



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

VOL 20 No. 4

December 2023

CHANCE TO WIN  
EVERYTHING IN THE  
“2023 HOLIDAY  
BUYING GUIDE”  
CAN BE FOUND INSIDE ON PAGE 4-5.



# MESSAGE FROM THE ED



It's that time of year again when we look at how fortunate we are, whether it is family and friends, a roof over our heads or knowing that our next meal is available to us. It's also a time to appreciate the country we live in when some places around the world aren't as lucky as we are today.

December is also that time when we give back to those less fortunate than us – for some it's through the food bank or toy drives, donations of warm clothing and blankets and for others it's the donation of time.

I'm proud to work for an organization that gives back and regularly supports local charitable initiatives all year round. In 2023, the Transcona BIZ donated and provided community support to the following organizations: Ecole Regent Park School Play Structure Renewal, the Transcona Nationals Football Club funds to purchase a new lawnmower, The Plessis Family Resource Centre for family summer programming, Rotary Club of Winnipeg (East AM) in support of scholarships for students in River East Transcona School Division, L'Arche Winnipeg media sponsor for their annual Walk for L'Arche and the Transcona Food Bank was the charity of choice for the Community Markets and all food and monies donated during those markets was delivered over the summer.

The Transcona BIZ also partnered with the Royal Canadian Legion Branch 7 and the Transcona Museum for a new project this year. You can learn more about the 123 Transcona Fallen Soldiers project on page 13.

To end the year, the Transcona BIZ has again printed the Transcona Calendar with all proceeds going directly to Transcona based charities. The cost of the calendar was paid for by the membership of the Transcona Business Improvement Zone (BIZ).

A special thank you to local photographer's Ava-Rose Reyes, Bruce Gauthier, Christopher Haaksma, Cornelius Thiessen, Kim Delorme Enns, Lora Dobson, Mark Chapman, Mona-Lisa Lauzé, Nick Thompson, and Shawn Nason, who all submitted photos for this project.

Calendars are \$10 each and can be picked up at Transcona BIZ, 108 Bond Street (Monday to Friday from 8am – 3pm) and Ball Insurance, 112 Regent Ave W (Monday to Friday from 9am – 5:30pm and Saturdays from 10am to 2pm) and at Chicken Delight, 453 Regent Ave W. (Daily from 12-9pm)

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](https://www.facebook.com/TransconaBiz)  
Twitter - [twitter.com/transconabiz](https://twitter.com/transconabiz)  
Instagram - [instagram.com/transconabiz](https://www.instagram.com/transconabiz)  
Website - [transconabiz.ca](https://transconabiz.ca)

## Transcona BIZ BUCKS Winners!

August: Marlayna Delaquis, Gina Barsby & Michelle Navarro  
September: Amber Wiebe, Michelle Resler & Al Siwak  
October: Joe Tyson, Karen Stine & Carol Baril

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

204-222-8566 or [admin@transconabiz.ca](mailto:admin@transconabiz.ca)

## 2023 BOARD OF DIRECTORS

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



# CRAVING TASTY FOOD

Kylie (owner of CRAVE Kitchen & Deli) and Bobby (Manager) have always had the same thing in common – wanting to make and provide good food with the goal of making people feel good while eating it. It was something Kylie and Bobby would talk about together as they graduated high school together in 2006. Wouldn't it be great to one day work together in the food industry to provide good, home cooked meals for a community that shares the same hard-working values as we do?

It was on November 23, 2022 that dream came true and the doors to CRAVE Kitchen & Deli opened its doors in Park City Commons. What started as take home meals to simply warm up and enjoy alongside deli-style food options to grab & go for lunch or dinner, CRAVE Kitchen & Deli has now expanded. They still offer the same options they did when they opened and have now added in desserts, like an ice cream bar to keep their customers cool throughout the hot summer months as well as their signature dill pickle options. Dill pickle pizza, tacos, pasta, and even a dill pickle poutine! Other offerings include catering events, both small and large alike, a variety of smaller and affordable meal options for seniors and much more.



*Kylie and Bobby*



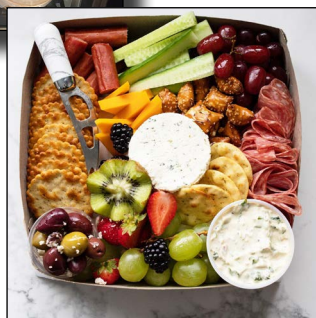
The idea behind CRAVE originated in a restaurant front opened in Steinbach over 30 years ago and when looking for a location here in the city, Kylie and Bobby knew that Transcona was where they wanted to plant the root for their business. Transcona, in their minds, was a community that was relatable to what they wanted to provide. The community gives that hometown feeling, filled with hard-working community members that are always on the go from work to the many sports offered in the area. They knew this would be a great community to offer food and meals that are easy, quick, and hassle-free to enjoy.



CRAVE Kitchen & Deli has loved being a part of Transcona so far, and their presence on social media shows it! They just celebrated their one-year anniversary at Park City Commons! Be sure to follow them on social media for giveaways and specials to celebrate this incredible milestone.



*Dill Pickle Pizza*



*Crave Graze Box*

## CRAVE Kitchen & Deli

1530 Plessis Rd – Park City Commons  
204-222-5122

Hours: Monday to Saturday 11am-8pm  
Sunday 11am-7pm

Website: [www.cravekitchendeli.com](http://www.cravekitchendeli.com)



**cravekitchendeli**

# THE HOLIDAY BUYING GUIDE



1

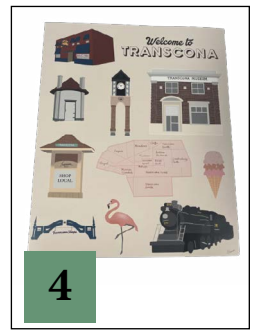
SHOPLOCAL



2



3



4



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10



11



16



17



18



19

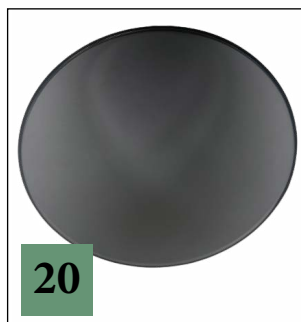
1. Urban Tails – Where Happy Pets Shop!, 4-1510 Plessis Rd – ZippyPaws Catnip Merlot Toy (\$5.99), JR Dog Cane (\$6.99), Hemp Reindeer Chew Toy (\$11.99), Wellness Kittles Chicken Raspberry Cat Treats (\$3.49)
2. Aunt Monica's Attic, 111 Regent Ave W – Dig It! Dragon Excavation Kit (\$4.99), Flamingo Pen (\$1.99), Crazy Eights Card Game (\$4.99), Scribble Down Pirate Adventure/Fairy Cake Factory Book (\$2.99/each)
3. Leopold's Tavern, 1520 Plessis Rd – Transcona Flamingo Shirt (Large) (\$35.00), Visor (\$30.00)
4. Transcona Museum, 141 Regent Ave W – Welcome To Transcona Poster (\$15.00)
5. Performance Healthware Park City, 3-1480 Plessis Rd – Theraband Foot Roller (\$19.99), WhiteLion Band – 10" (\$4.99/each)
6. Rising Phoenix Hair Salon, 120-701 Regent Ave W – Travel Size Design Me Leave In Treatment and Curl Spray Gel (\$12.00/each)
7. Transcona BIZ, 108 Bond Street – Transcona Winnipeg, MB Water Bottle (\$5.00), Coffee Tumbler (\$6.00), Tote Bag (\$2.50)
8. Transcona BIZ Calendar - \$10.00 with all proceeds being

TRANSCONA BIZ BULLET

9. Eastend Meats and Sausage, 123 Regent Ave E – Kanada Jerky, Beef Smoked with Hickory (Various Flavours, \$6.69/each)
10. The John Russell Honey Company, 128 Victoria Ave W – The John Russell Tea Box (\$17.50)
11. CRAVE Kitchen & Deli, 1530 Plessis Rd – Birch + Board MB Charcuterie Board (\$35.00)
12. Modern Man Barber Shop, 4-1530 Plessis Rd – Scalpmaster Grooming Kit (\$10.95), Clubman Pinaud Beard Oil (\$14.95), Dapper Dan High Hold Low Shine Matt Paste (\$16.50)
13. Lumberzone, 309 Bond St – Fuller Golden Grip 17-piece Screwdriver Set (\$24.99)
14. Regent Pawn, 105 Regent Ave W – Regent Pawn Hooded Sweater (\$25.00) and Toque (\$10.00)
15. ABC Tools, 201 Regent Ave W - STIHL Garden Gnome Figure (\$38.10)
16. Wittypeg, 129 Regent Ave E – Decision Dice (\$20.00)
17. Advance Massage Therapy, 2-1460 Plessis Rd – Muscle Melt (\$10.08)



Check out the 3rd annual Holiday Buying Guide! Whether it's for yourself, the office Secret Santa or a loved one, your local Transcona businesses have everything you need! As an added bonus, fill out the ballot on the next page and return it to the BIZ Office at 108 Bond Street by December 15th for your chance to WIN everything pictured and a few extra surprises!!



**SUPPORT  
LOCAL**

18. Beautiful YOU Salon and Spa, 115 Regent Avenue W – Sweet Home Slippers – Navy Flamingo Socks (\$15.99), Flamingo Keychain (\$7.49)

19. Starbucks, 101-1510 Plessis Rd – Blonde Espresso 1LB Ground Coffee (\$18.95), Travel Mug (\$4.95)

20. Palliser Factory Outlet, #79-630 Kernaghan Ave – Palma Décor Mirror (\$29)

21. Video King, 309B Day St – Various DVD and Blu-rays (Prices ranging from \$3-\$16.97)

22. J L R Jewellers, 118 Regent Ave W – Sterling Silver Ring (Size 9, \$30.00)

23. PetToba, 136-701 Regent Ave W – Crunchers GF Tuna & Pumpkin Cat Treats (\$5.69), All Natural Treats For Dogs – Bacon-Oven-Baked (\$5.49), Rubber Dog Toy Spiked Bone (\$6.99), Nible Carrot Cat Toy (\$7.99)

24. Subway, 100 Regent Ave W - Gift Card \$15.00 and 7-Eleven, 104 Regent Ave E or 1-801 Regent Ave W – Gift Card \$15.00 (Prices ranging from \$5.00-500.00)

**WIN Everything on these Pages!**

**Enter by December 15, 2023.**

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

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

# WALLS OF FAME

The Wyatt Dowling/Wawanesa Walls of Fame were established as means to posthumously honour those individuals who have been instrumental in the development, economic success, education, recreation, spiritualism, political life, and volunteerism of the community of Transcona.

On September 13<sup>th</sup>, an acknowledgement event was hosted to honour those inducted in 2022 and 2023. There were friends and family members from each honouree in attendance.



2023

William Alexander Blaikie – Category of Political Life

George Lawrence – Category of Volunteerism

Paul Martin – Category of Political Life

John Jacob Neufeld – Category of Volunteerism

2022

Jean Delorme – Category of Volunteerism

Alex Taylor – Category of Community Development

Michael Zawaly – Category of Sports & Recreation

2013

Mary Sophie Andree – Category of Education

Joseph Bere Blostein – Category of Business/Professional

Ed Golding – Category of Sports and Recreation

Dr. Murdock MacKay – Category of Business/Professional

Melvin McMullen – Category of Political Leader

Margaret Underhill – Category of Education

*To learn more about each honouree, please visit our website to see photos and details of their contributions to Transcona.*



## NOMINATE SOMEONE TODAY

Applications are now being accepted for nominations to the Wyatt Dowling/Wawanesa Walls of Fame. Full nomination packages are available on our website at [transconabiz.ca](http://transconabiz.ca).

Deadline for consideration is December 31st. If you have any questions, please contact the Transcona BIZ.





# PetToba

## FREE SAME DAY DELIVERY IN WINNIPEG

### LOYALTY PROGRAM FOR PET FOOD

					
					
	<b>BUY 12 GET 1 FREE</b>				
					
					
<b>BUY 10 GET 1 FREE</b>			<b>BUY 8 GET 1 FREE</b>		
					

**LITTER10**

10% Off on Cat litter

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**TREAT15**

15% Off on Dog & Cat Treats

**WET10**

10% Off on Wet Cat Food



ORDER TODAY AT  
[WWW.PETTOBA.CA](http://WWW.PETTOBA.CA)

Bring these coupons to avail discount | Valid until 15<sup>th</sup> Dec 2023

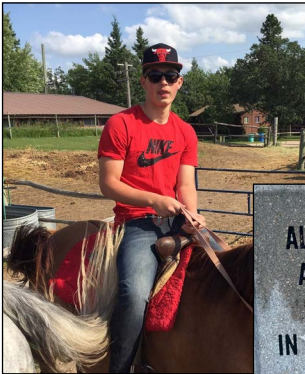
📞 431-800-4965 🌐 [WWW.PETTOBA.CA](http://WWW.PETTOBA.CA) ✉ [INFO@PETTOBA.CA](mailto:INFO@PETTOBA.CA)

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

# WRITTEN IN STONE

In it's 9th year, the Transcona BIZ 'Buy A Paver' program gives community members the opportunity to sponsor an 8" x 8" paving stone at Transcona Centennial Square. This past September, 22 pavers were placed around the New Flyer Peace Fountain celebrating love, remembrance, celebration and hope.

Featured here are some of their stories submitted by their families:

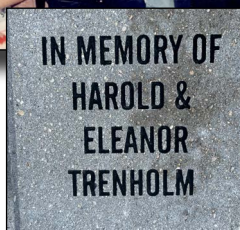


Alan Anderson, age 22, was a resident of Transcona. His mother and grandmother are also residents of Transcona. On May 30, he was visiting some friends in the north end of Winnipeg. They went to a local store and were confronted by an armed assailant. Alan being the man that he was did everything he could to protect those in his group and in fact did protect them. None of them were hurt. Tragically, protecting them cost Alan his life.

Alan Anderson March 2001-May 30, 2023. Forever in our hearts.



Betty and George emigrated from Scotland to Transcona. George came in November 1951 to work at the CNR shops and to set up a home for Betty and their two daughters - Iris and Jean. Betty and their daughters arrived in Transcona in February 1952. George eventually worked for Winnipeg Transit and Betty worked for many years at the Transcona Fruit Home (located at Day and Regent). Betty and George loved their new home and immersed themselves in the community promoting Scottish Culture until their passing (Betty - 1992), (George - 2011). During their lives Betty and George loved to travel and did at every opportunity. They always said that when they arrived back in Transcona, "They were HOME!"



Harold and Eleanor were both born in Saskatchewan. As a young man, Harold was hired by CN Rail in Watrous, SK as a carman apprentice. At that time, apprentices were sent to Transcona for their training. While working in Transcona, he enlisted in the Air Force and served in England. Eleanor, her parents, and twin sister moved from Radisson, SK at the age of 4 settled in Transcona.

Harold and Eleanor met while living in Transcona. They raised their family in Transcona, where 2 of their 3 children still reside. Harold retired from Transcona Shops in the late 70's. Eleanor was the secretary at Arthur Day junior high for many years.

Volunteering was important to them. They were both involved in Transcona Memorial United Church. Harold was one of many who helped build the church and served on the board for several years. Eleanor volunteered with the UCW for many years. They also volunteered with the Transcona and District Pipe Band when their son played in the Band.

Kristin Chaban (Freund) was diagnosed with brain tumors in July 2006. The tumors were benign until April 2019 when they became cancerous. It was terminal at that point. She passed in July 2019. She was very active in the Ringette community reffing and mentoring. She was actively involved in the Women's Slo-Pitch league in Transcona and was a fantastic hockey mom. She is survived by her two sons William and Alex, sisters Kerry and Karla and her parents.







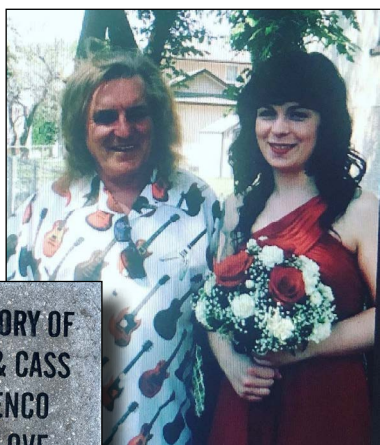
**JAY BUTCHART  
AUG/68 MAY/23  
IN OUR HEARTS  
"FOREVER"**

Jason (Jay) Butchart died on May 10th, 2023, doing what he loved - helping people. Jay was the Manager at the Percy. E. Moore. Hospital in Hodgson, MB. As well as being an R.N., Jay was also a fire fighter and Veteran. Being called to a serious vehicle accident by the Fisher Fire Department, Jay took immediate charge, extricating the people from the vehicles and having the seriously injured ten-month-old baby evacuated by S.T.A.R.S. to hospital. After everything was completed at the accident, Jay started back to the hospital where he suffered a major heart attack. Dr Scott Hodgson told his family that five nurses and four doctors worked on Jay but could not save him. Jay's colleagues at the P.E.M. Hospital were also his friends. Jay's children Breigh, Zack, (Grandson August) twins Reece & Rylan. Sister Michelle and family as well as Jay's Mum and Dad will miss him dearly.

Ken and Agnes Collier were long time Transcona residents. Ken was born in the family home on Winona Street and enlisted in the Royal Canadian Navy at the age of seventeen. After the war, Ken worked as a carman at the CNR shops for 39 years, retiring in 1980. Agnes worked for years at the CNIB. Ken married Agnes and they raised 4 children in the community. They were actively involved in the Pirates Community Club, the Transcona NDP and were proud to call Transcona home.



**IN LOVING  
MEMORY OF OUR  
PARENTS AGNES  
& KEN COLLIER**



**IN MEMORY OF  
MIKE & CASS  
DOMENCO  
WITH LOVE**

Michael Domenco worked for CN Railway and probably knew most of Transcona. He lived most of his adult life in Transcona/Mission Gardens. He passed in 2015. Cassandra (Cass) was my only child, his first grandchild. They spent a lot of time together, were so alike and shared many of the same interests. Cass passed in March of 2023 so it's only fitting that she share the memorial paver with her "Pa".

Tom & Margaret were life-long South Transcona residents. They lived on Taggart St. and raised their 3 children there. Their son Jim and daughter Joanne remained in Transcona, and their son Roy moved to Toronto.

Jim & Frances: Their son Jim married Frances (Howell) and lived in South Transcona on McFadden Ave and raised their family there as well. Their children and grandchildren and great grandchildren are all still residing in Transcona.

These 4 were true Transcona folks and passed along many stories and memories. This paver was created to keep their memories and contributions to Transcona alive.



**IN MEMORY OF  
THE BUXTON'S  
TOM, MARGARET  
JIM & FRANCES**

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

# ALL ABOUT FAMILY

Dave and Emily Kraus moved to Transcona in 1972 to raise their family. By 1992, with their children growing older, they decided to open the computer store. At the time, it was important to them to be close to home and to serve the community they lived in. Now, 31 years later and with 3 generations of their family involved in the day-to-day activities, it continues to remain important to serve and support the local community of Transcona - it's people and its businesses.



All About Computers provides new and used computer solutions, repairs, support, training and assistances to everyone. From small local businesses to seniors learning to Zoom with their grandkids, the dedicated team at All About Computers is there to help all skill levels and needs.

Emily Kraus, Rodney and Debbie (Kraus) Neufeld and Eric Potyk understand the benefits of living in the community that they serve and being available to their customers when they need it. They work hard to put their family first by having shorter office hours but are also available evenings and weekends by appointment to ensure they are there when you need them.

*“As with many businesses, the pandemic caused its issues and challenges. We were able to help many people by providing technology that was increasing in need. We also supported those who were not as skilled in using various forms of technology, which had become necessary for everyday life and work.”*  
– Emily Kraus

The greatest challenge the family has faced was losing Dave in 2021. Dave was, after all, the heart and soul of the business. Thankfully, he inspired and encouraged all of them to catch his love for computers and this community, so to honour him they continue to do their best to serve Transcona.

**All About Computers**  
**130 Regent Ave West**  
**204-224-9285**  
**Serving Transcona since 1992**

“Carbon without the TAX!”

15% off of all in-stock replacement laser toners,  
That's more than the tax amount off!

\*Coupon good for any in stock Laser Toner,

offer good until April 30th, 2024

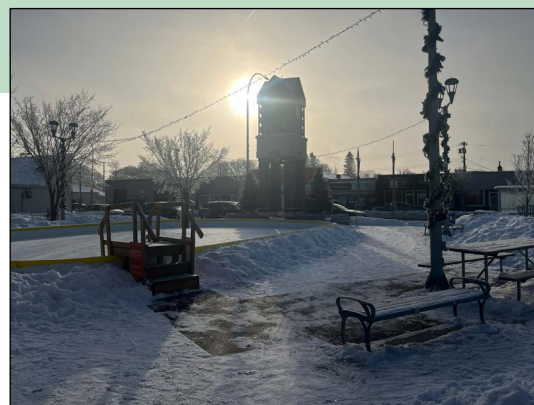
\*present coupon for discount

## FAMILY SKATING RINK

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

Watch our social media for it's opening.

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



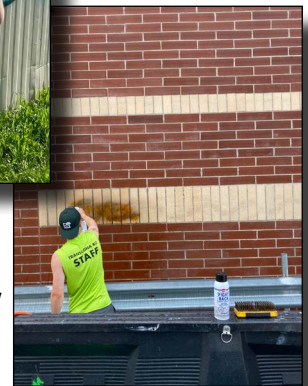
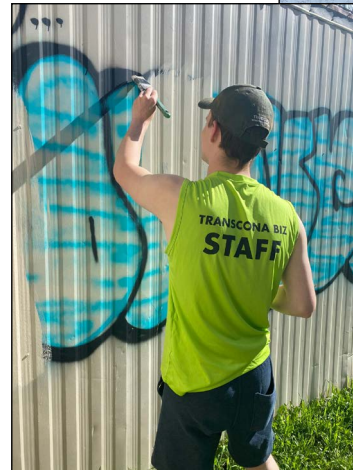


# ANTI-GRAFFITI PROGRAM

Since 2006, the Transcona BIZ has received a grant from the City of Winnipeg to help cover the cost of removing graffiti within the Transcona Ward. Graffiti vandalism can ruin the curb appeal of businesses and residences and create a very unappealing neighbour. With funding support from the City of Winnipeg our Community Ambassadors can provide graffiti removal services free of charge to those that report it online through our website.

In 2022, the Community Ambassadors removed/completed 424 graffiti jobs. This number significantly jumped in 2023 to 1,478 graffiti jobs. Each piece of graffiti is logged and tracked throughout the program, which allows us to work with the Winnipeg Police Services' Community Support Unit if any trends become apparent.

The Transcona BIZ Graffiti removal program runs every Spring to Fall (May to October). For urgent graffiti removal, you can report sightings to the City's 311 service or report it on our website and it will be added to our list to be completed in spring.



<https://transconabiz.ca/community-programs/anti-graffiti-program/>

**DANIEL BLAIKIE**  **MP**  
Elmwood-Transcona

Proud to  
Support  
Transcona  
Business



*Season's Greetings* 



 204.984.2499  Daniel.Blaikie@parl.gc.ca

Constituency Office: 207-1111 Munroe Avenue

**TIRED OF SHOVELLING?  
WE CAN HELP!  
REASONABLE RATES!**

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431-279-6510**



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LAWN CARE**

**WE DO GREAT LOOKING LAWNS!**

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Open



**Urban Tails**  
Where Happy Pets Shop

Your natural pet food grocer for every budget.  
Best 100% all natural dog treat bar in town!  
Professional grooming available.

100% local & independent

4-1510 Plessis Road  
204.222.8069



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

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

**Enter by January 31, 2024  
to Win \$50 BIZ Bucks\*!**  
(BIZ Bucks have No Cash Value)

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

**Enter by February 29, 2024  
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 at the back of this publication or  
found on our website.

Winners will be notified by phone.

Drop off or mail your entry form to:  
**Transcona BIZ**  
108 Bond Street  
Wpg, MB R2C 2L2



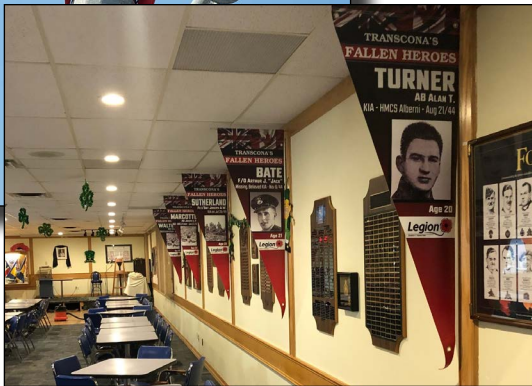
# 123 FALLEN SOLDIERS PROJECT



In 2023, the Transcona BIZ partnered with the Royal Canadian Legion Branch 7 and the Transcona Museum for a new project called the 123 Transcona Fallen Soldiers.

After years of planning and fundraising, the new project is a way to honour the 123 young men of Transcona who served during World War 1 and World War 2 and never returned home. They are buried in Europe with the bodies of 9 never identified soldiers who paid the ultimate sacrifice.

This project honours the soldiers by creating banners with each veteran's name, rank and photo to hang in the community for the 6 weeks leading up to Remembrance Day each year. With countless dedicated hours of research by the Transcona Museum, the information was gathered for the project.




Through the City of Winnipeg's Land Dedication Reserve Fund Grant, funds were secured to cover the cost of printing the banners and covering some of the cost to hang the banners for the next 5 years in Transcona.

When the banners aren't being prominently hung in Downtown Transcona, they can be found rotating monthly at the Transcona Legion, located at 117 Regent Ave E.

Lest we forget.

# HAPPY HOLIDAYS!


LOOKING FORWARD TO SERVING YOU IN 2024



**JELYNN DELACRUZ**  
YOUR RADISSON MLA

✉ JELYNN.DELACRUZ@MBLEG.CA  
📍 OFFICE COMING SOON!

# Happy Holidays



**NELLO ALTOMARE**  
MLA for Transcona

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



# Business Directory

Shop Local. Support Community.

[www.TransconaBIZ.ca](http://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](mailto: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](mailto: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](mailto: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](http://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](http://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](mailto: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 R2C 5R5

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](http://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](http://dbsdance.com)

[dbsdoffice@gmail.com](mailto: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](mailto: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 R2C 5R5

204-505-2624

[amaisushi.ca](http://amaisushi.ca)



### Chicken Delight

453 Regent Ave W R2C 1R7

204-982-1370

[chickendelight.com/location/453-regent-ave-w/](http://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](http://choys.ca)

Open 7 days a week, pick up and delivery. Lunch catering available.

### CRAVE Kitchen & Deli

2-1530 Plessis Rd R2C 5R5

204-222-5122

[cravekitchendeli.com](http://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 R2C 5G6  
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.

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

**Pizza Hotline**  
130A Regent Ave E R2C 0C2  
204-222-2222  
Pick up and delivery.

**Pizza Hut**  
3-1510 Plessis Rd R2C 5G6  
431-317-0589

**Red Chilli's East Indian Cuisine**  
11-801 Regent Ave W R2C 3A7  
204-615-5550  
redchillis.ca  
East Indian cuisine. Dining area to accommodate up to 150 guests. Licensed bar. Good for business meetings and parties for a special occasion.

**Royal Garden Chinese Food**  
139A Regent Ave W R2C 1R1  
204-222-4726  
Chinese food – pick up and delivery.

**Santa Lucia Pizza**  
108 Regent Ave E R2C 0C1  
204-888-5555  
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.

**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  
204-414-2225

**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

**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.bestprosinatown.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  
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  
RGCPumbing@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

wyatttdowling.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

**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.*

**Urban Tails – Where Happy Pets Shop!**  
4-1510 Plessis Rd R2C 5R5  
204-222-8069  
*We are a local and independent natural pet food grocer with healthy options for every budget. #WhereHappyPetsShop*

## 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.*

**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





# **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