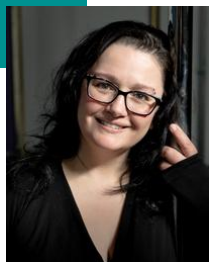




# Participant Directory

September 2021 - June 2022



**Adrienne Hassard**



FLY Fitness & Aerial Arts / ClubMynx



adrienne.a.j.h@gmail.com

FLY & ClubMynx offer unique and exciting fitness and adventure options in Regina and Saskatoon. They also offer some traditional workout classes and programs with a focus on overall wellness.



**Alauna Whelan**

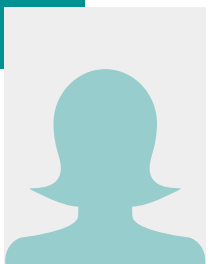


Alauna Whelan



alauna@alaunawhelan.com

Luxury goods for embodiment and care. Talisman jewelry and candles that support simple rituals everyday.



**Allison Field**



Field Communications



allison.field@gmail.com

Allison has been doing communication consulting for several years on the side, without advertising. She has over 10 years of successful project management, communication, strategy, research and analysis experience focusing on agriculture, transportation, government and association administration.



**Ambrosia Varaschin**



Incarna Consulting & Dispute Resolution



a.varaschin@incarnaconsulting.ca

Internationally and nationally recognized commercial, civil and labour arbitrator and mediator.



**Angela Turner**



Saskatoon Organizing Systems



saskatoonorganizingsystems@outlook.com

Angela helps busy people to organize, digitize and share their family memories.



**Ashleigh Mattern**

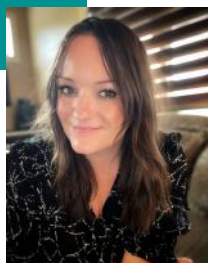


Vireo Creative



ashleigh@vireocreative.ca

Vireo Creative is a web design and marketing firm based in Saskatoon, Sask. They value building long-lasting relationships with their clients and celebrating their successes as our own.



**Ashley Drummond**



Wow Factor Media



ashley.drummond@wowfactormedia.ca

Wow Factor Media is Saskatchewan's leading digital marketing company. Their award-winning team of marketing professionals, strategists, content creators and graphic designers help Western Canadian businesses and organizations grow and achieve industry leading brand strength online with strategic social media marketing.



**Beata Kowalski**



Valley Girls Catering / Fresh & Sweet / Fresh Carnival



beata@valleygirlscatering.ca

A full service catering company that operates two restaurants, a golf course, and multiple booths at Mosaic Stadium. They make delicious food and have so much fun doing it.



**Bernadette McCallum**

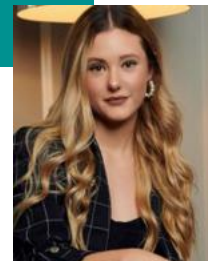


Morningstar Counselling Services



bernadette.mccallumcounselling@gmail.com

Bernadette is a registered Social Worker and has acquired certificates in mental health, solution-focus and attachment therapy. She has knowledge in First Nation traditional and cultural protocols and has worked with individuals, families and groups with mental health illnesses and emotional challenges. She uses holistic and strength-based approaches, compassion, knowledge, and a sense of humor to empower her clients.



**Blaze Lloyd**



Fabulash Lounge, Lashiivo



blazelloyd@hotmail.com

Lashiivo is an industry leader for all things eyelash extensions – they provide superior products direct to consumer to lash professionals around the globe via their e-commerce website. They started this company just over a year ago and in a short time they've been able to innovate many new lash products for the industry and have touched the hands of over 1,000 lash artists around the world.



**Brenda Yungwirth**

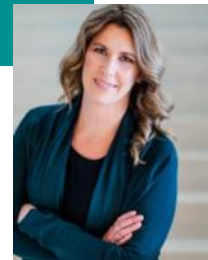


Live Well Regina North



brenda@reginanorth.livewellclinic.ca

Live Well is a medical fitness clinic specializing in individualized, supervised, and monitored exercise and healthy-lifestyle coaching for those with health conditions and for prevention. Exercise is the best medicine and they provide their programming either in-clinic in a small group setting, live streaming, or on demand to ensure you focus on meaningful activities that are a priority to you.



**Bridget Turner**

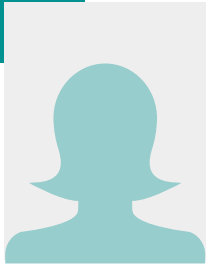


Lead From Here - Leadership Consulting Services Inc.



bridget@leadfromhere.ca

Lead from Here is a people service that inspires and transforms how leadership is understood, appreciated and actioned. They identify, develop and expand your influence to achieve your desired leadership potential. Through one-on-one consulting, workshops, on-site training, and custom leadership plans for individuals or teams, they use your unique skills, experience, and values so that you can lead from here.



**Candice Woods**



Red Jacket Supply Co. Inc.



candice@redjacketsupply.com

Red Jacket Supply Co. is a distributor of organically based biostimulants for soil and water treatment. Their products provide solutions to the agriculture, energy, mining, wastewater, horticulture and sports & leisure industries.



**Catherine Glasser**

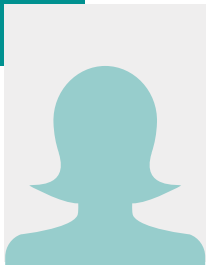


Glasser Safety Services



cathy.glasser@sasktel.net

Catherine manages the Health & Safety Programs of small businesses so that management can do what they do best, run their businesses.



**Charlene Oancia**

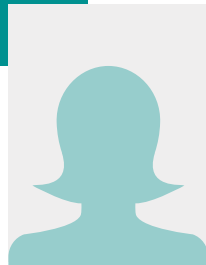


Springer & Oake



charleneoancia@springernoake.com

Springer & Oake is a 100% Female Saskatchewan owned company specializing in the manufacturing, distribution, and retailing of natural bath & body products. They carefully select ingredients, recipes, and packaging that is healthy for you, the ones you care about, and the environment.



**Charmaine Starchief**



Dakota Spirit Beads & Supply



Cwstar12@gmail.com

Dakota Spirit Beads & Supply is a First Nation beads and craft store. They also sell items from First Nation's entrepreneurs and artists.



**Corliss Rassyle**

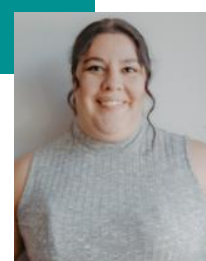


Company Corliss Co Consulting Inc.



itsme@corliss.ca

Corliss Rassyle is a Canadian inspirational speaker, a certified Success Principles Coach, Dare to Lead trainer, podcast host of Conversations With Corliss, best-selling author, and the Founder and CEO of Corliss Co. Consulting Inc. Through her company, Corliss helps women break through the barriers that hold them back from leading all aspects of their lives.



**Dalena Juarez**



Ritmo Gymnastics



ritmogymnastics@gmail.com

Ritmo Gymnastics was founded in 2016 and provides rhythmic gymnastics classes for gymnasts from ages 3+. Their focus is creating a safe space for athletes, coaches, and families to support each other's goals and create strong, independent leaders in our community.



**Debra Ross**



Saskatoon Agri-Auto Parts Inc.



debbie@saap.ca

Saskatoon Agri-Auto Parts is your "one-stop" Auto Parts Plus store and your Applied Industrial Technologies Preferred partner, supplying a wide variety of automotive and agricultural parts and accessories. They specialize in sprayer nozzles bodies, tips and nylon fittings, camlocks, pumps and hose along with sprayer parts and accessories.



**Destinee Peter**



Tangles Hair & Beauty Salon



dess\_787@hotmail.com

Tangles Hair & Beauty Salon is a full service salon with a talented team of experienced stylists and technicians. They serve to men, women and children in our always warm, welcoming salon. Their main goal is to make our clients feel more beautiful in the skin they're in.



**Donna-Rae Crooks**

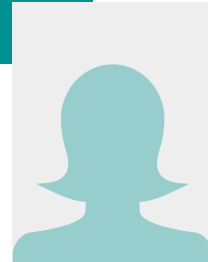


Brain Snacks Professional Development Service Ltd.



donna@brainsnacks.co

A women-friendly cafe, cowork + childcare space designed to support parents looking to integrate career and family. Open 6 days a week. Dine in, pickup + delivery options available.



**Denise Leduc**

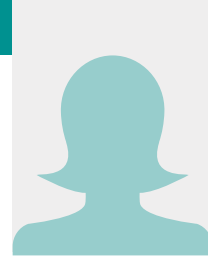


Living Sky Yoga & Fitness



livingskyyoga\_fitness@hotmail.com

Living Sky Yoga & Fitness is a small business bringing yoga & fitness classes to rural communities. The studio is based in Davidson and Denise travels to other small towns to deliver classes. Since the pandemic, virtual options have been available which allows a further reach to people in different parts of the province.



**Dolores Pahtayken**

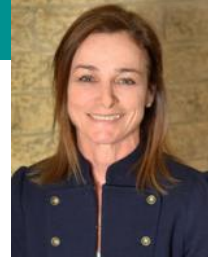


Dallyne's Medical Supplies



Dolorespahtayken77@gmail.com

Company description not provided.



**Dr. Yvonne (Harrison) Cafik**

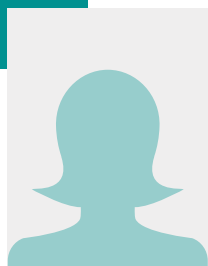


Board Checkup, Self-Assessment Software Services Inc.



boardcheckup@comcast.net

Board Checkup, Self Assessment Software Services Inc. helps boards of directors of all kinds increase performance and impact through the practice of performance assessment. To date, 80% of the 700 boards that used their Board Effectiveness Survey Application reported significant positive change in governance and leadership effectiveness in the dimensions of performance assessed.



**Eileen Deswiage**



Endless Spectrum Therapy Services



emdeswiage@gmail.com

Eileen's background is in mental health, special needs and autism. Endless Spectrum Therapy Services is designed to help people struggling with their mental health live the good quality life that they deserve.



**Janelle Daku**



Family Foundations Therapy P.C. Inc.



janelle.daku@gmail.com

Family Foundations Therapy helps empower mothers, fathers and families to embrace their new role in parenthood to be the best possible support for their baby, family and themselves by providing tools and strategies to address anxiety, stress and feelings of being overwhelmed so that they can embrace their new identity with ease and comfort while being present for their child and family.



**Jana Ham**



Sask Masks Inc., Turnkey



janadham@gmail.com

Sask Masks is a social enterprise on a mission to slow the spread of the coronavirus and support the community. They sew cloth masks and donate the net proceeds to charity.

Turnkey is a prop tech which eases the application process of rental housing.



**Jessica Klarholm**



Real Life XL Skills Inc.



reallifexl@outlook.com

Real Life XL Skills helps working women sharpen their personal skills so they can confidently make bold moves in business and in life. With a focus on self development and self love, this is a one of a kind experience that supports the working woman and her family.



**Jennifer Uy**



Lip Republic



liprepublicyqr@gmail.com

Lip Republic is a specialized company in Regina offering custom handmade lip products. They challenge beauty standards and elevate lives by building a community who value the power that comes with wearing a great lip colour. They are proud to be an inclusive, BIPOC, Canadian, and woman-owned business.



**Joyce Schmalz - Nick**



Soup du Jar Foods Ltd.



Soupdujarsales@gmail.com

Soup du Jar Foods Ltd. manufactures not only a line of frozen soups, but operate a lunch counter selling their soups hot and with a line of wraps.





**Joanne Cunningham**



Wave9 Technology Inc.



joanne@wave9.co

Wave9 offers oil and gas producers a workflow and asset management system which employs wireless sensors, cameras, and artificial intelligence to automatically track asset performance and monitor for environmental incidents.



**Kara Firman**



GUIDE Hair Salon + The Guild Studios



Karafirman@shaw.ca

GUIDE Hair Salon is a space that you will find confident stylists, retail products for all of your needs and a safe and relaxing environment where we will help you achieve your hair goals! The Guild Studios is a Coworking model for the Beauty, Wellness and Fashion industries. It houses many micro businesses, has event spaces and a dynamic community



**Karen Chovan**

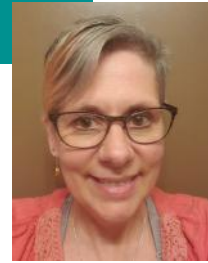


Enviro Integration Strategies Inc.



kchovan@envirointegration.com

Enviro Integration Strategies is sparking a mine waste revolution – facilitating collaboration, creating circular value & reducing the risks of mine wastes.



**Julie Gilchrist**

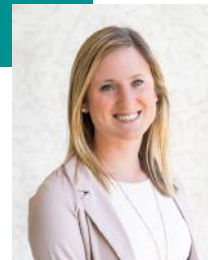


Gilchrist From Art to Tea Inc.



jcuppa.t@sasktel.net

High quality tea and tea accessories - items of relaxation.



**Katelyn Sebastian**



Driftstone Consulting Inc.



katelyn@driftstoneconsulting.ca

Driftstone Consulting is a consulting firm offering structural engineering and project management for residential, commercial, agricultural, and industrial buildings. They service public and private clients including homeowners, contractors, developers, and government from municipal to federal. Their services involve feasibility studies and preliminary design through to preparation of construction documents and review of construction for new construction, renovations, additions, and repairs.



**Kenzie Bergeron**



Well'N, First Nations Insurance Services,  
Harmony Insurance & Financial Services



kenzie@well-n.com

Well'N is a Health & Wellness e-commerce platform that provides easy set up and administration for health and wellness service providers to set up a digital store and users to consumer health and wellness content.



**Kayely Rich**



Shalom Consultants Ltd.



jkayelyrich@icloud.com

Kayely provides holistic mental health counselling and coaching that looks at physical, mental and spiritual contributions to individual and team health.



**Kim Burnouf**



Pemmican Lodge



pemmicanlodge@gmail.com

Pemmican Lodge provides visitors with an authentic land based experience rich in culture, excitement, and wild food! The 3 cabins can accommodate up to 14 guests comfortably in the cabins with plenty of space for RV & tent camping. Pemmican Lodge is host to events, land-based programming, and simply a place for you and yours to explore the great outdoors.



**Keri Schwebius**



Ellevate Executive Coaching



keri.schwebius@gmail.com

As a certified executive coach, Keri supports women to gain confidence and enhance their leadership skills. She has a Master of Arts in Leadership and accreditations in emotional intelligence, change management, and communications. Keri has a genuine desire to create positive change, working with clients and as Chair of the Board of Directors of City Kidz Regina.



**Koreen Mak**



Peppermint Technologies Inc.



koreen@pepperminttechnologies.com

Peppermint Technologies Inc. is the developer of the MYNTIX™ Mobile Micro-learning platform. They help people reach their full potential by enabling companies to provide effective, consistent, and affordable training to a dispersed workforce through the delivery of short bursts of training content to their phones via text message. They help integrate learning into the natural flow of work.



**Laura Orimoloye**



Laura's Delights



laura.orimoloye@gmail.com

Laura's Delights is a cake and snacks business located in the city of Regina. Laura's Delights is here to promote and redefine Nigerian food abroad. They are striving to give Nigerian food the identity it deserves and they strive to make Nigerian food stand out on its own. Their food is multifaceted bold, rich, spicy and very colorful.



**Lara Schroeder**



Spark Solutions



lara@sparkplay.ca

Spark Solutions is a management consulting and facilitation firm that helps sport organizations to deliver better sport by strengthening governance and programming and developing strategies to respond to complex organizational needs. Spark Solutions also works with organizations outside of sport to bring play and fun to strategic planning, team building, meeting facilitation, and stakeholder engagement.





**Lisa Mumm**



Mumm's Sprouting Seeds



[lisa@sprouting.com](mailto:lisa@sprouting.com)

Mumm's Sprouting Seeds supplies certified organic seed for growing sprouts and microgreens. Half of their sales are B2B to commercial sprout and microgreen operations, market gardens, and urban farms. Mumm's also has a retail line for people to grow fresh sprouts and microgreens at home.



**Louise Stuart**



Lake & Country Realty Ltd



[louisestuart@littleloon.ca](mailto:louisestuart@littleloon.ca)

Lake & Country Realty is a boutique real estate office.



**Mandy Bishop**



Mandala Massage, Mandala Wellth, Mandala Enterprises



[hq@mandalamassageregina.com](mailto:hq@mandalamassageregina.com)

Mandy's passion for wellness and business intersected in 2016 with Mandy's first venture Mandala Massage, a Registered Massage Therapy clinic. In 2020, Mandy launched the e-commerce brand MandalaWellth.com with a curated collection of health and wellness products. In January 2021, Mandala Enterprises & Innovation sales and business consulting was launched to help entrepreneurs bring their ideas to market.



**Linell Grudnitzki**



GC Construction



[lgrudnitzki@gc-construction.ca](mailto:lgrudnitzki@gc-construction.ca)

GC Construction is a 100% female owned company with an experienced team supporting the company's goals and values of protecting the electrical grid with infrastructure upgrades, inspections, and maintenance projects.



**Mandy Thomas**



Intentionally Wealthy Coaching



[mandyy@mandyythomas.com](mailto:mandyy@mandyythomas.com)

Mandy helps individuals who make good money but need help managing it so they can pay off debt, increase their savings and stop living paycheck to paycheck. She also works with entrepreneurs making \$100k+ who are struggling to pay themselves and have enough set aside for taxes. Mandy helps people to reduce their financial stress and feel confident with their money.



**Maureen Saretsky**



Golden Eden Produce



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

Pesticide Free, Vine Ripened, Locally Grown Produce. Naturally lower in acid, your body will love you for it!





**Marg Romanow**

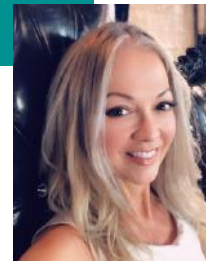


Future Focus Mediation & Consulting



mpromanow@sasktel.net

Marg is passionate about reducing conflict for better futures. Future Focus Mediation & Consulting provides Mediation services for a number of areas, with a focus on Family and Workplace issues. Marg holds the designations of a Qualified Mediator and Qualified Arbitrator.



**Michelle Davis**

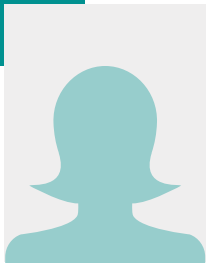


DermaPosh



michelle@dermaposh.studio

Michelle has been an esthetician for over 25 years and bought her first studio in 1994. She launched her DermaPosh product line in September 2018 after years of trying to find the right product fit for her clients. She opened her new studio in 2019. She has their store front in the Brownstone Plaza and wholesale products to other salons and spas. Michelle is now fortunate to be able to work with her daughter, Hunter, while she grows her team.



**Michelle Brass**

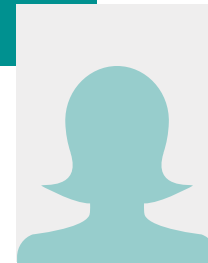


Michelle Brass Wellness



michellebrass@outlook.com

Michelle is a speaker, writer, and health and wellness coach deeply committed to the health and well-being of Indigenous peoples and communities. Her work is focused on the areas of Indigenous food sovereignty, Indigenous health and wellness, personal healing and transformation, and community well-being.



**Nicole Johnstone**

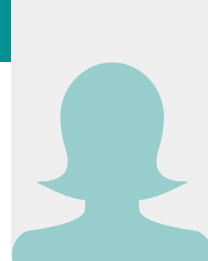


Action Fencing Ltd.



lactionfencing@gmail.com

Action Fencing Ltd. has been in business in Saskatchewan for 2 years.



**Patti Erikson-Reynolds**

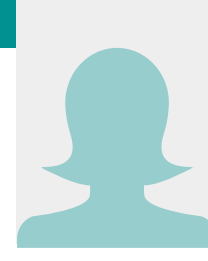


Periwinkle Quilting and Beyond Inc.



periwinkle@sasktel.net

Periwinkle Quilting is a retailer of quilt making supplies, classes and sewing machine sales and service.



**Pamela Carpenter**



The Bannock House



thebannockhouse@gmail.com

Pamela is trying to create Canada's first Canadian-Indigenous Fast Casual dining experience. They offer Bannock, "frybread" served up in many different ways and they offer Elk, Bison, and Saskatchewan Waygu.

They would like to get Bannock onto supermarket shelves and not sold just when they are open or through online social media platforms.



**Rauncie Kinnaird**



Sandy Shores Resort



rauncie@hotmail.com

Rauncie owns and operates Sandy Shores Resort on Lake Diefenbaker including the property development business management, marketing, and HR; operation of the water treatment plant; project management and planning for the 200 slip inland marina and marina marketplace planned for 2022 opening.



**Peggy Hlushko**



Once Upon A Child



peggy.hlushko@gmail.com

Once Upon a Child is a locally-owned franchise that buys and sells quality gently used Kids stuff for children 0 to 10 years of age. They buy from the customers everyday, all day, every season.



**Rebecca May Gorges**



Willow Point Financial Services Ltd.



rebecca@willowpointfinancial.ca

Willow Point Financial Services Ltd. provides cost effective insurance, investment, accounting, tax preparation and bookkeeping.



**Rosalie Hughes**

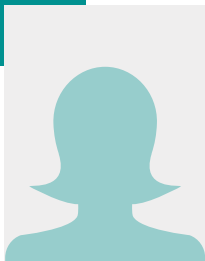


Hughes Recruitment Inc.



rosalie@hughesrecruitment.ca

Hughes Recruitment is a boutique recruitment and talent management solutions provider. They connect business owners and executives with the talent solutions required to meet their organizational goals. Their services include completely tailored: professional search and placement, recruitment consulting, recruitment process outsourcing, recruiting marketing, talent development consulting, leadership and performance management coaching, and HR consulting.



**Reiny Ortega Cubas**



Accent Mediation



reiny@accentmediation.ca

Accent Mediation provides family, workspace, school, neighbourhood and Victim-Offender Mediation. Authorized Family Mediator Approved under Section 44.01 of The Queen's Bench Act, 1998 in Saskatchewan and Parent Coordinator (The Children's Law) Amendment Regulations. Child Consultant and a Divorce coach. Mediation is a form of conflict resolution that helps the parties meet their needs.



**Sarah McKen**

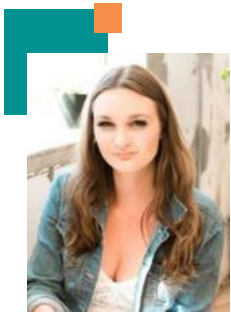


Little Manitou Art Gallery



Imag@sasktel.net

Get inspired! Discover artwork by over 250 Saskatchewan artists, displayed for sale in several gallery pavilions and perennial gardens. Enjoy live entertainment as musicians, poets, and storytellers share their creativity on the outdoor stage throughout the summer. Participate in small group ARTivities. The licensed Lounge offers weekly creativity. They are located in Manitou Beach, SK and are open year round.



**Sarah March**

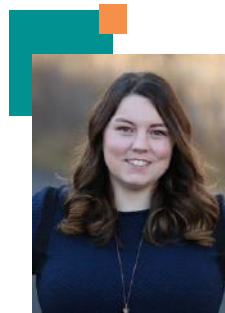


Grey Dove Design House



sarah@gddh.ca

Grey Dove Design House is a marketing agency based out of Regina, Saskatchewan and helps businesses with limited time and resources in the following areas: Social Media, Marketing and Graphic Design. Grey Dove Design House has 8 years of experience working alongside local businesses and communicating their desired messages to their intended audiences.



**Shantal Allan**



Shop The KAOS



shopthekaos@gmail.com

Shop The KAOS. Women's apparel and accessories shop. They carry sizes XS-4XL and proudly support Canadian designers. You can find them online or located inside the Brick and Mortar store on Dewdney Avenue in Regina.



**Taheera Fidaali**

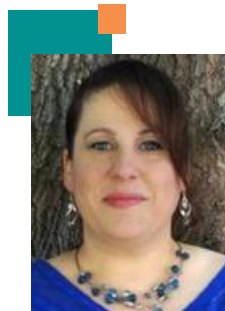


Tula Accounting & Consulting



taheera@tulacpa.com

Tula CPA supports women entrepreneurs in managing their business finances and improving their profitability through: 1:1 financial strategy sessions, part-time CFO services, monthly group coaching sessions, and business tax services.



**Tristina Miller**



Prairie Orchid Media



tristina@prairieorchidmedia.com

Prairie Orchid Media is a web & graphic design company. They help you from the start by creating your logo and carry on your brand through print advertising and/or reaching a vast audience on the internet with your website and social media. Their specialization is creating CMS (Content Management System) websites which enables your business to manage your own website.



**Yvonne Slobodian**



Jolly's Medical & Athletic Supplies Ltd.



yvonne@jollysmedical.ca

Jolly's Medical & Athletic Supplies has been a locally owned family business in Regina for over 100 years. They are a niche market retail supply store in the areas of home health care products and athletic bracing and supplies.

They pride themselves on their knowledgeable staff and their exceptional customer service.

# the exchange

**Questions about The Exchange? Contact:**

**Stephanie Smith**

Special Programs Coordinator



P: 306-359-9723



E: [ssmith@wesk.ca](mailto:ssmith@wesk.ca)

