



**TRANSCONA**  
BUSINESS IMPROVEMENT ZONE

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

VOL 21 No. 2

JUNE 2024



GET ALL THE DETAILS ON THIS  
SUMMER'S COMMUNITY EVENTS  
SEE INSIDE FOR FULL DETAILS

# MESSAGE FROM THE BIZ

There are many exciting things happening here at the BIZ office as we get ready for summer! As we told you in the March issue we are moving to 309 Day Street, the former Video King location, as of June 1st – so please make sure to drop off your BIZ Bucks draw slips at the correct location!!

Our Community Ambassadors have already started working! You will see them out in the community watering flowers, keeping the community clean, helping at community events, and removing graffiti throughout Transcona. If you see them, make sure to say “hi”.

Our 9-day and 2-night Community Markets are being planned and we are happy to welcome back many returning faces and a few new ones! Make sure to stop by each week as the vendors rotate with a large variety of local products. We are also excited to welcome back QX104 to both night markets!!

We will be hosting 4 Movies in the Square, including a retro movie! Like always, there will be lots of fun and surprises at each event, so we hope to see you there!

And YES! for those who have called, we will be hosting the 3rd Annual TRANSCONA FIREWORKS at Buhler Park!! Please make sure to read all about the sponsors for this event on page 5 and make sure that when you visit those businesses you let them know how much you appreciate them investing in our community!

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



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

## Transcona BIZ BUCKS Winners!

- February - Wendy Richey, Deryk Tingey & Bev Moore
- March - Linda Joyce, Kelvin Sookermany & Erna Richter
- April - Joe Behun, Tony Silvari & L. Ritlbauer

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

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

## 2024 BOARD OF DIRECTORS

- Keith Cruise, Bond Printing.....Chair
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- Robert Juniper, RJ Accounting . . . . .Director
- Donna Waslenko, Access Credit Union.....Director
- Russ Wyatt, City of Winnipeg.....Director

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



# COMMUNITY MARKETS

We're thrilled to announce the return of our highly anticipated 2024 Community Markets! Once again, we extend our heartfelt gratitude for the opportunity to host these vibrant gatherings at the parking lot of Transcona Christian Reformed Church, located at 131 Victoria Avenue West. Prepare to be captivated as we unveil a delightful fusion of beloved handmade vendors alongside exciting new additions across eleven market dates!

Mark your calendars for Thursdays, from 10:00am to 2:00pm, on the following dates:

**June 27**  
**July 6**  
**July 11**  
**July 18**  
**July 25**

**August 1**  
**August 8**  
**August 15**  
**August 22**

In addition, don't miss our enchanting Wednesday Night Markets, illuminating the midweek with charm and allure, from 5:00pm to 8:00pm, on:

**July 17**

**August 14**

Join us as we celebrate community, creativity, and connection under the summer skies!



## 2024 VENDOR LIST

*\*As of May 1st, 2024. Subject to change.*

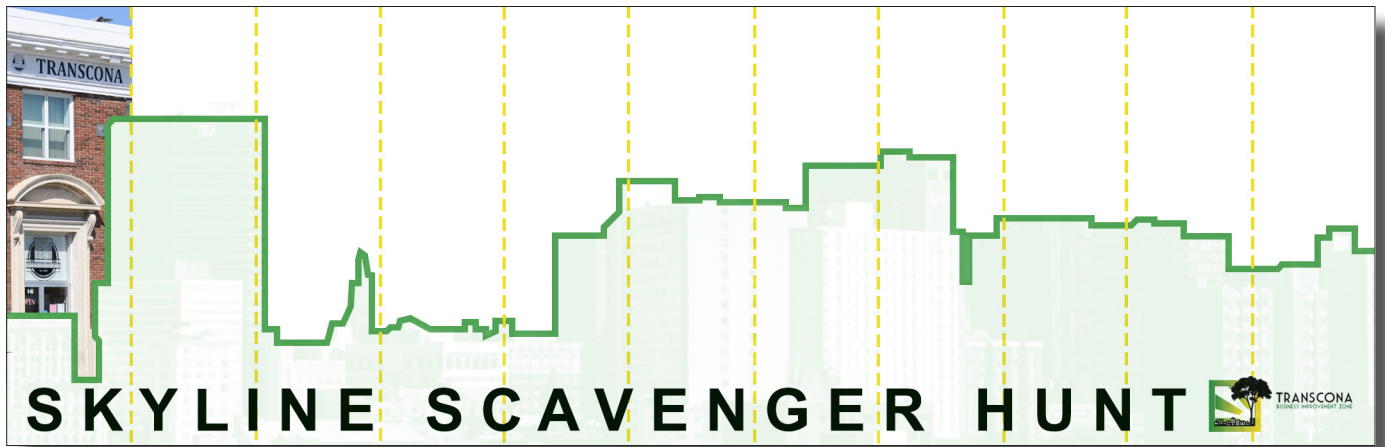
- |                                  |  |  |                            |
|----------------------------------|--|--|----------------------------|
| 1882 Fruit-Based Hot Sauce       | Emmea Creative                         | Northstar Tea Co.                        | Southside Creations        |
| Aloette with Marie               | Ever So Lovely                         | Norwex with Teresa                       | Stell 'n Pop!              |
| Anishinaa-Bakes                  | Fat Iguana Chefs Kitchen               | Oil Paintings by Irene                   | Stitch Sisters             |
| ANTHROLINGUISTICA                | Fred Simpson's Jewelry                 | One Cozy Cactus                          | Sunset Gourmet             |
| ArtMCreations                    | Gabe's Creations                       | Out of the oven treats                   | Sweet Beadz                |
| Aspyre Holistic Wellness         | Glass Jar Games                        | Paper & Pearls Handmade Cards & Gifts    | That's Sew Manitoba        |
| BakitWhy Granola                 | Goulet's Woodshop                      | Patent 5 Distillery                      | The Big Dawg               |
| Barb's Crafts                    | Green Intentions                       | Pen Plus Stone                           | The Smithstone Co.         |
| BB Tallow Skincare Co            | Grey Haven Bath & Body                 | PetToba                                  | Thousand Hills Coffee      |
| Be Seal Wise Tupperware by Myrna | Homemade Creations by Pat              | Pink Raindrop Designs                    | Trail Dog Treats           |
| Bear Essential Creations         | Jay's Gemstones                        | Prairie Pickers Café                     | Trinity Cunningham         |
| Belvidere Soap Company           | JD's Pets Meats & Treats               | Present Moment Crafting                  | Twigz & Twine              |
| Butterfly Balms                  | Kalesa Korner Filipino Food & Desserts | Ridgelandaquafarms                       | Urban Tails                |
| Cj Bakes                         | Katie the Yarn Lady                    | Sasshole Designs                         | Wagyu Wagon                |
| Color Street                     | L'Arche Tova Café                      | Scentsy with April                       | We All Have Cravings Etc   |
| Country Chameleon                | Leslie Born Art                        | Shaganoz Kaarigiri                       | Wenkai Oriental Vegetables |
| Curseteas Creations              | Little Red Lemonade Trailer            | Shrugging Doctor Beverage Company        | Willow & Plum Orchard      |
| Deborahanne's Sweet Arts         | Looped by Laura                        | Sipology by Steeped Tea with Sarah       | Wittypeg                   |
| Design Decor by Caroline         | Loveable Handmade                      | Sips with Rachel Sipology by Steeped Tea | Xamar Tea                  |
| Donna's Food Truck               | McHoney Wings                          | Smoothie n' Cool Tea                     | Your Sirens' Call          |
| Earthy Elements                  | MicroGardens                           | SMUG Spray Tan + Sugaring                | Yuka's Bakery              |
| Edelweiss Family Garden          | Mikkys's Fries Truck                   | Sookram's Brewing Company                |                            |
| EK Handcrafted Designs           | Moonchild Creations                    |  |                            |

# CANADA LONG WEEKEND CELEBRATIONS

## SKYLINE SCAVENGER HUNT

This year Winnipeg turns 150 years old. To commemorate both Canada Day and Winnipeg's remarkable journey, the Transcona BIZ is thrilled to present a Skyline Scavenger Hunt. Embark on an adventure through Transcona, visiting specially chosen locations to gather letters forming Winnipeg's iconic skyline. Assemble these letters to unveil a hidden message of celebration and discovery.

*\* Hint the first letter of the message is at the Transcona Museum, but the sequence in which you acquire the letters is entirely flexible, adding an element of suspense and intrigue to the experience. For those eager to participate, detailed guidelines for the Skyline Scavenger will be accessible on [transconabiz.ca](http://transconabiz.ca) starting June 26th, just in time for the Canada Day weekend.*



## ACTIVITY KITS

Happy Birthday, Canada and Happy 150<sup>th</sup> Winnipeg! We're absolutely thrilled to be part of the celebration of Canada's special day, with festivities designed for everyone to enjoy. It's time to come together and revel in the joy and excitement.

And don't forget to mark your calendars! On Thursday, June 27th, between 9 am and 3 pm, we'll be giving away 150 Canada Day kits on a first-come, first-served basis. Make sure to grab yours while they're available!



## HIDDEN ROCKS ARE BACK!

Additionally, we're eager to keep the hunt going! As a beloved tradition within our community, we invite you to stay alert for Canada Day-themed rocks carefully concealed along the charming streets of our Transcona Business Improvement Zone.

These rocks will be tucked away by 9:00 am on June 28th. Should you discover one, simply follow the instructions on the reverse side to redeem your prize! With 10 opportunities up for grabs this year, best of luck, and enjoy the hunt!

# ARTWORK TO CELEBRATION WINNIPEG 150

Join us in commemorating Winnipeg's 150th anniversary with a captivating photo exhibition brought to you by the Transcona BIZ and Transcona Museum! Celebrating the city's diverse and vibrant neighborhoods, this exhibition showcases submissions from local photographers and city dwellers alike. Each photo captures the essence and uniqueness of different neighbourhoods, contributing to the rich tapestry that is Winnipeg's identity.

Come and experience the beauty of our city through the lens of its residents. The exhibition will be displayed along the Transcona Centennial Square, located at 135 Regent Ave W, sometime in June. Don't miss this opportunity to immerse yourself in the spirit of Winnipeg's neighbourhoods.



## TRANSCONA FIREWORKS

Monday, July 1, 2024  
Gates open at 9:30 pm  
Buhler Recreation Park  
135 Murdoch Road

Transcona BIZ, Councillor Russ Wyatt and Buhler Recreation Park are delighted to present the Transcona Fireworks on Monday, July 1st, at Buhler Recreation Park.

We extend our heartfelt gratitude to our generous participating sponsor, Park City Commons and Wyatt Dowling Insurance, a division of Western Financial Group. A big thank you to Leopold's Tavern, Goodfellow Realty, Oakley Alarms, and Ball Insurance for their invaluable support. The spectacular show is produced by Archangel Fireworks.

A special shoutout goes to those who have contributed through donations or support: Nello Altomare, MLA for Transcona, Jelynn Dela Cruz, MLA for Radisson, and Heritage Canada. Their contributions make this event possible, and we are deeply thankful for their involvement.

*Sponsors are based on confirmation at print deadline May 6, 2024.*



# WALLS OF FAME

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

To date, 13 members from the community have been honoured for the integral role they played in Transcona's history. You can visit our website to learn more about each nominee.

In 2024, there was one nominee added to the Walls of Fame:



**Hélène Blais**  
**1917 – 2012 - Inducted in 2024**  
**Category of Education**

Hélène Blais was instrumental in the music education of many, many children in Transcona from 1939 until 1983. She started teaching in her family house at 315 Victoria Ave East and in 1955, she opened and operated her own music studio, Hélène Blais Music Studios at 306 Day.

In 1967, as part of the Transcona Centennial celebrations, she was assigned the role of coordinating a Music Festival for Transcona Schools. This was an important step in taking music programs beyond the elementary classroom and to encourage the establishment of high school programs still thriving today.

She taught junior and senior rhythm bands, taking first place at the Winnipeg Kiwanis Music Festivals. She was the church organist at Notre Dame de L'Assumption Parish on Leola Street, and later in life, enjoyed entertaining other residents at her "Senior Citizens' Complex".

Ms. Blais finished her career in Transcona, teaching at a private studio at 112 Regent Avenue East from 1977-1983. She established the Hélène Blais Music Scholarship with Conservatory Canada, so that she could continue to share the gift of music after her passing. That scholarship still exists.



<https://transconabiz.ca/about/transcona-centennial-square/walls-of-fame/>



## LEAVE A LEGACY

Are you looking for a way to leave your mark on Transcona? If so, our Buy-a-Paver Program is meant for you. We are offering the opportunity to purchase and engrave an 8x8 paving stone and have it placed in the ground at the Transcona Centennial Square. All pavers will be laid around the New Flyer Peace Fountain to be enjoyed for many years to come. Each paver is only \$250.00 which includes the paver, the cost of engraving, and placement at the Square. Deadline for submission is July 15, 2024.

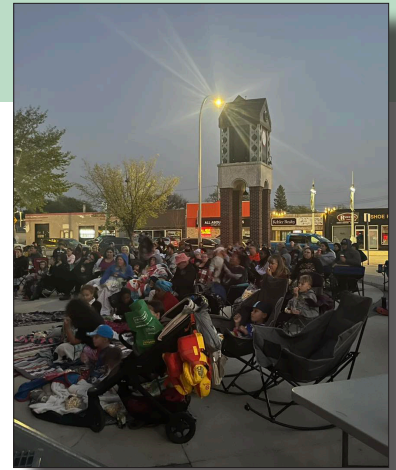
<https://transconabiz.ca/community-programs/buy-a-paver/>

# MOVIES IN THE SQUARE

Get ready for a beloved summertime tradition! Movies in the Square returns, offering a fantastic lineup of films for the community to enjoy at Transcona Centennial Square, 135 Regent Ave W. This free event, brought to you by Transcona BIZ, promises four memorable evenings under the open sky, showcasing family favourites and blockbuster hits. Remember to bring your own chair, and please note that space is limited each night!

Mark your calendars:

- July 26 – Trolls – Band Together
- August 9 – Barbie
- August 16 – TO BE ANNOUNCED
- August 23 – TBA - Retro Night



## WHITE PICKET FENCE

3-775 HENDERSON HWY  
Ph: 204-669-4177

130 REGENT AVE EAST  
Ph: 204-222-8201

**2 LOCATIONS IN WINNIPEG**

SNACKS • DRINKS • SAUCES • BBQ RUBS • COFFEES • AND MORE

### COUPON

# 15% OFF

EXPIRES AUG 31, 2024

Cannot be combined with other promotions, must present coupon at time of purchase. Some conditions may apply.

**ROYAL LEPAGE**  
Dynamic Real Estate  
INDEPENDENTLY OWNED AND OPERATED

ROYAL LEPAGE  
**EXECUTIVE CIRCLE™**  
AWARD 2023

10  
ROYAL LEPAGE  
**TOP TEN AWARD 2023**  
INDIVIDUAL - MANITOBA



**MARY JAY HEBERT** REALTOR®

c: 204.510.5552 | o: 204.989.5000  
maryjayhebert@royallepage.ca

Not intended to solicit active MLS listings or exclusive service agreements



**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](http://www.transconabiz.ca/community-programs/reader-boards)

**FREE  
GRAFFITI REMOVAL**

The Transcona BIZ has dedicated over 15 years to keeping Transcona clean.

If you spot graffiti, please report it—it's a **FREE** service for community members! We clean graffiti on residences, businesses, community mailboxes, hydro poles, light standards, garbage bins, fences, and more.

See it, report it, and we'll clean it!

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



# NEW DROP OFF LOCATION!!

**Enter by June 30, 2024  
to Win \$50 BIZ Bucks\*!**  
(BIZ Bucks have No Cash Value)

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

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

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

**Enter by August 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.

## NEW DROP OFF LOCATION!!

Drop off or mail your entry form to:  
**Transcona BIZ**  
**309 Day Street**  
**(Former Video King Location)**

# Working Hard for Transcona



**NELLO ALTOMARE**  
MLA for Transcona

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



*Proudly  
Serving  
Radisson*



**JELYNN DELA CRUZ**  
MLA FOR RADISSON | DÉPUTÉE DE RADISSON

(204) 599-2080

JELYNN@YOURMANITOBA.CA

X f @



# 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@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

**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

**Elmwood-Transcona Constituency Office**  
207-1111 Munroe Ave R2K 3Z5  
204-984-2499  
Elmwood-Transcona@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  
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.

## Health Care

### Clinics

**Legacy Sport Medicine**  
3-1480 Plessis Road R2C 5R5  
204-255-3615  
Medical clinic with x-ray, offering physicians in Sport Medicine and Rheumatology.

**Plessis Medical Centre**  
12-801 Regent Ave W R2C 3A7  
204-222-4200  
<https://www.bestprosintown.com/mb/winnipeg/regent-chiropractic-therapy-clinic/>  
Family practice medical office. Dr. D. Caners, Dr. C. Pachal, Dr. S. Visch.

**Prana Family Medical Centre**  
208 Regent Ave W R2C 1R2  
204-222-6771 Fax: 204-777-1728  
pranamed.ca  
Facebook.com/pranapharmacy  
Dr. Iresha Edi (CCFP, MD)  
Dr. Majid Shariati (CCFP, MD)  
Female family doctor accepting patients.  
Walk-in clinic with longer hour service.  
Full-Service Pharmacy.  
Monday - Friday 8.30 am - 7 pm  
Saturdays 9 am - 1 pm

**Transcona Medical Clinic**  
200-701 Regent Ave W R2C 1S3  
204-222-5221

### Chiropractors

**Moorhead Chiropractic**  
501 Regent Ave W R2C 1R9  
204-222-2969  
Dr. Lloyd Moorhead  
Dr. Richard Moorhead  
moorheadchiro.solutions/  
moorheadchiro@shaw.ca  
Chiropractic and massage therapy for your spinal and extremity joint dysfunction and pain.

**Regent Chiropractic Centre**  
705 Regent Ave W R2C 1S2  
204-222-1571  
Dr. C. M. Possia  
Massage Therapist also available treatment and rehabilitation for sports, work and other injuries.

**SquareONE Rehabilitation**  
138-701 Regent Avenue W R2C 1S3  
204-560-4455  
squareonerehabilitation.com  
info@squareonerehabilitation.com  
A multidisciplinary healthcare clinic that includes chiropractic, physiotherapy, massage therapy, counselling services, dietetic services and numerous exercise occupational programs.

**Zaharia Chiropractic**  
509 Pandora Ave W R2C 1M8  
204-224-9474  
Dr. Livia Zaharia  
Dr. Mark Zaharia  
zahariachiropractic@gmail.com  
zahariachiropractic.com  
Open late Thursdays until 8pm. Health and injury care, pregnancy & children, auto & work accidents, neck & back pain, headaches, sports & muscle injuries.

## Dentists/Denturists

**Dr. C. Wells**  
212-B Regent Avenue W R2C 1R2  
204-222-4297  
gcmximwells@gmail.com

**Kontiki Dental Centre**  
C-212 Regent Ave W R2C 1R2  
204-222-4238  
Dr. Terry Wong  
Dr. Nancy Auyeung  
Comprehensive general dentistry. Offering a full range of general, cosmetic and implant dental services. New patients welcome.

**Regent Denture Clinic & Implant Centre**  
1-549 Regent Ave W R2C 1R2  
204-224-8800  
regentdentureclinic.ca  
Complete denture care & implant solutions.

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

## Equipment

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

**Transcona Health & Safety Service**  
111B Regent Ave W R2C 1R1  
204-414-7131  
transconahealth@gmail.com  
Medical equipment, garment fitter, compression legwear, diabetic & orthotic footwear. Safety supplies. Healthcare products, cryo care post-surgery.

## Hearing Centres

**Connect Hearing**  
130-701 Regent Ave W R2C 1S3  
204-942-7646  
T.T.Y. Deaf Access: 204-942-7691  
connecthearing.ca  
Hearing health, hearing testing, wide range of hearing aids for purchase, third party coverage, repairs & cleaning.



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. A. Boroditsky Dr. B. Chartier  
Dr. S. Malo Dr. E. Fiorentino  
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\_darke@darkefinancialplanning.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

309B Day Street R2C 1B1  
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  
urbantails@wherehappypetsshop.com  
*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

#### McCreeedy Knox Team

6-549 Regent Ave W R2C 1R9  
204-989-7900  
mkteam@royalpage.ca  
Real Estate Team  
Jamie McCreeedy – 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

**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 R2C 0C1  
204-222-8201  
*We sell imported snacks, rubs, and hot sauces.*

**Wittypeng**  
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

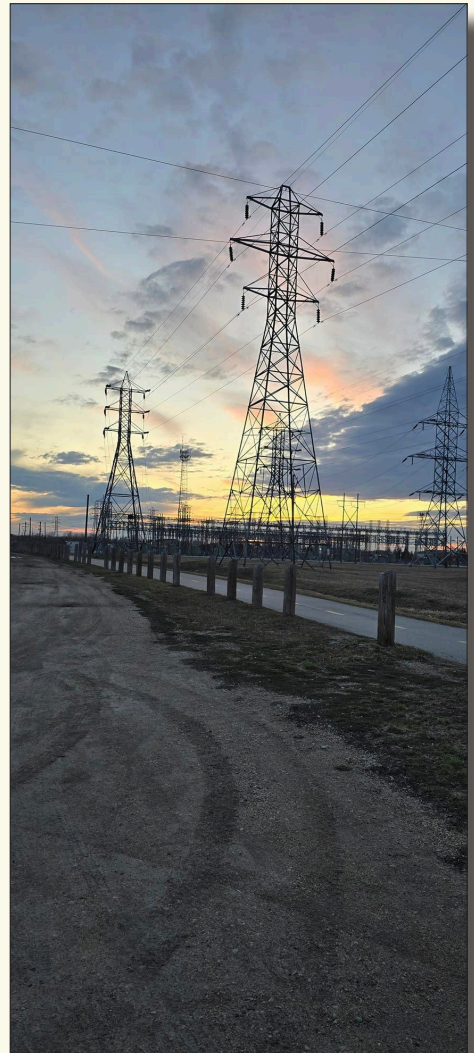


Photo by Cornelius Thiessen



# YOUR FRIENDLY NEIGHBOURHOOD BAR

Open late with full menu available until close

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



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WINNIPEG, MB R2C 5G6

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