

Content crafted by Women in Business designed to get you engaged with other like-minded individuals.
We provide a support network fostering an unbiased environment in promotion of the professional and personal growth of women.



Women In Business

Home-grown eats, art and entertainment

FARMER'S MARKET
THURSDAYS
4:30pm - 7:30pm
June - Sept
Fruits, Vegetables, Home Baked Goods, Food, Local Butchers, Shopping and More!

A TALE OF TWO MARKETS
Chamber of COMMERCE
FORT SASKATCHEWAN

~ DOWNTOWN ~
MARKET
SATURDAYS
10:00am - 2:00pm
July - Aug
Family Fun, Entertainment, Food Trucks, Local Artisans, Baked Goods, Plants and Flowers!

Volunteer for Canada Day – be a part of the biggest event of the year! Volunteer shifts are flexible and fun.

Information can be found at fortsaskcanadaday.ca.





Blueberry Zucchini Cake with Lemon Buttercream

Blueberry Zucchini Cake

3 eggs, lightly beaten
1 cup vegetable oil
3 teaspoons vanilla extract
2 ¼ cups white sugar
2 cups finely shredded and drained

zucchini
3 cups all-purpose flour
1 teaspoon salt
1 teaspoon baking powder
¼ teaspoon baking soda
1 pint fresh blueberries (you can reserve a few for garnish if so desired)

Lemon Buttercream

1 cup butter, room temperature
3 ½ cups confectioners' sugar
1 lemon, juice and zest of (about 2 tablespoons)
1 teaspoon vanilla extract
Pinch of salt

[Full Recipe](#)

Ask the Expert

Brenna Bouchard - Owner of Fort Sask Acupuncture [Email Brenna](#)



Headaches, muscle pain, fatigue, irritability - we've all been there. As business owners, we see a lot of long days and high stress situations. While we all wish we could run a million miles an hour 24-7, we need tune ups to keep our physical and mental performance at optimal levels. Self care is vital to ensure that you are able to give your business 100% every day and prevent burn out.

Think you might be getting burnt out? Here are a couple of warning signs and symptoms:

- Fatigue
- Loss of drive and apathy
- Irritability and mood swings
- Headaches and Migraines
- Digestive disturbances
- Anxiety, Depression, Insomnia
- Changes in menstrual cycle - pain, irregularities

Acupuncture works to not only relieve stress and muscle tension, but it balances your hormones, improves your adrenal functions and regulates your body's internal functions, bringing you back to a state of homeostasis. This helps us feel better in the short term, but it also ensures we don't procure serious diseases such as high blood pressure and diabetes in the future.

Want to learn more about self care and preventing burn out? Visit www.fortsaskacupuncture.com.

If you have any questions about your own health or how acupuncture can help you please contact me at brenna@fortsaskacupuncture.com or call (587) 285-8012.

Member Profile - Erin Duncan

Sales & Events Coordinator, Chamber of Commerce

1. What did you want to be when you grew up? I wanted to be an architect; I wanted to wear a fancy suit and heels and design skyscrapers!

2.so how did you get to where you are today? I went to school for architecture and historic preservation and my first job was for a non-profit that worked to revitalize and redevelop historic neighborhoods and downtowns. My job was to help homeowners, business owners, and developers see the potential in historic buildings in downtowns and neighborhoods. I also was quite involved in community events and neighborhood activities. After our family moved from the States to Canada, I knew I was looking for another opportunity to work within the community in which I would be raising my family. Working as the special events coordinator at the Chamber of Commerce is a perfect fit; development and community events in one!



3. What advice would you give your younger self? Don't be so hard on yourself (I have always been a perfectionist)... those little hiccups are quickly forgotten.

4. What do you love about Fort Saskatchewan? All of the fun community events! My family loves the sheep and holiday festivities.

5. When you're not running the Chamber events, where would we find you? Coaching soccer, playing Barbies, or vacuuming dog hair off my couch.

6. What is one thing that people don't know about you? I did Tae Kwon Do and soccer for years and managed to knock out some teeth a few times, so I have a very expensive smile! (thanks mom!)

7. If we're buying, what are you having? Gummy Worms.

[Email Erin](#)



Alberta Women Entrepreneurs 2019 Awards

AWE is looking for nominees who have:

- A commitment to business sustainability
- Entrepreneurial spirit through perseverance, the courage to take risks, and the ability to seize opportunity
- A dedication to building business and leadership capacity

They are looking for nominees who own and lead an Alberta-based business.

[Nominate Here](#)

Collaboration Corner

Collaboration corner is a place to recognize outstanding members working together to better their business or to bring awareness to a cause. If you have questions on how to collaborate or looking for the right business to collaborate with please email

[FSWIB](#)

Women In Business Member Simply Stunning, collaborated with Mantra Salon and Spa and The Retreat to raise 18K for victims of domestic abuse. View Global News story [here](#)



Spinning for a Cause

On June 9th Rachel Spirig from Body Unique Fitness and Ramie Browatzke from Royal Lepage raised \$20,000 for A Safe Place in Sherwood Park, a shelter for Women and Children fleeing violence.



June Deals

Do you have a deal you want to offer or advertise to the Women in Business network? Send your advertisement to Alana to be featured [here](#)

Mark Your Calendar

If you're having an event, let us know and we will promote it for you! Email [Alana Seymour](#) with your event



June 2018
Alberta Lottery Fund Art Gallery
Fort Saskatchewan



Blue Pomegranate

"Blue Pomegranate" is a series of Mixed Media artworks inspired by the interconnectedness of Faith and Art. Each piece in this exhibit is an artistic meditation on a Biblical passage or principal. The artists' use of color, texture and symbolism is used to create a fresh and modern approach to the long standing sacred tradition of religious art.



Artist Amanda Milke

Amanda Milke is an Abstract Mixed Media Artist who draws inspiration from her life and faith. She uses a variety of media in her work including, semi precious stones, stain glass, rhinestones and acrylic mediums. She works and teaches out of her Fort Saskatchewan home studio and offers art classes through the City Leisure Guide. She is a member of CIVA - Christians in the Visual Arts and is also a member of the SFSA - Society of Fort Saskatchewan Artists

Blue Pomegranate Art Exhibit

WIB Member
Amanda Milke

"Blue Pomegranate" is a series of Mixed Media paintings done by local Fort Saskatchewan artist Amanda Milke. This vibrant collection of artwork is inspired by the inter-connectedness of Faith and Art and takes place during the month of June at the Alberta Lottery Fund Art Gallery located in the heart of the Sherritt Cultural Pavilion at the Dow Centennial Centre 8700 84 St, Fort

Exhibit Hours

Thursdays & Fridays

11 am - 2 pm

Drayden Insurance ~ Annual Fundraising BBQ

June 22

11:30 am - 1:30 pm

Drayden Insurance

9907 - 102 street, Fort Sask

[Details Here](#)

Multiculturalism Day

June 23

10:00 am - 2:00 pm

City Hall

[Details Here](#)



Bring the whole family downtown and enjoy a variety of entertainment and family fun activities. The annual parade begins at 12:00 pm, be sure to get there early to get a good spot. View all the Canada Day festivities [here](#).



Welcome New Members

Canadian Blood Services - [Member Details](#)

Juice Plus - [Member Details](#)

Member Meetup

Member Meetups

Throughout the year, we will host Women in Business events, but we're also looking to showcase you and your place of business. If you're looking to host a networking event for our Member Meetup series, let us know! We'd love to be a part of it!

[Host a Member Meetup](#)



To Contact the Fort Saskatchewan Women in Business Committee please email fswib@fortsaskchamber.com or call (780)998-4355