

# Saskatoon ewiConnect

February, 2025



## President's Message

### The Gem Within: A Heart That Shines

Dear Members,

February is a month that sparkles—filled with love, appreciation and the promise of renewal. It is a time when we celebrate the gems in our lives: our relationships, our passions and most importantly, our health.

Like the finest of gemstones, our hearts are precious, resilient and strong. Yet, they require care, attention and nourishment to truly shine. As we embrace Valentine's Day, let us also reflect on the importance of maintaining a healthy heart, both physically and emotionally. Just as a diamond is refined under pressure, so too is our strength cultivated through challenges and perseverance.

As executive women, we dedicate ourselves to our careers, our communities and our families. In doing so we must not overlook our well-being. Heart disease remains the leading health challenge for women worldwide, yet small, intentional steps can make a lasting impact. This month, I encourage each of you to embrace heart-healthy habits—whether it's prioritizing movement, mindful eating, stress management or simply finding joy in moments of rest and connection.

Our organization thrives because of the passion, dedication and brilliance of each member. You are the gems that make EWI shine. As we celebrate the power of leadership let us also support and uplift one another in the pursuit of personal and professional well-being.

This February let's commit to cherishing the most valuable gem we possess—our hearts. By doing so, we ensure that our light continues to shine brightly in all we do.

With gratitude and heart,

Deb Brown, C.Mgr.  
Business Development Consultant  
Farm Business Consultants

*"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  
Karen Skirten

Sgt-At-Arms  
Barb Wohlford

Advisor  
Rhonda Adair

Program Director  
Vacant

Fundraising Chair  
Vacant

[ewiofsaskatoon@gmail.com](mailto:ewiofsaskatoon@gmail.com)

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

# Wednesday, February 19th

Dinner Meeting

Register by  
14Feb25



Women's  
Heart  
Health

**Dawne Ilnisky, RN**  
**Intrinsic Holistic Healing Center**

Saskatoon  
**ewi**

CONNECTIONS | CAREERS | COMMUNITY

**AGENDA**  
5:00pm Networking  
6:00pm Welcome  
6:15pm Dinner  
6:45pm Guest Speaker  
7:15pm Announcements &  
50/50 Draw  
7:30pm Close

**LOCATION**  
Private Room @ Hillcrest  
210 Wess Rd.

**MENU**  
Fresh Rolls  
Mixed Green Salad  
Homemade Meatballs in Mushroom  
Sauce with Egg Noodles  
Roasted Vegetables  
Chocolate Cake  
Cash Wine Bar  
Cost: \$45.00 Member  
\$50.00 Guests

Register at  
[www.ewiofsaskatoon.ca](http://www.ewiofsaskatoon.ca)

# Connections

## 2024/25 Sister's Challenge

### Current Standings



TEAM #	Big Sister	L'il Sister	TOTAL
1	Cara Mazurak	Lori McInnis	
2	Susan McDonald	Karen Pallibroda	14
3	Char Weightman	Joanne Jestic	
4	Nhu Gaudet	Darla Brown	
5	Fran Seidler	Ashley Bernauer	5
6	Susan Mowat	Shauntelle Cox	9
7	Darlene Biggins	Barb Wohlford	7
8	Tracey Fesiuk	Ricci De Cecco	
9	Jennelle Wignes-Haaland	Brenda Dyer	
10	Karen Skirten	Sheila Buhr	9.5
11	Rhonda Adair	Myra Kirk	5
12	Debbie Brown	Lori Riopel	11.5

### Our February Challenge & Bonus is....

- ⇒ What percentage is your EWI Profile at? Each sister should log in to [ewiconnect.com](http://ewiconnect.com) and build their EWI profile to being at least 75% complete! All sisters who are at 75% will earn 1 point, 80% complete = 2 points, 85% complete = 3 points and 90% complete = 4 points and 95% to 100% = 5 points. This is your chance to catch up on the scoreboard above!
- ⇒ BONUS Points will be awarded to all teams who bring at least one guest to our February 19th dinner meeting (between the two of you)!
- ⇒ BONUS Points will also be awarded to any sister that posts a Valentine's greeting on our EWI Networking Group page on Feb 14th! Happy Galentine's everyone!



It was a small but mighty group at EWI of Saskatoon's January Dinner meeting at David's with SaskTel sharing Cyber Security tips! Editor's thanks to Karen Pallibroda for capturing these shots!



Welcome to 2025!

# TRANSFORMATION MASTERY

Break Free From Those  
Invisible Chains That Hold You Back

Limiting Beliefs

Scarcity Mindset

Fear of Judgement

Self Worth

Analysis Paralysis



**Susan A. McDonald**  
Presenter



Join Me  
Feb 18, 19, 20

Complimentary  
Zoom  
Master Class

12noon to 1pm  
each day



Register  
**HERE**

[WWW.TRANSFORMATIONALCHANGE.CA](http://WWW.TRANSFORMATIONALCHANGE.CA)



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

**Program Director & Fundraising Chair**

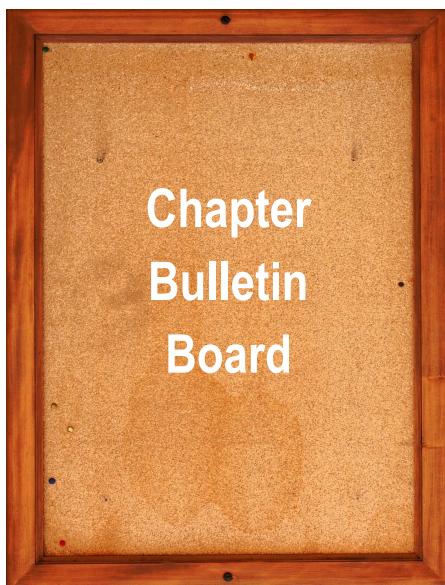
***“She profits most who serves best”*** - Lucille Johnson Perkins,

# Community

## Concert for a Cause 2025 - Saskatoon Food Bank

Come join us at the **Saskatoon Academy of Music** for a night of incredible music for a great cause! Our annual concert is back, featuring the talented Academy teachers. This year, we will be raising funds for the Saskatoon Food Bank & Learning Centre.

The evening showcases musically diverse performances by the Saskatoon Academy of Music teachers, as well as a raffle, silent auction, and great refreshments! Doors open at 6:30pm, concert starts at 7:00pm - rush seating. Tickets are available online at eventbrite.



## Chapter Bulletin Board

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 Director

[karen@mobopro.com](mailto:karen@mobopro.com)

**Deadline is the 25th of the month.**

Our chapter is looking for a:

- ◆ Program Director,
- ◆ Fundraising Chair and
- ◆ Volunteers for our Steak Night (Apr 11th) Committee.
- ◆ Silent Auction and Raffle items



## Did you know?



- ◆ EWI of Calgary was the first International Chapter to join the organization, which was in 1964
- ◆ EWI of Calgary, our only sister Canadian Chapter, was our sponsoring Chapter when we chartered on May 4th, 2018
- ◆ EWI of Calgary also meets on the 3rd Wednesday of each month. Guests are always welcome! You can register for their events if you are ever in Calgary at [www.ewicalgary.com](http://www.ewicalgary.com)