



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

VOL 19 No. 3

September 2022

TRANSCONA GOES
“OUT OF THIS WORLD”
WITH THIS YEARS
FESTIVAL OF BANNERS
SEE THE YOUNG ARTISTS
SHOW OFF THEIR BANNER INSIDE



Photo by: Hannah Lee

IN THE COMMUNITY

It's been a busy summer!! I hope everyone had a chance to visit one of our many day and evening community markets, participated in some of the many activities surrounding the Canada Day celebrations, including the fireworks. I hope you got to enjoy one, if not all, of our three movie nights, experience a Fitness in the Square class or even just enjoy the flowers around the zone.

Our Community Ambassadors worked hard all summer to keep the flowers watered, the Transcona Centennial Square clean, our streets clean of garbage, grass cut, and worked extra hard to remove graffiti from all over Transcona.

We have a few special events planned for the fall so make sure that you follow us on social media @TransconaBIZ or check our website for upcoming activities for the whole family.

I'd like to also thank community members for supporting our local businesses this summer. These businesses are owned and operated by our neighbours and friends. They employ our friends and family and they appreciate your business and support every time. #ShopLocal

Sincerely,

Leila Dance
Executive Director



Left to Right: Kirsten Hudey (Events & Office Coordinator), Hannah, Erika, Sarah, Nick, Dana, Connor, Ryleigh and Leila Dance (Executive Director)

SOCIAL MEDIA

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

You can find us at:

Facebook - www.facebook.com/TransconaBiz

Twitter - twitter.com/transconabiz

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

Website - transconabiz.ca

Transcona BIZ BUCKS Winners!

May: Mike Pilon, Elste Shalk, Wayne Tanchuk

June: Suzanne Charkiewich, Kim Peixoto, Bunny Dromo

July: Denise Karman, Sylvia Yeryk, Bertha Hiebert

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

204-222-8566 or admin@transconabiz.ca

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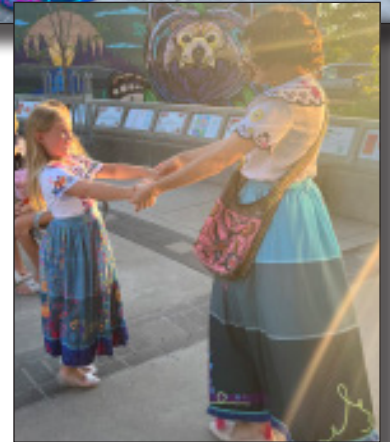
Martin Pasieczka, City of Winnipeg.....City Liaison

MOVIES IN THE SQUARE

Lights, camera, action! After a long 2-year hiatus, we were so excited to be back for Movie Nights in the Square presented by Club Regent Casino & Event Centre! This was a free event at the Transcona Centennial Square that we know the Transcona community has missed. We hosted three evenings under the stars with family friendly movies to enjoy: The Disney hit movie Encanto, Ghostbusters: Afterlife and Spider-Man: No Way Home.

Our friend Popcorn Dan from Beaches Sugar Shack was set up with concession snacks and we handed out free movie theatre style popcorn! We were able to celebrate our first Movie Nights in the Square being back in 2 years by giving away Transcona BIZ colour changing cups and a movie prize pack, all thanks to Club Regent Event Centre.

Special thank you to A Living Fairytale (Mirabel and Spider-Man) and The Winnipeg Ghostbusters for coming out and visiting through the crowds to add to fun filled Movie Nights at the Square under the stars.



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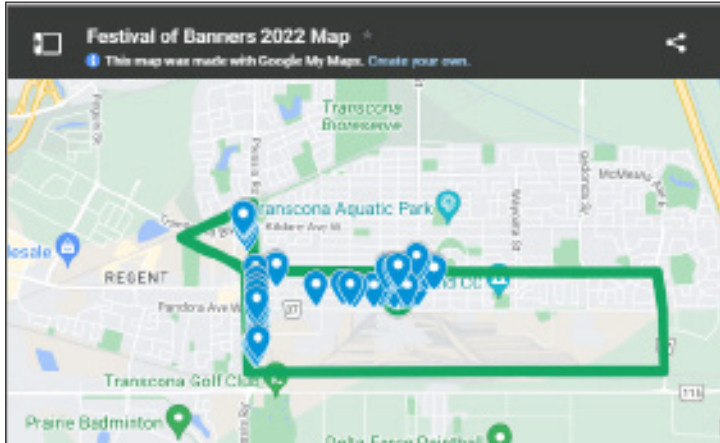
10 ROYAL LEPAGE
**TOP TEN
AWARD 2020**
INDIVIDUAL - MANITOBA



TRANSCONA - OUT OF THIS WORLD

Transcona, have you noticed how out of this world the streets have gotten? As you might have already noticed, the 2022 Festival of Banners are now on display! The theme for 2022 is Out of This World where you'll see the astronomical imaginations of outer space. Students from K-12 in the Transcona area were encouraged to channel their thoughts on outer space to design a banner. We were overwhelmed by the number of students who chose to participate, receiving over 1,200 entries!

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



- Regent Ave West btwn Kanata Ave & Plessis Road
- Bond Street btwn Regent Ave & Pandora Ave East
- Pandora Ave btwn Day Street & Plessis Road
- Plessis Road from Regent Ave heading south towards the underpass
- Around Park City Commons strip mall parking lot near No Frills

We hope you enjoy hunting for your favourite banner and seeing all the wonderful artwork around town. In addition to the fun of searching for your banner, this year our community ambassadors have been hard at work to compile a map to make it easy to search by the artist's

name! This map can be found at our website transconabiz.ca. Banners will be proudly displayed over the next year, before being taken down in 2023 to make way for the next Festival of Banners.

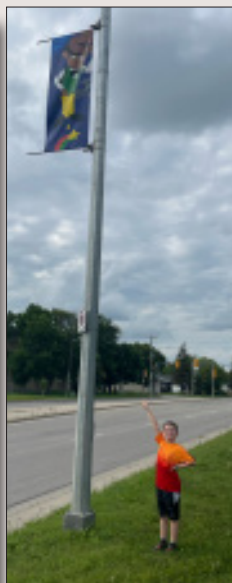
A huge thank you and congratulations to all the artists, teachers, and families who participated and helped make this year's Festival of Banners a cosmic success. We appreciate your hard work and strong community spirit!

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

Aiko B.



Chase D.



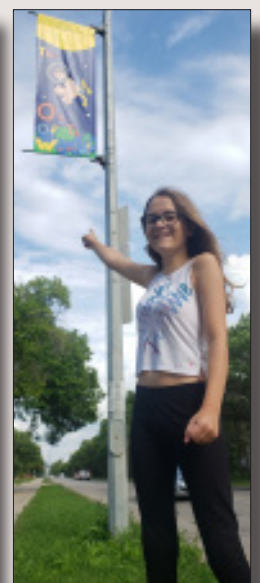
Samuel H.



Dante B.



Lirael W.



KEEPING TRANSCONA CLEAN



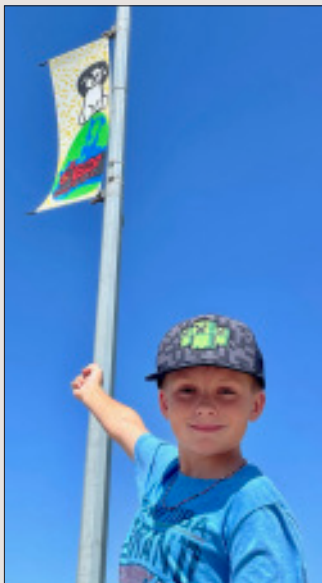
On May 13th, Transcona BIZ celebrated spring with our annual Community Clean Up event kick off! We invited members of our community to pick up their clean up kits at the Transcona Centennial Square then choose an area of Transcona to spruce up. We were able to hand out close to 100 kits of garbage bags and gloves to families, schools, and businesses in the area to do their part in making our already beautiful streets of Transcona a cleaner, garbage-free place to live!

During the week of May 15-21, clean-up community members tagged us on social media with the hashtag #TransconaCleanUp and the Transcona Cubs were the lucky winners of a team BBQ. We are so proud of the residents of Transcona who continue to have a great sense of pride that helps us continue to hold our reputation as the Park City!



Grace L.

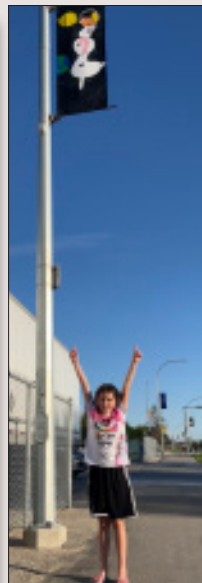
Alexander L.



Carmela P.



Kasia K.



Ava-Rose, Everly-Joy, & Eden-Grace R.



MEET VITO & GENIO

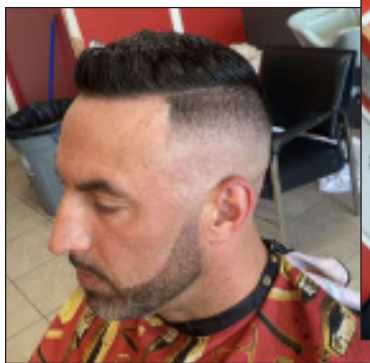
Continuing with the Romeo's Brothers 50 year dedication to Transcona, Vito has been a fixture in the community for the last 14 years. He brings his own level of sass and attitude to downtown Transcona, paired with his skill and experience level, his clients loyally keep coming back.

This past spring, Genio Cisternino joined the barbershop and with him he brings 9 years' worth of experience and the latest styles and creativity in men's grooming.

Vito and Genio specialize in fades, business cuts and children's cuts. They also have extensive experience with straight razor shaves and beard line ups. Book your appointment today!



@_geniocisternino



134 Regent Ave West
204-222-8196

DID YOU KNOW...

The term "fade" has become the popular term for an aggressively tight taper in men's hair. Hair at the sides and back is cut as close as possible with clippers and "fades", or tapers, up into almost any length on top. A shape-up, also called a line-up or an edge-up, is a hairstyle that involves cutting along the natural hairline to straighten it.

Kenleigh S.



Hunter J.



Elodie S.



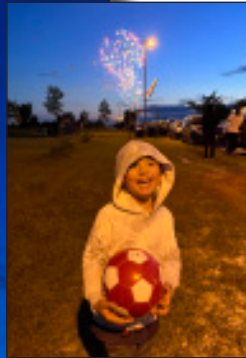
Blake M.



LIGHTING UP TRANSCONA!



The Transcona BIZ had the opportunity this year to partner with Councillor Shawn Nason, Ball Insurance Agency and Buhler Recreational Park (as well as a few donors that wish to remain anonymous) to host fireworks on July 1st.



Archangel Fireworks dazzled the crowd with an awe-inspiring sight of multi-colored fireworks exploding in the sky over the park.

We hope everyone enjoyed this free event as much as Carter (left) did!



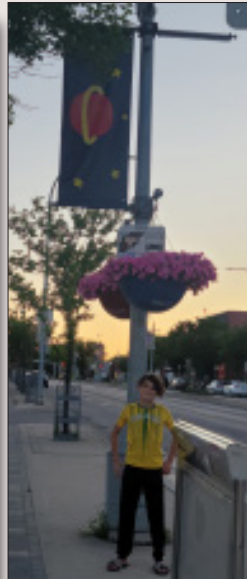
Aliyah P.



Ayla B.



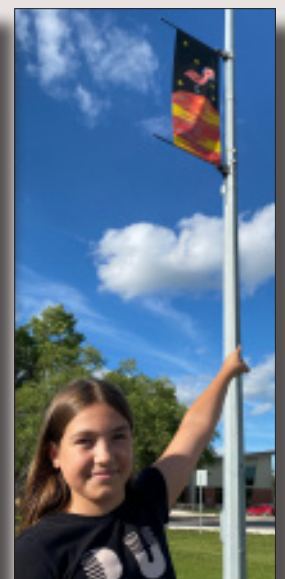
Mason E.



Haleina C.

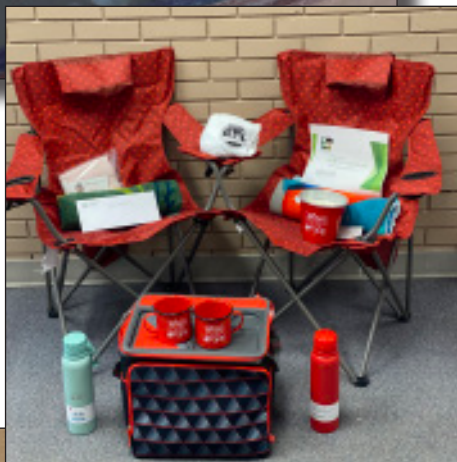


Avery M.



CANADA DAY CELEBRATIONS

We were so excited to be able to again host the 2nd Annual The Great Transconian Canada Day Scavenger Hunt this year in partnership with the Transcona Museum! Due to the overwhelmingly popular response from last year's event, we were back and had Transconians searching throughout Downtown Transcona and the surrounding area for the answers to 15 Canadian and Transcona centric clues. Teams who answered all questions correctly were entered in to win the grand prize, and all participating teams were entered into a draw to win one of three summer fun packs.



Teams had the chance to pick up a free Canada Day Celebration Kit while supplies lasted, the contents including donations from Transcona Museum, MLA for Transcona Nello Altomare, Transcona City Councillor Shawn Nason, and MLA for Radisson James Teitsma – we thank them for their support and contributions.

We upped the ante this year hiding 10 Canada themed rocks throughout the Zone, with a prize offered to anyone who found and returned a rock before the end of the month. The community must have had good practice from last year, as all the rocks were found within the week! All rocks have been returned to the office in exchange for a \$50 gift card to a local BIZ member business.

Community members also had a chance to show their Canadian pride by creating a masterpiece for the Canada Day Walls of Fame Community Artwork Display! Artists of all ages were encouraged to submit an entry inspired by the theme “What Makes Canada Great”. Artworks were proudly displayed at the Wyatt Dowling/Wawanesa Community Walls of Fame at Transcona Centennial Square over the summer.



Canadian
Heritage

Patrimoine
canadien



Transcona BIZ would like to thank our sponsors, without whom our celebrations would not have been possible: Canadian Heritage, under the Celebration and Commemoration Program, Celebrate Canada Component, and TD Bank Group. Transcona BIZ would like to thank everyone who took part in our Canada Day celebrations, and congratulate our winning teams.

Scavenger Hunt Winners:

Grand Prize:

Millie's Mama

Summer Fun Pack:

HeatSue

Otis The Dog

The Savages

Rock Winners:

Carissa

Coby, Makayla and Mady

Amanda

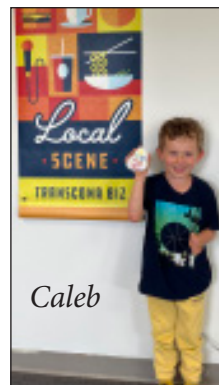
Josh

Seth

Caleb

Amy

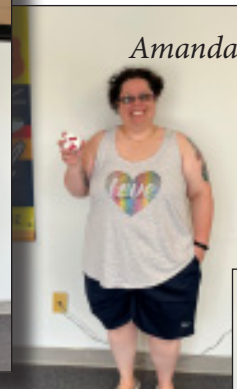
Jennifer



Caleb



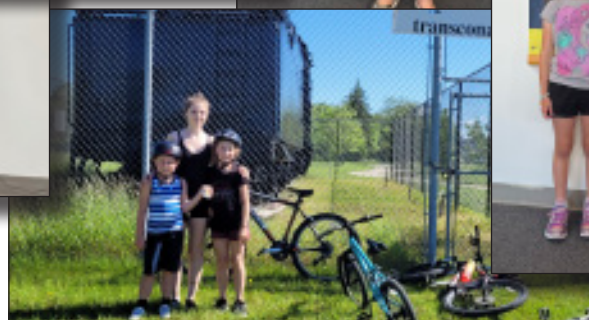
Millie's
Mama



Amanda



HeatSue



Coby,
Makayla
& Mady



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FITNESS IN THE SQUARE

Fitness in the Square was back for in person classes this summer. We were able to highlight two wonderful fitness gurus - **Bernadette from Love your Body Yoga** and **Melanie from Mettle in Motion!**

Members of the community were able to take part in a free session at Transcona Centennial Square to move their body and add a little fitness to their lives. Both sessions were fun and suitable for all skill levels.



Thank you to
Bernadette
and Melanie
for bringing
wellness to our
community!



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Mansehaj B.



Eryn C.



Sasha O.



Jared-Athan P.



WITH PRIDE

Transcona BIZ was proud to support the first ever 'Transcona With Pride' parade float at this year's Winnipeg's Pride Parade.

The event, held in Downtown Winnipeg on Sunday, June 5th, 2022, was a huge success and encouraged Transcona community members to be proud of their LGBTQ+ orientation, and invite their friends and family members to ride on the float with them.



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Anya J.



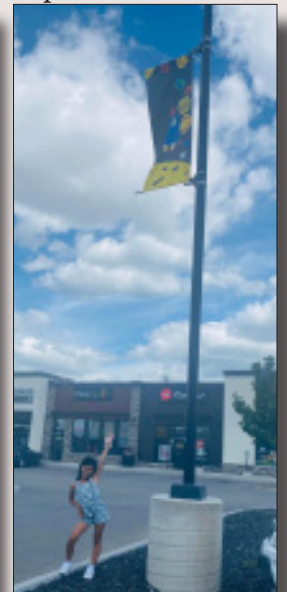
Leiana T.



Mackenzie M.



Sophia M.



COMMUNITY MARKETS

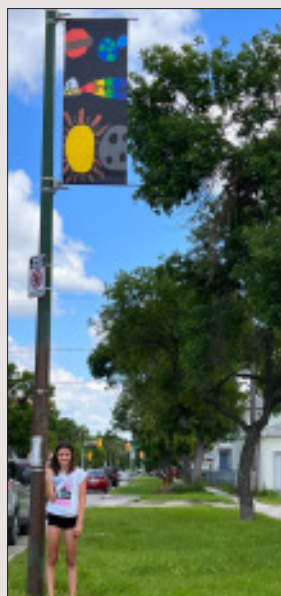


The Transcona BIZ Community Markets took place on Thursdays throughout June, July and August, as well as two Wednesday Night Markets. Over the summer Transconians had the opportunity to shop for locally grown fresh produce, handmade arts and crafts, artisanal hot sauces, honey, baked goods, wine and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

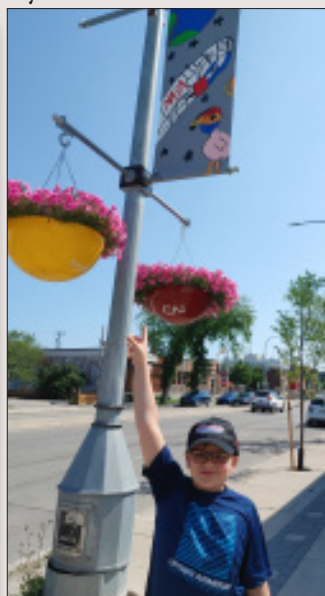
The Transcona Christian Reformed Church was gracious enough to allow us to continue to offer this weekly event, allowing us to offer more space and more vendors to shop. Having a greater variety of vendors again this year ensured that each week showcased a unique mix of local products and talented artists! Transcona BIZ would like to thank all the vendors for attending, Transcona Christian Reformed Church for hosting us, and all the community members for visiting the markets and making them a success.



Scarlett L.



Ryland B.



Euan A.



Andi-Lee G.



2022 Vendors include:

1882 Fruit-Based Hot Sauce
Altomare, Nello (NDP)

Arepas house

BakitWhy Granola

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Bunny Trail Studio

City of Winnipeg

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Design Decor

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Doreen's Creations

Dots of Love Canada

Edelweiss Family Garden

EK Handcrafted Designs

Elfin Handmade Designs

Emms Pocket Shop

Fat Iguana Chefs Kitchen

Fire and Ice Designs

Flapjack Kids

flora & farmer

For Seasons & Reasons

Fred Simpson Glass Jewelry

Gabe's Creations

Grey Haven Bath and Body

Homemade Creations by Pat

Jeepney Mobile Food Truck

KJK's Crafty Creations

L.D.B. Designs



Labelle Beads

L'Arche Tova Cafe

Laurie Vegetables, Preserves & Baking

Lindsay Feenstra Marketing

Lisa Gagnon Crafty Creations

Loveable Handmade

Macs by Beth

Michele's Epicure

Milieu Market

Nicole Shewchuk Jewelry

Norwex - Cynthia

Norwex with Teresa

Oil Paintings by Iren

One Bead at a Time

Optimist Clubs Foundation of Winnipeg

Patent 5 Distillery

Pink Raindrop Designs

Posiescreations

Prairie Pickers Cafe

Purps Produce

Rad Retro

Rag Treasure Doll Company

RK Specialty Foods (Chaps Peanut Butters)

Sasshole Designs

Scalder Designs

Scentsy by Natalie

Scruffs & Mugs

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Tiber River Naturals With Lisa

TLK GEMSTONE CREATIONS

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Topo Clay Boutique

Trail Dog Treats

Watkins

We All Have Cravings Etc

Wenkai Oriental Vegetables

Wilde Fleur Co.

Gabriella C.



Danica B.



Adrianna F.



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**Enter by November 30, 2022
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*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:
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**James
Teitsma**
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info@foodtripkitchen.ca

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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.

paleo plattery

313 Day St R2C 1B1
info@paleoplatery.ca

www.paleoplatery.ca
The paleo plattery caters to those with
food sensitivities and allergies. Living
with food restrictions is hard. Let us
help you enjoy food again.

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.

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.

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

Unit 16-801 Regent Ave W
204-414-225

Wendy's

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

www.wendys.com

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

Will's Tasty Food

201 Melrose Ave E R2C 0B1
204-489-8322

www.willstastyfood.com

Tues – Wed: 4:30 pm – 10:00 pm

Thurs – Sat: 4:30 pm – 12:00 am

Homemade artisan and gourmet pizzas,
poutine, and hot and cold sandwiches.

Entertainment**Central Hotel**

201 Melrose Ave E R2C 0B1
204-222-4777

centralhotelevents@mymts.net

www.rookiesinsidethecentral.ca

Beverage vendor, VLTs, monthly rooms,
Darts and Pool League, Off Track
Betting (OTB) for Assiniboia Downs,
WTF Restaurant.

Joe's Pandora Inn

103 Bond St R2C 2L1

204-222-0571

pandorainn@shaw.ca

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

Princess Hotel

202 Bond St R2C 2L4
204-224-4885

Princess-Hotel@shaw.ca

Full service hotel with 350-seat beverage
room, 165-seat banquet hall, drive-thru
beer store, 41-seat restaurant, and 15
rental rooms. Banquet hall available for
rent (seats 165).

Royal George Hotel

123 Regent Ave W R2C 1R1
204-224-1882

Open 7 days a week, Live 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 Hef-fy's fried chicken.

Henry's Car Wash & Petro-Canada

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

Gas, diesel, propane, convenience store, car wash, and Tim Hortons drive-thru and walk-in.

Shell Canada

1440 Plessis Rd R2C 2X4
204-224-0074

609 Regent Ave W R2C 1R9
204-222-9431

www.shell.ca

Gas, car wash, and convenience store.

Government

Daniel Blaikie

MP, Elmwood—Transcona
201-1111 Munroe Ave R2K 3Z5
204-984-2499

Daniel.Blaikie@parl.gc.ca

Nello Altomare

MLA, Transcona
127 Regent Ave W R2C 1R1
204-594-2025

Nello.Altomare@yourmanitoba.ca

James Teitsma

MLA, Radisson
Room 227 Legislative Building
450 Broadway R3C 0V8
204-691-7976

james.teitsma@leg.gov.mb.ca

Shawn Nason

City Councillor, Transcona
510 Main St R3B 1B9
204-986-8087
snason@winnipeg.ca

Health Care

Clinics

Plessis Medical Centre

12-801 Regent Ave W R2C 3A7
204-222-4200
Family practice medical office.

Prana Family Medical Centre

208 Regent Ave W R2C 1R2
204-222-6771 Fax: 204-777-1728
www.pranamed.ca

Facebook.com/pranapharmacy

Dr. Iresha Edi (CCFP, MD)

Dr. Majid Shariati (CCFP, MD)

Female family doctor accepting patients.

Walk-in clinic with longer hour service.

Full-Service Pharmacy.

Monday - Friday 8.30 am - 7 pm

Saturdays 9 am - 1 pm

Transcona Medical Clinic

200-701 Regent Ave W R2C 1S3
204-222-5221

Chiropractors

Moorhead Chiropractic

501 Regent Ave W R2C 1R9
204-222-2969

Dr. Lloyd Moorhead

Dr. Richard Moorhead

www.moorheadchiro.solutions/

moorheadchiro@shaw.ca

Chiropractic and massage therapy for your spinal and extremity joint dysfunction and pain.

Regent Chiropractic Centre

705 Regent Ave W R2C 1S2

204-222-1571

Dr. C. M. Possia

Massage Therapist also available treatment and rehabilitation for sports, work and other injuries.

SquareONE Rehabilitation

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

www.squareonerehabilitation.com

info@squareonerehabilitation.com

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

Zaharia Chiropractic

509 Pandora Ave W R2C 1M8
204-224-9474

Dr. Livia Zaharia

Dr. Mark Zaharia

zahariachiropractic@gmail.com

www.zahariachiropractic.com

Open late Thursdays until 8pm. Health and injury care, pregnancy & children, auto & work accidents, neck & back pain, headaches, sports & muscle injuries.

Dentists/Denturists

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

plessis@advance-massage.ca

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.

Optometrists

Prairie Eye Care

Unit 3-1490 Plessis Road R2V 5G6
204-306-0566
www.prairieeye.com
parkcity@prairieeye.com
Dr. Phipps Dr. Owusu
Dr. Kosowski
Celebrating 10+ years in vision care services! From full comprehensive exams, to a stylish optical gallery, including contact lenses. See you soon!

Transcona Optical

211 Regent Ave W R2C 1R3
204-224-2254
www.transconaoptical.ca
Dr. B. Rosner Dr. B. Chartier
Dr. A. Boroditsky Dr. E. Fiorentino
Dr. S. Malo Dr. K. Blackie
Optometric practice providing a full range of services from comprehensive eye exams to high quality frames and contact lenses.

Pharmacies

Plessis Pharmacy

15-801 Regent Ave W R2C 3A7
204-777-1468
Independent & locally owned community Pharmacy proudly serving Transcona & surrounding areas since 2009. We offer prompt, courteous, friendly service including free city-wide delivery, curbside services, blister packaging, blood pressure monitoring, medication review, auto-refill & sync prescription services. We are open 6 days a week and offer after hour service.

Prana Pharmacy

208 Regent Ave W R2C 1R2
204-777-3093
Full city-wide delivery and loyalty program. Walk-in clinic and family doctors accepting new patients. Monday through Friday: 9:00 am - 7:00 pm Saturday: 9:00 am - 1:00 pm Medscheck and Diabetes education program. Easy to administer program. Tailor-made medications compounding service. Sharps and medication disposal program.

Regent Park Pharmacy

118-701 Regent Ave W R2C 1S3
204-222-3257
Retail Pharmacy offering city-wide delivery, stamp shop and greeting cards.

Rexall Pharmacy

1-1490 Plessis Rd R2C 5G6
204-222-4700

Physiotherapists

Plessis Physiotherapy

14-801 Regent Ave W R2C 3A7
204-222-2432
www.plessisphysiotherapy.ca
Private practice physiotherapy clinic.

Transcona Physiotherapy

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
info@ballinsurance.ca
Your Local Insurance Experts! Since 1953, serving Transcona, and surrounding area, residents for their Home, Auto, Business and Travel Health Insurance needs.

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.

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

DeFehr Furniture (2009) Ltd.

770 Pandora Ave E R2C 3N1

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.

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

Transcona BIZ

108 Bond St R2C 2L2

204-222-8566

transconabiz.ca

Pet Services

Pet Planet

4-1510 Plessis Rd R2C 5R5

204-222-8069

Pet Planet is a "natural grocer" for dogs and cats offering a wide range of healthy food, treats, supplements, a self-wash, and, of course, toys!

Shih Tzu's Forever Grooming Services

103 Regent Ave W R2C 1R1

204-221-2811

Where we treat your pet like family.

Transcona Veterinary Hospital

501 Pandora Ave W R2C 1M8

204-222-5251

www.transconaveterinaryhospital.ca

Primarily canine and feline veterinary hospital.

Printing & Promotions

Bond Printing

130 Victoria Ave W R2C 1S5

204-222-7069

www.bondprinting.net

sales@bondprinting.net

Serving the Community since 1986! Commercial and retail printing/promo items/community news publication.

Real Estate

Kehler Realty

132 Regent Ave W R2C 1P9

www.KehlerRealty.com

Art Kehler - 204-222-0149

Jeremy Kehler - 204-222-0001

Gus Miller - 204-224-0078

Robert Unger - 204-791-5145

McCreedy Knox Team

6-549 Regent Ave W R2C 1R9

204-989-7900

www.mccreedyknox.ca

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.

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.

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.

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.

Tyler'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.

Operating Engineers of Manitoba Local 987

200 Regent Avenue W R2C 1R2
204-786-8658
www.oe987.mb.ca

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
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