



TRANSCONA
BUSINESS IMPROVEMENT ZONE

T R A N S C O N A B I Z B U L L E T

VOL 18 No. 3

September 2021

SEE THE
YOUNG ARTISTS
SHOW OFF THEIR
“TRANSCONA WILD”
BANNERS INSIDE



Photo by: Samantha Tataryn

IN THE COMMUNITY

Transcona BIZ would like to thank our seasonal Community Ambassadors for their hard work over the summer. Planting and maintaining our gorgeous floral displays, ensuring our downtown area remained clean, removing unsightly graffiti from homes, businesses, and public spaces, coordinating our Festival of Banner Program, posting on our social media, setting up our weekly Community Markets, and being friendly familiar faces around town.



Left to Right: Gemma Chaudhuri (Events & Office Coordinator), Ryleigh, Teryl, Adinna, Alandra, Austin, Hayden, Sarah and Leila Dance (Executive Director)

This year's Community Ambassadors were part of two different funding programs, The Green Team through the Province of Manitoba which provided us with 4 students and the Canada Summer Jobs Program through the Government of Canada which provided us with funding for 3 students. We will miss their antics and humour around the BIZ office, and wish them every success as they enter another school year.

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!

- MAY: Vera Wilson, L. Gregory, Marie Wowryk
- JUNE: Darlene Litchie-Brown, H. Wagner, Jeannie Sutton
- JULY: Debra Rowe, Roy Albert, Anne Vargek

Transcona BIZ Bullet is published quarterly. For more information contact:

204-222-8566 or admin@transconabiz.ca

2021 Board of Directors

- Brent Thomas, Casera Credit Union.....Chair
- Keith Cruise, Bond Printing.....Vice-Chair
- Jeff Klause, Little Bones Wings.....Treasurer
- Shawn Nason, City of Winnipeg Councillor.....Secretary
- Robert Francis, Prana Medical Centre.....Director
- Robert Juniper, RJ Accounting.....Director
- Tom Oakley, Oakley Alarms.....Director
- Michael Pester, Royal George Hotel.....Director

Martin Pasieczka, City of Winnipeg.....City Liaison



Parking Spots Available

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

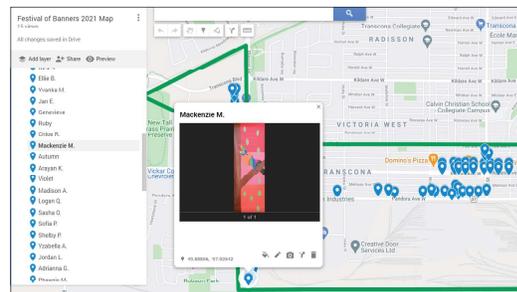
Perfect for businesses that require employee parking. Save your parking for your customers or condo owners with multiple vehicles. Near CN main employee entrance!

2021 FESTIVAL OF BANNERS

Things just got wilder in Transcona! As you might have spotted, the 2021 Festival of Banners is now on display! The theme for 2021 is Transcona Wild, celebrating wildlife and wild spaces from around the world. Students from K-12 in the Transcona area were encouraged to research their favourite animals and habitats to design a banner. We were overwhelmed by the number of students who chose to participate, with over 700 entries!

A total of 65 students were chosen by the community to paint their artwork on large banners with paint containers and boxes generously donated by Sevala's Ukrainian Deli and the Silver Spike Saloon. Banners are displayed on light poles throughout downtown Transcona in the following areas:

- Regent Ave W between Kanata St and Plessis Rd
- Bond St between Regent Ave W and Pandora Ave E
- Pandora Ave between Day St and Plessis Rd
- Plessis Rd from Regent Ave heading south towards the underpass
- Around Park City Commons strip mall parking lot near No Frills



Enjoy hunting for each banner and seeing all the wonderful artworks around town. This year our seasonal community ambassadors scoured the streets to produce an interactive banner map which can be found on our website at transconabiz.ca. Banners will be proudly displayed over the next year, before being taken down in 2022 to make way for the next Festival of Banners.

A huge thank you and congratulations to all the artists, teachers, and families who participated and helped make this year's Festival a roaring success. We appreciate your hard work and strong community spirit!

(Submitted photos continue throughout this edition of the BIZ Bullet)

Ava-Rose R.



Ellie B.



Kasey L.



Adrianna G.



Madysyn D.



NEW PRINCESS ON THE BLOCK

As a 10-year-old girl Brittany learned what the word “entrepreneur” meant. She had taken her love of sewing and started making beanie frogs and selling them at local craft sales and at the lake on weekends. Those frogs went everywhere, even hopping all the way to England! Knowing deep down that her love of sewing could become her career; she dreamed of one day becoming a costume designer.

Born and raised in Transcona along with her sister Crystal, Brittany went on to study the Fashion Program at Murdoch Mackay. While on maternity leave in 2015, her love of costume design and everything “princess” led to the beginnings of a party princess business. The unparalleled quality of Brittany’s costumes gained popularity, making her the talk of the ‘castle’.

The team consists of owner, designer, and head seamstress Brittany; bookkeeper, administrator, and seamstress Crystal; and fellow Fashion Program Graduate and seamstress, Darcee - All of whom are moms of two. Though running a business can be hard, it has given these entrepreneurs the flexibility to do what they love, whilst accommodating the kid’s school schedules.

Although the pandemic has caused obstacles for every small business, the team’s creativity has helped them through tough times. Brittany’s scarf mask design sold 500 pieces throughout the colder months, while the springtime hair accessory mask caught the eye of CTV news. In 2021, Brittany Rae Designs was nominated as Best Dressmaker in Winnipeg and won Platinum!

Despite these grand successes, Brittany’s proudest moment has been teaching her long-term autistic student, Lyrissa how to sew. As Brittany’s first student, Lyrissa has proven that anyone can do anything they put their mind to and has cemented Brittany’s love of teaching.

Brittany offers a range of sewing lessons, from basic sewing to advance pattern making and mentorship, Monday to Thursday 10 am to 7pm and Fridays 10am to 3pm, with bookings available through her website:

www.brittanyraedesigns.com

Brittany is pleased to offer a \$10 coupon to any product in the online store and a free 1-hour private lesson to the first 5 people who message Brittany Rae Designs and mention this article.

A testament to making her own dreams a reality, Brittany’s passion can be easily seen in all her creations and is a welcome addition to the Zone; “My business tag line is “Live Your Dream” because I have been living mine through sewing!”



Six years later, Brittany Rae Designs is a seamstress business at 127 Regent Ave West that creates unique handmade items including children’s clothing, mommy and me dresses, hair accessory masks, scarf masks, and gorgeous, well sought-after princess gowns that are shipped worldwide.



Talya C.



Sofia P.



Brandon L.



Alex D.



Quinn M.



Shelby P.



VIRTUAL SUMMER CONCERT SERIES

PRESENTED BY CLUB REGENT CASINO & EVENT CENTRE

The Transcona BIZ would like to thank all the artists that performed for us, some that had not practiced in over a year and yet still did an amazing job! Thank you to Gary Gach and Jamie Buckboro, Derrick Gottfried, Freq of Nature, The Round Up Band, Curtis Newton, and the WSO. Thank you to the venues: The Royal George Hotel, The Silver Spike Saloon, and the Central Hotel for allowing us in your space during these uncertain times.

A huge thank you to Club Regent Casino & Events Centre for making this possible, without your support we would not have been able to bring these concerts to the community. Thank you to Red Tie Productions: Clint, Sean, and Kristin for guiding us through this adventure. Thanks to everybody for watching and supporting our

local businesses, this has been a hard 17 months and your ongoing support and dedication to the community is what keeps the business owners proud to be a part of Transcona's community.



club Regent

CASINO • EVENT CENTRE



WINNIPEG SYMPHONY ORCHESTRA

Winners: Debbie Leaman (top), Kimberly Cooke Hanson (bottom), Glenn Buckboro (middle), Vivian Meyer (right), Nancy Tardiff, Rhonda Huziak, Adele Pfaff Maryas, Barb Armstrong, Dave Jeffrey, and Geoff Erickson.

Jan E.



Peyton S.



Danika D.



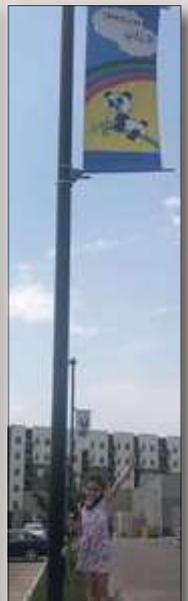
Caia P.



Leah F-B.



Alia T.



TRANSCONA'S LUCKY CHARM

By Cornelius Thiessen

Most of Transcona's small businesses rely on word of mouth to help them grow. They rely on their customers and clients who have been served well to share their experiences and tell others. In these times with tight margins, radio or newspaper advertising is unaffordable. Thankfully, Transcona residents love to support local and take care of their own people by sharing stories of their favorite businesses.

Sixteen year ago, Trang Nguyen and her husband, Khanh Dinh came to Winnipeg from Vietnam in search of a better life. They had both received their training in a Vietnamese Beauty Salon and wanted to continue their work here in Canada. After 6 years of working in other shops, they had saved enough to start their own business at 453 Regent Ave West and named it "Lucky Nails". Soon enough, word got out about this extremely clean and friendly nail shop at the corner of Regent and Hoka.



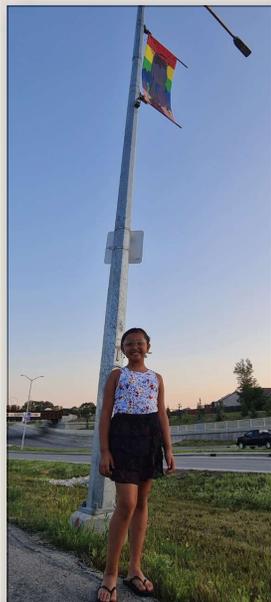
Nguyen and Dinh have many returning customers and are happy to provide basic services like manicures and pedicures, but also welcome the challenge of intricate nail art and creating custom designs.



Everything is sterilized, clean, and the latest equipment is used. Although I'm not one for a manicure, when people talk about Lucky Nails, I've only heard good reviews; "I wouldn't go anywhere else"; "Trang always knows exactly what I want"; "Such lovely, friendly people".

This is how it is with all our small Transcona businesses. From Aunt Monica's Attic on the Regent Strip to Fas Gas on Pandora, no one needs advertising budgets, they simply rely on word of mouth from their customers and positive reviews on social media. If you want to support local and keep business in your community, Lucky Nails is one small business that is very deserving of your patronage and positive word-of-mouth reviews.

Catelina C.



Yzabelle G.



Jordan L.



Leah N.



Logan Q.



COMMUNITY MARKETS



The Transcona BIZ Community Markets took place on Thursdays throughout July and August, as well as two Wednesday Night Markets. Over the summer Transconians had the opportunity to shop for locally grown fresh produce, handmade arts and crafts, specialty teas, artisanal hot sauces, honey, homemade jams, baked goods, locally crafted beer, wine and spirits, jewellery, clothing, accessories, homewares, and food trucks.

Our location change to the Transcona Christian Reformed Church parking lot allowed us to continue to offer this weekly event amidst the pandemic, whilst allowing more space for everyone. Having a greater variety of vendors this year ensured that each week showcased a unique mix of local products and talented Winnipeggers. Transcona BIZ would like to thank all the vendors for attending, Transcona Christian Reformed Church for hosting us, and all the community members for visiting the markets and making them a success.



Our 2021 Vendor Line Up:

1882 Fruit-Based Hot Sauce
BJK Paper Crafts
Beverley Originals
Brie's Botanicals
Brittany Rae Designs
Close to My Heart
Crazy Hands
Diane Nichols Crafts
Doreen's Creations
Fat Iguana Hot Sauce Company
Fire and Ice Designs
Flora & Farmer
Fred Simpson Glass Jewellery
Freedomswind
Gettin' Thready

Herbs and Butters Skincare
Homemade Creations by Pat
Hot Cups
Iren's Art
Jan's Tiber River
Jaya's Preserves
Jonathan and Liudmila's Family Veggie Market
Kitsune Cookies
L.D.B. Designs
L'Arche Tova Cafe
Laurie's Vegetables, Preserves & Baking
Macsbybeth
Medical Socks and Insoles with David
Michele's Epicure

Modern Prairie Momma
My Valhalla Soaps
Norwex with Teresa
Oh!Good!Path!
Old Church Bakery
Oodle Attire
Palliser Avenue
Patent 5 Distillery
Pink Raindrop Designs
Plant-based Cookbooks with Caroline
Prairie Pickers Cafe
Reclothify
Rlbuell
Scalder Designs
Shrugging Doctor Beverage Company

Southside Creations
Sunset Gourmet
Sveppur Kingdom
SweetLegs Winnipeg with Benita
The Great Northeast
The John Russell Honey Company
The Little Eggplant
The Yellow Brick Road
Trail Dog Treats
Trans Canada Brewing Company
Tupperware with Myrna
Watkins with Dave
We All Have Cravings Etc
Zealous Decor

Genevieve E.



TRANSCONA BIZ BULLET

Julian E.



Elizabeth P.



Camela P.



Adrian L.



Luis O.



CELEBRATING CANADA DAY WITH A TRANSCONA TWIST

Over the week of Canada Day 2021, we put a call out to all Transconians to grab some clean gitch, down a double double and give'er for the Great Transconian Canada Day Scavenger Hunt! Participants were encouraged to walk, bike, or drive around downtown Transcona on their quest to find answers hidden better than salami on shoulder at a social. Teams that answered all questions correctly were entered into a draw to win the grand prize, and all participating teams were entered into a draw to win one of three summer fun packs.

Pre-registered teams had the chance to pick up a free Canada Day Celebration Kit while supplies lasted – which was not long, they flew out the door! The Scavenger Hunt consisted of a number of questions, with answers located in outdoor spaces around the Transcona Business Improvement Zone. Teams enjoyed searching for murals to discover Canadian animals, looking in business's window displays for great Canadian inventions, and counting flamingoes at the Transcona Public Library (148 in total!).

Five hand-painted Canada Day rocks were also hidden throughout the Zone, with a prize offered to anyone who found and returned a rock before the end of the month. After four of the five were found, we offered a clue for the sneakily hidden fifth rock, only to be met with a resounding “not yet” from the community - it seems Transconians like a challenge! All rocks were eventually found and returned to the office in exchange for a \$50 gift card to a local BIZ member business.

Community members also had the chance to create a masterpiece for the Canada Day Walls of Fame Community Artwork Competition! Artists of all ages were encouraged to submit an entry inspired by the theme of ‘Celebrate Canada’. Winning entries included a hand-painted maple leaf, Canadian animals, local and national cuisines, communities celebrating, and ‘Ananas’; the talking pineapple from the Canadian French language children’s television series *Téléfrançais!* Artworks were proudly displayed at the Wyatt Dowling / Wawanesa Community Walls of Fame at Transcona Centennial Square over the Summer.



Transcona BIZ would like to thank everyone who took part in our Canada Day celebrations, and congratulate our winning teams:

Scavenger Hunt Grand Prize Winner: Team Canada (*below*)



Summer Fun Pack Winners:

Team Russell
The Big Mac's (*pictured*)
The Cox Family



Canada Day Rocks Winners:
Ali Tasse, Pat Myron, Selena DG, The Hay Family.

Transcona BIZ would like to thank our sponsors, without whom our celebrations would not have been possible: Canadian Heritage, under the Celebration and Commemoration Program, Celebrate Canada Component, and TD Bank Group.

SHAWN NASON

City Councillor - Transcona Ward



Committed
to our
Community!

✉ snason@winnipeg.ca
💻 www.shawnnason.ca



MS. ROBIN L. ZEISS

Lawyer & Notary

Wills or Powers of Attorney
\$175.00, plus tax
Family Agreements, Real Estate
General Practitioner

931 Nairn Avenue

Ph: 204-306-8626

rlzeiss@shaw.ca

WYATT DOWLING/WAWANESA WALLS OF FAME

By Peter Martin



In 2012, I had the honour of being the Chair for the Transcona Centennial Celebrations. During that year, the Transcona BIZ held the grand opening of the Transcona Centennial Square at 135 Regent Avenue West. As the host of the festivities, I got to welcome the community to the Archambault Performance Pavilion (“The Stage”), the CN Clock Tower, New Flyer Peace Fountain and the Wyatt Dowling/Wawanesa Walls of Fame.

The Walls of Fame consist of two concrete, half-circles on the East and West side of the square and contain 80 spaces where names will be placed to posthumously honour those individuals and organizations who have been instrumental in the development, economic success, education, recreation, spiritualism, political life, and volunteerism of Transcona.

The Walls of Fame are a permanent tribute to all who have made Transcona what it is today. In 2013, six honourees were chosen, and a plaque was placed at the Square. Unfortunately, shortly after placement, this original plaque was stolen. In 2021, the Transcona BIZ replaced the plaques and updated their website to include photographs and history of all six honourees, which can also be found on the Transcona Museum’s website.

Although there have been no additional names added over the last few years, I am happy to announce that the BIZ is now moving forward and actively seeking nominations. To learn more about nominating a community member or organization please visit:

transconabiz.ca/transcona-centennial-square/walls-of-fame.

The deadline for submissions is December 31.

The Transcona BIZ is also looking for individuals from the Transcona community to form a selection committee. The committee will be responsible for reviewing, researching and judging entries for inclusion in the square. For more information, please contact the Transcona BIZ.



Phoenix M.



TRANSCONA BIZ BULLET

Satori Ellie C.



Malia S.



Saanjhpreet K. Sasha O.



Whitney W.



**Enter by September 30, 2021
to Win \$50 BIZ Bucks*!**
(BIZ Bucks have No Cash Value)

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

**Enter by October 31, 2021
to Win \$50 BIZ Bucks*!**
(BIZ Bucks have No Cash Value)

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

**Enter by November 31, 2021
to Win \$50 BIZ Bucks*!**
(BIZ Bucks have No Cash Value)

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

*To be spent at one the businesses listed in the BIZ Bullet Directory starting on Page 11 of this publication. Winners will be notified by phone.

Drop off or mail your entry form to:
Transcona BIZ
108 Bond Street
Wpg, MB R2C 2L2



Free Home Evaluation

Buying or Selling

Contact me for Incentives

Limited time only



Mary Jay **HEBERT**

204-510-5552

Royal LePage Dynamic Real Estate





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
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.

RBC Royal Bank (ATM only.)
128-701 Regent Ave W

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 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
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

A Little Pizza Heaven
101 Regent Ave E R2C 0C2
204-777-5575
info@alittlepizaheaven.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.

Chicken Delight
453 Regent Ave W R2C 1R7
204-982-1370
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, pick up and delivery. Lunch catering available.

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

Dal's 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
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 Caesars Pizza

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

Maggi's Syrian Food (Seasonal)

102 Victoria Ave E R2C 0E2
204-698-6813
Syrian and traditional drive-in food.

Mucho Burrito Fresh Mexican Grill

2-1510 Plessis Rd R2C 5R5
204 306 7810
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
Pick up 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 – pick up and delivery.

Santa Lucia Pizza

108 Regent Ave E R2C 0C1
204-888-5555
www.santaluciapizza.com/108-regent-ave-east/
SLPregent@gmail.com
Offering take-out, delivery, and catering.

Spike's 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's 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 Hortons

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
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 book-
ing & 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 Hortons 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.

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

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 Shariati (CCFP, MD)

Female 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

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.

SquareONE Rehabilitation

138-701 Regent Avenue W R2C 1S3
204-560-4455

www.squareonerehabilitation.com

info@squareonerehabilitation.com

A multidisciplinary healthcare clinic that includes chiropractic, physiotherapy, massage therapy, counselling services, dietetic services and numerous exercise occupational programs.

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.

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204-224-8800

www.regentdentureclinic.ca

Complete denture care & implant solutions.

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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.

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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

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

marykasmassagetherapyclinic@gmail.com

Online booking: marykamassagetherapy.

juvonno.com/plogin.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

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

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
204-222-4700

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
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204-226-3636
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www.nexstarmechanical.com

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Contractor. RGC Radon - Leaders in
Radon Mitigation.

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Residential overhead garage doors,
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Sales, service and installations serving
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Wach Window & Door Ltd.

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replacement, sales, service, installation
Transcona business since 1967.

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.

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204-940-6552
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General Insurance including Home,
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11 Locations in Winnipeg.

Law Offices

George & Tweed Law Corporation

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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

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204-222-2783
www.burnbraefarms.com
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mail@canital.mb.ca
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Clark Transport

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204-453-6042

Dominion Pallet & Crate Ltd

414 Pandora Ave W R2C 3A5
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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.

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

George Wakefield Foods Inc

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204-488-0716

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204-667-7555
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Manufacture, sell and service Kent
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welding guns. Sales of most popular
MIG gun parts. Custom/production CNC
machining.

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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
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buses, New Flyer has a complete line of
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www.polynt.com/en/

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700 Pandora Ave E R2C 3A6
204-222-4269
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200-766 Pandora Ave E R2C 3A6
204-786-6011
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
wpl.winnipeg.ca/library/branchpages/
branch.aspx?tran

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.*

Pet Services**Pet Planet**

4-1510 Plessis Rd R2C 5R5
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and cats offering a wide range of healthy
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and, of course, toys!*

Shih Tzu's Forever Grooming Services

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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.*

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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
mkteam@royallepage.ca
Jamie McCreedy – 204-479-4868
Jamie Knox – 204-470-9828
Ivan Paulic – 204-260-0858
April Swanson – 204-803-3149

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
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Specializing in power equipment and
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Cartridges. "Always providing
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204-615-5270
fun@auntmonicasattic.com
www.auntmonicasattic.com
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204-960-8320
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designs for purchase. BRD also offers
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204-222-3912
www.dollarama.com

Dulux Paints

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204-224-3134
pa8645@ppg.com
www.dulux.ca
Paint supplies, interior and exterior paint.

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*Smoked sausages and homestyle
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204-222-4753
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dog food, lotteries, hemp products, and
vape products.*

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204-222-0904
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204-615-1245

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Records management including storage, destruction, and recycling management services.

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www.blazeinktattoos.com

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204-615-5857

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NCL is a Transportation Consulting Firm that specializes in Commercial Fleet Licensing & Safety & Compliance needs for companies operating in Canada & U.S.

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204-294-1110

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204-505-1334

reddoorproperties@shaw.ca

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**James
Teitsma**
MLA for Radisson

Constituency Office:

220-1615 Regent Avenue W.
Winnipeg, MB R2C 5C6

204.691.7976

office@jamesteitsma.ca