available. For more information, please visit our website at: <https://transconabiz.ca/community-programs/buy-a-paver/>

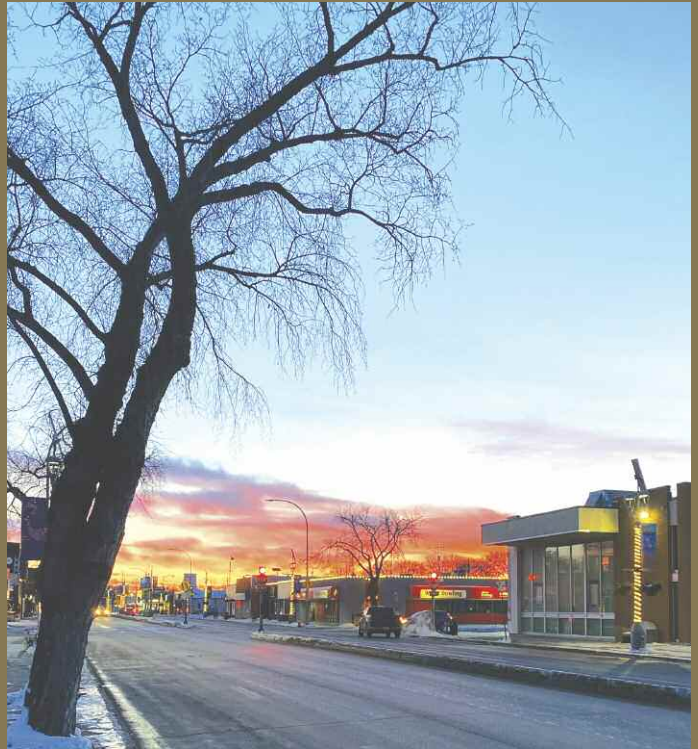
If you post a photo on social media that includes one of our businesses, please make sure that you tag @TransconaBIZ in the post!



Photo by Cornelius Thiessen, January 23, 2021



Photo by Scott Tingey, January 1, 2021



Ted's

Ted's No Frills is proud to be serving our local community by making grocery shopping simple.

As the only grocery store in Transcona's Business Improvement Zone, our dedicated team is pleased to offer essential products in a clean and safe environment.



TED'S NO FRILLS WINNIPEG
1500 Plessis Rd
located in Park City Commons

Tony Fernandez Adds a Signature Spring to Your Step

By Cornelius Thiessen



Tony Fernandez

On the south side of the Regent strip in the middle of the block, next-door to Romeo Brothers Barbershop, is a store so small it doesn't even get its own number, it is 132 ½ Regent Avenue West. This is the home of Tony Fernandez Signature Shoe Repair, owned and operated by the man himself. If ever there was an old school shop this is it, and beautiful workmanship is done here with original equipment.

I knew Tony from his previous shopfront at Northgate Mall, and when he closed-up shop about eight years ago to relocate to Transcona, I knew we were going to get a quality enterprise. Business for Tony started slowly; who fixes shoes in today's throw-away society? He had no advertising budget, just his sign in the window and his trade that he had brought over from the Philippines many years before.

Word of mouth and quality work got his business off the ground and soon he was busy. This goes way beyond putting new heels on ladies' shoes or resoling leather footwear, keys can be cut, and ruined zippers on handbags and leather jackets are repaired too. I brought him a vintage leather covered bicycle saddle and Tony did a beautiful job giving it a new cover for less than half the price that I had been quoted by another business.

Whenever I had time, I would go visit Tony at the shop. Sitting in the backroom among his equipment and boxes of leather, he would tell me how happy he was serving Transcona customers. He would proudly show me how the old machines worked; the leather sewing machine, the buffing wheels, all this equipment came from the 1930s and 1940s era, and still worked perfectly. He would talk about how important it was for him to have happy customers and have them realize that things didn't have to be thrown away, he could repair them for a good and fair price. It is always a pleasure to talk to a gentleman who has such a passion about his work and his customers.

When all non-essential businesses were shut down because of the pandemic, it saddened Tony, but he understood and closed his door. When restrictions ease up, we can't forget about the little shoe shop on the south side of the Regent Strip. Great things can happen in small spaces, and Tony definitely proves that.

Working Hard for Transcona



NELLO ALTOMARE
MLA for Transcona

204-594-2025 | nello.altomare@yourmanitoba.ca

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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

Looking to Pamper Yourself? Park City Commons Has Just the Thing!

Since its evolution from a City of Winnipeg Works Yard to the current 23-acre mixed-use development, Park City Commons at 1500 Plessis Road has continued to surprise and delight us. The latest additions to the wide array of amenities include Almond Nail Bar, and Advanced Massage Therapy, so Transconians can look and feel their best inside and out, from head to toe.

As Canada's premier nail salon, Almond Nail Bar aims to give the best nail experience possible. Steering clear of harmful chemicals and harsh tools, the salon focusses on providing a more natural, professional service with experienced staff, tools that are yours to keep, and proprietary technology in an impeccably clean and dust-free environment. Whether you are after a classic French manicure or want to treat those little piggies to a pedicure, Almond Nail Bar offers a full range of services for all.

Right next door sits the newly opened Advanced Massage Therapy Clinic, tailored to anyone who is seeking a little bit of relaxation, relief from discomfort, or treatment for an injury. The clinic has eight registered massage therapists on site, each specializing in their own modalities and styles including deep tissue massage, sports massage, temporomandibular (TMJ) treatment, cupping, prenatal massage,

myofascial release, hot stone, Swedish massage, instrument assisted soft tissue mobilization (IASTM), stretch massage, breast massage, and rapid treatment to name just a few. Upon calling the clinic, clients are greeted by one of four receptionist angels who help to match a need with the perfect treatment.

Lauren Premak is the proud owner of the franchise's forth location at Park City



Commons. After graduating from Robertson College, Lauren reached out to her Business class instructor, Carla Foley, who is also the founder of Advanced Massage Therapy. Carla's sound business sense, brilliant advertising, and hard-working spirit have helped her to turn Advanced Massage Therapy into a household name, recently recognised as a Consumer's Choice Award Winner for the 6th consecutive year in 2021. Carla welcomed Lauren to come work at the Grant Park location.



Massage Mascot, Opie

"And that was five years ago!" Says Lauren, "At first, I was hesitant, honestly, I never thought about opening up my own clinic, I didn't want the responsibility. The more I thought about it though, the more I wanted to do it... Carla truly believed in me from the start, she never had a doubt in her mind, and that meant so much to me."

After initial plans for a November opening last year were cancelled due to COVID-19 restrictions, support from her fiancé, pooch Opie, family, friends, staff, and the community helped Lauren on the journey of turning her dream into reality. Having been born and raised in Transcona, Lauren feels the area was a natural fit *"I love this community... Transcona is such a tightknit community and I'm so happy that I am a part of it"*.



Transcona BIZ
Anti-Graffiti
Program

Spot Graffiti?

If you have been tagged or if you see graffiti anywhere in Transcona, please report it to the BIZ. We will remove it at no cost to the owner.

Report online at:
TransconaBIZ.ca

Email a photo with location to:
graffiti@transconabiz.ca

Call:
204-222-8566



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
<https://www.bestprosinatown.com/mb/winnipeg/d-and-s/>
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
Our mission is 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

Almond Nail Bar ★
4-1460 Plessis Rd R2C 5R5
204-667-4554
www.almondnailbar.com
A full menu of services for women and men to get your hands and feet looking their best from classic French manicures to proper pedicures. We take clean to a new level and don't use harsh products or tools.

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

Dal's Restaurant & Lounge
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.

Maggi's Restaurant

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

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.

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.

Wendy's

808 Regent Ave W R2C 3B4
204-224-9289

www.wendys.com

Mobile ordering, drive-thru, and take out available.

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 lounge with daily & weekly entertainment, 7 large screen TVs, VLTs, shuffleboard and pool, south facing patio, Transcona Railer Express sponsored Chase the Ace draw Thursdays, Szeto's Chinese Food and beer vendor. Buffet & a Bevy fundraiser events available for booking & 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.

Henry's Car Wash & Petro-Canada

107 Pandora Ave W R2C 1M4
204-222-4086

Gas, diesel, propane, convenience store, car wash, and Tim Horton's drive-thru and walk-in

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 Family Medical Centre

208 Regent Ave W R2C 1R2
204-222-6771 Fax: 204-777-1728

www.pranamed.ca

Facebook.com/pranapharmacy

Dr. Iresha Edi (CCFP, MD)

Dr. Majid Shaiati (CCFP, MD)

New lady family doctor accepting patients.

Walk-in clinic with longer hour service.

Full-Service Pharmacy.

Monday - Friday 8.30 am - 7 pm

Saturdays 9 am - 1 pm

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 & cleaning.

Massage Therapists

Advanced Massage Therapy Clinic

2-1460 Plessis Road
204-306-4747
advancedplessis@gmail.com
<https://advanced-massage.janeapp.com/>
Advanced Massage Therapy has knowledgeable therapists that offer a variety of treatments, from hot stone to deep tissue. We also offer direct billing.

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
marykasmassageclinic@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.



Indicates new businesses to the Transcona BIZ

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**Abundant Life Baptist Church**

1396 Plessis Road
204-222-7671

Cornerstone Community Church

133 Regent Ave E
204-222-4584

Grace Canadian Reform Church

730 Pandora Ave W
204-661-6970

Powermine Ministries Church

127 Regent Ave E
204-813-7070

Slavic Evangelical Church

133 Regent Avenue East
204-381-2983

St. George's Anglican Parish

321 Pandora Ave W
204-222-1942

St. Michael's Ukrainian Catholic Parish

400 Day Street
204-222-4283

Transcona Christian Reformed Church

131 Victoria Ave W
204-222-4380

Transcona Seventh Day Adventist Church

133 Regent Ave E
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.*

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.

Eastend 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 Ukrainian Deli & Catering
126 Victoria Ave W R2C 1S5
204-224-4900
www.sevalas.com
sevalas@shaw.ca
*We 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

Oakley Alarms
359 Pandora Ave W R2C 1M6
204-654-9982
info@oakleyalarms.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.*

OPEN SPACES AVAILABLE FOR LEASE

801 Regent Avenue West
4,376 sf
For more information contact Kris Mutcher,
Colliers International at 204-943-1600.

701 Regent Avenue West
Unit 142 – 1,400 sf
Unit 136 – 3,460 sf
For more information contact Matt Odger,
Avison Young at 204-560-1512.

211 Regent Avenue West
975 sf
For more information contact Ryan Behie,
CBRE Limited at 204-500-5001.

111 Victoria Avenue West
8,563 sf
For more information contact City of
Winnipeg 311.

212 Regent Avenue East
1420 sf
For more information contact Jason Yee,
Sutton Group at 204-475-9130.

*The Transcona BIZ is not responsible for
open spaces available in the Transcona
Business Improvement Zone. Please
contact the owner/leasing agent for more
information about these or other spaces
available in the zone.*

