



# TRANSCONA BIZ BULLET

VOL 25 No. 3

SEPTEMBER 2025

**Check out all the exciting things we've been up to this summer and get a sneak peek at what we have planned for the fall and winter!**



## 2025 BOARD OF DIRECTORS

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	Lisa Newman <i>Bayshore Home Care</i>
	Rebecca Raynbird <i>Wyatt Dowling</i>
	Russ Wyatt <i>City of Winnipeg</i>
<b>City Liason:</b>	Martin Pascieczka <i>City of Winnipeg</i>

## SOCIAL MEDIA

### Connect with us:

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!

May- Lynn Jette, Ralph Fil  
June- Elaine Lilley, Terry Coasing  
July- C. Henderson, Gwen McGimphsey



## THANK YOU TO OUR COMMUNITY AMBASSADORS!

From left to right: Kyle, Hunter, Sarah, Eryn, Dana, Quinn  
\*missing Tyler

A big thank you to our incredible Community Ambassadors for their hard work and dedication in keeping our neighbourhood beautiful and welcoming. This summer, they went above and beyond, removing over 500 graffiti tags, planting and watering flowers, weeding public spaces, and ensuring that Transcona Centennial Square was always swept, clean, and ready to be enjoyed by everyone.

They played a key role in setting up and taking down our community markets, served popcorn at our movie nights, and were always ready to jump in and help with a variety of behind the scenes tasks that often go unnoticed but make a big difference. From maintaining our public spaces to supporting community events, their efforts are a huge part of what makes Transcona such a vibrant and inviting place. We're so grateful for everything they do!

Good luck with the school year, Community Ambassadors! We look forward to seeing all the amazing things you continue to do for our neighbourhood.





# 2025 COMMUNITY MARKETS

Another successful summer of Transcona Community Markets has come to a close. This year, we relocated the market back to Transcona Centennial Square, kicking off the season with a Canada Day market on July 1st. We then hosted markets every Thursday from July 10th to August 21st. To mix things up, we adjusted our usual schedule to include more evening markets, offering a balance of four night markets and four day markets. It was truly exciting to see the markets come to life each week.

With 21 vendors, a food truck, a hot dog stand, market features, and lawn games set up on the stage, the markets offered something for everyone who visited. Each week, our diverse group of vendors brought a variety of local products, including fresh vegetables, baked goods, jewelry, coffee, wine and spirits, jams, preserves, hot sauces, BBQ rubs, artwork, accessories, and so much more.

This year, we introduced market features as a way for community members to connect with local groups and clubs. These included the Transcona Trail Trekkers, Mad Science, Cornelius Thiessen's Bike Safety Demo, the Transcona Garden Club, and the Transcona Optimist Club's hotdog stand. In addition, we hosted a prize draw throughout the summer, giving everyone a chance to win.



*Transcona Trail Trekkers Family Fun Run*

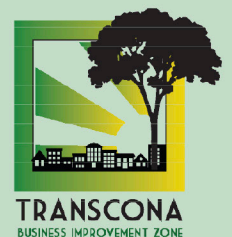


*Transcona Garden Club  
Fantasy Garden Workshop*

A huge thank you goes out to our dedicated vendors, enthusiastic market features, and our hardworking team of summer students who helped set up and run the markets. We especially want to thank the community members who visited and supported our local vendors and businesses. It was wonderful to see so many of you, and we can't wait for next year!



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# CANADA DAY CELEBRATION!

On July 1st, in celebration of Canada Day, a special market featuring local vendors, free food, and fun activities was held at Transcona Square from 1 – 5 PM.

The event was a big success, with 300 free hotdogs given out within the first hour! Attendees also enjoyed a slice of cake, which was cut by Mayor Scott Gillingham, MLA Corbett, and MP Reynolds. Plus, there was free face painting and balloon animals available on the Transcona Centennial stage. The market was a fun-filled day that showcased the best of Transcona and captured the true spirit of Canada. A huge thank you to everyone who attended and helped make it such a memorable event!

## CANADA DAY FIREWORKS

Once again, the Transcona BIZ had the pleasure of organizing the Transcona Fireworks Show. Presented by City Councillor Russ Wyatt, the show lit up the sky at Buhler Recreational Park at dusk. It was truly an amazing display, with many families coming together to enjoy the vibrant colors and excitement.

A huge thank you goes out to NFI Group Inc. and Ball Insurance Agency for their ongoing support in making this event possible. Let's all remember to support those who support our community!

## CANADA DAY ROCK HUNT

This Canada Day marked another year of our rock hunt! 10 rocks were hidden in various locations throughout the BIZ zone. Each rock found could be exchanged for a \$25 gift card to a Transcona Biz member business of the lucky finder's choice.

A big thank you to everyone who participated, making this year's hunt another success! Congratulations to the winners: Vanessa, Heather, Suzanne, Karen, Mila, Raina, Lezah, Bobi, Sarah.





# COMMUNITY CLEAN-UP

Our community clean-up took place from May 26-30 with City Councillor Russ Wyatt. A huge thank you to the businesses, organizations, and individuals who participated, including Ecole Regent Park, Transcona Veterinary Hospital, Murdoch, Malteurop, Joseph Terres, Wayoata, Burnbrae Farms, John W. Gunn, St. Joseph the Worker School, Transcona Trail Trekkers, Bernie Wolfe, and Transcona Sparks. Your efforts made a big difference in keeping our community clean and beautiful.

We also want to express our gratitude to Take Pride Winnipeg and Recycle Everywhere for their generous donations of garbage bags and gloves. Thanks to their support, we were able to distribute 2,494 gloves and 1,317 bags to volunteers, helping us make this clean-up a great success.

Mark your calendars! We will be doing a fall clean-up from October 6-10 with City Councillor Russ Wyatt. We look forward to another successful event as we continue to keep our community looking its best.



*Transcona Sparks*



*Malteurop staff*



*Transcona Veterinary Hospital staff*



**SAVE THE DATE**  
**TRICK OR TREAT**  
**IN DOWNTOWN TRANSCONA**

**REGENT AVE W**  
**FROM WINONA ST. TO KANATA ST.**

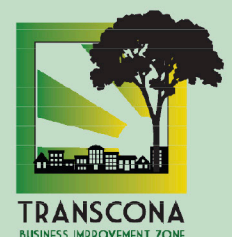


TRANSCONA BIZ BULLET

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# WELCOME TO IMD MEDICAL: LOCAL CLINIC UNDER NEW OWNERSHIP

There's fresh energy behind a familiar clinic in the heart of Transcona. IMD Medical, formerly known to many in the community as Transcona Medical Clinic, is now under the new ownership of Dr. Steven Weger.

With a renewed commitment to patient-focused care, the clinic is proud to offer expanded services to meet the growing needs of the neighbourhood. IMD Medical is now welcoming new patients for family care and offering walk-in services for added convenience. In addition to primary care, the clinic has assembled a compassionate team of mental health therapists, providing support for individuals and families seeking help navigating life's challenges.

As renovations continue, the team is excited to unveil a newly refreshed space and officially celebrate with a grand opening event later this year. "This clinic has long been a part of Transcona," says Dr. Weger, "and we're honoured to continue that legacy with a modern, community-centered approach." Whether you're in need of a family physician or mental health support, IMD Medical invites you to stop in, meet the team, and experience care that puts people and community first.





# MOVIES AT THE SQUARE

This summer, we hosted two fantastic Friday night movies at Transcona Centennial Square, featuring *The Minecraft Movie* and *A Complete Unknown* under the night sky in Downtown Transcona. Each evening started with free popcorn and cotton candy for early arrivals and plenty of entertainment before the films began.

At *The Minecraft Movie*, kids enjoyed meeting Steve, who posed for photos and performed songs from the soundtrack. Before *A Complete Unknown*, guests entered a giveaway for a waterproof JBL speaker and a Leopold's Tavern gift card. We also had giant games like Jenga, Connect Four, and Transcona-themed cornhole for everyone to enjoy.

Thank you to everyone who came out and helped make these nights such memorable community events!



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

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

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

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

**Enter by November 30, 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)**

# PAWFEST

SEPTEMBER 27<sup>th</sup> 11:00am – 5:00pm

**SILENT AUCTION**

**50/50 RAFFLE**

ALL PROCEEDS GO TOWARDS RESCUES  
AND ANIMALS IN NEED

**BBQ LUNCH**

\$10 A PLATE

**MEET THE GROOMERS**

\$15 WALK UP NAIL TRIMS!

**ADOPTABLE PETS**

MEET YOUR NEW BESTFRIEND!

**BLIND BAGS**

\$10-\$15 FOR SURPRISE BAGS, 2 OF WHICH VALUED AT \$100!

**SELFIE STATION**

CAPTURE THE DAY WITH A BEAUTIFUL DISPLAY!

**FREE TREATS AND HYDRATION STATIONS**



**Urban Tails**  
Where Happy Pets Shop

## RESCUES

MANITOBA GREAT PYRENEES RESCUE  
WAYWARD WHISKERS  
MANITOBA ANIMAL ALLIANCE  
MANITOBA MUTTS  
BACK 2 PACK RESCUE

## SPONSERS

OVEN BAKED TRADITION  
SMACK  
PETCUREAN

4-1510 Plessis Road  
204-222-8069

**BRING YOUR PET!**

## Working Hard for Transcona

**SHANNON  
CORBETT**

Your MLA for Transcona

204-219-1189  
shannon.corbett@yourmanitoba.ca



TRANSCONA BIZ BULLET



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

(204) 599-2080  
JELYNN@YOURMANITOBA.CA



10-1530 REGENT AVE W





**TRANSCONA BIZ**

*Holiday Hop*

**NOVEMBER 20<sup>TH</sup>, 2025**

**5:00PM-8:30PM**

ENJOY GLOWING  
HOLIDAY LIGHTS, MUSIC,  
WARM DRINKS, SHOPPING  
AND A VENDOR MARKET  
IN THE HEART OF  
TRANSCONA.

 **TRANSCONA**  
BUSINESS IMPROVEMENT ZONE

**FREE GIFT TO THE FIRST  
200 PEOPLE.**

**WWW.TRANSCONABIZ.CA**





# Business Directory

Shop Local. Support Community.

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

## Accounting

### H & R Block Canada

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

### 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 2025.*

## 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@alittlepizzahaven.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.ca

### Boba Paw

205 Day St.  
431-728-8755  
*We are a bubble tea shop, our products include milk tea, slush, fruit tea, smoothies. We are open 7 days from 11AM - 10PM.*

### 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



### 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.

### Guarana Restaurant

101 Regent Ave W  
Breakfast & Brazilian Restaurant

### 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 Chilli's East Indian Cuisine

11-801 Regent Ave W R2C 3A7  
204-615-5550  
redchillis.ca

### Royal Garden Chinese Food

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

### Santa Lucia Pizza

108 Regent Ave E R2C 0C1  
204-888-5555  
santaluciapizza.com/108-regent-ave-east/  
SLPregent@gmail.com  
Offering take-out, delivery, and catering.

### Sevala's Ukrainian Deli & Catering

126 Victoria Ave W R2C 1S5  
204-224-4900  
sevalas.com  
sevalas@shaw.ca  
We specialize in Ukrainian foods: perogies, cabbage rolls, meatballs, borscht, pyryshky, plus a wide selection of homestyle entrees ready to heat and serve.

### Spike's Grill

202 Bond St R2C 2L4  
204-691-1696  
Open from 7 am – 7 pm. Located in the basement of the Princess Hotel, fully licensed family restaurant (children welcome!). Serving home cooked meals.

### Starbucks

101-1510 Plessis Rd R2C 5R5  
204-899-5472

### Subway

100 Regent Ave W R2C 2P9  
204-222-8778  
subway.ca  
Dine-in or take-out restaurant with free delivery for catering platters and orders of more than 5 footlong sandwiches. Parties for lunches, dinners and funerals can be organized upon request.

### Szeto's Chinese Food

103 Bond St R2C 2L1  
204-222-6868  
Full service restaurant Chinese food - pickup and delivery.

### Tasty Chinese Cuisine

129 Regent Ave W R2C 1R1  
204-222-3245  
Chinese cuisine and homemade features. Lunch Buffet.

### 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  
centralhotevents@mymts.net  
rookiesinsidethecentral.ca  
Beverage vendor, VLTs, monthly rooms, Darts and Pool League, Off Track Betting (OTB) for Assiniboia Downs.

### Joe's Pandora Inn

103 Bond St R2C 2L1  
204-222-0571  
pandorainn@shaw.ca  
Comfortable lounge with daily & weekly entertainment, 7 large screen TVs, VLTs, shuffleboard and pool, south facing patio, Transcona Railer Express sponsored Chase the Ace draw Thursdays, Szeto's Chinese Food and beer vendor. Buffet & a Bevy fundraiser events available for booking & sports team sponsorships available.

### Princess Hotel

202 Bond St R2C 2L4  
204-224-4885  
Princess-Hotel@shaw.ca  
Full service hotel with 350-seat beverage room, 165-seat banquet hall, drive-thru beer store, 41-seat restaurant, and 15 rental rooms. Banquet hall available for rent (seats 165).

### Royal George Hotel

123 Regent Ave W R2C 1R1  
204-224-1882  
Open 7 days a week, Live entertainment music venue, 210 seat beverage room, VLTs, Vendor, Outdoor Patio, Hotel, Home of Little Bones Wings. Call us to book your special event.

## Funeral Services

### Transcona Funeral Chapel

3-549 Regent Ave W R2C 1R9  
204-222-5516  
www.korbanchapel.com

## Gas Stations

### 7-Eleven

104 Regent Ave E R2C 0C1  
204-985-0188

1-801 Regent Ave W R2C 3A7  
204-985-0130

Convenience, gas, lottery, hot food and grill items.

### ESSO

105 Pandora Ave E R2C 0A1  
204-224-1600  
Full service gas & propane, carwash, convenience store, samosas and Heffy's fried chicken.

### Henry's Car Wash & Petro-Canada

107 Pandora Ave W R2C 1M4  
204-222-4086  
Gas, diesel, propane, convenience store, car wash, and Tim Hortons drive-thru and walk-in.

### Shell Canada

1440 Plessis Rd R2C 2X4  
204-224-0074

609 Regent Ave W R2C 1R9  
204-222-9431  
shell.ca

Gas, car wash, and convenience store.

## Government

**Shannon Corbett**  
MLA, Transcona  
27 Regent Avenue West  
Winnipeg, MB R2C 1R1  
204-219-1189  
Shannon.Corbett@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/regist-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 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.



## 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  
marykasmassageclinic@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.*

### 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  
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.

**Red Eye Apparel**

129 Regent Ave ER2C 0C2  
204-691-3393  
Red Eye Apparel is a family-run shop  
in Transcona, creating custom clothing  
and everyday wear with passion, pur-  
pose and a sharp eye for detail.

TRANSCONA BIZ BULLET

**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

**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**

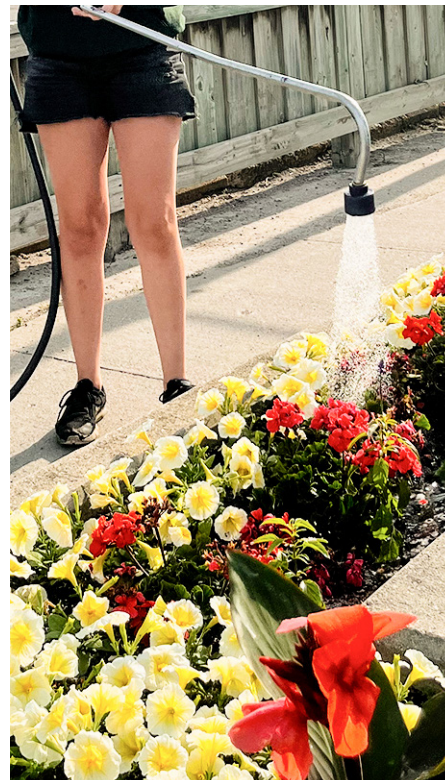
107 Regent Ave E R2C 0C2  
204-221-6585  
Clothing alterations and repairs.

**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







## 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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