



TRANSCONA
BUSINESS IMPROVEMENT ZONE

TRANSCONA BIZ BULLET

VOL 20 No. 2

June 2023

GET ALL THE DETAILS ON THIS SUMMER'S COMMUNITY EVENTS

SEE INSIDE FOR FULL DETAILS

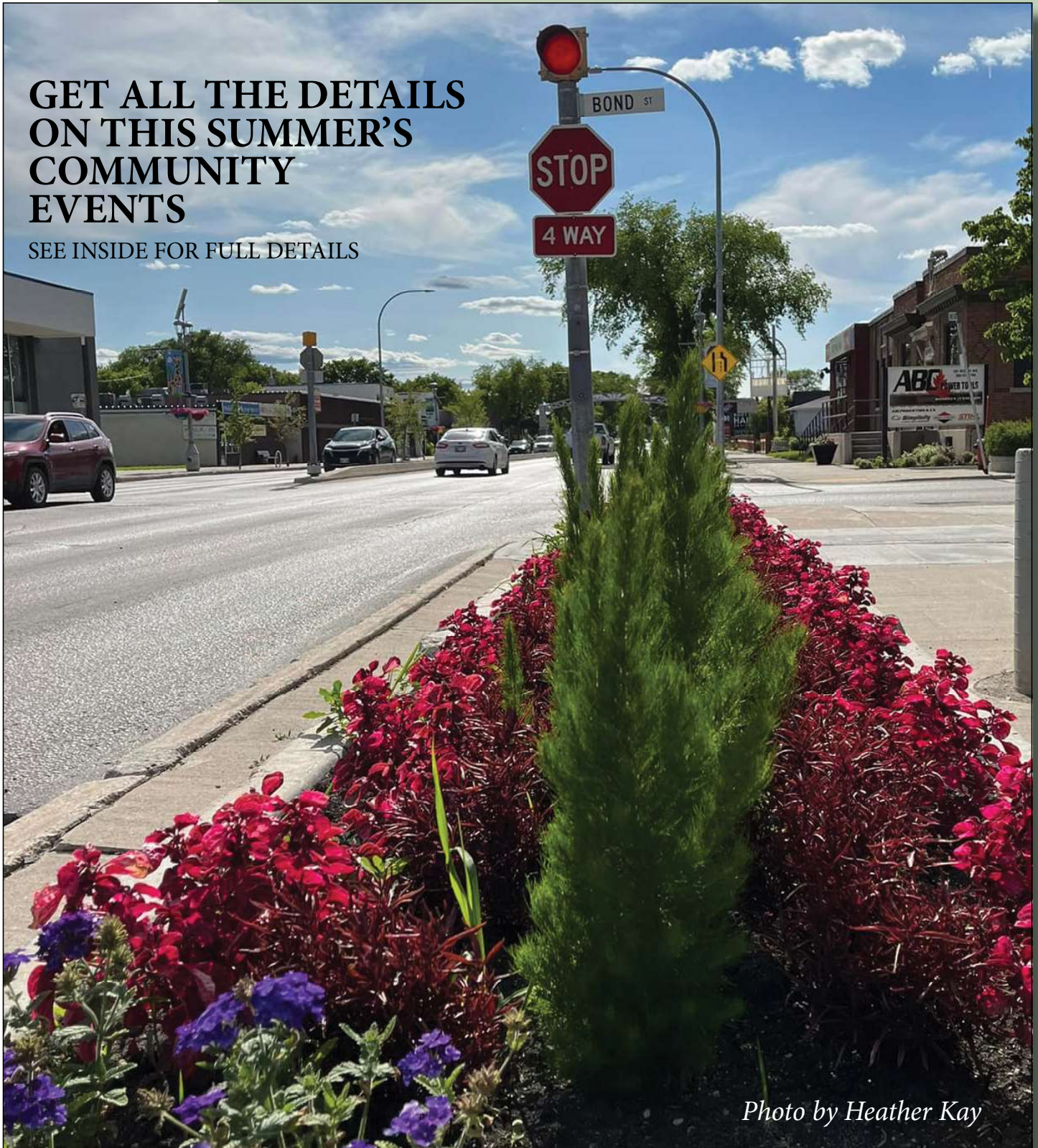


Photo by Heather Kay

MESSAGE FROM THE ED



So many exciting things are happening here at the BIZ office as we get ready for the summer! We have hired summer students and our Community Ambassadors will be out watering flowers, keeping the community clean and removing graffiti throughout Transcona. If you see them, make sure to say “hi”.

Our events are being planned down to the last detail. From our Community Markets, by accepting vendor applications, to finding food trucks, to ordering the port-a-potties and working out the appearances from QX104!! To our 4 Movies in the Square evenings, from picking the hottest movies to finding fun surprises for the kids for each event... to ordering the port-a-potties!!

From bringing back old favorites like our Summer Concert Series, to putting a new spin on things like the Canada Day Celebrations’ new WHODUNIT? event – Help us solve the mystery of who kidnapped all Transcona’s flamingos!! Be sure to check out all our planned events leading up to Canada Day, including Fireworks on July 1st.

Starting in July, you should be able to see Dinosaurs roaming around Transcona as part of this year’s Festival of Banners program. This is a very

popular community project that students from schools in Transcona participate in. The logistics behind the scenes are something that our summer students spend hours working on and executing so we hope you enjoy them. There are 65 for you to discover!

Remember to support our local businesses, a complete list can be found in the Business Directory on page 14, without them we would not be able to bring you so much fun-filled, family friendly programming this summer.

I hope you have a great summer and I look forward to seeing you soon!

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

Website - transconabiz.ca

Transcona BIZ BUCKS Winners!

February: Colleen Drewry, Dorothy Fife, Ryan Kulbaba

March: Ashley Gobeil, Diane Casson, Lloyd Rewuski

April: Sherrill Greenaway, Cathy Suggitt, Dennis Hruda

Transcona BIZ Bullet is published quarterly.

For more information contact:

204-222-8566 or admin@transconabiz.ca

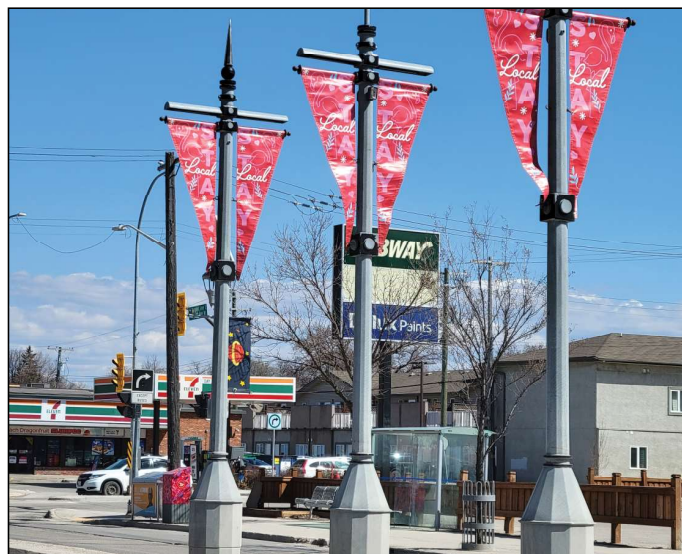


Photo by Cornelius Thiessen

2023 BOARD OF DIRECTORS

Keith Cruise, Bond Printing.....	Chair
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Martin Pasieczka, City of Winnipeg.....City Liaison

A VIEW FROM THE OTHER SIDE

Transcona Optical has been a staple in the Transcona Community since 1968. For over 55 years, they have had the privilege to serve generations of local families. As you may have noticed, they have moved across the street from their old location, with the goal of modernization in mind. As an added bonus, parking is now available. Transcona Optical has earned a reputation as a trusted and reliable source for all of your eyecare needs.



NEW LOCATION: 211 Regent Ave West

They are excited to offer new technology including retinal scans and light based ocular ultrasounds to assist in early diagnosis and preventative care. In addition to cutting edge technology, the Transcona Optical team is proud to provide a friendly, and caring environment. They take the time to explain the procedures, results, and any necessary treatment options to you, ensuring that you understand your eye health and are empowered to make informed decisions.

Their onsite optical boutique offers a wide selection of designer glasses that will fit your unique style. Frames come from top brands such as Tom Ford, Étnia Barcelona, Ray-Ban and Oakley. Transcona Optical's frame stylists are known for making glasses shopping a fun and enjoyable experience. They also offer high-quality lenses that are customized to fit your prescription and lifestyle needs, with durable coatings that help you look and see your best.

With all of the excitement around Transcona Optical, they look forward to seeing you in their new space.



MEET THE OPTOMETRISTS

Dr. Elisa Fiorentino has been a member of the Transcona Optical Team since 1999. Outside of the clinic, she enjoys spending time outdoors with her husband and watching her two teenage boys play hockey and basketball.



Dr. Alissa Boroditsky has been a member of the Transcona Optical Team since 2005. Outside of the clinic, she loves spending with her husband and 3 kids, learning new languages and travelling.



Dr. Steven Malo has been a member of the Transcona Optical team since 2009. Outside of the clinic, he enjoys competing in adventure races and spending time with his wife and two boys.



Dr. Karen Blackie has been a member of the Transcona Optical Team since 2011. Outside of the clinic, she enjoys bike riding, downhill skiing, and tennis with her husband and 2 daughters.



Dr. Blake Chartier has been a member of the Transcona Optical Team since 2017. Outside of the clinic, he loves time with his family, playing golf and visiting Arizona.

To learn more or to book an appointment call or visit: 204-224-2254 or transconaoptical.ca

COMMUNITY MARKETS

We are so excited to be back for our 2023 Community Markets! We are once again so thankful to be able to host the markets at the parking lot of Transcona Christian Reformed Church at 131 Victoria Avenue West. This year will include some of your favourite handmade vendors as well as some new vendors to discover across eleven market dates!

Thursdays 10:00am – 2:00pm:

June 29

July 6

July 13

July 20

July 27

August 3

August 10

August 17

August 24

Wednesday Night Markets 5:00pm – 8:00pm:

July 12

August 9



2023 Vendors Include:

1882 Fruit Based Hot Sauce
Aloette Cosmetics with Marie
Anishinaa-Bakes
Aroundabouts
BakitWhy Granola
Barb's Crafts
Be Seal Wise Tupperware by Myrna
Bear Essential Soap
Belvidere Soap Company
Buell-T-Ful Creations
Bunny Trail Studio
Chap's Peanut Butter
City of Winnipeg - Water and Waste
Collection Sage
Color Street
Country Chameleon Jams & Preserves
Curseteas Creations
Dead Horse Cider Co
Design Décor
Dots of Love Canada
Drip Donuts
Edelweiss Family Garden

EK Handcrafted Designs
Extreme Fries
Farm Dog
Fat Iguana Kitchen
Firm Foundations 4 Life
Fred Simpson's Jewelry
Gabe's Creations
GLIMZ Fashion Trends
Goulet's Woodshop
Grey Haven Bath and Body
Homemade Creations by Pat
Iren Oil Painting
J. Palidwor Family Farm
Kingdom Cards
Kookums Pantry and More
L.D.B. Designs
L'Arche Tova Café
LOL Designs
Loveable Handmade
McHoney Wings
Modere
Night Sky Candles

Norwex with Cynthia
Norwex with Teresa
Opening The Door
Optimist Club
Out of the oven treats
Patent 5
Pinkraindrop Designs
Prairie Pickers Café
Rag Treasure Doll Co
Rose & Rebel Skincare
Sasshole Designs
Scalder Designs
Sew Prairie Designs
Shrugging Doctor Beverage Co.
Sipology by Steeped Tea
Sips With Rachel
Southside Creations
Spell House
Stitch Sisters
Stonybrook Stamper
Studio Twenty-nine Candle Co.
Sunset Gourmet

Sveppur Kingdom
SweetLegs Winnipeg with Benita
Tailored Tees and Things
Tasty TidBits Foods
That's Sew Manitoba
The John Russell Honey Company
Trail Dog Treats
Trans Canada Brewing Company
Transcona Crystal Lady
Victoria's Crystal Palace & Jewellery
Watkins
We All Have Cravings Etc
Wenkai Oriental Vegetables
Yuka's Bakery

**As of May 1st, 2023. Subject to change.*

SUMMER CONCERT SERIES

Mark your calendars to party! Transcona BIZ is gearing up to present our Summer Concert Series. We'll be hosting special evenings throughout the summer to give you a chance to have a night out at some of the great nightlife spots right here in Downtown Transcona. Grab a drink, order some tasty food and appetizers from the restaurants located in each bar and enjoy the entertainment! It's sure to be a great night!

Sunday, June 11, 2023

The Royal George Hotel – Cold Hard Cash

Friday June 23, 2023


Joe's Pandora Inn – 80's Friday Night

Friday, July 21, 2023

Silver Spike Saloon – The Holly Davidson Band

Saturday, July 29, 2023

Rookie's Sports Bar (Central Hotel) – Freq of Nature





James Teitsma
MLA for Radisson

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

204.691.7976
office@jamesteitsma.ca

**Working Hard
for Transcona**



NELLO ALTOMARE
MLA for Transcona

204-594-2025 | nello.altomare@yourmanitoba.ca

CANADA DAY CELEBRATIONS

Happy Birthday, Canada! We are once again so excited to celebrate Canada's birthday with celebrations for kids (and kids at heart!) of all ages. So, get up, get out and show your Red and White pride with three great ways to celebrate. Transcona BIZ is grateful for the generous funding by Canadian Heritage and TD Bank Group to make these Celebrations possible.



Canadian
Heritage

Patrimoine
canadien



WHODUNIT?



Transcona, we need your help! It seems as if every single flamingo in Transcona has been captured! Help us find out who did it and where they're hiding with our first ever Transcona BIZ WhoDunnit!

There will be culprits that are located all throughout Transcona and it's your job to gather the clues, eliminate the innocent bystanders all to bring home the beloved unofficial bird of Transcona, our flamingos!

Whether you would like to solve the case solo or put your heads together as a team, there will be a limited quantity of WhoDunnit kits with the case board included to help you along the way.

Official rules: WhoDunnit board, and prizes will be available online at transconabiz.ca during the week before Canada Day, starting June 26th.



FIND A ROCK, COLLECT A PRIZE!

A community favourite, we encourage you to keep your eyes peeled for Canada Day Themed Rocks that will be hidden throughout our beautiful Transcona Business Improvement Zone streets!

The rocks will be hidden on June 30th by 9:00am, and if you find a rock, follow the directions on the back to claim your prize! You have 10 chances to win this year, good luck, and happy searching!



CANADIAN ARTWORK

Canada Day Artwork will be put up for all to enjoy at Transcona Centennial Square, 135 Regent Avenue West, this summer.

This year, our display will include art from River East/Transcona School Division students that shows just what Canada and what being Canadian means them.

Be sure to visit the Square to have a look at the talented artists that we have right here in our community.

CANADA DAY ACTIVITY KITS

Back by popular demand!! Pick up your FREE Canada Day Celebration kit directly from the Transcona BIZ office at 108 Bond Street on Friday, June 26th between 9:00am – 4:00pm. Kits are in limited quantities so make sure to get there early to avoid disappointment.



TRANSCONA FIREWORKS

Saturday, July 1, 2023

Gates open at 9:30 pm

Buhler Recreation Park

135 Murdock Road

For the second year in a row, the Transcona BIZ and Buhler Recreation Park are proud to host the Transcona Fireworks proudly sponsored by:



Wyatt Dowling
INSURANCE BROKERS

a division of Western Financial Group

A big thank you to those that make donation or supported this event: Ball Insurance Agency, Oakley Alarms, Goodfellow Realty, NFI GROUP INC., Russ Wyatt (City Councillor), Daniel Blaikie (MP Elmwood-Transcona), Nello Altomare (MLA Transcona), James Teitsma (MLA Radisson) as well as Heritage Canada and TD Community.

Show produced by Archangel Fireworks.

Photo by Alissa Osmond-Beach

2023 WALLS OF FAME INDUCTEES

The Wyatt Dowling/Wawanesa Walls of Fame, located at the Transcona Centennial Square, have been established as means to posthumously honour those individuals that have been instrumental in the development, economic success, education, recreation, spiritualism, political life, and volunteerism of Transcona. The Walls of Fame are a permanent tribute to the great individuals and community organizations that played a significant role in Transcona's success.

To date, 9 members from the community have been honoured for the integral role they played in Transcona's history, you can visit our website to learn more about each nominee.

Here are the 4 nominees that were added to the Walls of Fame in 2023 at the Transcona Centennial Square:

William Alexander Blaikie 1951 – 2022 Category of Political Life

William (Bill) Alexander Blaikie was born and raised in Transcona, where he continued to live and raise his family in the community. Bill served as a member of Parliament from 1979 to 2008, representing Elmwood-Transcona and its former ridings in the House of Commons. Following his retirement from federal politics, he was a member of the Legislative Assembly of Manitoba from 2009 until 2011, during which time he served as Minister of Conservation.

Bill was a tireless advocate throughout his political life for the people of Transcona. He worked with all levels of government to bring resources and improvements to the community - many initiatives that continue to have an impact on the community today. He played a role in the creation of the Transcona bio-reserve, as well as advocating for the preservation of the local 2747 locomotive on Plessis Avenue. He was actively involved in the early initiatives to save the Scout Hall and maintained a relationship with the Transcona scouting community.

Bill helped advocate for the conversion of Maple Leaf Community Club to be the Transcona Seniors Centre, improve healthcare for the community at large, maintain and enhance work opportunities particularly at the CNR yards, even going so far one time to fight to ensure that a "food desert" did not occur in the West End of Transcona by organizing a rally to save a grocery store at Regent Park Shopping Centre. Bill was also involved in the Legion apartment building on Victoria Avenue, again with the goal of caring and providing for seniors in our community.

He also worked with thousands of constituents of Transcona over the years to try and resolve problems they were having, big or small. He was also successful in advocating for veterans, working with local Hong Kong veterans and Dieppe veterans for the recognition they so richly deserved.

Bill has received many awards and acknowledgments during his life, most notably he was appointed to the Order of Canada in 2020 for his lifelong contributions to parliamentary service and for his steadfast commitment to progressive change and social activism.



LEAVE A LEGACY



Are you looking for a way to leave your mark on Transcona? If so, our Buy-a-Paver Program is meant for you. We are offering the opportunity to purchase and engrave an 8x8 paving stone and have it placed in the ground at the Transcona Centennial Square. All pavers will be laid around the New Flyer Peace Fountain to be enjoyed for many years to come. Each paver is only \$250.00 which includes the paver, the cost of engraving, and placement at the Square.

Deadline for submission is July 15.

<https://transconabiz.ca/community-programs/buy-a-paver/>

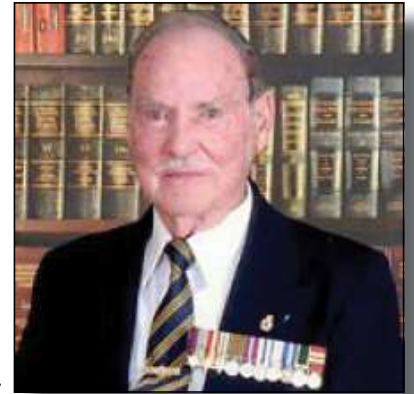
George Lawrence

1922 – 2011

Category of Volunteerism

Born at Airdrie, Scotland in 1922, George's younger years were spent at Rothesay. In 1939, he enlisted with the British Army and served in Europe, Middle East, and Britain. He was married in 1949 and, just two years later, he and his wife Betty and their two infant daughters emigrated to Transcona.

George had learned to play the bagpipes as a boy in Scotland and it would become his vocation in life to teach countless other young people how to play them. He played for many years with the 402 Air Force Squadron Pipes and Drums. His signature contribution was, however to the life of the Scottish community in Transcona, in his role as Pipe Major and instructor for the Transcona and District Pipe Band, a band for youth 18 years of age and under.



In 1967, George began as the Pipe Major and instructor for the junior band in what would become known as "The City of Transcona Pipe Band" in 1968, following approval from the Transcona City Council. Under his leadership the band and its players won many awards, in Canada and Scotland, until he left in 1973.

In 1984, George was still teaching students in his home when he decided to re-start the Transcona Pipe Band. This time, the new Band would now be called Transcona and District Pipe Band as it would encompass a larger area and they would wear the Ancient Gunn tartan. Besides teaching bag pipes, George was instrumental instilling dedication to "dress and deportment" and "loyalty" and "respect" in his students. George felt this mattered just as much as learning to play the bag pipes. His love of teaching was strong, and he continued until May 2011.

George received many awards and honours for his military service, his community service promoting Scottish Culture, and dedication to volunteerism including the 125th Anniversary of Canadian Confederation Medal (1992) and Queens Diamond Jubilee Award (2012).

Paul Martin

1920 – 2016

Category of Political Life

Paul Martin was a tireless champion of the East Winnipeg neighbourhood where he was born and raised. He raised his family, lived, and worked in Transcona and dedicated his life to his neighbours and community.

Paul served in Canada's military and was a veteran of the Second World War. He would go on to spend more than 40 years guest speaking at schools leading up to Remembrance Day. He took great pride in helping people remember those who made sacrifices so that Canadians could enjoy the life they have now.



Over the years, Paul took on the challenge of helping his neighbours build a vibrant Transcona. He served as a school trustee, councillor and finally mayor of Transcona. He also played a significant role in 1967 founding the Transcona Historical Museum, including serving as president of the museum board alongside a group of interested citizens from the community that he gathered to oversee its operations. Paul served as a Deacon at St. Joseph the Worker Catholic Church, as well as the chaplain at the Transcona Royal Canadian Legion, Branch 7. He was also an executive member for the Legion for 20 years.

Paul was dedicated to his community and many local community groups including as a volunteer chairperson for the public library, a volunteer at Park Manor Nursing Home as well as for the Winnipeg Police Services as a crime counselor. A little-known fact, Paul also helped develop the popular Crocus Hill toboggan slide using soil removed during the Transcona Street paving program that is still enjoyed today by families living in the area.

Paul received many awards for his volunteer efforts including from the Rotary International and the Royal Canadian Legion. He received the Queen Elizabeth II Platinum Jubilee Medal (2006) as well as he was honoured for his help in liberating Europe, with France awarding him with the "Legion of Honour", the country's highest foreign medal (2015). Paul also has a street named after him and a 92-unit affordable housing unit for seniors and families called Sir Paul Martin Estates in Transcona. He won the title of the "Greatest Transconian" from the Transcona Historical Museum (2005).

CONTINUE... 2023 WALLS OF FAME INDUCTEES

John Jacob Neufeld 1942 – 2022 Category of Volunteerism

John grew up in Grunthal, Manitoba, and four years into his marriage to Doris, he moved to Transcona to raise his family. From a young age, he developed a strong sense of community, hard work, love of music, team sports and charity. He embraced his new Transcona community by volunteering.

John was a founding member of the Knights of Columbus baseball league, which he operated for over 30 years. He played an integral role in the acceptance of female athletes in the league during that time. John's guiding principles were sportsmanship, patience, and creating a welcoming environment. For a \$20 bill, a child could play ball, get a jersey and a cap, receive a medal, and have a hotdog. Competition was secondary. Fellowship and sportsmanship were the priorities.

John ran the baseball program for so long that some of the children he registered, coached and umpired would return to the league years later as coaches themselves, with their children equally benefitting from John's guidance and patience.

John's volunteering did not stop with baseball. He coached soccer, hockey and led cub scouts too. He was a dedicated volunteer at the Oxford Heights Community Club, where he helped flood the rink and warmed little toes.

As a parishioner of Blessed Sacrament, where his woodwork still adorns the church, he served pancakes and taught catechism. In the winter, Roland Michener Arena buzzed during hockey tournaments that he helped organize. He was also busy with the Knights of Columbus Christmas Hamper Program, which brought toys and Christmas goodies to families in need. John's work within the community endeared him to many and created lasting friendships.

John received the Knights of Columbus' Knight of the Year honour in 1984-85 and the City of Winnipeg honoured him by naming a street after him in 2011, however, if he could, he would tell you that his biggest reward was seeing a smile on a child's face while on the field or the ice.



DANIEL BLAIKIE MP Elmwood-Transcona

Proud to
Support
Transcona
Business



 204.984.2499  Daniel.Blaikie@parl.gc.ca

Constituency Office: 207-1111 Munroe Avenue

FREE GRAFFITI REMOVAL



TRANSCONA BIZ STAFF

The Transcona BIZ has worked extremely hard for over 15 years to help keep Transcona clean.

If you see any graffiti in the area, please report it!

This is a FREE service to all community members!

We clean graffiti on residences, businesses, community mailboxes, hydro poles and light standards, garbage bins, fences and much more.

If you see it – report it – and we will clean it!

Report online at: **TransconaBIZ.ca**
Email us at: **admin@transconabiz.ca**
Call us at: **204-222-8566**

MOVIES IN THE SQUARE

A favourite summer event is back! Movies in the Square, presented by Club Regent Casino & Event Centre, is a fun and FREE community event that Transcona BIZ is so excited to bring back. Located at Transcona Centennial Square, 135 Regent Ave West, we will have four evenings to enjoy under the stars, featuring family favourites and blockbuster hit movies. This event is B.Y.O.C (Bring Your Own Chair) and space for each night is limited!



Friday, July 28th
Friday, August 11th
Friday, August 18th
Friday, August 25th



Movie titles, showtimes and more information to be shared on our social media closer to the event.

club
Regent
CASINO • EVENT CENTRE



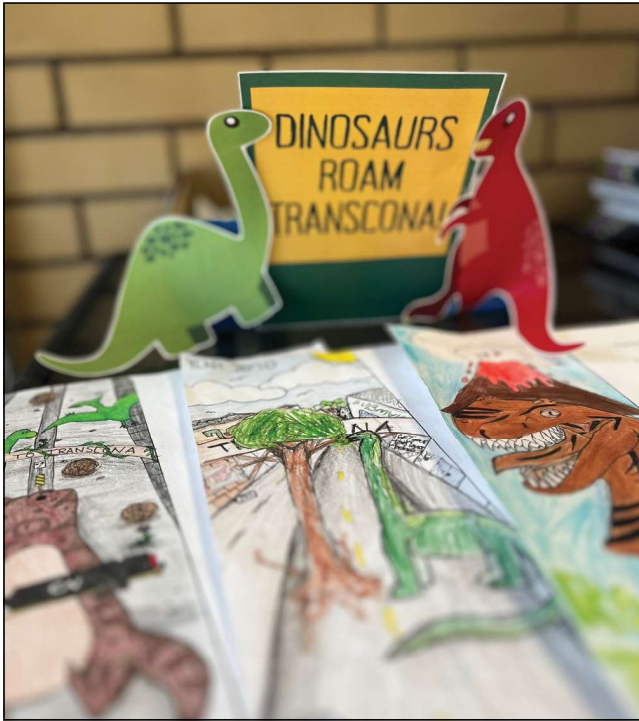
GIVING BACK

As part of the vision of the Transcona BIZ, our membership contributes to a vibrant community through regularly supporting charitable initiatives in the surrounding community.

This includes donations to Transcona Museum's GET ON BOARD: CN 2747 Protective Enclosure Capital Campaign, event/media sponsorship for L'Arche Winnipeg's Walk with L'Arche, to partnerships with the Transcona Legion's Veterans Special Projects to donations to the Transcona Scout's Hall, the Transcona Food Bank and Transcona With Pride all since 2021.

This past April, Ball Insurance helped collect and donate appropriately 500 food items to the Transcona Food Bank during a spring food drive. Thank you to them and their clients for their ongoing dedication to the community.

2023 FESTIVAL OF BANNERS



All the submissions are in, and Dinosaurs are set to soon Roam Transcona!

We want to thank the students and community members for submitting their artwork for this year's Festival of Banners Program.

Don't forget, voting takes place May 23rd – June 6th, 2023. There will be 65 entries chosen to be displayed along the streets of Transcona.

Visit our website at <https://transconabiz.ca/community-programs/festival-of-banners/> to place your vote today!

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

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

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

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

**Enter by August 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



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Where Pet Wellness Comes First



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Royal Canin	Nutrisource
Hills Science	Boreal
Go Solutions	Open Farm
Nutram	Horizon
Zignature	Nutrience
Canadian Naturals	Now Fresh

RAW FOOD

Carnivora
Perfectly Raw
K9 Choice
Primal
Stella & Chewys
Naturawls
Pet 4 Life
Bold By Nature

FREEZE DRIED /DEHYDRATED

Primal
Smack
Stella & Chewys
Open Farm
Zeal
Ziwi Peak
Acana

WET FOOD

Rawz	Blue
Merrick	Farima
BFF	Almo Nature
Weruva	Truluxe
Tiki Cat	Tripett
Acana	Go Solutions!
Orijen	Canada Fresh
Wellness	Boreal

And Many More Brands Available

TREAT15 15% Off
on treats

LITTER10 10% Off
on litter

WETFOOD10 10% Off
on wet dog & cat food

Valid on selected items until 25th June 2023

☎ 431-800-4965 🌐 WWW.PETTOBA.CA ✉ INFO@PETTOBA.CA

📍 **701 REGENT AVE W, UNIT #136, WINNIPEG, R2C 1S3**



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
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.

Modern Man Barber Shop

4-1530 Plessis Rd
204-219-6303

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.

Amai Sushi

3-1530 Plessis Rd
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

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

Curry Up Indian Kitchen

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



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



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@paleoplatery.ca
paleoplatery.ca

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

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.bestprosinetown.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 Healthcare 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
creativedor.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
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
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@royalpage.ca

Jamie McCreedy - 204-479-4868

Jamie Knox - 204-470-9828

Ivan Paulic - 204-260-0858

April Swanson - 204-803-3149

Retail**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

**DCA Urban Gear**

B-139 Regent Ave W R2C 1P9

204-222-6919

DOLLARAMA LP

1460 Plessis Rd

110-701 Regent Ave W

dollarama.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





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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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