

Growing communities one idea at a time.



SELF EMPLOYMENT PROGRAM CLIENT PROFILE:

Mo Tus Nua Wellness northern Manitoba's first ever alternative wellness centre and hot yoga studio

Kylie Matechuk, who recently completed the Self Employment Program offered through Community Futures North Central Development, has opened the North's first ever alternative wellness centre and hot yoga studio, Mo Tus Nua Wellness. The centre offers multiple types of yoga, holistic nutrition consulting, yoga therapy, a real food based health bar (The Balance Bar - delicious smoothies, fresh squeezed juice and protein shakes), yoga clothing and supply, nutrition supplements and an alternative healing store. The centre also provides seasonal sessions such as kid's art & yoga camps and outdoor bootcamps. Kylie already has hired several employees and business is booming.

For more information call 204-677-YOGA, stop by 40 Seal Road in Thompson, or search motusnuawellness on facebook. Regular business hours are 10:00 am - 9:00 pm Monday - Friday and 12:00 noon - 6:00 pm Saturday and Sunday.

The Self Employment Program offered through Community Futures North Central Development in partnership with the Province of Manitoba assists Manitobans to create jobs for themselves by starting a business. For more information on the SE program contact Michelle Pruder at 204-677-1490 or via email at mpruder@northcentraldevelopment.ca.

Congratulations Kylie on your very successful business launch!



Kylie Matechuk, owner of Mo Tus Nua Wellness was a participant of the Self Employment Program offered through Community Futures North Central Development / the Province of Manitoba.

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CFNCD BOARD OF DIRECTORS

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Manitobans with Disabilities

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Thompson

Chris Gagnon

CFNCD with support from ABSN delivers Youth Entrepreneurship Program



Pictured left to right are: Fawn Morales, Adelle Harman, Alyssa Pye, CFNCD Development Officer Michelle Pruder and Harlie Pruder at the Thompson Chamber of Commerce AGM with their *One Stop Pop-Up Shop*.

This past winter, four Thompson youth participated in the Youth Entrepreneurship Training Program which was sponsored by the Aboriginal Business Service Network (ABSN) and delivered by Community Futures North Central Development (CFNCD). The 14-week program provided hands on training on how to start a business. Participants worked together to come up with a business idea, and for several weeks worked on the business plan. By February of 2014, the group was ready to launch the *One Stop Pop-Up Shop*, which sold a variety of northern hand-made arts and crafts on consignment. The Pop Up Shop was set up at the Thompson Chamber of Commerce AGM, as well as the Aboriginal Art Centre Fundraiser held at the TRCC. Over \$500 worth of products were sold, with partici-

pants seeing a profit of approximately \$100. Overall, participants felt that the experience of actually starting a business was very worthwhile as it helped them realize not only the challenges entrepreneurs face, but the benefits and rewards of being your own boss.

The ABSN has an annual intake for capacity building project funding. In the 2014/2015 year, CFNCD submitted two applications which were both approved to receive funding, one supporting the *Celebrating Abilities in Northern and Rural Manitoba* event and the other supporting training delivered in Churchill, MB focused on traditional artwork, crafting and entrepreneurship. For more information on ABSN visit www.cfmanitoba.ca/absn or call CFNCD at 204-677-1490 or toll free at 1-888-303-2232.

Community Futures North Central Development Loan Program Snapshot

Did you know that if you are looking at starting a new business or expanding an existing business that CFNCD has staff ready and able to work with you? Whether you have questions on where to start, you need assistance writing a business plan or require financing to get your business up and running, CFNCD is here to help you!!

CFNCD offers five loan programs that include: Regular Investment Fund, Entrepreneurs with Disabilities Fund, Young Entrepreneur Fund, Peer Credit Lending Fund and the

Micro Loans program. Depending on the feasibility of your business plan you may be able to access a loan from a minimum of \$500 up to maximum of \$150,000.

In the 2013-2014 fiscal year CFNCD Business Development Committee approved 10 loans for a total of \$454,147.00. These loans included a wide range of business types - from an artist loan to an expansion loan for a confectionary store in Cross Lake that required some new equipment to increase profits. Since inception, CFNCD

has assisted 266 businesses lending \$6,524,780.00 in 13 of our 17 communities!

Please stay tuned to our website where CFNCD is in the early planning stages of building a business directory for businesses assisted through our services.

For more information on any of the loan program available through CFNCD, please call our office at 204-677-1490 or toll free at 1-888-303-2232 for more information or visit our website at www.northcentraldevelopment.ca

Businesses supported by CFNCD in 2013/2014

<u>THOMPSON:</u>	Thompson Autowash	Morna's Library / Information Services	<u>SPLIT LAKE:</u>
DT Steel Cutz Barbers	Little Farms		Madelaine Munroe - Crafter
Mo Tus Nua Wellness & Yoga	Sasagiu Rapids Lodge 2013	<u>GILLAM:</u>	
Chillax Food Truck	A. Campbell	Nelson River Adventures	<u>YORK LANDING:</u>
NC Crossroad Lanes	Electrical Services	<u>CROSS LAKE:</u>	Eric's Northern Tempo Recording Studio
	Northern Flavours	Merle's Confectionary	

Community Futures North Central Development Committees (2013/2014)

A key goal of Community Futures North Central Development is to foster positive relationships among the three types of communities that CFNCD serves - First Nation, Aboriginal Northern Affairs and Urban Industrial Communities. To accomplish this CFNCD strives to include representation from each of the types of communities on each committee of the organization. We would like to thank all of our dedicated board members that volunteered their time over the past year and those who sat on a committees:

Executive Committee: Frances

Mclvor (Wabowden), Judy Kolada, (Thompson), Jennifer Massan (Churchill), Wayne Anderson (Norway House Cree Nation), Glen Flett (Norway House Community Council).

Business Development Committee: Marcel Moody - BDC Chair (Nelson House First Nation), Frances Mclvor (Wabowden), Glen Flett (Norway House Community Council), Chris Gagnon (Thompson), Roxie Binns (Thompson Unlimited), Gord Wakeling (Thompson Unlimited).

Community Development Committee: Darlene Beck

(Incorporated Community of Cross Lake), Frances Mclvor (Wabowden), Jennifer Massan (Churchill), Gary Ceppetelli (Thompson), Noelle Halcrow (Incorporated Community of Cross Lake), Brenda Davidson (Society for Manitobans with Disabilities).

CFNCD would like to acknowledge and thank our volunteers who are no longer with the organization: Roxie Binns, Judy Kolada and Noelle Halcrow for the many hours spent volunteering on the CFNCD board, we wish you all the best!

UPCOMING EVENTS AND MEETINGS

CFNCD BOARD TRAINING

This training can be opened to CFNCD partners, call Tamy at 204-677-1490 for more info:

Legal Responsibilities of a Board
Thursday June 5th, 9 am

Board Development & Evaluation
Thursday, June 5th, 1 pm

CFNCD AGM

OPEN TO THE PUBLIC

Thursday, June 5th/ 2014 ~ 5 pm
Mystery Lake Hotel, Thompson
RSVP: 204-677-1490

CFNCD BOARD MEETING

Thursday, June 6th/ 2014 ~ 9:00 am
Mystery Lake Hotel ~ Thompson

THOMPSON NICKEL DAYS

June 19th - 22nd, 2014
Thompson Regional
Community Centre

BAYLINE RAIL MEETING

Time & Location TBA
Week of June 23rd
*For more info contact
Charlene at 204-677-1490*

THOMPSON NATIONAL ABORIGINAL DAY CELEBRATIONS

EVERYONE WELCOME!
Saturday, June 21st, 2014
Thompson, MacLean Park

THOMPSON CANADA DAY 2014 CELEBRATION

Tuesday, July 1st/ 2014
Thompson Regional Community Centre

CROSS LAKE SAND BAY 12th ANNUAL FAMILY CAMPOUT

July 8th - 15th, 2014

FOX LAKE CREE NATION POWWOW

July 11th - 13th, 2014
Gillam, MB

COMMUNITY FUTURES CONFERENCE

September 9th - 11th, 2014
Lakeview Hecla Resort

CFNCD PEER LENDING PROGRAM CLIENT PROFILE:

Tataskweyak Cree Nation's Madelaine Munroe

Madelaine Munroe has been a long time client of Community Futures North Central Development (CFNCD) accessing her first loan through the Split Lake Peer Lending Program back in 2001. Since then, Madelaine has been approved for 8 loans and has paid back 7 of those and is a current loan client.

Madelaine is a crafter who make traditional items such as Gauntlets, Slippers, Moccasins, and Mukluks.

All loan funds accessed by Madelaine are to purchase materials needed such as hide, beading and other accessories for preparing her products for sale.

Madelaine has participated in all of CFNCD's Artist, Crafters & Small Business Expo's over the last 5 years. Madelaine is a member of Tataskweyak Cree Nation in Split Lake.



Vision Quest celebrates 18 years of economic development

This year Vision Quest Conferences Inc. celebrated its 18th Annual Conference & Trade Show in Winnipeg from May 13-15th.

The event included three keynote speakers: Don Burnstick - comedian and motivational speaker, Michelle Thrush - Gemini Award-winning actor and Stefan Richard - father and speaker and former professional wrestler. The conference also included 10 workshops for delegates to attend that focused on the themes: Business, Community & Personal Development and Youth.

A major attraction during Vision Quest is the Trade Show. This year was the largest in 18 years with a total of 99 exhibitors.

Community Futures North Central Development is a planning partner in this annual event along with Community Futures Cedar Lake, Community Futures Kitayan, Community Futures Southwest and Community Futures Dakota Ojibway. For more information on Vision Quest please visit www.vqconference.com or www.northcentraldevelopment.ca

Planning underway for 2nd Annual Manitoba Heavy Construction Association Expo North training event



Pictured above are some of many that participated in the Expo North stakeholder committee.

Community Futures North Central Development was among 25 stakeholders which solidified the need for a heavy construction industry training event held in the north. The stakeholders were brought together initially in July 2013 by the Manitoba Heavy Construction Association, and con-

tinued to meet regularly and bring in new partners to identify potential workshops, promote to participants and encourage sponsorship throughout the north. The MHCA holds an event annually in Winnipeg but wanted to investigate delivering one in the north specifically for northerners. After months

of planning, the event took place in February 2014 at the Thompson Regional Community Centre and was attended by over 200 participants, 24 trade show exhibitors and had 22 sponsors come on board, a resounding success! The event focused on three main training streams: Workforce Development, Leader and Professional Development and Construction Safety Excellence™.

CFNCD contributed \$1,000 as a sponsor in the pilot year and entered into a fee-for-service contract with the Northern Manitoba Sector Council to coordinate participation of sponsored participants. Participants were from the communities of Leaf Rapids, God's Lake Narrows, Nelson House, South Indian Lake, Thompson and Cross Lake.

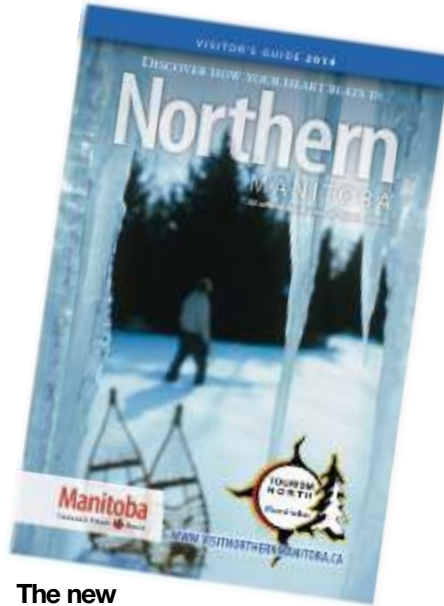
MHCA and stakeholders have confirmed the event will continue with the 2nd annual Expo North taking place in Thompson in 2015.



Some of the Expo participants CFNCD facilitated travel for with support from the Northern Manitoba Sector Council and the Province of MB.

Tourism North revamps regional tourism guide

This June the 4th ever northern Manitoba regional tourism guide will be published by Tourism North. The association is particularly excited about this edition as the format has been completely revamped to align more closely with the newly launched Travel Manitoba brand - Canada's Heart Beats. The guide has everything a visitor to the north might need including categorized information on Summer & Winter Outdoor Adventures, Arts & Culture, Inspiring Places, Lively Gatherings, Parks and Historic Sites, an accommodations and restaurant listing, information on transportation in the north, a list of Outfitters and Tour Operators and sample itineraries. It's also full of beautiful photos of northern Manitoba. Used as a tool to pro-



The new northern MB regional tourism guide, published by Tourism North will be available in early June 2014 at Travel MB Visitor Centres and throughout the north.

mote northern Manitoba to visitors, the guide will be available at Travel

Manitoba Visitor Centres across the province and at key locations across the north (ie: hotels, transportation outlets, etc). The guide, designed by the Winnipeg Free Press with direction from the Tourism North board of directors will also be available for download directly from the Tourism North website - www.visitnorthernmanitoba.ca. Tourism North is a regional tourism association coordinated by Community Futures North Central Development with the goal in mind of enhanced visitor information and tourism infrastructure development. For more information on Tourism North or to request your copy of the guide contact Charlene Kissick at ckissick@northcentraldevelopment.ca or call 204-677-1490.

Work on community needs assessment leads to Thompson being chosen as location for Celebrating Abilities event

Community Futures North Central Development (CFNCD) and the Society for Manitobans with Disabilities Northern Regional Office (SMD) have been working collaboratively to quantify the need for American Sign Language (ASL) interpretation and CART services in the region over the past two years. This work along with many other important initiatives local organizations have been taking on has ultimately led to Community Living Manitoba selecting Thompson as the location for the *Celebrating Abilities in Northern and Rural Manitoba* event. Set to take place October 7-9th, 2014 at the Thompson Regional Community

Centre, the conference, being delivered for the first time in northern MB will focus on the value and economic impact of the disability community. 80-100 delegates are expected to attend from across the province. The conference program will offer inspiring keynote presenters and a series of breakout sessions with topics ranging from inclusive education to supported employment/entrepreneurship options and the future impact of Manitoba's new accessibility legislation.

Local partners include CFNCD, SMD and the Juniper Centre. Community Living MB, Community Futures Manitoba,

Education Solutions MB, Innovative Life Options and the Aboriginal Business Service Network are partners based out of the south.

To date, Community Futures Manitoba and Vale have come on board as major sponsors. Other contributors include Calm Air, the City of Thompson, MB Family Services, ABSN, the Juniper Centre, School District of Mystery Lake and Best Western Thompson.

For more information on this event contact Charlene Kissick at 204-677-1490 or via email ckissick@northcentraldevelopment.ca.

Newcomer Settlement Services program busy with funding changes and events throughout 2013/2014

The 2013/2014 fiscal year brought some big changes to the Thompson Newcomer Settlement Program, delivered by Community Futures North Central Development. The biggest change being the transition of funding flowing through the Province (Manitoba Immigration and Integration Program) to the Federal Government (Citizenship and Immigration Canada). The transition occurred earlier than initially anticipated with a 5-month contract with CIC beginning November 1st, 2013. The transfer was part of the process the Federal Government was undertaking to centralize all the Settlement Services offices across Canada. Service provision changed to clients with permanent resident and refugee status in northern Manitoba (now excluding temporary foreign workers) and with a focus on employment, housing, law, cultural activities, language, education, childcare, referrals to other organization. CIC extended the contribution agreement with CFNCD for a two-year period, ending March 2016 (previously funding was granted annually).

A number of special events were held this year under the TNSS umbrella including a workshop focused on how newcomers can start a business in Canada, a Welcome to Winter Event, the Thompson Canada Day celebrations and the annual citizenship ceremony.

A basic needs assessment in The Pas & area was also on the to-do list for the TNSS coordinator this



On March 9th, 2014, Thompson Newcomer Settlement Services hosted a Welcome to Winter event at McCreedy Campground to highlight safe and fun winter recreational activities that Canadians enjoy during the winter season to newcomers. The event included a horse sleigh ride, bonfire, marshmallow and hotdog roast, toboggan slide and light lunch for approximately 75 community members and newcomers. Big thanks to Colleen and Nick at McCreedy Campground for their help with this event!

year. Time was spent working the Town's Economic Development Officer and the University College of the North to determine newcomer need for services in the area. Newcomer numbers in The Pas currently appears low, but are growing. Many of the survey respondents had been sponsored by family to help in settlement and

currently work in the retail and service industry.

For more information on this program contact Angelica Matiassek, TNSS Coordinator at 204-677-1490 or via email at amatiasek@northcentraldevelopment.ca today.

CFNCD Staff Members



TIM JOHNSTON
MANAGER



TAMY BURTON
ADMINISTRATIVE OFFICER



TARA ELLINGSON
ADMIN ASSISTANT



CHARLENE KISSICK
DEVELOPMENT OFFICER



LEANN BROWN
DEVELOPMENT OFFICER



ANGELICA MATIASSEK
DEVELOPMENT OFFICER



MICHELLE PRUDER
DEVELOPMENT OFFICER



FELESHA RICHARD
YOUTH BUILD PROGRAM
WORK PLACEMENT

Thank you! CFNCD was pleased to have Felesha Richard, a Youth Build Program (Boys & Girls Club) participant join us to do a 6-week work placement this May and June. Felesha assisted with community development administrative tasks as well as meeting with some successful CFNCD clients to explore entrepreneurship options.



FAREWELL PETER!



Aboriginal Business Development Program Officer Peter Rosenfeld with Community Futures North Central Development board member Wayne Anderson (Norway House Cree Nation).

The Board and Staff of Community Futures North Central Development bid a sad farewell to Peter Rosenfeld this past March as Peter retired from CFNCD after 15 years with the corporation. Peter worked as an External Delivery Officer coordinating the Aboriginal Business Development Program in northern Manitoba. He worked throughout the north with entrepreneurs and communities developing business plans for start-ups and expansions. We wish Peter all the best in his retirement!

CFNCD BOARD MEMBER PROFILE:

Darlene Beck, Incorporated Community of Cross Lake

Darlene was part of the organizing committee that initially set up CFNCD back in 1996 and she has continued to volunteer for the past 18 years representing her community. Darlene has chaired the Community Development Committee since 2008. She enjoys spending time with family (Mother of four and Kookum to many), camping, going to the trapline and developing the youth of her community. Darlene volunteers with several other boards (Communities Economic Development Fund is just one) and is the volunteer fire chief in Cross Lake. She also volunteers with the Cross Lake Cadet Program and is a key organizer of the Cross Lake Sand Bay Annual Family Campout, now in its 12th year! Darlene recently enjoyed some well deserved down time in Mexico, Thank you Darlene for all you do for northern Manitoba!