



TRANSCONA
BUSINESS IMPROVEMENT ZONE

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

VOL 20 No. 1

March 2023

DINOSAURS SET TO ROAM TRANSCONA THIS SUMMER

SEE INSIDE FOR FULL DETAILS



Photo by Corneluis Thiessen

ANNUAL GENERAL MEETING

In November, we hosted our first in person Annual General Meeting since before the pandemic, inviting all Business Improvement Zone members to attend. The AGM offers a chance for members to connect, report on the activities from the past year, review audited financial statements, approve the proposed budget for the coming year, and learn about upcoming events, programs, and plans.

On the agenda was the election of the 2023 Board of Directors. The Transcona BIZ board consists of ten members; one of whom is the Ward Councillor 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 Jeanette Corpus (RBC Royal Bank of Canada), Robert Francis (Prana Medical Centre), Rob Geswin (Ball Insurance), Robert Juniper (RJ Accounting), Deborah Neufeld (All About Computers Inc), Michael Pester (Royal George Hotel) and Brent Thomas (Casera Credit Union). We also welcome back Keith Cruise (Bond Printing) and City Councillor, Russ Wyatt to the Board of Directors.

2022 marks the end of service, after 6 years, for Tom Oakley (Oakley Alarms), the departure of our former

City Councillor, Shawn Nason after serving 4 years on the board and Lynn Dolphin (Wyatt Dowling Insurance) after 1 year of service. On behalf of the Transcona BIZ and Board of Directors, we thank them for their years of service.

Departing board members have a chance to make a donation to a charity of their choice, based on their years of service – Transcona BIZ donated to the Transcona Food Bank and the Scout's Hall Capital Campaign in honour of the departing board members.

2023 BOARD OF DIRECTORS

Keith Cruise, Bond Printing.....	Chair
Rob Geswin, Ball Insurance.....	Vice-Chair
Robert Juniper, RJ Accounting	Treasurer
Robert Francis, Prana Medical Centre.	Secretary
Jeanette Corpuz, RBC Royal Bank of Canada.	Director
Deborah Neufeld, All About Computers Inc.....	Director
Michael Pester, Royal George Hotel.....	Director
Brent Thomas, Casera Credit Union.....	Director
Russ Wyatt, City of Winnipeg.....	Director
Martin Pasieczka, City of Winnipeg.....	City Liaison

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

Website - transconabiz.ca

Transcona BIZ BUCKS Winners!

August: Ellen Albert, R. Targonski & Trish Combs

September: Ray Larkins, Wanda Murphy & Theresa Carboni

October: Marge Glaister, Sylvia Moloney & Ruth Smith

Transcona BIZ Bullet is published quarterly.

For more information contact:

204-222-8566 or admin@transconabiz.ca

WATCH FOR IT!

April 11-14, 2023

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

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



WELCOME PETTOBA

When owners Bijal and Naman Patel were looking to open a second Winnipeg location for their pet supply retail store, they looked no further than Transcona! They wanted to be in a busy, vibrant community, that was accessible to smaller surrounding rural communities – making Transcona the perfect spot.

PetToba, located at 136-701 Regent Avenue in the strip mall with Dollarama, is a pet supply retail store offering a large variety of dog and cat food and supplies.



Bijal and Naman Patel

The Patels pride themselves on doing their research, educating themselves on the pet food market, and knowing the fundamentals to provide nutritional food for your furry loved ones.

They recognized that in order for pets to remain healthy and live long happy lives, their food needs to be nutritional, whether it be traditional dry food to frozen raw food to treats and chews, your pet's wellness is their top priority. They also have a large selection of grooming supplies, supplements and litter options with more products being added daily.

PetToba also offers FREE delivery in Winnipeg and is the first pet supply store in the city that offers a dog treadmill - no more rain, snow, or heat to stop your dog's from getting their exercise. Check the coupons below for your chance to try the treadmill for free and other great offers!



PetToba
Unit 136-701 Regent Ave W
431-337-6184
pettoba.ca

FREE



FREE 30 minute session
on the Dog treadmill



FREE 30 minute session
on the Dog treadmill
When you bring this coupon
Valid until May 1, 2023

PETTOBA.COM

10% OFF



BIZTRANSCONA10



10% OFF on all Cat Litter
for the month of March 2023
with Coupon Code
BIZTRANSCONA10

PETTOBA.COM

15% OFF



BIZTRANSCONA15



15 % off on all Dog treats
and chews for the month of
March and April 2023 with
Coupon Code
BIZTRANSCONA15

PETTOBA.COM

CRAFTS & COCKTAILS



John Russell Honey Company



Transcona Optical



L'Arche Toiva Café



JLR Jewellers



Aunt Monica's Attic



Beautiful YOU



On November 24th, Transcona BIZ and Club Regent Casino hosted Crafts & Cocktails Market – A night where market goers were able to discover over 30 unique vendors and 9 Transcona BIZ Member Businesses all while sipping on a sample of various cocktails.

Many of the Member Businesses were first time market vendors, and because of Crafts & Cocktails, they were able to see a whole new demographic outside of their business doors. We also welcomed vendors who have been at our summer Community Markets in the past and welcomed some new vendors who we were excited to join us for the first time. All vendors brought so many amazing items and graciously promoted the event on their social media to make this evening a huge success.

Working together with the Club Regent Casino event staff and the amazing security personnel that worked hard behind the scenes, we were able to host and execute a fun market that had tasting booths of delicious cocktails and mocktails for everyone to enjoy, all while shopping local.

We want to send a special thank you to the amazing volunteers from the RBC Bank (pictured on the next page) who helped unload all the vendors and direct guests during the event.

In partnership with Club Regent Casino, we planned for about 700 people to attend, but the event had over 700 guests in the first hour! For the last 3 years, the Transcona BIZ has been promoting shopping local and supporting small business – at this event, we saw how much the community supports shopping local and for that, we THANK YOU!!

club
Regent
CASINO



paleo plattery

Vendors and Member Businesses included:

1882 Fruit-Based Hot Sauce

Aunt Monica's Attic

BakitWhy Granola

Beautiful YOU

Buell-T-Ful Creations

Bunny Trail Studio

Collection Sage

Color Street

Country Chameleon Jams & Preserves

EK Handcrafted Designs

Epicure – Michele Fieden

Georgina's Sweets & Boutique

J K Willow

J L R Jewellers

John Russell Honey Company

Just Dew-itt Designs

L.D.B. Designs

L'Arche Tova Café

LOL Designs

Loveable Handmade

Oak&Fourth Designs

Opening The Door

paleo plattery

Prairie Pickers Café

Prairie Pickers Tea

RK Specialty Foods (Chaps Peanut Butters)

Sasshole Designs

Scalder Designs

Southside Creations

Spell House

R&S Creations

Sunshine Bakery

SweetLegs Winnipeg with Benita

Tag Gift Boutique

That's Sew Manitoba

Topo Clay Boutique

Transcona BIZ

Transcona Museum

Transcona Optical

We All Have Cravings Etc



Volunteers from
RBC Bank



AR POPS UP



@transconabiz



It was a truly wonderful Winter Wonderland over these last few cold months with the help of Jack Frost and the Gingerbread AR filters at Transcona Centennial Square!

Thank you to all those who snapped a photo and shared with us the fun you had at the Square. Congratulations to our lucky winners (pictured from left to right: Michelle and Kingston H.; Willow, Mireille and Oliver S.; and Madysyn and Coby D.) who took part in the fun of Augmented Reality!

Transcona Museum



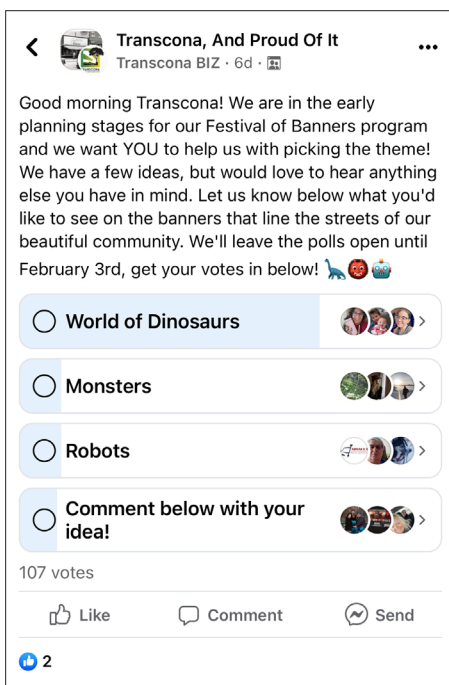
FAMILY SKATING RINK

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 rink. They get the ice started each year, worked extremely hard to keep the rink clear of snow and cleaned up garbage daily. We hope you were able to visit, enjoy a skate and had the chance to experience the AR at the Square!

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



DINOSAURS ROAM TRANSCONA



The Transcona BIZ is proud to host its annual Festival of Banners design contest. This year, we asked you, the community of Transcona, to vote on social media on the 2023 theme and with an overwhelming response, this year's theme is "Dinosaurs Roam Transcona"!

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 15th, 2023 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.



Mansehaj B.



Haleina C.



Mary Jay HEBERT

204-510-5552

Royal LePage Dynamic Real Estate

Free Home Evaluation
Buying or Selling
Contact me for Incentives
Limited Time Only



COMMUNITY CLEAN UP

Transcona BIZ invites you to celebrate the season with our annual Community Clean Up event! Transcona BIZ encourages community members, students and teachers to visit the Transcona BIZ office at 108 Bond Street between 10AM-2PM to pick up your clean up kit during the week of May 8th-12th, 2023.

1st Transcona Cubs




Once you have your kits, throughout the week of May 14th-20th, we invite teams or community members to choose an area of our community and use their kits to collect garbage in our already beautiful community of Transcona. Bags of garbage can be dropped off in the blue Waste Connections bin next to the stage at Transcona Centennial Square during that week.

In addition, Transcona BIZ wants to see how you'll be taking part! Make sure to use the hashtag #TransconaCleanUp on your publicly posted social media clean up photos (screenshots are welcome!) to be entered to win great prizes including gift cards to the Transcona BIZ Member Business of your choice! Draw will take place May 23rd.

We know the residents of Transcona have a great sense of pride that has helped continue our reputation as the Park City. We are looking forward to seeing the community come together to spruce Transcona up this Spring!


Grace L.

James Teitsma
MLA for Radisson

Constituency Office:
220-1615 Regent Avenue W. | 204.691.7976
Winnipeg, MB R2C 5C6 | office@jamesteitsma.ca

**Working Hard
for Transcona**



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



DANIEL BLAIKIE MP

Elmwood-Transcona

Proud to
Support
Transcona
Business



📞 204.984.2499 📧 Daniel.Blaikie@parl.gc.ca

Constituency Office: 207-1111 Munroe Avenue

TRANSCONA REMEMBERS

The Transcona Legion, Transcona Museum and Transcona BIZ partnered this past November to host a scavenger hunt throughout the community of Transcona. In the week leading up to Remembrance Day, hunters took the streets of Transcona to find the answers to veteran themed and historical questions for a chance to win one of three prize packages.

We want to extend a huge congratulations to our winners: Team Fife, Team C&C and Team Grateful!

We'd also like to thank for following supporters: Special thanks to our BIZ Member Businesses, Beautiful YOU Day Spa & Boutique, Aunt Monica's Attic, Pet Planet Winnipeg, Park City Commons Starbucks, Subway, A Little Pizza Heaven, 7-11, Curry Up, Oakley Alarms and John Russell Honey Company. A special thank you to MLA for Transcona Nello Altomare, MLA for Radisson James Teitsma, MP for Elmwood-Transcona Daniel Blaikie and the City of Winnipeg for their support and contributions.

**Enter by March 31, 2023
to Win \$50 BIZ Bucks*!**
(BIZ Bucks have No Cash Value)

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

**Enter by April 30, 2023
to Win \$50 BIZ Bucks*!**
(BIZ Bucks have No Cash Value)

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

**Enter by May 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

FREE GRAFFITI REMOVAL



In 2022, the Transcona BIZ Graffiti Team removed over 400 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 2023 Anti-Graffiti Program will provide graffiti removal services between May and October, 2023. Removal requests outside of this season can be forwarded on to the City of Winnipeg's 311 Service or compiled in a list with the BIZ Office for the next season.



BUYING GUIDE WINNER!



Thank you to all that entered our contest to win everything from Transcona businesses in our 2022 Holiday Buying Guide! Our lucky winner of the prize pack valued at over \$500 was Sandra C!

See it – report it – and we will clean it! FREE!!

Report online at: TransconaBIZ.ca

Email us at: admin@transconabiz.ca

Call us at: 204-222-8566





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



Indicates new businesses added to the Transcona BIZ directory in 2023.

Beauty

Almond Nail Bar

4-1460 Plessis Rd R2C 5R5
204-667-4554
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
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
dbsdance.com
dbsdoffice@gmail.com
Private dance studio operating in Transcona since 1966, offering a wide range of dance programs for ages 2 - adult. Instagram: @dbsd_official Facebook: DBSDLTD

Transcona Music Center

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

Dine In & Take Out

A&W

1450 Plessis Rd R2C 2X4
204-224-0686

A Little Pizza Heaven

101 Regent Ave E R2C 0C2
204-777-5575
info@alittlepizzaheaven.ca
Offering our signature garlic crust alongside all your favorites. Pick up and delivery, catering and our food truck for private events.

Amאי Sushi

1530 Plessis Rd #3
204-505-2624
amaisushi.ca



Chicken Delight

453 Regent Ave W R2C 1R7
204-982-1370
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
choys.ca
Open 7 days a week, pick up and delivery. Lunch catering available.

CRAVE Kitchen & Deli

1530 Plessis Rd Unit 2
204-222-5122
cravekitchendeli.com



Curry Up Indian Kitchen

101 Regent Ave W R2C 1R1
204-615-6133
curryupindiankitchen.com

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
larchewinnipeg.org/larche-cafe/
Building a more compassionate society one cup of coffee at a time.

Leopold's Tavern
1520 Plessis Rd – Building B2
leopoldstavern.com



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.

Niakwa Pizza
201 Melrose Ave East
204-777-1990



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

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

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
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
rwyatt@winnipeg.ca

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
<https://www.bestprosintown.com/mb/winnipeg/regent-chiropractic-therapy-clinic/>
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
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
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
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
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
regentdentureclinic.ca
Complete denture care & implant solutions.

Transcona Dental Centre
10-801 Regent Ave W R2C 3A7
204-222-8609
transconadental.com
Dr. Charles Rubin
Dr. Kevin H. Pham
Complete family dentistry. Offer a full range of general and cosmetic dentistry.

Equipment

Performance Healthware Ltd.
Unit 3-1480 Plessis Road R2C 5R5
431-977-0999
Your Transcona Sport Medicine Store. Carrying all major orthopedic and rehabilitation supplies to help you recover from your injury. Home healthcare supplies also available.

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
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
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
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
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
plessisphysiotherapy.ca
Private practice physiotherapy clinic.

Transcona Physiotherapy

230 Regent Ave W R2C 1R2
204-224-4015
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
creativetodoor.com
Commercial and residential garage door products.

Nexstar Mechanical Services Ltd.

108 Bond St R2C 2L2
204-226-3636
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
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
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
clarkefinancialplanning.com
The firm specializes in offering group insurance & pension plan services to First Nation companies and governments. 100% First Nations owned and operated.

Gallagher

1-1530 Plessis Road R2C 5R5
204-982-7000
Insurance/Risk Management/Consulting.



Medi-Quote Insurance Brokers

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

wyattddowling.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
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
canital.mb.ca
mail@canital.mb.ca
Granite and quartz countertops.

Dominion Pallet & Crate Ltd

414 Pandora Ave W R2C 3A5
204-958-8068
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
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
ntdcanada.com

New Flyer Industries
711 Kernaghan Ave R2C 3T4
204-224-1251
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
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
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
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
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
transconaveterinaryhospital.ca
Primarily canine and feline veterinary hospital.

Printing & Promotions

Bond Printing
130 Victoria Ave W R2C 1S5
204-222-7069
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
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
mccreedyknox.ca
mkteam@royallepage.ca
Jamie McCreedy - 204-479-4868
Jamie Knox - 204-470-9828
Ivan Paulic - 204-260-0858
April Swanson - 204-803-3149

Retail

431 Urban Street Wear
B-139 Regent Ave W R2C 1P9
204-222-0350

ABC Power Tools
201 Regent Ave W R2C 1R3
204-224-1760
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
regentcomputer.com
allabout@shaw.ca
Quality new & used desktop & laptop computers, fast reliable 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
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.

Capt'N Vape
130 Regent Ave East R2C 0C0
204-222-7187

DOLLARAMA LP
1460 Plessis Rd

110-701 Regent Ave W R2C 1S3
dollararama.com

Dulux Paints
2-100 Regent Ave W R2C 1P9
204-224-3134
pa8645@ppg.com
dulux.ca
Paint supplies, interior and exterior paint.

Eastend Meats & Sausage
123 Regent Ave E R2C 0C2
204-222-4888
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
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

Ice Time 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
thelumberzone.ca
Building supplies, hardware, paint, and tools for commercial and residential purposes.



Mission Thrift Store
701 Regent Ave R2C 1S3
204-667-5329

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
vkonline.com
Movie sales & distribution for rentals and sales.

Wittypeg
129 Regent Ave E
204-416-7922
We are a small, family owned and operated shop. We offer a wide variety of products, from markers all over MB as well as our signature products.



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
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
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
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
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
reddoorproperties@shaw.ca
Specializing in condominium management.

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

WAYS TO SUPPORT LOCAL:

- #1** Leave a Google or Facebook review
- #2** Choose curbside or in-store pickup instead of shipping
- #3** Share your favorite stores in your social networks
- #4** Buy a gift card for a future purchase



WWW.TRANSCONABIZ.CA



YOUR FRIENDLY NEIGHBOURHOOD BAR

We love good food, good beer and our community.



KIDS WELCOME TIL 8PM	WEEKLY SPECIALS & DAILY DEALS
ROTATING POUTINE OF THE WEEK	ROTATING BURGER OF THE MONTH
WEEKEND BRUNCH FROM 11AM TIL 3PM	TAKE-OUT & DELIVERY

1520 Plessis Road
leopoldstavern.com



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