



Women in Business 2024



THE WORLD-
Spectator



WOMEN IN BUSINESS

Amy K Hudacek REALTOR® eXp Realty Ltd.

Howdy South East Sask!

The Name's Amy K Hudacek and I'm a pure blooded Esterhazan traveling the grids and towns in SE SK (when im not parked on my porch or a rink bench). I was raised by two extremely hard working people, a mix of a Yarbo farm boy & Kennedy cowgirl and they gave me the pleasure of having the most amazing entrepreneurial upbringing in Esterhazy. I graduated EHS, was inspired by Gaye Huckell to take my Communication Disorders degree in ND at MSU and slid north & west to dabble in Some Alberta Oilfield cash, before I came home when my Viking Grandmother fell ill with Ovarian Cancer. In 2018, I decided I wanted to have the life I dreamed of. I challenged borders & exams and earned my residential real estate license and later my farm. I asked myself in 2018, if not now when-when is a good time to start living the life I dreamt of. It was then, I challenge my clients and friends daily to pursue their best lives and if you're going to do something, do it with passion! If I can't bring positivity, I'll bring a joke and maybe a bottle of Roscato. My switch to the largest brokerage in Saskatchewan-eXp expanded my network, has me acknowledged for top producer in Southern SK. I was ranked #15 across Canada for Sales Sides sold in 2023 out of over 6,000 Canadian eXp agents across the country. I was honoured to have been nominated and won the Harry Janzen Award last March 2023.



I'm looking forward to hitting my goal of an eXp Icon Award this month and MC-ing at the SRA Agent Safety Course this November in Regina, SK. I'm passionate about my career and the connections I make, as I'm raising my 2 sons Jap & Kip. My goal in this life is not only to leave a legacy to my sons but to SE Sask. It's an honour every time I get to be the first personality that can show people this is SE SK.

- Where Potash, Wheat & Oil meet.

Esterhazy, SK | 306.740.6100
amykhudy@icloud.com | amyk.inrealestate

Courtney Mish Kipling Pharmasave

Growing up Courtney Mish knew early on that she wanted to be a pharmacist in rural Saskatchewan. In 2015 she completed a Bachelor of Science in Biology and in 2019 added a Bachelor of Science in Pharmacy. As pharmacy manager of Kipling Pharmasave Courtney is responsible for ensuring the appropriate policies and procedures are in place to deliver a high level of patient care. She ensures compliance with provincial guidelines regarding privacy, medication error reporting, and compounding. This is in addition to her daily responsibilities as a pharmacist, which includes assessing the appropriateness of new prescriptions, checking dosing, monitoring for interactions, prescribing for minor ailments, completing medication assessments, and administering vaccinations. When she is not at work, Courtney can be found at the rink coaching hockey with the U18AAA Regina Rebels and U18 Team Saskatchewan.



506 Main Street | Kipling, SK
306-736-2810

Lynnette Bock Bock & Company Law Office

Lynnette Bock grew up in Rocanville. After graduating from Rocanville School, she obtained a Bachelor of Arts in Economics from Brandon University. Lynnette then attended the College of Law at the University of Saskatchewan, receiving her Juris Doctor. She completed her articling term in Regina, serving as a Law Clerk to the Justices of the Court of Queen's Bench.



Lynnette practiced with a local law firm for 8 years before establishing her sole practice in January 2011.

Lynnette, her husband Steven and daughters Ella, and Emmy, reside on a ranch southwest of Rocanville.

Lynnette practices in the areas of Real Estate, Estates, Estate Planning and Small Business Law from her main office in Esterhazy and her branch office in Rocanville.

Esterhazy, SK | 306-745-3952
Rocanville, SK | 306-645-4552

Alyssa Jeannot Jeannot Electric

Jeannot Electric was established in 2014 by Kyle and Alyssa Jeannot! While she may not be wiring circuits herself, Alyssa keeps the lights on in the office literally, and figuratively! As the business administrator, Alyssa wears many hats, juggling everything from the books, to marketing, to unloading trucks. Alyssa is the team "amp-lifier" making sure everything runs smoothly in the office with a little bit of fun if she can sneak it in with holiday parties, and golf afternoons with the staff.



With a degree in primary care paramedicine, Alyssa's knowledge of electrical is limited, but she definitely knows how to keep the "voltage" high in the office, and ensures everyone (mostly Kyle) is amped up for success. Alyssa's favorite part of running a business is including the kids in the business wherever possible, the flexibility for her and her family, meeting new people, and watching the industry grow and evolve.

Fun Fact- Alyssa has often considered taking the electrical trade herself so she can help Kyle out more, and to better understand the trade. But every time she brings it up, Kyle quickly cuts the power to that dream! Alyssa says he either can't handle the competition in the office, or he wants her to stick to keeping the lights on in the office rather than rewiring them!

Moosomin, SK | 306-434-9112
jeannot.electric@hotmail.com

Darlene Gulak Strong Darsart Studio & Gallery

Over the past 30 years I have taught private and group lessons/classes and workshops in my home studio and surrounding areas.

I offer instruction in mediums such as: Acrylic, Pencil, Watercolor, Stained Glass and many crafts. When time allows I create my own Art in Various Mediums. I enjoy incorporating elements new and recycled.

Recently I moved into a new larger studio on our bee farm. I am located one mile south of Rocanville.

I am very excited to be able to offer: Retail Art Supplies; Classes-Private and Group; Paint and Craft Parties; Special occasion art parties tailored to the client; Gallery of my work-Originals and Prints; Guest Instructors/Workshops.



FB Darsart Rocanville
Email : darsart@sasktel.net

Rocanville, SK | 306-434-8861

Nicole MacPherson Envy's Dog House Boarding & Grooming

Hi I'm Nicole MacPherson, sole proprietor of Envy's Dog House Boarding And Grooming.



I got my groomers certification in 2005, and graduated the Siast Veterinary Technology Diploma program in 2010. I worked locally as a registered Veterinary Technician until I opened Envy's Dog House in 2019.

This past August marked the 5th anniversary of Envy's Dog House. I now employ 5 part time staff members who share the same passion for animals as I do and all bring their own unique skills to the business. I love getting to know the guests that come to stay with us, and feel so blessed to be able to do this job I love every day!

We offer boarding and grooming services, and have hosted indoor obedience classes through the facility as well. My motto here is to treat every guest like I would one of my own pets.

Wapella SK | 306-434-8053

Amanda Rokochy Carscadden Funeral Chapels Ltd.

Amanda was born and raised in Wawota, Saskatchewan, graduating from Wawota Parkland School in 1997. Amanda had previously spent 19 years working in the Gaming Industry, until joining the team at Carscadden Funeral Chapel on November 1, 2021. She is currently enrolled in the Canadian College of Funeral Service, working towards becoming a licensed Funeral Director and Embalmer.



While Amanda still calls Wawota home, she is hoping to one day move to Moosomin and looks forward to providing care to the families of Moosomin and surrounding area in the years to come.

In her spare time, Amanda has many interests and hobbies that keep her busy! She has a love of sports, especially hockey, softball and golf, and enjoys both watching and participating. Over the years she has volunteered her time in a secretary/treasurer role for the Big Six Hockey League and the Triangle Hockey League. Amanda enjoys the outdoors and can be found kayaking, walking her dogs or going for a rip in her purple Dodge Challenger! She is also a proud Aunt to Jack and Penny and has enjoyed being involved in their many activities.

Moosomin, SK | 306-435-2513

Elisha Park Carscadden Funeral Chapels Ltd.

Elisha grew up in Virden with her family and graduated from high school in 2011. She joined the staff of Carscadden Funeral Chapel in 2016 and graduated from the Canadian College of Funeral Service in 2018. Elisha excelled in her studies, receiving the Jurisprudence, Embalming Excellence and Academic Achievement awards.



She is a licensed Funeral Director and Embalmer in the provinces of Manitoba and Saskatchewan, receiving her licenses in 2018.

Elisha and her partner, Eric Barkley, reside in Virden. In 2019 they welcomed their first child, Hadleigh, and in the fall of 2023 they welcomed their second child, Maverick.

In her spare time Elisha enjoys camping and golfing. In the summer she can be found at the pool, a splash park, or a lake with the kids, as well as canning a variety of fruits and vegetables. In the winter she keeps busy with Hadleigh's sports of hockey and dance. Elisha and Eric are also grain farmers, and keep busy with other farming responsibilities.

Moosomin, SK | 306-435-2513

Bonnie Riffel Owner Hearing & Wellness by Porch Light

Bonnie Riffel has been providing hearing services to South East Saskatchewan since 2004. After working for others out of Regina, she is excited to return to her hometown and provide these services in a safe and welcoming environment.



"It started out as just needing a job as a receptionist. But after watching the patients come out of the back offices and seeing how much of an impact the clinicians are making in their lives, I wanted to be a part of that."

Hearing & Wellness by Porch Light is bringing hearing awareness to Moosomin and surrounding communities. We provide top quality service with the best technology and practices to assist those who have been affected by hearing loss and to help prevent hearing loss from happening.

"After working with so many individuals with disabilities of all types, I understand how difficult it is to gain access to medical services in rural areas. Starting Hearing & Wellness by Porch Light was a vision to bring the amenities of the city to smaller communities. Not only do we offer the best practices in our office, but we also come to you. Our mobile service helps those who cannot travel get the service they need. When in need of assistance, look for the Porch Light to guide you.

220 Broadway Ave | Moosomin, SK
306-435-2500 | hearing.porchlight@gmail.com

Joy Hamilton Flaman Find Your Joy Counselling

As a recent graduate of Stenberg College and registered member of the Association of Co-operative Counselling Therapists of Canada, Joy has begun her private practice "Find Your Joy Counselling." Joy practices evidence based cognitive behavioural therapy with an integration of other modalities including Indigenous cultural teachings. Each client gets a custom based, unbiased therapeutic plan based on their individual needs. At Find Your Joy Counselling you will find a safe, sacred and non judgemental space to explore and express your emotions. Joy also sits on the board of the Moosomin Visual Arts Centre and is also the artist of The Family Stones. Joy continues her education as she works on her BA degree. Please visit FindYourJoyCounselling.ca for further information.



Moosomin, SK | 306.992.5767
FindYourJoyCounselling.ca

Gayleen Gurr Pampered Chef

I started selling Pampered Chef products in April of 1998. At that time, the company was only two years old with an awesome product. I wanted to work for myself and this was a good way to do that! I also felt there was a gap in the area for this kitchen product and I wanted to fill that gap. Since 1998 the product line has expanded to include everything from basic cooking to pantry items, to entertaining and to include small appliances.



I've built a team of 10 independent consultants that I've helped to start their own business. I have consultants from B.C. to Manitoba.

I really love being able to see my consultants succeed. It's really neat when they have a financial goal they want to reach, like buying a new car or paying for their kids' sports, and they make enough money through Pampered Chef to be able to do that! It's so nice to see them succeed, and you also make some awesome friendships along the way.

Bert and I live in Langbank with our very pampered pet cat Blackie. I enjoy gardening, spending time with family, cooking, and volunteering with my church in Kipling and with the Moosomin Armoury. I am here to help you with all your kitchen needs, if you need anything don't hesitate to call.

Langbank, SK | 306-736-7929
www.pamperedchef.ca/pws/gayleengurr

Karla Bell Kari's Pharmacy

My name is Karla Bell. I grew up on a farm south of Moosomin where my family farmed grain and cattle. After graduation from high school, I decided to pursue a career in pharmacy.



This decision was made after hearing my dad say for years that I should become a pharmacist. It turns out he was right! It has become a career that is perfect for me and that I love.

I graduated from the University of Saskatchewan Bachelor of Science in Pharmacy program in 2011. I then returned home to begin work as a pharmacist for Dale Szafron at 608 Birtle St.

Moosomin has always been my home and I was very happy to return. My husband Chris and I now reside just 10 minutes outside of Moosomin with our 2 children Emma (8) and Lee (3).

This year an opportunity for change presented itself. After hearing her plans, I knew Kari's Pharmacy was something I wanted to be a part of. I requested to partner with Kari in the opening of a new, independent pharmacy in Moosomin.

I am excited and honoured to be able to represent and serve my community through Kari's Pharmacy.

709 Main St, Moosomin, SK | 306-435-1820
pharmacy@karispc.ca

Sandra Garrett The Witch's Brew

Hi all, I'm Sandra Garrett.

I grew up in Maryfield Sask, but I have lived in Moosomin for over 30 years. Moosomin is my home town. To tell the truth, this is not where I thought I would be all those years ago, but I can't imagine living anywhere else now! Moosomin is the town where my husband Trevor and I have raised our son, and built a life.



In 1997 I was given the opportunity to complete the Apprenticeship program through SIAST and receive My Red Seal Journey person in the Cooking Trade (Red Seal Chef). When Trevor and I decided 15 years ago to take a chance and open The Witch's Brew, it was a very big asset to have the knowledge from my training to bring my dream to reality!

Initially I was thinking it would be only a small coffee shop with some desserts. Boy was I wrong! Over the past 14 years we have evolved from drink, desserts and one daily lunch feature into a full service daytime restaurant with catering and private functions available for evenings. Witch's Brew has surpassed all expectations I initially had.

We know for certain that we wouldn't be where we are today without our family and our customers!! The support we get from our town, surrounding towns and rural area is nothing short of amazing! Supporting our local business helps us support your local fundraisers, local sports teams, and local events! Thank you everyone for your support.

631 Main St. | Moosomin, SK
306-435-3206

Arvelle McGonigal Zaylie Furniture Ltd.

Arvelle grew up in Moosomin, and lives in town with her Husband Wayne and 2 children Zayn and Charlie.



Zaylie Furniture opened its doors in April 2017. Zaylie Furniture has grown a lot over the past 7 1/2 years. With 10,000 sq feet of showroom floor they have a lot to offer!!

Zaylie Furniture offers a wide variety of Appliance Brands such as Frigidaire, Electrolux, Samsung and GE.

Zaylie is carrying Lotus Mattresses, designed in Saskatchewan and made in Canada. Beautiful Furniture sold at Zaylie includes Ashley Furniture, Magnusson Furniture, as well as Decor-Rest Furniture that is Canadian made and custom.

And new to Zaylie is Cabinetry. Arvelle is working with Superior Cabinets and is ready to help make the Kitchen of your dreams!!

As well Zaylie has home decor from area rugs and lighting to wall decor and much more!

Arvelle offers in-home consultations for Interior Design and will make your space beautiful.

Zaylie is open 10am - 5pm Monday- Friday and 10am- 3 pm Saturdays and offers delivery, set-up and take away services!

Like us on Facebook, and Instagram.



815 Broadway Ave. | Moosomin, SK
306-435-2154 | www.zaylie.ca

Kara Kinna The World-Spectator

I grew up in the Estevan area and graduated with a Bachelors Degree in Journalism and Communications from the University of Regina in the spring of 2002 and started working at the World-Spectator in the fall of that year. After only a few months of covering Moosomin and the surrounding area as a reporter, I grew to love this area and knew it would be my new home!



After a few years of full-time reporting and getting to know this area of Southeast Saskatchewan and Southwest Manitoba inside and out, I moved more into the business end of the company, doing sales work and book work. In 2024 I became the editor of the paper but I continue to do sales, books, and some reporting (my true love) when I can!

I'm a busy person, but in the free time I have, I love to be outside. I enjoy gardening and yard work, as well as travelling, reading, swimming, and visiting

Moosomin, SK | 306-435-2445
www.world-spectator.com

Delphine Gehl Living Skies Realty Ltd.

Delphine Gehl was born and raised in Esterhazy and has lived in the area her whole life.

Delphine has been a realtor in Esterhazy since 2006. With the retirement of her former broker in 2016, Delphine decided to become a real estate broker herself. In June of 2016, Delphine opened her own real estate brokerage, Living Skies Realty Ltd. in Esterhazy. Real estate has been a very rewarding career for Delphine, there is no better feeling than finding the perfect property for your client and seeing the joy on their face on possession day.

Terri Hayes has joined the Living Skies Realty Ltd. team as Office Manager in May, 2021 and has proved to be a valuable asset to our brokerage.

Living Skies Realty Ltd. serves all of Saskatchewan and is licensed to provide real estate services in: Residential, Commercial, Farm and Property Management.



Esterhazy, SK | 306-745-9160
delphine1@sasktel.net | www.livingskiesrealty.com



Angela Hutchinson Rocanville Remedial Massage Therapies



Angela Hutchinson and Jill Bood branded Rocanville Remedial Massage in 2015. We have since grown to be a completely women run organization with 3 Registered Massage Therapists, a Reflexologist and Nail Tech and an Athletic Therapist. Angela offers services such as massage and lymphatic drainage. Jill offers massage and Rattan massage using warm bamboo sticks. We also have recently welcomed Ivy Decorbey, an Athletic Therapist with Valley Edge Therapy. Kelsey Selby is our business manager certified in Reflexology as well as spa services such as pedicures and dermaplaning. Kendra Fafard has been with us for a few years as an RMT and is now also a certified Osteopath. Grandma Mildred keeps our laundry pushing through and our students, Braelyn Spencer and Stella Kantymir do detoxes and keep us running!

Rocanville, SK | 306-645-0077
www.rocanvilleremedialmassage.ca

Rolna Pranke RE/MAX Blue Chip Realty

I began my real estate career with REMAX Blue Chip Realty 17 years ago. I'm thrilled to have been part of hundreds of successful transactions. So many clients have become like family to me.



The brokerage has offices in Yorkton and Estevan, but my office has always been in my home in Moosomin. My husband Bernie and I have lived in the area our entire lives and I'm proud to say "I was born here". My clients appreciate having someone who has deep roots and a love for the community.

I'd like to give a huge thank you to my clients, family and friends for their continued support in making my business a success.

Buying or selling doesn't have to be stressful or confusing. I'm with you every step of the way!



Moosomin, SK | 306.435.7343

Billie Johnson Paperclip Cottage Café

I was born and raised in Cypress Hills and went to work in the oil patch for over a decade before I moved back to Kipling, where my mother was raised. This is where I wanted to raise my family, in small town Saskatchewan.

My mom, Ellen Johnson, is a Red Seal Chef. When the empty paperclip house on Main Street came up for tender, they wanted to put something in it because it is famous, and she decided that this town needed a little something, and that is how we ended up with the restaurant!

My mom and I started out running the restaurant as partners, and she has since retired, but everything in the Paperclip is based on her vision. Everything is homemade. The business is built on my mom's recipe for fresh bread every day, homemade cakes, pies, desserts, salads, soups and custom baking. On that fresh bread we make our famous cottage sandwiches. I also do catering, from weddings to grads, to barbecues to special occasions, plus I am a custom baker, so I can do pies, cheesecakes, cakes, etc.

We opened our doors in April 15, 2010 - 13 years ago. The house was built in 1912 and the house itself is famous, so us being here gives people a reason to come in and take a look! Plus we have become known for our great food!

I still love the cooking, the baking and the people. I love the fact that there were a lot of young staff who got their first start here. We are now back to a mother-daughter run business as my daughter Bryce has joined the team along with Claudia and myself. Once in a while when she can, Grandma still comes down and peels potatoes for me when I am catering.

We are open from 9 am to 3 pm on weekdays for breakfast and lunch each day. We are closed Saturday and Sundays as well as closed January 1st - until the end of February for winter.

I love this community and all the work I get to do in it!

Kipling, SK | 306-736-2182



Suzanne Rotteau & Dee Mudkins Parkland CPAP Services Inc.

Suzanne started at Parkland CPAP Services in the summer of 2023. She brings her interests in sleep and health along with experience in education and customer service to the Parkland team. She is dedicated to contributing to the improvement of rural health care, despite the challenges it can pose. Those new to therapy, seasoned, or inquiring about their health are always welcome for a discussion! She looks forward to assisting the community through education, care, and client support. Suzanne is excited to provide a helping, supportive hand throughout your CPAP journey!



Born and raised in Moosomin, Dee knows firsthand that the biggest hearts are found in smaller communities and is proud to be part of rural Saskatchewan.

Dee enjoys providing education, help and support to all clients and staff at Parkland CPAP Services. She has been with the Moosomin clinic since it's opening in 2021. She loves seeing the people of Moosomin and surrounding area get the good quality sleep that is so important to overall health and wellbeing.

Moosomin, SK | 306-434-(5864)
621 Main St

Shelley Pritchard-Szaroz Shelley's Kneedles and Knots

I am a Registered Massage Therapist with a diploma in Advanced Acupuncture. I have been in business in Moosomin for 19 years and own Shelley's Kneedles and Knots.



I have taken many continued education courses over the years, including but not limited to: cranial sacral therapy, shoulder rehab following mastectomy, living with chronic pain, exercise and movement prescription in modern clinical practice, as well as optimizing hip, knee, and shoulder function pre-and post surgery.

I am looking forward to taking Thai reflexology in November 2024. I have been a part of some of the largest Pain Summits in the world, based in San Francisco and I have learned from many knowledgeable people over my 22 year career. I have been honored to be a part of many people's health journeys and take pride in continuing my education regularly so that I can continue to give the best care and treatment options that I can.

Moosomin has been an incredibly supportive community for my business and I am proud to call Moosomin home. If you'd like to book an appointment with me or one of my other practitioners, please go to www.shelleyskneedlesandknots.com

905 S Front St, Moosomin, SK
306-435-4020

Pat Siemens Pat's Pictures

Hello, I am Pat Siemens and I operate a small Photography business known as Pat's Pictures out of our home. I was born and raised in Brandon, Manitoba but now married for over 20 years and residing near Kola, Manitoba on a farm with my husband and 2 boys.



My passion for photography started in high school. So here I am, 32 plus years later, I still have the same passion and it continues to grow. As a photographer, I have participated in courses and seminars to keep current and that will always be an ongoing process.

I have seen many changes in photography over the years with the advent of digital photography. It has become as much art as simply photographing portraits. I'm still a firm believer in quality portraits that belong on the walls, over mantels, and also in our wallets.

Pat's Pictures has evolved from wedding and family photography to now including school portraits, sports teams and individuals, graduations, passport pictures, and event photography.

A huge thank you goes out to my devoted clientele and many wonderful people that I've met and continuing to meet. They keep me passionate about my photography which makes me continue to strive to deliver quality.

"Portraits are Memories and Memories are Forever"

Kola, MB | 204-845-2114
patsphotography@hotmail.com

Terra Talbot Prairie Strong Chartered Professional Accountants

Terra Talbot grew up in Esterhazy. After graduating from Esterhazy High School, she attended SIAST for a Diploma in Accounting, and returned to the Dubuc area in 1998 to work in Melville for Prairie Strong Chartered Professional Accountants (then Skilnick & Partners). While living in Dubuc and working in Melville over the next 10 years she started a family, had two children, and continued her education by correspondence. She sat the CA exams in the fall of 2009, and received her Chartered Accountant designation in early 2010, when she moved work location to the Esterhazy office of Prairie Strong.



Terra practiced as an associate of the firm from 2010 until August 2022, when she became the partner and manager of the firm's Esterhazy location. Terra has returned to Esterhazy to live and work in her hometown.

Terra enjoys working with the diverse client groups and industries that public practice allows, and also enjoys helping new businesses to get started on the right path.

Esterhazy, SK | 306-745-6611
www.prairiestrong.ca

Keysha Horn Studio Twenty Five

Keysha, born in Moosomin and raised in Wapella, embarked on her journey in the beauty industry after graduating high school. She moved to Moose Jaw, SK, where she began her education in hairstyling and esthetics. With five years of experience now as co-owner of Saffyre Salon and Spa in Regina, SK alongside her close friend Karlee Ducek, Keysha is thrilled to bring her expertise back home by establishing Studio Twenty Five.



Since her first day at Elite Hairstyling & Esthetics in August 2016, Keysha has pursued her passion with dedication, earning her Journeyperson Certification in May 2019, along with her full Esthetician Certification. She believes that continuous learning is essential for growth, which is why she has participated in numerous international classes, connecting with some of the most renowned hair stylists in the industry.

Opened in August 2024, Studio Twenty Five is already creating a buzz in the community, thanks to the incredible support from her clients. The salon offers a serene oasis filled with natural light, lush plants, and a fun shopping experience. Keysha is committed to maintaining a tranquil environment where clients can unwind and enjoy their pampering sessions.

When she's not at the salon, Keysha loves spending time with family and friends, watching her brother's hockey games, traveling, or honing her skills in another hair class.

Keysha extends her heartfelt gratitude to the community for the warm welcome and support that has made her first two months in business so successful. She also wishes to thank her family for their encouragement and support to getting her to where she is now. With ambitious plans on the horizon, Keysha can't wait to share the exciting future of Studio Twenty Five with all of you!

502 Park Ave, 306-434-6568
studiotwentyfive.sk@gmail.com

Rita Herperger Holistic Therapist of Orenda Healing

Rita Herperger, Owner and Holistic Therapist of Orenda Healing in Stockholm, Sask. is described as an empathetic, compassionate, non-judgmental, and caring woman, who has taken these qualities and expanded her knowledge to address the needs of all. To this end, she has developed a holistic approach in her practice, which helps her to help others build from a foundation of self love; growing and experiencing life from a more positive perspective.



Classically trained as a Social Worker, Rita noticed that talk therapy/counseling by itself was not always effective in helping clients reach the root of their issues, where true healing must begin. Having started her own healing journey utilizing holistic concepts and strategies, Rita's work is wholly heart-centered. Identifying as a Holistic Therapist, Rita integrates traditional psychological tools and strategies with spiritual energetic healing practices to create a personalized, holistic approach to healing for her clients. Rita's unwavering belief in the interconnectedness of the mind, body, and spirit as the foundation to overall wellness, supercharges her passion to help all people to be the highest version of themselves. Recently Rita has begun addressing women's mental health issues by bringing women together to help each other heal. With her ongoing education, and holistic personal growth, she created and developed the Goddess Connection. It is through this concept that women can heal, grow and connect with other women through monthly women's circles "A Gathering" and through amazing programs such as "Healing the Sister Wound" and "Healing the Mother Wound". Rita explains, "Women need women to heal. I truly believe that by bringing women together and helping each other heal from patriarchal ideology and limiting beliefs, we will eventually reach our ideal of a world united. Learning how to integrate the feminine and masculine energies into a healthy state within each of us, and collectively, will heal women, globally...when women heal, families heal!"

With over 20 years of experience as a registered social worker and counsellor, she is honored to include clients from across Canada, South Africa, Barbados, UK, Brazil, and the US among her list of clientele and looks forward to including you in this list of healing!

Stockholm, Sask. | (306) 740-6242

Chelsea Stewart House of Hearing

House of Hearing is locally owned and operated by Chelsea Stewart, a professional and licensed audiologist, since January 2022. Chelsea graduated from the University of Western Ontario with a Masters of Clinical Science in Audiology in 2014.



House of Hearing is located in Esterhazy, SK, and provides hearing services to individuals 4 years and older. Chelsea started House of Hearing when her husband was relocated to Esterhazy for work. Audiology positions in rural Saskatchewan are limited, and Chelsea wanted to be in control of the care she provided to her patients. Chelsea believed entrepreneurship was the best way to provide honest and caring service and help close the gap for individuals needing hearing services in rural Saskatchewan and Manitoba. Opening House of Hearing allowed Chelsea to continue to do what she loves and be an involved wife and mom to their 3 children. Chelsea is proud to offer services in Rocanville and Broadview and provides house calls to help eliminate the barriers patients face with travel. Chelsea is passionate about taking time for her patients, providing thorough and accurate audiology services, educating, and providing honest recommendations.

House of Hearing offers a wide variety of hearing services and solutions including hearing evaluations, hearing aid fitting, adjustments, and repairs, earwax removal, custom hearing protection, loaner hearing aids, and more. House of Hearing can directly bill Workers' Compensation Board (SK and MB), Non-Insured Health Benefits for First Nation and Inuit, and Supplementary Health. Chelsea strives to provide affordable services to her patients and offers payment plans.

At House of Hearing, patients receive professional, honest, and informative care. This year, House of Hearing received the Women's Entrepreneurs of Saskatchewan (WESK) Innovation Award. When Chelsea started House of Hearing, she created a business model that was focused on a care-based model with a focus on people over profit. This business model addressed the challenges Chelsea identified while working in the hearing industry over the past 10 years. Chelsea took the principles of working in a healthcare setting into private practice. Simplifying the hearing care experience and creating a patient and family-centered approach continues to be our top priority.

503 Main St. Esterhazy, SK.
(306)745-2117 | chelsea@myhouseofhearing.ca

Andrea Wasmuth Whitewood Outdoor and Pet Supplies

My husband and I opened our business in 2007 and have expanded to our third and current building.



We started out carrying camping, hunting, fishing and pet supplies and have expanded into workwear and footwear and often surprise people with our variety of products.

We carry Horizon, a Saskatchewan made pet food and Canadian naturals made in BC as well as a large selection of other pet food and products. We draw customers from a fairly large area and appreciate all the support.

702 Lalonde Street | Whitewood, SK
306-735-2560

Tara Kardash Able Eavestrouthing

Tara Kardash, originally from Wapella is the Residential Construction Manager and National Construction Safety Officer at Able Eavestrouthing. Her father Terry Szafron opened the business in Wapella 43 years ago. The business now serves southeastern Saskatchewan, Manitoba and Western Ontario.



The company offers metal roofing, siding, eavestrouthing, soffit, fascia and custom manufactured flashing. There are currently offices in Brandon and Wapella with 20 full time employees.

Tara enjoys working in the construction industry and the people with whom she works.

She feels strongly about giving back to the community. Tara can be seen at events around the region. She resides in Brandon.

306-532-4496 | Wapella, SK
204-725-2294 | Brandon, MB
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Kimberly Setrum Royal LePage Martin Liberty Sask Realty

Kim has been a real estate agent with Royal LePage Premier Realty since 2015, and is now partner with Royal LePage Martin Liberty Sask Realty. You'll find Kim at her in the Broadway Commons Building at 640 Main Street: where she is associate broker for the Royal LePage office in town!



Kim grew up in Moosomin, where she currently lives with her family and has strong admiration for all surrounding communities as her business grows and develops. In the spring of 2019 Kim donated all of the material and labour to build a mini golf course at the Outdoor Eventplex at Bradley Park as a way to give back to her community and the surrounding area.

Over the years, Kim has won numerous awards with Royal LePage. This year she was #8 in Canada for sales out of over 20,000 agents. She won the Chairman's Award this year for the 2nd year in a row as well as the Executive Circle Award again.

In 2020/2021, she won the Diamond Award along with The Top 10 in Saskatchewan Award and Top 35 under 35 across Canada award. In 2019, the Diamond award and for two years in a row (2017/2018) the Platinum Award. In addition, the first two years of her career she won President's Gold Award for Sales (2015/2016).

In 2017 Kim challenged the Interprovincial Salesperson Exam and passed, allowing her to be registered to sell real estate in Manitoba and to also serve Southwest Manitoba for Royal LePage Martin-Liberty Realty.

Kim considers real estate as much a passion as it is a business, and prides herself on offering high quality real estate services through Royal LePage, a company that goes the extra mile to help clients, and whose motto is "Helping you is what we do."

Moosomin, SK | 306-434-8733

Andrea Balon Best Cellars



I consider myself very fortunate to have my career with Best Cellars - House of Spirits in Kipling. I have been working at the store since it opened in 2017, and was promoted to Store Manager 5 years ago. I get to spend my days doing what I love. I have such a passion for the business - creating the displays, promotion of the store through events and mostly the interaction with customers, suppliers and staff. Many times, there are customers who comment on the quaintness and uniqueness of the store, this is what makes me thrive. When new customers come in, I am happy to offer a store tour and perhaps a product sample.

Born and raised in Saskatchewan, I grew up in Alida, went to school in Oxbow and moved to Kipling in my early twenties. I had many jobs along the way - nanny, waitress, lifeguard, store clerk, and painter just to name a few. I am the proud parent of 2 wonderful kids who are now venturing out on the start of their own adult lives.

In my personal time I surround myself with family and friends. I enjoy going to the gym, golfing, paddle boarding, shopping, and taking care of myself with beauty pampering.

Kipling is a fantastic place to live and work. It is a tight-knit community where people go out of their way to lend a helping hand. It is great to see all of the familiar smiling faces and know that I have played a role in that smile.

306-736-1230 | Kipling, SK

Kari Kosior Kari's Kloset

Kari comes from Virden, Manitoba where she graduated from high school. After receiving a diploma in Business Administration, Kari began her career in fashion and retail as a sales associate with Ricki's in the Brandon Shoppers' Mall. She aspired to own a clothing store of her own someday and dreamt of moving back to a small town to make this dream come true. After gaining several years managing in the field she met Jeannie Waterman, which later connected her to buying the building where JayLyn's Boutique was located in downtown Moosomin.



16 years later, Kari's Kloset is well known for its great service, its great displays and for its large selection in ladies clothing, footwear and accessories. Her social media and online business is flourishing. Kari's "Friday Live" on Facebook has become well known over the last couple years. Every Friday at 9:30 am Kari goes on "Live" video to present new arrivals, the latest trends or shows off whatever great sale is currently happening to her followers. Every live runs about 30 minutes and can be viewed again any time after on her Facebook business page.

Kari has over 21 years experience in the clothing retail industry. Her staff, Helen has worked there for 16 years, Jolene for 11.5 years, Robin for 11 years, Jenn for 10 years, and Janelle in Bookkeeping for 8 years. They are a "work" family, who together have the reputation of being honest, helpful, reliable and fun!

Kari loves working with her clients, working on visual merchandising and doing the buying and ordering for the store. She has made so many amazing relationships along the way with her customers, sales reps, and fellow business colleagues.

She never dreamt part of her job would entail taking "selfies" and writing as many captions as she does for her online posts, but she has grown to appreciate any opportunity she has been given to connect with her customers near and far.

Kari and her husband, Ben Kosior farm near Fleming. They have two daughter's, Billee (9) and Rayna (7) and their two dogs, Lady & Aery and their two cats Bo & George.

705 Main Street | Moosomin, SK
306-435-2738 • www.karisklosetonline.com

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Jennifer Gray Jennifer Gray Designs

Jennifer is the owner and operator of Jennifer Gray Designs. She is an entrepreneur, mentor and public speaker that speaks passionately about interior decorating. She has helped many clients across Canada from B.C. to Ontario create peace and beauty within their biggest life investment. Jennifer's mission is to inspire people to create a space they LOVE and that is a perfect reflection of her clients' personal style.



Other services offered by Jennifer Gray Designs include:

- **E-Design:** This virtual design process is done from the comfort of your own home regardless of where you are located via Zoom. Jennifer has helped clients all over the country including Nanaimo, BC, Abbotsford, BC, Calgary, AB, Red Deer, AB, Regina, SK, Yorkton, SK, Ottawa, ON and many around the Moosomin area.
- **Colour Consulting:** This service combines the use of color psychology, color theory and current trends to fulfill the client's design goals
- **Decluttering:** Decluttering offers a collaborative service to remove unnecessary items from your space to help you live in a more relaxed and healthy environment.
- **Aging In Place:** A Design process that enables seniors or those with health and/or mobility issues to remain in their homes safely for as long as possible.
- **Interior Styling:** This design process enhances a space for a more aesthetically pleasing environment.
- **Commercial Design:** Commercial Interior Design is a specialized process tailored to commercial spaces including offices, retail space and other areas where business is conducted.
- **Home Staging:** Home Staging is the preparation of a home for sale. The goal is to make a home more appealing with hope of selling for more money in less time.
- **Organizing:** With this service, Jennifer works with home-owners to help organize and manage their possessions. She removes the stress of decluttering and gives you the tools to keep and maintain a tidy home.

Home Transitions: I am here to help take the stress out of moving! Together we will create a plan to determine your needs. I have the necessary items to pack and label your belongings and organize a mover for you (if needed.)

"I will be with you every step of the way to make sure you are settled into your new home as quickly and easily as possible!"

306.435.7926 | Moosomin, SK
jen.gray@sasktel.net

Jaime Light McPhail Travel & Boutique

I took over McPhail Travel back in May 2008 when it was already a well-established business. We have continued to offer the travel services our clients have come to rely on. As the travel industry evolved, we saw an opportunity to make better use of our space by expanding into retail. Our plan was to seamlessly blend retail with travel, offering products that our travelers were already searching for. Over the years, we've grown beyond that initial vision. Today, we like to describe our Boutique as a curated collection where there's something for everyone, whether you're planning to see Paris or hanging out in Moosomin.



Owning a business feels like a natural fit for me. I come from a family of entrepreneurs, so I grew up surrounded by people who owned businesses. I've had some fantastic role models in my family, and I've learned so much just by watching them succeed. Their experiences have really shaped my approach to running my own business!

At McPhail Travel, we offer a little bit of everything! As a fully appointed IATA-approved agency, we're deeply engaged in the travel world. Whether you're looking to fly, cruise, or explore on land, we've got you covered for all your travel needs. If planning travel with an agent is something you are interested in, book an appointment for a consult.

On the boutique side, we have a fantastic selection of ladies' clothing, accessories, and footwear—perfect for travelers who want to look stylish on their adventures. We also carry three amazing luggage brands that we absolutely love. And for the guys, we've got a small but great selection of menswear too, a few brands that are so great we had to offer them.

Plus, if you're searching for a gift for that hard-to-buy-for person in your life, we have some wonderful options, including gourmet goodies. So whether you're planning a trip or just treating yourself or someone special, we've got something for everyone!

I'm really proud of the amazing team we have here. It's such a great mix of talents and personalities that make our workplace special. I also have some travel clients who feel more like family after working with them for so many years. It's truly a privilege to be part of their travel plans, and honestly, the joy I get from hearing about their adventures is one of the best perks of the job!

Moosomin, SK | 306-435-3836
jaime.mcphail@sasktel.net

Jolene de Vries Anytime Fitness

My name is Jolene de Vries. I am the Owner of Anytime Fitness Esterhazy and Yorkton with my husband Eddy. I was born and raised in the Regina area and moved out to Esterhazy permanently in late 2012/early 2013. I have an engineering degree from the University of Regina and am also a Six Sigma Master Black Belt (Statistics). Four years ago my husband and I took a leap of faith and opened our first gym in Esterhazy. Three years ago we opened our second one in Yorkton. I have always been into working out and fitness as long as I can remember. Six years ago I took the leap into the fitness world as a sideline to my job at the mine when I obtained my Sport and Exercise Nutrition Coaching Certification from Precision Nutrition, and 4 years ago I left the mine to work full-time in our gyms. Since then I have also obtained my National Academy of Sports Medicine Personal Training and Group Personal Training Certifications and Youth Exercise Specialist Certifications, Fitness Yoga Instructor Certification, FMS-Level, TRX STC and the Pain Free Performance Specialist Certification amongst other smaller courses and certifications. I am also now the lead for the Fitness Industry Council of Canada - Saskatchewan Coalition. In my spare time I continue my love for biomechanics of movement training my horses and taking lessons in dressage and am also the 4-H General Leader for the Twin Valley 4-H Multi Club.



At our facilities we offer gym memberships, Personal Training, Small Group Training, Team Training, Yoga and more and enjoy all the friendships made with our members. When we opened our gyms I had no idea that we would create such amazing communities and safe places for people to become healthier versions of themselves mentally, physically and emotionally. I found my calling moving permanently into the industry and bringing on an amazing team of staff to help us make the communities we service healthier. We are a place that helps people with their mental health, chronic health conditions, pain and so much more. I love that we are able to be a part of making our communities healthier and that we can change someone's life for the better when they walk through our doors.

Esterhazy, SK | 306-701-0103
esterhazysk@anytimefitness.com

Erin Gurney

Erin's I.D.A. Pharmacy | Hometown Liquor

Esterhazy's only locally owned and operated pharmacy, Erin's I.D.A. Pharmacy, has had a presence on Main Street for just over 4 years. Erin and her husband, Aaron, embarked on the entrepreneurial journey back in 2020, as it had been a dream for them both. Each year has brought about positive changes, continuous growth and the support of so many individuals and families. "Providing the absolute best care for our patients and going that extra mile is what matters most. The trust our patients have put into us and the relationships that have been built, makes everyday rewarding." To keep up with being busy, the two opted to go down the road of new beginnings again in 2023, purchasing the old SLGA building as well as the liquor permit.



On September 29th of last year, Hometown Liquor and Wine opened its doors to the public. Patrons were pleasantly welcomed by the previous staff that operated the liquor store in that same location. The liquor store has been a good learning experience and the Gurneys are grateful for the warm welcome the business has received over the past year. Aaron and Erin are proud to give back from both businesses, when it comes to events in the community. "We will always give back whenever and wherever we can. It's important to show our support for our local community and the organizations in our area.

"We want to continue to be involved and offer support where it matters most!" The Pharmacy has sponsored two local youths involved in competitive curling for the past few years and Hometown Liquor and Wine is proud to be sponsoring the Senior Flyers hockey team this upcoming season! Aaron and Erin reside just outside the village of Tantalton, where they raise their three children: Layne, Laityn and Maveryk. They run a successful grain and cattle farm that has been carried on from a Century Family Farm. The Gurneys are proud supporters of the community and where Aaron grew up, and you will definitely find them at the rink in Tantalton during the winter months!



Erin's I.D.A. Pharmacy - 422 Main Street
Esterhazy, SK | 306-745-2525
Hometown Liquor and Wine - 412 Maple Street
Esterhazy, SK | 306-745-2626

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