Make Me Over

building a museum for all
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Downtown News
New openings, developments and everything happening in the heart of the city
Editorial by Stefano Grande, Executive Director, Downtown Winnipeg BIZ

matter

Building a Museum for All
The Canadian Museum for Human Rights and the changing face of Winnipeg

The SHED
Transforming Portage Avenue into a thriving entertainment district

market

Downtown Makeover Contest
Meet our winners

Made in Manitoba
Galleries and art with a local flavour

Mind + Body + Spirit
Organize your life from head to toe

Find it Downtown
Browsing downtown’s bookshops

menu

Downtown’s Best Burger
We reveal the winners of our poll

mode

Hot Property
Exciting options for downtown living

guides

mingle: great events and attractions
menu: hot restaurants and fabulous dining
market: top shops and hip boutiques
downtown map
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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
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](http://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.
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 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

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 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 Poutinerie. 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

444 St. Mary Avenue, 942-4414
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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.

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 downtownwinnipeg.biz.com for info.

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.

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!
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.

Stefano Grande
Executive Director
Downtown Winnipeg BIZ
Downtown Peggy wrote:

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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 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.

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

“We are a museum of human rights—not a museum of human wrongs.”

Stuart Murray, CEO and President, Canadian Museum for Human Rights
September 9 to 11, 2011

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Lights on Broadway  Saturday, Sept. 10
Big Dance on Broadway  Saturday, Sept. 10
Ciclovia  Sunday, Sept. 11
Winnipeg 10+10 Race  Sunday, Sept. 11
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Meet our Downtown Makeover contest winners!
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
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
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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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
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*As per 2007-2010 MLS statistics for residential downtown condo sales of properties $200,000.00+
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."

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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 free 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.

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!
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 will it look like?**

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.

**What can I expect to see?**
VISIT OUR FACEBOOK PAGE AND ENTER TO WIN THE ULTIMATE CONCERT EXPERIENCE!

WIN TICKETS TO ALL 5 SHOWS PLUS Boston Pizza DINNER FOR 2 BEFORE EACH SHOW.

ENTER ON THE CITYPLACE FACEBOOK PAGE FOR A CHANCE TO WIN!
GRAND PRIZE DRAW JUNE 6, 2011.

cityplace
FIND US ONLINE
CITYPLACEWINNIEG.COM
Organize your life—mind, body and spirit—with downtown professionals designed to make your life easier.

**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

**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

**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
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

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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

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**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
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

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**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

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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

**Eyetech 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

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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
mingle | events

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

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**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, Ciclovia 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.

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**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**


**Woodsworth Building Patio**

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

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**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 downtownwinnipeg.biz.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

Under the Big Top
July 13-24

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

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

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HISTORIC WALKING TOURS

Enjoy a guided tour of Winnipeg’s Exchange District, an exceptional collection of turn-of-the-twentieth century architecture. A must see for visitors!

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

Tours run from June - September

Contact the Exchange District Biz to book your tour:
website: exchanguedistrict.org
email: info@exchanguedistrict.org
telephone: 942-6716

Tour prices range from $5 - $7 per person. Group rates available.
Children 10 and under are free.
All tours depart from Old Market Square.

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TITANIC
THE ARTIFACT EXHIBITION
real objects | real stories

LIMITED ENGAGEMENT

www.titanicwinnipeg.com  Tickets 1 855 985 5000

Over 190 actual artifacts

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99th Anniversary of the Titanic Disaster

April 15 - 19, 2012

Exchange the Ordinary for Something Extraordinary
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.
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.

Dessert Sinsations
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.

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 Fowltys 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 cafe 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 entrees.

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 crépes 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
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.
**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.

**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.

**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.
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.

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.

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 speciality 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. Specialties 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 pickered with coconut rice.

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 gomaie.

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 omakase, a spontaneous multi-course dinner of the chef’s choice.

Kokeb Restaurant (Ethiopian)
330 Ellice Ave, 784-9267
Experience replete with its own ritual. A heaping tray for dinner on a Friday night. 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 decor 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.

Chinese
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.

Itdha’s Thai Restaurant
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.
**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 Anjolique 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 Panoply. 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 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.

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**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
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
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.
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
The Manitoba government supports downtown Winnipeg through Manitoba Housing, Community Places, Neighbourhoods Alive! and Co-operative Development programs. For more information visit manitoba.ca/housing.

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187 Bannatyne Ave, 688-3341
(On the east side of Main between Rorie St. and Waterfront Dr.)
Mon-Fri 8am-7pm, Sat 9:30am-7pm

HATS FOR LADIES AND GENTS
10% off all in-store merchandise
Expires Oct. 31, 2011
Portage Place, 220-393 Portage Avenue, 943-4884

$5.00 off drycleaning & laundry on orders over $20 when you visit Dollar Wise Quality Cleaner's new downtown location at Cassiopeia's, Portage Place (Main floor across from HMV)
1 COUPON PER VISIT
CALL 942-1405

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For more information visit manitoba.ca/housing

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