



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

VOL 19 No. 1

March 2022

DISCOVER NEW RESTAURANTS WITH “TASTE OF TRANSCONA”

SEE INSIDE FOR FULL DETAILS



Photo by: Julian Kenny

VIRTUAL AGM

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

On the agenda was the election of the 2022 Board of Directors. The Transcona BIZ board consists of ten members; one of whom is the Ward Councillor, Shawn Nason, appointed by the City of Winnipeg and the remaining nine are elected by the membership to serve a two-year term, for a maximum of three terms. Continuing to represent the business community on the board is Brent Thomas (Casera Credit Union), Robert Juniper (RJ Accounting), Robert Francis (Prana Medical Centre), Tom Oakley (Oakley Alarms) and Michael Pester (Royal George Hotel).

New to the Transcona BIZ Board is Jeanette Corpus (RBC Royal Bank of Canada), Lynn Dolphin (Wyatt Dowling Insurance Brokers) and Deborah Neufeld (All About Computers Inc).

Jeanette has worked with RBC Royal Bank for over 10 years where she has held numerous positions over the years and is currently the Assistant Branch Manager, Kildonan Branch. RBC has a strong vision for building stronger communities in which they serve. Jeanette hopes to bring that approach to her new role on the board.

Lynn has lived in Transcona nearly her whole life, going to school here and feels lucky enough to be able to work in Transcona as well. She has been employed for the past 16 years with Wyatt Dowling Insurance. She is dedicated to the community and looks forward to being apart of all that the Transcona BIZ does in the community.

Deborah has lived in Transcona almost all her life, she went to school here, raised her children here, sent them to school here, worked here and volunteered here. Debbie was a member of the BIZ board back in 2007 to 2010 when she owned and operated Pet Peripherals. She now works with her mother and son at All About Computers.

Social Media

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

You can find us at:

Facebook - www.facebook.com/TransconaBiz
Twitter - twitter.com/transconabiz
Instagram - [instagram.com/transconabiz](https://www.instagram.com/transconabiz)
Website - transconabiz.ca

Transcona BIZ BUCKS Winners!

November: Lexie Gregorchuk, Cecile Howells and Daniel Hunt

December: Bonnie Silvani, Liz Golis and H. Chody

January: Nellie Werth, Jamie Samson and Christina Turner

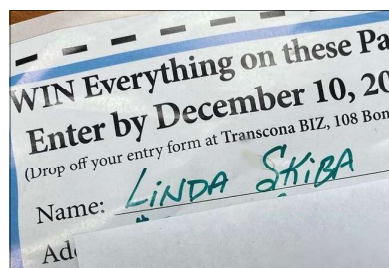
Transcona BIZ Bullet is published quarterly. For more information contact:

204-222-8566 or admin@transconabiz.ca

2022 Board of Directors

Brent Thomas, Casera Credit Union.....	Chair
Robert Juniper, RJ Accounting.....	Treasurer
Shawn Nason, City of Winnipeg Councillor.....	Secretary
Jeanette Corpuz, RBC Royal Bank of Canada.	Director
Lynn Dolphin, Wyatt Dowling Insurance Brokers.	Director
Robert Francis, Prana Medical Centre.	Director
Deborah Neufeld, All About Computers Inc.....	Director
Tom Oakley, Oakley Alarms.....	Director
Michael Pester, Royal George Hotel.....	Director

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



Congratulations to **Linda Skiba** on winning the Transcona BIZ Holiday Buying Guide. #ShopLocal

IN THE SPOTLIGHT

Transcona Dental Centre (TDC) has been proudly serving Transcona and the surrounding communities for over 40 years. With the recent retirement of Dr. Strong, Dr. Rubin and the team at TDC are pleased to welcome Dr. Kevin Pham to the practice. Drs. Rubin & Pham are committed to continue TDC's tradition of excellent dental care in a warm, friendly and comfortable environment.

Dr. Charles Rubin is a graduate of the University Of Manitoba Faculty Of Dentistry, where he was awarded the University Gold Medal in Dentistry. He has been actively involved in the dental community, serving on the Ethics Committee of the Manitoba Dental Association as well as serving as a mentor for undergraduate dental students. Dr. Rubin is also active in the community, coaching hockey, soccer and baseball. He has also worked as an immunizer throughout the pandemic during evenings and weekends.

Dr. Rubin practices all aspects of dentistry. His goal is to provide treatment to patients of all ages in a relaxed and friendly atmosphere. He ensures that his patients are informed, educated and part of the treatment planning process. His commitment to life-long learning ensures he is able to provide the most up-to-date treatment for his patients. Dr. Rubin has a special interest in cosmetic dentistry, dental implants and clear aligners. He is a Certified Invisalign Provider and is happy to provide free consultations for anyone looking to utilize this cutting-edge treatment to help create the smile they've always wanted. If you suffer from headaches, neck aches or biting pain talk to Dr. Rubin about bite equilibration/adjustment or splint (night guard) therapy.

TDC is proud to have an outstanding team to help with all your dental needs. Office manager, Franca and her administrative team of Martha & Trinity will be more than happy to guide you through any insurance or financial matters and find you the right appointment. The dental hygiene team are second to none. Shauna, Marie, Terri, Jessie and Jamie will leave with you with healthier gums and a dazzling smile and ensure that you have all the tools and knowledge to maintain it. The assistants at TDC ensure that all your dental appointments are comfortable and procedures run smoothly. Melanie, Shannon, Breanna and Sarah are experts in patient safety and comfort.

Transcona Dental Centre is committed to patient and office safety. TDC adheres to the highest levels of infection control and sterilization. As well, all staff at TDC ensures that they are up-to-date and follow all Covid-19 protocols.

Visit www.transconadental.com, call 204-222-8609 or email contactus@transconadental.com to book an appointment. TDC happily welcomes new patients of all ages!



WELCOME DR. PHAM

After attending the University of Manitoba Faculty of Sciences for his undergraduate studies, Dr. Kevin Pham completed his Doctor of Dental Medicine Degree at the Dr. Gerald Niznick College of Dentistry in Winnipeg.

Dr. Pham is passionate about dentistry and developing thoughtful relationships with his patients. He enjoys practicing all aspects of general dentistry with a keen interest in esthetic dentistry. He believes in staying at the forefront of dentistry through continuing education and sees both adults and children in his practice. Outside of dentistry, Dr. Pham enjoys mentoring aspiring healthcare professionals through the University of Manitoba Rady Faculty of Health Sciences Community Mentorship Program.



In his spare time, Kevin enjoys spending time with family and friends – especially his four nieces and nephews. He enjoys summer days at the family cabin and cheering on the Winnipeg Jets in the winter season. He is fluent in both English and Vietnamese. Kevin is excited about working at Transcona Dental Center and is welcoming new patients to his practice.

TASTE OF TRANSCONA

Looking for a bite to eat close to home? Whether it's dine in, take out or delivery - Look no further than the amazing options right here in Transcona. See Page 11, Business Directory, for a full list of places.



A Little Pizza Heaven

101 Regent Ave E
204-777-5575

Offering their signature garlic crust alongside all you're A Little Pizza Heaven favorites.



Chicken Delight

453 Regent Ave W
204-982-1370

From pizza and chicken family dinners, to snacks and desserts. Don't cook tonight call Chicken Delight!



Foodtrip Kitchen Regent

Unit 19-801 Regent Avenue W
431-570-0334

A glimpse of the Philippines through having a taste of Filipino food, but also experience Filipino hospitality.



Heffy's Fried Chicken

105 Pandora Ave E (inside Fas Gas)
204-224-1600

Fried chicken meals, wedges, tenders and kabobs and samosas.



L'Arche Tova Café

119 Regent Ave W
204-421-9388

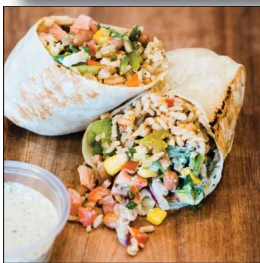
Building a more compassionate society one cup of coffee at a time while offering wholesome comfort food and great service in a warm and welcoming setting.



Little Bones Wings

123 Regent Ave W
204-777-2667

With a perfect mix of, fun, convenience, and delicious quality. They have 75 flavours of wings, with endless possibilities for combination flavours.



Mucho Burrito Fresh Mexican Grill

2-1510 Plessis Rd
204 306 7810

It is made by hand right in front of our guest's eyes, using only the freshest ingredients, free of artificial flavours and preservatives.



Red Chilli's East Indian Cuisine

11-801 Regent Ave W
204-615-5550

Bringing you the best Authentic Indian Food in Winnipeg, in an upscale and cozy atmosphere.



Spike's Grill

202 Bond St
204-691-1696

Located in the lower level of the Princess Hotel, fully licensed family restaurant (children welcome!). Serving home cooked meals.



Szeto's Chinese Food

103 Bond St
204-222-6868

A small family run restaurant offering everything from lunch specials and large gatherings.



TOM YUM Thai Restaurant

3-233 Regent Ave W
204-414-9144

Serving authentic Thailand food with a strong focus on the freshest recipes, flavoured with the finest ingredients.



Will's Tasty Food

201 Melrose Ave E
204-489-8322

Homemade artisan and gourmet pizzas, burgers, soft tacos, wings, quesadillas, nachos, and a cauliflower poutine - with brown gravy, cauliflower, cheese curds and bacon.

TO INFINITY AND BEYOND



The Transcona BIZ is proud to host its annual Festival of Banners design contest. This year's theme is "Out of this World", discovering our solar system. From planets to stars, from spacecrafts to aliens, we will be exploring to infinity and beyond!!

We are inviting all students from K-12 in the Transcona area to design a banner on the template found on our website and submit the paper copy to our office by Monday, May 16th, 2022 at 3pm.

Winners will be chosen to paint their design on large banners that will be displayed around Downtown Transcona.

For more information and to download the entry form, visit our website: www.transconabiz.ca

Photo of Ava-Rose R. (2021)



FULL 24 HOUR SERVICE
MB Hydro Financing Available

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

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

24 Hour Service
204-226-3636
www.nexstarmechanical.com






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!



James Teitsma
MLA for Radisson

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

204.691.7976
office@jamesteitsma.ca

WINTER WONDERLAND WINDOWS

For the 2021 holiday season, we teamed up with The Travelling Sign Painters to help bring the magic of the season into shopfront windows around Transcona! Each one of the seven windows featured a different classic holiday tale, from Rudolph the Red Nose Reindeer to the Little Match Girl. Did you have a chance to explore the zone and find your favorite?

We hope you enjoyed them.



DANIEL BLAIKIE  **MP**
Elmwood-Transcona

Proud to
Support
Transcona
Business



 204.984.2499  Daniel.Blaikie@parl.gc.ca
Constituency Office: 207-1111 Munroe Avenue

ROCKIN' TRANSCONA

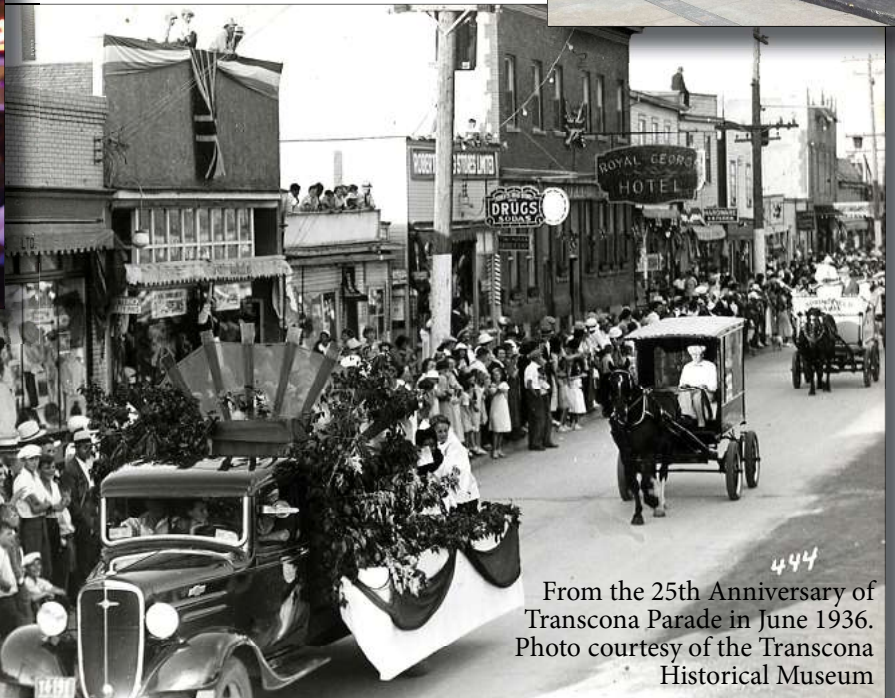
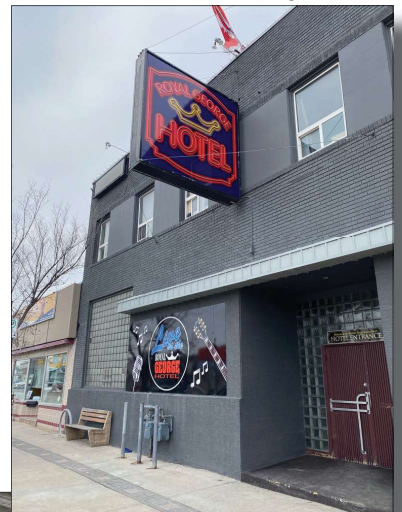
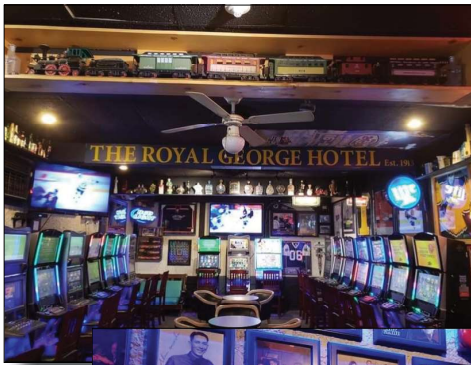
By Cornelius Thiessen

Twenty or so years ago, when I moved to Transcona, I noticed all these bars so close together, how do you figure out where to go? I asked some Transcona Oldtimers, and they always seemed to talk about The Royal George and all the history there.

I'm not one to really go to the bar so I put off the visit until one weekday morning, at the insistence of a certain Transcona resident, I went. I wasn't quite sure what to expect but I was totally blown away by the beauty of the George, all the history that is found there, the guitars on the walls, pictures of the bands that had played there, and so much more. I was truly amazed!

The Royal George Hotel can be found standing straight and tall in the middle of most photos of Regent Ave from whatever era you look at. This epic bar room hosted everyone from local bands to music greats to hall of fame legends, couples met at The George and later married, and a million cold ones have slid across that bar. Live bands seven days a week are still the order of the day and usually playing to full crowds.

Everything has changed in Transcona over the years, the owners of The George have come and gone but the atmosphere in this iconic venue has remained the same. It is a true anchor building on the strip and still the coolest historical venue in Transcona.



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From the 25th Anniversary of Transcona Parade in June 1936. Photo courtesy of the Transcona Historical Museum

FOR YOUR HEALTH

By Cornelius Thiessen

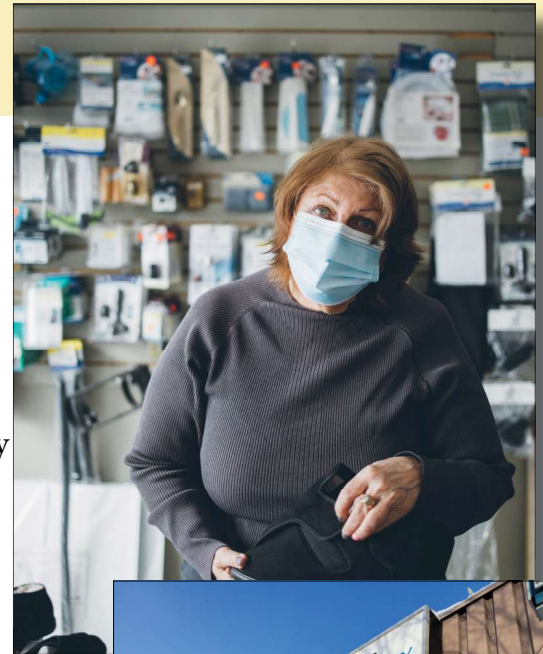
Debby Black has been working in the health field for most of her life. Eleven years ago, she decided it was time to slow things down and so she started her own little shop, Transcona Health & Safety Services, as a hobby. The hobby thing didn't last long – referrals from different clinics started pouring in and her little business started to thrive.

From construction workers coming in for ice cleats, to customers looking for walkers and specialty shoes and slippers, to people bringing in mobility scooters to sell on consignment, she keeps very busy. She offers medical equipment, garment fitting, compression legwear, diabetic & orthotic footwear and safety supplies and other healthcare products.


Debby also understood the need for short term use and has been able to work something out for most people. With very reasonable prices, customers keep coming back. Like everything in Transcona, good reviews turn into referrals and new customers are always coming in for her help.

Debby is a long-time resident of Transcona, in fact her mother used to operate a shop at the same location as her store now – 111B Regent Ave West. A lot of us are getting older and it's nice to know that when the time comes that we need her products we don't have to leave the community.

111B Regent Ave West
204-414-7131
transconahealth@gmail.com



**Working Hard
for Transcona**



NELLO ALTOMARE
MLA for Transcona
204-594-2025 | nello.altomare@yourmanitoba.ca

REPORT GRAFFITI

In 2021, the Transcona BIZ Graffiti Team removed over 225 pieces of graffiti throughout Transcona. This free service, with funding provided by the City of Winnipeg, is accessible to all residents and business owners in the area.

Anyone who sees graffiti can report it - by reporting graffiti online through the Transcona BIZ website, Transcona BIZ social media platforms, sending an email to Transcona BIZ, or phoning the Transcona BIZ office, the graffiti team will do all the work.

Once a report has been received, the graffiti removal team can follow up with any further questions, plan to assess the graffiti, have the Graffiti Removal Service Release & Indemnity Form filled out and signed by residential or building owners where required, and take the next steps in removing the graffiti. They also remove graffiti from hydro poles, MTS boxes on corners and street signs.

At the job site, the graffiti team document relevant data such as the building type, material, if the surface is painted and a colour-match is needed, the method of removal, and any specific chemicals used. This information is entered into a 'Graffiti Removal Service Documentation of Removals' form for each job, as well as an Excel spreadsheet that tracks all jobs completed over the season. Copies of receipts for all graffiti expenses are kept, along with before and after pictures.

The Transcona BIZ Anti-Graffiti Team is also responsible for blitzing; actively looking for graffiti throughout the Transcona Ward, documenting locations, contacting business and residential owners with information about the Anti-graffiti Program, and following up to provide services as requested.

The 2022 anti-graffiti program will provide graffiti removal services between June 1st, 2022– October 31st, 2022. Removal requests outside of this season can be forwarded on to the City of Winnipeg or compiled in a list for the upcoming season.



**Transcona BIZ
Anti-Graffiti
Program**


TRANSCONA
BUSINESS IMPROVEMENT ZONE

Spot Graffiti?

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

Report online at:
TransconaBIZ.ca

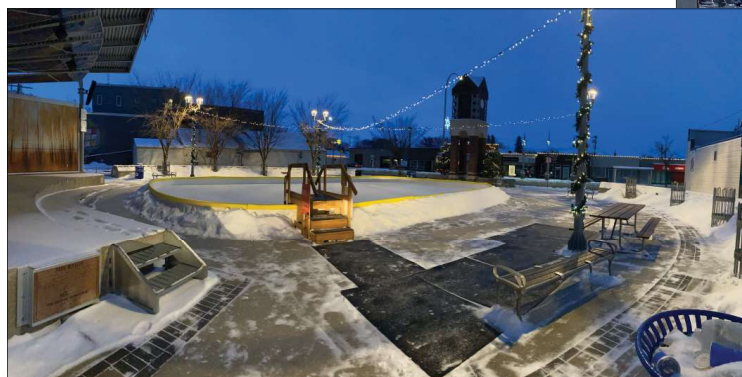
Email a photo with location to:
graffiti@transconabiz.ca

Call:
204-222-8566

FAMILY SKATING RINK

We would like to send out a big thank you to East End Community Club for their ongoing hard work at the Transcona Centennial Square in maintaining the Family Skating Rink. Not only do they create and flood the ice each year, but this year also they worked extremely hard to keep the rink clear of snow and cleaned up garbage daily. With this year's snow fall, that was a big job!

Also, thank you to the City of Winnipeg, Parks and Open Spaces Division for installing and removing the rink.



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

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

**Enter by April 30, 2022
to Win \$50 BIZ Bucks*!**
(BIZ Bucks have No Cash Value)

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

**Enter by May 31, 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



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 Street R2C 1B1
204-615-8297
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
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
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@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/
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.

Foodtrip Kitchen Regent
Unit 19-801 Regent Avenue W R2C 1R1
431-570-0334
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
204-691-1696
*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.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 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.

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
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

Private practice physiotherapy clinic.

Transcona Physiotherapy

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

www.transconaphysio.com

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

Commercial and residential garage door products.

Nexstar Mechanical Services Ltd.

108 Bond St R2C 2L2
204-226-3636

www.nexstarmechanical.com

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

RGC Plumbing & Mechanical

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

RGCPlumbing@gmail.com

www.rgcplumbingandmechanical.com

RGC Plumbing - Your Total Plumbing Contractor. RGC Radon - Leaders in Radon Mitigation.

Transcona Overhead Doors Ltd.

118 Melrose Ave W R2C 1N6
204-222-7943

www.transconaoverheaddoors.ca

Residential overhead garage doors, electric openers, and bug screens. Sales, service and installations serving happy homeowners since 1973.

Wach Window & Door Ltd.

521 Pandora Ave W R2C 1M8
204-222-9434

Residential window and door replacement, sales, service, installation Transcona business since 1967.

Insurance

Ball Insurance Agency

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

sball.ballins@shaw.ca

Insurance sales and service for vehicles, home, cottage, business, travel, and health. CAA Broker Partner.

Clarke Financial Planning & Insurance Services

110 Regent Ave W R2C 1P9
204-487-6556

linda.clarke@clarkefinancialplanning.com

www.clarkefinancialplanning.com

The firm specializes in offering group insurance & pension plan services to First Nation companies and governments. 100% First Nations owned and operated.

Medi-Quote Insurance Brokers

505 Pandora Ave W R2C 1M8
204-947-9210

www.mediquote.ca

Specializing in travel medical insurance for all ages. We have a plan for everyone.

Wyatt Dowling Insurance Brokers

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

4-801 Regent Ave W R2C 3A7
204-940-6552

www.wyattdowling.ca

General Insurance including Home, Auto, Business, and Life Insurance. 11 Locations in Winnipeg.

Law Offices

George & Tweed Law Corporation

4-549 Regent Ave W R2C 1R9
204-949-3080

Providing legal services in: Real Estate, Wills & Estates, Family Law, Corporate Law.

Hilary C. Maxim Law Office

B-212 Regent Ave W R2C 1R2
204-224-2600

Lawyer dealing with residential real estate transactions, wills, and general Power of Attorney.

Lange Law

227 Regent Ave W R2C 1R3
204-272-0266

chrislange@clangelaw.com

www.clangelaw.com

Manufacturers & Industrial Trades

Burnbrae Farms Limited

615 Kernaghan Ave
204-222-2783

www.burnbraefarms.com

Egg grading and processing.

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

mail@canital.mb.ca

Granite and quartz countertops.

Dominion Pallet & Crate Ltd

414 Pandora Ave W R2C 3A5
204-958-8068

www.dominionpallet.ca

Exceldor (Formerly Granny's Poultry)

750 Pandora Ave E R2C 4G5
204-488-2230

Wholesale only - no retail outlet or license to sell to the general public.

Final Step Limited

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

George Wakefield Foods Inc

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

Kent Welding Gun

1249 Plessis Rd R2C 3L9
204-667-7555

solutions@kentweldinggun.com

www.kentweldinggun.com

Manufacture, sell and service Kent welding guns. Repair service to MIG welding guns. Sales of most popular MIG gun parts. Custom/production CNC machining.

Operating Engineers of Manitoba Local 987

200 Regent Avenue W R2C 1R2

204-786-8658

www.oe987.mb.ca

Martel Bros. Ltd.

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

martelbrosltd@shaw.ca

Freight handling.

National Tire Distributors Inc

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

www.ntdcanada.com

New Flyer Industries

711 Kernaghan Ave R2C 3T4
204-224-1251

www.newflyer.com

buses@newflyer.com

The leader in low-floor, heavy-duty buses. New Flyer has a complete line of vehicles operated in fleets across North America.

Polynt Composites Canada

84-84 Hoka St R2C 3N2
204-668-4900

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

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.*

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.

Winnipeg BTC.com

401 Bond Street R2C 2L8
 204-815-4068
www.winnipegbtc.ca
info@winnipegBTC.com



By Cornelius Thiessen