

PRESIDENT'S MESSAGE



Welcome to the April Connect!

Time is flying! It's hard to believe we are only a month away from our Hot Heels fashion show and five months

away from our 50th Anniversary celebration. It's an exciting time for us at EWI of Calgary. Space is limited for Hot Heels so get your tickets soon on our website www.ewicalgary.com.

I am happy to tell you that the Board of Directors is finally a full team thanks to Sherri Cunningham joining as Communications Director! This is the first time in at least a year. This is exciting for our Chapter. While we are more than half way through our board term, hopefully this will allow us to get things in a good place to transition over to Michelle Goshinmon and her new Board in September.

What a great turnout we had for our March dinner meeting! Thank you to everyone who came out to hear Shawne Duperon talk about forgiveness. Shawne is full of passion about her work and kept everyone engaged with her humor and interactive presentation. There was something quite liberating in the final exercise - letting go of bad feelings that we can build up at work that restrict us from understanding other people's realities, sharing how we are feeling and ultimately forgiving ourselves and them. It was a powerful way to end the evening.

A big thank you to Maria Guerrero and the team at the Marriott Hotel for working with us to provide a first class evening. The food was delicious – although dessert on the table when we sit down is extremely difficult for people like me with a massive sweet tooth.

Well done, Tracey Sirois for pulling together two great dinners and programs in a row – a wonderful way to start your board term!

April brings EWI's Spring Conference in Spokane. Thanks to Karen Skirten for coordinating a group from our Alberta Chapters to head down there. If you are interested in joining Karen, please contact her at kskirten@tieronetravel.com. For more information, take a look at the teaser video at <http://vimeo.com/88404456> or on the EWI website at <http://ewispokane.org/careers/spring-conference-2014>.

There are some outstanding speakers lined up and EWI of Spokane President, Dave Vahala, (first male Chapter President of EWI) and the entire chapter are going out of their way to make this an event to remember.

Have a fantastic month.

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

Warmly,
Jacquie Stephens, MBA
President
Representing Breakthrough Consulting

2013-2014 Officers & Directors

President

Jacquie Stephens, Breakthrough Consulting
(403) 477-7166

Vice President/President Elect

Michelle Goshinmon, Creative Differences
(403) 863-8584

Secretary

Maria Carolina Guerrero, Calgary Marriott
(403) 205-5569

Treasurer

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

Fundraising

Sarah Turner, Jones & Salt Insurance
(403) 680-1014

Retention & Recruitment Director

Linda Ketchum
(403) 830-6210

Sergeant-at-Arms

Judy York, Distinctive Looks
(403) 686-6885

Program Director

Tracey Sirois, TAS Aesthetics
(403) 826-6244

Publications Director

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

Communications Director

Sherri Cunningham, Servpro Cleaning
(403) 520-1363

Past President/Advisor

Michelle Goshinmon, Creative Differences
(403) 863-8584

VICE PRESIDENT REPORT

Hello EWI of Calgary members and friends.

Despite the snow and cold, I know that spring is here: my tulips are trying valiantly to make an appearance and the Hot Heels Fashion Show committee are hard at work planning to make the 2014 fashion show one for the record books! With the 50th Anniversary of our chapter being celebrated this year we wanted to really make this evening special and keep building on the success of what has become a signature event for our chapter.

It was great to see so many members and guests out to see and hear Shawne Duperon, she was fabulous! I know I left thinking about the effect of "perception" - mine and others. How a skewed perception can change what is reality to someone from what I perceive to be reality of the same situation. Hmmmm....

We are at full board strength, I think it's an awesome foundation to build on! It is really hard to believe that we are already half way through our term as a board. My goal this year has always been and still is to have the 2014/2015 proposed board slate in place for presentation at our June business meeting. It astounds me that this is now only three months away! Now if we could just fill the remaining two committees....

I have included a description of the board positions (see Page 6) and ask you to consider how you would like to serve our chapter next year. Talk to the director of your committee, get engaged and think about what you want to get out of your membership in EWI. The majority of us are here for personal or professional development, what does that look like to you? What are some areas that you would like to grow in your career, or skills that you might like to hone or even put to use?

If you have any questions, concerns or comments please feel free to contact me or any board member...we are here to serve you, the membership.

Thank you,
Michelle Goshinmon
Vice President/President Elect
Representing Creative Differences

CHAPTER NEWS

Our March meeting was held at the Calgary Marriott Downtown, where following a delicious meal we learned about the power of forgiveness from our speaker, Shawne Duperon.

Shawne challenged us to examine the question, "What are you broadcasting?" Whether we realize it or not, we all broadcast a signal, sometimes this signal is not how we want to be perceived by others.

We watched an amazing video on the power of forgiveness; heard why fear is sometimes a good thing, especially in a leader; and learned that in order to lessen fear, you need to increase knowledge.

During a very interactive session we stepped outside our comfort zones, confronted our inner feelings and participated in a valuable exercise in how to see things from someone else's perspective, and to forgive their shortcomings.

We still need some members to sign up for committees, the Fundraising Committee needs members, it's not something that Sarah can carry alone. Many hands make light work, so if you haven't put your name down for a committee yet, please sign up for this one.

Also, I would really appreciate one person stepping up to the plate to join the Publications Committee. I'm not looking for someone to write the Connect, or even edit it. Rather, I just need someone to contact members to solicit articles for the upcoming editions.

Talking of articles, be sure to check out this issue. In keeping with our mandate of the three "Cs" - for Connections there's an update on preparations for the 50th anniversary celebration, and how we need to tap into the connections that have been maintained with past reps and executives. Wait till you see those ads from the 1960s (page 11). Who'd have thought we'd be compared so favorably to a calculator!

For Careers there's information on the latest corporate webinar - what amazing opportunities those are to share with all your firm's employees. Then for Community check out page 7 for the 2014 BMO Walk So Kids Can Talk event. Thanks to Karen Jasper for sharing that information.

Thanks also to Judy York for sharing a delicious recipe - did you know that one of the perks of joining the board is you get to eat wonderful dishes like this one each month? (And we serve wine too!)

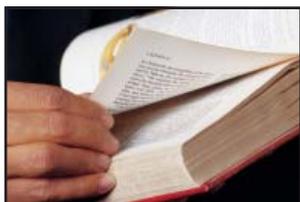
I am always looking for ways to promote our members and their firms so please keep those articles coming.

ANNOUNCEMENTS

We Need Books

The Fundraising Committee is looking for donations of children's books that can be used to create decorations at the upcoming Hot Heels fashionshow.

The books will highlight our initiative to support literacy in our city. They will be donated to book nooks following the event.



Books can be given to Pat Kamitomo or Fran Esler.

Do you, or your firm have something to announce? Maybe some good news to share, or a request for something you need. Use this newsletter as a tool to reach out and network, remember - networking's not always about who you know, but who they know.

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

PROGRAM REPORT

Well It might feel like January but April is almost here. What a fantastic March meeting, Shawne Duperon was more than we could have imagined, lighting up the room with a very energetic and interactive presentation. It was really great to look around the room and see huge smiles everywhere, a truly enjoyable evening.

Our April meeting brings Hamish Knox, who has lots of tools to help us work on our sales skills, with a presentation that promises to be upbeat and fun.

Finally, May will be here before we know it, don't forget to register soon, along with your guests, for our HOT HEELS FASHION SHOW on May 7th.

Respectfully submitted
Tracey Sirois
Representing TAS Aesthetics

WHO AM I?



Can you identify our mystery EWI Calgary member?

- 1) I have lived and worked in 4 Provinces, 3 of which I was with the same firm.
- 2) I have always had an interest and studied astrology, mysticism, spiritual beliefs of aboriginal and ancient peoples and have several sets of "cards" which I read.
- 3) I have a collection of interesting rocks, minerals, crystals, and semi-precious stones from all the places I have travelled.
- 4) I have mild dyslexia with numbers and confuse left and right when it comes to directions.
- 5) I can't eat leftover meat!

See page 19 for the answer

MEMBER PROFILE

Lynn McMullin-Cudnmore
Representing Calgary TELUS Convention Centre



Why did you join EWI?

I was asked to replace a member – saw it as a great opportunity for both personal and professional growth.

What do you like most about your job?

Helping people.

Where have you worked previously?

Calgary Catholic School Board.

If you could choose another occupation, what would it be?

Resort Director.

What are your proudest accomplishments?

Seeing students I have taught (years later) and they remember me... Ms. Mac.

What are your worst habits?

Being impatient.

What do you consider to be the best time in your life?

When I was attending college.

What was the craziest thing you've ever done?

Riding tandem on a "motor" in the streets of Higuely Dom. Republic. If you have ever taken any form of transportation in RD you will understand why it is crazy.

What are your pet peeves?

Folks stopping in doorways or other public egress areas to have a "chat".

What are your best habits?

Exercising, drinking water.

What traits do you admire in others?

Honesty, sense of humor.

Your family

... are wonderful, talented people.

Who are your heroes?

My parents.

What is your guiding philosophy?

Try to be happy, find the goodness.

RECRUITMENT & RETENTION REPORT

We are pleased to introduce one new Member Representative, Stephanie Thompson with Miller Thomson LLP.

The March meeting was well attended by many guests, and we anticipate that some of these individuals will become members in the future. If any of your guests have any questions regarding membership, please have them call me. I would love to get to know them.

To date, EWI of Calgary has 31 members representing 27 member firms, 15 Chapter Lifetime members and 1 sustaining member.

Respectfully submitted,
Linda Ketchum
Recruitment & Retention

FUNDRAISING REPORT

The Hot Heels Fashion Show is just around the corner and the committee is hard at work! We are still looking for book donations to use as decorations around the event and we are always looking for silent auction items. If you have a silent auction item please contact either Lynn MacMullin or myself.

Get the word out, this event is not only tons of fun but for a great cause as well. There are still sponsorship opportunities and tickets to be sold – Early Bird deadline is fast approaching on April 1, so make sure to tell your friends and colleagues to spread the word, we have some exciting stuff happening this year!

Respectfully submitted,
Sarah Turner
Representing Jones & Salt Insurance Brokerage

APRIL MEETING

Wednesday, April 16, 2014
Location: Calgary Elks Lodge and Golf Club
2502 - 6th Street NE

Speaker: Hamish Knox

Topic: Coaching and Accountability for Every Part
of Your Life

5:00 pm Cocktails and networking

6:00 pm Dinner

Cost: \$45 for Sustaining /Life Recognition
\$50 for Members
\$55 for Guests

ONLINE REGISTRATION

If you plan to attend the upcoming meeting and wish to bring a guest, please log on to www.ewicalgary.com and register on-line!

Registration deadline for the April meeting is **Friday, April 11, 2014**. This deadline is firm. Late registrations will not be accepted.

Please make sure you indicate any food allergies or special food requests when you register.

Thank you and I look forward to seeing you at the next meeting!

Respectfully submitted,
Judy York
Sergeant-at-Arms

Representing Distinctive Looks

SPEAKER INFORMATION

As a licensed member of the global Sandler network, Hamish Knox works with small business owners and chief executives who are serious about their sales results. Hamish worked in sales across a variety of industries including media, communication services, software and professional sports before joining the Sandler network, which melded his passions for sales and education. Early in his Sandler career Hamish was anointed a Sandler "Rising Star" for quickly building his business and helping fellow Sandler colleagues with their businesses. Hamish is a former Sandler Global Rookie of the Year winner and was named a Sandler "Heavy Hitter" in February 2013. He is the author of "Accountability the Sandler Way," which will be published in 2015.

Coaching and Accountability for Every Part of Your Life

In our personal and professional lives we come across coaching opportunities daily; however, those positive opportunities for growth can sour without clear expectations and accountability on both sides.

Join, Hamish Knox of Sandler Training for an interactive discussion about how to coach and hold people accountable while remaining nurturingly assertive.

Hamish will share some of Sandler's simple processes that lower barriers to effective communication and he'll help you understand why best intentions can sometimes trigger conflict.

Come prepared to laugh, learn and share your stories of coaching that went awry and coaching that was successful.



2014/2015 NOMINATIONS

2014/2015 Nominating Committee POSITION DESCRIPTIONS FOR THE DIRECTORS/COMMITTEES CALGARY CHAPTER, EXECUTIVE WOMEN INTERNATIONAL

OFFICERS:

Vice-President/President Elect

- Elected for a two year term; the first is devoted to increasing knowledge and honing leadership skills prior to stepping into the role of Chapter President.
- Is vested with all of the powers and performs all the duties of the President in case of the absence or disability of the President.
- Acts as the Public Relations Officer on behalf of the Chapter.
- Chairs the Honorary Life Recognition program
- Board Liaison for Philanthropy and Scholarship subcommittees

Secretary

- Keeps charge of minutes of all meetings of the Board and Membership.
- Serves notice of all meetings of the Chapter and Board.
- Executes official documents; is custodian of the Charter and Corporate Seal of the Chapter.
- Keeps such other records as the Chapter Board directs.

Sergeant-At- Arms

- Strictly Administers attendance requirements.
- Controls reservations, RSVPs and collection of dinner fees for monthly meetings.
- Keeps and monitors attendance records/statistics along with collection activities on outstanding fees.
- Conducts roll call at each meeting.
- Hands out and collects nametags as well as arranges seating plan.
- May have two to three committee members.

Treasurer

- Keeps full and accurate records of receipts and disbursements.
- Receives and deposits all money and all other valuables of the Chapter in the name and to the credit of the Chapter.
- Provides accounting of all transactions and the financial condition of the Chapter.
- Sends notice to each Member Firm of annual assessments and/or notice of delinquency, if required.
- Performs all duties incident to the office of Treasurer.
- Does require one assistant.

DIRECTORS:

Recruitment and Retention Director

- Responsible for preserving the high quality of the Chapter membership by targeting and recruiting quality new member firms on behalf of the Chapter.
- Orientation of new members.
- Requires a committee of three or more to assist the chair.

Program Director

- Development of the monthly program- location, menu selection, audiovisual requirements, etc.
- Acts as the major source for our members to gain the opportunity for personal development and growth through varied, informative, educational, and contemporary programs involving special guest speakers, workshops, and seminars.
- Requires a committee of five or more to assist the chair.

Publications Director

- Responsible for the preparation, printing and distribution of the Chapter's official monthly publication.
- Requires two or more committee members
- Subcommittee is Communications - responsible for maintain and updating Chapter website

Fundraising Director

- Devises and carries out the fund raising projects of the Chapter for the year.
- Responsible for coordinating the Chapter's major fundraisers.
- Requires five or more committee members
- Subcommittees for fundraiser projects as needed

BMO WALK SO KIDS CAN TALK 5K WALK

On Sunday May 4th, BMO employees, families, friends, etc., will join communities across Canada walking together for Kids Help Phone – Canada's only national professional counselling support for kids 7/24/365. BMO Bank of Montreal is proud to be one of the founding partners for the Kids Help Phone, which started in 1989 and is happy to help celebrate 25 years of helping kids. In the 25 years of our partnership with the Kids Help Phone, BMO and its employees have proudly donated \$12 million from corporate donations, sponsorships, in-kind support and employee fundraising initiatives.



Kids Help Phone is an essential service available to 6.5 million young people from age 5-20 in Canada (Statistics Canada 2010). The service is free of charge, staffed by professional counselors and can be accessed through the kidshelpphone.ca website, the Always There app available for iPhones, Androids and Blackberries and of course by phone at 1-800-668-6868.



This year BMO will once again be the presenting sponsor for the Walk so Kids can Talk in support of the Kids Help Phone. The walk is a fun family 5k walk around the Eau Clair area with fun activities for the whole family (including the dog). The walk will take place on May 4th, 2014 with check-in starting at 9:30 am and the walk starting at 11:00 am. There are many ways that you can be part of this great event, create a team and walk with your friends and family, join a team (my team is CFD-Prairies and Roland Ardiles is our team captain please feel free to join our team), become a virtual walker, volunteer or pledge a walker. To register or donate

please visit www.walksokidscantalk.ca.

Six great reasons to support the Walk so Kids can Talk presented by BMO

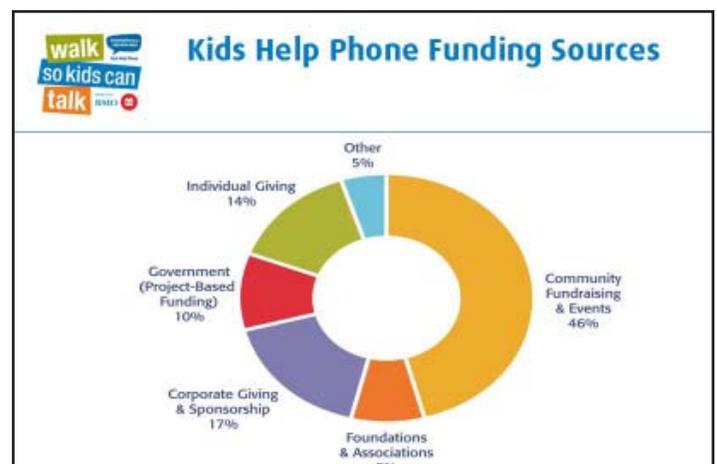
1. Supporters in the Walk share the belief that all young people deserve the chance to reach their full potential.
2. Being "always there" for young people is a promise Kids Help Phone can make only with our donors' commitment to ensuring our service's availability.
3. The Walk is a great way for communities across Canada to provide help and hope to kids everywhere, sending them the message that we walk together to make our world a more supportive place for them.
4. The Walk benefits the 6.5 million kids, teens, and young adults in Canada between the ages of five and 20,* ensuring they have continued access to a trusted

source of immediate, non-judgmental, anonymous, and professional counseling support through Kids Help Phone.

5. Kids Help Phone receives no guaranteed ongoing financial support from government or any large funder.
6. 100% of the money raised in the Walk goes toward ensuring Kids Help Phone can continue to provide its day and night counseling service to young people in communities across Canada.

*Source: Statistics Canada (2012)

For more information or questions please contact me at karen.jasper@bmo.com or phone me at 403-234-1695



Celebrating 50 Years

1964 – 2014

Celebrating 50 Years
EWI Calgary

Save the Date - August 20th, 2014

A 50th anniversary is not only a celebration, it is a **Reunion** bringing together representatives for a once in a lifetime occasion to share this special moment in time with the many friends and acquaintances they had the opportunity of knowing through association with Executive Women International. These former representatives can proudly share in the knowledge their tenure with the Chapter was an integral part of its successes. We want to celebrate and honour them too!

In looking through the historical archives, so many names and faces appear in photos or on Chapter Rosters, but – how to reach them? That task can be accomplished if we follow a key mandate of EWI ... Networking. We do it all the time, and for this occasion **let's network with a purpose by providing the Committee with emails or phone # of former reps you continue to associate with, firms who had replacements reps that are still with the company, any leads that might help us locate others, even if they have moved out of town or province.**

We have been fortunate to have had, along the way to our 50th, many personal development and philanthropic enriching experiences. Along that same way we have also taken time to have fun ...

- *Slogan Night during roll call, instead of saying your name, you had to say your company slogan (or make one up) and one of the funniest was from Winnie Porter from the Palliser Hotel ... Come sleep with me tonight!*
- *An Executive/Firm night had executives represent their business in creative ways ... the most creative was the executive from Burns Foods who came with an apron of sausages and wieners hanging off it!*
- *A guest speaker's topic was Humour in the Workplace and Program Committee brought along red clown noses – every one had to wear one throughout the meeting and carry on conversations with the noses on. Certainly lightened things up.*
- *Ways & Means mini-fund raiser had member firms in food & beverage, hotels, etc. donate a cake for a raffle. Each one was unique and special mention goes to Elephant and & Castle who donated a "castle cake". A delicious and fun way to showcase member firms and raise needed operational funds.*

Orientation sessions weren't always serious affairs;

and summer meetings were sometimes just plain fun!



The Chapters 27th Anniversary celebration had each Committee compete in a Lip Sync contest. So much fun and so many laughs.



The Chapters 32nd Anniversary was "Evening in Hawaii" organized by Way & Means. An Installation Ceremony's focus on "teamwork" by the incoming board was presented in very visual and fun fashion!



EWI is a business women's organization where networking, attending meetings featuring top notch speakers/programs for personal & professional development, and supporting fundraising events to help us help our community are of high importance. It is also the connections, friendships and memories of special times shared that are most often remembered. Our goal is to reach out to as many former reps as can be found and we need your help. A paper written some years ago by Anne Davidson when she was Regional Director focused on the theme ... *Each One, Reach One* and that's what we are asking of you.

On the following page is a preliminary list compiled by the 50th Anniversary Committee of former EWI Representatives over the years. If you recognize/keep in touch with any of those listed, please submit to dvandrews@shaw.ca their name and email. Undoubtedly, there are others not on the list but if you know their contact info., please also forward to Dianne. We are also looking for former executives, especially those who significantly supported EWI. Thank you for your support!

WHERE ARE THEY NOW? DO YOU KNOW THESE PEOPLE?

Name	Last Known Association	Name	Last Known Association
Amber Minich	Pushing Petals	Keri-Ann Bergen	CIBC
Barb Miller	Westin Hotel	Krysta Konachowica	Lammle's
Bobbi Beauchamp	Encana	Lauretta McNeil	March & McLennan
Brenda Mitchell	Williams Moving	Leslie Thornley	AMA
Carol Fleming		Lindsay Irgram	SouthCentre Mall
Carol Swabey	Champion Technologies	Lori Champion	formerly Chateau Airport
Caroline Quance	Gift Basket Boutique	Lori Paine	Heart & Stroke
Cheryl Vandertogt	O'Callaghan, Honey	Lorraine Blackburn	Former choreographer for Fashion Show
Corinne Aarsen	Telus Convention Centre		
Cynthia De Boer		Marguerite Paulsen	Nesbitt Burns
Dave Barker	Barkers Fine Dry Cleaning	Mary Ann Steen	Cal Olympic Dev Assoc
Donna Deschenes	Deschanes Reginier	Maureen McNally	
Elaine Bailey	Westhills Florist	Michelle Warner	Grand & Toy
Elaine Mark	Mathieson Hewitt Photography	Nichole Sprong	Grand & Toy
Elaine Webb	Heritage Park	Pamela Bulduc	Delta Hotels
Elaine Williams	Pitney Bowes	Pat Hitchner	formerly BarkersFine Cleaning
Gloria Fournier	TransAlta	Paulette du Bourg	Cole Freight
Graham Edwards	former exec Air Canada	Pommashea Hassett	UofC/MRC
Helen Schmal		Rick Smith	former exec. Heritage Park
Jack Maloney	former exec Stampede & Flames	Rosemary Crawford	RC International
Jackie Eliason		Sharma Christie	Quebecor
Jan McCoy	Grand & Toy	Sheelagh Matthews	CPO
Janet Thompson	Canada Post	Sherri Charlesworth	Convention Centre
Janice Ebert	Westin Hotel	Susan Barnoff	
Joanne Fosti	Westin Hotel	Susanne Lankhaar	Encana
Joyce Van Halderon	CCPA	Teri Grey	Fording Coal
Judy Epp-Leavins	Champion Technologies	Wendy Munch	Suncor Energy
Karen Murray	Suncor Energy	Winnie Diachuk	
Kathy Dunn	Cascade Equipment	Yasmin Lalji	Calgary Herald

The 50th Anniversary Committee would like to extend invitations to all those who have been associated with EWI over the years. Please advise any Committee member if you know a phone number, mailing address or email of a former EWI Rep. or Executive.

50th Anniversary Committee Members:

Pat Kamitomo pkamitomo@gmail.com
 Karen Jasper karen.jasper@bmo.com
 Jackie Pontin jackie.pontin@gwlr.com

Dianne Andrews dvandrews@shaw.ca
 Judy York judy@distinctivelooks.ca

Fran Esler fran.b@telus.net
 Phyllis Snider pfsnider@shaw.ca

DID YOU KNOW

Fun Facts: Television was still in its early stages with few channels, but by the early 60's most households had a set in their living room. Shows were televised in black and white. Magazines became more popular and advertisers, like they continue to do today, did their best at attracting your attention towards their product.

For every woman who has been over-washing her hair...

A shampoo so rich you only need to 'lather once'!

NEW! Lather Once Lustré-Creme Shampoo

NEW! Lustré-Creme Conditioner

NEW! Lather Once Lustré-Creme Shampoo

1964 TELEVISION FAVORITES

- BEWITCHED (ABC)
- GOMER PYLE, U.S.M.C. (CBS)
- THE FUGITIVE (ABC)

HOW TO TURN ON A YOUNG MIND

—BORN THOUGHTS FROM BABY DAYS

ENCYCLOPAEDIA BRITANNICA

available direct from the publisher on **Book a Month Payment Plan**

you get all 24 volumes now...pay later!

Compare cleansers. Comet removes both food stains and potmarks better than any other leading cleanser"

New sky's-the-limit look in station wagons! To suit everything as luxurious as the Vista-Cruiser a "station wagon" hardly does it justice. Family-cram-on-who-ohs would be more appropriate. There's stretch-out room for the whole crew—even in the forward-facing third seat. Lower the tailgate and presto—over 100 cubic feet of cargo space that's the next best thing to your own private luggage car. Station wagon. Family wagon. Call it what you will. The only thing that tops Oldsmobile's Vista-Cruiser is its distinctive Vista-Tone.

Vista-Cruiser by OLDSMOBILE

The Rocket Action Car!

This Monroe calculator has a memory like a woman's

MARCH MEETING PHOTOS

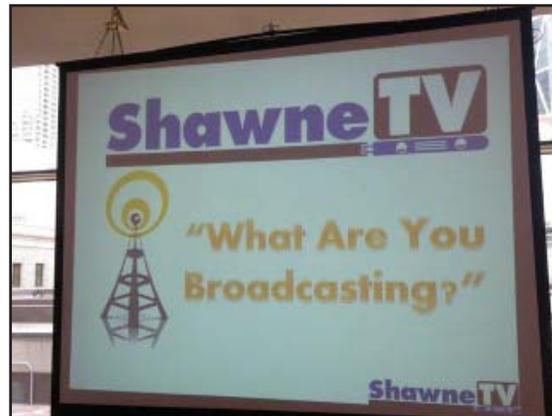
Photos by Pat Kamitomo



Shawne Duperon



Sharon Thullier, Flora Fioritti-Irwin & Marilyn Strowger



An Interactive Session



Jackie Pontin & Michelle Goshinmon



Sarah Turner selling 50/50 tickets

FOUR LESSONS ABOUT TEAMWORK FROM THE MEERKAT

BY MERGE GUPTA-SUNDERJI

Meerkats — denizens of the Kalahari Desert in southern Africa — by rights, they shouldn't even be able to survive. They're tiny; living in an inhospitable, dry and scorching environment; for all practical purposes, defenceless; and surrounded by predators. To add insult to injury, they have to dig for their food — and not just a little digging; but up to several times their body weight just to get one small morsel of a caterpillar or beetle larvae. Yet, cute, frenzied, tough and tenacious, survive they do, and quite successfully. Their secret? Teamwork.

1. Share the load. The problem with having to dig for your food is that your head is down and your bottom is up, which means that you can easily become a tasty snack for a marauding eagle, or rock monitor, or venomous snake. So meerkats take turns in guard duty, standing up high on a rock or in a tree watching for predators while the rest of the team forages for food.

2. Communicate. The sentry meerkat calls out constantly to its team mates. There are actually 30 distinct calls in meerkat “vocabulary,” and their survival hinges on a single rule: keep talking.

3. Stick together. When escape is no longer an option, meerkats stand their ground and band together to fight off rival gangs and predators as large as jackals. A meerkat mob will sometimes create a cover by stirring up dust, or they may all stand together in a group to look larger than they are.

4. Raise and develop. Meerkats understand the importance of growing and training their replacements. At least one adult meerkat will always stay around the den to look after the young of the clan. And the adults in the group make it a point to give young meerkats on-the-job training as apprentice hunters.

Clearly, the strength of the tiny meerkat lies in the unique solidarity of the clan. Are there lessons here for workplace teams and their leaders? Could we build greater power in our teams by focusing on these four attributes?

Merge Gupta-Sunderji helps turn managers into leaders. Through engaging keynotes and workshops, she gives people specific and practical tools to achieve leadership and communication success. Contact her at www.mergespeaks.com or 403-605-4756.

**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.

Dial Toll Free: 1-877-4-EWI-NOW or go to www.ewiconnect.com

ewi

CONNECTIONS | CAREERS | COMMUNITY

YOUR CHAPTER NEEDS YOU

Our Chapter cannot run effectively without the participation of our members. Remember, you get out of EWI what you put into it, we have a full board so now let's fill those committees.

Here are the openings:

Publications needs one member and Fundraising needs five members.

Thank you to everyone who has signed up so far. If you haven't joined a committee yet, please contact either Sarah Turner at sarah@jsinsure.com or Jackie Pontin at jackie.pontin@gwlra.com.

CORPORATE NEWS

2013-2014

CORPORATE OFFICERS & DIRECTORS

President

Ronwyn Anderson
Soft-Lite Windows
EWI of Nashville

VP / President Elect

Darlene Banogon
North Island Credit Union
EWI of San Diego

Secretary / Treasurer

Diane Barber
Capital Region Benefits
EWI of Harrisburg

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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, at no charge.

UPCOMING WEBINARS (Details on ewiconnect.com)

So Organized – So Successful

Date: Tuesday, April 1, 2014

Time: 3:00 pm (ET)

Presenter: Dr. Melissa Gratias



Being organized is a means to an end—the bottom line is success. We will learn to describe the organizing principles most closely linked with success in business. Dr. Gratias will outline five key objectives of successful business people and offer practical tips on how to attain these goals through organization, time management and leadership.

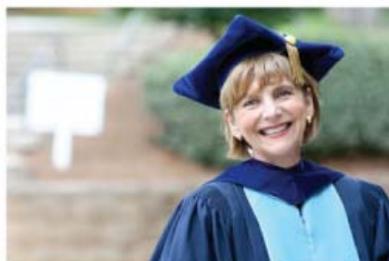
These goals include:

- 1) You accomplish your goals
- 2) Others can depend on you
- 3) You manage “the little things”
- 4) You are flexible, and
- 5) Your work and life are in balance.

Dr. Melissa Gratias is a work psychologist who helps overwhelmed and underappreciated business people be more focused and effective. Since 2007, thousands of people have graduated with honors from her onsite sessions, distance coaching, productivity seminars, and corporate consulting projects. An enthusiastic EWI representative, Melissa is the owner and principal consultant of MBG Organizing Solutions, which offers professional organizing services to business clients nationwide. She can be reached online at www.mbgorganizing.com.



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

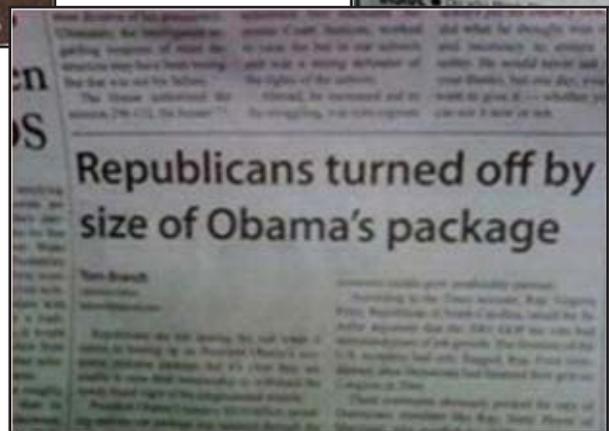
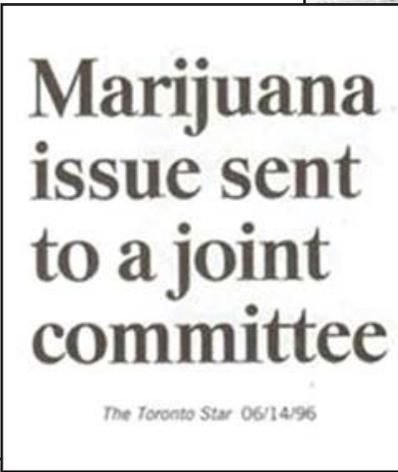
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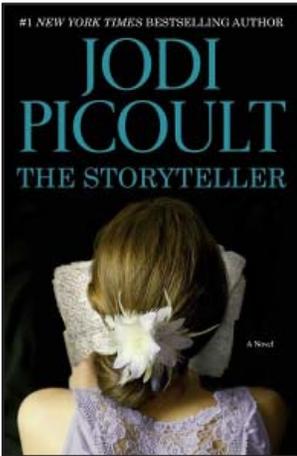
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EXECUTIVE WOMEN INTERNATIONAL

WHY I STILL LOVE A NEWSPAPER

Remember those crazy newspaper headlines? Here are some more to tickle your funny bone.



READER'S RECOMMENDATION



With Shawne Duperon's wonderful presentation about forgiveness, it's somewhat appropriate that my book recommendation for this issue deals with the same subject. To quote from the book:

"Forgiving isn't something you do for someone else. It's something you do for yourself. It's saying, 'You're not important enough to have a stranglehold on me.' It's saying, 'You don't get to

trap me in the past. I am worthy of a future."

Some stories live forever . . .

Sage Singer is a baker. She works through the night, preparing the day's breads and pastries, trying to escape a reality of loneliness, bad memories, and the shadow of her mother's death. When Josef Weber, an elderly man in Sage's grief support group, begins stopping by the bakery, they strike up an unlikely friendship. Despite their differences, they see in each other the hidden scars that others can't, and they become companions.

Everything changes on the day that Josef confesses a long-buried and shameful secret—one that nobody else in town would ever suspect—and asks Sage for an extraordinary favor. If she says yes, she faces not only moral repercussions, but potentially legal ones as well. With her own identity suddenly challenged, and the integrity of the closest friend she's ever had clouded, Sage begins to question the assumptions and expectations she's made about her life and her family. When does a moral choice become a moral imperative? And where does one draw the line between punishment and justice, forgiveness and mercy?

In this searingly honest novel, Jodi Picoult gracefully explores the lengths we will go in order to protect our families and to keep the past from dictating the future.

I initially found this book very hard to put down, and although it lagged slightly in the middle, it wasn't long before it picked up the pace again and I found it a real page turner.

DON'T FORGET TO ORDER TICKETS!

DATES TO NOTE

April 1, 2014 Corporate Webinar

April 1, 2014 Board Meeting

April 16, 2014 Dinner Meeting

April 24 - 26, 2014 Spring Conference, Spokane

May 6, 2014 Board Meeting

May 7, 2014 Hot Heels Fashion Show

June 3, 2014 Board Meeting

June 18, 2014 Dinner Meeting, Chapter Business Meeting

August 20th, 2014 50th Anniversary Celebration

CLEANING TIP

Unexpected Guests?

Haven't had time to clean this weekend and just received word that company is on it's way? No problem, Servpro Cleaning has your quick cleanup survival guide.

First relax and don't stress out! Here are three tips to make a place look sparkling in just 10 minutes.

1. Take a basket and cruise around the house picking up any clutter. You can deal with these items later, for now you have them all in one spot when you have more time to put them away.
2. Grab a microfibre cloth or cotton rag and fill a spray bottle with white vinegar. Wiping surfaces down with this will kill germs and more importantly leave every surface sparkling and streak free. Vinegar also helps neutralize and unwanted odours.
3. Grab your Swifer or vacuum and give the floor a power clean. It's more about ensuring your floors are dust and crumb free, no one likes getting dirty socks from the floor.

Sometimes accidents happen, so after the guests leave, say goodbye to stains.

Candle Wax – Candles set the mood but can leave drips of evidence on your carpets or furniture. Relax, orange oil cleaner or a hot steamer can lift it off if you get it right away. If it was discovered after setting, a plastic putty knife could remove candle wax in just seconds, and vinegar can remove any residue.

Wed Wine - First, you want to blot up as much of the wine as you can with some white paper towels or terry cloth towels. Once no more of the red wine transfers, you should pack the spot with salt. The salt will absorb the red wine and you will be able to vacuum it out later.

Cleaning a spot that you missed - Sometimes a guest will spill the wine and not tell you about it. You find it the next day and it is already dried. Your task is now harder, but not impossible. Mix up a solution of one tablespoon ammonia and a cup of water. Dip a clean white cloth in the solution and dab the red wine stain. Repeat this process until no more wine transfers. Be careful not to over wet the spot and do not rub.



RECIPE SWAP

Chicken Pot Pie

Serves 8 to 10

- 2 tbsp. olive oil
- ½ lb. mushrooms quartered
- 2 leeks or onions trimmed & chopped
- 1 cup diced carrots
- 1/3 cup all-purpose flour
- 2 cups chicken stock or milk
- 1 tbsp. chopped fresh thyme or ½ tsp. dried
- ¼ tsp. hot red pepper sauce
- ½ tsp. pepper
- salt to taste
- 4 cups diced cooked chicken breasts
- ½ cup fresh or frozen corn niblets
- 1 cup fresh or frozen peas
- ¼ cup diced pimento or roasted red pepper

Cheddar Mashed Potato Topping:

- 2 lb. baking potatoes, peeled and cut in 2 inch pieces
- ¾ cup milk, hot
- ¼ tsp. pepper
- Salt to taste
- ¾ cup grated light cheddar cheese
- 1 tsp. paprika

1. Heat oil in large saucepan or Dutch oven. Add mushroom, leeks and carrots. Cook for a few minutes. Sprinkle with flour. Cook gently for 5 minutes, but do not brown.
2. Whisk in stock and bring to boil. Reduce heat and add thyme, hot pepper sauce, pepper and salt. Simmer gently for 10 minutes, stirring occasionally.
3. Stir in chicken, corn, peas and pimento. Taste and adjust seasonings if necessary.
4. To make topping, cook potatoes in large pot of boiling water until tender. Drain well and pat dry. Mash. Beat in milk, pepper, salt and cheese. Taste and adjust seasonings if necessary. (Add more milk if necessary so that you can spread potatoes).
5. Lightly oil 3 qt. /3 L. casserole dish. Spoon chicken mixture into dish. Pipe or spoon potato mixture over chicken and sprinkle with paprika.
6. Bake in preheated 400 degree oven for 30 to 35 minutes, or until hot and bubbly.

This recipe can also be made with leftover turkey.

Recipe taken from Bonnie Stern – Simply Heart Smart Cooking.

Submitted by Judy York

Representing Distinctive Looks

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

SUSTAINING MEMBER

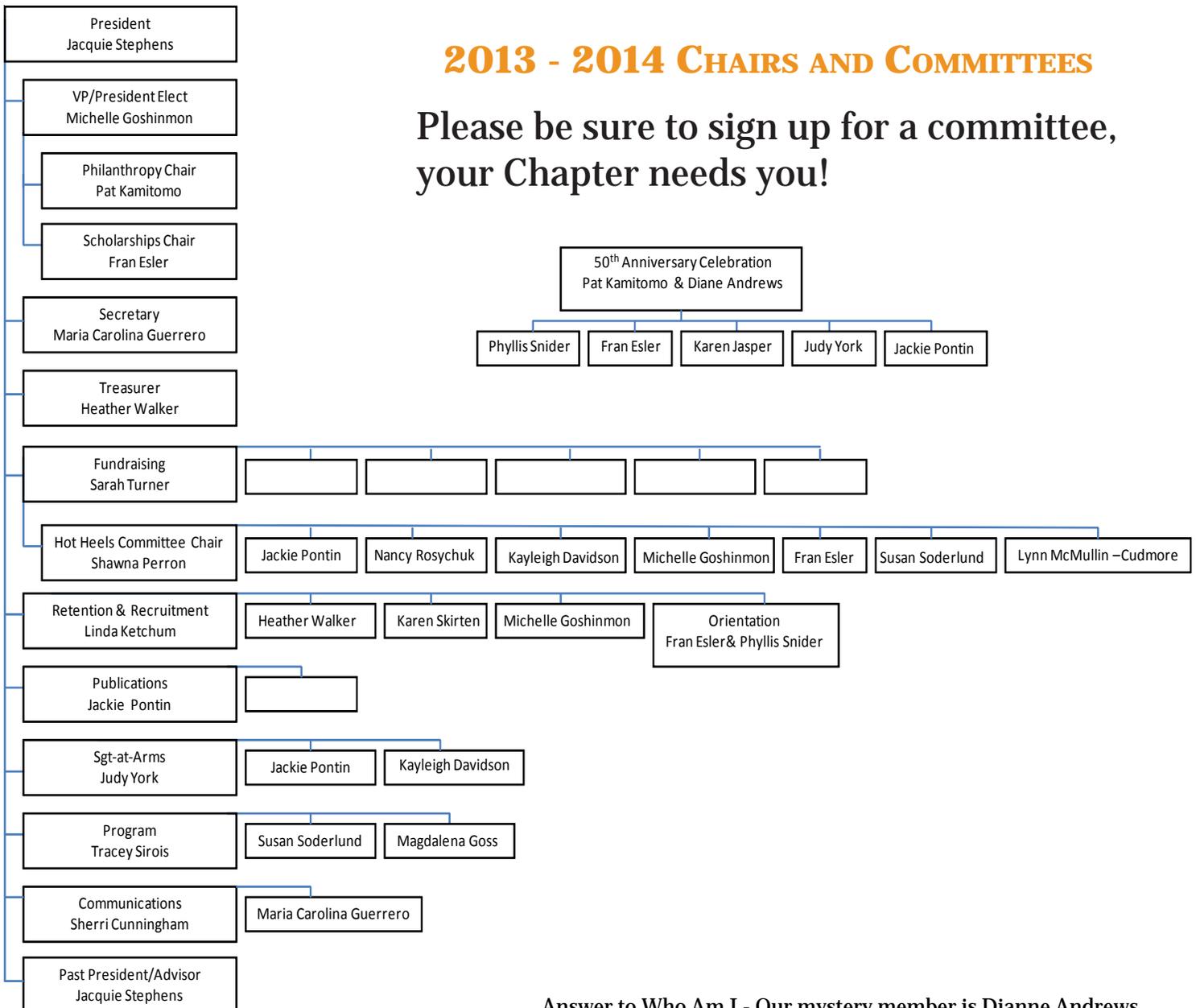
Margaret Bell

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Answer to Who Am I - Our mystery member is Dianne Andrews

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