



TRANSCONA
BUSINESS IMPROVEMENT ZONE

TRANSCONA BIZ BULLET

VOL 20 No. 3

September 2023

**“DINOSAURS ROAM
TRANSCONA”
WITH THIS YEARS
FESTIVAL OF BANNERS
SEE THE YOUNG ARTISTS
SHOW OFF THEIR BANNER INSIDE**



MESSAGE FROM THE ED



It's been another busy summer!! I hope everyone had a chance to visit one of our many day and evening community markets, and to participate in some of the many activities surrounding the Canada Day celebrations, including the fireworks that were bigger and better than last year. I hope you also got to enjoy one, if not all, of our four Movies at the Square.

Please remember to support the businesses right here in Transcona that make our summer programming possible.

Our Community Ambassadors worked hard all summer to keep the flowers watered, grass cut, the Transcona Centennial Square clean, our streets clean of garbage, and worked extra hard to remove graffiti from all over Transcona. In 2022, they removed 424 pieces of graffiti within Transcona – this summer they have completed over 1200 jobs to date!!!

Remember to follow us on social media @TransconaBIZ to keep up to date on all of our activities throughout the year.

I'd like to also thank community members for

supporting our local businesses this summer. These businesses are owned and operated by our neighbours and friends. They employ our friends and family and they appreciate your business and support every time. #ShopLocal

Sincerely,
Leila Dance
Executive Director



(Back row) Gaby, Nick, Eryn, Dana, Meghyn, Tyler
(Front row) Kirsten, Sarah, Ryleigh, Leila

SOCIAL MEDIA

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

You can find us at:

Facebook - www.facebook.com/TransconaBiz

Twitter - twitter.com/transconabiz

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

Website - transconabiz.ca

Transcona BIZ BUCKS Winners!

MAY - Don Roberts, Rhonda Boychuk Levenec & Susan Aldrich

JUNE - Lyn Woligroski, Lil Cottie & John Kowaliuk

JULY - Hailey Tremblay, Duane Doucette & Erna Brennenstuhl

Transcona BIZ Bullet is published quarterly.

For more information contact:

204-222-8566 or admin@transconabiz.ca

2023 BOARD OF DIRECTORS

Keith Cruise, Bond Printing.....Chair
Rob Geswin, Ball Insurance.....Vice-Chair
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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
Russ Wyatt, City of Winnipeg.....Director

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

30 YEARS IN THE “MAKING”

Joseph Richarde had been a goldsmith for several major jewellers in Winnipeg, including Al's Jewellers, Dunn's, and Eaton's, before he opened his storefront at 118 Regent Ave West in 1993.

Joe had been doing jewellery repair and custom work out of his Transcona home a few years prior to deciding to start a business on his own. The small little office space was barely large enough to be considered a store however, Joe arranged his bench and one small showcase and opened the doors to what is known today as J.L.R Jewellers.

For the next 15 years, Joe began building a clientele in Transcona, offering quality jewellery repair and custom work at affordable prices. He was loved for his honesty, candor, and sense of humour.

In 2008, his son, Jace began to work in the store and began to be apprenticed by his father. It was in 2013, when Joe decided to retire suddenly after a 50-year career and Jace took over his father's seat at the bench.

Thirty years later, JLR Jewellers is still going strong, despite the setbacks of COVID-19 and the economy. Jace attributes this to the loyalty and support of the good people of Transcona.

A lot has changed in 30 years, including an expanding menu of repairs and custom orders, watch/clock repairs and wax casting. One thing remains the same - The strive to build a business based on honesty, quality, and affordability. What better way to celebrate 3 decades than Jace and his wife welcoming a 3rd princess due in November.



REMEMBERING AND HONOURING

The Transcona BIZ is proud to partner with the Transcona Legion Branch #7 and the Transcona Museum for a new project called the 123 Transcona Fallen Soldiers. This is a way to honour the soldiers from WWI and WWII that paid the ultimate sacrifice. These banners will be hanging in downtown Transcona leading up to Remembrance Day.

Watch for them to be hung in October.



GOODBYE FESTIVAL OF BANNERS

If I have learned anything in my time with the Transcona BIZ it's that "You can please some of the people some of the time but not all of the people all of the time". This has been a hard lesson for me when it comes to the Festival of Banners program. I truly have enjoyed seeing the creativity of the submissions, seeing the joy and excitement when a child brings their banner back to the office and wants to show it off and most of all the photos of the children once their banner is hung and they get to appreciate their hard work. Those photos can be found throughout this month's issue of our magazine.

However, like all good things there is a bad side. In my time here, I have had parents and even random community members criticize what we are doing here with regards to the Festival of Banners. It started with the "lack of transparency" with the voting and so with the global pandemic it gave us an opportunity for change and brought the voting online - opening it up to the community and allowing everyone to be a part. I thought at the time that this would be a great way to feature all the submissions and let the community know that this was part of a larger project, not just the 65 banners that get hung each year.

We started this year with the opportunity for the community to vote on a theme and even with that came criticism. People commented wanting a "more Transcona theme" - honestly, I don't even know what that means. This year submissions have Dinosaurs exploring Transcona, climbing the clock

tower, roaming the streets next to Hi Neighbour Sam and one even shopping at Marshalls/HomeSense! Last year's "Out of this World" theme had Sam in a space suit, flamingos exploring Mars and even the CN 2747 driving in outer space. Taking the larger theme and bringing it to Transcona is part of the creativity of this program.

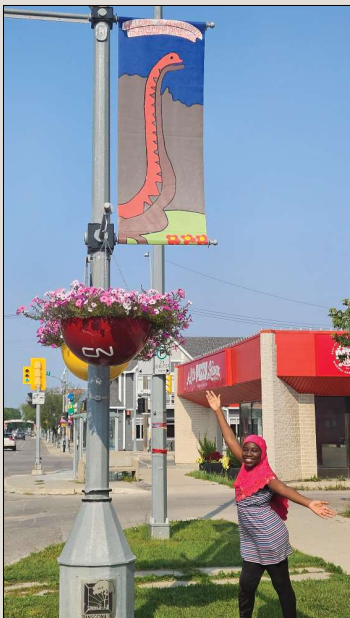
This year I received emails from parents about how they didn't like the voting process - however this program isn't mandatory. No child is required to participate. Any school that submits a child's work and the parent wants it removed can have it removed - no questions asked.

This year we got a few messages about it being a "popularity contest", even though every year we have a few parents that come in to pick up their child's supplies that didn't even know they were in the contest - showing me that the process can work if the parents just left it alone. If everyone just voted once and moved on. There are many community members that don't have children in the program that like the opportunity to vote and see all the submissions.

The emails about the process being "a full-time job getting votes" - no one asked you to solicit votes. We sent out the link for you to vote and share with your family, not vote and revote day after day, harassing family and friends and even strangers to vote for your child. We just wanted you to see your child's work and to be proud of the creativity.

It was brought to my attention this year that some parents were manipulating the votes, the voting

Barakat



TRANSCONA BIZ BULLET

Nathan P.



Charvi



Joshua



allows for one vote, per submission, per IP address. Some parents took it upon themselves to use a VPN to change their IP address over and over again to generate 100s of votes. This put me in the very difficult position to disqualify some children's submissions. This isn't how a child's contest should be and it is very disheartening.

Then came the email that the platform I had chosen was going to cause mental health issues and any suicide from a child participating would be on my head. I honestly cried in my office. Is this truly how we are handling things now? That we are blaming a person running, what amounts to, a children's colouring contest in our community for the negative effects that the internet has on the world?

There have been many "suggestions" about how this program should run. This includes "only letting good artists participate and a child that is good at music, sports or math shouldn't be able to participate" (I actually had a woman call me multiple times throughout the year to tell me she was "disgusted" by a banner hanging where she gets her groceries. Really?? Isn't art subjective??) We had the suggestion that "every child should be able to hang a banner" – there are 65 spots, with each bracket costing \$400 each, the paint, supplies, material, and hanging costs almost \$8,000 for this program annually – not including staff hours dedicated to this program. What would the cost be on 900-1200 banners? And where would we begin to hang them all?

The most common suggestion is to bring back the judges or even to just randomly pick the winners – and yet this brings us full circle to the lack of transparency and doesn't allow for the community to be involved. This program is supposed to bring positive marketing for the community, whether it be radio stations or newspapers talking about the program, it is supposed to create a positive buzz for this community and encourage people to come and see what all the talk is about – maybe even go shopping at our local toy store or dine at a local restaurant while they are here checking out the banners.

Each year, we try our best to be open and transparent with this contest and each year I find it more and more difficult to continue based, not on the children, but on the behaviour of the adults. Something that was supposed to be fun and creative for the kids in this community, something that no other community or area of the city does, has been tainted by adults.

With this, I am sad to say, we will no longer be hosting the Festival of Banners. I would like to thank the schools for helping the artists to explore their creativity, the families that picked up their child's supplies and helped them paint the large banners to hang, to my staff, who fielded calls and messages, who scanned and uploaded, who poured paint and traced banners. And a very special thank you to the children that created such amazing pieces of work – it was great to see through your eyes for just a moment.

Leila Dance, Executive Director

Weston



Euri



Julia



Aubrey



CANADA DAY CELEBRATIONS



Great news – all our beloved flamingos have been found! Our first ever WhoDunIt? was a huge success, bringing out Transcona to help catch the culprit! There were 9 stops in the Downtown Transcona area that led participants to solve clues, and visit local Transcona businesses all to figure out where, how and who was the culprit behind the missing flamingos!



*Amazing Sherlock XIV
- Jack S*

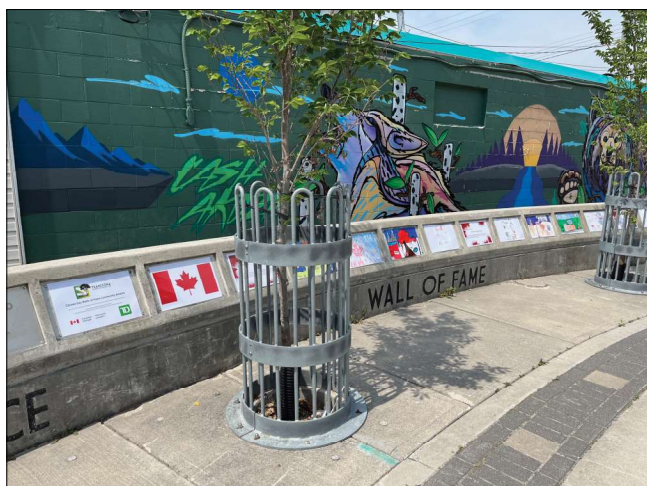
*2 The Rescue
- Bentley K.*

In the end, team 2 The Rescue was the grand prize winner who discovered that Rob the Chef captured the flamingos by plucking all their feathers at the CN 2747 Locomotive.

Special Thanks To: JLR Jewelers, Aunt Monica's Attic, Transcona Optical, Nello Altomare MLA For Transcona, Transcona Museum, Studio 431 Tattoos & Body Piercing, L'Arche Tova Cafe & Beautiful YOU Salon & Spa. We also thank all that participated and helped make our first WhoDunIt? a fun and great way to spend the week of Canada Day.



*Miss G and Mama
- Jackie M*



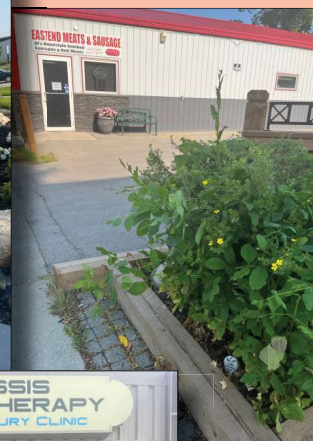
CANADIAN ARTWORK

A huge thank you to Ms. De Koning's class of Grade 4's and Grade 5's from Radisson School for their amazing artwork that has been displayed at the Transcona Centennial Square over the summer. The artwork showed what being Canadian meant to the students and was paired with some fun facts about Canada.

Did you know that "eh" is an actual word? It's even listed in the Canadian Oxford Dictionary!

ROCK HUNT

Over Canada Day long weekend, we had the community out searching for 10 Canada Day themed rocks, all hidden within the Transcona Business Improvement Zone! Last year all the rocks were found on the same day, so this year we made it a little bit harder, and these lucky winners prevailed! Congratulations to Isaac and Zidane, Jennifer, Suzan, Dale, Ashley, Lauren, Aly, Lizah, and James.



Lauren C.



Ashley S.



Isaac and Zidane A.



TRANSCONA FIREWORKS

For the second year in a row, Transcona BIZ and Buhler Recreational Park presented Transcona Fireworks sponsored by the Edge Corp Group and Wyatt Dowling Insurance, a division of Western Financial Group!

The community came out in huge numbers to celebrate Canada Day on the evening of July 1st with an amazing show put on by Archangel Fireworks Inc.

A big thank you to those that donated to 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.

Please remember to support those that support our community!



COMMUNITY MARKETS

QX 104 Live

What a summer of markets it was! This summer, we hosted nine Thursday Community Markets and two Wednesday Community Night Markets at the parking lot of Transcona Christian Reformed Church, 131 Victoria Ave West. We loved seeing the community come to the markets weekly and discover the new and returning vendors that made our markets a huge success for another year.

Transconians had the opportunity to shop for locally grown fresh vegetables, handmade treasures, baked goods, jewelry, clothing and accessories, hot sauces, BBQ rubs, wines and spirits, housewares and food trucks.

Each week showcased different vendors, allowing for market go-ers to discover a vast variety of local artists and unique small businesses. Transcona BIZ would like to thank all the vendors for attending, Transcona Reformed Christian Church for hosting us, our team of summer students for all of the hard work setting up the markets, and all the community members for visiting and shopping local and supporting small businesses.



Prairie Pickers Cafe



Peaches by Pauliina



Bunny Trail Studio



1882 Fruit Based Hot Sauce



Dots of Love Canada



Country Chameleon Jams & Preserves



Edelweiss Family Garden



McHoney Wings

Kate



Jackson



Subhreet



MacKenzie



2023 Vendors Included:

1882 Fruit Based Hot Sauce
 Aloette Cosmetics with Marie
 Anishinaa-Bakes
 Aroundabouts
 ArtMCreations
 BakitWhy Granola
 Barb's Crafts
 Be Seal Wise Tupperware by Myrna
 Bear Essential Soap
 Belvidere Soap Company
 Bunny Trail Studio
 Chap's Peanut Butter
 Chibi Conbini
 CHICKS N' BEETS
 City of Winnipeg - Water and Waste
 Collection Sage
 Color Street
 Country Chameleon Jams & Preserves
 CraftyCre8 Paper Creations
 Curseteas Creations
 Dead Horse Cider Co
 Design Décor
 Dots of Love Canada
 earthy3Dprints
 Edelweiss Family Garden
 EK Handcrafted Designs
 Epicure with Christina
 Extreme Fries
 FARM DOG
 Fat Iguana Kitchen
 Fired Up- Mobile Wood Fired Pizza
 Firm Foundations 4 Life
 Fred Simpson's Jewelry

Freedomswind
 Gabe's Creations
 Glass Jar Games
 Goulet's Woodshop
 Grey Haven Bath and Body
 Homemade Creations by Pat
 Iren Oil Painting
 Kingdom Cards
 Kookums Pantry and More
 L.D.B. Designs
 L'Arche Tova Café
 Loveable Handmade
 M&F Studio
 Mariants_crystals
 McHoney Wings
 Mighty Micki's Mini Donuts
 Nails Henna Winnipeg
 Nello Altomare, MLA for Transcona
 Norwex with Teresa
 Opening The Door
 Optimist Club
 Out of the Oven Treats
 Paper & Pearls Handmade Cards & Gifts
 Patent 5
 Peaches By Pauliina
 Pinkraindrop Designs
 Prairie Knitwear Co
 Prairie Pickers Café
 Raising Canes
 Sasshole Designs
 Scaldar Designs
 Sew Prairie Designs
 Sharlene Yarish

Shrugging Doctor Beverage Company
 Sipology by Steeped Tea
 Sips With Rachel
 Southside Creations
 Spell House
 Stitch Sisters
 Studio Twenty-nine Candle Co.
 Sunset Gourmet
 SweetLegs Winnipeg with Benita
 Tailored Tees and Things
 That's Sew Manitoba
 The Big Dawg
 The John Russell Honey Company
 The Yellow Brick Road
 toma-HACK BBQ
 Tower Garden
 Trail Dog Treats
 Tranont
 Trans Canada Brewing Company
 Transcona Crystal Lady
 Two Hearts Designs
 Watkins
 We All Have Cravings Etc
 Wenkai Oriental Vegetables
 Woodworks by C Tascona
 XamarTea
 Yuka's Bakery

Coby



Elizabeth



Peyton K.



Brody



COMMUNITY CLEAN UP

Transcona BIZ was thrilled to celebrate spring with our annual spring Community Clean Up event! We invited members of our community to pick up their clean-up kits from our office, then choose an area of Transcona to spruce up.

During the week of May 14th – 20th, clean-up community members tagged us on social media with the hashtag #TransconaCleanUp and Inger G. was the lucky winner of a gift card to any member business of her choice! We are so proud of the residents and our member businesses who continue to have a great sense of pride that helps us continue to hold our reputation as the Park City.



Starbucks Team



Inger G.

Thank you to Take Pride Winnipeg for donating clean up kit supplies and our member business McCreedy Knox Team for hosting such an amazing and successful wrap up party! A special thank you to the team at Park City Starbucks, Nello Altomare MLA for Transcona and the team at Burnbrae Farms Limited for taking part in our spring Community Clean Up event.



Moria & Nello



Burnbrae Farms Team



McCreedy Knox Team

Stella



Alicia



EL



Arthur



MOVIES IN THE SQUARE



It was another great summer under the stars for our Movie Nights in the Square sponsored by Club Regent Casino & Event Centre! Transcona BIZ was pleased to present 4 movie nights at Transcona Centennial Square, a free event that we know the Transcona community enjoyed immensely with it's return last year! The movies enjoyed were Disney Pixar's Turning Red, Puss In Boots: The Last Wish, Top Gun: Maverick and the summer hit Super Mario Bros. Movie.



Mighty Mick's Mini Donuts was set up with delicious mini donuts and beverages and the first 150 people in attendance each movie night received a bag of Gramma's Kettle Corn popcorn for free! Each movie night also gave movie viewers the chance to win a prize pack with a DVD copy of the movie being shown that night.

Thank you to everyone who came to the Square for all of the fun filled movie nights to remember under the stars.

club
Regent
CASINO • EVENT CENTRE



Gabriella



Ava-Rose



Jonah



Harseerat



CALLING ALL PHOTOGRAPHERS



The Transcona BIZ is happy to announce that we will be again producing the 2024 Transcona Calendar. In 2023, the Transcona Food Bank received \$3,130.00 from the calendar sales and we hope to make 2024 an even better success for local charities!


For 2024 we have partnered with The Transcona Food Bank, The Transcona Nationals Football Club and L'Arche Winnipeg to make sure that more Transcona Charities receive the support that they need to continue to have a huge impact on our community!

All funds received from the sale of the 2024 calendar will go directly to the Transcona based charities. The cost of the calendar will be paid for by the membership of the Transcona Business Improvement Zone (BIZ).

HOW CAN YOU BE A PART OF THE CALENDAR? In 2023, Cornelius Thiessen provided photos from his personal collection to be a part of the calendar - this year we will have photos from Cornelius but we are also opening up the opportunity for others to submit their photos from within Transcona for consideration for the calendar. (Keep in mind we need seasonal photos for the whole year for the calendar.)

Photos will need to be in high resolution (over 3MB) and emailed to admin@transconabiz.ca with the photographer's name, phone number and email address. Those photos selected for use in the 2024 calendar will receive photo credit. Photographers will be required to sign a consent form for use of their photo in the calendar and any marketing around the calendars.

DEADLINE FOR SUBMISSIONS is Friday, September 15, 2023 at 12 pm.

	<p>Free Home Evaluation Buying or Selling Contact me for Incentives Limited Time Only</p> <p><i>Mary Jay</i> HEBERT</p> <p>204-510-5552 Royal LePage Dynamic Real Estate</p>	<p>ROYAL LEPAGE DIAMOND AWARD 2020</p> <p>10 ROYAL LEPAGE TOP TEN AWARD 2020 INDIVIDUAL - MANITOBA</p> <p>ACHIEVEMENT AWARD INDIVIDUAL 2020 SILVER</p>
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DANIEL BLAIKIE MP

Elmwood-Transcona

Proud to
Support
Transcona
Business



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

ARCTEK

INDUSTRIES

Danny Bouchard

Electrical Contractor

204-330-0756

danny@arctek.ca

Nick Martens

Electrical Contractor

204-962-8730

nick@arctek.ca



EAVESTROUGH CLEANING

Dan McCaughan
Winnipeg, MB
204-803-4673



**Enter by September 30, 2023
to Win \$50 BIZ Bucks*!**

(BIZ Bucks have No Cash Value)

Name: _____

Address: _____

Phone: _____

Email: _____

**Enter by November 30, 2023
to Win \$50 BIZ Bucks*!**

(BIZ Bucks have No Cash Value)

Name: _____

Address: _____

Phone: _____

Email: _____

**Enter by October 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



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

122 AUTO ★
122 Regent Ave W R2C 1P9

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

Access (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.

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@alittlepizzahaven.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

Casarap Grill Authentic Pinoy Food Station ★
19-801 Regent Ave W R2C 3A7
431-557-7181

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

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/
SLPrezent@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.

Starbucks
101-1510 Plessis Rd R2C 5R5
204-899-5472

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.

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.

The Sugarcane
101 Regent Ave W R2C 1R1
204-417-1124 or 204-691-1124
hello@sugarcane.ca

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.

ESSO
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

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.

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.

Clark Transport

770 Pandora Ave E R2C 3N1
204-453-6042

Dominion Pallet & Crate Ltd

414 Pandora Ave W R2C 3A5
204-958-8068
dominionpallet.ca

Exceldor Cooperative

(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.

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

90 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**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

CS Collectibles

114A Regent Ave E R2C 0C1

204-219-1024

cscollectibles.ca

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

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.

The Joint Cannabis Shop
218 Regent Ave W R2C 1R2
204-615-5285
thejointcannabis.ca
Cannabis accessories.

The LumberZone
309 Bond St R2C 2L6
204-222-3281
thelumberzone.ca
Building supplies, hardware, paint, and tools for commercial and residential purposes.

Tony Fernandez Signature Shoe Repair & Key Cutting
B-134 Regent Ave W R2C 1P9
204-615-1245

Tyler's No Frills Grocery
1500 Plessis Rd R2C 5G2
1-866-987-6543

Video King
309B Day St R2C 1B1
204-224-9521
vkonline.com
Movie sales & distribution for rentals and sales.

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

Wittipeg
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

Impact Security Group
1225A Plessis Rd R2C 3L9
204-953-1965

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.

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.

Studio 431 Tattoos & Body Piercing
136 Regent Ave W R2C 1P9
204-688-1375

FREE GRAFFITI REMOVAL



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**



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



#SEEUATLEOS