



# St. Alphonsus School Family Business Directory

(current as of December 2024)

## A

### **Mark and Monica Acala**

All Yummeez, MoniCosmetix, RESP consulting and Digital Marketing/online coaching for businesses

Food catering, RESP plans for kids, Digital Marketing and Makeup Services

Please contact us for any of our services!

Instagram...

food follow us @allyummeez

makeup follow @monicosmetix

resp account follow @savefor.yourchild

digital marketing or online coaching follow @eat.sleep.earn

### **Anna Paulich Coaching**

Nutrition and Fitness coaching

[anna.p@gfitwellness.ca](mailto:anna.p@gfitwellness.ca)

Instagram @coach.anna.paulich

## B

### **Blade Rannard Snow Clearing**

Bryan Rannard

Prompt, courteous, competitively priced snow clearing.

East St. Paul

p. 204.771.9662

Website coming soon!

## D

### **Dolce Bake Shop**

Laura & Roberto Galli

Dolce Bake Shop is a local, family-owned and operated bakery specializing in wedding cakes, European and South American pastries, delicious cupcakes and many other delicious treats that will leave you craving for more.

Location #1: 2B-1565 Regent Ave West (Across from Kildonan Place

Mall) p: 204.505.1444

Location #2: 789 St. Mary's Road (St

Vital) p: 204.505.5503 e:

[info@dolcebakeshop.ca](mailto:info@dolcebakeshop.ca)

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

## **Dessert Avenue**

Irina Tureckiy

European style desserts, cakes, macarons

204-898-0479

## **E**

### **Edward & Beth Carreon**

Edward & Beth Carreon

Online/Digital business helping ordinary people to own and set up a proven and successful online business.

c: 431.307.0124

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

### **Elda Cabral**

Sytlist at Evoluir Hair Salon Ltd.

1413 Henderson Hwy

ph: 204.334.5958

## G

### **GFIT Wellness**

e: [Anna.p@gfitwellness.ca](mailto:Anna.p@gfitwellness.ca)

ph: 204-792-8462

Nutrition and Fitness coach specializing in fat loss for women.

Sub specialities: insulin resistance and blood sugar issues.

## H

### **Henderson Tailor & Apparel**

Tuan Nguyen

Professional Tailoring for Ladies & Men

We do everything from shortening pants to replacing linings and zippers. Professional fitting for all clothing adjustment, suits, skirts, dresses, pants & coats, grad/bridesmaid dresses & evening gowns. Low prices, same day service. 1145 Henderson Hwy

p. 204.338.2129

### **Heavenly Coco Catering & Mobile Bartending**

Stephanie Maldonado

Catering & Mobile Bartending/Charcuterie

services for catering, charcuterie & bartending

[heavenlycocomb@gmail.com](mailto:heavenlycocomb@gmail.com)

Facebook and Instagram - heavenlycocomb

## **House of Silk**

Melanie & James Norbury

Event & wedding decorator, silk floral design & plants for commercial, residential & events

595 Munroe Ave (corner of Munroe &

Raleigh) p: 204.669.3028 e:

[info@houseofsilk.ca](mailto:info@houseofsilk.ca) insta: house\_of\_silk

fb: House of Silk Winnipeg

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

**I**

## **Itech Systems**

Jared Ruffeski

Seller of computers & computer parts & service machines

1530 Regent Ave West

p: 204.943.6505

[www.itechsystems.net](http://www.itechsystems.net)

## J

### **Jeffreys Restaurant & Lounge**

Don Mackenzie

A restaurant and lounge open for any and all events including live bands, fundraisers, etc. Also open for pick up, catering, delivery, and delivery on skip the dishes platform.

1420 Henderson Hwy

p: 204.338.5000

[www.jeffreysrestaurant.biz](http://www.jeffreysrestaurant.biz)

Also on Facebook

## L

Lights Of Cheer Ltd.

Lisa Pruys

Christmas Light Installations

Supply and install of permanent or seasonal lights

<https://lightsofcheer.ca>

[wecare@lightsofcheer.ca](mailto:wecare@lightsofcheer.ca)

## O

### **Optimal Lighting Solutions Ltd.**

Neil Martin & Lisa Pruys

One stop turn key solution for handling all of your commercial or industrial LED lighting project needs. p. 204.227.5075

## R

### **Red Sun Smoke Shop & Gas Bar**

Open 24 HOURS - 7 DAYS - 365 DAY A YEAR

CALL: 204-697-2440

Corner of Hwy #6 & Hwy #236, 1/4km from Winnipeg Perimeter.

SNACKS • ICE • HOT DOGS • CHIPS

GAS REG/PREM & DIESEL •

DRINKS • FRIED CHICKEN • FRIES • RIBS

WINGS • CHICKEN FINGERS • FRESH SANDWICHES

FRESH POPCORN • ICE CREAM

CLEAN BATHROOMS • FIREWORKS •

Find us on Facebook.

### **Robertson Shypit Soble Wood – Attorneys-At-Law**

Kamil M. Andrzejczak – Associate Lawyer

Wills and Estate Law (Wills, Powers of Attorney, Living Wills, Probates, etc.).

## **Scarlet Cirio - REALTOR®**

Real Estate Professional for Residential and Investment Properties

RE/MAX Executives Realty 📞 +1 431-335-4285

✉️ [info@scarletcirio.com](mailto:info@scarletcirio.com)

🌐 [www.scarletcirio.com](http://www.scarletcirio.com)

Address: 3-1919 Henderson Hwy

Winnipeg MB

R2G 1P4

Social Media Account: @soldwithscarlet

## **S**

### **Silver Icing**

Elissa Mattis

Canadian Online Fashion and Lifestyle Boutique

[www.silvericing.com/elissa](http://www.silvericing.com/elissa)

Instagram Handle: elissa.mattis

Email: [elissa.mattis@gmail.com](mailto:elissa.mattis@gmail.com)

### **Stoneage Concrete**

Roger Abaunza

We are a residential concrete business (sidewalks, driveways, garage pads, etc)

p: 204.294.5219 e: [stoneageconcrete@shaw.ca](mailto:stoneageconcrete@shaw.ca) [www.stoneageconcrete.com](http://www.stoneageconcrete.com)

**Storm Pro Exteriors Ltd.**

Neil Martin & Lisa Pruys

Services provided: roofing, installation of eavestrough, soffit, fascia, siding, gutter guards p. 204.509.6744

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

**Superior Soil & Sod Supply Ltd**

Melanie & James Norbury

Bulk pick up, delivery or bag sales of soil, sand, stone, mulch, sod & landscaping supplies

595 Munroe Ave (corner of Munroe & Raleigh)

p: 204.663.5019

e: [info@superiorsoil.ca](mailto:info@superiorsoil.ca) [www.superiorsoil.ca](http://www.superiorsoil.ca)

**T**

**The Hair Company by NK - Hair Boutique**

Natalia Kolev

Hair and aesthetic services in the heart of ESP

204-663-4247

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

IG - thehaircompany.nk

**The Great Canadian Travel  
Group**

Lindsay Ruffeski

1349 Portage Ave.

p. 204.949.0199

<https://greatcanadiantravel.com/>

**W**

**Winnipeg Insurance Brokers Ltd.**

Kelly Melchor

Insurance brokerage

Auto, personal, commercial insurance services

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

[info@wpgins.ca](mailto:info@wpgins.ca)

Do you have a business or service you would like to advertise in the directory?

Please follow the QR code or use the link below and complete the Form to be added at the next update:

<https://forms.office.com/r/W9KiUNduVv>

