

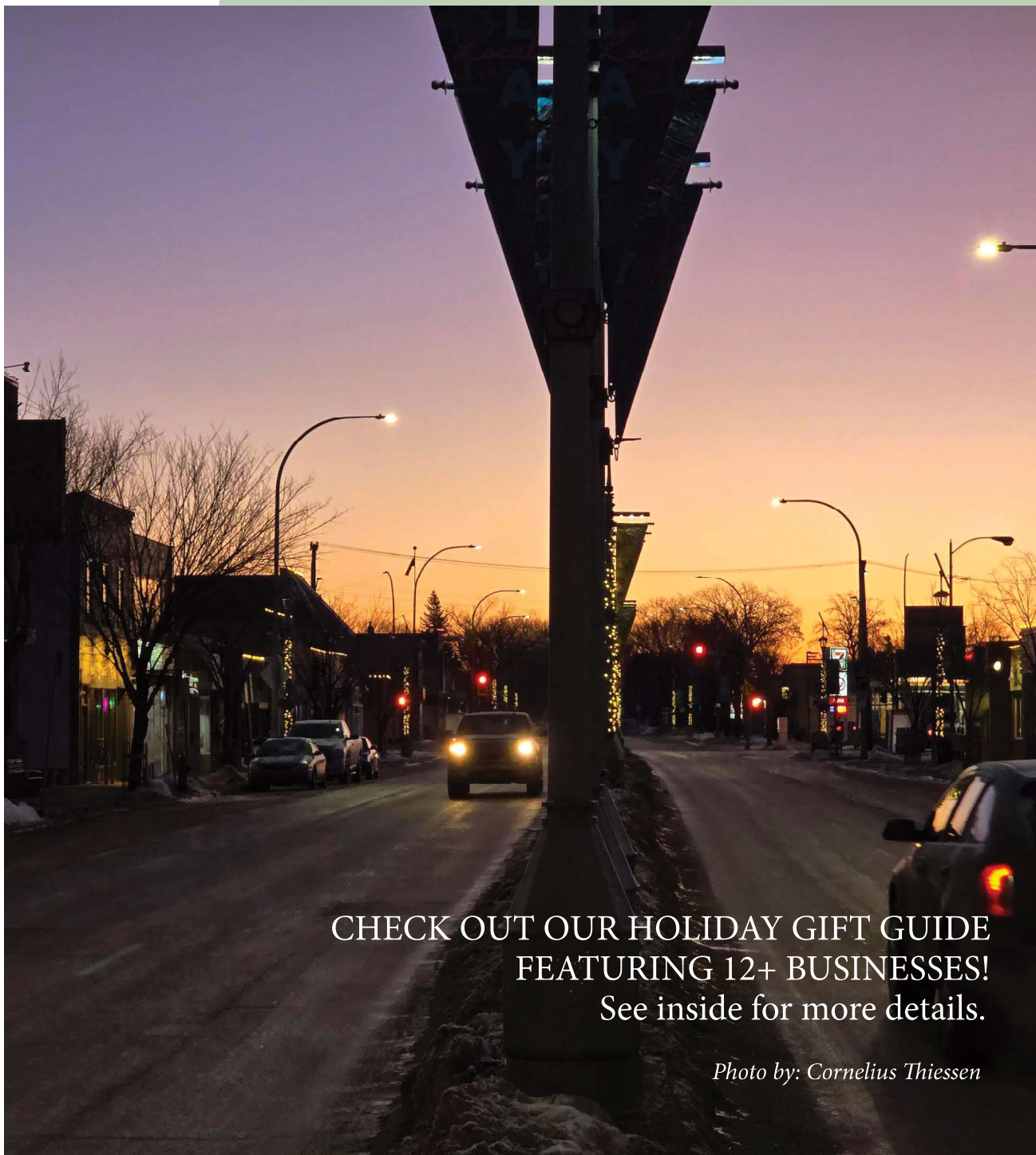


**TRANSCONA**  
BUSINESS IMPROVEMENT ZONE

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

VOL 23 No. 4

DECEMBER 2024



CHECK OUT OUR HOLIDAY GIFT GUIDE  
FEATURING 12+ BUSINESSES!  
See inside for more details.

*Photo by: Cornelius Thiessen*

## 2024 BOARD OF DIRECTORS

- Chair: Keith Cruise  
Bond Printing
- Vice-Chair: Rob Geswin  
Ball Insurance
- Secretary: Jeanette Corpuz  
Royal Bank of Canada
- Directors: Donna Waslenko  
Access Credit Union
- Robert Juniper  
RJ Accounting
- Russ Wyatt  
City of Winnipeg
- City Liason: Martin Pascieczka  
City of Winnipeg

## 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)  
Instagram - [instagram.com/transconabiz](https://www.instagram.com/transconabiz)  
Website - [transconabiz.ca](http://transconabiz.ca)

## Transcona BIZ BUCKS Winners!

August - David Budzey, Val Jaques,  
Brian Slipec  
September - Marion Molnar, Nancy  
Hlady, Diana Amey  
October - Herman Kern, Chris Evans,  
Darlene

## CONTACT US

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

TRANSCONA BIZ BULLET



## HOLIDAY WISHES FROM THE TRANSCONA BIZ

This holiday season, we strongly encourage you to SHOP LOCAL! Our zone offers a wide variety of unique gifts and services for all ages, making it the perfect place to find something special for everyone on your list. Check out our gift buying guide on the next page.

Join us for a Tree Lighting Ceremony at the Square, located at 135 Regent Ave W, on December 13th from 5:00 to 5:30 pm. Celebrate the magic of the season with your community as we light up the tree together!

Our office will be closed from December 25th to December 30th, as well as on January 1st. We wish you a joyful holiday season and all the best in the coming year. Be sure to stay tuned for our exciting new programming in the New Year!

### Star Decorating Activity:

This year, add your own special touch to the tree! Decorate a wooden star to be displayed at the ceremony. Stars are available for pick-up at our office or the Transcona Museum starting December 1st, but please note that quantities are limited and it is one star per person. Finish your decorated creation just before the ceremony to have it proudly featured on the tree. The Transcona Museum will be hosting a star decorating workshop just before, check our social media for more information. If you can't make it to the ceremony, please return the star to our office beforehand, and we'll make sure it gets hung for you. All illustrations must be family-friendly.

ENTER TO WIN OVER \$400  
WORTH OF PRIZES!

Enter by: December 15, 2024  
Drop off your entry at  
Transcona BIZ (309B Day St.)

Name:

Phone #:



## COUNTDOWN TO CHRISTMAS:

13 LOCAL SANTA PICKS \*ALL prices does not include tax

### 1. L'Arche Winnipeg

Hat- \$15.00

### 2. Regent Pawn

Long sleeve shirt size L - \$20.00

### 3. Starbucks

Komodo Dragon Blend - \$18.99

Decaf Pike Place - \$18.99

Teavana Earl Grey Tea - \$11.99

### 4. Aunt Monica's Attic

Festive puzzle - \$23.99

Palm Pals Santa - \$13.99

Jingle Sticks - \$12.99

### 5. Transcona BIZ

Transcona T-shirt - \$15.00

Transcona stemless wineglass \$10.00

### 6. 7/11

Slurpee coupon book - \$13.45

### 7. Urban Tails

Kong Dog Toy - \$15.99

Pure Bites Festive Dog Treats - \$13.99

Penguin Ball Dog Toy - \$9.99

### 8. Transcona Museum

Classic hoodie sz L - \$45.00

Flamingo plushie keychain - \$5.00

### 9. Beautiful YOU

Glass file - \$12.99

Cozy Slippers - \$9.99

### 10. Wittypeg

1882 Fruit-based hot sauce - \$8.00

Swinging flamingos - \$10.00

Utoffeea original toffee popcorn - \$10.00

Toasted coconut marshmallow- \$10.00

### 11. JLR Jewellers

Sterling Silver Ring Sz 9.5 \$30.00

### 12. White Picket Fence

Hot Mama Pickle - \$3.49

Freezies Bites Gummy Bear- \$7.99

Travel Mug Candy Cane - \$25.00

### 13. Doreen Bissett

T-shirt - \$10.00



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# 2025 CALENDARS

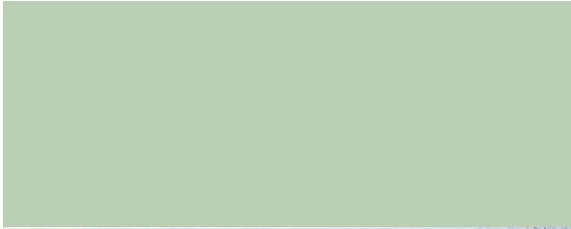


Photo by: Cornelius Thiessen



In 2024, Transcona BIZ proudly supported several community organizations: providing funds to the Murdoch Football Club, family programming at the Plessis Family Resource Centre, student scholarships with the Rotary Club, media sponsorship for L'Arche Winnipeg's annual walk, and summer donations of food and funds to the Transcona Food Bank.

This year, we continued our partnership with the Royal Canadian Legion Branch 7 and the Transcona Museum for the "123 Transcona Fallen Soldiers" project (details on page 6).

To close the year, we've printed the 2025 Transcona Calendar, with all proceeds benefiting local charities. Special thanks to photographers Cornelius Thiessen, Arthur Cowan, and all who submitted photos. Calendars are \$10 and are now available at Transcona BIZ (309B Day St) and Ball Insurance (112 Regent Ave W).

## SKATING IS BACK!

Thanks to our continued partnership with the East End Community Club and the City of Winnipeg, we're thrilled to announce that the Family Skating Rink will be back this season as soon as the weather allows! Keep an eye on our social media for updates on the opening day.

Please remember, this rink is reserved for pleasure skating only—no pucks, sticks, or nets.

We would love to hear from you! What would you like to see at the rink in the new year? Let us know at [admin@transconabiz.ca](mailto:admin@transconabiz.ca).





# 10 YEARS OF BUY-A-PAVER PROGRAM

Now celebrating a decade of community connection, the Transcona BIZ 'Buy A Paver' program offers a chance to make a lasting contribution to the heart of Transcona at Centennial Square. For \$250.00, you can sponsor an 8" x 8" paving stone engraved with a personalized message, to be placed around the New Flyer Peace Fountain. Each paver is a tribute to a person, milestone, or memory, reflecting the values and spirit of Transcona. On October 31st, new pavers were added around the fountain, capturing stories of love, remembrance, celebration, and hope. These heartfelt tributes, shared by the families who sponsored them, can be explored on our website.

All proceeds from this program include the cost of engraving and placement, and each contribution qualifies for a tax receipt from the City of Winnipeg. Whether honoring a loved one, celebrating a milestone, or showing support for the community, the Buy-a-Paver program is a meaningful way to leave a legacy in Transcona's Centennial Square. To participate, visit our website at <https://transconabiz.ca/community-programs/buy-a-paver/buy-a-paver-2/> and join us in commemorating the stories that shape Transcona's future.

1925 - 2002 THERESA TURCOTTE TIPPING	RAY TURCOTTE 1930-09-15 FOREVER LOVED	DORIS TURCOTTE 1937-09-21 FOREVER LOVED
FOREVER IN OUR HEARTS MARIAN JOAN RICHARD	L YCHONICK GENTLE AND LOVING SOUL FOREVER LOVED	RAY & MAUREEN JOHNSON, RESIDENTS 1965 - 2023
FOREVER LOVED DAWN BERRIE 1949 - 2019 XOXOXO	TDFFL EST. 2014	AL & MIRIAM IN HONOUR OF YOUR 35TH ANNIVERSARY
IN MEMORY OF KEN WLADYKA 1951-07-24 FOREVER LOVED	IN MEMORY OF DONNA WLADYKA 1954-01-16 FOREVER LOVED	IN LOVING MEMORY BEN & ELAINE SHUVERA
FOREVER YOUNG OUR GRANDSON CALEB MCKAGUE 2011-2023	MARCINIAK JOE ELIZABETH EVA AND JIM DORAN	NIECKARZ CHERYL & VIC JOHN, RICHARD AND JESSICA
DARLENE GRIEVE LEADER/FRIEND TOPS MB5290	ENNS ABE & KATHY KELLY, TERESA BRETT	IN MEMORY OF OUR PARENTS JOYCE & DAVID BROWN
IN LOVING MEMORY OF KRIS ALLARD AMMA & MOTHER	IN LOVING MEMORY OF BOB & HELEN EARLY	R. WHITELOCK CANCER SURVIVOR 2024



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# 123 FALLEN SOLDIERS

During November, Downtown Transcona is lined with 123 banners commemorating the young men from Transcona who served in World War I and World War II and never returned home. These soldiers, whose lives were cut short, are buried in Europe, including nine who remain unidentified. This meaningful project, created in partnership with the Royal Canadian Legion Branch 7 and the Transcona Museum, honours these soldiers by displaying banners featuring each veteran's name, rank, and photograph. These banners are displayed in the community for the six weeks leading up to Remembrance Day each year.

The Transcona Museum dedicated countless hours of research to gather the information for these tributes, and funds from the City of Winnipeg's Land Dedication Reserve Fund Grant made it possible to print and hang the banners for the next five years. When not displayed in Downtown Transcona, these banners rotate monthly at the Transcona Legion, located at 117 Regent Ave E.

In 2022, a related initiative called "Discounts for Veterans" was started by Peter Martin. This program invites Transcona businesses to offer discounts on products and services for veterans, showing appreciation for their service. Participating businesses receive a special decal that reads "Discounts for Veterans here, thank you for your service," provided by Wyatt Dowling Insurance, who donated all the decals free of charge. Over 40 Transcona businesses joined, along with others across Winnipeg. Businesses that couldn't offer discounts but wanted to support veterans were given a "We Support our Veterans, thank you for your service" decal, showing community-wide gratitude. These decals are available for pick-up at our office at 309B Day St.





# HALLOWEEN AT THE SQUARE



This year, we celebrated Halloween at the Square on October 31st from 3 pm to 7 pm, creating an evening filled with fun and community spirit. A DJ spun spooky tracks, setting the mood for all ages to enjoy trick-or-treating and our popular “Spellbound” escape room. Visitors joined a special quest to identify items for the Witches’ Brew, which included a broom, a doll, and a necklace. Local favourites like ABC Power Tools, Lumberzone, Aunt Monica’s Attic, Regent Pawn, and JLR Jewellers offered these items.

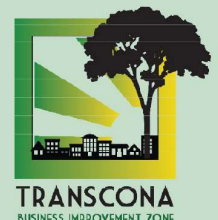
Abundant Life Baptist Church generously provided free coffee and hot chocolate with fancy flavours, keeping everyone warm as they strolled through Downtown Transcona. The streets were lively with creative costumes, and it was nice to see the community come together for this celebration.

Throughout October, we also hosted a colouring contest featuring our beloved flamingo friend. Thank you to everyone who submitted entries! Congratulations to our three talented winners: Abigail, Andreis, and Brady.

Thank you to everyone who joined in the festivities and helped make this Halloween a memorable one!



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**SEASON'S GREETINGS**

— warm wishes —

**LEILA DANCE**  
 MP | ELMWOOD-TRANSCONA  
 207-1111 MUNROE AVENUE  
 WINNIPEG, MB R2K 3Z5  
 📞 204-984-2499

Welcome to Transcona  
**TRANSCONA BIZ**  
 "The Park City" BIZ

Shop local  
 Transcona  
 BIZ.

**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)

Proudly  
 Serving  
 Radisson

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

(204) 599-2080    JELYNN@YOURMANITOBA.CA    X f i







# ANTI-GRAFFITI PROGRAM

Since 2006, the Transcona BIZ has received a grant from the City of Winnipeg to help cover the cost of removing graffiti within the Transcona Ward. Graffiti vandalism can decrease the curb appeal of businesses and residences, creating an uninviting atmosphere in the neighbourhood. Thanks to funding support from the City of Winnipeg, our Community Ambassadors provide graffiti removal services free of charge for those who report it online through our website.

In 2024, our Community Ambassadors completed 505 graffiti removal jobs. Each instance of graffiti is logged and tracked throughout the program, allowing us to collaborate with the Winnipeg Police Service's Community Support Unit if any trends emerge.

The Transcona BIZ Graffiti Removal Program operates every spring through fall (May to October). For urgent graffiti removal, you can report sightings to the City's 311 service or directly on our website; they'll be added to our list for completion as soon as possible in spring.

Visit our website:

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



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The **largest** all natural **dog treat bar** in town!



**204-222-8069**

**Grooming services available**

Book by calling our number, through  
Facebook, Instagram, or website.



We are a natural pet food grocer.



# Urban Tails

Where Happy Pets Shop



UrbanTails-WhereHappyPetsShop



urban\_tails1510

4-150 Plessis Road, Wpg. | [www.wherhappypetsshop.com](http://www.wherhappypetsshop.com)





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

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

**Enter by January 31, 2025  
to Win \$50 BIZ Bucks\*!**  
(BIZ Bucks have No Cash Value)

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

**Enter by February 28, 2025  
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.

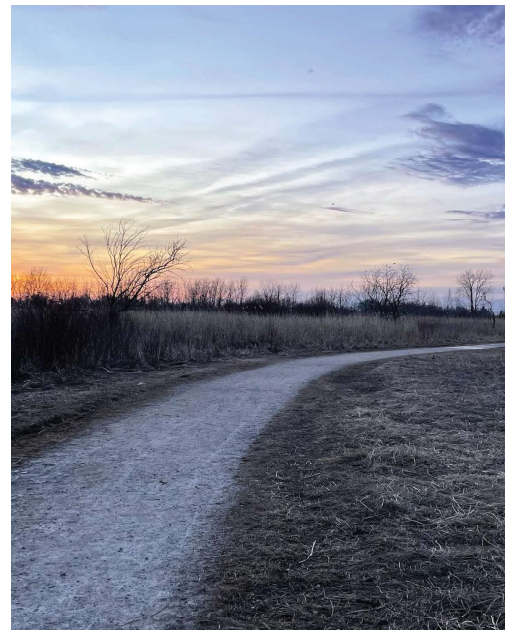
Drop off or mail your entry form to:  
**Transcona BIZ**  
**309B Day Street**  
**(Former Video King Location)**

**Working Hard for Transcona**

**NELLO  
ALTOMARE**  
Your MLA for Transcona



204-594-2025 | [nello.altomare@yourmanitoba.ca](mailto:nello.altomare@yourmanitoba.ca)



*Photo by: Ava-Rose Reyes*





# Business Directory

Shop Local. Support Community.

www.TransconaBIZ.ca

## Accounting

**H & R Block Canada**  
3-801 Regent Ave W R2C 3A7  
204-949-4133

**Liberty Tax Services**  
309 Day Street R2C 1B1  
204-808-7835  
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.*

TRANSCONA BIZ BULLET

## 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.*

**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  
204-222-3490  
*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.*

**Amאי Sushi**  
3-1530 Plessis Rd R2C 5R5  
204-505-2624  
amaisushi.c

**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.*

DECEMBER 2024

**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  
204-777-2663

**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@paleoplatory.ca  
paleoplatory.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  
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.bestprostown.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  
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.

## 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\_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**  
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

**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

**Hash Tag Smokes - Cannabis, Vapes & Glass Gallery**  
16-801 Regent Ave W R2C 3A7   
204-995-4000  
*A 19+ store uniquely designed for the neighbourhood. Cannabis, nicotine vapes, bongos & glass gallery. Smokes & Cigars, all kinds of smoking accessories. Transcona residents get special offers.*

**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  
**TRANSCONA BIZ BULLET**

*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*

## 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.*

**Mad Science of Manitoba**   
108 Bond St R2C 2L2  
204-775-7959  
manitoba.madscience.org  
*Provides science enrichment programming through schools, birthdays and special events.*

*Photo by: Cornelius Thiessen*

**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





**BUY \$50 IN GIFT CARDS**  
**GET \$10**  
**FREE\***

**GET 'EM IN-STORE OR AT  
 LEOPOLDSTAVERN.COM**



\*Promo runs until Dec. 25. Redeemable in-store only from Jan. 1 - Feb. 28, 2025.

