

futurescape

Growing communities one idea at a time.

LIFE IN GENERAL, BUSINESS & EVERYTHING! 4TH ANNUAL WOMEN'S CONFERENCE

December 2010



Alison Griffiths



Rachel Mielke



Kelley Keehn

On October 21, 2010, Community Futures Visions North hosted its 4th Annual Women's Conference at the La Ronge Senior Citizen's Hall. The focus of this year's conference was financial planning and money management. Our objective was to build capacity not only within each participant's home or business but in the communities that they live in. Financial planning is a critical component for any family, business or volunteer organization. The participants learned a series of planning tools that could be taken back and used and even shared with others in their communities. Alison Griffiths' "Making Sense of Your Financial Life" was aimed at demystifying many aspects of personal finance and investing; Rachel Mielke's "Ocar Opportunities" shared how she decided jewellery was her passion, her financial journey (the ups and downs) and her Dragon Den experience; Kelley Keehn's "Discovering the Secrets to your Prosperity Factor" assisted participants in uncovering hidden beliefs and behaviors that have been holding them back and limiting their full potential for financial success and well being. Coralie Ylioja, Manager of Conexus Credit Union and Jennifer Kryzanowski, Manager of CIBC told their stories on becoming financial institution/bank managers.

We would like to thank the following sponsors who sponsored our conference: Saskatchewan Ministry of First Nations and Métis Relations, Community Initiatives Fund, SaskTel, SaskEnergy, SaskPower, AREVA Resources, Cameco Corporation, Community Futures Saskatchewan, Western Economic Diversification Canada, a special thanks to the ladies of the La Ronge Senior Citizens for the meals they prepared and to volunteers Wanda Fietz, Joanne Olson and Linda Collins.



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*Wishing everyone a Merry Christmas and Prosperous 2011.
From the Board of Directors and Staff.*

BACKPACK INITIATIVE

This initiative was triggered over a coffee break the staff were having and the discussion led to the homeless individuals we see walking down the streets. We wondered what we could do to help. We met with the staff of the Scattered-Site Outreach Program and advised them that we would like put together 20 backpacks for the homeless and would they help distribute them. We contacted various agencies and businesses in La Ronge and area and asked for their support. The response has been wonderful! Donations consisted of items and cash which were used to purchase items for the backpacks. Included in each backpack was a towel & facecloth; survival blanket, flashlights, food & drinks, socks, mitts, toque, toiletries, certificate for a sweater, a certificate for a new coat or pair of boots, a water bottle and hand warmers. The backpacks were delivered to the Scattered-Sites Outreach program for distribution at the end of November when the weather started to turn colder. We would like to extend our thanks to the following individuals, agencies and businesses for their support. AREVA, Cameco, Bargain Shop, Fields Store, Liskowich family, DHC Custom Clothing, Co-op Market Place, Kikinahk Friendship Centre, Blackwater Video, Robertson Trading, Keethanow Supermarket, Keethanow Gas Bar, Mid City Electric, The Northerner, Pastor Wayne Olson and all those that donated cash. All donations are welcome! We are planning the backpack initiative again in the fall of 2011. Donations can be sent to Community Futures Visions North, Attn: Jean Powell, Box 810, La Ronge, SK S0J 1L0 or dropped off at 711 La Ronge Avenue, La Ronge, SK

Thank you again for your support.

Interested in volunteering in your community?

Community Futures Visions North along with many businesses or agencies in our communities, are aware of the need for volunteers to help in the support and delivery of a range of programs, community events and school events. We all know of residents who give generously of their time and others who offer their help when their schedules permit. An idea has been put forward to maintain a database of individuals identifying the type of volunteer work they would like to do, and will volunteer their time when people are needed for a project or event. The database would also include organizations, agencies and any community events that would require volunteers. We would appreciate receiving your thoughts about this proposal. You can email your questions and/or comments to our office at visionsnorth@visionsnorth.com or call Sheila Brown at 425-2612 with any questions or comments you may have.

Business Profile – Adam Bird

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Adam's Building & Contracting

Residential Home Building & Renovations

Adam resides in Montreal Lake, SK, is a member of the Montreal Lake Cree Nation and he holds a Level 4 carpentry card. After many years of service in the Montreal Lake community, Adam feels confident that they can cater to your needs. They get the job done and they don't just meet expectations; they exceed them. Adam's customers keep coming back because they are dependable, knowledgeable and pleasant to work with. Check out his web site: adamsbuilding.ca