

Saskatoon ewiConnect

March, 2025



President's Message

Dear Members,

As we move into another exciting month, I want to take a moment to express my gratitude for each of you and the dedication you bring to our organization. Your commitment to professional and personal growth, as well as to supporting our community, is truly inspiring.

With that in mind, I encourage you to join us for our **Steak Night Fundraiser, April 11th** in support of **Foundations Learning & Skills**. This incredible organization provides essential programs and workshops that empower individuals through literacy at all stages of life—whether it's a stay-at-home mom looking to re-enter the workforce, an adult returning to school or someone upgrading their skills to achieve their career goals.

Your participation in this event directly contributes to helping others build confidence, gain new opportunities and succeed in their endeavors. Whether it is by attending with your friends and family or helping us spread the word, every effort makes a difference. Let's come together to plan and deliver an exceptional event once again with a great meal, great company and most importantly, to make a lasting impact in our community.

Thank you for your continued support and enthusiasm. I look forward to seeing you on March 19th for our dinner meeting and then again on April 11th for our fundraiser.

With gratitude and heart,

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

"Shine bright because the world needs your light!"

You're A Gem!



Foundations
Learning & Skills
Saskatchewan

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

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



Wednesday, March 19th

Dinner Meeting

Register by
14Mar25



AI



**Guest
Speaker**
Alex Fallon

Founder of
AiSK ("Ask"),
the Western
Canada
Economic
Forum
& the
Paradox
Group

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 @ Birmingham's
810 Circle Drive E.

MENU

Italian Buffet:
Pizza (variety of toppings)
Chicken Penne ala Vodka Pasta
Greek Salad
Garlic Toast

Cash Bar

Cost: \$45.00 Member
\$50.00 Guests



CONNECTIONS | CAREERS | COMMUNITY

Register at
www.ewiofsaskatoon.ca

2024/25 Sister's Challenge

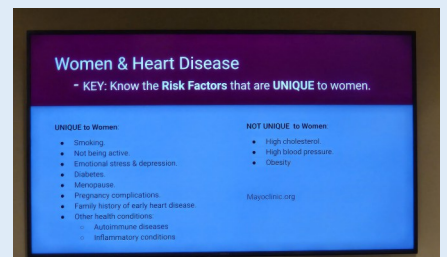
Current Standings



TEAM #	Big Sister	L'il Sister	TOTAL
1	Cara Mazurak	Lori McInnis	0
2	Susan McDonald	Karen Pallibroda	24
3	Char Weightman	Joanne Jestin	5
4	Nhu Gaudet	Darla Brown	5
5	Fran Seidler	Ashley Bernauer	5
6	Susan Mowat	Shauntelle Cox	14
7	Darlene Biggins	Barb Wohlford	13
8	Tracey Fesiuk	Ricci De Cecco	0
9	Jennelle Wignes-Haaland	Brenda Dyer	7
10	Karen Skirten	Sheila Buhr	15.5
11	Rhonda Adair	Myra Kirk	10
12	Debbie Brown	Lori Riopel	21.5
13	Anna Kalyta	Melinda Bushaj	10

WELL DONE Sisters! There were 10 of us who either created or updated our profiles on the EWI Corporate website in February. Also kudos to Susan McDonald for bringing four guests to our dinner meeting and to Barb Wohlford and Karen Skirten for posting a Valentines Day message on our networking group page in Facebook.

It was a frigid night but 15 of us made it out including 4 guests for our February Heart Health dinner meeting at Hillcrest. Editor's thanks to Susan Mowat for capturing these shots!



Thank you Hillcrest!

Our March Challenge & Bonus is....

⇒ Our March challenge is to get together for either a coffee or a Zoom call or even just an old fashioned telephone call with your designated Sister this month and find out her "Why" she loves EWI. Then comment with her answer on our EWI of Saskatoon main Facebook page post about "Why I love EWI".

Example of Post:

My sister is (Name) and her "Why for EWI " is...(her answer).

⇒ BONUS Points will also be awarded to any sister that posts a Limerick on March 17th in our networking group page in Facebook.



Welcome to our New Firm Members!



Anna Kalyta

Portrait Photographer & Business Owner

Anna Kalyta is a professional photographer, business owner, and speaker. She runs a portrait studio, offering a transformational photography experience where everyday people feel like celebrities. Through guided posing, expert styling, and a personalized approach, Anna helps you embrace your unique beauty, build confidence, and create lasting memories.

If you've ever hated how you look in photos, Anna will change that—she knows how to bring out your best and create images you'll truly love. She specializes in personal branding, beauty, boudoir, and family portraits.

Anna Kalyta Photography

cell: 306-270-6670

www.annakalyta.com

Melinda Bushaj, M.Ed.

Adult Literacy Coordinator

In her role with Foundations Learning & Skills Melinda focuses on enhancing literacy for adults throughout the province. Melinda believes that literacy goes beyond reading and writing, and it is a crucial tool for fostering equity, creating opportunities and sustainable employment. The diverse experience in the non-profit sector, along with a background in teaching and tutoring, has shaped Melinda's approach to adult education. Melinda actively works to ensure that all individuals have access to learning and the opportunity to thrive.

Melinda is originally from Albania and she is thrilled to be joining an international group of women and is looking forward to exchanging ideas, experiences, knowledge and building friendships with women from various backgrounds.



Foundations Learning & Skills

306-652-5448

www.foundationlearning.com

Excel Cheat Sheet

WORKBOOK	
New	Ctrl + N
Open	Ctrl + O
Close	Ctrl + W
Save	Ctrl + S
Save as	F12
Print	Ctrl + P
Insert sheet	Alt + Shift + F1
Insert chart	F11 or Alt + F1
Delete sheet	Alt + E, L

CLIPBOARD	
Cut	Ctrl + X
Copy	Ctrl + C
Paste	Ctrl + V
Paste special	Ctrl + Alt + V

NAVIGATION	
Sheet left	Ctrl + Page Up
Sheet right	Ctrl + Page Down
Screen up	Page Up
Screen down	Page Down
End of data	Ctrl + Arrow Key
Tabs	
Home	Alt + H
Insert	Alt + N
Page layout	Alt + P
Data	Alt + A
View	Alt + V
Formula	Alt + M
Go To Cell	
Choose	Ctrl + G
Active	Ctrl + Backspace
First	Ctrl + Home
Last	Ctrl + End

CODE	
Open VBA Editor	Alt + F11
Open Macro Box	Alt + F8

FORMAT	
Underline	Ctrl + U
Bold	Ctrl + B
Italic	Ctrl + I
Strikethrough	Ctrl + 5
Delete Content	Delete
Cell Number Format	
General	Ctrl + Shift + ~
Time	Ctrl + Shift + @
Date	Ctrl + Shift + #
Currency	Ctrl + Shift + \$
Number	Ctrl + Shift + !
Percentage	Ctrl + Shift + %
Scientific	Ctrl + Shift + ^
Borders	
Add	Alt + H, B
Add outside	Ctrl + Shift + 7
Remove	Ctrl + Shift + _
Selected Cells	
Fill color	Alt + H, H
Text Align	
Left	Alt + H, A, L
Right	Alt + H, A, R
Center	Alt + H, A, C
Open Dialog	
Format	Ctrl + 1
Delete	Ctrl + -
Insert	Ctrl + Shift + +
Add	
Comment	Shift + F2
Hyperlink	Ctrl + K
Table	Ctrl + T
Line break	Alt + Enter
Fill	
Right	Ctrl + R
Down	Ctrl + D
Multiple with selected range	Ctrl + Enter

ACTIONS	
Undo	Ctrl + Z
Redo	Ctrl + Y
Find	Ctrl + F
Find & replace	Ctrl + H
Spell check	F7
Edit from content end	F2
Toggle formulas	Ctrl + `
Toggle cell refs	F4 (cell edit mode)
Repeat last action	F4 (cell ready mode)
Context menu	Shift + F10
Quick analysis	Ctrl + Q
Selected	
Insert row / col	Ctrl + Shift + +
Delete row / col	Ctrl + -
Hide rows	Ctrl + 9
Hide columns	Ctrl + 0
Auto fit	Alt + H, O, I
Data	
Current date	Ctrl + ;
Current time	Ctrl + Shift + :
Sum selected	Ctrl + =
Calculate all	Ctrl + Alt + F9

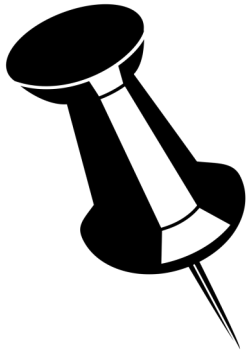
SELECT	
All	Ctrl + A
Row	Shift + Space
Column	Ctrl + Space
Extend one cell	Shift + Arrow Key
Extend to last used cell	Ctrl + Shift + End
Next corner of selected	Ctrl + .



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



SPRING STEAK NIGHT Chapter ASIST FUNDRAISER Friday, April 11th

Saskatoon Soccer Center, 150 Nelson Rd.

* SAVE THE DATE

* Tell Your Friends & Family!

* Let Char, Karen S or Karen P know if you can volunteer and help us out either before or during the event!

* Secure Raffle & Silent Auction items please!

* New Baking Auction!



Watch for more info on our [Facebook Networking Group Page!](#)

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

Deadline is the 25th of the month.



ENERGY TAKERS

Focusing on the past	Music
Inconsistent sleep	Nature
Mess and clutter	Resting
Sedentary time	Sunlight
Social media	Positivity
Overworking	Gratitude
Dehydration	Hydration
Screen time	Meditation
Resentment	Movement
Negativity	Breathwork
Junk food	Community
The news	Decluttering
Alcohol	Consistent sleep
Stress	Eating whole foods
Fear	Learning something new

ENERGY GIVERS



December 16, 2024

LIT UP! Auction Letter

Dear Friend of Literacy,

We need your help gathering items for our LIT UP! silent auction 2024.

Foundations Learning's 29th annual fundraiser, LIT UP! will be held on **Thursday, April 24th** at Prairieland Park, Hall C. Last year, we hosted 368 guests and raised \$68,000 through this event. Several items and one-of-a-kind experiences were auctioned off while guests enjoyed a delicious sit-down dinner and cocktails.

Want to get involved?

- **Donate an item to be used in our silent or live auction!** It could be a product, a gift card, a gift basket, an experience voucher, etc. We will also gladly accept cash donations to purchase an item on your behalf. If you require a charitable receipt for your donation, please indicate the value.
- **Purchase tickets or a corporate table!** Tickets are \$125 per individual, \$1,000 for a table of 8, or \$1,250 for a VIP table of 8. The VIP experience includes wine service for the table, extra dessert, and front-row seats! Tickets sell out fast, so don't sleep on it, get yours here. A charitable tax receipt is issued for a portion of all tickets purchased.

Auction items can be mailed or delivered to the Foundations Learning's office. If you prefer, we will be happy to arrange to pick up items at your convenience.

We look forward to hearing from you and hope to see you at LIT UP!.

Sincerely,

Cathlin Berndt (she/her)
Communications & Events Coordinator
Cathlin@FoundationsLearning.com

Did you know that one-third of Saskatchewan residents struggle with literacy daily?

Foundations Learning & Skills Saskatchewan offers literacy training and support for adults and families as well as access to financial literacy programs, all free of charge. We believe that everyone has the right to learn, and that lifelong learning habits contribute to strong communities. Visit our website to learn more: FoundationsLearning.com

Learn
together.
Grow
together.

Foundations
Learning & Skills Saskatchewan
#2-706 Duchess Street
Saskatoon, SK S7K 0R3

(306) 652-5448
hello@FoundationsLearning.com
FoundationsLearning.com

Foundations
Charitable Number:
11911 1862 RR0001



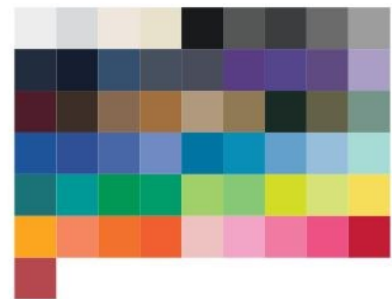
T-shirt BOGO!

Gear up for camps, runs, festivals, and volunteer events!

Ends Aug 31st



Available in over 50 colors!



Left Front Chest Sized Heat Transfer Included

Contact us for pricing on additional decoration sizes

Set Up Fees May Apply, Taxes & Freight Extra



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335 Robin Way, Saskatoon, SK S7L 6N1

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