



**TRANSCONA**  
BUSINESS IMPROVEMENT ZONE

# 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](http://www.facebook.com/TransconaBiz)

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

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

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

## Transcona BIZ BUCKS Winners!

**November:** Lexie Gregorchuk, Cecile Howells and Daniel Hunt

**December:** Bonnie Silvani, Liz Golis and H. Chody

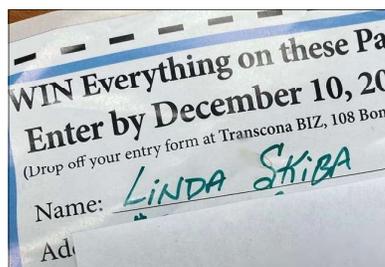
**January:** Nellie Werth, Jamie Samson and Christina Turner

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

204-222-8566 or [admin@transconabiz.ca](mailto: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, AllAboutComputersInc.....	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](http://www.transconadental.com), call 204-222-8609 or email [contactus@transconadental.com](mailto: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.*



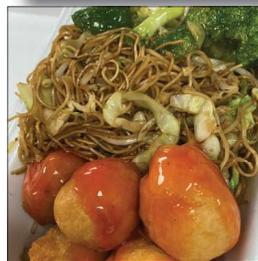
**Mucho Burrito**  
**Fresh Mexican Grill**  
2-1510 Plessis Rd  
204 306 7810  
*It is made by hand right in front of our guest's eyes, using only the freshest ingredients, free of artificial flavours and preservatives.*



**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](http://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
- Ventilation
- Heat Pumps
- Electrical
- Air Conditioning
- Boilers

**24 Hour Service**  
**204-226-3636**  
[www.nexstarmechanical.com](http://www.nexstarmechanical.com)





**James Teitsma**  
**MLA for Radisson**

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

**204.691.7976**  
[office@jamesteitsma.ca](mailto:office@jamesteitsma.ca)



**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!

# 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

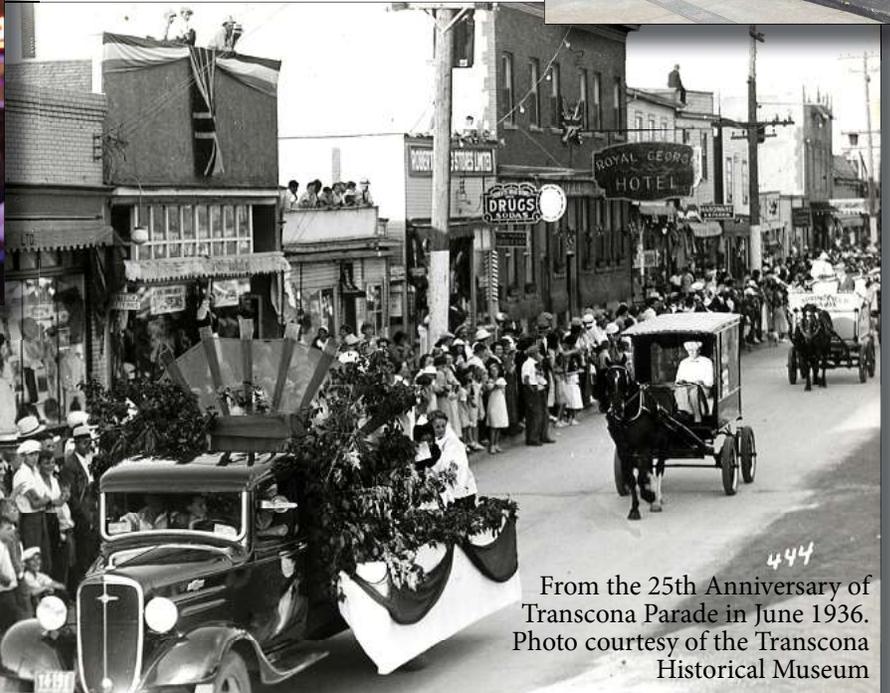
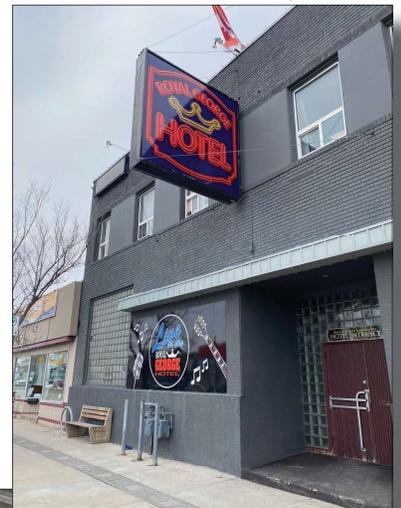
By Cornelius Thiessen

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.



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

# FOR YOUR HEALTH

By Cornelius Thiessen

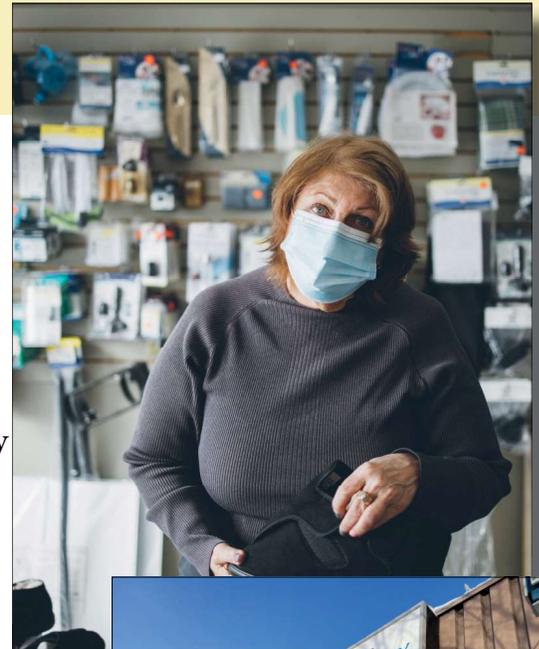
Debby Black has been working in the health field for most of her life. Eleven years ago, she decided it was time to slow things down and so she started her own little shop, Transcona Health & Safety Services, as a hobby. The hobby thing didn't last long – referrals from different clinics started pouring 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 1<sup>st</sup>, 2022– October 31<sup>st</sup>, 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](https://TransconaBIZ.ca)

Email a photo with location to:  
[graffiti@transconabiz.ca](mailto: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](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  
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@alittlepizaheaven.ca  
*Offering our signature garlic crust alongside all you're A Little Pizza Heaven favorites. Besides pick up and delivery, we offer catering and our food truck for private events.*

**Chicken Delight**  
453 Regent Ave W R2C 1R7  
204-982-1370  
www.chickendelight.com/location/453-regent-ave-w/  
*Chicken, ribs and pizza for take-out and delivery.*

**Choy's Chinese Food Catering Services**  
110 Regent Ave E R2C 0C1  
204-222-2005  
www.choys.ca  
*Open 7 days a week, pick up and delivery. Lunch catering available.*

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

**Dal's Restaurant & Lounge**  
122-126-701 Regent Ave W R2C 1S3  
204-222-4255  
*Full service restaurant. Pizza, burgers, salads, chicken and more for takeout and delivery.*

**Domino's Pizza**  
1-233 Regent Ave W R2C 1R3  
204-987-5557  
pizza.dominos.ca/winnipeg-manitoba-10207/  
*Pizza, wings and more.*

**Foodtrip Kitchen Regent**  
Unit 19-801 Regent Avenue W R2C 1R1  
431-570-0334  
info@regent@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: marykasmassagetherapy.  
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@royalpage.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@paleoplatery.ca  
www.paleoplatery.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  
 Inichol@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**

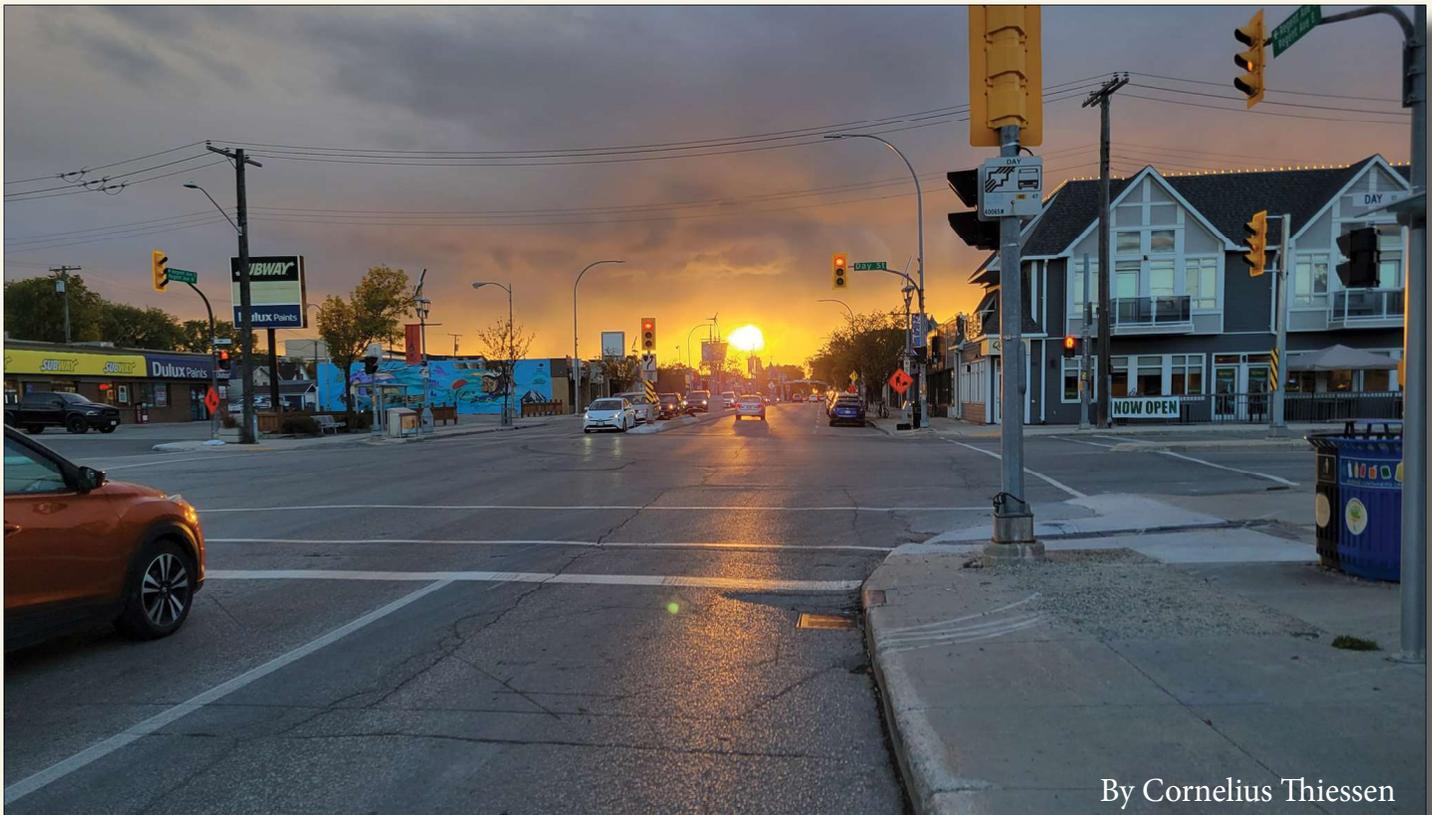
107 Regent Ave E R2C 0C2  
 204-221-6585  
*Clothing alterations and repairs.*

**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