

## PRESIDENT'S MESSAGE



August already - how is that possible? Summer is half over and the days have started to get shorter. Someone recently said to me that Christmas is just around the corner... When I sit and think about where July went it really comes down to 2 things; the devastating impact of the flood and of course, the Calgary Stampede!

My focus of positive things this month is different than my previous lists – without an EWI event, it is directed outside of our Chapter and to our great City and surrounding communities. Here are five positive things that I think

stand out the most for the month of July:

1. The people of Calgary and the surrounding communities! Watching how individuals have come together and volunteered their time and manual labour to help out complete strangers inundated by the flood makes me so proud to live here.
2. The emergency response teams did a spectacular job of minimizing the impact where they could and managing the torrential water quickly. They worked non-stop to help people in need as quickly as they could.
3. Mayor Naheed Nenshi – if you weren't a fan before the floods, I'm betting you are now! He showed such leadership, grace and empathy for all Calgarians. He worked around the clock to prioritize what needed to be done to get the City functioning as soon as possible. He handled the continuous media questions with integrity. One of my favourite lines of his was when a CTV anchor was asking him on day 2 to talk about the financial cost of the flood and he replied something to the effect of, "I'm not going to talk about finances now. All I am focusing on is people's safety!" Well done, Mayor!
4. One of our member firms, Cottonwood Golf and Country Club, was severely impacted by the flood. Staff and volunteering members have been working long days trying to get the golf club open and operating. I have seen some of the pictures of the worst moments at the Wood and it was bad. Knowing that our EWI Charity Connect Classic was less than two months away, I will admit I was wondering if we would have to cancel. But no! They are targeting to open all 18 holes early August.
5. Corporate Calgary has impressed me greatly. I have several clients whose companies encouraged them to volunteer that first week instead of going to the office. I have another client who has given each employee 3 paid days to use between now and the end of the year to volunteer helping those in need. It warms my heart.

### 2012-2013 Officers & Directors

#### President

Jacquie Stephens, Breakthrough Consulting  
(403) 477-7166

#### Vice President

Jo-Anne Teed, Universal Flooring Systems  
(403) 850-0377

#### Secretary

Cayla Hiscock, Calgary Marriott  
(403) 205-5569

#### Treasurer

Sherri Cunningham, Servpro Cleaning  
(403) 520-1363

#### Ways & Means

Shawna Perron, BMO Nesbitt Burns  
(403) 261-9519

#### Retention & Recruitment Director Vacant

#### Sergeant-at-Arms

Heather Walker, Heather Walker Consulting  
(403) 815-4498

#### Program Director

Flora Fioritti-Irwin, Encore Event Management  
(403) 238-2842

#### Publications Director

Jackie Pontin, GWL Realty Advisors  
(403) 777-0663

#### Communications Director

Jaime Albrecht-Rasmussen, Husky Energy  
(403) 298-6468

#### Past President/Advisor

Michelle Goshinmon, Creative Differences  
(403) 863-8584

Continued on page 2

President's Message, continued from page 1

Our next meeting is the EWI Charity Connect Classic taking place on August 19 at Cottonwood Golf and Country Club. Remember that this serves as our August dinner meeting as well. How will you **ENGAGE** at the golf tournament? There are many ways for you to **ENGAGE**:

1. Golf! If you don't golf, then let anyone you know that golfs know about the tournament. For more information on the tournament, visit [www.ewicalgary.com/Default.aspx?pageId=530488&eventId=691181&EventViewMode=EventDetails](http://www.ewicalgary.com/Default.aspx?pageId=530488&eventId=691181&EventViewMode=EventDetails).
2. Donate - our hope is that every EWI member firm will donate something that we can use in the silent auction. Don't worry about how big or small it is... Every contribution helps. And please ask people or companies you know if they would be willing to donate something.
3. Sponsor - there are some spectacular sponsorship opportunities available ranging from \$250 (for EWI members) to \$5000. For more information on the opportunities, visit [www.ewicalgary.com/Resources/EWI%20Charity%20Connect%20Classic%202013/2013%20Sponsorship.pdf](http://www.ewicalgary.com/Resources/EWI%20Charity%20Connect%20Classic%202013/2013%20Sponsorship.pdf).
4. Dinner - if you don't golf, come out for dinner. It is considered our August dinner meeting. The festivities start at 2:00pm and the official program starts at 3:00.
5. Volunteer - Phyllis Snider would be thrilled to hear that you'd like to volunteer for the day of the event. Please contact her directly at [pfsnider@shaw.ca](mailto:pfsnider@shaw.ca).

I look forward to seeing all of you at the golf tournament.

One Voice. One Vision. **ENGAGE!!!**

Warmly,  
Jacquie Stephens, MBA  
President

## EXECUTIVE PROFILE

### **Gary Perron, Senior Vice President, Perron Group, BMO Nesbitt Burns**

The Perron Group at BMO Nesbitt Burns is a father and daughter team, led by Gary and Shawna Perron. Gary Perron is the Branch Manager and a Managing Director and Senior Vice President. The Calgary-Perron Nesbitt Burns branch manages over \$7 billion in assets and has 40 Investment Advisors. This branch is one of the most successful in the firm for over 20 years. Gary is a CFA Charterholder and has been providing investment advisory services for more than 30 years. He has served as director of several public and private companies in which he represented shareholders and received first-hand experience in value creation. Gary's experience included Directorships for Progress Energy Resources Corp., Parkbridge Lifestyle Communities Inc., Yoho Resources Inc. and Realex Properties Corp, to name a few.

The Perron Group strives in the area of portfolio construction and customer service. We work very closely with our clients to make sure they are comfortable and understand the benefits of investing. Most importantly, we help them plan. Plan to save for a child's education, plan for a dream vacation, plan to purchase a house, plan to be mortgage free, plan to retire and plan to pass on a legacy. Our passion is to help our clients through every stage of their life and to see them enjoy every moment.



If this resonates with you, we would love to hear from you.

## FIRM HIGHLIGHT

David Aplin Group  
Member Rep: Gimena de Buen

David Aplin Group was established in 1975 and today is one of Canada's largest and most accomplished recruiting firms. We provide the strongest talent for every organization we help — from local entrepreneurs to Fortune 500's. We work hard for our customers to deliver deeply specialized, full-service recruiting and HR solutions — all from one source.

Our mission is to recruit great people for exceptional companies. We recruit for strong teams, effective operations and business growth.

Our history is our proof. With over 35 years' experience and 80 percent repeat business—our successes in placing top level candidates and understanding client markets have resulted in stronger relationships and more sustainable employment strategies. David Aplin Group won the Best Managed award in 2011 and became a requalified member in 2012.

From Vancouver to Halifax, our specialists build strong connections and make the difference in attracting and placing top talent on a consistent, professional and timely basis.

Many of our clients have used David Aplin Group for over 30 years. Our satisfied customers range from small, local, entrepreneurial firms to large, multinational, Fortune 500 companies. We are always pleased to provide client references. In today's competitive market, it makes good business sense to develop a relationship with a staffing partner like David Aplin Group. Our core business is recruiting. Partnering with David Aplin Group lets you concentrate on your core business.

Through superior service, talented and qualified candidates, and a commitment to long-term relationships, David Aplin Group has been providing deeply specialized complete recruiting and HR solutions across Canada.

### **Aplin Professional.** Specialized Recruiting

Our recruiters are dedicated to particular practice areas and can respond to specific markets. We build strong connections, source locally and nationally, and ensure thorough qualification using high level software and targeted marketing programs. Our areas of specialization are: Accounting, Legal, Human Resources, Office administrators, Information Technology, Sales, Marketing and Supply Chain.

### **Aplin Office.** Temporary & Permanent

For over 35 years, across the country, our recruiting specialists have been placing high quality candidates to help exceptional companies run smoothly and efficiently.

### **Aplin Executive.** Retained Search

Recruiting specialists find executives and senior managers who best fit your business and share your passion for growth and success.

### **Aplin Outsource.** HR Solutions

We specialize in recruiting and HR solutions so you don't have to. We can take on part or all of your company's HR processes. Our expertise, deep market knowledge and attention to detail allow you to focus on your core business.



# David Aplin Group

Recruiting. Solutions.

## CHAPTER NEWS

### Welcome

We welcome Gimena de Buen back to the Calgary Chapter, Gimena is the member rep for a new member firm, David Aplin Group.

We also welcome Helen Parkinson as the new member rep for BA Cheyne Parkinson.

### Flooding

To all those members who were affected by the recent floods, we extend sympathy and hope that things are returning to normal.

Watch out for a new species that has evolved due to the over abundance of rain we have had lately in Alberta!



### Door Prizes

Do you or your company have anything to donate for use as a door prize at our monthly meetings? The ways and means committee are always grateful to receive donations.

### 2013 EWI Charity Connect Classic

Stampede is behind us, now it's time to think about golf. It is hard to believe that we are just a few weeks away from the 2013 EWI Charity Connect Classic. You may have heard about this in the news, Cottonwood Golf and Country Club was massively hit by the flood. Tiffany Gordon and her team at the Wood have been working relentless since then to get the golf course open. They have done an amazing job and it looks good.

We have some great prizes and auction items in store for you. We are excited to have the Denver Broncos package back as a live auction item. This coveted package includes 2 tickets to a home game, a tour of the training facility and field passes before the game. With Peyton Manning back as QB, tickets are virtually impossible to get in a stadium that has been sold out for decades.

Our Master of Ceremonies this year is Canadian Women's Hockey Player, Cassie Campbell - two time Olympic Gold Medalist, ex-Captain of the Canadian Women's Hockey team, and Broadcaster.



We still have some exciting sponsorship opportunities available. Last year we raised over \$35,000 in support of Highbanks. We'd like you to be a part of this year's success. You can support this year's event by sponsoring, donating, golfing or just coming out for the dinner. Feel free to invite a friend or fore.

### Courtesy Notice

Do you have information to share, or an announcement that you'd like distributed to our membership? Please send your request to Jackie Pontin at [jackie.pontin@gwlra.com](mailto:jackie.pontin@gwlra.com).

**Leave a legacy gift and enhance financial security for those who will benefit from EWI's programs.**



*Call or go online for more details about how you can make a difference.*

**ewi**

CONNECTIONS | CAREERS | COMMUNITY

Dial Toll Free: 1-877-4-EWI-NOW or go to [www.ewiconnect.com](http://www.ewiconnect.com)

## WAYS & MEANS REPORT

### Golf Tournament

Registration is live so register for golf and/or dinner NOW!

We need sponsorship and silent auction items. Please think about what you or your company might be able to donate this year. We are trying to push for items males would like because for some reason they are high bidders. Let's make it great again this year.

If you are not a golfer, come for the afternoon dinner. Think of it as our August membership meeting where you will get to hear Cassie Campbell speak about her experience as the captain of the Canadian Women's Olympic team. Bring a guest. Also, volunteer the day of. It is beautiful out at the Cottonwood Golf and Country Club. What better way to spend a Monday in August.

So, start telling your friends/colleagues to start registering for our golf tournament on Monday, August 19<sup>th</sup>. We are going to have a fabulous time again this year.

We need your help for the following:

- Sponsorship – event and hole sponsors
- Silent auction items
- Volunteering the day of
- Coming for the dinner

How are you going to get engaged in this event this year? We look forward to seeing you there.

### Calling out for our next Fundraiser Director!

After two years in the position, I can tell you it has been an amazing time. Organizing the fundraising activities are so much fun and the ladies on the committees are fantastic. I will be there along the way to help with anything. Ask me more, I would love to tell you how rewarding it is. If you are interested, please let myself or Jo-Anne Teed know. We would love to hear from you.

It is a great way to get to know the ladies at EWI!

### DATES TO NOTE

**Aug 6, 2013**

Webinar

Women: Power & Status

**Aug 6, 2013**

Board Meeting

**August 19, 2013**

2013 Charity Connect Classic  
Cottonwood Golf and  
Country Club

**September 3, 2013**

Board Meeting

**September 18 - 21, 2013**

LCAM  
San Diego, CA

**September 25, 2013**

Membership meeting

**October 4 - 6, 2013**

Board Retreat  
Blackstone Lodge, Canmore

### DID YOU KNOW

If you attend six professional development webinars you will receive one Academy of Leadership module credit. Sign up today! See page 10 for the upcoming webinar.



**fellows**  
EXECUTIVE WOMEN INTERNATIONAL  
FELLOWS SCHOLARSHIP

Attention EWI Representatives pursuing an undergraduate, graduate, or post-graduate degree,  
EWI can help with your expenses.

**Apply Today for an EWI  
Fellows Scholarship!**

To Learn More Call Toll Free: 1-877-4EWI-NOW  
or Go Online to [www.ewiconnect.com](http://www.ewiconnect.com)

**ewi**  
CONNECTIONS | CAREERS | COMMUNITY



# CHARITY CONNECT CLASSIC



CONNECTIONS | CAREERS | COMMUNITY

Monday, August 19, 2013  
Cottonwood Golf & Country Club

Registration & Breakfast: 7:30am  
Driving Range Open: 7:30am  
Shotgun Start: 9:00am  
Texas Scramble Format  
Auction & Dinner to Follow

For 75 years, EWI has been a leader in business networking. We are a powerful organization for business executives and their member firms. The member representatives of EWI Calgary make connections, advance their careers and contribute to their community.

In 2012, EWI's Charity Connect Classic raised over \$35,000 for our chosen charity! Our goal for 2013 is to raise well in excess of that. This tournament is one of our primary initiatives for raising funds to better our community. We invite you to join us in our efforts and enjoy a spectacular day of golf, fun, food and friendship.

Master of Ceremonies  
Canadian Olympian and Broadcaster –  
Cassie Campbell



## THE HIGH BANKS SOCIETY

This year, we're thrilled to announce that EWI's charity of choice is the Highbanks Society.

The Highbanks Society provides subsidized housing and wrap-around support services to parenting youth in Calgary.



## GET INVOLVED

[www.ewicalgary.com](http://www.ewicalgary.com)

# CHARITY CONNECT CLASSIC



## 3 WAYS TO GET INVOLVED

### 1. GOLF

Register at [www.ewicalgary.com](http://www.ewicalgary.com)

Register to play golf, invite your friends and come as a foursome, have dinner with us after golf and mingle with Canadian Olympian athletes.  
 \$275 per golfer      Dinner only \$45

### 2. DONATE

Contact Heather Walker at [hr\\_walker@shaw.ca](mailto:hr_walker@shaw.ca)

Not a golfer? Donate, donate, donate. The most important fun-raising component of our tournament is the live and silent auctions. Donate prizes for our auction generously! Your contributions are invaluable and money raised will go directly to Highbanks Society.

### 3. SPONSOR

Contact Sherri Cunnigham at [scunningham@servprocanada.com](mailto:scunningham@servprocanada.com)

Sponsorship opportunities ranging from \$500 to \$5000 are available. Sponsor - get extra recognition for your contribution.

<b>GOLD</b>	<b>\$5000</b>	<b>2 golfers, logo on website, program, signage, PowerPoint</b>
<b>SILVER</b>	<b>\$3000</b>	<b>1 golfer, logo on website, program, signage, PowerPoint</b>
<b>BRONZE</b>	<b>\$1500</b>	<b>Logo on website, program, signage PowerPoint</b>
<b>COPPER</b>	<b>\$500</b>	<b>Logo on tournament signage &amp; program</b>



## SOMETHING TO THINK ABOUT

### Stressed, Tired and Unhappy At Work?

**“It’s not so much how busy you are, but why you are busy. The bee is praised. The mosquito is swatted.”**

Mary O’Connor, Romance Writer



I love quotes that make me laugh. That’s exactly what the one above did for me and then... it gave me a slap upside the head. Why are so many people SO busy and SO stressed and SO tired? And why are other people, who are just as busy, happy and content?

I wonder if some aren’t like the mosquito, sucking all the blood out of others by negative attitudes and never looking within, for answers or help. If we keep pointing at others and pointing out how they are upsetting us, we will never stop and take an honest look at ourselves.

Do most of your sentences start with ‘but’? Get rid of that word. Catch yourself and substitute the word ‘and’. If ‘but’ is in your self-talk you might be using it to make excuses for your own behaviour. ‘But he never listens to my ideas’. “But I was hurt at my last job, that’s why I won’t try again.” How do you speak to yourself? Are you looking for trouble before it happens? Are you blaming the past? Are you

setting yourself up for failure? If we keep enough negative words circling in our heads we become like the mosquito. People see us coming and they wish they could reach for the spray.

If you find yourself making sweeping negative comments, stop and ask yourself, ‘Is this true’, ‘what is true’. Those two phrases will help you reframe your thinking. Often we use phrases like ‘he ALWAYS’, or ‘she NEVER’, when in fact if you ask yourself ‘what is true’ the situation is far less earth-shattering.

When dealing with difficult people, we are told to ask questions for clarification. ‘What do you mean?’ ‘Why do you say that?’ Perhaps it’s time to point your finger back at yourself and ask yourself those same questions.

Learn to listen to yourself and think about what messages you are sending before you start to judge others. Ask yourself, ‘are you a bee or a mosquito’?

Reprinted with kind permission from Joan Craven.

Joan Craven’s book “Got It! 21 Communication Tips for Busy People” is available on Amazon and as a Kindle.

### WHO AM I?

Can you identify our mystery EWI Calgary member?

- 1) I grew up on a farm.
- 2) I lived in Yellowknife for 8 years.
- 3) I attended Red Deer College.
- 4) I had a pet deer growing up.
- 5) I’m a picky eater.

See page 15 for the answer

If there is someone out there who has a creative streak, I have another way for you to.....Engage! If you would like to take on the position of Publications Director for the next year, please let me know. I would be happy to share ideas, templates and anything else you need to get started.

Respectfully submitted,  
Jackie Pontin  
Representing GWL Realty Advisors

## HIGHBANKS NEEDS YOUR VOTE!

For almost 100 years, Field Law has been committed to helping the communities they serve. Each year they support charitable groups and organizations across Alberta and the North.

This year, they introduced a new initiative, the Field Law Community Fund Program, which enables them to provide individuals, organizations, charities and community groups (large and small) with some of the funding they need to bring their ambitious, creative community initiatives to life.

Organisations and individuals were invited to nominate worthy initiatives, particularly those focused on education, healthcare, at-risk youth, homelessness, women's organizations, sports, community and arts and culture.

Qualified ideas have been posted online, where visitors can vote for their favourites. Voting will close on August 31. Highbanks Society is very excited to have been chosen by Field Law as a finalist for their funding, now they need our votes!

### What is their idea?

Every year in Calgary over 500 teens give birth. Nearly all choose to keep their babies, many without family support. At Highbanks, they envision a community in which parenting youth and their children feel respected, nurtured and valued. They provide individual family apartments for parenting youth between the ages of 16 and 24 with a subsidized rent of \$375 per month. They integrate essential support such as psychological counselling, parenting training, personal growth, fitness and nutrition, and an education savings match program.

Since 2003, 39 young mothers have passed through Highbanks. Of them, more than a third have not only completed high school but have gone on to post secondary education, which without support would have been inconceivable.

Highbanks was created by Bette Mitchell, a former parent educator, who visited parenting youth in their homes. What she often found were young mothers living in dark, basement suites isolated from friends and support services and with little hope for the future. Highbanks is unique in providing a warm, loving and caring environment in a small setting.

They rely on private and corporate donations with our only government funding coming from a casino every 18 months. Highbanks Society supports 8 young families at a time with an annual cost per resident family of just over \$20,000.

### Who will it benefit?

Single parent families are one of the largest populations living in poverty in Alberta and that includes 91,000 children. Up to 25% of children raised in poverty will remain poor for their lives and the cycle will renew. Most Highbanks residents have come from poverty but with support, they are continuing their education while parenting so that they can provide a future for their children and become productive members of society.

The residents say that the opportunity to live at Highbanks means a chance to live in safety, to live with confidence that they have the support they need, and to know they are becoming better parents and members of their community.

"People always told me that one day my life would be better and that every step I take is one moment closer to where I want to be. The day I moved into Highbanks is the day I began to believe it.

There have been several times in my life when the obstacles I was faced with convinced me life just isn't worth it. Despite the knowledge that none of it was self-inflicted, I still felt at blame. I felt worthless, punished, a bad mother, unloved, and a mistake to the world.

I now feel safe where I am. I have never known what that truly felt like until now. I have come to realize that I am worth it and (my child) is counting on me. The way I parent and interact with (my child) has changed since I've been here. I can't remember how long it has been since I've felt this kind of happiness. I suppose I just needed someone to believe in me, and support me all along, but now I have that."

FORMER Highbanks RESIDENT

Please consider supporting Highbanks and providing hope to a young mother and her child.

### What can you do?

Copy the URL [fieldlawcommunityfund.com/vote](http://fieldlawcommunityfund.com/vote) into your web browser and scroll down to the entry "Support a Family", then cast your vote! Feel free to spread the word to support future funding for the young families at Highbanks!



## CORPORATE NEWS

2012-2013

### CORPORATE OFFICERS & DIRECTORS

**President**

Karen Skirten  
TierOne Travel  
EWI of Calgary

**VP / President Elect**

Ronwyn Anderson  
Soft-Lite Windows  
EWI of Nashville

**Secretary / Treasurer**

Darlene Banogon  
North Island Credit Union  
EWI of San Diego

**Director**

Benita Collins  
Dallas Area Rapid Transit  
EWI of Dallas

**Director**

Cortney Ewald-Ihde  
Ewald Automotive  
EWI of Milwaukee

**Director**

Mary Helen Johnston  
M & J Photography  
EWI of Corpus Christi

**Director**

Cindy Hillegass  
Dalco Roofing & Sheet Metal, Inc.  
EWI of Minneapolis

**Corporate Advisor**

Lisa Stokes  
B.R.P. Entertainment  
EWI of Harrisburg

### Professional Development Webinars

EWI has put together an outstanding series of webinars featuring some great presenters who are excited to help you become better at what you do and how you do it. From subjects ranging from Goal Setting and Achievement to Communication and Emotional Intelligence, these webinars are a must see.

As a member of EWI **you can participate in all of these exciting new webinars, as can any other employees of your firm**, not just EWI representatives. What an amazing opportunity!

To register for the upcoming webinar on **Tuesday, August 6: Women, Power & Status with Linda Talley**, go to <http://ewiconnect.com> and follow the link under "Upcoming Events".

Missed a previous webinar? No problem, to access the webinar archives, please log in and visit the Members Only section.

### LCAM 2013

**September 18-21, 2013  
San Diego, CA (Chapter City)**

The 66th Leadership Conference and Annual Meeting (LCAM) will be held in sunny San Diego, California.



This year marks a milestone for the organization...**75 years!** Corporate has planned a special LCAM Celebrating the Past, Embracing the Future that you won't want to miss. There will be exciting programming and first class presenters, including Amanda Gore, one of America's most admired experiential speakers, and former host of PBS' Reading Rainbow, LaVar Burton. This year's conference programming is sure to inspire you.

Stay tuned for more details and the schedule at-a-glance. Other slated presenters include:

John Wood, former Microsoft executive and founder of Room to Read  
Madeleine Blanchard, Leadership Coach  
Inocente, Artist and Documentary Subject  
Alaina Podmorow, Founder of Little Women for Little Women of Afghanistan  
Bobbie Staten, Motivational Humorist

**Registration July 1 - August 12  
\$750**

**Late registration begins August 13**

As a tribute to EWI's founder Lucille Johnson Perkins, EWI of San Diego, has created a video outlining Lucille's life and the establishment of Executive's Secretaries, which has evolved into the amazing organization to which you belong today. It is a moving tribute that you will enjoy viewing. Paste this link into your search engine to view the video.

[http://www.youtube.com/watch?v=2\\_8oSPoWp8Q&feature=youtu.be](http://www.youtube.com/watch?v=2_8oSPoWp8Q&feature=youtu.be)

## CLEANING TIP

You love a spotless house—but you don't want to spend the bulk of your time actually cleaning. Well, fret no more. Here are some tips to clean and sanitize your kitchen.

### Circle Your Way Around:

Always begin on the right side of your stove, then move clockwise around the room. The stove is typically the dirtiest part of the kitchen, so ending with it keeps you from spreading dirt and grease. (First, soak drip pans and knobs in warm soapy water. By the time you've worked your way around, they'll be easier to clean.)

### Sanitize the Sink:

It's hard to believe, but your dirty kitchen sink has more bacteria than your toilet seat. Use a product labeled as an EPA-registered disinfectant, or make your own. To disinfect, clean your sink with soap and water first, then spray a mist of vinegar followed by a mist of hydrogen peroxide, and let air-dry. (Don't mix the vinegar and hydrogen peroxide together—spray one after the other.) If your sink is stainless steel, make it sparkle afterward by putting a few drops of mineral oil on a soft cloth and buffing. This prevents water buildup, which deters mold and keeps the sink looking clean longer.

### Do Dishwasher Duty:

Once a week, shake baking soda on a damp sponge and wipe around the machine's edges to remove stuck-on food or stains. To clean the inside, run an empty cycle with Dishwasher Magic, a product designed to kill bacteria like E.coli. "During cold and flu season, add a quarter-cup of bleach to the regular dish cycle to kill bacteria," says Laura Dellutri. The dishes will be safe and sanitized after the rinse cycle is finished.

### Love Your Oven:

Keep the heart of your kitchen clean by lining the bottom with a nonstick ovenliner. It can be wiped with a paper towel, put in the dishwasher, and reused over and over.

### Disinfect the Disposal:

To get rid of odors, drop in a cut-up lemon, some salt and a few ice cubes. The lemon deodorizes, and the ice and salt clean away residue. Or try Disposer Care (DisposerCare.com), which is specifically designed for the job.

### Crumple Paper Towels...Forever:

Use microfiber cloths instead. When wet, they sanitize and clean floors, counters, glass and tile, and eliminate the need for other cleaning products. They're reusable (machine-wash, hang to dry) and cost about \$5 for a two-pack.

### Clean as You Go:

Linda Cobb suggests filling your sink with hot soapy water as you start dinner. "Place used dishes and pans in the filled sink so they'll be soaking while you eat," she says. Also, wipe up any spills immediately—don't give sauces, oils or spices a chance to sit around.

### Zap the Sponge:

We all know that sponges can be a breeding ground for bacteria. Disinfect yours every night by squeezing it out and microwaving it on high for a minute. When it's shredded and smelly, replace it.



### Our Mission

EWI brings together key individuals from diverse businesses for the purpose of promoting member firms, enhancing personal and professional development, and encouraging community involvement.



CONNECTIONS | CAREERS | COMMUNITY

### Our Vision

To be a global women's organization of 5,000 engaged members empowering others for positive change.

### Our Values

Integrity | Excellence | Respect | Collaboration

## HUMOUR IN THE WORKPLACE

### Why We Shoot Deer in Saskatchewan

by a Farmer who wishes to remain anonymous

I had this idea that I could rope a deer, put it in a stall, feed it up on corn for a couple of weeks, then kill it and eat it. The first step in this adventure was getting a deer. I figured that, since they congregate at my cattle feeder and do not seem to have much fear of me when we are there (a bold one will sometimes come right up and sniff at the bags of feed while I am in the back of the truck not 4 feet away), it should not be difficult to rope one, get up to it and toss a bag over its head (to calm it down) then hog tie it and transport it home.

I filled the cattle feeder then hid down at the end with my rope. The cattle, having seen the roping thing before, stayed well back. They were not having any of it. After about 20 minutes, my deer showed up - 3 of them. I picked out a likely looking one, stepped out from the end of the feeder, and threw my rope.

The deer just stood there and stared at me. I wrapped the rope around my waist and twisted the end so I would have a good hold. The deer still just stood and stared at me, but you could tell it was mildly concerned about the whole rope situation. I took a step towards it, it took a step away. I put a little tension on the rope, and then received an education. The first thing that I learned is that, while a deer may just stand there looking at you funny while you rope it, they are spurred to action when you start pulling on that rope. That deer EXPLODED.

The second thing I learned is that pound for pound, a deer is a LOT stronger than a cow or a colt. A cow or a colt in that weight range I could fight down with a rope and with some dignity. A deer— no chance. That thing ran and bucked and twisted and pulled. There was no controlling it and certainly no getting close to it. As it jerked me off my feet and started dragging me across the ground, it occurred to me that having a deer on a rope was not nearly as good an idea as I had originally imagined. The only upside is that they do not have as much stamina as many other animals.

A brief 10 minutes later, it was tired and not nearly as quick to jerk me off my feet and drag me when I managed to get up. It took me a few minutes to realize this, since I was mostly blinded by the blood flowing out of the big gash in my head. At that point, I had lost my taste for corn-fed venison. I just wanted to get that devil creature off the end of that rope. I figured if I just let it go with the rope hanging around its neck, it would likely die slow and painfully somewhere. At the time, there was no love at all between me and that deer. At that moment, I hated the thing, and I would venture a guess that the feeling was mutual.

Despite the gash in my head and the several large knots where I had cleverly arrested the deer's momentum by

bracing my head against various large rocks as it dragged me across the ground, I could still think clearly enough to recognize that there was a small chance that I shared some tiny amount of responsibility for the situation we were in. I didn't want the deer to have to suffer a slow death, so I managed to get it lined back up in between my truck and the feeder - a little trap I had set before hand....kind of like a squeeze chute. I got it to back in there and I started moving up so I could get my rope back.

Did you know that deer bite? They do! I never in a million years would have thought that a deer would bite somebody, so I was very surprised when ..... I reached up there to grab that rope and the deer grabbed hold of my wrist. Now, when a deer bites you, it is not like being bit by a horse where they just bite you, and slide off, to then let go. A deer bites you and shakes its head—almost like a pit bull. They bite HARD and it hurts.

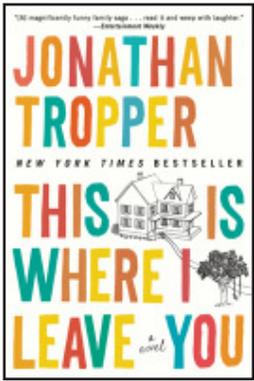
The proper thing to do when a deer bites you is probably to freeze and draw back slowly. I tried screaming and shaking instead. My method was ineffective. It seems like the deer was biting and shaking for several minutes, but it was likely only several seconds. I, being smarter than a deer (though you may be questioning that claim by now), tricked it. While I kept it busy tearing the tendons out of my right arm, I reached up with my left hand and pulled that rope loose.

That was when I got my final lesson in deer behaviour for the day. Deer will strike at you with their front feet. They rear right up on their back feet and strike right about head and shoulder level, and their hooves are surprisingly sharp. I learned a long time ago that, when an animal - like a horse - strikes at you with their hooves and you can't get away easily, the best thing to do is try to make a loud noise and make an aggressive move towards the animal. This will usually cause them to back down a bit so you can escape. This was not a horse. This was a deer, so obviously, such trickery would not work. In the course of a millisecond, I devised a different strategy. I screamed like a woman and tried to turn and run. The reason I had always been told NOT to try to turn and run from a horse that paws at you is that there is a good chance that it will hit you in the back of the head.

Deer may not be so different from horses after all, besides being twice as strong and three times as evil, because the second I turned to run, it hit me right in the back of the head and knocked me down. Now, when a deer paws at you and knocks you down, it does not immediately leave. I suspect it does not recognize that the danger has passed. What they do instead is paw your back and jump up and down on you while you are laying there crying like a little girl and covering your head. I finally managed to crawl under the truck and the deer went away.

So now I know why when people go deer hunting they bring a rifle with a scope.....to sort of even the odds!!

## READER'S RECOMMENDATION



Within the space of a few weeks, Judd Foxman has learned about his wife's fourteen month affair with his misogynist, radio shock-jock boss - only because he walked in on them having sex in his bedroom - and that his emotionally-distant, cancer-stricken father has finally passed away. And now, Judd discovers, he's being asked to sit *shiva*, and mourn according

to the Hebrew custom for seven uninterrupted days with the remaining members of his highly dysfunctional family.

Between his older brother Paul's decades-long resentment, his sister-in-law's hysterics over her infertility, his younger brother's pre-midlife crisis with a much older woman, his sardonic older sister's callous, absentee husband, his mother's age-inappropriate manner of dressing, and - the reason they're all gathered together - his father's death, Judd barely has time to fixate on his own disaster of a marriage and his lack of a distinct and promising future. And yet he does fixate on it, especially when his soon-to-be-ex wife shows up and announces that she's pregnant, and that the child is his.

With deftly wrought prose and marvelous comedic sense, author Jonathan Tropper brings a grieving Jewish family vividly to life. As day after day of the *shiva* passes, the Foxman family uncover years of repressed bitterness, confusion, anger, and finally, love for one another. *This Is Where I Leave You* is an engaging and moving novel, examining the reasons behind our most loving and unloving actions, and exploring our complicated, contradictory relationships with those we call our family.

For all of their faults, I found the Foxman clan a likeable group of people. The language in this book is sometimes crude but on the whole I found it laugh out loud hilarious.

### What Do You Recommend?

Have you read a good book that you can recommend to others? Please send your suggestions for book titles - with or without an attached review - to [jackie.pontin@gwlra.com](mailto:jackie.pontin@gwlra.com)

## RECIPE SWAP

Summer time and the livin' is easy. I noticed my local supermarket is carrying large ripe watermelons along with bulk containers of blueberries. In addition to being a tasty summer snack, water melon is packed full of nutrition. The phenolic compounds in water-melon—including flavonoids, carotenoids, and triterpenoids—make this fruit a choice for its anti-inflammatory and antioxidant health benefits. Blueberries rank number 1 in the world of anti oxidants and also offer an abundance of vitamin-C to boost your immune system.

Here are a couple of recipes to use the plentiful supply of each.

### Mixed Greens with Feta, Pine Nuts, and Blueberries

Makes 4 servings

#### Ingredients

- 1 1/2 tablespoons red wine vinegar
- 3 tablespoons olive oil
- 1 - 2 teaspoons honey
- 1 5-ounce bag baby salad greens
- 1/2 cup crumbled feta cheese (about 2 1/2 ounces)
- 1 1/2-pint container blueberries
- 1/4 cup pine nuts, toasted

#### Preparation

Whisk vinegar, oil, and honey in small bowl. Season to taste with salt and pepper. Combine greens, feta, and blueberries in large bowl. Add dressing; toss to coat. Sprinkle with pine nuts and serve.

### Watermelon and Feta Salad

Makes 6 to 8 servings

#### Ingredients

- 3 cups 1-inch chunks watermelon, seeded
- 1/2 cup crumbled feta cheese
- Coarsely ground black pepper to taste
- 1/4 cup chopped mint
- 1 - 2 teaspoons lime juice
- 1/2 teaspoon red-pepper flakes (optional)

#### Preparation

In a large bowl, combine the watermelon, feta, mint, lime juice and a few generous grindings of black pepper. For a little more zing, add the red pepper flakes, if you like.

# OUR MEMBER FIRMS

**Alberta New Home Warranty (The)**

Rep: Cindy Zahn

**Apex Mechanical Plumbing and Heating**

Rep: Robin Popowich

**Azuridge Resort**

Rep: Eve Drozdowski

**B.A. Cheyne Parkinson Consulting**

Rep: Helen Parkinson

**Bank of Montreal**

Rep: Elaine Rushworth, Katharine Stranks

**BMO Nesbitt Burns**

Rep: Shawna Perron

**BOWEN Workforce Solutions**

Rep: Mary Simmonds

**Breakthrough Consulting**

Rep: Jacquie Stephens

**Calgary Marriott Hotel**

Rep: Cayla Hiscock

**Calgary TELUS Convention Centre**

Rep: Lynn MacMullin-Cudmore

**Carriage House Inn**

Rep: Brenda Davidson

**Condominium First Management Services**

Rep: Linda Herkert

**Cottonwood Golf & Country Club**

Rep: Carol McCarthy

**Creative Differences**

Rep: Michelle Goshinmon

**David Aplin Group**

Rep: Gimena de Buen

**Distinctive Looks**

Rep: Judy York

**Drycleaning by Dave**

Rep: Dave Barker

**Encana Corporation**

Rep: Debbie Laval

**Encore Event Destination Management**

Rep: Flora Fioritti-Irwin

**Fairmont Château Lake Louise**

Rep: Robin Jackson

**Griffiths Energy International**

Rep: Danine Birkholm

**GWL Realty Advisors Inc.**

Rep: Jackie Pontin

**Heather Walker Consulting**

Rep: Heather Walker

**Highbanks Society**

Rep: Cherise Gosselin

**Hotel Alma**

Rep: Magdalena Goss, Amy Turner

**Husky Energy Inc.**

Rep: Jaime Albrecht-Rasmussen

**Jade Britany Consulting Inc**

Rep: Jade Britany

**Jones & Salt Insurance**

Rep: Sarah Turner

**Metabolic Wellness**

Rep: Jeannie Kennedy

**Miller Thompson LLP**

Rep: Susan Soderlund

**NV Fashions**

Rep: Nancy Rosychuk, Kayleigh Davidson

**Servpro Cleaning**

Rep: Sherri Cunningham

**SpeedPro Signs**

Rep: Joanne Ruston

**TAS Aesthetics of Mika Skin Care**

Rep: Tracey Sirois

**TierOne Travel**

Rep: Karen Skirten

**Universal Flooring Systems Ltd**

Rep: Jo-Anne Teed

**Vivia Digital Films Inc.**

Rep: Share Munoz

**Wendy Ellen Inc**

Rep: Ashley Mickelson

---

## FIRM UPDATES

If you have new firm information or have a new representative, please be sure to update Heather Walker at [hr\\_walker@me.com](mailto:hr_walker@me.com) or (403) 815-4498 to ensure our Roster stays up to date.

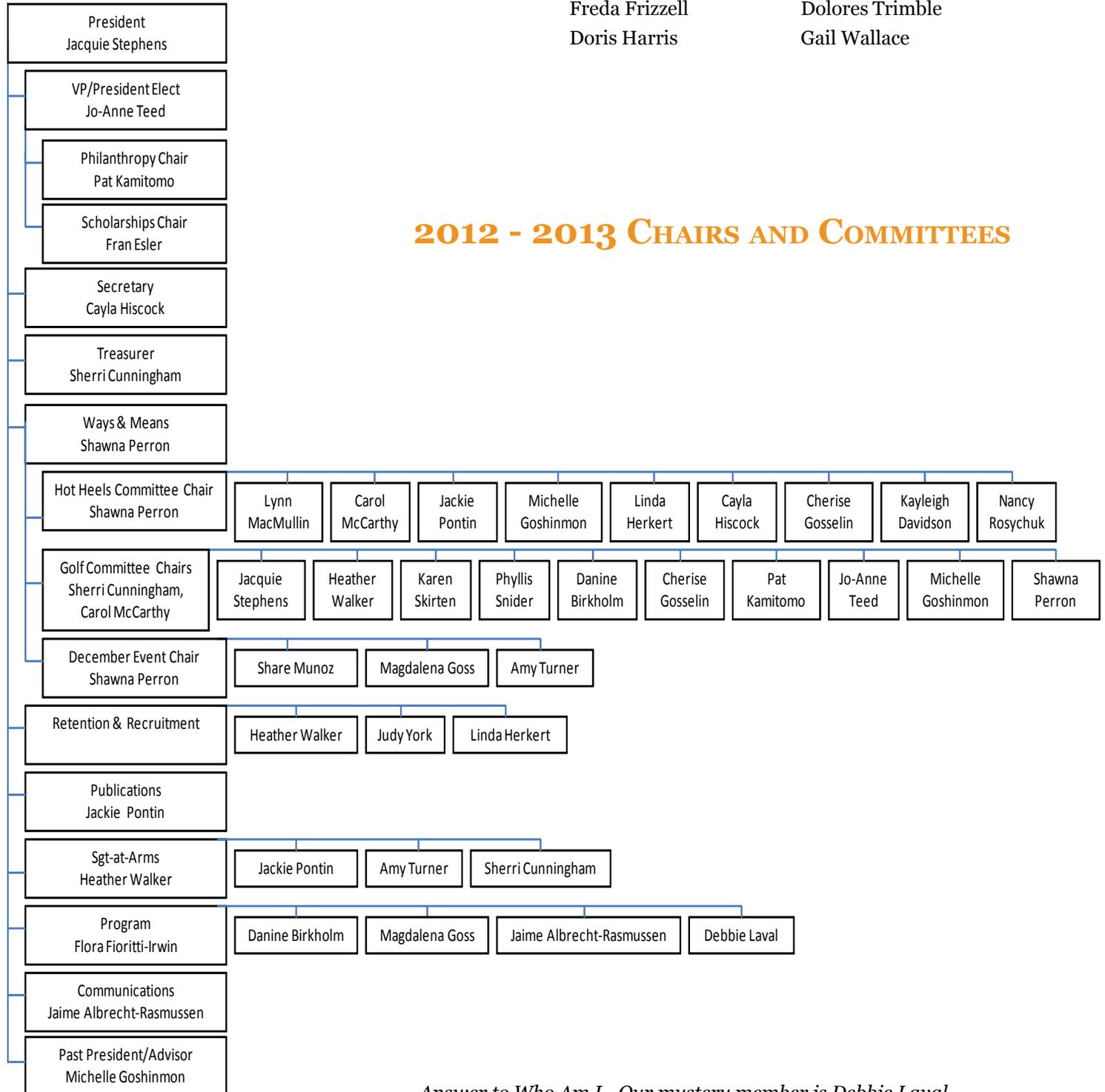
## SUSTAINING MEMBERS

Margaret Bell  
Anne Ferrier

## HONORARY LIFE MEMBERS

Dianne Andrews  
Danine Birkholm  
Anne Davidson  
Fran Esler  
Dorothy Faulkner  
Freda Frizzell  
Doris Harris  
Pat Kamitomo  
Susan May  
Gladys Perrott  
Phyllis Snider  
Joanna Suehwold  
Dolores Trimble  
Gail Wallace

## 2012 - 2013 CHAIRS AND COMMITTEES



*Answer to Who Am I - Our mystery member is Debbie Laval*

**2012 - 2013 BOARD OF DIRECTORS**



**President**

Jacquie Stephens  
Breakthrough Consulting

jacquie@breakthroughconsulting.ca



**Sgt-at-Arms**

Heather Walker  
Heather Walker Consulting

hr\_walker@shaw.ca



**Ways & Means**

Shawna Perron  
BMO Nesbitt Burns

Shawna.Perron@nbpcd.com



**Vice President/  
President Elect**

Jo-Anne Teed  
Universal Flooring

jateed@universal-flooring.com



**Program**

Flora Fioritti-Irwin  
Encore Event Management

flora@encore-events.ca



**Communications**

Jaime Albrecht-Rasmussen  
Husky Energy Inc.

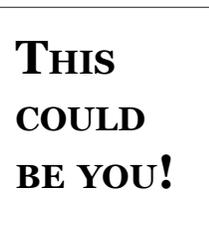
Jaime.Albrecht@huskyenergy.com



**Secretary**

Cayla Hiscock  
Calgary Marriott

Cayla.Hiscock@marriott.com



**Retention &  
Recruitment**

Vacant



**Publications**

Jackie Pontin  
GWL Realty Advisors Inc.

jackie.pontin@gwlra.com



**Treasurer**

Sherri Cunningham  
Servpro Cleaning

scunningham@servprocanada.com

*For more information on EWI please visit  
the Calgary Chapter website at  
[www.ewicalgary.com](http://www.ewicalgary.com)*

Our mailing address is  
EWI Calgary  
PO Box 22025  
Calgary, AB T2P 4J1

**ADVISOR**



**Past President**

Michelle Goshinmon  
Creative Differences

mgoshinmon@gmail.com



CONNECTIONS | CAREERS | COMMUNITY