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International Women's Day

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Geraldine De Braune

GDB Coaching + Consulting

CENTURY 21

Westman Realty Ltd.

Phone: 204-848-0599

Leslie Barnett -
Parkland Real Estate Professional

Leslie Woywada-Barnett

Business: Century21 Westman Realty Ltd.

Title: REALTOR®

Years in Business: 14

Website: www.ParklandRealEstate.biz

For the past 14 years, I have brokered real estate deals in the South Mountain Parkland district commonly known as the Wasagaming Clear Lake area. I am local to the communities and can speak in length on various aspects of the area.

It has been a privilege to meet and be invited to work with so many wonderful people throughout my career. Thank you for the opportunity to continue to serve my local community with honesty and integrity. I love what I do and I am honoured to have forged so many friendships along the way.

www.ParklandRealEstate.biz

VIONELL HOLDINGS PARTNERSHIP

Apartment Rentals & Licensed Property Management

Phone: 204-726-1681

Email: katie@vhproperties.ca

Katie McMillan

Business: Vionell Holdings Partnership

Title: VP of Operations

Years in Business: 5

Website: www.vhproperties.ca

Before being named VP of Operations, I played a key part in the company's property management team by overseeing the condo and commercial portfolios and eventually moving into the lead role for our marketing division. While my primary focus is now facilitating all internal and external operations through public relations, human resources, acquisitions, property implementation and all components driving towards company growth. I continue to oversee all marketing and brand management for the company.

VHP has been the leader in property management in Brandon for over 24 years and since it's inception, the company has steadily contributed to our community through job creation, affordable housing projects, our scholarship programs and sponsorships. I am proud to be part of a company that finds value in investing in our local economy.

INTEGRAL REALTY LTD.

Phone: 204-724-5690

Email: akelland@integralrealty.ca

Alison Kelland

Business: Integral Realty Ltd.

Title: Owner/Broker/REALTOR®

Years in Business: 3

Website: www.integralrealty.ca

Alison Kelland was a REALTOR® for over 10 years with experience managing and mentoring real estate agents before establishing Integral Realty Ltd.

Integral Realty is a boutique firm with a focus on providing the highest quality personal service possible. Alison works with all Integral Agents to guarantee skills, practices and integrity you can trust.

Secret to Success:

Set high standards of respect and professionalism. Be true to your values.

For more information or to contact Alison Kelland, please visit

www.integralrealty.ca

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SUPPORTIVE

BOSS AND HUSBAND HELPED AMBER CHAMBERS THROUGH STRESSFUL YEAR



BY MICHELE LETOURNEAU, LOCAL JOURNALISM INITIATIVE

March 2020 changed Amber Chambers' daily life significantly. Ahead of the province's pandemic response by one week, the Chambers kept their children at home beginning March 16.

"I was at that point where I wasn't sure what to do," Amber said.

Her boss, Manitoba Metis Federation-Southwest Region vice-president Leah LaPlante, let her work from home. One week later, Amber officially had three boys to homeschool – Roman More, 9, and Isaac and Zachary Chambers, 11 and 14, every second week.

The Chambers are a blended family. Jason, Amber's husband, continued working outside the home.

"It was stressful, to be honest," Amber said.

Once they all got into a pattern, days ran mostly well – except when she had virtual meetings to attend. Then she hoped they would stay in their rooms, doing their own thing. Overall, the boys transitioned well.

Half the kitchen table made up her office, while Roman occupied the other half. The two older boys had desks in their rooms, and were at an age where they could be a bit more responsible for their schoolwork. But, Roman, seated across from his mother, attended his morning Teams meetings and did his assigned work in the afternoon.

Amber laughed, remembering how that went – mother and son at the office/school together.

"Roman and I are very much the same person. He is very chatty, or there'd be times where he would be trying to get things done, and just not quite understanding the material. And, of course, I'm working on my own project," she said.

Quite a few days each week, Amber would ask Roman to go play for a few hours while she completed her work. When 4:30 rolled around, she moved to the other side of the table and helped him until it was time to get dinner going.

All the boys are in French immersion and Amber is not fluent in French. She made a new pal: Google Translate. All she had to do was point her phone at the page and, voila, understandable English.

"It was long. I've always had a great respect for teachers but, I will say, after that I know I never would want to be one," Amber said.

In a March 4 news release launching the PC Health App, Loblaw shared statistics from a Leger survey and another survey the company carried out on its own. According to the Leger survey nearly a third (31%) of those surveyed in Manitoba and Saskatchewan rated their mental health as bad or very bad.

"Ahead of International Women's Day, this isn't surprising – especially when it comes to how the pandemic is affecting women," Loblaw stated.

"According to a recent Loblaw survey, a majority (82%) of Canadian moms are feeling burnt out by their family responsibilities, and 71% say they are in survival mode, regularly ditching healthy habits just to get by. In fact, two-thirds (66%) confessed they have locked themselves in a private space just to get a few minutes of rest."

Amber did not lock herself in a private space, per se, but she has finds herself driving when things get a bit too much. She drives, finds a place to park, such as the Keystone parking lot, sits in the silence and decompresses.

"I don't think I ever felt the need for that kind of personal space before. I don't keep a large social group, but I do keep friends that I go out with. Prior to the pandemic, I never had that urge just to not be home. We were happy to have family movie nights or family game nights and whatnot. I was more than happy to stay in and do those, but I can't think of a moment that I just did not want to be here prior to that," she said.

"I think I was surprised that I did need that space for my own mental health. It's something I've never struggled with. So to suddenly be in this position where I need to be away from my family was sort of shocking and new."

This brought guilt.

"But, I have a wonderful husband, who is always saying, if you need to get out, you just go. He is completely accommodating and understanding that way. I don't know that I could have gotten through this with anyone else," Amber said.

Domestic labour is pretty evenly divided. Jason does mornings and breakfast with the kids and Amber does evenings and dinner.

During the summer, the family took idyllic day trips to neighbouring communities, such as Minnedosa for the beach and Souris for rock and petrified wood hunting on the riverbed – the highlight of 2020.

"The flip side of that was we tried to go camping at Riding Moun-

tain when the mosquito issue was really bad over the summer. We lasted one out of the three days we were scheduled. Nobody was sad to see that money go away. Everyone just wanted to get out of there," Amber said.

With summer's end came a resurgence of COVID-19 and a whole world of worry – the kids were going back to school. Amber did not view the return to school favourably, but the new version of home-schooling the province offered as an option did not work for the Chambers. Plus, the kids wanted to see their friends.

"I honestly was of the mindset that it would not work, that schools were going to shut down. Clearly, I've been proven wrong on that, and I'm very happy about that," Amber said, adding they've opted to drive the kids to school rather than have them take the bus.

"My husband, he's hit the ground running kind of guy. He's got a plan. And he told me, it's gonna be fine. Sure enough, he was correct."

Asked if she has changed in any particular way over the past year, Amber said she has a better understanding of what she can personally get through.

"Getting this far and seeing the things that we take on, head on, at the moment without even thinking about it, and then looking back and, 'good, I accomplished that. Good job.'"

She missed the sourdough bread-making craze, though.

"I was thinking about that about a month ago, that I missed the sourdough craze, and I started looking up sourdough recipes. I still haven't gotten there, but it's not off the plate yet."

» mletourneau@brandonsun.com

» Michele LeTourneau covers Indigenous matters for The Brandon Sun under the Local Journalism Initiative, a federally funded program that supports the creation of original civic journalism.

Top Photo: Roman More, mother Amber Chambers, Isaac Chambers, Jason Chambers, and Zachary Chambers on a day trip to Souris last summer. Short day trips got the family out of the house, busy and happy. (Submitted)

RE/MAX



Phone: 204-748-7699
Email: tcosens@remax.net

Terri Cosens

Business: RE/MAX Valleyview
Title: Real Estate Salesperson
Years in Business: 8
Website: tcosens.remax.net

I am proud to be able to work in my home community. My family's support of sports and the arts is long and ardent. Being a REALTOR® is the perfect career for me, everyday brings a new adventure! I enjoy serving people and have in depth experience in handling all types of properties including residential, farm and commercial.

I attended Brandon University and worked in service until eight years ago when I became licensed as a REALTOR®.

I pride myself in providing an excellent customer experience to my clients. I always serve with integrity and the knowledge that I've garnered during my career. Whether you're buying or selling real estate, feel free to give me a call.

www.tcosens.remax.net



KARIN GRIFFIN
Greenhouse Sales & Operation Manager
Alternative Landscaping Ltd
P: 204-727-7289 EXT: 107
F: 204-727-7531
W: www.alternativelandscapingltd.com
E: karin@alternativelandscapingltd.com

Karin Griffin

Business: Alternative Landscaping Ltd
Title: Greenhouse Sales & Operations Manager/Owner
Years in Business: 23
Website: www.alternativelandscapingltd.com

For the past 23 years I have been living my passion in running my own business co owned with my husband. We started our business in 1998 and have added many departments and services to complement Westman's growing landscape industry needs.

Sales and marketing is something I have always been passionate about and working with amazing clients while leading professionalism with our teams gives me great pride.

I wake up every morning loving what I do, and with the great people I do it with. I believe it is so important to love your work and for that I am grateful everyday.

I believe in helping people change their lives through the place they call home.



Rana Wilkinson
204-730-0109



Sue Hargreaves
204-721-0224



Rana & Sue

Business: Real Estate
Title: Mother-Daughter Real Estate Professionals Team
Years in Business: 35 (Combined Years of service)

We value family, ours and yours! So supporting our clients in making educated real estate decisions is paramount to our business. We believe in hard work, loyalty, integrity and putting our client's needs first. We take pride in being straightforward with our advice and building lifelong friendships with our clients! It is a privilege to work with so many amazing people and this is why we LOVE what we do!

For more information or to contact Rana or Sue, please visit

www.RanaWilkinson.com
www.SueHargreaves.RoyalLePage.ca



Phone: 204-717-7750
Email: tbaker@cardinal.ca

For more information or to contact Tracy Baker, please visit
www.cardinal.ca

TRACY BAKER

Business: Cardinal Capital Management Inc.
Title: Assistant Vice-President, Relationship Management
Years in Business: 25
Website: www.cardinal.ca

Tracy brings more than 25 years of experience in the financial services industry. She has built a financial planning practice in Brandon and rural Manitoba on the foundation of trusting relationships, commitment, work ethic, and an honest approach. Tracy's practice is focused on finding the things that are important to clients and translating their goals and objectives into a unique and flexible Financial Plan, that meets both their immediate needs and long-term goals. Her measured, honest approach and willingness to create a true partnership provides financial clarity and long-term success for the families she serves.

Tracy is active in the Westman community and is the Co-Chair of the Rotary Westman Wine Festival which raises funds for the Elspeth Reid Family Resource Centre.

She is married to Shawn and has two adult children, Kale and Kendall.

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Chelsea Pakulak (client care co-ordinator) and Pamela Smith (owner) are seen at Trend Collection and Bailiff Services Ltd. in downtown Brandon. (Photos by Tyler Clarke/The Brandon Sun)



Trend Collection and Bailiff Services Ltd. owner Pamela Smith is seen at her downtown Brandon business.

Entrepreneur thrives in male-dominated field

BY TYLER CLARKE

Throwing others' preconceptions aside, Pamela Smith has excelled in a traditionally male-dominated career and created a success story out of her Brandon-based business. Since buying out her business partner approximately eight years ago, Trend Collection and Bailiff Services has expanded by 1,600 per cent. The business, led by a staff of approximately 20, now expands throughout Manitoba and into Saskatchewan. Reflecting on her early days in the business, Smith admits to being apprehensive at first. The stereotype of the debt collector was, and largely still is, that of an aggressive person — typically a man — who uses force to extract whatever item is owed. They're "known for being rough, gruff, tough and tum-

ble types," said Smith. Flipping this image on its head and offering professional, respectful service, is what Smith said has opened the door for success. Trend Collection and Bailiff Services pair bailiffs closely with their administrative team to not only ensure they receive the paperwork they require, but also have everyone — debtor and creditor — leave the experience in some ways better off. Joined by daughter Chelsea Pakulak, who works as client care co-ordinator, Smith sat down with the Sun to discuss her business's path to success in advance of International Women's Day today. "As a woman, it's very hard to break through that glass ceiling of a male-dominated industry," said Smith, adding a certain crowd tends to cycle through the industry and

in turn hire the same type of people. "Nobody expects somebody who looks like me to show up at their door and ask for the keys to their vehicle," she added with a chuckle. Trend Collection and Bailiff Services has been in Brandon for approximately 30 years. Smith joined a partner in purchasing it 15 years ago, and she went solo as owner eight years ago. "The way we approach the business is very different," said Smith. "Our mission statement is to be kind, compassionate, respectful of debtors and their individual situations, and that's become known in the industry." While she said this has been the business's direction throughout its history, it has been further refined under her leadership. They've recently expanded

to include national clients, but the majority of their client base — their "backbone" — is still made of small business owners in Manitoba, including a number of daycare centres. While some might view the seizure of property and debt collection side of their business as primarily "taking away" something, with collectors seen as a villain of sorts by one side, Smith said it's also about "helping people who haven't been paid." Even the debtor can leave the exchange better off. "Often, we're meeting people at the most critical time in their lives, when they're experiencing emotional and financial stress. With our approach — a more respectful, kind approach — we can help them get through a more difficult situation." "We're heavy into the edu-

cation piece," said Pakulak, adding it's in everyone's best interests to have debt paid off, so they do what they can to educate debtors and offer potential paths forward. Although Smith said their goal has always been to stay out of the media, they've decided to change course and invite people in to see what they're about. "We want people to know we're here for them," she said, adding part of this process has been the accreditation they recently earned through the Women Business Enterprises Canada Council. "It allows us to stand on that ground that says, 'Yes, we're diverse, yes, we're a woman-owned business,'" said Pakulak, adding it also opens up opportunities across the nation for further expansion. Rather than focus on gender, Smith said they've exem-

plified hiring practices that focus on "people." "To me, it's not about gender as much as the right fit for the job," she said, adding that although the majority of their administrative staff is comprised of women, the men are just as dedicated to customer service. The same can be said for bailiffs they hire, the majority of whom happen to be men. "We're trying to break those stereotypes, and that's one of the reasons we applied for this certification," she said. "If it allows us to do work to be able to be recognized and at the table to get our business known, then it's great ... I'm so grateful for the opportunity to stretch myself and help other people along the way, other women along the way." » tclarke@brandonsun.com » Twitter: @TylerClarkeMB



Patersons LLP



Title: Lawyers

Years in Business: 40

Website: www.patersons.ca

At Patersons LLP, we strive to build relationships and achieve results that exceed our clients' expectations. We believe in being professional, accessible and efficient, offering our clients services in a variety of practice areas including Wills and Estates, Corporate/Commercial, Agribusiness, Family Law, Real Estate, Mediation and Arbitration.

Patersons' lawyers are committed to our community, having a tradition of providing pro bono and public service in the Westman area. For this work, our partners, Jodi, Breena and Kelli are proud to have been recently recognized as recipients of a Nellie McClung 150 Trailblazer Award.

Patersons LLP head office is located in Brandon, but we take pride in our rural roots. We have regional offices located in Virden, Clear Lake and Neepawa to serve you better.

We work where you live.

For more information visit our website or contact:

www.patersons.ca
Info@patersons.ca
Phone: 204-727-2424
1040 Princess Ave., Brandon

Left to Right: Kelli Potter B.A., LL.B. Courtney Buckman B.H.E., JD., Jodi Wyman, B.A., LL.B. Breena Murray B.A., LL.B





Cherie Orr

Business: Shoes & M'Orr

Title: Owner

Years in Business: 36

Website: www.shoesandmorr.ca

In January of 2013 Cherie purchased an existing footwear business that had been operating in the Killarney Shoppers Mall. It was very exciting to start this new venture after having been in the hotel business for many years.

We were searching for a business to focus on providing the ability to "Shop Local" and offer a great selection of merchandise to Killarney and surrounding areas and this venture provided us the opportunity to be part of a great community. At Shoes & M'Orr we pride ourselves in providing hands on customer service and fitting every foot with proper footwear!

We also provide CSA workwear, safety wear, custom embroidery and team clothing. We have added an e-commerce store to our brick and mortar location and we ship across Canada!

We consider ourselves very fortunate to earn a living while being lucky enough to reside in a rural area! We are very proud to offer the "Best Selection of Family Footwear in Southern Manitoba!" Visit our website at www.shoesandmorr.ca or we would love to see you in person at our location in the Killarney Place Mall!

Phone: 204-523-7248

Killarney Place Mall

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CODE: SHOPLOCAL20



Phone: 204-725-3749

melanie@apexfacilityservices.ca

1512 Park Street Brandon



Melanie Powers

Business: Apex Facility Services and Sanitation Supply

Years in Business: 20

Website: www.apexfacilityservices.ca

Business: Meridian Executive Inc.

Years in Business: 2

For the past 20 years I have been one of the driving forces behind Apex Facility Services and Sanitation Supply. Growing our business from 10 staff to over 35 within the Westman Area, servicing commercial and industrial clients along with securing regional sanitation supply contracts.

More recently, I have started Meridian Executive Inc. Identifying a need among our professionals and business owners for a casual or temporary executive assistant, Meridian Executive Inc. can provide guidance and assistance to help you work on your business.

I am a supporter of our community and the YMCA. Each year I volunteer my time to The Strong Kids Run. Money raised from the Strong Kids Run helps the YMCA ensure people of all ages are healthier and more productive regardless of their background or financial situation.

Meridian Executive Inc.

Phone: 204-720-5910

mpowers@meridianexecutiveinc.ca





Dr. Pala Gillis, DC

Dr. Michelle Mullen, DC



Dr. Karly Brown, ND

Dr. Alyssa Robbins, ND

Dr. Pala Gillis & Dr. Michelle Mullen

Business: Victoria Chiropractic Centre

Website: victoriachiropracticcentre.ca

Dr. Karly Brown & Dr. Alyssa Robbins

Business: Golden Oak Naturopathic Clinic

Website: goldenoakclinic.com

Dr. Pala Gillis, DC and Dr. Michelle Mullen, DC provide quality chiropractic care. They see a wide range of concerns such as general chiropractic care and also infants, children, seniors and those with sports or other injuries.

Dr. Karly Brown, ND and Dr. Alyssa Robbins, ND provide exceptional naturopathic care to help you attain your healthy living goals. Their practice, the Golden Oak Naturopathic Clinic, is within the Victoria Chiropractic Centre.

Victoria Chiropractic Centre

204.725.0151 • victoriachiro@wcgwave.ca

Golden Oak Naturopathic Clinic

204-725-0151 • info@GoldenOakClinic.com



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WOMEN IN THE WORKPLACE
HOW TO CLAIM YOUR SEAT AT THE TABLE

There are a variety of obstacles that can prevent women from achieving their career goals, whether it's assumptions about their leadership potential or a lack of support for work-life balance. Here's some advice to help women thrive in male-dominated fields and claim their seat at decision-making tables.

- REDEFINE EXPECTATIONS**
The bias about “bossy” women persists, but pushing yourself to be assertive and not hold back in discussions can boost your self-confidence and change how these traits are perceived in female employees.
- FIND YOUR OWN VOICE**
While it's important to be confident, women should avoid trying to emulate “masculine” leadership traits if that isn't who they are. Instead, recognize the value in the unique strengths and perspectives you bring to the table.
- FORGET ABOUT PERFECTION**
Women have a tendency to only apply for a job if they think they meet all the criteria for the position. Don't be afraid to take risks and seek opportunities where you can learn as you go.
- BUILD A SUPPORT SYSTEM**
Women can benefit from finding a mentor as well as sharing resources and knowledge

with other women in their field. In addition, having a supportive partner who takes on an equal amount of responsibility at home is key.

Adopting these attitudes in the workplace can help you achieve your career goals and empower other women to do the same.



A LOOK AT THE MODERN BUSINESS WOMAN

When women contribute to the business world, they often bring a fresh perspective that helps companies to accelerate their growth. Studies have demonstrated that gender diversity in corporate settings increases productivity and innovation.

What's more, women tend to bring a more humane leadership style to the table, one based on inclusivity and the empowerment of marginalized voices. This open-minded and collaborative attitude has been shown to improve a corporate team's performance, products and decision-making.

OBSTACLES TO OVERCOME
Women continue to face numerous challenges in the business world. For one, the wage gap persists with full-time female employees making an average of \$0.87 for every dollar earned by men in the same position. This disparity is even wider for women of colour, Indigenous women and recent immigrants.

Additionally, women are less likely than men to apply and be considered for management roles. Often, this is due to implicit or explicit bias among male employers. Another factor is the persistence of traditional gender roles among many couples, which leave women disproportionately responsible for

childcare and household tasks. Without a proper support system, it's difficult for women to strike a balance and advance in the workplace.

Yet despite these hurdles, many women are thriving in the business world, and companies, as well as communities, are the better for it.



NETWORKING RESOURCES
Women in business often lack the support and funding that have allowed men to be successful. Here are a few of the business organizations in Canada that offer resources, knowledge and encouragement to women.

- Forum for Women Entrepreneurs (fwe.ca)
- Women's Executive Network (wxnetwork.com)
- Canadian Association of Women Executives & Entrepreneurs (cawee.net)
- Women's Enterprise Organizations of Canada (weoc.ca)
- Canadian Women's Chamber of Commerce (canwcc.ca)

3
WAYS TO
CHALLENGE
GENDER BIAS
IN THE
CLASSROOM

The theme of International Women's Day 2021, Choose to Challenge, is a reminder that change is affected when people speak up against prejudice and stereotypes. Here's a look at how teachers and parents can help create a classroom environment that challenges assumptions about gender.

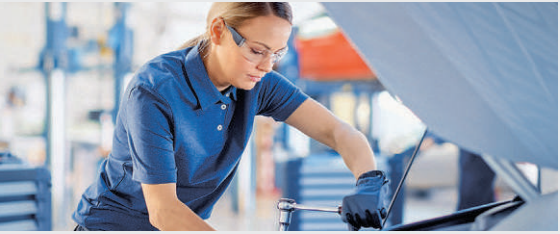
- 1. OFFER A RANGE OF ROLE MODELS**
Breaking down stereotypes doesn't have to be the focus of a lesson plan to impact how students learn about gender. Simply providing examples of people in non-traditional occupations (female astronauts, male nurses, etc.) can shape how children envision their future. Similarly, books that feature adventurous girls, sensitive boys, non-binary people and other characters will help teach kids that it's OK to be themselves.

- 2. AVOID DIVIDING UP BY GENDER**
Even the simple act of having students line up in gendered groups can reinforce the idea that there are two distinct types of people who should behave and be treated differently. Choose other ways to form groups (by birthday, alphabetically, etc.) and assign kids to work in mixed pairs or teams. Additionally, make sure tasks such as moving chairs or delivering a message aren't assigned solely to boys or girls.

- 3. USE INCLUSIVE LANGUAGE**
Addressing students as “children” rather than “boys and girls” (or referring to “parents” rather than “moms and dads”) focuses on commonalities rather than differences. When reading stories, discuss characters based on their actions and personality rather than their appearance or

physical strength. Additionally, teachers should make an effort to praise children of different genders equally for their confidence, empathy, opinions and thoughtfulness.

While teachers can significantly influence how children learn to view gender, it's important for educators and parents to work together to help the next generation grow up in a more equitable world.



Phone: 204-726-0813

Pamela Smith

Business: Trend Collection & Bailiff Services Ltd
Title: President
Years in Business: 30
Website: tcbsbailiff.ca

Trend Collection and Bailiff Services Ltd. proudly announces that we are now WBE Canada Certified. As such, Trend Collection and Bailiff Services Ltd. has successfully met the eligibility criteria for certification as a Women's Business Enterprise (WBE) as required by corporate and government supplier diversity programs. Trend Collection and Bailiff Services Ltd. offers Recovery Services, Repossessions and Seizures, as well as Process Serving and Collections.



Phone: 204-724-7791
1325 Princess Avenue, Brandon
(by appointment)



Anita Haigh

Business: Blinds by Anita
Title: Owner
Number of Years in Business: 16
Website: www.blindsbyanita.hunterdouglas.ca

I first got into this profession with the desire of trying to conduct business with heart and passion. To represent only the best of window fashions products and to offer our customers something more than just price...a true, honest relationship that can grow.

Being invited into our clients homes, businesses or cottages is something we never take for granted. It is a privilege to work with so many AMAZING people and this is why we LOVE what we do.

Secret to Success:
*Love what you do.
That is the true measure of success.*

 **Hunter Douglas**
www.blindsbyanita.hunterdouglas.ca



Phone: 204-922-0862

Go to our website to see a detailed list of all the services and products we offer. You can also try Brandon's only online virtual consultation or come in and meet with one of our highly trained Nurses/ Estheticians for a complimentary skin care or injectable consultation.

www.vanishskinclinic.com

Diane Finley & Marika Friesen

Business: Vanish Skin Clinic & Beauty Bar
Title: Co-Owners
Years in Business: Diane - 12 years
Marika - 2 years
Website: www.vanishskinclinic.com

Diane Finley was born and raised in Brandon. She started her career in the beauty industry as a hairstylist and in 2009 she opened Haven Salon and Spa with her mother-in-law.

Marika Friesen moved to Brandon in 2017 to be closer to family. She opened Vanish Skin Clinic in the spring of 2019 with the vision of becoming Westman's premier Skin Clinic.

Marika and Diane merged their businesses in the fall of 2019, creating Vanish Skin Clinic & Beauty Bar.

In their first year together, they expanded and renovated the Salon and Spa and added more treatment rooms with the goal of being a one stop Beauty shop.

In the fall of 2020, they purchased Simple Solutions Laser and Skin Care Clinic. This addition brought Cathy Woodmass and her vast experience and knowledge to the team. Cathy opened the first Skin Clinic in Brandon in 1995.



Phone: 204-725-2792
Email: aidascateringmb@gmail.com

Aida Tahhan

Business: Aida's Catering
Title: Owner/Operator
Years in Business: 6
Website: aidascatering.ca

"Creating delicious, healthy meals has always been my passion With my Mediterranean background, I like to provide healthy meals with lots of vegetables and little fat. I don't add preservatives - everything is made fresh. This is how I feed my family and this is how I want to feed everyone else."

For years she's shared her culinary expertise with the community by catering to events of all sizes, such as weddings, showers and office parties in addition to providing take-home family meals from her business located on Princess Avenue. On the menu are options including traditional meals of roast beef and mashed potatoes to ethnic choices sure to please anyone's palate.

"My business is always evolving and I have a new and exciting venture I can't wait to tell you about, coming this summer." Stay tuned.