

“AR POPS UP IN TRANSCONA” (SEE PAGE 3)

AND SHOP LOCAL WITH THIS YEARS

“HOLIDAY BUYING GUIDE” (SEE PAGES 4-5)

SEE INSIDE FOR FULL DETAILS



MESSAGE FROM THE ED



Hello Community! Another busy year is coming to end and it's my time to look back and reflect on the time. I am also finishing the end of my third year here. I started in January of 2020, just weeks before the global pandemic hit and life as we knew it changed. This summer was the closest to normal since I started here.

I had a chance to say goodbye to Gemma, the Events and Office Coordinator, who returned to Australia after working for the BIZ for a year and a half and welcome Kirsten Hudey to our team. Kirsten brings with her an extensive background in customer service and marketing and is already showing a true passion for Transcona. Make sure to wave at Kirsten when you drop off your BIZ Bucks!

This last year has been busy with the return of our Community Clean Up, the weeklong activities surrounding Canada Day, the weekly Community Markets throughout the summer and the return of Movies in the Square which were a huge hit among the community! We also had partnered with the Transcona Legion and the Museum for the Transcona Remembers Scavenger Hunt and we hosted Crafts & Cocktails at Club Regent Event Centre.

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!

August: Martha Desautels, Bernie Chapko, Lenora Boulher

September: Tom Nesby, Jean Kollman, Mike Kot

October: Vicky Low, Rose Marie Paley, Char Walker

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

204-222-8566 or admin@transconabiz.ca

All these events are possible because of the businesses that are members of the Transcona Business Improvement Zone - they fund the cost associated with all the events and programs that the BIZ hosts.

I need to also acknowledge the hard work and dedication for our Community Ambassadors, these summer students, worked tirelessly to make sure that our community looked amazing. They kept downtown Transcona and the Transcona Centennial Square cleaned, they watered all the flowers and picking up trash, and they removed over 400 pieces of graffiti throughout the community!

Oprah Winfrey said "Surround yourself with only people who are going to lift you higher", I feel like the team here this past year has lifted this community higher and I look forward to continue to make this happen for my community, Transcona.

All the best in the New Year!

Leila Dance
Executive Director

2022 BOARD OF DIRECTORS

Brent Thomas, Casera Credit Union.....	Chair
Lynn Dolphin, Wyatt Dowling Insurance Brokers. .	Vice-Chair
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Martin Pasieczka, City of Winnipeg.....City Liaison

AR APPEARS IN TRANSCONA

Augmented reality (AR) is an interactive experience that combines the real world and computer-generated content and it's arrived in Transcona!

The Transcona BIZ is happy to include some fun and interactive pieces this holiday season at the Transcona Centennial Square.

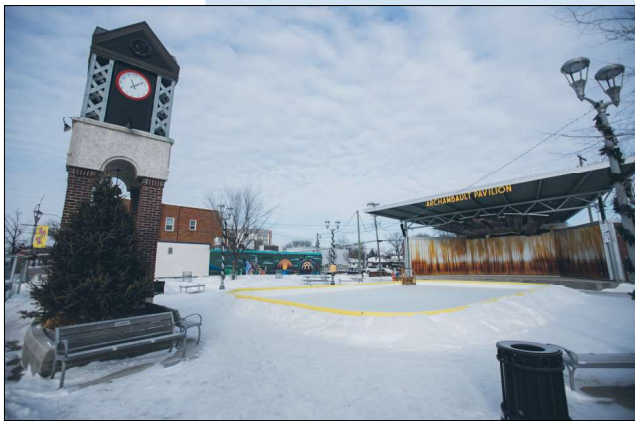


Simply visit 135 Regent Ave, open your smart phone camera and scan the QR codes on the posters attached to the side of the stage. Once you have opened the Instagram app, move your phone around to locate the pieces! Make sure to tag @TransconaBIZ so that we can see and share all the photos.

Displays available from December 5th until January 9th, 2023.



FAMILY SKATING RINK



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

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

Please adhere to all provincial health guidelines when skating.



Mary Jay **HEBERT**

204-510-5552

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THE HOLIDAY BUYING GUIDE

Check out the 2nd annual Holiday Buying Guide! Whether it's for yourself, the office Secret Santa or a loved one, your local Transcona businesses have everything you need! As an added bonus, fill out the ballot on the next page and return it to the BIZ Office at 108 Bond Street for your chance to WIN everything pictured and a few extra surprises!!



1. **Pet Planet**, 4-1510 Plessis Rd – Kong Flamingo Toy for Dog (\$14.99) Kong Flamingo Catnip Toy (\$10.99) 2. **Aunt Monica's Attic**, 111 Regent Ave W – Collectible Tin Corvette Puzzle (\$27.99), Tiger Diamond Painting Kit (\$4.99), Balloon Animals Kit With Air (\$8.99) 3. **Advanced Massage Therapy**, 2-1460 Plessis Rd – Muscle Melt Bath Salts (700g) (\$10.08) 4. **Transcona Museum**, 141 Regent Ave W – Get on Board T-Shirt (Large, Unisex) (\$25.00) 5. **Regent Pawn**, 105 Regent Ave W – Regent Pawn Crew Neck Sweatshirt (Large, Unisex) (\$35), Regent Pawn Hat (\$15) 6. **Rising Phoenix Hair Salon**, 120-701 Regent Ave W – Joico Defy Damage Shampoo and Conditioner (\$22.00/each) 7. **Transcona BIZ**, 108 Bond Street – Transcona Winnipeg, MB Water Bottle (\$5.00) & Tote Bag (\$2.50) 8. **Eastend Meats and Sausage**, 123 Regent Ave E – Canada Jerky, Beef Smoked with Hickory (Various Flavours, \$7.00/each) 9. **The John Russell Honey Company**, 128 Victo-

ria Ave W – Pure Honey with Lemon, Honey with Chocolate Cutting Board Set (\$25.00) 10. **WinnipegBTC.com**, 401 Bond St – BTC Hat (\$9.99), BTC Guy Puzzle (\$9.99), Trezor (Crypto Currency Wallet Holder) (\$14.99), Crypto Coins, Pens, Newbie Tuesday Entry Cards (Prices ranging from \$1.99-\$4.99) 11. **Lumberzone**, 309 Bond St – Norske 42-Piece Impact Torsion Bit Set (\$25.99) 12. **Romeo Bros Barbers & Hairstyling**, 134 Regent Ave W – American Crew Daily Cleansing Shampoo (\$25.00), American Crew Daily Moisturizing Conditioner (\$25.00), American Crew Forming Cream (\$25.00) 13. **Transcona Optical**, 211 Regent Ave W – Glasses chains (Variety of Styles) (1 for \$15 or 2 for \$28) 14. **ABC Tools**, 201 Regent Ave W – STIHL Proscaper Series Gloves (Large) (\$21.99) 15. **Ice Time Sports**, 517 Pandora Ave E (Inside East End Arena) – Winnie the Pooh Duffle Bag (\$59.95) 16. **Transcona Health & Safety Services**, 111 Regent Ave W – PCP Travel Neck Pillow



SUPPORT
LOCAL



(\$21.99) 17. **Sevala's Ukrainian Deli**, 126 Victoria Ave W – Manitoba Maid Jam (Multiple Variety - \$5.50/each), Glory To Ukraine Bracelet (minimum \$5.00 donation) 18. **Beautiful YOU Salon and Spa**, 115 Regent Avenue West – Handwunder Hand Cream (\$18.49), Brow & Lash Growth (\$16.99) 19. **Video King**, 309B Day St – Various DVD and Blu-rays (Prices ranging from \$2.50-\$15.97) and variety of posters (\$3.00) 20. **J L R Jewellers**, 118 Regent Ave W – Sterling Silver Double Garnet Ring (Size 5, \$25.00) 21. **PetToba**, 136-701 Regent Ave W – PetToba brand Beef Lung Dog/Cat Treats (\$8.00/each), PetToba Brand Lamb Lung Dog/Cat Treats (\$6.50/each) 22. **Starbucks**, 101-1510 Plessis Rd – True North 1LB Ground Coffee (\$18.95), Starbucks Logo Travel Mug (\$2) 23. **Subway**, 100 Regent Ave W - Gift Card \$15.00 and 7-Eleven, 104 Regent Ave E or 1-801 Regent Ave W – Gift Card \$15.00 (Prices ranging from \$5.00-500.00)

WIN Everything on these Pages!

Enter by December 13, 2022.

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

Name: _____

Address: _____

Phone: _____

Email: _____

PREPARATION FOR THE JOURNEY AHEAD

The mural on the Transcona Scout's Hall received a huge overhaul! The Transcona BIZ worked together once again with the extremely talented Cat from Pink Panda Creative. Taking notes and careful consideration to what being a Scout means, she was able to bring this beautiful mural to life.

"Because the building is very wide, I went with the idea of trying to tell a story. I started with a landscape camping scene at the far left that transitions into the imagery that represents the energy of Scouting." Pink Panda continued. "I used splashes of water to tie in the beaver and the camping landscape. The water element is a part of Scouting as well as symbolizing the beaver's home in the lakes and rivers. I wanted the howling wolf cub along with the beaver to be bright and colourful with the abstract energetic vivid colours and lines that signify the lasting energy that scouting brings to the lives of scouts as they are prepared for what the world has to offer."

Be sure to swing by to admire the mural in person at 110 Winona St.



Old Mural - "Everything will be OK", completed in 2018, removed in 2022



In 2022, the Transcona BIZ Membership also supported the Transcona Scout Hall's Capital Campaign in the amount of \$3,500.00. *The Hall is more than just a building, but a place for people to meet and for memories to be made.*

DANIEL BLAIKIE **MP**
Elmwood-Transcona

Proud to
Support
Transcona
Business



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



**Parking Spots
Available**

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

Perfect for businesses that require
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LEGACY SPORT IS EXPANDING

Transcona has a new game in town! Legacy Sport Medicine, in association with Elite Sports Injury and Performance Healthcare have opened in Transcona. They have been providing Sport Medicine assessments and exercises rehabilitation; Rheumatology evaluation and treatment, healthcare products and X-ray services to Winnipeg, and the surrounding regions, for over twenty-two years and now they have a new location at Park City Commons, 1480 Plessis Road, Unit 3.



(L-R): Dr. Lenoski, Dr. MacIntosh, Dr. Katz, Dr. Alai and Dr. Lulashnyk

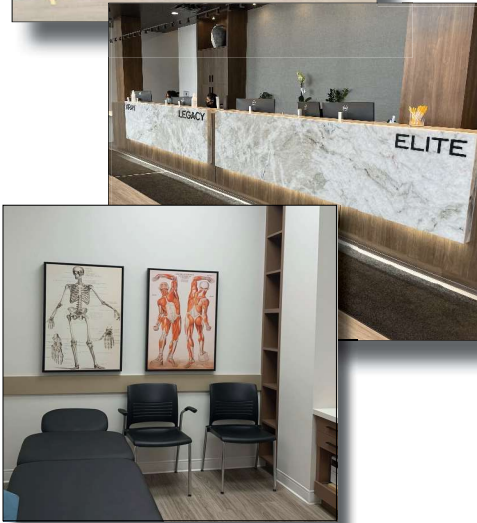


Over the years, Legacy Sport Medicine has worked, closely, with numerous amateur and professional athletes and teams, including Winnipeg Blue Bomber Football Club, Winnipeg Jets Hockey Club, Winnipeg Valour Football Club, University of Manitoba Athletics, University of Winnipeg Athletics, and various High School Athletic programs.

Their mission is to provide compassionate and exceptional health care for a variety of musculoskeletal and rheumatological conditions as well as promote active rehabilitation of injuries and conditions affecting the sporting and general population.

The Park City Commons Clinic will provide a variety of services:

- Sport Medicine evaluation and treatment;
- Acute musculoskeletal assessments and care;
- Ultrasound-guided injection procedures;
- Physiotherapy and Athletic Therapy interventions;
- Massage Therapy;
- X-ray evaluation;
- Personal and home healthcare products;
- Fitness and strengthening programs;
- Post-exercise recovery interventions.



The Legacy Sport Medicine team comprises of numerous Sport Medicine Physicians, Rheumatologists, Athletic Therapists, Dieticians and Physiatrists as well as caring and understanding support staff.

The clinic hours are Monday to Friday from 8:30 am to 4:30 pm, with the possibility of offering evening and weekend clinics based on demand.

To make an appointment, call 204-255-3615 or visit their website at: legacysportmedicine.com.

YOUR TRANSCONA SPORT MEDICINE CLINIC

PARK CITY COMMONS

UNIT 3 - 1480 PLESSIS ROAD ● WINNIPEG

For general inquiries, contact us at info@legacysportmedicine.com

WRITTEN IN STONE

Now in its 8th year, the Transcona BIZ 'Buy a Paver' program gives community members the opportunity to sponsor an 8" x 8" paving stone at Transcona Centennial Square. This past September, 20 pavers engraved with messages of love, remembrance, celebration, and hope were placed around the New Flyer Peace Fountain. Featured here are some of their stories:



Our paver was purchased to commemorate the retirement of Sheilagh and Carrie from local area business, Ball Insurance Agency. The paver will also be a reminder of the time they spent together serving the community. We wish them a happy and healthy retirement!



Dan and Elaine Trochim are celebrating their 60th wedding anniversary this year! The couple married on September 8th, 1962, at Transcona Memorial United Church. Their daughters, Lisa and Carole, son-in-law Chad, and granddaughter Emily as well as their extended family gathered over the summer to celebrate this incredibly special occasion. As they are long-time members of the Transcona community, their family thought they should be commemorated with this special paving stone! Congratulations!



Joan Ewasko (Tychonick) was born, raised and lived her entire life in Transcona. She worked at her dad's store Peter's Food Market, which was located where the Transcona Centennial Square is now. Joan passed away April 2022. She was kind, loving, and friendly and took great pride in all she did. Joan is loved and missed very much. She was very proud to call Transcona home.

Peter & Julia Bachinsky rest at Transcona Cemetery with their Ukrainian-immigrant parents directly on either side. Bachinsky Street in south-western Transcona honours their family's memory. Peter (1916-1953) was the building contractor commissioned to build Transcona Memorial United Church where the cornerstone was laid in 1952. He served in World War II with The Royal Canadian Engineers whose duty it was to arrive ahead of the battlefield in order to build and repair strategic amphibious bridges in active zones of conflict. Sadly, he died of leukemia on August 8, 1953 at the age of 37, leaving to mourn his beloved wife Julia and three young children, Evelyn (b.1949), Peter (b.1950) and Susanne (b.1952). Julia (1915-2000) served in the war effort as a munitions factory worker at the Cordite Plant east of Transcona. Peter's war medals are preserved at The Transcona Museum and his name on a page in The Book of Honour. Susanne (1952-2022) was laid to rest in the family plot on August 26, 2022.

Submitted by Evelyn (nee Bachinsky) Kozoriz, elder daughter with gratitude to The Transcona Museum for research assistance. Thanksgiving, 2022



Our beloved Jordyn Danielle Reimer was tragically taken from us on May 1, 2022 at the age of 24. Jordyn was born July 7, 1997 to Karen and Doug Reimer. Jordyn was the 3rd born of 4 girls (Alex, Nikki, Jordyn, Andi). Born and raised in Transcona, she graduated from Transcona Collegiate with honours. She went on to play hockey on scholarship at MacEwan University in Edmonton, AB from 2015-2021. Jordyn was a powerhouse on the ice, helping her Griffin family to win the ACAC Championship in 2017, 2018, and 2019 (3-Peat). Jordyn's greatest pleasures in life was spending time with her family and friends and caring for her precious dog, Sadie. Jordyn's infectious laugh and beautiful smile lit up every room.

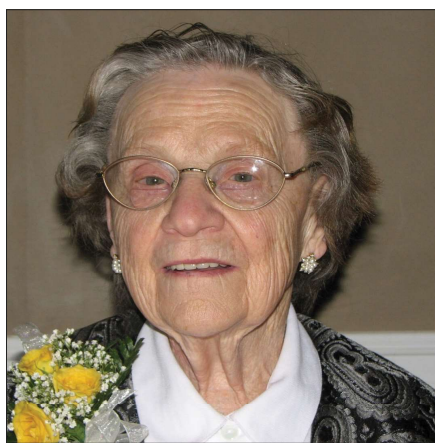
To our Sweet Baby Angel Jordyn – Your light in our lives will be forever missed, we will cherish our memories together. Love your family.



Delia Lorraine Kjartanson (Carrick) was born and raised in Transcona. Her parents, Lily and Stewart Carrick, were also proudly from Transcona with her father working and retiring from the Transcona CN Shops. Delia and her husband, Norman bought their first house in Windsor Park where they raised their two children, Dwight and Karen. Both of Delia's children bought their homes in Transcona and Delia returned to Transcona herself in 2012. Delia loved her four granddaughters, Alex, Nikki, Jordyn, and Andi, immensely. Delia lived a fulfilled and adventurous life. She loved gardening, traveling, and spending the summers at her cottage at Brereton Lake with her family. With a broken heart, Delia passed soon after the tragic passing of her granddaughter, Jordyn.

We love and miss you Grandma Del. Love your family.

Ronnie Melville (the Scotsman) immigrated to Canada with his young family in September of 1972. He worked as a machinist at CNR from 1972 until his retirement in 2010. In 1975, he planted his roots in Transcona where he remained until his passing in 2021. Ronnie's love of soccer resulted in playing for the Park City Rangers and refereeing for nearly 40 years. Ronnie enjoyed family, friends, and fun! His paver rests at the crossroads of familiar watering holes. "Heaven at Last" is derived from the Melville Clan Motto: Denique Coelum.



Stella Mazur, a longtime resident of Transcona celebrated her 100th birthday on March 19, 2022. Stella was raised in North Transcona along with two sisters and a brother. As a teenager, Stella remembers working in the farmers' fields. She completed her grade 12 education in Transcona. She was also active in curling, bowling, and singing in the church choir at St. Michaels Ukrainian Catholic Church.

Stella was married to Peter Mazur for 67 years until his passing in 2015. She worked at The Bay for many years, her favorite times spent working in the Paddlewheel Restaurant. Stella still found time to raise their five children. Four of the children still reside in Transcona. In Stella's retirement years she enjoyed entertaining her family and particularly her five grandchildren. She also participated in the senior's club that met at St. Michaels Ukrainian Catholic Church and participated in making perogies to sell at the church.

Stella currently resides at the River East Personal Care Home where she has established several new friends that have become her family. Congratulations Mom!

The Transcona BIZ has now put all the pavers up on our website, including stories and photos submitted by some of the families. If you are interested in reading more stories or submitting a story for a paver, please visit our website at: <https://transconabiz.ca/community-programs/buy-a-paver/>



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

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

**Enter by February 28, 2023
to Win \$50 BIZ Bucks*!**
(BIZ Bucks have No Cash Value)

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

**Enter by January 31, 2023
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

SEASONS GREETINGS



**James
Teitsma**
MLA for Radisson

204.691.7976
office@jamesteitsma.ca

Happy Holidays



NELLO ALTOMARE
MLA for Transcona

204-594-2015 | nello.altomare@yourmanitoba.ca



TRANSCONA
BUSINESS IMPROVEMENT ZONE

Business Directory

Shop Local. Support Community.

www.TransconaBIZ.ca

Accounting

H & R Block Canada

3-801 Regent Ave W R2C 3A7
204-949-4110

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
70015@libertytax.com
We're fast, accurate and convenient. In person or remotely, we're ready to help you get your taxes done right.

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
Hairstylists: Cyndi 204-297-9682
Debbie 204-918-7629
Angela 204-996-6828
Arlene 204-250-4247
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
dbsoffice@gmail.com
Private dance studio operating in Transcona since 1966, offering a wide range of dance programs for ages 2 - adult. Instagram: @dbsofficial Facebook: DBSDLTD

Transcona Music Center

5-549 Regent Ave W R2C 1R9
204-777-6212
Private professional instruction in piano, guitar, bass, saxophone, flute, theory, voice and violin.

Dine In & Take Out

A&W

1450 Plessis Rd R2C 2X4
204-224-0686

A Little Pizza Heaven

101 Regent Ave E R2C 0C2
204-777-5575
info@alittlepizzaheaven.ca
Offering our signature garlic crust alongside all you're A Little Pizza Heaven favorites. Besides pick up and delivery, we offer catering and our food truck for private events.

Chicken Delight

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

Choy's Chinese Food Catering Services

110 Regent Ave E R2C 0C1
204-222-2005
www.choys.ca
Open 7 days a week, pick up and delivery. Lunch catering available.



Indicates new businesses in 2022 to the Transcona BIZ.

Curry Up Indian Kitchen
101 Regent Ave W R2C 1R1
204-615-6133



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

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

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

KFC
1470 Plessis Rd R2C 5G6
204-219-4852

L'Arche Tova Café
119 Regent Ave W R2C 0C1
204-421-9388
larchetovacafe@larchewinnipeg.org
www.larchewinnipeg.org/larche-cafe/
Building a more compassionate society one cup of coffee at a time.

Little Bones Wings
123 Regent Ave W R2C 1R1
204-777-2667

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

Maggi's Syrian Food (Seasonal)
102 Victoria Ave E R2C 0E2
204-698-6813
Syrian and traditional drive-in food.

Mucho Burrito Fresh Mexican Grill
2-1510 Plessis Rd R2C 5R5
204 306 7810
muchoburrito.com
Canada's largest premium fast casual Mexican restaurant, serving food that is mucho real and mucho fresh. It is made by hand right in front of our guest's eyes, using only the freshest ingredients, free of artificial flavours and preservatives.

paleo plater
313 Day St R2C 1B1
info@paleoplatery.ca
www.paleoplatery.ca
The paleo plater 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 18-801 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.

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 booking & sports team sponsorships available.

Princess Hotel
202 Bond St R2C 2L4
204-224-4885
Princess-Hotel@shaw.ca
Full service hotel with 350-seat beverage room, 165-seat banquet hall, drive-thru beer store, 41-seat restaurant, and 15 rental rooms. Banquet hall available for rent (seats 165).

Royal George Hotel
123 Regent Ave W R2C 1R1
204-224-1882
Open 7 days a week, Live entertainment music venue, 210 seat beverage room, VLTs, Vendor, Outdoor Patio, Hotel, Home of Little Bones Wings. Call us to book your special event.

Funeral Services

Bardal Funeral Home Arrangement Centre
6-801 Regent Ave W R2C 3A7
204-774-7474

Transcona Funeral Chapel
3-549 Regent Ave W R2C 1R9
204-222-5516
www.korbanchapel.com

Gas Stations

7-Eleven
104 Regent Ave E R2C 0C1
204-985-0188
1-801 Regent Ave W R2C 3A7
204-985-0130
Convenience, gas, lottery, hot food and grill items.

Fas Gas Plus
105 Pandora Ave E R2C 0A1
204-224-1600
Full service gas & propane, carwash, convenience store, samosas and Heffy's fried chicken.

Henry's Car Wash & Petro-Canada

107 Pandora Ave W R2C 1M4

204-222-4086

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

Shell Canada

1440 Plessis Rd R2C 2X4

204-224-0074

609 Regent Ave W R2C 1R9

204-222-9431

www.shell.ca

Gas, car wash, and convenience store.

Government

Daniel Blaikie

MP, Elmwood—Transcona

201-1111 Munroe Ave R2K 3Z5

204-984-2499

Daniel.Blaikie@parl.gc.ca

Nello Altomare

MLA, Transcona

127 Regent Ave W R2C 1R1

204-594-2025

Nello.Altomare@yourmanitoba.ca

James Teitsma

MLA, Radisson

Room 227 Legislative Building

450 Broadway R3C 0V8

204-691-7976

james.teitsma@leg.gov.mb.ca

Russ Wyatt

City Councillor, Transcona

510 Main St R3B 1B9

204-986-8087

Health Care

Clinics

Legacy Sport Medicine

3-1480 Plessis Road R2C 5R5

204-255-3615

Medical clinic with x-ray, offering physicians in Sport Medicine and Rheumatology.

Plessis Medical Centre

12-801 Regent Ave W R2C 3A7

204-222-4200

Family practice medical office. Dr. D.

Caners, Dr. C. Pachal, Dr. S. Visch.

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,

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New patients welcome.

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204-224-8800

www.regentdentureclinic.ca

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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.

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Your Transcona Sport Medicine Store.

Carrying all major orthopedic and

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healthcare supplies also available.

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204-414-7131

transconahealth@gmail.com

Medical equipment, garment fitter,

compression legwear, diabetic &

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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

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

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Medically Trained IASTM, STAT Certified,

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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!

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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

ELITE Sports Injury Transcona

3-1480 Plessis Road R2C 5R5
204-926-2219
transcona@physiowinnipeg.com
Physiotherapy, athletic therapy, massage therapy. Recovery lounge and fitness studio. Located beside Legacy Sport Medicine.



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.creative-door.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.

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204-222-9434
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112 Regent Ave W R2C 1P9
204-222-7771
info@ballinsurance.ca
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Clarke Financial Planning & Insurance Services

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

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www.canital.mb.ca
mail@canital.mb.ca
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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.

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204-233-2022

martelbrosLtd@shaw.ca

Freight handling.

National Tire Distributors Inc

64-630 Kernaghan Ave R2C 2L8

204-775-9321

www.ntdcanada.com

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711 Kernaghan Ave R2C 3T4

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www.newflyer.com

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204-668-4900

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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!

PetToba

Unit 136-701 Regent Ave W

431-337-6184

PetToba is locally owned Pet Supply retail store providing free delivery for several healthy options from Canadian companies for dogs and cats.

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

Robert Unger - 204-791-5145

McCreedy Knox Team

6-549 Regent Ave W R2C 1R9

204-989-7900

www.mccreedyknox.ca

mkteam@royallepage.ca

Jamie McCreedy - 204-479-4868

Jamie Knox - 204-470-9828

Ivan Paulic - 204-260-0858

April Swanson - 204-803-3149

Retail**431 Urban Street Wear**

B-139 Regent Ave W R2C 1P9

204-222-0350

ABC Power Tools

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204-224-1760

www.abcpowertools.ca

Winnipeg's number 1 STIHL Dealer. Specializing in power equipment and handheld tools. Sales and service.

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C-130 Regent Ave W R2C 1P9

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204-615-5270

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www.auntmonicasattic.com

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www.dollarama.com

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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

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www.thelumberzone.ca
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Mission Thrift Store

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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

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204-222-4753
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Pop And Shop

132-701 Regent Ave W R2C 1S3
204-222-0904
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Regent Pawn

105 Regent Ave W R2C 1R1
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Your friendly neighbourhood pawn. Buy, sell, and pawn. Licensed & bonded.

Soccerland.ca Online Shop Only

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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.

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107 Regent Ave W R2C 1R1
204-222-6668
blazeink@hotmail.com
www.blazeinktattoos.com
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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.

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204-505-1334
reddoorproperties@shaw.ca
Specializing in condominium management.

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Clothing alterations and repairs.

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Proudly servicing our great customers in Transcona, also providing laundry services for commercial clients all over the city of Winnipeg.

Winnipeg BTC.com

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Instagram: WinnipegBTC
Twitter: @cryptonutz
LinkedIn: linkedin.com/in/sircarthy
Discord: discord.gg/y2BQ3AW
info@winnipegBTC.com



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