

Letter from President



I was thinking the other day, August is kind of like the Sunday of summer; you still have some time, but it is limited, and you realize that you didn't get done as much as you had hoped you would have over the "weekend". I know that happens to me often, and I can't believe that summer is almost over but the weather sure is reminding us of that.

On that note, I guess this reminds us to be sure to set goals and do our best to stay true to what we have set out for ourselves. Since

December I have taken on a goal of taking better care of my body, I started with a personal trainer and I really do enjoy it. I show up to my scheduled workouts with her; I will admit, if it was just me telling me to go to the gym I wouldn't go. I would ditch out on myself, which is not good. At least this is something I recognize and now know that I require an accountability partner. So, bringing this back to goals, don't be afraid to find an accountability partner, some tips on what to look for:

Find someone who is more disciplined in that area than you are. Choose a partner you would be remiss to disappoint.

Be sure this person has the time to invest this time into you – don't be afraid to ask them.

The more the merrier – don't feel you need only one person for all your goals, find a select few that won't take it easy on you.

Hold your accountability partners accountable – be sure to let them know that you are counting on them; however, be sure to have grace with them as you may need it as well.

Find out the best way to communicate with one another so you are both on the same page.

Decide on a day and time that works for both of you, schedule it in your calendar.

If you recognize that you and your partner are not "vibing" just let them know how you feel, be aware you may need to find someone new.

Always be open and honest about your strengths and weaknesses, if you are not, you are only letting yourself down.

This is something that is an ongoing thing, and goals will be ever changing, so be sure to be flexible with the path to getting there. As life changes and we need to be able to change with it.

Looking forward to September and seeing and connecting you all out at our next meeting on September 18, 2019.

Have a great rest of your "Summer Sunday!"

Sandra R. Miller
2018-2019 President

Wyant Raceway Tickets

Want to add some excitement to your summer?

The Wyant Raceway has you covered! Enjoy an evening out at the racetrack for less this summer with the purchase of tickets through EWI.

Cost - \$20/2 tickets

Yes, that is \$10/person! This is less than what they sell for at the venue. So, if you are looking for an evening out, join for your friends at the racetrack.

To purchase tickets, contact Susan Mowat or Michelle Busa. All contact information is on the website, member only area or email ewiofsaskatoon@gmail.ca.



This year's tournament theme is pajama party!

Come and join Saskatoon's funnest golf tournament. The event is always a sell-out with local business professionals vying to win the VIP carts (decked-out golf carts!).

If you would like to join us contact Michelle or register at www.READsaskatoon.com/events.

2018-2019 Directors

President
Sandra Miller

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Vacant

ASIST Chair
Joy Crawford

Advisor
Alisa Thompspon

DATES TO NOTE

September 18th
Dinner Meeting
TBD

October 16th
Dinner Meeting
TBD

November 20th
Dinner Meeting
TBD



WB9641
FRESHY ALUMINUM BOTTLE

- Aluminum
- Single walled bottle
- White Plastic twist-off lid with finger carry loop
- Holds up to 750 ml. (25 oz.)

Min qty 50 - as low as \$5.60 ea. - Save \$116.00

WB7480
PEAK TIDE TRITAN™ BOTTLE

- Tritan™
- Clear single walled bottle
- Your choice of coloured PP screw-on two-toned lid
- Holds up to 700 ml. (23.5 oz.)

Min qty 50 - as low as \$6.65 ea. - Save \$130.50



WB9575
CHILLAX MIST BOTTLE

- Tritan™
- Frost white screw-on PP top cap and spray lid
- Trigger produces a fine mist to help you cool down
- Holds up to 600 ml. (20 oz.)

Min qty 50 - as low as \$9.85 ea. - Save \$175.50

DA9612
MONTEGO TRAVEL TUMBLER WITH STRAW

- Stainless Steel
- Double walled with vacuum insulation
- Exterior center diamond pattern
- Matching coloured/clear Acrylic snap-on straw lid
- Holds up to 600 ml. (20 oz.)

Min qty 50 - as low as \$14.15 ea. - Save \$231.50





WB9420
CONTOUR 360° BOTTLE

- Stainless Steel
- Double walled with vacuum insulation
- 360° drink design – drink from anywhere around the lid
- Holds up to 600 ml. (20 oz.)

Min qty 50 - as low as \$16.15 ea. - Save \$257.50



WB9458
QUIETCITY WATER BOTTLE

- Stainless Steel
- Matte black exterior
- Double walled with vacuum insulation
- Holds up to 500 ml. (17 oz.)

Min qty 50 - as low as \$17.75 ea. - Save \$279.50



WB9476
ROCKIT STAR BOTTLE

- Stainless Steel
- Double walled with vacuum insulation
- Screw-on, spill proof silver lid
- Holds up to 500 ml. (17 oz.)

Min qty 50 - as low as \$15.45 ea. - Save \$247.50



WB9290
BREWMASTER GROWLER

- 18/8 Stainless Steel
- Double walled to keep your beverage cold longer
- Tight sealed swing top lid to prevent spillage and leaks
- Black PU Leather carry strap with silver hardware
- Holds up to 1.89 L (64 oz.)

Min qty 50 - as low as \$47.75 ea. - Save \$681.50

JOIN US!
Wednesday, 18 September



The Program:

Steven Kushman is a community builder offering a variety of services to build a strong foundation to create success.

CREATE your vision and message to share.

CONNECT with yourself and others.

RESPECT the process and all those involved.

Guests welcome!

DINNER MEETING

@TBD

5:00—Drinks & Networking
6:00—Dinner
6:45—Program
7:30pm—Adjourn Dinner Meeting

Cost:

\$45/Members

\$50/Guest

Register by September 16th on
ewiofsaskatoon.ca/events

**Connections, Careers,
Community**

