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Mushroom Nut Burger at **LO Bistro**, 330 Kennedy Street, 943-5581. Find out the winners of our downtown burger contest on page 21.

Credit: Lynlea Combot

On our cover: Hot spring and summer wardrobe finds from **The Bay Downtown**, 450 Portage Avenue, 783-2112

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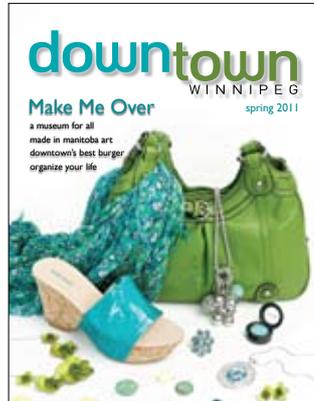
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memo

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downtown NEWS

New openings, developments and everything happening in the heart of the city

Healthy Bites

If you're watching your waistline or simply want the freshest ingredients, head into **Green Leaf Café**. Located inside the Manitoba Hydro building, this bright cheerful spot offers up heart-healthy wraps, soups, smoothies and sandwiches sure to make you feel good. One of our favourites is the chunky monkey smoothie, made with chocolate soy milk, vanilla frozen yogurt, bananas and peanut butter. Biodegradable take-out containers ensure a visit is good for the planet too. **424 Graham Avenue, 947-5931**

African Spice

Bold flavours, spicy sauces and soul-satisfying comfort are the hallmarks of Ethiopian food, and the newest addition to Portage Avenue, **Modern: East African Tapas** does it all superbly. Opt for the generous buffet platter (a steal at just \$15 for two people) and dine on tender cubes of spiced beef, piles of velvety lentils and tangy injera. **350 Portage Avenue, 415-7515**

Hot Pizza, A Great Price

Everyone knows the familiar refrain—"two, two, two, twenty-two, twenty-two"—and hearing it conjures up images of hot, gooey pizza straight from the oven (you can never go wrong with The Greek topped with feta and kalamata olives). Local success story **Pizza Hotline** and its affiliate eat-in restaurant **Café 22** have set up shop on Broadway. Enjoy their casual atmosphere as you lunch on hearty sandwiches, finger-licking wings and fresh salads (oh and pizza too, of course). **336 Broadway, 222-2222**

Gourmet Grapes

Savour fine wines and delectable bites at **Sensi Wine Lounge**, located on the second floor of Tre Visi restaurant. The sleek white space is the perfect backdrop for your choice of top-notch wines served by the bottle or glass and small bites like Mediterranean olives, grappa-cured salmon and prosciutto with minted melon and honey. Can't decide? Opt for a wine flight and enjoy a variety of vintages. **173 McDermot Avenue, 975-0160**

Spanish Sensation

Superstar chef Scott Bagshaw has set up shop in downtown Winnipeg at **Deseo**. Located inside the Albert Hotel, this new hotspot offers up Latin-inspired cuisine with flair. We couldn't get enough of the Spanish mac and cheese made with chorizo and manchego cheese or La Carol—an open faced sandwich topped with wild mushrooms, goat cheese and truffle oil. **48 Albert Street, 946-5408**

Hot off the Presses

Discuss world events and the state of economy while munching down on the creative creations of restaurateur Domenic Amatuzio. The **Winnipeg Free Press News Café** is a unique new concept in the Exchange District where food, conversation and journalism come together. Take part in town halls, book readings and one-on-ones with Free Press reporters while enjoying items like the Cuban sandwich featuring roasted pork loin and ham with pickles and swiss cheese on a baguette. **237 McDermot Avenue, 943-0682**



Channy's Bridal

Look no further for the wedding dress of your dreams. **Channy's Custom Bridal Design and Alteration** specializes in creating that perfect look for your big day. They offer expert alterations and custom design for wedding and evening gowns, ensuring you look your best for your next walk down the red carpet. **263 Kennedy Street, 318-6817**

Fame Nightclub

If you're looking for the city's newest hot spot to dance the night away, **Fame Nightclub** is the ticket! This gay and lesbian club features the hottest DJs and the coolest beats all night long. **279 Garry Street, 414-9433**



Reaching Out

The **Downtown Outreach Patrol** has worked to help more than 3,000 people off the street each year since its inception three years ago. They have also helped Fire and Paramedic Services with 1,776 calls while reducing wait times from 65 minutes to just 10. And now, thanks to funding in the amount of \$66,000 from the City of Winnipeg, the Outreach Patrol will continue their good work, making the streets of downtown safer. The Outreach program also receives funding from the province and the Downtown Winnipeg BIZ.

The Year of the Hare

After the tumultuous Year of the Tiger, the hare brings peace and tranquility. The hare is believed to represent calm and serenity and those born under its sign are friendly, sensitive and gracious. That is the essence of this year's newest **Chinatown banner**, designed by Red River College graphic arts student Heather Zimmerman. Fashioned after the art of Chinese paper-cuts, this modern take on the historical craft brings vibrancy and life to the area.

Foot Patrols

Since the beginning of the year, Winnipeg's new **police cadets** have been seen throughout the city in their bright blue uniforms. These trained men and women are tasked with directing traffic, guarding crime scenes and escorting intoxicated people to a safe location. Their presence frees up valuable time for Winnipeg Police, allowing them to devote resources to more serious issues.

Forks Geothermal

Congratulations to **The Forks-Target Zero Project** for their recent Earthie Award from the Manitoba Eco-Network! Over the past few years, Winnipeg's most popular tourist destination has seen numerous changes in the way it operates with the goal of obtaining zero waste, zero water consumption and zero carbon emissions. So far, they have installed a geothermal heat pump system in The Forks Market as well as low-flush toilets and waterless urinals. They've also started converting used oil from the market's restaurants to biofuel to power their equipment. Through these changes The Forks Market has saved over a kilotonne of CO2 and their utility bills have been cut dramatically.

Flower Power

Portage Avenue comes to life with a unique public art piece that combines the beauty of flowers, fiberglass and metal. Watch out for 20 larger-than-life **marbles** decorating the sidewalks and medians of Portage from Vaughan to Garry Streets. Created by local artist Erica Swendrowski, the marbles offer the beauty of nature in the heart of city. To complement this whimsical project, this year's **hanging flower baskets** boast a new design, combining dark, heavily textured foliage with bright floral accents in pink, orange and white.

Sign up for an **Art and Architecture Tour** running Tuesday's at lunch this summer. For more info visit downtownwinnipegbiz.com.

Pretty Faces

The Downtown BIZ is launching a **window dressing program** this spring, offering up ideas to shop owners on how to put their best foot forward. Ideas for creating dynamic window displays range from accessories to backdrops to lighting, ensuring beautiful downtown windows. The BIZ will also work with five lucky businesses personally to make them sparkle.

City Serenity

Practise your downward dog and lotus position on the lawn in Memorial Park during **Yoga in the Park** this summer. Each Thursday from June 2 to August 25 from 12pm-12:45pm an instructor from **Yoga Public** will guide you through relaxation and rejuvenation poses in the urban atmosphere of downtown. Bring along your mat or just feel the grass between your toes. Free.



Pony Corral Lounge

Downtown's **Pony Corral** has received a fabulous new face lift, making it a can't-miss destination for classic dishes and live entertainment. The bar area has been updated with dark woods, cozy fabrics and sparkling lighting—including a stage built right above the bar! Head over after work and swing to the beat while catching up with friends. **444 St. Mary Avenue, 942-4414**

Perfect Parkades

The Portage Place parkade receives the gold star standard in parking when the Downtown BIZ launches the **Downtown Winnipeg Parking Facility Certification Program**. The program offers a checklist of items covering safety and cleanliness to ensure your parking experience is as pleasant as possible. Watch for other downtown parkades and lots boasting the gold star later this year.

Swanky Digs

This swanky new spot is the perfect place to finish your evening after a night at the theatre or taking in a concert. Hosting unique events like Martinis and Manicures, **6 Degrees Martini Bar & Wine Lounge** is the place to be surrounded by beautiful people as you sip cocktails and sample nibblies from their tapas menu. **110 Market Avenue, 956-7465**

Budding Building

It's hard not to notice the ever-changing face of the Union Bank Tower as it transforms into a downtown gem. The historic space, first built in 1903, is getting new life as it becomes an eco-friendly building that will nurture and develop young minds. The **Paterson Global Foods Institute for Red River College** will soon be home to a restaurant, cooking labs, rooftop garden and sunny atrium. Maintaining a commitment to sustainability, the building will also be outfitted with high-performance operable windows and be completely insulated for the first time in its history with spray foam.

Perfect Poutine

If there's a food in this world more perfect than french fries, cheese and gravy, we haven't found it. Soon Winnipeggers seeking a poutine fix will have to look no further than **Smoke's Pouterie**. Located just off Old Market Square, this Quebec chain is sure to be a hit. Along with an authentic original version, they offer up poutine with a twist with toppings like bacon, sausage, curry sauce and grilled chicken. We can't wait to try the poutine version of nachos with all the fixings. **131 Albert Street**



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Rodney Braun's ballet slipper swimmer... at the newly-opened photography gallery **Pixels 2.1**, **217 McDermot Avenue, 415-5480**



Luscious Locks

Pick up everything to create the most stunning head of hair. **Diva Hair** sells styling tools, hair extensions and wigs along with the expertise to use them. You can also pick up nourishing styling products and even hair perfume. **310 Broadway, 944-9433**

Urban Park

Millennium Library Park is currently undergoing a facelift that will see the central area transformed into a thriving green space for all to enjoy. New landscaping, public art and site furniture brings the park to life. The public is welcomed to get involved through sponsorships that include a commemorative plaque. Visit downtownwinnipegbiz.com for info.

Hop Aboard

The **Downtown Spirit** is the easiest and most inexpensive way to get around downtown whether you're headed to a meeting or out doing errands at lunch. The Spirit runs throughout downtown and is completely free! Watch out for **Spirit Week** happening Aug 8-12, when the Downtown BIZ's perky promo crew will be regaling passengers with games, candy and prizes!

Out on the Avenue

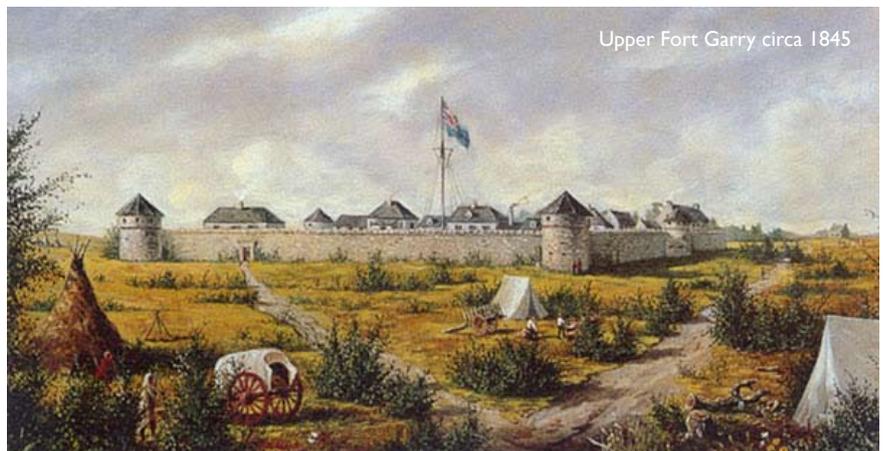
Portage Avenue comes to life this summer with a new initiative called **Portage Avenue Alive**, designed to encourage positive public street traffic, while driving customers into downtown shops. This new initiative will include buskers and a coordinated sidewalk sale amongst downtown merchants where you'll be able to browse and mingle under a warm summer sun. For more info or to participate, contact the Downtown BIZ at 958-4640.

History Revived

Originally built between 1834 and 1837, **Upper Fort Garry** was the heart of the Red River Settlement and where Louis Riel formed the Provisional Government which led to Manitoba entering Confederation as a province. The site was demolished in 1881 and all that remains is the Governor's Gate.

Plans have been announced to revitalize the site with a \$19-million construction project that will include an interpretive centre with exhibit space, a multi-purpose theatre, food service and a digital library.

To date, \$10.3 million dollars have been raised for the project which will begin construction this spring. For more information visit upperfortgarry.com.



a vision for downtown

For decades, downtowns across North America have been viewed as antiquated business districts struggling to reinvent themselves in the wake of suburban sprawl. Downtown Winnipeg has been no different.

Revitalization efforts and new public policies have begun to capture the rising demand for urban living while capitalizing on investment in assets like universities, museums, libraries and parks in downtown. With the advent of our new sports and entertainment centres, we may soon bring even more people back downtown during the evening, instead of losing them to the suburbs. All these forces are critical components in economic development and while much has been accomplished, there is still an unquenchable public desire to see more.

But the question must be asked—more revitalization to what end? What do we want our downtown to feel and look like? In other words, what's our vision?

The vision for our downtown is the litmus test as to whether the progress so far is leading to something bigger and better.

Some might say their downtown is all about being a great place to work. Some say it should be the centre of arts and culture, while others feel the vision of downtown should be to remain as the historic centre of the city through celebration of its architecture.

Baby boomers and young professionals alike want a downtown that offers an appealing place to live with a wide variety of shops and restaurants. Younger Winnipeggers

believe downtown should be the heart of the city's sports and entertainment—in short, people want everything the suburbs are not.

In all of these visions is a desire for a downtown that is able to manage, and perhaps even eliminate, the social challenges that lead to negative perceptions of safety.

Recently, the Downtown BIZ board—comprised of 16 seasoned business professionals—was asked the question: are we close to achieving the vision of our downtown?

You might be surprised to hear the answer was a resounding “no.”

Make no mistake—we are getting close to this vision. Every day there are positive stories of success to share—in fact, this magazine you're holding right now was created to promote the shining corners of our downtown.

But the reason we feel we aren't there yet is because a more sustained focus is required. The most effective way to realize the vision is by creating a series of downtown districts that lead to the most dense, charming, pedestrian-friendly and interconnected neighbourhoods in the city.

Once this concept is grasped—and every planned development in downtown is measured against it—only then will downtown become a place bold enough to attract innovative and creative entrepreneurs who are inspired by the intense activity and cultural diversity our downtown could offer.

Comebacks don't just happen overnight. Even with all the progress that has been made so far, we must continue to plan in a way that encourages street-level activity, connectivity to adjacent areas and redevelopment of true urban neighbourhoods rather than focusing on isolated projects. To achieve this,



an unwavering political will with dedicated financial and human resources is critical.

When we look at Waterfront Drive, The Forks and even UofW's emerging campus district, we clearly see what can happen when development follows a vision. It's incredible!

While the Downtown BIZ will always be the first to promote downtown and celebrate its accomplishments, we will also proudly hold the torch for a better downtown vision and ensure we get there.

A handwritten signature in black ink that reads "Stefano Grande". The signature is fluid and cursive.

Stefano Grande
Executive Director
Downtown Winnipeg BIZ



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building a

MUSEUM

for all

As the Canadian Museum for Human Rights takes shape, it offers a glimpse into how it will transform our city, open minds and create a brighter future for everyone.

By Nisha Tuli

Winnipeg has been at the heart of human rights issues throughout its history. From the hanging of Louis Riel, to the General Strike of 1919, to Nellie McClung demanding the vote for women, to present day, when the legacy of Canada's residential school system still haunts us all.

When the Canadian Museum for Human Rights opens its doors in 2013, our city will also become a part of an international dialogue that will educate, inspire and, just maybe, put Winnipeg on the map for the world to see.

"Once the museum is complete, the structure will rival that of the Sydney Opera House, the Guggenheim or the Eiffel Tower," says Stuart Murray, president and CEO of the museum. "It will be the iconic image that comes to define Winnipeg and even Canada."

As you drive through The Forks, you can't miss the impressive concrete and steel structures being erected. Built on Treaty One territory, the museum was designed by architect Antoine Predock to merge with Winnipeg's existing skyline and local landmarks such as the Esplanade Riel to create a postcard-perfect perspective.

This will be Canada's fifth national museum and the first to be built outside of Ottawa. Conservative estimates suggest more than 250,000 people will come to Winnipeg each year to visit the museum providing an economic benefit of more than \$25 million.

It is also expected the museum's presence will help be a catalyst for rejuvenation in downtown with the construction of new restaurants, hotels and attractions nearby.

Once visitors arrive, they will be welcomed to a state-of-the-art building that will have four main parts. The first part is the "roots" that anchor the structure to the ground. It will include four wings that house an education centre, classrooms, theatre, travelling exhibit gallery, store and restaurant.

The second part consists of the "mountains" where 12 permanent galleries will be housed. The "clouds" will be home to the museum's offices and finally the Tower of Hope, which will reach 23 storeys (100 m) in the air. The tower is meant to be a place where visitors will be able to reflect on their journey through the museum while enjoying the view of Winnipeg.

"We want the museum to become part of a larger dialogue that opens people to the past, but more importantly, helps them look to the future," says Murray.

Numerous eco-features have also been incorporated and the building will be attempting to achieve LEED silver status—a set of internationally recognized construction standards for green buildings.

Features such as irrigation-free landscaping, an erosion and sediment control plan, a recycling and salvage program, use of low emission materials and efficient heating and cooling systems will ensure the building has the least possible impact on the environment around it.

The roof of the building will also be covered with prairie grass that absorbs sunlight and will decrease heat loss in the winter.

While it's still in the development stage, the content of the museum has been carefully considered. In fact, more than 2,500 people across Canada were part of a public-engagement process asking what they felt was important for the museum.

"It was a listening exercise unlike any that has existed before," says Murray, "but it was part of our desire to make the museum as inclusive and representative as possible."

Murray adds that there were concerns from certain groups about inclusion in the museum, and that all of these aspects are being considered. But he stresses that while some of the darker aspects of history will be explored, the focus is on changing things for a more positive future.

"We are a museum of human rights—not a museum of human wrongs," he says.

The exhibits themselves will combine the newest technology such as tables designed to work like giant iPads where visitors will learn through interaction. Other displays will use the power of simplicity by starting conversations and creating dialogue for people to reflect on what they've experienced. The goal will be to engage and inspire.

One of the key aspects of the museum will be creating a circle of influence beyond its doors through partnerships with schools and universities. Already, numerous provincial governments have agreed to include human rights as part of their school curriculums.

The museum has also been working with international organizations to bring students from around the world to Winnipeg.

"We are a museum of human rights—not a museum of human wrongs."

Stuart Murray, CEO and President, Canadian Museum for Human Rights

As the museum moves closer to completion, the team at the museum still has a lot to accomplish including research, story building and exhibit development. An international marketing campaign will also be developed to attract visitors from across Canada and the world to the museum.

Preparations for a spectacular grand opening are also underway.

For those who can't wait until 2013, the museum will be offering perimeter tours this summer led by museum staff. Also in development is a website where all of the museum's content will be available online.

Visit humanrightsmuseum.ca for regular updates on the museum's progress. **dtw**



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*Meet our Downtown
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We treated four lucky women to a
day of beauty and style.



Karen, 47

Clothing and accessories
from **Le Château**,
Portage Place, 925-4636

Hair by **Sets on Fort**,
111 Fort Street, 942-7387

Makeup by **Holt
Renfrew**, Portage Place,
942-7321

Shot on location at **The
Forks Market**

Photography by **Ian
McCausland**



Tara, 38

Clothing and accessories from
The Bay Downtown, 450
Portage Avenue, 783-2112

Hair by **Vanity Hair**, 432
Graham Avenue, 956-5797

Makeup by MAC at **The Bay
Downtown**, 450 Portage
Avenue, 783-2112

Natalie, 25

Clothing and accessories from **Urban Planet**, Portage Place, 957-7013

Hair by **Sets on Fort**, 111 Fort Street, 942-7387

Makeup by **Holt Renfrew**, Portage Place, 942-7321



market | makeover

Joanne, 55

Clothing and accessories from
The Bay Downtown, 450
Portage Avenue, 783-2112

Hair by **Vanity Hair**, 432
Graham Avenue, 956-5797

Makeup by Estee Lauder at
The Bay Downtown, 450
Portage Avenue, 783-2112



downtown's best burger

From gourmet to classic to vegetarian, Winnipeggers cast their vote at downtownpeggy.com for downtown's favourite burger. Next time you're feeling peckish, wrap your hands around one of these top-notch patties.

#1

VJ's Special, VJ's Drive-In, 170 Main Street, 943-2655

The mammoth classic comes heaped with lettuce, tomatoes and cheese and is oozing with mayo and chili. A take on the Winnipeg Fat Boy, this is comfort food at its best.

What our voters said: "Eating a VJ's burger is one of those experiences that make you feel like you have just committed a sin. An absolute treat!"—Kerry Walker

#2

Mushroom Nut Burger, LO Bistro, 330 Kennedy Street, 943-5581

This vegetarian burger will make a believer out of the most staunch carnivore. The patty offers the satisfying crunch of nuts and comes paired with smoked cheddar, pesto mayo and blue corn relish.

What our voters said: "With a pint of St. James ale, sitting on the couch with friends by the fireplace at LO Bistro after a long day of classes, the mushroom nut burger makes the mood complete!"—David Jacks

#3

Sun Burger, The Underground Cafe, 70 Arthur Street, 956-1925

Served on a bagel bun, this ever-popular veggie burger offers up a hearty patty made with rice, eggs, cheese, sesame and sunflower seeds. Its secret is the plate-licking lime dill sauce it comes smothered in.

What our voters said: "Once you eat one, it'll change your life, and you'll always be back for more!"—Heaza

#4

Original Bistro Burger, The Current, Inn at The Forks, 942-6555

This gourmet silver sterling beef burger comes not only with a fabulous Forks setting, it also comes topped with four kinds of cheese, caramelized onions, beefsteak tomatoes and chilli mayo.

What our voters said: "It has amazing flavour, big but not too big, with just the right toppings. It's everything you want in a burger! You have to try one!"—Anonymous

#5

Canad BBQ Bacon Cheese Burger, Tavern United, 260 Hargrave Street, 944-0022

A juicy patty that comes topped with tangy BBQ sauce, smoked bacon and cheddar cheese. Enjoy it on Tavern's rooftop patio for the ultimate in downtown dining.

What our voters said: "Great big juicy burger with that homemade taste."—Rick

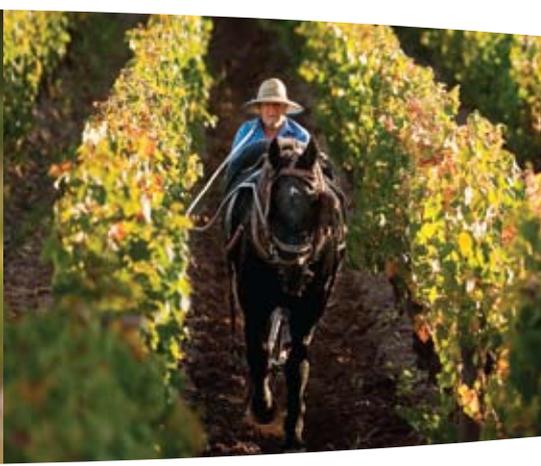




Eric St-Pierre

DOING A WORLD OF GOOD

Fair Trade helps producers in developing countries and promotes their sustainability. The movement advocates the payment of higher prices to farmers and producers. In addition, the program helps enhance social and environmental standards for farming communities in South Africa, Argentina and Chile. Manitoba Liquor Marts is committed to the Fair Trade initiative and is proud to offer the largest selection of Fair Trade wines in Canada.



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MADE IN MANITOBA

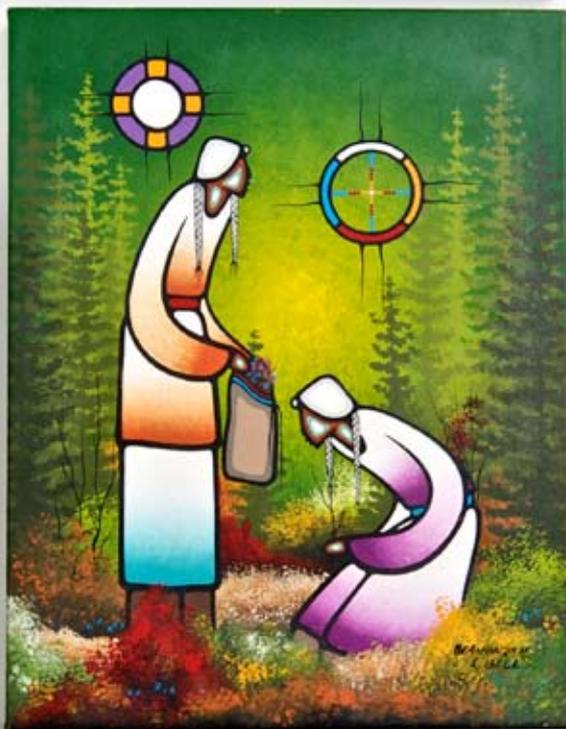
Here in the cultural capital of Canada, artistic creation is celebrated. With dozens of galleries in downtown, local artists show off their stuff to an adoring audience.

Sunshine Emerging by Walter Kulyk, \$725
from **Oseredok Boutique**,
184 Alexander Avenue East, 942-0218

Shot on location at **YouCube
Condominiums**, 1 Heaton Avenue at
Waterfront Drive

Photography by **Ian McCausland**





Clockwise from top left

Northern Lights by Harv Sawatzky, \$35 from **The Craft Cupboard**, The Forks Market, 949-1785

When the Sky Turns Green by John Jacob, \$100 from **Keepsakes Gallery**, 264 McDermot Avenue, 943-2446

Trustful by Leland Bell, \$1,050 from **The Wahsa Gallery**, The Johnston Terminal at The Forks, 942-5121

Under the Canopy Manitoba Mushroom by Lisa Funk, \$190 from **Pulse Gallery**, The Johnston Terminal, 957-7140

From left to right

Turtles by Jackie Traverse from **The Wahsa Gallery**, The Johnston Terminal, 942-5121

Real Estate Value by Takashi Iwasaki, \$400 from **Keepsakes Gallery**, 264 McDermot Avenue, 943-2446

Prairie Crocus by Gary G, \$95 from **The Edge Gallery**, 611 Main Street, 947-2992

Artquilt Tile by Marilyn Stewart Strothers, \$100 from **The Gallery Shop**, Winnipeg Art Gallery, 300 Memorial Boulevard, 789-1769

Little People by Gayle Sinclair, \$190 from **The Wahsa Gallery**, The Johnston Terminal, 942-5121

Boreal Forest by Laura Lee Harasym, \$85 from **The Edge Gallery**, 611 Main Street, 947-2992





Clockwise from top left

Grain Exchange Building by Garry Budyk, \$249 from **Pulse Gallery**, The Johnston Terminal, 957-7140

H2Ohhh by Rodney S Braun, \$600 from **Pixels 2.1**, 217 McDermot Avenue, 415-5480

Transmutation by Irene Kuziw, \$275 from **Oseredok Boutique**, 184 Alexander Avenue East, 942-0218

Mirror by Lisa Horne, \$55 from **Mach Artworks**, Portage Place, 956-0010

Clariomp by Takashi Iwasaki, \$850 from **The Gallery Shop**, 300 Memorial Boulevard, 789-1769

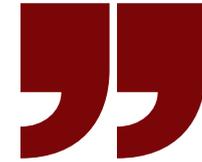




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today to
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55+ living. Life lease entrance fees starting at \$26,900.

With Kiwanis Chateau, the Kiwanis Club of Winnipeg proudly offers you comfort, security and one of the most affordable 55+ life leases in the city. Call now and enjoy spacious and modern suites in a beautiful building in the heart of downtown Winnipeg.



KIWANIS CHATEAU

430 Webb Place, Winnipeg
204.943.8647
kiwanischateau@shawbiz.ca

Display suite hours:
8:30 a.m. to 4:30 p.m.
Monday to Friday

*Professionally managed by
Shelter Canadian Properties Limited*



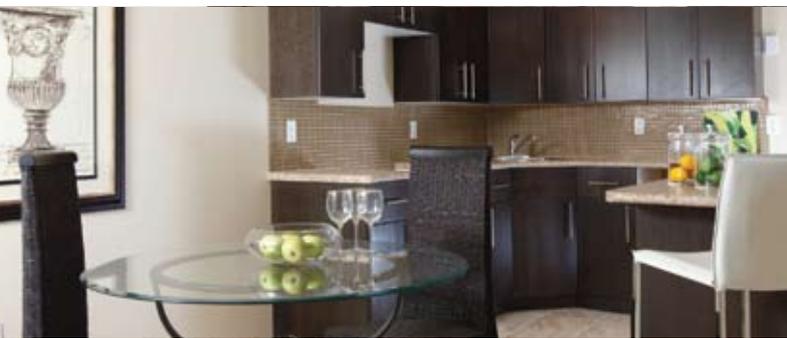
RESIDENCES

ON YORK

DOWNTOWN LIVING AT ITS BEST!

One and two bedroom suites are available for lease at downtown's most luxurious high rise apartment building. Furnished suites also available.

Spacious newly constructed designer suites with luxurious features - a stylish kitchen with new appliances, chic bathroom with ceramic tiles and modern décor. Suites offer gleaming maple hardwood floors in the living room, contemporary lighting, and an electric fireplace. All suites are pre-wired for surround sound. Set amidst shopping, dining, nightlife, recreation and cultural attractions, everything you need is near.



AMENITIES:

- Maple hardwood floors and ceramic tile
- Coming Soon! State-of-the-art Fitness Club
- Coming Soon! Resident Lounge
- On-site resident building managers
- 5 appliance package - all-in-one washer/dryer unit, fridge, microwave, dishwasher and self-cleaning smooth-top stove
- Fine Dining Restaurant located on-site



T *Timbercreek*
ASSET MANAGEMENT

RESIDENCES ON YORK - 160 Smith St.
204-942-5640 | www.timbercreekrentals.ca

HOT property

Renter, owner or empty-nester—when you're in the market, check out these options for downtown living designed to suit every taste and lifestyle

Condo



District Condominiums

StreetSide Development Corporation is responding to increasing demand for housing in downtown with a spectacular new condo development that will encompass an entire city block and seven buildings in the East Exchange District. Located just west of the Waterfront condominiums between Market and James Avenues, you'll be within steps of the city's hotspots like MTC and the Centennial Concert Hall.

Units will be loft or penthouse style and will range in size from approximately 500-1250 sf. They range in price from the high \$100,000s to \$400,000. Condos will feature exposed original brick and timber beams as well as new double-pane windows. For a limited time (dependent upon the stage of construction), purchasers will have the opportunity to select from a number of interior finishes, including flooring, cabinetry and surfaces to personalize their living space.

Preserving the original façade of the century-old building and combining elements of modern style, convenience and finishing, the secure, elevator-serviced building will house 27 condos plus additional storage for its owners. An outdoor entertainment patio will also be constructed on the building's rooftop, for owners and their visiting guests.

For more info: districtcondos.ca.



Rental

Residences on York, 160 Smith Street, 942-5640

Inner-city chic meets high-end luxury in one of downtown's newest high-rise apartment buildings. One and two bedroom suites (furnished available) offer spacious construction with luxurious features like stylish kitchens with new appliances and bathrooms with ceramic tiles and modern decor. Includes gleaming maple hardwood floors, contemporary lighting, and electric fireplaces.

This property also boasts a fine-dining restaurant located on the main floor along with stunning panoramic views, state-of-the-art fitness club, residents' lounge, and on-site building managers.

For more info: 942-5640 or timbercreekrentals.ca



STYLISH



TRENDY

DOWNTOWN



Buying or selling a premier downtown condo demands premier expertise

Bill Thiessen—Winnipeg's only downtown specialist—has the knowledge and skill, combined with a refined approach, that leads to successful transactions in the distinctive downtown market.

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When you work in Bill's Downtown Condo Collection, you're working with the city's top* downtown professional and are backed by the most respected name in real estate—RE/MAX Performance.

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billthiessen.com, 255-4204



This ad is not meant to solicit listings currently under contract with MLS Realtors.
*As per 2007-2010 MLS statistics for residential downtown condo sales of properties \$200,000.00+

Realtor

Bill Thiessen, 946-LOFT

He is known simply as the Urban Agent.

After 30 years working as a real estate agent in Winnipeg—the last 10 of them specializing in downtown real estate sales—the moniker fits RE/MAX's Bill Thiessen like a glove. That's because he has, to put it mildly, become a significant presence in downtown over the past decade.

"It's an area I've really come to love," says Thiessen, who also spent four years working for CentreVenture. "So much so that I'm now the listing agent for about 90 per cent of all downtown projects. I've been responsible for over 60 per cent of all resales over the past seven years. It's an area I'm very passionate about, so I'm doing what I can to help it become a thriving area once again."

That passion for Winnipeg's downtown is evident in Thiessen's intimate involvement in raising the profile of the Exchange District and surrounding areas: he's the co-founder of the Downtown Residents Association, and played a central role in the creation of the downtown living tour and exhibition (in association with Downtown BIZ).

As if that wasn't enough, he's also on steering committees that oversee almost every aspect of downtown development.

"There are so many issues associated with downtown living—zoning, heritage, planning, code and others," Thiessen says. "They're all critical to redeveloping the city's downtown area in an intelligent, prudent way. I'm even working with the Point Douglas Residents Association to get their feedback on issues. It's something I really enjoy doing. Seeing the downtown area start to come alive has been very gratifying."

Never one to rest on his laurels—especially when it comes to downtown development—he's presently working on several projects designed to add further to the area's blossoming infrastructure.

"Right now, I'm working with developers on several new waterfront projects and warehouse conversions," says Thiessen, who's also a volunteer for Siloam Mission and other downtown not-for-profit agencies in his spare time. "As much progress as we've made downtown, I believe we've only scratched the surface. There's so much potential there. I'll continue to do everything I can to see its full potential is reached."



Life Lease

Kiwanis Chateau, 430 Webb Place

This 55+ apartment-style complex offers life leases where residents contribute an initial buy-in amount that is pooled. Interest on the amount goes towards keeping rents as low as possible—in fact, Kiwanis has one of the lowest rental rates in the city. When you leave, your entrance fee is returned in full. Visit kiwanischateau.ca for more info.

- Six in-suite appliances
- Central heat and air conditioning
- Large concrete balconies
- Bright common areas including a games room and a library
- Courtyard patio for luxurious summer lounging
- Social events including games nights, catered dinners, and health and wellness programs
- Shuttle services for shopping
- 24-hour emergency call system
- Controlled building access with security cameras
- Security guard on duty every night
- Secure and heated underground parking for you and your guests
- Connected to two kilometres of climate-controlled walkways with access to dining, shopping, services, and entertainment



Portage Avenue—what is the vision?

A dynamic city requires a centre that is the 'go-to' destination for both residents and visitors, where everyone can work, shop, relax and be entertained while feeling safe and welcome. The time has come to build upon the significant investment that has been made along Portage Avenue in the past decade including the MTS Centre, Manitoba Hydro building and the Portagescape streetscaping project. The Portage Avenue Development Strategy ("the Strategy") is a comprehensive plan designed to encourage, support and, more importantly, protect investment over the long term.

The development of the Strategy was led by CentreVenture Development Corporation, the city's downtown development agency, in collaboration with the Downtown Council—a working group of stakeholders who recognize the importance of creating a vibrant and safe downtown. The Strategy articulates a vision for Winnipeg's most vital street and surrounding blocks that provides focus for development, encourages increased density and supports a concentrated retail, commercial, residential and entertainment mix. CentreVenture, in collaboration with the Downtown Council, will lead the implementation of the Strategy.



The SHED

The future of downtown brightens with the vision behind the Portage Avenue Development strategy

What is the SHED?

SHED – an acronym for Sports, Hospitality & Entertainment District.

The SHED is envisioned as being the jewel of the new Portage Avenue and a major destination for people of all ages. Following examples and successes in many other major North American cities, the strategy is to create a hub of storefront entertainment and hospitality related uses with commercial/residential uses above street level. To kick start the initiative, significant redevelopment sites have been identified within the area and the rejuvenation of The Met theatre, for example, is a priority. CentreVenture is in the process of preparing a master plan for the SHED which will encompass the business plan and conceptual design for major public improvements and design guidelines for developers and property owners.

The goal of the SHED is to give residents a reason to come downtown, remain downtown after working hours and to give visitors to our city an exciting downtown experience. The SHED and the retail district will provide everyone with a variety of shopping and entertainment options!

What will it look like?

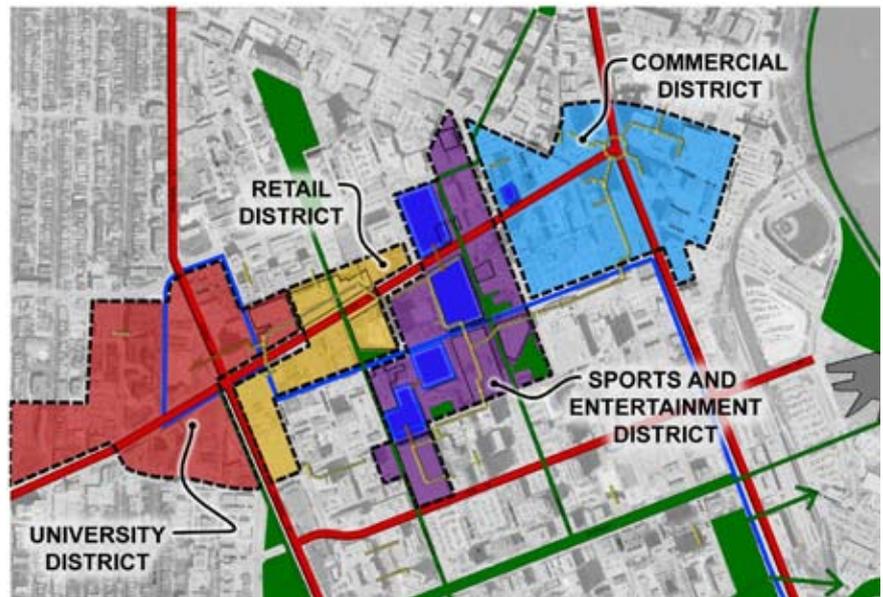
The Strategy includes four distinct districts as illustrated on the map to the right.

The University District: This district could contribute significantly to future growth and needs to be better connected to downtown. The weather protected walkway should be extended to connect with Portage Place and University growth plans should include expansion to the east.

The Retail District: Increased residential density, an expanding student population, and the creation of other attractions to bring people downtown will increase the demand for retail options. The goal is to attract retail back to this area and create welcoming storefronts with enhanced pedestrian comfort and safety.

Sports & Entertainment District: Capitalizing on the success of the MTS Centre and potential expansion of the Convention Centre, the objective is to create a hub of restaurants, entertainment related venues and public spaces all tied together with attractive streetscaping, lighting and pedestrian oriented activities.

Commercial District: This district is the financial anchor of downtown. It is expected that the success of the other districts will contribute to furthering private sector investment in this district.



What can I expect to see?

Pedestrian Friendly

One of the primary goals of the SHED is to create an area that is inviting and welcoming for pedestrians. Over the next couple of years, watch for improved sidewalks, public gathering areas, architectural streetscape features, improved lighting and signage.

Safety

The Strategy recognizes that safety is a concern for many and added security is an integral part of the Strategy. Expect to see more patrols, security cameras and initiatives that will address the social issues that contribute to negative experiences in downtown. Over time, the concentration of positive activity and increased pedestrian traffic will provide a safer atmosphere.

Projects

- CentreVenture, in partnership with the Forks North Portage Partnership, has assembled the former A & B Sound building and the Mitchell Copp building across from the MTS Centre. Planning is underway for a fabulous mixed use development on this site.
- A new parking structure, to support increased development, is planned for the area.
- The Manitoba Public Insurance Corporation, owners of two large surface parking lots near cityplace will be offering these sites for private sector development.
- In the next few months, the designs for the public spaces will be released. Improvements to public spaces will be coordinated over time in parallel with the development activity.

For further information, contact CentreVenture at 954-7733 or visit centreventure.com.

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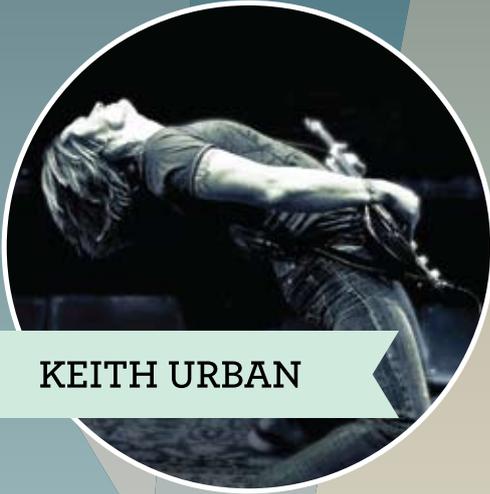
RIHANNA



KATY PERRY



KENNY CHESNEY



KEITH URBAN



CIRQUE DU SOLEIL



mind body spirit

Organize your life—mind, body and spirit—with downtown professionals designed to make your life easier.

Alignment

Sooth sore backs and joints with the healing hands of a chiropractor.

Central Chiropractic Centre

360 Main Street, 943-7200

Downtown Chiropractic Centre

171 Donald Street, 943-0751

Concourse Chiropractic

1 Lombard Place, 989-2225

FAZ Chiropractic

388 Portage Avenue, 415-1477

Relax

Work out the tension of your day with a soothing massage sure to rejuvenate and revive.

Ankyo Therapeutic Massage Group

428 Portage Avenue, 943-8635

Warren Therapy Clinic

414 Graham Avenue, 949-0008

Downtime Massage Therapy

164 Hargrave Street, 944-0901

Bud Simmons Massage Therapy

301 Vaughan Street, 795-8866

Ten Spa

222 Broadway, 946-6547

Riverstone Spa

75 Forks Market Road,
944-2444

Get In Shape

Shed those extra pounds and tone those muscles, all while on your lunch break.

Downtown Y

301 Vaughan Street, 947-3044

Grain Exchange Curling Club

75 Fort Street, 942-2301

Weight Watchers

274 Smith Street 987-7546

Assiniboine Athletic Club

83 Garry Street, 942-3488

Odyssey Health Club

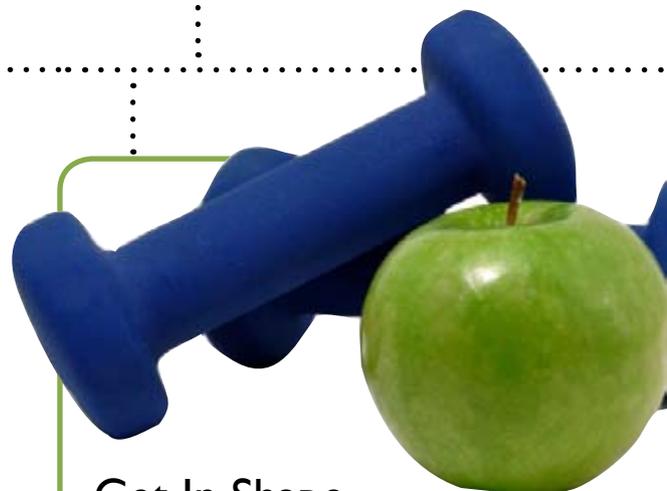
350 St. Mary Avenue, 944-7234

Urban Wellness Centre

333 St. Mary Avenue, 949-1846

Exchange Fitness

374 Donald Street, 293-9757





Money Matters

Everything you need to ensure your money is in good hands.

Bank of Montreal

335 Main Street, 985-2611

Scotiabank

200 Portage Avenue, 985-3011

363 Broadway, 985-3002

CIBC

1 Lombard Place, 944-6963

333 St. Mary Avenue, 944-5057

Canadian Western Bank

230 Portage Avenue, 956-4669

Crosstown Civic Credit Union

171 Donald Street, 947-1243

360 Main Street, 944-8290

Peace Hills Trust

244 Portage Avenue, 943-8093

Credit Union Central

317 Donald Street, 985-4700

Royal Bank of Canada

195 Fort Street, 988-4369

Portage Avenue, 988-4000

540 Main Street, 988-4313

370 Portage Avenue, 988-4068

220 Portage Avenue, 988-4272

Cambrian Credit Union

225 Broadway, 925-2600

Assiniboine Credit Union

233 Kennedy Street, 958-8588

200 Main Street, 958-8588

275 Broadway, 958-8523

Bank of Montreal

335 Main Street, 985-2611

330 Portage Avenue, 985-2480

HSBC Bank Canada

330 St. Mary Avenue, 956-1632

Oh Those Peepers

Downtown is a haven for eyeglass shops offering the latest looks and services.

Book Optical

444 St. Mary Avenue, 943-6233

Cristall Opticians

424 Portage Avenue, 942-5305

Hoffman Optical

428 Portage Avenue, 957-1429

Econo-Vision

254 Kennedy Street, 942-0295

Eyesite Optical

250 Kennedy Street, 942-6385

Kennedy Optical

434 Graham Avenue, 943-8362

Hakim Optical

1 Lombard Place, 957-5367

412 Portage Avenue, 582-2020

See N' Save Optical

251 Kennedy Street, 942-0118

Winnipeg Clinic Vision Care Centre

425 St. Mary Avenue, 957-3305

Gupta Eye Centre

388 Portage Avenue, 956-2222

Whitworth Opticians

225 Vaughan Street, 942-5332

Nowlan & Moore

Optometrists

428 Portage Avenue, 942-0059

Contact Lens Services

414 Graham Avenue, 942-0838

Central Optical Co.

394 Graham Avenue, 949-1437

ADL Optical

240 Graham Avenue, 925-9702

The Bay Optical

450 Portage Avenue, 783-2112

Horizon Eye Care

393 Portage Avenue, 957-7343

Grimard Optical

330 St. Mary Avenue, 947-0344

Cure All

Pick up that prescription, new pair of panty hose or bottle of shampoo on your way home from the office.

Rexall Pharma Plus Drugmarts

333 St. Mary Avenue, 949-1188

Norlyn Drugs Pharmacy

307 Hargrave Street, 942-3355

Shoppers Drug Mart

360 Main Street, 956-0944

393 Portage Avenue, 943-5431

Rexall Pharma Plus Drugmarts

233 Kennedy Street, 942-6127

Zellers Downtown Pharmacy & Drugstore

450 Portage Avenue, 975-0676



Pearly Whites

Work on that million dollar smile!

Dental Designs

360 Portage Avenue, 888-3384

Boyd Dental Group

388 Portage Avenue, 942-2438

Metropolitan Dental Group

388 Portage Avenue, 942-8531

Lombard Dental Centre

1 Lombard Place, 944-8535

Winnipeg Pediatric Dental Group

233 Kennedy Street, 942-2519

Winnipeg Square Dental Centre

360 Main Street, 942-8115

cityplace Orthodontics

333 St. Mary Avenue, 943-7573

Dental F/X Inc.

143 Smith Street, 940-3710

True North Dental Centre

393 Portage Avenue, 774-4501

AAA Downtown Dental Clinic

400 St. Mary Avenue, 958-4650

Pamper Yourself

Turn heads with best in hair, skin and nail care.

Coiffure 2000 347 Hargrave Street, 949-1775

Ernest Charles 233 Kennedy Street, 942-8914

Gail's Klip N' Kurl 333 Vaughan Street, 957-7763

Holiday Coiffures Hair Salon 375 York Avenue, 942-0278

Greco Hair Salon 275 Carlton Street, 942-2355

Italia Barbers 554 Main Street, 943-5348

Rouge Hair 73 Hargrave Street, 942-3351

Magic Room 264 Edmonton Street, 943-6702

James Barclay 399 Graham Avenue, 943-3652

Mane Event 33 Hargrave Street, 949-1288

Mario Labelle 261 Kennedy Street, 943-9458

Oz The Hair Place 432 Assiniboine Avenue, 943-8686

Pall's Hairstyling 240 Graham Avenue, 943-2603

My Place Hair Care 219 Vaughan Street 957-1407

Paris Nails 256 Kennedy Street, 943-7408

Queen Nails 259 Kennedy Street, 943-2277

Salon Deja-Vu 170 Hargrave Street, 947-2218

Somerset Hair 294 Portage Avenue, 943-6134

Uni-Cut I 158 Hargrave Street, 943-7262

Donna T & Co. 86 Donald Street, 942-6551

Society Hair 120 Donald Street, 947-3766

Design-A-Cut 393 Portage Avenue, 956-4784

Cavalier Hairstyle 401 Graham Avenue, 956-0147

Studio 2000 219 Vaughan Street, 947-6768

Key West Hair 388 Portage Avenue, 947-6545

Urbanite Hair Co. 40 Fort Street, 944-1077

Escada Salon 428 Portage Avenue, 999-1874

Gulay Hair Salon 66 Donald Street, 951-6360

Stylers Den 346 Portage Avenue, 949-0940

Ambience Hair 175 Carlton Street, 942-6678

Mesh Hair Design 393 Portage Avenue, 943-6289

Aura Hair 333 St. Mary Avenue, 942-8751

Big Ticket

Pay someone to worry about your life for you instead.

Choi Ticket Link

360 Main Street, 957-7866

Lombard Lottery Centre

1 Lombard Place, 956-0711

Ashville Management Lotto Kiosk

365 Main Street, 942-8515

Gateway Lotto

393 Portage Avenue, 949-0801



An Apple a Day

Find the cure for what ails you.

Chinese Acupuncture and Medical Centre

309 Hargrave Street, 947-1179

Acupuncture, Chinese Massage and Herbal Medicine Clinic

309 Hargrave Street, 946-5970

Central Foot Clinic

428 Portage Avenue, 947-6761

D'arcy Bain Physiotherapy

309 Hargrave Street, 943-7429

Dermatology Clinic

205 Edmonton Street, 943-5489

Dr. Atkinson, Psychiatrist

120 Donald Street, 943-5331

Eyeteck Lasik Clinic

250 Portage Avenue, 946-5595

Graham Physio & Sport Injuries Clinic

425 St. Mary Avenue, 947-0855

Nova Physio & Sports Fitness Clinic

233 Kennedy Street, 982-9176

Pediatric Adolescent Clinic

309 Hargrave Street, 943-7888

Sheps Hair Transplant Clinic

205 Edmonton Street, 956-7709

Winnipeg Clinic

425 St. Mary Avenue, 957-1900

A Stitch in Time

Replace lost buttons and repair broken zippers to bring new life to your wardrobe.

Stitch Centre

393 Portage Avenue, 942-1801

Sunset Tailors

365 Main Street, 956-5944

Stitch City Tailor

333 St. Mary Avenue, 943-2398

Accurate Stitching

360 Main Street, 956-2738

Mercerie Vimar

261-B Vaughan Street, 942-8031

Thaiplaza

77 - 333 St. Mary Avenue, 298-8059





Elton John
May 7, 8pm
MTS Centre



Kid Rock
May 24, 7:30pm
MTS Centre



Supertramp
June 8, 8pm
MTS Centre



Rhianna
June 18, 7:30pm
MTS Centre



Kenney Chesney
July 2, 7:30pm
MTS Centre



Katy Perry
July 14, 7:30pm
MTS Centre



Cirque Du Soleil: Dralion
July 20-24
MTS Centre



Keith Urban
September 15, 7:30pm
MTS Centre



Josh Groban
September 12, 7:30pm
MTS Centre



All Together Downtown, September 9-11

Coming to downtown this fall, the newly-branded **ManyFest** (formerly known as Lights on Broadway) will be bigger and better than ever. Watch for three days of festivities including Lights on Broadway, The Big Dance on Broadway, Taste of Downtown Wine and Cheese Festival, Movie in Memorial Park, Winnipeg 10+10 Road Race, Ciclovía and Kids' Zone. Last year, more than 30,000 people took in the sights, sounds and lights of Broadway. Become a fan on Facebook at www.facebook.com/ManyFestWinnipeg for all the latest info. 958-4640.

Summer Music

The Downtown BIZ's free **Out to Lunch** summer concert series, presented by Investors Group, kicks off on Wednesday, June 1, at noon with Caribbean performers Paradise Band at Air Canada Park on Portage Avenue. The free outdoor concert series runs every Wednesday until August 31 at three downtown venues, from noon until 1pm. Watch for three street festivals that will take over Edmonton Street between Portage and Graham during the last three Wednesdays in August, with buskers, bands, farmers' market and more!

Air Canada Park Concerts

June 1: Paradise Band; June 8: Sol James Band; June 15: Two Dollar Pistol; June 22: Rollin Penner and the Traveling Medicine Show; June 29: Blatant Liars; July 6: Big Jay Harrison; July 13: Tune Raiders; July 20: The Pony Corral's Pepe Cortes; July 27: Don Amero; August 3: Luke & Murray;

Woodsworth Building Patio

August 10: Shannon's Irish Pub's Banshees Wail



Edmonton Street Festival Concerts

August 17: The Pony Corral's Mike & The Eastwood Gang and Hot & Bothered
August 24: Shannon's Irish Pub's Pushing Daisies and Gravity Still Works
August 31: Walle Larsson and Avani Soul Bellydance Collective

Under the Big Top, July 13-24

Celebrate with talent from around the world at the **Winnipeg Fringe Festival** and this year's theme—*Big Top Fringe: The Greatest Shows on Earth*. With more than 110 acts performing, there is sure to be something to delight and inspire everyone. Watch for local favourites such as Theatre by the River, The Struts and Frets Players and Hot Thespian Action. There will also be plenty of new faces with acts from as far and wide as Spain, Ireland, Australia, South Africa, the UK and the United States. 934-0302



True Patriot Love, July 1

Celebrate **Canada Day** at The Forks with the whole family. Enjoy live music, kids activities and the beautiful surroundings of this national historic site. Get ready for a spectacular fireworks display after the sun sets. 957-7618. Plus, new this year, take part in a living flag. Visit downtownwinnipegbiz.com for details.



Exchange Tours, June 31-Aug 31

Explore every corner of the Exchange District with an award-winning walking tour. An expert guide shows you the secrets and stories behind the city's most historic area. New this year is the *Lights, Camera, Action Tour* which explores the area's connection to film including the streets that have been transformed into places like Chicago or New York. Explore the east and west Exchange, as well as learn about the theatre district, newspaper row and more. 982-6210.

*All event dates and times subject to change without notice.

Winnipeg Wine Festival
May 6-7
Convention Centre
winnipegwinefestival.com



WSO Pops Peking Acrobats
May 13-15
Centennial Concert Hall



Pride Festival
May 28-June 5
Legislature Building & The Forks
pridewinnipeg.com



KidsFest 2011
June 9-12
The Forks
kidsfest.ca



Titanic: The Artifact Exhibit
To June 12
MTS Centre
Exhibition Hall



Jazz Festival
June 14-25
Various Venues
jazzwinnipeg.com



Folklorama
July 31-Aug 13
Various venues
folklorama.ca



Wicked: The Musical
Aug 24-Sept 4
Centennial Concert Hall



Flatlanders Beer Festival
Sept 8-9
Convention Centre
flatlandersbeerfest.com





Awesome Artifacts

Featuring a celebrated natural and human history museum, science gallery and planetarium, **The Manitoba Museum** is one of Winnipeg's top destinations. Hop aboard the famous Nonsuch ketch and wind your way through history from the roaring 20s to ancient times. Head under the sea at their newest permanent exhibit Ancient Seas—a life-like rendering of the ocean floor circa 450 million years ago. After that, explore the science gallery where hands-on demos await the curious. Finally, take a trip into space inside the Planetarium, where the planets and stars never seemed so close. Ever-changing travelling displays and exhibits ensure no two visits are ever the same. **190 Rupert Avenue, 956-2830**

Cultural

Chinatown

An exotic cultural experience with authentic shops and restaurants. Gaze at the Chinese architecture of the Dynasty Building and relax in the Chinese Garden. Winnipeg Chinese Cultural & Community Centre, 180 King Street, 943-2627

Circle of Life Thunderbird House

Manitoba's first Aboriginal spiritual and cultural centre. Corner of Main Street and Higgins Avenue, 940-4240

The Forks National Historic Site

This green oasis at the junction of the Red and Assiniboine rivers has been a meeting place for more than 6,000 years. Today it hosts interpretive displays, a riverside walkway, a world class skate plaza and a wide range of events for the whole family. 1-888-942-6302

Esplanade Riel Bridge

This stunning pedestrian bridge links The Forks and St. Boniface over the Red River. While enjoying the spectacular view, you can also grab a bite to eat right on the bridge.

Exchange District National Historic Site

The original centre of commerce and culture in Winnipeg, with 30 blocks of early 20th century architecture. 942-6716

Manitoba Legislative Building

One of the finest public buildings in North America, the "Ledge" is home to Manitoba's provincial government. The Golden Boy proudly tops the building. Guided and self-guided tours available. 50 Broadway, 945-5813

The Explore Manitoba Centre

An interactive themed pavilion showcasing Manitoba's six unique tourism regions. The Forks, 945-3777

The Forks Market

A Manitoba landmark and popular tourist destination. This former stable is home to shops selling handmade jewellery, clothing, crafts, fresh produce, baked goods and meat. Enjoy international dining. 942-6302

The Johnston Terminal

Originally a railway warehouse, this beautifully restored building features specialty shops and restaurants. 942-6302

Union Station

Winnipeg's majestic VIA Rail station was built in 1911 by the same architects that built Grand Central Station in New York City. Houses the Winnipeg Railway Museum where the first steam locomotive on the prairies is on display. VIA Rail Station, 123 Main Street, 942-4632

Upper Fort Garry Gate

The last remaining gate of Upper Fort Garry, built in 1830 by the Hudson's Bay Company. Currently under construction to include interpretive centre and more. South of Broadway at Main Street

Cinemas

Cinematheque

This local favourite shows indie movies and art films for the film buff. 100 Arthur Street, 925-3457

Globe Cinema

First-run art films, indies and top foreign titles. Portage Place, 69-GLOBE

IMAX Theatre

Learn and be dazzled by the five-and-a-half storey screen, now with shows in 3D. Portage Place, 956-IMAX

Towne Cinema

Shows Hollywood blockbusters and new releases. 301 Notre Dame Avenue, 947-2848

Museums and Galleries

Aboriginal Centre of Winnipeg

Gathering place and community resource for Winnipeg's aboriginal community. Includes a restaurant and art gallery. CP Rail building. 181 Higgins Avenue, 989-6395

Aceartinc

Displays contemporary art with a commitment to emerging artists. 290 McDermot Avenue, 944-9763

Dalnavert Museum

Beautifully restored Victorian home of Hugh John Macdonald, preserves the Queen Anne Revival-style architecture, circa 1895. Reconstructed with numerous energy and water saving features. 61 Carlton Street, 943-2835

Graffiti Gallery

An homage to spray paint and canvas displayed in a funky warehouse space. 109 Higgins Avenue, 667-9960.

Manitoba Children's Museum

Located in a historic locomotive repair shop, the Museum features six hands-on galleries for families to explore. Closed until April 28, 2011 for upgrades and construction. 45 Forks Market Road, 924-4000. Reopening June 4.

Manitoba Crafts Museum and Library

A gallery dedicated to the study, preservation and understanding of handcrafts. 183 Kennedy Street, 487-6117

HISTORIC WALKING TOURS

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- ◆ WEST EXCHANGE
- ◆ SPECIALTY THEME TOURS
- ◆ DEATH & DEBAUCHERY TOUR
- ◆ REAL TO REEL TOUR **new!**

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 telephone: 942-6716

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Mayberry Fine Art

Features the work of artists like Joe Fafard and Wanda Koop in a large warehouse space. 212 McDermot Avenue, 255-5690

Planetarium

Unlock the mysteries of the universe with multi-media shows. 190 Rupert Avenue, 956-2830

Science Gallery

Explore the world of science with hands-on exhibits like solving a murder using forensics, creating a LEGO stop-action movie or learning how rivers work. 190 Rupert Avenue, 956-2830

Naval Museum of Manitoba

Displays preserving and honouring Manitoba's role in Canada's naval heritage. Onboard HMCS CHIPPAWA, 1 Navy Way, at Assiniboine Avenue, 943-7745.

Plug In Institute

Located to a new home in downtown, this gallery features the work of prairie and Manitoba artists through exhibits, shows and online work that use innovation and research. 460 Portage Avenue, 942-1043

Pulse Gallery

This small gallery celebrates local artists in a variety of media including photography and handicrafts. Includes a selection of jewellery and other gift items. Johnston Terminal, 957-7140

The Winnipeg Art Gallery

One of Winnipeg's architectural showpieces, the WAG features eight galleries of changing exhibitions by contemporary and historical Manitoban, Canadian and international artists. Houses the largest collection of contemporary Inuit art in the world. 300 Memorial Boulevard, 786-6641

Ukrainian Cultural & Educational Centre

Museum and art gallery featuring Ukrainian folk arts and crafts, plus an authentic boutique and library. 184 Alexander Avenue East, 942-0218

Urban Shaman Gallery

Featuring contemporary Aboriginal art in a variety of mediums. 290 McDermot Avenue, 942-2674

Wahsa Gallery

Specializing in Canadian Woodland Aboriginal arts, crafts and gift wear. Johnston Terminal, 942-5121

Recreational Activities

Assiniboine Riverwalk

One of the best ways to enjoy downtown is along this 1km stretch. Put on your sneakers or hop on your bike and watch the river flow by. Along Assiniboine Avenue from The Forks to the Manitoba Legislature.

**KIDS
FEST
2011
JUNE 9-12
AT THE FORKS**

KIDSFEST.CA

204-958-4730
kidsfest@kidsfest.ca

The graphic features a central dark banner with the event title in colorful, stylized letters. Each letter is decorated with a small cartoon animal or character. The banner is set against a background of orange and red, with several large, stylized cartoon characters in green and yellow. The characters have large eyes and simple, friendly expressions. The overall design is vibrant and child-friendly.



Historical Plates

268 Portage Avenue, 947-9109

The **Chocolate Shop** is Winnipeg's oldest restaurant, opening in 1918. Named after what was once a candy store, the historic space was a busy dining room catering to a wide variety of tastes. Today, it is home to a culinary school, restaurant and newly-opened bakeshop. The menu offers traditional favourites as well as aboriginal-inspired plates such as bison and blueberry stew served with fresh bannock. Pop into the bakery next door and pick up the Chocolate Shop's signature torte—four layers of rich chocolate cake smothered in dark chocolate frosting.

Bistro

Dessert Sensations

505 St. Mary Avenue, 284-4661

This charming bistro is known for its creative dishes and heavenly desserts. Try one of numerous gourmet burgers like bacon white cheddar; mushroom poutine made with sweet potato fries; or a sky-high lemon torte. Also don't miss the rich and delectable hot chocolate topped with fresh whipped cream.

Lo Bistro

330 Kennedy Street, 943-5581

Located inside the HI Winnipeg Downtowner, this casual lunch spot attracts adventurous eaters from in town and out of town. The all-vegetarian menu features the mushroom nut burger—voted one the best in the city. Attached LO Pub is a popular spot for live music once the sun sets.

The Tallest Poppy

631 Main Street, 957-1708

One of the best brunches in the city, where the bread is baked fresh and the ingredients locally-sourced. Lunch includes items such as grilled cheese made with goat cheese on challah and juicy bison burgers. Highlights include crunchy potato latkes and to-die-for maple brown sugar bacon. Menu changes daily.

Cafes, Cafeterias and Delis

Danny's All Day Breakfast

The Forks Market, 956-0056

Serving up breakfast favourites all day long such as yummy silver dollar pancakes, delicious eggs Benedict and hearty fried egg sandwiches.

Exchange Cafe

137 Bannatyne Avenue, 688-3341

Authentic Italian espresso and warm grilled paninis are the speciality of this hip cafe. Fill up on roast chicken and prosciutto panini and top it off with a crunchy biscotti.

The Fyxx

310 Broadway, 989-2470

93 Albert Street, 944-0045

One of the top spots to get your java fix. Features whimsically named sandwiches like Basil's Fowlty Tower and iTuna. Also a good selection of fresh baked goods.

Gaberniks Cafe

220 Portage Avenue, 956-5738

Fill up on freshly made sandwiches, bagels and treats. Don't forget your daily hit of java as well.

Grace Cafe

510 Main Street, 793-7568

Located inside City Hall, this small café focuses on healthy, eco-friendly eats. Try the traditional bannock with bison burger or the piquant arriba taco salad.

Human Bean

Millennium Library, 943-6687

The Forks Market, 947-3777

An enormous selection of specialty teas and coffees, perfect for afternoon sipping while flipping through the latest bestseller or people watching at The Forks. Try the light and flaky quiche for a satisfying lunch option.

The Matador

Portage Place, 947-3080

Named for its star dish, the Matador salad. A combination of leafy greens, ground beef, taco chips and cheese, doused in a to-die-for dressing so good they sell it by the tub to take home. Try it in a wrap as well for a satisfying lunch option.

Marcello's Market and Deli

360 Portage Avenue, 415-6783

Located inside the Manitoba Hydro building, this spot serves up a variety of homestyle dishes including salads, soups and pizza in a European market-like setting. Also a coffee bar, desserts and a small selection of groceries.

Manhattan Bistro

285 Portage Avenue, 956-7658

Head into this trendy bistro for their \$3.99 breakfast special with two large eggs, choice of ham, bacon or sausage, handcut fried potatoes, and choice of toast. Also serves casual lunch perfect for those on the go.

Oscar's Deli

175 Hargrave Street, 947-0314

This lunchtime hot spot is packed on weekdays, and after trying a sandwich, you'll know why. The bread is always fresh and the meats sliced daily. The Greek is loaded with kalamatas and feta.

Second Cup

254 Edmonton Street, 956-7535

One of the most popular spots in the heart of downtown for your morning pick-me-up. Features cozy seating by the fireplace alongside all your favourite mochas and `cinos. Delicious baked goods as well.

Soups, Sandwiches and More

428 Graham Avenue, 947-2026

A spacious and bustling lunch spot. Try the delicious cranberry turkey wrap or French onion soup. Also many sandwiches and baked goods to pick from.

Twist Cafe

392 Graham Avenue, 66TWIST

Boasts tons of healthy options including delicious fresh sandwiches, hearty soups and vegetarian options that even meat eaters reach for.

Underground Cafe

54 Arthur Street, 956-1925

Home of the world-famous Sun Burger—one of the best veggie burgers in the city. This quaint cafe packs them in at lunch with their lovingly-prepared sandwiches and entrées.

Casual

Cherry Creek Café

Portage Place, 947-2233

A great place to stop for a quick bite to take back to the office on the way through Portage Place or for a sit-down meal and drink. Be sure to try the garlic bread: it's buttery, huge and delicious!

The Don Restaurant

120 Donald Street, 947-6644

Known for great breakfasts and brunches, fill up on pancakes, eggs and pork. Also a selection of Mennonite dishes such as gloms kuak.

The Ground Floor Urban Diner

190 Smith Street, 949-0376

Located on the main floor of the Place Louis Riel, featuring all-day breakfast

and hearty lunches like chicken soup with potsticker dumplings, fresh cut fries, or a homemade veggie burger with crispy onions and sun-dried tomato pesto.

Jackpot Cafe

125 Garry Street, 947-0017

Try your luck at this cozy spot located inside the Western Canadian Lottery Corporation Building. A great place for lunch, pop in for a sandwich, a coffee break or a chance to go for the big one.

King's Head Pub

120 King Street, 957-7710

A top spot for beer and live music, this traditional English pub serves up grub like crispy fish and chips as well as East Indian delicacies like chickpea roti and firey lamb vindaloo. Try scotch eggs for a real taste of British charm.

The Line Up

cityplace, 415-7045

98 Albert Street, 943-3166

A top lunch spot with flavourful and filling falafel wraps and fish and chips served in newspaper just like they do in Britain. Watch as they prepare your vegetable stir-fry right before your eyes. Finish it off with the best deep-fried ice cream in town.

Mitzi's Chicken Finger Restaurant

250 St. Mary Avenue, 943-9770

Get there early for a table at lunch because everyone clamours for their lightly battered crunchy house-made chicken fingers. Chinese menu items also available.

Mondragon

91 Albert Street, 946-5241

The Exchange District staple serves up delectable vegan fare in an eclectic environment. Stunning desserts and a can't-miss southern fried tofu burger are highlights.

The Old Spaghetti Factory

The Johnston Terminal, 957-1391

This huge dining room is perfect for the whole family. Munch on cheesy pastas, warm bread and good old fashioned charm.

The Original Pancake House

The Forks Market, 947-5077

One of the most popular breakfast spots in the city, you can't leave without

trying the signature apple pancake. Also try a selection of crêpes and waffles as well as traditional breakfast plates.

Paddlewheel Restaurant

The Bay, 6th Floor, 783-2112

Located on the top floor of the Bay Downtown, this enormous cafeteria features a salad bar, grill, baked goods as well as hearty offerings like pot roast and mashed potatoes.

Pony Coral

444 St Mary Avenue, 942-4414

Always a popular spot for the whole family, this Winnipeg icon serves up simple comfort food sure to please. Check out the newly renovated lounge area for the best in live entertainment.

Sals on the Bridge

Esplanade Riel, 237-8305

Enjoy one of the best views in the city while dining at a Winnipeg classic. Always famous for their nips and hearty breakfasts, it's always sure to please. Don't leave before sampling a piece of moist red velvet cake.

Tavern United Powerhouse Pub

260 Hargrave Street, 944-0022

Offering up a menu of pub favourites including sweet potato fries, classic Irish stew and juicy burgers, it's a great place to watch the big game. Enjoy 16 beers on tap on the rooftop patio.

Wagon Wheel Lunch

305 Hargrave Street, 942-6695

Ask any Winnipegger where to get the best clubhouse in the city and they'll say the Wagon Wheel. The secret is turkey roasted in-house daily.

White Star Diner

58 Albert Street, 947-6930

Delicious, simple diner food made from scratch is served up in this tiny space. Sample amazing pulled pork with homemade barbeque sauce and delectable reubens. Top it off with a milk shake blended with real fruit.

VJ's Drive-In

170 Main Street, 943-2655

Home of the best Fat Boy in the city, VJ's has been drawing in crowds for decades. Line up for their crispy fries or burgers smothered in chili and mayo and topped with heaps of lettuce and tomato.



Fresh Eats

520 Portage Avenue, 774-2272

Delicious, filling and even healthy, **Casa Burrito** offers stuffed burritos sure to satisfy your Mexican cravings. Choose from nachos, tacos and salads that keep you going through the day. Don't miss the Mexican braised chicken burrito—stuffed with your choice of fillings including rice, beans, salsa, sour cream and more. And because everything is baked—never fried—your waistline will love it too.

Chinese

Affinity Vegetarian Garden

100 - 208 Edmonton Street, 943-0251

The all-vegan Chinese buffet is a big hit with lunchers. Fill your plate with delectable curried eggplant, sweet potato tempura, and sweet and sour “pork” and pay by weight. Crispy black mushrooms are a must-try.

Golden Terrace

245 King Street, 944-9400

Offers Cantonese-style cooking in the heart of Chinatown. Features a dim sum cart as well as full service dinner menu. Also does take out and banquets.

Hu's Asian Bistro

One Portage Avenue East, 982-7426

With the best view in the city looking over the infield at Shaw Park, this Asian-inspired spot is a crowd pleaser with dishes from China, Thailand, Vietnam and Indonesia. Features a variety of stir-fries, noodle and rice bowls as well as a selection of seafood dishes.

Kum Koon Garden

257 King Street, 943-4655

Not only is it Winnipeg's largest restaurant, it also serves up the best dim sum lunch in town and delectable Cantonese specialties each night. It's no wonder this place is always packed.

Logan Corner

257 Logan Avenue, 957-7288

One of the city's best for serving up

authentic Chinese fare. Pan-fried shrimp tossed with walnuts and mayonnaise sauce is a must.

Ming Court

236 Edmonton Street, 949-1087

Northern Chinese food served in an elegant setting. Known for their outstanding soups, don't miss the shredded pork made with Chinese mushrooms. Try deep-fried bean curd for a satisfying combination of salty and sweet.

Sumhay Restaurant

225 Logan Avenue, 957-5050

Authentic Chinese food served up in a casual atmosphere. Boasts some of the best lemon chicken and ginger fried beef in town.

Contemporary

4 Play Sports Bar & Grill

323 Portage Avenue, 221-5297

Fun and food offered in a buzzing atmosphere. Try hearty nachos, burgers and wings beneath a towering 24-ft screen that's all sports, all the time.

12 Resto Bar

288 Portage Avenue, 956-0410

Enjoy the downtown view in this elegant dining room serving up fare like smoked lobster club made with avocado, fall-off-the-bone tender hickory ribs, and sweet and savoury Manitoba pork chops.

Bailey's Restaurant

185 Lombard Avenue, 944-1180

A lush wooden interior is the backdrop for classic dishes like perfectly-cooked steaks, rack of lamb and creamy basil salmon.

Beachcombers

The Forks Market, 948-0020

This spacious dining room offers nautical decor and dishes for everyone. Breaded shrimp, salmon with mango sauce and bright, colourful cocktails leave everyone smiling. In the summer, head out to the patio to watch the river go lazily by.

Bombolini Wine Bar

326 Broadway, 943-5066

Sister restaurant to the award-winning Amici, this casual bistro serves up simple Italian classics.

The Chocolate Shop

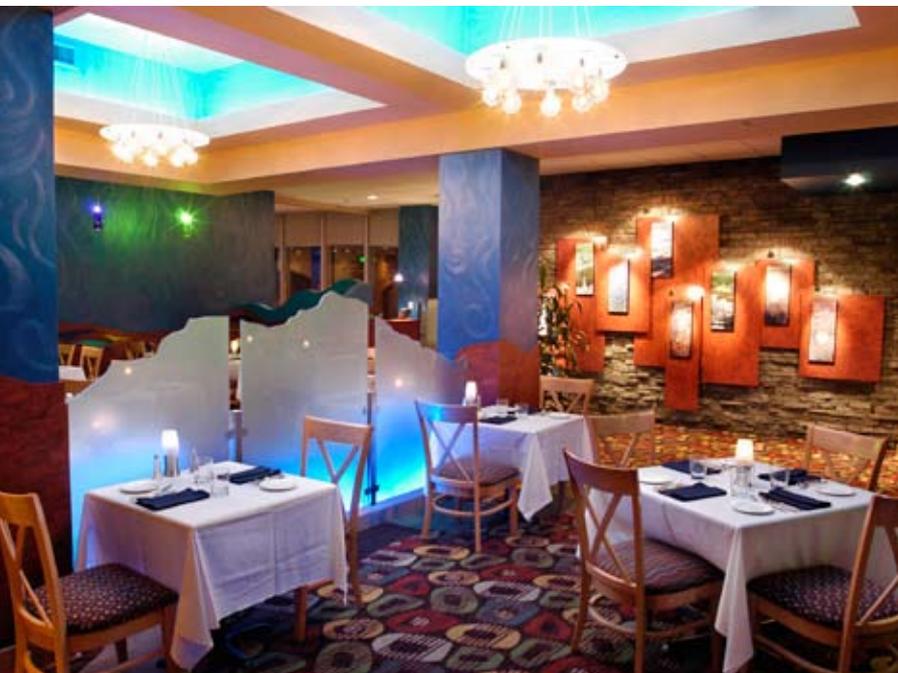
268 Portage Avenue, 947-9109

Home to a culinary school specializing in Aboriginal dishes, this is Winnipeg's oldest restaurant operating since 1918. Specialities include bison peppercorn steak or bison stew served in bannock bowls.

Don Pedro's

114 Market Avenue, 956-7465

The colourful space serves up sizzling Tex Mex specialities like flautas, burritos and chimichangas. Don't miss the spicy sopa Azteca or smoky Baja shrimp tacos.



Local Flavour

75 Forks Market Road, 944-2445

Backdropped against the spectacular setting of The Forks, **The Current's** water-themed dining room is the perfect spot for a special evening. The menu features elegant dishes made with Manitoba ingredients. Sample port-infused French onion soup, cabernet chicken, duck filled perogies and pan-seared pickerel. Don't miss the foie gras poutine topped with aged gouda and thyme rosemary jus.

EAT! Bistro

274 Garry Street, 949-1231

Located inside Aqua Books, this funky space serves up appetizer-sized plates, finger foods and some of the best desserts in town. Sample the light and airy onion rings with a choice of over a dozen dipping sauces, decadent daily frittatas or crispy chickpea fritters. Finish it off with a divine lemon cupcake.

Hermanos Restaurant

179 Bannatyne Avenue, 947-5434

One of the most unique dining experiences in the city where Latin cuisine meets Manitoba ingredients. Try Peruvian ceviche made with pickerel. Also, sample Argentinian-style steaks, empanadas and traditional paella.

The Keg Steakhouse & Bar

115 Garry Street, 942-7619

Always a favourite with carnivores, the Keg serves up perfectly-cooked steaks as well as sumptuous seafood dinners. The buzzing patio is perfect for summer evenings. Pop in after work for drinks and nibbles.

Muddy Waters Smokehouse

The Forks Market, 947-6653

Situated at The Forks, the menu features dozens of chicken wing flavours like curry chicken, mole and

cherry cola. Also a wide variety of barbecue favourites such as burgers, ribs and steak.

Palm Lounge

222 Broadway, 942-8251

Located inside the Fort Garry Hotel, this elegant space replete with crystal chandeliers, will take you back to another time. Sip on premium martinis while snacking on the antipasto platter and enjoying the tinkling of a live pianist.

Peasant Cookery

283 Bannatyne Avenue, 989-7700

Specializing in hearty comfort food with a gourmet feel. Try meaty charcuterie, chicken and dumpling sandwiches or classic French-Canadian tourtière.

The Rib Room

330 York Avenue, 942-0101

Located inside the Best Western Charterhouse, the name says it all. Feast on prime rib, rack of ribs and filet mignon all cooked to perfection.

Fine Dining

Amici Restaurant

326 Broadway, 943-4997

An elegant spot for classic Italian cuisine, it has garnered numerous awards and rave reviews. Don't miss the lobster wrapped in pancetta,

roasted lamb rack or creamy tiramisu for dessert.

Blaze Bistro

350 St. Mary Avenue, 944-7259

Located inside the Delta Hotel, this posh dining room serves urban prairie cuisine including pickerel with orange butter and bison ribs glazed with root beer broth.

Chamberlyn's Restaurant

Winnipeg Square, 943-8885

An elegant setting and menu offers up dishes like crepes St. Jacques, lobster tails, escargot and trademark chicken Chamberlyn—a baked chicken breast with creamed spinach and Emmental cheese.

Hy's Steakhouse

1 Lombard Place, 942-1000

Steaks cooked to perfection are the specialty in this opulent restaurant that has been a Winnipeg staple for more than 40 years. Try strip steak with Hy's own steak sauce or filet mignon with gorgonzola.

Lobby on York

295 York Avenue, 896-7275

This elegant blue and copper hued dining room serves up innovative cuisine like pulled duck quesadillas and tamale poblano. Also a selection of prime steaks, seafood and sushi.

Restaurant Dubrovnik

390 Assiniboine Avenue, 944-0594

This high-end spot is legendary for its classic, expertly-prepared dishes. Specialities include foie gras served on brioche, lobster bisque and chicken Dubrovnik, stuffed with shrimp and wild rice and doused in a creamy shallot sauce.

Sydney's at the Forks

The Forks Market, 942-6075

Famous for their ever-changing five-course, prix fixe menu and spectacular views, this is the perfect spot for a special evening out. Watch out for sweet potato gnocchi, cream of crimini soup or butter lacquered chicken supreme with mole sauce.

Tre Visi Cucina Italiana

173 McDermot Avenue, 949-9032

Elegant Italian-Mediterranean dishes are the specialty of Chef Giacomo. Don't miss melt-in-your-mouth beef carpaccio, pillowy gnocchi in creamy pesto sauce, tender veal chops or the chef's surprise risotto of the day.

The Velvet Glove

2 Lombard Place, 985-6255

Located inside the Fairmont Winnipeg, this restaurant pairs seasonal flavours with Manitoba flair. Specialties include Stonewood elk with garlic rosemary spaetzle, spring lamb with Bothwell cheddar croquette and pickerel with coconut rice.

Food Courts

cityplace

333 St. Mary Avenue, 989-1800

Located on the second floor of cityplace, this popular food court offers Indian, Chinese and Thai food as well as burgers, baked goods and pizza.

The Forks Market

1 Forks Market Road, 1-888-942-6302

A celebration of diversity, The Forks Market vendors serve up treats from all over the globe including Caribbean, Sri Lankan, Ukrainian, Greek, and British. Also mini-donuts, ice cream and juice bars.

Portage Place Food Court

393 Portage Avenue, 925-4636

Located on the main floor of Portage Place Shopping Centre, this bustling food court offers up fresh sushi, pitas, burgers, pizza and Mexican fare.

Winnipeg Square

360 Main Street, 949-7140

Located beneath Portage and Main with entrances at Portage, Main, Fort and Graham. Offers Chinese, Japanese, Vietnamese vendors as well as subs, pizza and burgers.

Indian

East India Company

349 York Avenue, 947-3097

Credited with being the first Indian food in the city. More than 20 years later, it's still the go-to spot for upscale butter chicken and tandoori. The lunch and dinner buffets are both spectacular.

Ivory Restaurant

200 Main Street, 944-1600

All your Indian favourites are served in this elegant and contemporary dining room. Lunch and dinner buffets offer delicious creations such as vegetable korma, lamb vindaloo and petite, crispy samosas.

Japanese

Blüfish Restaurant

179 Bannatyne Ave, 779-9888

Creative and contemporary sushi in a red and blue dining room. Try the crispy Blüfish scallops, delicate tuna truffle carpaccio or the tangy tuna and avocado gomae.

Edohei Sushi

355 Ellice Avenue, 943-0427

Known as the father of sushi in Winnipeg, Chef Ono continues to turn out top-notch creations. Take a seat at a traditional low table and tuck in for baked beach oysters, domburi bowls or omkase, a spontaneous multi-course dinner of the chef's choice.

Ichiban Japanese Steakhouse

189 Carlton Street, 925-7400

Entertainment and cuisine come together in downtown's only teppanyaki dining room. Dine on delicious offerings of fried rice, meat and vegetables as you marvel at the tricks of your personal chef. Traditional Japanese offerings as well as a sushi menu.

Samurai Japanese Restaurant

330 Portage Avenue, 944-0333

An elegant black and red dining room is the perfect backdrop for creative

Japanese dishes. Sample the scallops wrapped in bacon or crispy fish and chips roll. The chef will even prepare a surprise dinner if you ask for it.

Sushi Train at The Forks

The Forks Market, 943-6300

Savour fresh sushi and delectable rolls as the cute little sushi train choo-choos by with your lunch.

Yuki Sushi

554 Main Street, 956-2849

Located inside the McLaren Hotel, this quaint sushi spot offers delicious fare at amazing prices. Pick up a lunch special for a quick bite or even take home a heaping tray for dinner on a Friday night.

Other Ethnic

Famena's (Caribbean)

295 Garry Street, 947-6502

Stuffed rotis, light and flaky Jamaican beef patties and aromatic curries are the specialities. Located inside the retro-cool diner space of the Garry Street parkade, it's big on charm and low on prices, making it a great option for lunch.

Kokeb Restaurant (Ethiopian)

330 Ellice Ave, 784-9267

Hearty spiced dishes and great vegetarian lunch buffet. At dinner, sample enormous platters heaped with lentils, meats and vegetables on fluffy injera bread. Ethiopian coffee is an experience replete with its own ritual.

One Night in Bangkok (Thai)

207 Edmonton Street, 777-0888

The décor will make you feel as though you've wandered off the streets of Thailand and the endless lunch buffet will leave you stuffed and satisfied.

Thida's Thai Restaurant (Thai)

78 Donald Street 942-2639

Specializing in authentic Thai cooking with dishes made from scratch, this little spot is a favourite with lunch crowds. Dine on spicy curry soups, crispy stuffed chicken wings and delicious matsaman curry.

For a complete list of downtown restaurants, visit downtownwinnipegbiz.com or exchangedistrict.org.



Made for Walking

For soles sure to please, head to the **Canadian Footwear Company** where a team of experts are ready to find you the perfect fit. Carrying exclusive lines that focus on comfort and style, this buzzing shop is the spot to pick up everything from sturdy hiking boots, to quirky eco-friendly designs, to elegant heels for a night out. An on-site clinic also fits for orthotics and tests for foot health issues, ensuring your toes keep tapping.

128 Adelaide Street, 944-7463

Pictured: Raine Mary Jane pump by Sofft, \$139.90

Accessories

The Haberdashery

84 Albert Street, 256-3758

Hats, hats and more hats! For every occasion, this Exchange District shop will have your head covered in style. Pick up top hats and wool hats as well as bow ties and scarves.

H'Attitude

Portage Place, 989-4884

Heaven for hat lovers. Everything from sun hats to bowlers, it teems with over 1000 lid toppers. Also locally-made jewellery and scarves as well as wares created by the shop owner's own hands.

Antiques

Antique Warehouse

41 Princess Street, 942-2371

Six storeys of stunning antiques fill this enormous shop. Includes everything from furniture including complete bedroom sets, dining sets, unique chairs and tables as well as art and decor.

Hoopers

70 Albert Street, 943-5240

This edgy shop strives to offer unique items that channel the spirit of the 50s, 60s and 70s. Furniture, home decor, jewellery and clothing with vintage flair.

Johnston Terminal Antique Mall

Johnston Terminal, 947-3952

This amazing shop is stacked sky high with glorious vintage treasures. Everything including brooches, lamps, clothing, tea cups and furniture.

Bridal

Aldo Formal Wear

310 Notre Dame Avenue, 947-3917

Ensure he looks his best on the big day too with tuxedo rentals and tailoring for a posh walk down the aisle.

Chantal's Bridal

433 Graham Avenue, 943-6830

Pick up beautiful gowns from designers Christina Wu, Jai Bridals and Paloma Blanca. Also a selection of bridesmaid and mother-of-the-bride dresses.

Helene's Bridal Salon

422 Portage Avenue, 942-3602

This shop's huge selection ensures you'll find the dress of your dreams. Search the racks for designs from DaVinci, Jasmine Bridal and Sophia Tolli.

La Belle's Bridal Boutique

438 Graham Avenue, 946-5228

Relocating from its former home in St. Boniface, this shop is Winnipeg's exclusive distributor for Anjolie and Joli Bridal. They offer graduation dresses, and mother-of-the-bride dresses.

LA Collection

325 Portage Avenue, 944-8883

Winnipeg's largest bridal shop features designs from dozens of designers such as Cara Mia, Morilee and Panopoly. Also a large selection of bridesmaid dresses and wedding accessories.

Stella's Bridal

516 Portage Avenue, 453-9253

A top spot for wedding, grad and evening dresses. Carrying exclusive designer brands such as Pronovias, Maggie Sottero and Alfred Sung, this warm and bright shop is full of expertise.

Art, Framing & Fabric

Bayshore Gifts in Glass

The Forks Market, 415-7228

Handmade glass objects including jewellery, home decor items and keepsakes.

Keepsakes Gallery

264 McDermot Avenue, 943-2446

A selection of jewellery, paintings, ceramics, and funky home decor items all created by Manitoba artists.

Mach Artworks

Portage Place, 956-0010

Gorgeous treasures, crafts and art are surrounded by sparkling housewares, candles and jewellery. Features the works of local artists.

Mitchell Fabrics

637 Main Street, 942-6327

A treasure trove of fabrics, patterns and notions. Offers beautiful lace, silk and damask in every conceivable colour and shade.

Twist Fine Art

200-62 Albert Street, 488-0662

Specializing in the works of Canadian artists and crafters like wall art, jewellery, hair accessories and collectibles.

Where the Wool Things Are

61 1/2 Albert Street, 989-2288

Pick up the latest yarns, including Peruvian fair trade knits along with bright colours and chunky weights.

Collectibles & Giftware**Best of Friends Gift Shop**

Millennium Library, 947-0110

Unique and eclectic gifts for book lovers. Literature-themed treasures are perfect for gifting yourself as well.

The Craft Cupboard

The Forks Market, 949-1785

Packed with gifts for everyone on your list. Includes books, local art and various home decor items.

Perfume Paradise

253 Vaughan Street, 275-7493

Specializing in fragrances from all over the world. Find the most popular scents combined with rare and hard-to-find picks.

Pylon Pop Culture

The Forks Market, 943-6087

Whimsical, vintage-inspired items like band memorabilia, belt buckles and light switch plates for the quirky.

Teecka's Aboriginal Boutique

The Forks Market, 946-0539

Specializing in aboriginal handicrafts including jewellery, art and handmade moccasins and mukluks.

Uptown Sport Cards & Collectibles

Portage Place (skywalk), 885-3377

Lined floor to ceiling with jerseys, sweaters and t-shirts from every professional team, it's a sport lover's dream.

Yash Global

The Forks Market, 949-9497

Specializes in items from India including jewellery, clothing, objet d'art and home decor items.

Groceries & Specialty Foods**Cakeology**

85 Arthur Street, 612-9866

This sweet shop offers up beautifully decorated cakes, cupcakes and their own personal creation, cakettes.

Main Meats & Groceteria

654 Main Street, 942-7837

A great spot for fresh cut meats and friendly service.

Sweetz

Portage Place, 942-5154

A sugar lover's paradise with candy bursting from every shelf. Includes retro candy that will take you back to your childhood.

Sun Wah Supermarket

303 King Street, 944-9162

Get ingredients for Asian cooking. Includes frozen dim sum for easy appetizers. Chat with owner Louisa Chu for cooking tips.

Tall Grass Prairie Bakery

The Forks Market, 957-5097

The best in fresh breads and baked goods made with local ingredients. Don't miss the to-die-for cheese croissant.

Home Furnishings and Decor**Furniture Clearance Centre**

289 King Street, 946-0729

Perfect for the bargain hunter. Browse this huge warehouse for low-cost furniture, rugs and building materials.

Kitchen Designs by Decor

329 Cumberland Avenue, 944-8222

Create the kitchen of your dreams with a team of experts who can bring your vision to life. View the spectacular showroom for inspiration.

Ooh la la!
Reading never looked so good...



best of
friends
 gift shop

Donald St. at Graham Ave.
 (the foyer of Millennium Library)
947-0110

market | shops

Total Lighting Sales

347 William Avenue, 943-0999

Light up your life with a wide selection of light fixtures, fans, floor lamps/table lamps, light bulbs, potlighting and track lighting.

Western Paint

521 Hargrave Street, 942-7271

Pick up paint, flooring, blinds and wall coverings, including a wide selection of wallpaper and decals to create that perfect space.

Jewellery

Argento World of Silver

Portage Place, 957-2424

Its windows shimmer with gorgeous jewellery made mostly of silver. Watch for pendants, rings and bracelets made with bright coloured stones like jade and purple.

Birks

191 Lombard Avenue

A beautiful and opulent space houses the familiar brand where sparkling gold,

diamonds and silver await. Also decor items like crystal and picture frames.

Gilbert's Stones

The Forks Market, 956-5193

Featuring jewellery with bold, bright stones in every colour.

Hilary Druxman

258 McDermot Avenue, 947-1322

Featuring modern lines and sleek silhouettes, local designer Hilary Druxman shows off her exquisite necklaces, earrings and bracelets in this sleek warehouse space.

Paris Jewellers

cityplace, 947-2640

This sparkling store in cityplace offers up glittering jewellery and watches for every occasion. Also a selection of Swarovski crystal figures and home decor.

Rings N Things

Portage Place Skywalk, 942-2716

Offering imported jewellery, clothing and accessories from India. Also home decor items and wall hangings.

Sutton Smithworks

316-283 Portage Avenue, 942-5236

One of downtown's best kept secrets. Stunning jewellery made on-site is displayed in a spectacular showroom.

Youngs Jewellers

Lombard Concourse, 944-0566

Specializing in high-end jewellery, watches and pens. Also custom design services available.

Lingerie

Discreet Boutique

340 Donald Street, 947-1307

Pick up lingerie, toys, movies and accessories for you and that special person in your life.

Men's Clothing

Hanford Drewitt

354 Broadway, 957-1640

For men who love style. Featuring labels like Hugo Boss, Replay and Pal Zileri, racks carry tailored suits, sportswear, shoes, denim and casual clothing.



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Validation available at customer service with a minimum \$20 purchase

Music

Value Plus Guitars

266 Portage Avenue, 942-8978

Boasting 32 years of experience, this guitar haven offers up a huge selection of top-notch guitars and on-site service and repairs.

Outdoor/Sports Gear

The Dugout

Shaw Park, 982-2273

Pick up everything for the Winnipeg Goldeyes fan from pennants to caps to team jerseys.

Mountain Equipment Co-op

303 Portage Avenue, 943-4202

The number one stop for the outdoor enthusiast, offers clothing, equipment and supplies for your next camping trip or trek through the woods. Don't miss their brand new line of bikes and pick up all the accessories you need for your next ride.

Off the Rack

MTS Centre, 926-5616

The official store of the Manitoba Moose. Show your pride with jerseys and other team accessories.

SK8 SKATES

The Forks Market, 452-4802

Everything for the skateboarder. Pick up shoes, clothing and skateboards from brands like C1rca, Fallen, Chocolate and Zero.

Shoes

Canadian Footwear

128 Adelaide Street 944-7463

Specializing in service and exclusive brands, this shop is a shoe-lovers heaven. Experts will find your perfect fit.

Cobbler's Corner

Winnipeg Square, 943-9433

Beautiful handmade mukluks and moccasins with on-site shoe repair.

Shopping Malls

cityplace

333 St. Mary Avenue, 989-1800

Featuring a full food court as well as services such as tailor and shoe repair. Also a medical and dental clinic. Includes Ricki's, Coles, MLCC and Urban Wellness Centre.

Portage Place

393 Portage Avenue, 925-4636

Full service mall with food court, Globe Cinemas, IMAX and Prairie Theatre Exchange. Includes Sterling Shoes, Le Chateau, Laura's, Quarks, Holt Renfrew, Urban Planet, HMV, Ardene, Fairweather, Claire's, Athlete's World, Ricki's, Footlocker, Payless Shoes, Sirens and more.

Winnipeg Square

360 Main Street, 949-7140

Attached to the underground system, this mall features a full food court as well as Shoppers Drug Mart, Hallmark, Cookies by George, Grand and Toy, United Cigar Store, Sunrise Health Foods as well as services such as drycleaning and shoe repair.

Tobacconists

Thomas Hinds

185 Carlton Street, 942-0203

Boasts a fully stocked, walk in cigar humidor with a complete Cuban selection. Exclusive distributor of the McClelland line of pipe tobacco products.

Sheffield and Sons

cityplace, 942-5775

Carries cigars, imported cigarettes, lighters, flasks, cigarette holders and various accessories.

Toys

Kite & Kaboodle

Johnston Terminal, 942-2800

This magical store, offers unique toys, puzzles and games. Featuring a wide selection of LEGO, Playmobile, Brio, action figures and baby toys.

Toad Hall Toys

54 Arthur Street, 956-2195

This whimsical shop has been a neighbourhood staple for decades. Offers up toys, books, and magic items along with the weird and wacky.

Women's Clothing

Cake Clothing

264 McDermot Avenue

Offers up pretty, flirty dresses for every special occasion. Owner Rebecca McCormack's own designs are the highlight.

Cassiopeia's

263 Vaughan Street, 943-6500

Johnston Terminal, 949-1165

Filled with glittering formal wear for every occasion including bridal dresses. Designers include JS Group and Artex.

Global Connections

Johnston Terminal, 989-2173

A wide selection of women's clothing with a worldly flare. Also includes handicrafts and a wide selection of fair trade knits.

Unisex Clothing

40 Acres

343 Hargrave Street, 292-9561

Selling clothes, music and entertainment that embodies the spirit and culture of Sierra Leone.

Connect Four Clothing

233 McDermot Avenue, 949-0329

Hip urban apparel for both men and women from brands like FRESHJIVE and Adidas.

Hempyrean

The Forks Market, 947-5223

Perfect for the eco-friendly. Features organic clothing made from fibers like soy, bamboo and hemp.

Moi Boutique

75 Albert Street, 947-5211

Hip fashions including beautiful, Oscar-worthy dresses, elegant coats, chic work wear and trendy boots and shoes.

Unfold Apparel

225 McDermot Avenue, 415-0299

Features men's and women's apparel from Ben Sherman, Miss Sixty, Lacoste and Fred Perry. Also good denim selection.

Warehouse One The Jean Store

354 Portage Avenue, 957-0900

Local success story and national chain that offers hip, urban jeans and casual wear for the young and trendy.

For a complete list of downtown shops, visit downtownwinnipegbiz.com or exchangedistrict.org.



From shiny new covers to dusty old tomes, books inspire imagination and wonder. Satisfy your need to visit other worlds through words with these downtown shops sure to delight any bibliophile.

New Books

Coles Cityplace

Bestsellers and bargain books for everyone.
First floor, cityplace, 942-8952

Hull's Bookstore

Specializing in books of Christian spirituality.
372 Graham Avenue, 947-1365

Kite and Kaboodle

Books for kids, teens and the curious.
Johnston Terminal, 942-2800

Mondragon Bookstore & Coffeehouse

Start a revolution with thought-provoking literature.
91 Albert Street, 946-5241

Toad Hall Toys

Kids books to create budding readers.
54 Arthur Street, 956-2195

Used Books

Antiques & Funk

Selling novels, history and self-help books.
474 Main Street, 943-4782

Aqua Books

The city's largest selection of used books.
274 Garry Street, 943-7555

Bison Books

Large selection of literature, as well as books on religion and history.
424 Graham Avenue, 947-5931

Book Fair

Hard cover and general used books as well as comics.
265 Kennedy Street, 947-5931

Highbrow Books

Featuring books in sciences, language and humanities.
310 Donald Street, 943-5668

Red River Books

Vast and eclectic selection of used books.
92 Arthur Street, 943-9788

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Portage Place, 220-393 Portage Avenue, **943-4884**

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(Main floor across from HMV)

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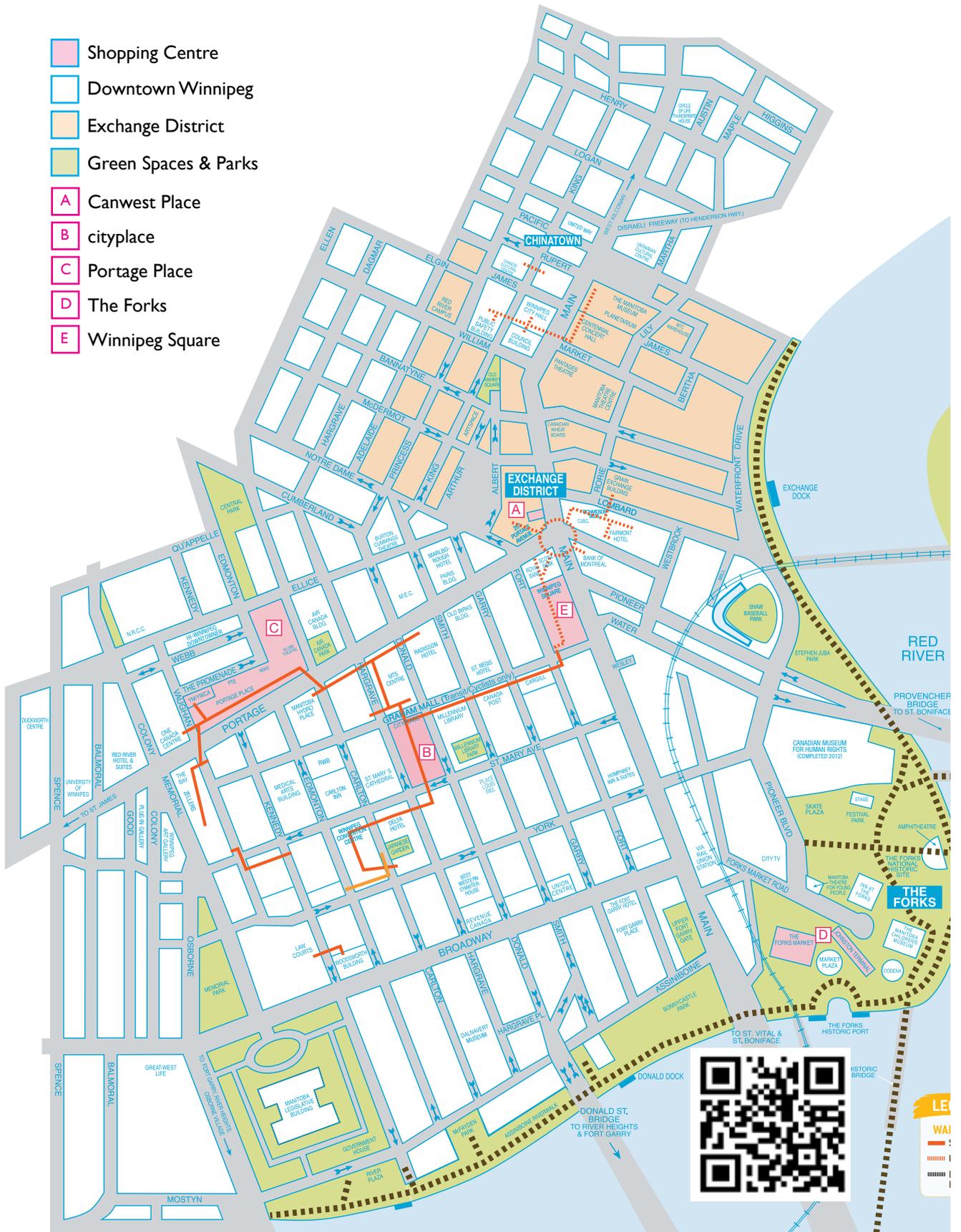
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- Downtown Winnipeg
- Exchange District
- Green Spaces & Parks
- A Canwest Place
- B cityplace
- C Portage Place
- D The Forks
- E Winnipeg Square



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