



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. 4

December 2021

SHOPPING HAS NEVER BEEN  
EASIER WITH THE  
**“HOLIDAY BUYING GUIDE”**  
SEE INSIDE FOR FULL DETAILS

Photo by: Cornelius Thiessen

# MESSAGE FROM THE ED



This is always a time for reflection for me, looking back on the last year – the things we accomplished, and the things that didn't go as planned. It was a busy year! Although we didn't get a chance to host our annual Canada Day Celebrations – we did host the Great Transconian Canada Day Scavenger Hunt, the Walls of Fame Community Artwork Competition, and the hunt for the hand painted rocks and based on participation these new events were well received by the community.

We didn't have a chance to host the Annual Community Clean Up but we did have numerous groups, on top of our summer students, working hard to keep our community clean – Tabor Church, Murdoch MacKay Collegiate, Calvin Christian School's Collegiate Campus, Tweed Regent, just to name a few. We are happy to support these groups with bags, gloves, and anything else they might need to help keep our community clean and welcoming.

Our Community Markets had their ups and downs, with ever changing public health orders and the uncertainty of the time but with the generous support from Transcona Christian Reformed Church for the use of their parking lot, the over 60 different vendors willing to be ready on standby and

move locations, and community members, like Cornelius Thiessen and members of the Transcona, And Proud of it Facebook Page willing to spread the word about the markets every week and the change to the location – these markets, including the 2 night markets, had growing attendance as the summer went on.

We couldn't do Concerts or Movies in the Transcona Centennial Square however we did do the Virtual Summer Concert Series presented by Club Regent Casino and Event Centre and this allowed for more people to watch with the videos being available online. (They are still on our YouTube channel if you want to have a look).

I look back at the businesses that are no longer with us, who have retired, moved to a different community or who closed due to the pandemic with a heavy heart. I find strength in those that have started their businesses over the last year and who have chosen the Transcona area to plant roots. Take a few moments to look at the Business Directory on page 15-20, look for the red stars to see some new and exciting places for you to explore.

I look forward to what the new year brings.

Season's Greetings and Happy New Year.

Leila

## Social Media

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

### You can find us at:

Facebook - [www.facebook.com/TransconaBiz](https://www.facebook.com/TransconaBiz)

Twitter - [twitter.com/transconabiz](https://twitter.com/transconabiz)

Instagram - [instagram.com/transconabiz](https://www.instagram.com/transconabiz)

Website - [transconabiz.ca](https://transconabiz.ca)

## Transcona BIZ BUCKS Winners!

**August:** Jim Caron, Darlene Litchie-Brown, Terry Cousins

**September:** M. Costen, Sharon Keen, Al Yarechewshi

**October:** Rhonda Robertson, Bernadette Ermel, Kym Keixoto

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

204-222-8566 or [admin@transconabiz.ca](mailto:admin@transconabiz.ca)

## 2021 Board of Directors

Brent Thomas, Casera Credit Union.....	Chair
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Michael Pester, Royal George Hotel.....	Director

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



# IN THE SPOTLIGHT



We've teamed up with our friends at Red Tie Productions to put local business owners in the spotlight as part of our upcoming member profile video series.

Follow us @transconabiz on YouTube and Facebook to learn more about your local product and service providers as they brave the cameras and share their stories.



## FAMILY SKATING RINK



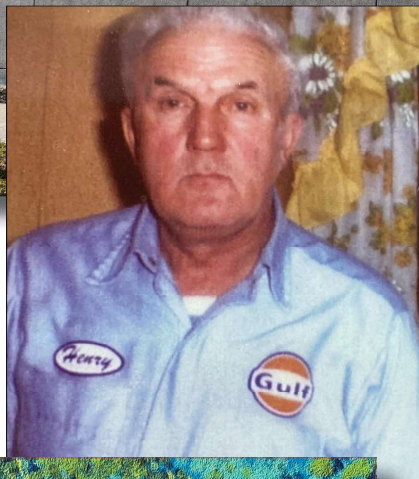
Thanks to our ongoing partnership with East End Community Club and the City of Winnipeg, we are happy to announce that the Family Skating Rink will be installed again this season once the weather is ready. Watch our social media for it's opening.

Please remember that this rink is for pleasure skating only. No pucks, sticks or nets.

Please adhere to all provincial health guidelines when skating.



# HENRY'S AWASH WITH COLOURS



Henry's Car Wash & Petro Canada, a familiar staple at the corner of Pandora Avenue and Day Street, is now home to Transcona's latest mural. When the opportunity to host a mural was put forward to new owners, Sukhdarshn Kaila, Sukhwinder Bassi, and Jaswinder Sidhu, they wished to honour the legacy of previous owner, Henry Enns.

Painted on the east-facing wall of the building on Day Street, the artwork depicts Henry welcoming visitors outside the original car wash. Classic vehicles are shown receiving the royal treatment by devoted owners, while children and families enjoy the simple pleasure of a trip to the car wash.

Over the years Henry, his wife Erna, and their seven children developed the business, adding fuel pumps, more self-serve car washing bays, and that small-town friendly service that connects the Transcona community.

Henry enjoyed conversing with customers, making people laugh, and handing out suckers to the kids. His good nature and genuine, caring personality made him a favorite among Transcona residents, and a perfect candidate to honour.

The mural, created by artist Sarah Collard and supported by Transcona BIZ and Take Pride Winnipeg, serves as a bright and fun reminder of the importance of community, hard work, and family, which can all be found in Transcona. Thanks to Sukhdarshn, Sukhwinder, and Jaswinder, these values and the tradition of a family outing to the car wash can continue for generations to come.



# DELIGHTING TRANSCONA

By Cornelius Thiessen

Way back in 2001, Ayyaz Ahmed and his family immigrated to Canada from Pakistan to seek a better life in Winnipeg. Ayyaz started a long career at Nygaard International in sales and remained there till the company closed shop. It was time for a change, something different and new. Ayyaz did his homework when his friend offered him his Chicken Delight franchise, looking for ways to improve things and provide top notch service. A little more than a year ago he closed the deal and set about making the changes he had planned.

The Chicken Delight has a long history in Transcona, from their start near the current Safeway on Kildare to their current location on Regent. Several owners later, it was now up to Ayyaz to keep the franchise going. The Chicken Delight has always through its history in Transcona been family run, everyone helping out and Ayyaz wanted to keep that family feel to the business.

Chicken was now cooked fresh to order as you ordered your meal, Dunn Rite Chicken, as always, supplies the chicken. Everything is prepared fresh for your order ensuring that you will come back as a repeat customer. The pizzas are baked in a stone bread oven with fresh ingredients, the stone oven gives the pizza a unique taste.




The Chicken Delight also offers its own delivery service, always delivered in Transcona within 45 minutes of your order, fast friendly service from a driver that knows Transcona and his customers making your delivery experience the best he can.

Coming into the shop you will notice a clean and safe establishment, one of the friendly staff comes out to greet you and take your order. Your order is cooked and packed with care while you either wait in the shop or your car. If you choose to wait in your car your order will be brought out to you. Always a friendly experience with great food being the end result. The shop is always busy and often this is where you meet your neighbors and catch up on the latest.

So the next time you are looking for supper ideas consider your neighborhood Chicken Delight. The shop is open from 10:30 AM to 9 PM, delivery is available at all hours of business in Transcona. Come pick up lunch or supper or have it delivered, you will not be disappointed!

*Happy Holidays*



**NELLO ALTOMARE**  
MLA for Transcona  
204-594-2015 | [nello.altomare@yourmanitoba.ca](mailto:nello.altomare@yourmanitoba.ca)

## WATCH FOR IT!



Keep your eyes on our social media for your chance to get a FREE family-size insulated bag.

We have partnered with some of Transcona's finest restaurants to give these bags away. Watch for it starting in January!



# THE HOLIDAY BUYING GUIDE

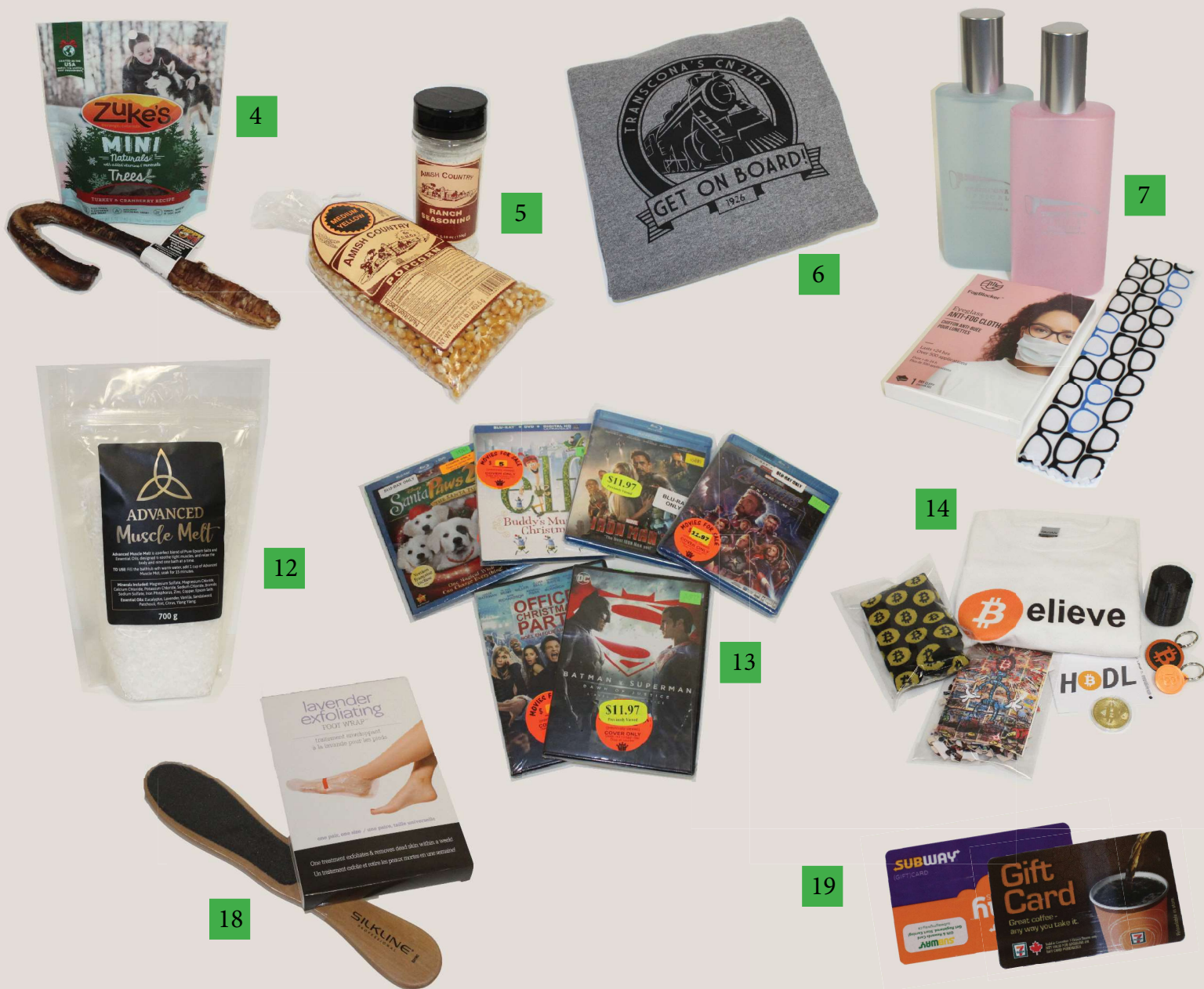
In a year when supplies are limited and the production chain has been disrupted, you will be happy to find everything you need this holiday season. Whether it's for yourself, the office Secret Santa or a loved one, your local Transcona businesses have everything you need! As an added bonus, fill out the ballot on the next page and return it to the BIZ Office at 108 Bond Street for your chance to WIN everything pictured and a few extra surprises!!



1. Aunt Monica's Attic, 111 Regent Ave W – Mould and Paint Jungle Animals (\$15.99), Push Bubbles Fidget Snail (\$7.99), Collectible Tin VW Wave Hopper Puzzle (\$27.99).
2. The John Russel Honey Company, 128 Victoria Ave W – Liquid Clover Honey (375ml) (\$6.75), Creamed Cinnamon Flavoured Honey (375ml) (\$6.75).
3. Rexall, 1-1490 Plessis Rd – Scotties To Go Tissues 8 Pack (\$2.99), Rose + Robin Hand Made Candy Cane Peppermint (50g each) (\$4.99), Nosh & Co Premium Artisanal Shortbread (\$2.79), Rose + Robin Hand Made Candy Cane Cherry (50g each) (\$4.99).
4. Pet Planet, 4-1510 Plessis Rd – Zukes Mini Naturals Tree-shaped Dog Treats (142g) (\$6.29), Puppy Love JR Beef Cane Dog Treat (\$5.49).
5. Regent Park Pharmacy, 118-701 Regent Ave W – Amish Country Popcorn (\$3.49), Amish Country Ranch Seasoning (\$5.99).
6. Transcona Museum, 141 Regent Ave W – Get on Board Sweatshirt (Large, Unisex) (\$25.00).

7. Transcona Optical, 212 Regent Ave W – Anti-Fog Cloth and Glasses Cleaner (\$14.00).
8. ABC Tools, 201 Regent Ave W - STIHL Proscaper Series Gloves (Large) (\$21.95).
9. Regent Pawn, 105 Regent Ave W - Regent Pawn Long Sleeve Shirt (\$26.78)
10. Eastend Meats & Sausage, 123 Regent Ave E – Canada Beef Jerky (70g) Sweet Sea Salt (\$6.99), Canada Beef Jerky (70g) Teriyaki (\$6.99), Canada Beef Jerky (70g) BBQ (\$6.99), Canada Beef Jerky (70g) Original (\$6.99).
11. Fabutan/Hush Lash Studio, 7-801 Regent Ave W – Saltwater Sundays Moisturizer Mini (60 ml) (\$8.75).
12. Advanced Massage Therapy, 2-1460 Plessis Rd – Muscle Melt Bath Salts (700g) (\$9.00)
13. Video King, 309B Day St – DVD and Blu-ray and Posters (Prices ranging from .99-\$15.97)





14. WinnipegBTC.com, 401 Bond St – Believe T-shirt (\$9.99), BTC Guy Puzzle (\$9.99), BTC Socks (\$9.99), Trezor (Crypto Currency Wallet Holder) (\$14.99), Crypto Coins, Stickers and Keychains (Prices ranging from \$1.99-\$4.99)
15. The Lumberzone, 309 Bond St – O'Keefe's Skin Care Pack (\$17.99).
16. Starbucks, 101-1510 Plessis Rd – Via Instant Coffee Sachets True North Blend (\$12.46).
17. J.L.R Jewellers, 118 Regent Ave W – 925 Sterling Silver Pink Zircon Ring (size 8) (Prices ranging from \$20.00-\$40.00).
18. Beautiful YOU, 115 Regent Ave W – Lavender Exfoliating Foot Wrap (\$10.49), Foot File with Wooden Handle (\$9.99).
19. Subway, 100 Regent Ave W - Gift Card \$15.00 and 7-Eleven, 104 Regent Ave E or 1-801 Regent Ave W – Gift Card \$15.00 (Prices ranging from \$5.00-500.00)

*Not sure what to get that special someone? Gift certificate/cards are available at most businesses! That allows the recipient to pick their own special treats. Support our community by shopping local!*

## WIN Everything on these Pages!

### Enter by December 10, 2021.

(Drop off your entry form at Transcona BIZ, 108 Bond Street)

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

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

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

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

# WRITTEN IN STONE

Now in it's 7th year, the Transcona BIZ 'Buy a Paver' program gives community members the opportunity to sponsor an 8" x 8" paving stone at Transcona Centennial Square. On a gloriously sunny day in September, 32 pavers engraved with messages of love, remembrance, celebration, and hope were placed around the New Flyer Peace Fountain. Featured here are some of their stories:



Scottish immigrants, David and Euphemia (left) Roxburgh settled in Transcona in 1968, bringing with them 2 young children Doug and Kay. A third child came along with Gary, the first to be born in Canada. Together Transcona was their home for school, sports, fun, and memories. Euphemia still makes Transcona her home as does her youngest son Gary, along with his wife Bobbie and their dog Cajun. - *Gary Roxburgh*

Frank & Josephine immigrated to Canada in 1927 from Naples Italy. They met in Winnipeg & married, bought a home in Transcona on 416 Harvard Ave West, They were blessed with five children who all resided in Transcona most of their adult lives. Frank (Francesco) worked at the Transcona CN Shops as a laborer until he retired. Josephine stayed home & raised their children. - *Helen Torchia*



Peter Tychonick opened The Red + White Chain, later, changing over to Lucky Dollar. He offered the finest fresh, hand-cut meats and free delivery. He was a well-respected businessman, serving his community for many years. Born (1912) and raised in Transcona, a lifetime resident until his passing at age 91 in 2003. - *Joan Ewasko*

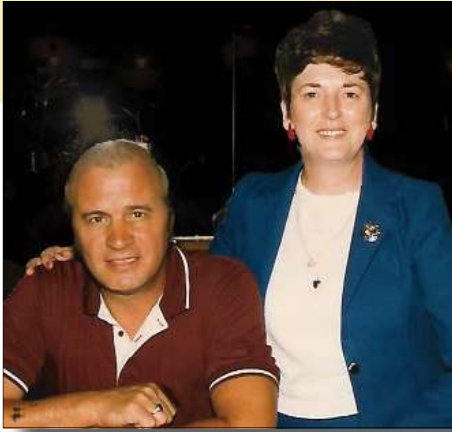


Jennie was raised in south Transcona, and she raised her family first, on Regent Ave East, and later, on Victoria Ave West. Jennie also worked at Transcona Merchants which is now Transcona Centennial Square. - *Paul Ewasko*



Our parents, Ange and Mike, grew up in Transcona. They both enjoyed the experience of having a large and supportive family. So, us kids also enjoyed large family dinners which always included aunts, uncles, cousins, and friends. Mom and Dad lived with the adage "there's always room for one more". These dinners were usually multi-generational which meant lots of laughter, great discussions, and of course - GREAT FOOD...(not to mention great memories). We feel blessed to have grown up in Transcona in a very loving and extended family environment, thanks to our parents Ange and Mike. - *Judi Chambers*





Joe and Angeline Pope immigrated to Canada from Scotland in 1967 with 3 small children in tow. They settled in Transcona, first living on McMeans and then on Ralph Avenue. Their family grew to include 2 sons-in-law, a daughter-in-law, 7 grandchildren and 2 great grandchildren. Sadly, Joe passed away in 2007 and Angeline in 2017. They are missed very much by their family every day. - *Susan Janeczko*

Val Cousineau and Jim Bromley spend many days every year volunteering to improve our community. They do volunteer work for the Transcona Trails association and the East Winnipeg Sports Association. Jim also volunteers for the Manitoba Electrical Museum. Val has been on many community group boards and currently volunteers for the Manitoba Master Gardeners association. - *Val Cousineau*

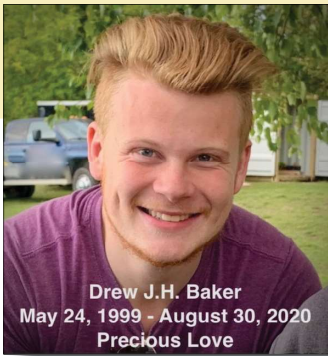


Helen and Helmut were proud longtime residents in the Transcona area where they raised their two sons, Adam and Matthew. Helen supported and worked in the Ukrainian Bilingual Program at Bernie Wolfe school. Both of them were very strong members of All Saints Orthodox Church volunteering for lots of activities. They are very much missed. - *Susan Mathers*

Jack and Isobel Melville are celebrating their 60th Anniversary this December 2021. They arrived in Winnipeg from Scotland in 1967. Jack worked at the Transcona Shops, while Isobel spent time working at the Transcona Museum. After a few adventures they still call Transcona home. - *Karen Schiffmann*



Mary Grift (De Baets) and Philip (Yohan) Grift bought the farm from my great grandparents; Augusta and Theophiel De Baets in 1947; who in turn had purchased it from the Jesuits of St. Boniface College Farm on October 15, 1945. The home was large enough to house the two families since 1947. They had seven children, 11 grandchildren, 17 great grandchildren and 2 great great grandchildren. Mary and Philip dairy and grain farmed until 1972 when the farm was eventually sold. The farm area is now known as Mission Gardens. Forever missed and loved from the Grift, Stewart and Lippens family. - *Laura Stewart*



"Your smile lit the world". This describes Drew perfectly. After Drew passed suddenly at just 21 years old from an undetected heart condition, his smile is what people spoke most of. Drew was smiling most of the time. He was full of laughter and there was usually a hint of mischief in his eyes. It's his smile and warm nature that we want people to think of when they see his name here in the Transcona Square. On his brick is also B5. We always called ourselves the "Baker Five". We wanted that here set in stone because the Baker Five we will always be, and we will always be a family. – April Baker

Adele was born in Young, N.S.W. Australia and came to Canada in 1990. She was treasured in her life by her large extended family, both her Canadian and Australian friends and her co-workers at Reaching Equality.  
- Jo-anne Jones



Harry Fuller was elected Mayor of the City of Transcona and served 6 consecutive terms spending a total of 20 years on the Transcona council. He was the last mayor of the City of Transcona when the City of Winnipeg amalgamated into one metro area.  
- photo provided by Linda Baker  
(wording taken from <https://www.cnpensioners.ca/pages-from-our-past.html>)

Our parents were Transcona people. Carol and I were born and raised in Transcona. I was 17 and she was 15 when we met at Central School on Day Street. We were childhood sweethearts. Carol and I were married for 50 years. We loved each other until her untimely and unexpected passing from Cancer in 2016. During that time we traveled to over 70 countries on five Continents. Carol was truly The Wind Beneath My Wings. She was, and always will be my hero, and the Love of my Life.  
- Peter Verbin



If you would like to know more about the Buy a Paver Program, or to order your own paver for the 2022 intake, please head to our website: [transconabiz.ca/community-programs/buy-a-paver](https://transconabiz.ca/community-programs/buy-a-paver)

# SHAWN NASON

City Councillor - Transcona Ward

**Committed  
to our  
Community!**

✉ [snason@winnipeg.ca](mailto:snason@winnipeg.ca) [www.shawnnason.ca](http://www.shawnnason.ca)

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Wills or Powers of Attorney  
\$175.00, plus tax  
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General Practitioner

**931 Nairn Avenue      Ph: 204-306-8626**

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



# LET IT GLOW, LET IT GLOW, LET IT GLOW



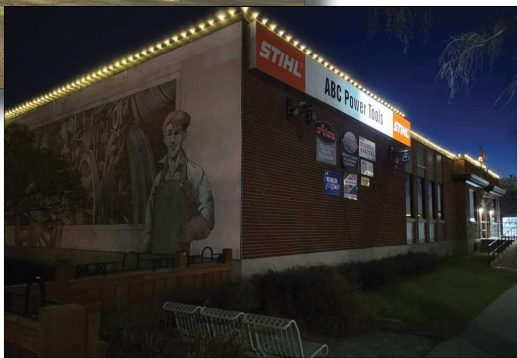
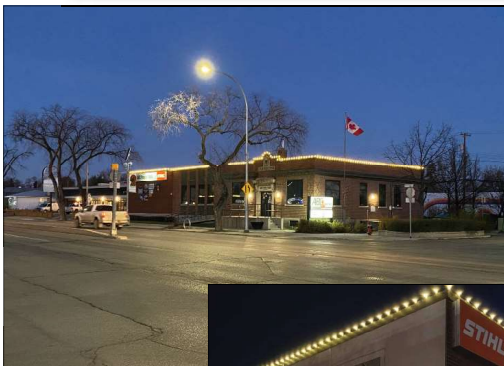
Oh, the weather outside is frightful, but the Zone is so de-light-ful!

Adorning our streets you'll find shooting stars, snowflakes, rope lighting and garland twirling around poles, hanging baskets bursting with baubles and fresh pine, and this year, even more of our local shops embellished with sparkling string lights along their rooftops.

The origin of such festive lighting comes from 17th Century Germany, where families would light candles on their Christmas trees, held in place with wax or pins, to illuminate the surrounding ornaments. The practice spread throughout Europe and beyond, but also led to many home fires.

In 1882, Edward Johnson replaced the candles on his tree with large, pear-shaped red, blue, and white light bulbs on a single wire. Although Johnson's display was dazzling, the idea of decorating one's tree with electric lighting didn't gain widespread popularity right away. Many were still wary about the idea of electricity, and a string of lights would set back the average buyer a week's wages.

By the 1920's teenager Albert Sadacca, whose family owned a novelty lighting company, saw the potential success of holiday lighting, and suggested making strands of colourful lighting to sell to the public. As lights became more affordable, the tradition of decorating with electric lights became widespread, and today's displays can even be seen from space. Thankfully though, you won't need to travel that far! Warm mitts, hot cocoa, softly falling snow, and the warm glow of magical lights in downtown Transcona makes for a perfect winter outing.



## SEASONS GREETINGS



**James  
Teitsma**  
MLA for Radisson

204.691.7976  
office@jamesteitsma.ca

# BREAKING DOWN CRYPTOCURRENCY

By Kevin & Stacy Carthy

## Bitcoin? What is that? Virtual money? What does that mean?

Many of us are using virtual money right now and don't even know it! How many people today get paid in cash? That changed many years ago when we got paid with a paper cheque, then we got direct deposit and a paystub and now we get an email and we see numbers change on our bank balance change digitally.

Cryptocurrency works similar. You coins are "deposited" into a wallet and you watch your balance grow!

In 2014, when we established WinnipegBTC, bitcoin was worth approximately \$300 and as of the end of October was worth approximately \$77,000. World famous crypto expert, Michael Saylor, predicts bitcoin will 100x by 2030.



Cash is inflationary, which means our money is worth less and less as times goes by. What you could buy for \$100 ten years ago would cost \$200 now. There are many reasons for this, one is because the government prints more and more cash making the cash in your pocket less scarce and therefore worth less.

Bitcoin works the opposite way. There will only ever be 21,000,000 bitcoin created. As of the summer of 2021, 18,500,000 have already been created leaving only 2,500,000 left. Don't worry though, it will take until the year 2140 for the last coin to be created!

## Want to learn more?

We are WinnipegBTC.com, owned and operated by a family that has been in business in Transcona since 2004. We are located at 401 Bond Street. Our phone number is 204.815.4068 and our email is [info@WinnipegBTC.com](mailto:info@WinnipegBTC.com). We are currently operating by appointment only due to covid restrictions.

On the first Tuesday of every month we have a "Newbie Tuesday" meeting. We discuss the basics of cryptocurrency and try to answer all your questions.

Our "Intermediate" meeting is the third Thursday of the month. We talk about what is happening in the cryptoverse, new aspects that are emerging from crypto and then we have a presentation on something current in the market. For example, NFTs, gaming with crypto, digital finance, latest and greatest mining equipment and how to make a passive income with your crypto investment.

Give us a call to reserve your spot today! The entrance fee is regularly \$5 but mention this article and you will receive FREE ENTRANCE!

We have many Bitcoin Teller Machines around Winnipeg to assist with your crypto purchases, please call to see what location is closest to you. We also have BTMs at our 401 Bond St. location if you would like assistance in learning how to use one.

We want the whole world to know about cryptocurrency so give us a shout and make your appointment today! We look forward to meeting our neighbours!



# PAINTING THE TOWN



With signs and murals featured at B.D.I Drive In, The Forks, Parlour Coffee, CF Polo Park, and our friends at the Exchange District BIZ, there's a good chance you've seen our next artist's work before. Now, you can see it a little closer to home.

We've teamed up with The Travelling Sign Painters to help bring the magic of the season into shopfront windows around Transcona! Keep your eyes peeled to discover a variety of colourful artworks, each with their own festive theme, decorating local businesses. Enjoy taking pictures with the displays and tag @transconabiz on social media to share your finds. For a chance to have your photo featured in the next BIZ Bullet issue, email it to [admin@transconabiz.ca](mailto:admin@transconabiz.ca).

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

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

**Enter by January 31, 2022  
to Win \$50 BIZ Bucks\*!**  
(BIZ Bucks have No Cash Value)

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

**Enter by February 28, 2022  
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



**RMT MASSAGE**  
**Ear Candling - Weight Loss**  
**Foot Detox - Reiki**

132 Regent Ave W  
**204-770-4414**

## 26th Anniversary

**25% off any service including:**

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

## A First for Transcona and Winnipeg

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

**Direct Billing to third Party Insurers**

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



**Miracle Health Network / Steven Hanks Massage Therapy**

**Phone: 204-770-4414**

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

**Website: [www.tmhn.info](http://www.tmhn.info)**





# Business Directory

## Shop Local. Support Community.

[www.TransconaBIZ.ca](http://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 Street R2C 1B1  
204-615-8297  
[70849@libertytax.com](mailto:70849@libertytax.com)  
Your local, friendly tax preparation experts.

**Liberty Tax Services**  
Unit 7-549 Regent Ave W R2C 1R9  
204-949-3655

**RJ Accounting & Tax Service**  
314 Bond St R2C 2L5  
204-224-5913  
[robert@rjaccounting.com](mailto: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

**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](http://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](http://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](mailto: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](http://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](http://www.dbsdance.com)  
[dbsdoffice@gmail.com](mailto: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@alittlepizzaheaven.ca](mailto: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.*

**Chicken Delight**  
453 Regent Ave W R2C 1R7  
204-982-1370  
[www.chickendelight.com/location/453-regent-ave-w/](http://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](http://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](http://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/](http://pizza.dominos.ca/winnipeg-manitoba-10207/)  
*Pizza, wings and more.*

**Foodtrip Kitchen Regent**  
Unit 19-801 Regent Avenue W R2C 1R1  
431-570-0334  
[info@foodtripkitchen.ca](mailto:info@foodtripkitchen.ca)



**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

**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.*

**Wayback Burgers \*Coming Soon**

Unit 16-801 Regent Ave W

**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.*



*Indicates new businesses to  
the Transcona BIZ.*

**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 entertain-  
ment 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.pranaamed.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 exer-  
cise 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.

TRANSCONA BIZ BULLET

## Dentists/Denturists

**Dr. C. Wells**  
**Dr. G. Maxim**  
212-B Regent Avenue W R2C 1R2  
204-222-4297  
gcmximwells@gmail.com

**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  
www.transconadental.com  
Dr. Charles Rubin  
Dr. Kevin H. Pham  
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  
transconahealth@gmail.com  
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

**Prairie Eye Care - Winnipeg Optometrists**  
Unit 3-1490 Plessis Road R2V 5G6  
204-306-0566  
www.prairieeye.com



**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.

## Pharmacies

### 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](http://www.plessisphysiotherapy.ca)

Private practice physiotherapy clinic.

### Transcona Physiotherapy

230 Regent Ave W R2C 1R2  
204-224-4015

[www.transconaphysio.com](http://www.transconaphysio.com)

[info@transconaphysio.com](mailto:info@transconaphysio.com)

Transcona Physiotherapy and Sports Injury Clinic is a professional practice in the fields of physical therapy, athletic therapy and massage therapy.

## Household Services & Trades

### Creative Door Services

64 Hoka St R2C 3N2  
204-224-1224

[www.creativedoor.com](http://www.creativedoor.com)

Commercial and residential garage door products.

### Nexstar Mechanical Services Ltd.

108 Bond St R2C 2L2  
204-226-3636

[www.nexstarmechanical.com](http://www.nexstarmechanical.com)

Industrial, commercial, and residential heating, cooling, and ventilation systems. Service and installation.

### RGC Plumbing & Mechanical

130 Regent Ave W R2C 1P9  
204-415-3512

[RGCPumbing@gmail.com](mailto:RGCPumbing@gmail.com)

[www.rgcplumbingandmechanical.com](http://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](http://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.

## Insurance

### Ball Insurance Agency

112 Regent Ave W R2C 1P9  
204-222-7771

[sball.ballins@shaw.ca](mailto: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](mailto:linda.clarke@clarkefinancialplanning.com)

[www.clarkefinancialplanning.com](http://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](http://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](http://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](mailto:chrislange@clangelaw.com)

[www.clangelaw.com](http://www.clangelaw.com)

## Manufacturers & Industrial Trades

### Burnbrae Farms Limited

615 Kernaghan Ave  
204-222-2783

[www.burnbraefarms.com](http://www.burnbraefarms.com)

Egg grading and processing.

### Clark Transport

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

### Canital Granite

100 - 100 Hoka St R2C 3N2  
204-224-2286

Toll Free: 1-800-665-0045

[www.canital.mb.ca](http://www.canital.mb.ca)

[mail@canital.mb.ca](mailto:mail@canital.mb.ca)

Granite and quartz countertops.

### Dominion Pallet & Crate Ltd

414 Pandora Ave W R2C 3A5

204-958-8068

[www.dominionpallet.ca](http://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 Rd R2C 3L9  
204-488-0716

### Kent Welding Gun

1249 Plessis Rd R2C 3L9

204-667-7555

[solutions@kentweldinggun.com](mailto:solutions@kentweldinggun.com)

[www.kentweldinggun.com](http://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.

### Operating Engineers of Manitoba Local 987

200 Regent Avenue W R2C 1R2  
204-786-8658

[www.oe987.mb.ca](http://www.oe987.mb.ca)

### Martel Bros. Ltd.

359 Pandora Ave W R2C 1M6  
204-233-2022

[martelbrosltd@shaw.ca](mailto:martelbrosltd@shaw.ca)

Freight handling.

### National Tire Distributors Inc

64-630 Kernaghan Ave R2C 2L8  
204-775-9321

[www.ntdcanada.com](http://www.ntdcanada.com)

### New Flyer Industries

711 Kernaghan Ave R2C 3T4  
204-224-1251

[www.newflyer.com](http://www.newflyer.com)

[buses@newflyer.com](mailto: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

[www.polynt.com/en/](http://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

[www.qtmoving.com](http://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  
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.*

## 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  
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  
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.*

**Brittany Rae Designs**  
127 Regent Avenue W R2C 1R1  
204-960-8320  
www.brittanyraedesigns.com  
info@brittanyraedesigns.com  
*Designing custom gowns, princess*  
*inspired accessories and unique mask*  
*designs for purchase. BRD also offers*  
*in person sewing lessons.*

**DeFehr Furniture (2009) Ltd.**  
770 Pandora Ave E R2C 3N1

**DOLLARAMA LP**  
1460 Plessis Rd

110-701 Regent Ave W R2C 1S3  
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.*

**Fire & Flower Cannabis Co.**  
Unit 3-1460 Plessis Road R2C 5G6  
204-560-4670

**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.*

**paleo platory**  
313 Day St R2C 1B1  
info@paleoplatory.ca  
www.paleoplatory.ca  
*The paleo platory caters to those with*  
*food sensitivities and allergies. Living*  
*with food restrictions is hard. Let us*  
*help you enjoy food again.*

**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.ca Online Shop Only**

3-453 Regent Ave W R2C 1R7

204-470-1316

soccerland@live.ca

We sell quality soccer team uniforms  
and accessories, hockey name bars,  
t-shirts, goal posts and sport turf. Brand  
names including Diadora, Inaria, Kwik  
Goal, SKLZ, Kobe, Bownet, Gildan,  
ATC, Bella Turf and Admiral. Hours to  
see samples, pick up or place orders:  
Monday – Friday 1pm – 6pm.

**Ted's No Frills Grocery**

1500 Plessis Rd R2C 5G2

1-866-987-6543

**The Joint Cannabis Shop**

218 Regent Ave W R2C 1R2

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

www.vkonline.com

Movie sales & distribution for rentals  
and sales.

**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.

**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.

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