



TRANSCONA BIZ BULLET

VOL 21 No. 1

MARCH 2024



VIDEO KING CELEBRATES “RUBY JUBILEE”

READ MORE INSIDE ON PAGE 4-5.

Photo by: Ava-Rose Reyes

MESSAGE FROM THE ED



It has been a busy few months for the Transcona BIZ but we are excited about all the new changes that are happening around us. We are happy to welcome a new board member and yet sad to say goodbye to a few that left during 2023. (READ more about this on page 6)

We are excited to announce that the BIZ office will be moving! As we continue to grow and do more within the community of Transcona, we needed a larger space. We are excited to announce that we will be moving June 1 to 309 Day Street, the current Video King location.

As Video King is celebrating their Ruby Jubilee, winding down after 40 years of business (READ more about this on page 4-5), the Transcona BIZ is excited to take over that space. This larger space will allow us to bring all our assets together from different storage locations into one space and be better organized to serve the community.

On behalf of the Board and Staff, I would like to thank Gerard Pelland with Nexstar Mechanical Services for sharing space with us for the last few years.

As for summer 2024, we are busy planning our weekly Community Markets with returning as well as new vendors, the Movies at the Square including some exciting surprises, and our Canada Day Celebrations! Watch for more information about these and other community programs on our social media, our website, and the June issue of the BIZ Bullet.

Sincerely,

Leila Dance
Executive Director

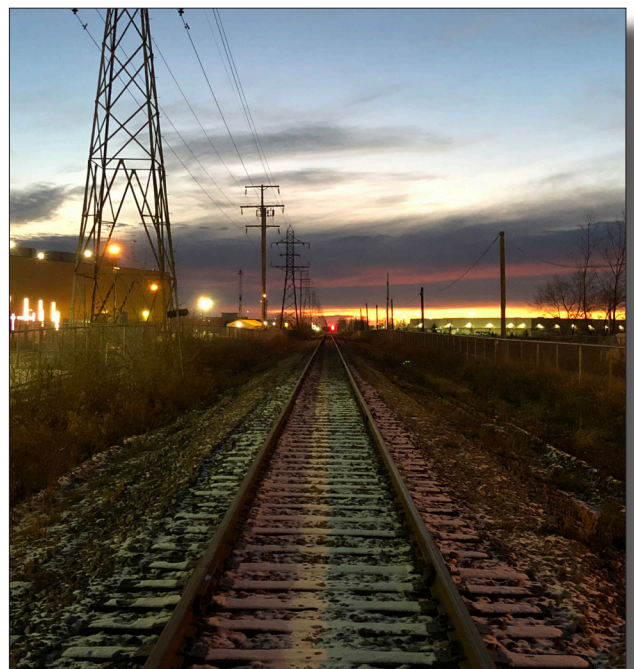


Photo by Mark Chapman

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!

November: Mary Gnutel, Collin Campbell & Blandina Westervelt
December: Elsie Shack, Alison Standwick & Mary Rewuski
January: Dalmie Doerksen, Norm Woodward & Gerry Herman

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

204-222-8566 or admin@transconabiz.ca

2024 BOARD OF DIRECTORS

Keith Cruise, Bond Printing.....Chair
Rob Geswin, Ball Insurance.....Vice-Chair
Deborah Neufeld, All About Computers Inc.Treasurer
Jeanette Corpuz, RBC Royal Bank of Canada.....Secretary
Robert Juniper, RJ AccountingDirector
Donna Waslenko, Access Credit Union.....Director
Russ Wyatt, City of Winnipeg.....Director

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

CRAFTS & COCKTAILS

The Transcona BIZ would like to extend a huge thank you to everyone who had a hand in making our 2023 Crafts & Cocktails event at Club Regent Event Centre this past November a huge and amazing success!

Thank you to our member businesses for bringing their storefront to a market setting for this event. A special thank you to our volunteers and the volunteers from RBC who worked hard behind the scenes to ensure our vendors were very taken care of for the load in process. Thank you to Club Regent Event Centre, the Club Regent Casino staff, and the security team at the venue for their hard work. Thank you to the tasting stations who went over and above to put the Cocktails in Crafts & Cocktails. Finally, thank you to the market go-ers that attended and for those who brought a tin-for-the-bin in support of Plessis Family Resource Centre.

We are proud to promote shopping local and supporting small business – once again this year we saw how the community supports that and we THANK YOU!!



VIDEO KING CELEBRATES RUBY JUBILEE

Video King is celebrating 40 years in business! They have been providing movie rentals to Transcona since 1984, first at the Quick Stop on Kildare Avenue before moving into their current location at 309 Day Street in February 1992.

Its rich history has included Beta and VHS, DVDs (1997), Blu-Rays (2007) to 4K format (2016), from renting VCRs to those that didn't have one in their homes, to movie posters and memorabilia. Video King has played an integral role in quality family time – where together they pick out a “New Release”, some yummy snacks and then watch it over and over until it was time to take it back. To movie buffs rushing to the video stores on Tuesdays to be the first to get a New Release – these memories transported us to different worlds and were an exciting part of our history.



From 1992 to 1995, Video King was open at its current location for rentals and sales, until a fire in 1995. At that time, a decision was made to close the store and concentrate on their distribution network – they have supplied movies to well over 400 rural stores in Manitoba, Saskatchewan, and Ontario – a true accomplishment on its own! In March of 2013, 309 Day Street was re-opened to the public once again for movie purchases.



Video King has provided a source of entertainment and served as a place for the community to come to view and pick out a movie. They have had many movie collectors come to the store and customers who are looking for the hard-to-get movie. The video store has been a hub for movie watchers that did not want to simply log on and stream a movie. In the store, customers would talk to one another about the movies they have watched or ask each other which movies were a “must see.”

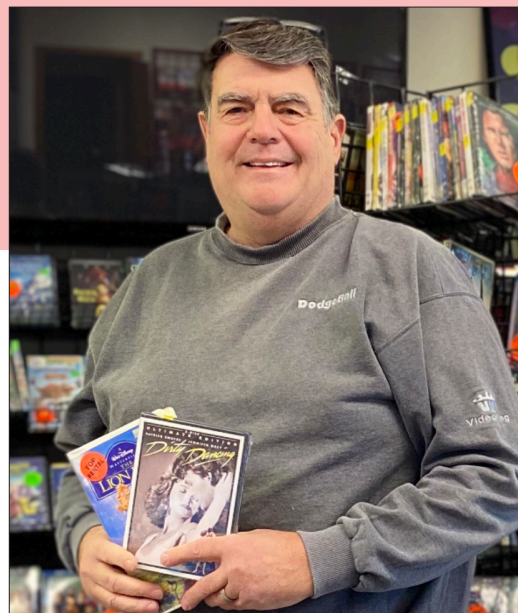


TRANSCONA BIZ BULLET



Owner Glen Fuhl has truly enjoyed being a part of the community. Video King has participated in Transcona Hi Neighbor, including selling movies at the festival, providing tours of the warehouse and being featured in the Hi Neighbor Parade. They were also the first sponsor of the Transcona BIZ's Movies in the Square. Glen personally has been a valued member of the Transcona BIZ Board of Directors and served on committees within Transcona.

"Transcona is a community in which everyone supports one another. There is something to be said for that, and Video King has enjoyed being part of this community. I want to thank my long time customers who have played an important role in my business - I wouldn't be celebrating 40 years without you!" – Glen Fuhl.



CLOSING SALE - DON'T MISS OUT!!

As Video King's Transcona retail store closes, there will be many promotions starting March 1st, 2024.

Over the 40 years in business, they have collected movie memorabilia, which will be included in the Closing Sale along with posters, gumball machines, standees, shelving, TV's, games and of course – movies.

Here is your chance to own a piece of Transcona history!



ANNUAL GENERAL MEETING

In November, we hosted the 2023 Annual General Meeting, inviting all Business Improvement Zone members to attend. The AGM offers a chance for members to connect, report on the activities from the past year, review audited financial statements, approve the proposed budget for the coming year, and learn about upcoming events, programs, and plans.

On the agenda was the election of the 2024 Board of Directors. The Transcona BIZ board consists of ten members; one of whom is the Ward Councillor appointed by the City of Winnipeg. The remaining nine are elected by the membership to serve a two-year term, for a maximum of three terms.

Continuing to represent the business community on the board is Jeanette Corpus (RBC Royal Bank of Canada), Rob Geswin (Ball Insurance), Robert Juniper (RJ Accounting), Deborah Neufeld (All About Computers Inc), Keith Cruise (Bond Printing) and City Councillor, Russ Wyatt. This year, we welcome Donna Waslenko (ACCESS Credit Union) to the Board of Directors.

2023 marks the end of service for Robert Francis (Prana Medical Centre), Michael Pester (The Royal George Hotel), Lynn Dolphin, Wyatt Dowling Insurance, and Brent Thomas (Casera Credit Union).

On behalf of the Transcona BIZ and Board of Directors, we thank them for their years of service. Departing board members have a chance to have a donation made in their honour by the Transcona BIZ to a charity of their choice, based on their years of service – Transcona BIZ donated, as requested by the departing board members, to the Transcona Food Bank.



DANIEL BLAIKIE  **MP**
Elmwood–Transcona

Proud to
Support
Transcona
Business



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



SAVE THE DATE
20TH ANNUAL VICKAR AUTOMOTIVE GROUP
WALK WITH L'ARCHE
SUNDAY, MAY 5, 2024
AT OXFORD HEIGHTS COMMUNITY CLUB

Visit larchewinnipeg.org
for more information

 **50** years & BEYOND

A TASTE OF JAPAN

Amai Sushi, open for just over a year in Park City Commons, is a local Japanese restaurant that aims to serve a fresh, creative, and respectful interpretation of Japanese cuisine. Offering traditional classics such as sashimi, nigiri, tempura, udon, and a variety of rolls – there is something for everyone to enjoy. Amai Sushi offers both dine in and take out options as well as third party delivery options.

Owner Daisy had always dreamed of working in and creating an environment where she could brighten people's day through food, just as food has done for her numerous times. With her longtime love for sushi and Japanese cuisine, Daisy decided to recruit many professional chefs and sought to start her own restaurant where she could serve the community of Transcona.



Kim, the manager, alongside many talented chefs at the sushi bar, together have over 10+ years of experience in the sushi business. They are committed to always looking to create new and exciting menu items.

To Amai Sushi, Transcona harbours a strong sense of community amongst their residents. Since opening, much of their success has been word of mouth from customers telling their friends about their experience, from the atmosphere to tasty dishes – Amai has it all.



This strong sense of community has allowed Amai to feel like they immediately belong and play an integrated role in the restaurant community here in Transcona, something that is shared with all the management and staff at Amai.



Unit 3, 1530 Plessis Road
Website: www.amaisushi.ca
Instagram: @amai.sushi.winnipeg
Hours of operation are:
Monday to Thursday: 11:30am - 8:30pm
Tuesday: Closed
Friday to Saturday: 11:30am - 9pm
Sunday: 12:00pm - 8:30pm

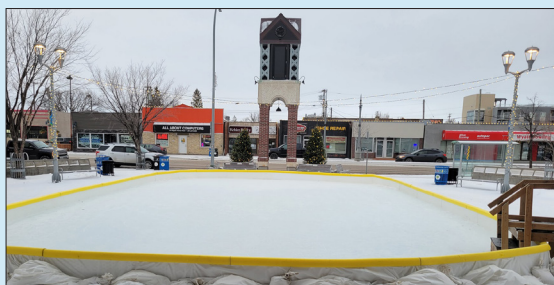


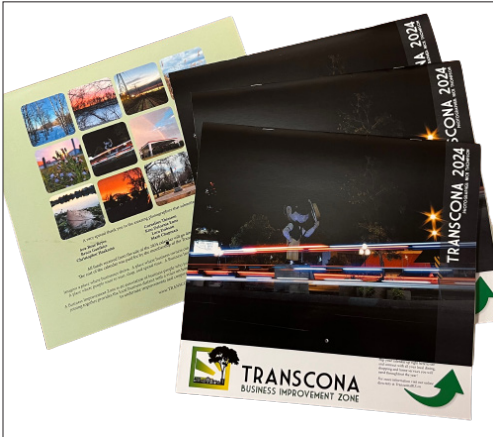
Photo by Cornelius Thiessen

FAMILY SKATING RINK

Transcona BIZ would like to thank the team at East End Arena for their hard work over the winter months maintaining the Family Skating Rink at Transcona Centennial Square.

Although this winter season was exceptionally warm, which unfortunately had the rink closed for some time, it was a great addition to the Square and Downtown Transcona for the community to enjoy.

CALENDARS RAISE MONEY FOR CHARITY



The Transcona BIZ printed a 2024 Calendar, again this year, with all funds received from the sale of the calendar going directly to Transcona based charities. The cost of the calendar was paid for by the membership of the Transcona Business Improvement Zone (BIZ).

We are happy to report that donations were made to the following charities:

- Plessis Resource Centre - \$460.00
- Transcona Council for Seniors - \$1,060.00
- Transcona Food Bank - \$2,580.00
- In addition, the Transcona Nationals Football Club and L'Arche Winnipeg were given 200 calendars and had the potential of raising \$2,000 for each cause respectively.



Leila Dance, Transcona BIZ and Nono Ndlovu, Plessis Community Family Resource Centre



Steve Lipischak, Chair of Transcona Council for Seniors and Rob Geswin, Vice Chair of Transcona BIZ



Sue Sebastian & Jack Puranen, Transcona Food Bank with Rob Geswin, Transcona BIZ (Center)

Thank you to Ball Insurance, Chicken Delight, Aunt Monica's Attic, St. Georges Anglican Transcona, and All Saints Ukrainian Orthodox Church for selling the calendars.

As well as a big thank you to members of the community who submitted their beautiful snapshots of various locations in Transcona; Cornelius Thiessen, Ava-Rose Reyes, Christopher Haaksma, Mona-Lisa Lauzé, Mark Chapman, Kim Delorme-Enns, Lora Dobson, Nick Thompson, Bruce Gauthier, and Shawn Nason.

ANNUAL COMMUNITY CLEAN UP

Transcona BIZ invites you to celebrate the season of melting snow with our annual Community Clean Up event! We encourage community members, businesses, students, and teachers to visit the Transcona BIZ office at 108 Bond Street between 10AM-2PM to pick up your clean up kit during the week of May 6th-10th, 2024.

Once you have your kits, throughout the week of May 12th-18th, we invite teams or community members to choose an area of our community and use their kits to collect garbage in our already beautiful community of Transcona. Bags of garbage can be dropped off in the blue Waste Connections bin next to the stage at Transcona Centennial Square during that week.

In addition, Transcona BIZ wants to see how you'll be taking part! Make sure to use the hashtag #TransconaCleanUp on your publicly posted social media clean up photos (screenshots are welcome!) to be entered to win a \$100 gift card to the Transcona BIZ Member Business of your choice! The winner will be chosen on May 20th, 2024.

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



LEAVE A LEGACY

Are you looking for a way to leave your mark on Transcona? If so, our Buy-a-Paver Program is meant for you. We are offering the opportunity to purchase and engrave an 8x8 paving stone and have it placed in the ground at the Transcona Centennial Square. All pavers will be laid around the New Flyer Peace Fountain to be enjoyed for many years to come. Each paver is only \$250.00 which includes the paver, the cost of engraving, and placement at the Square. Deadline for submission is July 12, 2024.

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

ANTI-GRAFFITI PROGRAM



FREE GRAFFITI REMOVAL

TRANSCONA
BUSINESS IMPROVEMENT ZONE

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**

In 2023, the Transcona BIZ Graffiti Team removed over 1,400 pieces of graffiti throughout Transcona.

This free service, with funding provided by the City of Winnipeg, is accessible to all residents and business owners in the area.

Anyone who sees graffiti can report it - by reporting graffiti online through the Transcona BIZ website, Transcona BIZ social media platforms, sending an email to Transcona BIZ, or phoning the Transcona BIZ office, the graffiti team will do all the work.

Once a report has been received, the graffiti removal team can follow up with any further questions, plan to assess the graffiti, have the Graffiti Removal Service Release & Indemnity Form filled out and signed by residential or building owners where required, and take the next steps in removing the graffiti. They also remove graffiti from hydro poles, MTS boxes on corners, and street signs.

Continues on page 11...

JOIN OUR TEAM



Are you between the ages of 15-29 looking for employment this summer? The Transcona BIZ is looking for Community Ambassadors who are dedicated to beautifying Transcona to join our team!

If you are interested in applying for this opportunity, please forward your resume and cover letter with the position title Community Ambassador in the subject line to admin@transconabiz.ca.

Resumes will be reviewed as received. Deadline for submissions is April 19th, 2024.

For more information, please visit our website.

At the job site, the graffiti team document relevant data such as the building type and material, whether the surface is painted and a colour-match is needed, the method of removal, and any specific chemicals used. This information is entered into a 'Graffiti Removal Service Documentation of Removals' form for each job, as well as an Excel spreadsheet that tracks all jobs completed over the season. Copies of receipts for all graffiti expenses are kept, along with before and after pictures.

The Transcona BIZ Anti-Graffiti Team is also responsible for blitzing; actively looking for graffiti throughout the Transcona Ward, documenting locations, contacting business and residential owners with information about the Anti-Graffiti Program, and following up to provide services as requested.

The 2024 Anti-Graffiti Program will provide graffiti removal services between June 3rd, 2024– October 31st, 2024. Removal requests outside of this season can be forwarded on to the City of Winnipeg or compiled in a list for the next season.



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

CONGRATULATIONS BONNIE!



TRANSCONA BIZ BULLET

Thank you to all that entered our prize draw to win everything featured in our 2023 Holiday Buying Guide!

All items were purchased from small businesses to promote shopping local and completing your holiday shopping right here in Transcona.

Congratulations to Bonnie S. for winning the prize pack!



MARCH 2024



Urban Tails
Where Happy Pets Shop

We are accepting New Clients!

Call (204) 222-8069 To Book Your Best Friends Next

Spaw Day!

Full Service Dog, Cat, Small Animal Grooming & Nail Trims

Included

Nail Trim & File, Ear Cleaning, Bath, Blowout, Cut of

Choice or Dashed

Add Ons

Teeth Brushing

Paw Pad Treatment

Up To Date Rabies Vaccine Required



Park City Commons

4-1510 Plessis Rd



TRANSCONA BIZ
HAS 3 READER
BOARDS
AVAILABLE TO
ADVERTISE YOUR
BUSINESS OR
EVENT

TO FIND
OUT MORE
INFORMATION,
VISIT OUR
WEBSITE:

www.transconabiz.ca/community-programs/reader-boards

**Enter by March 31, 2024
to Win \$50 BIZ Bucks*!**

(BIZ Bucks have No Cash Value)

Name: _____

Address: _____

Phone: _____

Email: _____

**Enter by May 31, 2024
to Win \$50 BIZ Bucks*!**

(BIZ Bucks have No Cash Value)

Name: _____

Address: _____

Phone: _____

Email: _____

**Enter by April 31, 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

NATIONAL TAKE OUT DAY

We are once again so excited to celebrate National Take Out Day April 15th, 2024 by celebrating all week long! Between April 15th-20th, all week leading up to the day, we are encouraging you to take a night off from cooking and get out and support some of the great local restaurants here in Transcona!

Monday - Saturday of this week will feature 6 different restaurants on each day to order from and with qualifying orders, you will receive your order in a FREE Transcona BIZ thermal bag! Quantities are limited and are while supplies last.

By ordering directly from these local businesses and not third party food delivery programs, you are supporting the restaurant directly without them having to pay additional fees. It is the best way to truly SUPPORT LOCAL!



Restaurants that have participated previously have included:

A Little Pizza Heaven
Chicken Delight
Heffy's Fried Chicken
Leopold's Tavern
Little Bones Wings
L'Arche Tova Café
Maggi's Syrian Food

Mucho Burrito Fresh Mexican Grill
Red Chilli's East Indian Cuisine
Royal Garden Chinese Food
Sevala's Ukrainian Deli & Catering
Szeto Chinese Food
Tasty Chinese Cuisine

Watch our social media to see which amazing Transcona restaurants participate this year!

Working Hard for Transcona

A portrait of Nello Altomare, a man with white hair and glasses, smiling.

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

*Working
hard for the
people of
Radisson!*

A portrait of Jelynn Dela Cruz, a woman with long dark hair, smiling.

JELYNN DELA CRUZ
MEMBER OF THE LEGISLATIVE ASSEMBLY / DÉPUTÉE
RADISSON CONSTITUENCY

PHONE 204-599-2080 E-MAIL JELYNN@YOURMANITOBA.CA



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
204-222-1404

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 2024.

Beauty

Almond Nail Bar

4-1460 Plessis Rd R2C 5R5
204-667-4554
almondnailbar.com
A full menu of services for women & men to get your hands and feet looking their best from classic French manicures to proper pedicures. We take clean to a new level & 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 R2C 5R5
204-219-6303

Rising Phoenix Hair Salon

120-701 Regent Ave W R2C 1P9
204-777-0647
risingphoenixsalon.wixsite.com/hairsalon

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@alittlepizaheaven.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

Bolton Pizza & Wings

201 Melrose Ave E R2C 0B1
204-221-0118

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 R2C 5R5
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 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 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 Chili'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, pyry-
shky, 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.*

Watt Bistro Pho

19-801 Regent Ave West
204-219-6886

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 book-
ing & 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 entertain-
ment 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

Jelynn Dela Cruz

MLA, Radisson
Room 234 Legislative Building
450 Broadway R3C 0V8
204-599-2080
Jelynn.DelaCruz@yourmanitoba.ca

Russ Wyatt

City Councillor, Transcona
510 Main St R3B 1B9
204-986-8087
rwyatt@winnipeg.ca

Household Services & Trades

Creative Door Services

64 Hoka St R2C 3N2
204-224-1224
creativedor.com
Commercial and residential garage door products.

Grime Busters Cleaning Services Winnipeg

3-453 Regent Avenue West
431-278-0157

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.

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
gcmaximwells@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.



Photo by Cornelius Thiessen

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 providing therapeutic and relaxation treatments including hot stone massage, cupping therapy, reflexology and Reiki. Direct billing. 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.

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 Rd R2C 5R5
204-982-7900
Gallagher is one of the world's largest insurance, risk management, and benefits consulting firms, solving unique challenges for nearly 100 years.

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
wyattdowling.ca
General Insurance including Home, Auto, Business, and Life Insurance. 11 Locations in Winnipeg.

Law Offices

George & Tweed Law Corporation

4-549 Regent Ave W R2C 1R9
204-949-3080
Providing legal services in: Real Estate, Wills & Estates, Family Law, Corporate Law.

Hilary C. Maxim Law Office

B-212 Regent Ave W R2C 1R2
204-224-2600
Lawyer dealing with residential real estate transactions, wills, and general Power of Attorney.

Manufacturers & Industrial Trades

Burnbrae Farms Limited

615 Kernaghan Ave
204-222-2783
burnbraefarms.com
Egg grading and processing.

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
204-237-0300
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
mkteam@royalpage.ca
Real Estate Team
Jamie McCreedy – 204-479-4868
Jamie Knox – 204-470-9828
April Swanson – 204-803-3149
Jordan Prest – 204-293-7440

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

White Picket Fence

D-130 Regent Ave E
204-222-8201

**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 makers 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.

Bayshore Home Care Solutions

232 Regent Ave W R2C 1R2
204-815-5860

**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



Photo by Adinna Vergara



YOUR FRIENDLY NEIGHBOURHOOD BAR

Open late with full menu available until close

- + WEEKDAY HAPPY HOUR**
- + WEEKEND BRUNCH**
- + TACOS & TEQUILA TUESDAY**
- + WING WEDNESDAY**



1520 PLESSIS RD
WINNIPEG, MB R2C 5G6

leopoldstavern.com

f x @ #SEEYOUATLEOS