



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

VOL 24 No. 1

MARCH 2025



**SEE HOW YOU CAN GET INVOLVED!**  
This upcoming spring & summer season.

## 2025 BOARD OF DIRECTORS

- Chair:** Keith Cruise  
*Bond Printing*
- Vice-Chair:** Rob Geswin  
*Ball Insurance*
- Secretary:** Jeanette Corpuz  
*Royal Bank of Canada*
- Treasurer:** Donna Waslenko  
*Access Credit Union*
- Directors:** Crystal Meade  
*Royal George Hotel*
- Lisa Newman  
*Bayshore Home Care*
- Rebecca Raynbird  
*Wyatt Dowling*
- 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](http://instagram.com/transconabiz)  
Website - [transconabiz.ca](http://transconabiz.ca)

## Transcona BIZ BUCKS Winners!

November - Sylvia Yeryk, Dan Hunt, Derek Doerksen  
December - Blandina W, Darlene Downey, Sonia Dwornick  
January - Marie Fil, Debbie Kulbaba



*Left to right: Martin Pascieczka, Donna Waslenko, Crystal Meade, Rebecca Raynbird, Rob Geswin*

*Missing: Keith Cruise, Jeanette Corpuz, Lisa Newman, Russ Wyatt*

## MEET OUR 2025 BOARD OF DIRECTORS

We are pleased to introduce the 2025 Transcona BIZ Board of Directors: Chair Keith Cruise (Bond Printing), Vice-Chair Rob Geswin (Ball Insurance), Secretary Jeanette Corpuz (Royal Bank of Canada), and Treasurer Donna Waslenko (Access Credit Union). Our Directors include Crystal Meade (Royal George Hotel), Lisa Newman (Bayshore Home Care Solutions), Rebecca Raynbird (Wyatt Dowling Insurance), and Russ Wyatt (City of Winnipeg), with Martin Pascieczka (City of Winnipeg) continuing as City Liaison. We're excited to welcome Crystal, Lisa, and Rebecca to the board and look forward to their valuable contributions!

We also want to express our heartfelt thanks to Robert Juniper for his years of dedicated service. In his honor, Transcona BIZ has made a donation to the Transcona Food Bank. We appreciate all Robert has done for our community and look forward to another successful year working together for the betterment of Transcona.



# MONTHLY NEWSLETTER

We are excited to introduce our new online publication, created to keep you informed, connected, and engaged with all things happening in our business improvement zone. This monthly newsletter is available to our member businesses and open to the general public to subscribe to ensure everyone can stay in the loop. While the BIZ Bullet serves us well, we've found that it doesn't fully capture the scope of our events and initiatives. Our new newsletter will hopefully fill that gap by featuring comprehensive updates on our programs, upcoming events, community projects, and highlights from our member businesses. Stay tuned for exciting updates, success stories, and opportunities to get involved in our community.

## COMMUNITY CLEAN-UP

Join Transcona BIZ for our Community Clean Up! Pick up a clean-up kit at 309B Day St, May 5-11, and clean up a Transcona area between May 12-18. Drop off garbage at the blue Waste Connections bin at Transcona Centennial Square. Share your clean-up photos with #TransconaCleanUp for a chance to win a \$100 gift card to a local business. Let's keep Transcona beautiful for spring!



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JANUARY 2025

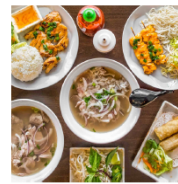
WWW.TRANSCONABIZ.CA

### WATT BISTRO PHO

Watt Bistro Pho has arrived in Transcona, opening their second location to bring you the comforting flavours of authentic Vietnamese cuisine. What sets this spot apart? Late-night hours! Open Thursdays, Fridays, and Saturdays, it's the perfect place to enjoy a warm, savoury bowl of pho after a night out.

Whether you're winding down with friends or looking for a cozy bite to eat, Watt Bistro Pho is here to make your evenings even better. Stop by and savour the flavors that everyone's talking about!

Visit them at 801 Regent Ave W Unit 19



### MEMBER BUSINESS FEATURE



#### New Year, New Risks, ARE YOU INSURED?

Don't worry, our Transcona BIZ Zone has you covered with six trusted insurance providers ready to meet your needs. Whether you're looking for car insurance, life insurance, travel insurance, or coverage for something else, you'll find all the support and expertise you need right here in our community.

**Ball Insurance Agency**  
112 Regent Ave. W. R2C 1P9  
204-222-7777  
info@ballinsurance.ca

**Clarke Financial Planning & Insurance Services**  
210 Regent Ave W R2C 1P9  
204-487-6556  
linda.clarke@clarkefinancialplanning.com

**Callagher**  
1-530 Plessis Rd R2C 5R5  
204-982-7900  
Callagher 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  
204-947-9220  
Specializing in travel medical insurance for all ages. We have a plan for everyone.

**Wyatt Dowling Insurance Brokers**  
136-138 Regent Ave W R2C 1P9  
204-222-3221

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

**Wyatt Dowling Insurance Brokers**  
4-801 Regent Ave W R2C 3A7  
204-940-6552  
General Insurance including Home, Auto, Business, and Life Insurance. 11 Locations in Winnipeg.





# WE'RE HIRING SOON!

The Transcona Business Improvement Zone has a membership of 170+ businesses and actively supports our members in achieving growth, promoting Transcona's unique character, and beautifying the community.

Our Community Ambassadors connect and provide on-the-street customer service and support for all Transcona businesses and members of the public by answering questions, promoting Transcona BIZ programs and events, and beautifying the Zone. Our ideal candidate has a passion for Transcona, enjoys connecting with people, and loves going the extra mile to provide outstanding customer service.

## Key Responsibilities:

- Work to strengthen relationships for the BIZ within the community, including interacting with BIZ membership, soliciting feedback from members, and identifying solutions to address concerns.
- Assist with Transcona BIZ events and programs including Community Markets and Festival of Banners.
- Assist with the maintenance of BIZ street elements, including picking up litter, emptying garbage from BIZ owned receptacles, planting, and maintaining flowers throughout the Zone.
- Operate a truck and gator for watering flowers in planters and hanging baskets.
- Operate gas-powered weed whacker and electric lawn mower to remove weeds and cut grass.
- Remove graffiti using chemicals, electric paint gun, and gas-powered pressure washer.
- Document graffiti-removal jobs through paperwork and Excel spreadsheets.
- Assist with updating website, social media, and producing content for the BIZ Bullet Community Paper.
- Other duties as assigned.

**Does this sound like you?**

**Stay tuned on our website and social media for the Community Ambassador job posting!**



# TREE LIGHTING

A heartfelt thank you to everyone who joined us last December to kick off the holiday season with the tree lighting at the Square!

Despite the chilly weather, the evening was filled with warmth and joy. Special thanks to the talented Noteworthy Community Choir for sharing their beautiful Christmas carols.

The community were able to decorate and hang wooden ornaments to add to the festivity, making the trees even more special!



# PICTURES WITH SANTA

A huge thank you to everyone who joined us for Pictures with Santa at the Train, it was an incredible success, with nearly 400 visitors, including some adorable dogs! The event was filled with holiday cheer, and we were delighted to see so many smiling faces.

A special shout-out to the Transcona Museum for bringing this wonderful idea to life and helping us create such a memorable experience. We also want to extend our heartfelt gratitude to Ken and Mary Bucharth for stepping into the roles of Santa and Mrs. Claus and making the long journey from the North Pole to join us.

Throughout the event, we were thrilled to hand out candy canes and hot chocolate, with Abundant Life Baptist Church. It was such a fun, heartwarming time, and we can't wait to see everyone again next year!



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# ANNUAL GENERAL MEETING

In November 2024, we hosted our second in-person Annual General Meeting since before the pandemic, inviting all business improvement zone members to attend.

The AGM offered a chance for members to connect, reflect on the activities of the past year, review audited financial statements, approve the proposed budget for the upcoming year, and learn about exciting upcoming events, programs, and plans.

Held at Tasty’s Chinese Food, the event saw the attendance of over 20 member businesses, making it a fantastic and successful gathering. For those who were unable to attend, all other member businesses were emailed the report to keep everyone informed and involved.

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

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

**Enter by April 30, 2025  
to Win \$50 BIZ Bucks\*!**  
(BIZ Bucks have No Cash Value)

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

**Enter by May 31, 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**  
**309 Day Street**  
**(Former Video King Location)**



The

largest all natural dog treat bar in town!



(204)222-8069

Grooming services available  
Book by calling our number, through our social media, or website

We are a natural pet food grocer



Urban Tails  
Where Happy Pets Shop



Urban\_tails1510



UrbanTails-WhereHappyPetsShop

4-1510 Plessis Road, Wpg

[www.wherehappypetsshop.com](http://www.wherehappypetsshop.com)

LEILA DANCE  MP  
Elmwood-Transcona

Proud to  
support  
Transcona  
businesses



📞 204 984 2499 📧 [Leila.Dance@parl.gc.ca](mailto:Leila.Dance@parl.gc.ca)  
Constituency Office: 207-1111 Munroe Avenue



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)

# WAYS TO SUPPORT LOCAL:

#1

Leave a Google or Facebook review

#2

Choose curbside or in-store pickup instead of shipping

#3

Share your favorite stores in your social networks

#4

Buy a gift card for a future purchase



TRANSCONA  
BUSINESS IMPROVEMENT ZONE

[WWW.TRANSCONABIZ.CA](http://WWW.TRANSCONABIZ.CA)



# CRAFTS & COCKTAILS

Thank you to everyone who joined us at Crafts & Cocktails! Your generous support made this event a tremendous success, helping us raise over \$2,200 for the Transcona Food Bank. With your contributions, we are able to continue supporting those in need within our community, and we are so grateful for your participation.

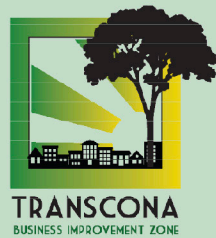
We want to extend a special thank you to our incredible vendors who brought their unique goodies to the event, as well as to our dedicated RBC volunteers who worked tirelessly behind the scenes to ensure everything ran smoothly. Your hard work and enthusiasm truly made the event special.

A big thank you also goes to the Manitoba Liquor and Lotteries and Club Regent Casino team for their support and for helping us create a fun and vibrant atmosphere. Your collaboration played a key role in making the event as successful as it was.

We are so grateful for the generosity and spirit of everyone involved, and we look forward to hosting more community-building events like this in the future!



Transcona BIZ Member Businesses that participated at Crafts and Cocktails are:  
**Beautiful YOU, J L R Jewellers, L'Arche Tova Café, paleo platory, PetToba, The John Russell Honey Company, Transcona Museum, Urban Tails, WittyPeg**



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# Business Directory

Shop Local. Support Community.

[www.TransconaBIZ.ca](http://www.TransconaBIZ.ca)

## Accounting

### H & R Block Canada

3-801 Regent Ave W R2C 3A7  
204-949-4133

### 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.*

## 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.*

### Ghee Indian Restaurant

101 Regent Ave W R2C 1R1  
204-417-1124 or 204-691-1124

### 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.*

### Amai 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.*



**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 plater**

313 Day St R2C 1B1  
info@paleoplatery.ca  
paleoplatery.ca  
*The paleo plater 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 Chill'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.*

**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

**Leila Dance MP Elmwood-Transcona**  
207-1111 Munroe Ave R2K 3Z5  
204-984-2499  
Elmwood-Transcona@parl.gc.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  
creativetodoor.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.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 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  
wyattdownling.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.*

**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@royallepage.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, bongs & 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

*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  
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

**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.*

**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**



1520 PLESSIS RD  
WINNIPEG, MB R2C 5G6

[leopoldstavern.com](http://leopoldstavern.com)

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