

Saskatoon ewiConnect

May, 2025



President's Message

The Gem of Nurturing: Honoring Mother and Mentors

May is a month wrapped in warmth and gratitude—a time when nature blossoms and hearts are lifted by the spirit of Mother's Day. This month, we pay tribute not only to mothers in the traditional sense, but to all the nurturing figures in our lives: mentors, caregivers, colleagues and friends who lead with compassion and inspire growth.

Much like a finely cut gem, a mother's love and guidance reflect light in many directions. Whether we have received that care from a parent, a friend or through our professional networks, the nurturing support of others plays a vital role in shaping who we become.

At Executive Women International, we celebrate the women who balance strength and softness, determination with empathy. Many of our members are mothers, and all of us have, in some way, been mothered—by those who saw our potential and encouraged us to shine.

This May, let's express our gratitude to the women who lift others as they rise. Take a moment to send a note, share a story, or simply extend a heartfelt thank you. And if you are one of those incredible nurturers, know that your influence is both powerful and enduring.

As we continue to grow as an organization and as individuals, let us carry forward the values of care, encouragement, and empowerment. These are the traits that define not only great mothers, but great leaders.

With heartfelt admiration,

Deb Brown, C.Mgr.
2024-25 Chapter President

"Shine bright because the world needs your light!"

You're A Gem!



EWI of Saskatoon
Chartered 2018

2024-25
Board of Directors

Debbie Brown
President

Char Weightman
President-Elect

Lori Riopel
Secretary

Treasurer
Susan Mowat

Member Experience
Susan McDonald

Communications
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Sgt-At-Arms
Barb Wohlford

Advisor
Rhonda Adair

Program Director
Vacant

Fundraising Chair
Vacant

ewiofsaskatoon@gmail.com

Please Join Us!
If you would like to assist in a board position, please reach out to any board member.



CONNECTIONS | CAREERS | COMMUNITY



Guest Speaker
Deanna Kleiboer,
Board Member



May Meeting

Wednesday, May 21st, 2025

Doors Open 5pm

Mano's Restaurant, 1820 8th St. E.

Greek Appetizers
*Greek Ribs, Shrimp Scampi,
Dolmades, Spanokopita,
Stuffed Mushrooms,
Artichoke & Spinach Dip,
Calamari*

Members \$35ea

Guests \$40ea

Cash Bar

Space is limited to 24
Register by May 16th at
ewiofsaskatoon.ca

Manos
Restaurant & Lounge

Connections

2024/25 Sister's Challenge

Current Standings



TEAM #	Big Sister	L'il Sister	TOTAL
1	Cara Mazurak	Lori McInnis	2.5
2	Susan McDonald	Karen Pallibroda	35
3	Char Weightman	Joanne Jestic	8.5
4	Nhu Gaudet	Darla Brown	5
5	Fran Seidler	Ashley Bernauer	7.5
6	Susan Mowat	Shauntelle Cox	21
7	Darlene Biggins	Barb Wohlford	16.5
8	Tracey Fesiuk	Ricci De Cecco	5
9	Jennelle Wignes-Haaland	Brenda Dyer	7
10	Karen Skirten	Sheila Buhr	27.5
11	Rhonda Adair	Myra Kirk	12.5
12	Debbie Brown	Lori Riopel	35.5
13	Anna Kalyta	Melinda Bushaj	12.5
	Janet Milne		3.5

Thank you to all members for attending the Steak night and to those who baked or supplied baked goods for the auction! A special shout out to my real-life Sis Kathy Pozniak for being our auctioneer that night and to our friend Marcia Gubbe for helping out too!

We could not do this without all those who donated items, collected donations and then bid on them at the event. Thanks to all who supported us yet again! **Thanks Pleasure Way Pub!**

- Karen S



It was a fun Friday night for all those who attended our Steak Night on April 11th. Thanks again to our sponsor Tracey Fesiuk of Martensville Plumbing & Heating!

MARTENSVILLE PLUMBING & HEATING



**\$3802.08
was raised!**

Our May Challenge & Bonus is....

- ⇒ Register and attend our event on May 21st at Manos!
- ⇒ BONUS Points will be earned that night by playing an EWI Trivia game. This will be the last chance to earn points in the Sister Challenge so you may want to visit the New EWI Member Resource Hub to brush up at www.ewiconnect.com

HOW TO USE CHATGPT TO MASTER EXCEL



Formula Creation

Use ChatGPT to:

- Generate complex formulas quickly.
- Explain how different formulas work.
- Diagnose and fix formula errors.

Example Prompt:

"Create a formula that calculates the average sales from the last 12 months excluding empty cells."

Data Analysis

Use ChatGPT to:

- Suggest appropriate methods to analyze data.
- Help interpret trends and patterns in datasets.
- Create detailed pivot tables for summarizing data.

Example Prompt:

"Help me analyze my company's sales data by region and show the top-performing regions."

Visualization Tips

Use ChatGPT to:

- Recommend the best chart types for specific data.
- Offer tips on formatting charts for clarity.
- Assist in creating dynamic, interactive dashboards.

Example Prompt:

"What chart should I use to compare monthly expenses across different departments?"

Automation & Macros

Use ChatGPT to:

- Write VBA code to automate repetitive Excel tasks.
- Simplify routine workflows with automated macros.
- Explain how to create triggers for actions in Google Sheets or Excel.

Example Prompt:

"Write a VBA macro that highlights cells with overdue tasks based on the current date."

Troubleshooting

Use ChatGPT to:

- Identify and resolve formula errors (like #REF!, #DIV/0!).
- Suggest solutions for fixing broken formulas.
- Explain the root cause of errors and how to prevent them.

Example Prompt:

"Why is my SUM formula not adding up values in cells with a mix of numbers and text?"

Learning Resources

Use ChatGPT to:

- Recommend tutorials for Excel basics or advanced skills.
- Suggest online courses or certifications for Excel mastery.
- Provide video resources for learning specific Excel techniques.

Example Prompt:

"What are the best YouTube channels to learn Excel formulas and functions?"

Productivity Hacks

Use ChatGPT to:

- Discover shortcuts and tips to work faster in Excel.
- Learn about advanced formulas that save time.
- Explore hidden features that boost productivity.

Example Prompt:

"What are the best shortcuts in Excel to navigate large datasets more efficiently?"

Data Cleaning

Use ChatGPT to:

- Quickly remove duplicates or redundant data.
- Help standardize inconsistent formats (e.g., dates, currencies).
- Assist with filling or correcting missing data points.

Example Prompt:

"How do I clean a dataset by removing duplicates and standardizing date formats?"

Best Practices

Use ChatGPT to:

- Get advice on organizing workbooks for efficiency.
- Learn how to validate data to ensure accuracy.
- Combine ChatGPT's suggestions with Excel's built-in features for optimal results.

Example Prompt:

"What's the best way to organize my workbook for a large team project?"

Optimized Practices for Using ChatGPT with Excel

- **Be specific with your prompts:** Clearly describe the problem or task to get the best response.
- **Double-check outputs:** Test any formulas or advice ChatGPT provides, especially in complex calculations.
- **Iterate on results:** Adjust and refine the outputs based on your specific use case and dataset.
- **Keep learning:** Ask ChatGPT about new features and techniques in Excel to continuously improve your skills.

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EWI of Saskatoon has two great opportunities for Leadership Development available on the Board...

Program Director & Fundraising Chair

"She profits most who serves best" - Lucille Johnson Perkins, Founder



Join Me: An Invitation To Transformation



Intentional Transformation: Transformation isn't passive; it's a conscious choice and a process you can actively engage in.

Learn the Mirror of Self Concept

You Are Invited To Take 60 minutes for yourself

"Self-Care Isn't a Luxury—It's a Necessity. Take Time Out for You!"

10 AM
03 MAY 2025

On Zoom
Click here to be empowered
www.transformationalchange.ca/events



Susan A. McDonald



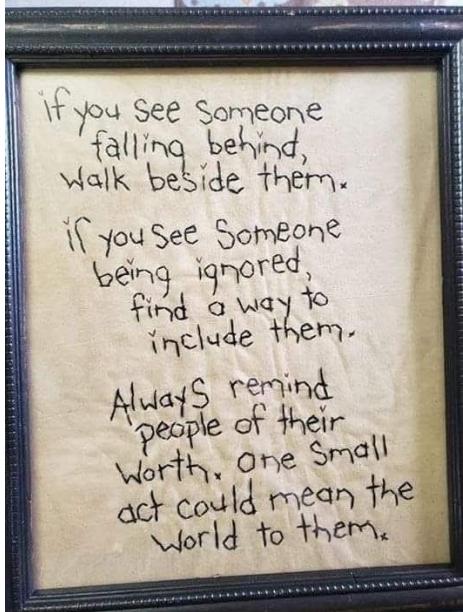


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Community



Welcome to our newest member

Janet Milne,
representing
Juice Plus!



My name is Janet Milne. After 10 years of living in Warman, now Saskatoon will be home again after taking possession of a new condo this month. My husband and I celebrated our 40th anniversary in 2020 and blessed with 2 sons and 3 grandchildren. In 2011 we sold our house in Saskatoon to begin full-time RVing. For five years we spent our winters in Palm Springs and summers at Valley Regional Park at Rosthern.

The majority of my working career was with Saskatoon Public School Div for over 30 years, and Sask Polytech for 10 years. As a sideline business, almost 9 years ago I became a partner with the Juice Plus Co.

Sadly, I lost my twin sister in her 50's after breast cancer spread to her bones and lungs, and my brother has also dealt with cancer. Then, once I had to go to emergency when my heart was racing at 200 beats a minute for two hours and was told I needed an injection to restart my heart. That was truly a wake up call as it made me think of my father who we lost after a massive stroke. I felt I needed to take charge of my own health and am so thankful a friend told me about Juice Plus.

Juice Plus is not a multivitamin, it is simply real food starting with raw, vine-ripened fruits, vegetables and berries fast frozen, dehydrated, and put into capsules or gummies. Ages 4 to 25 can get FREE fruits and veg with an adult order as part of our healthy starts for families. We have plant-based omegas, protein shake mix and aeroponic Tower Garden.

JP+ has provided grants to universities and healthcare facilities to implement almost 50 research studies on Juice Plus proving it gets into bloodstream; supports heart, lung, brain, gut and immune health and even our DNA. That means I'm doing the right thing with my family, history of cancer and heart disease.

We all need more fruits and vegetables and Juice Plus is the simplest, most convenient and affordable way to achieve that. Please reach out to me if you or someone you know would like to get started on your health journey or join our mission to Inspire Healthy Living.

Members,

Please feel free to send me any notices, announcements or events you would like to share with your fellow chapter members!

Thanks!

Karen Skirten, Communications

