

A Newsletter for Graduates of
the Excellence Series Courses

“Excellence is the result of caring more than others think is wise; risking more than others think is safe; dreaming more than others think is practical; and expecting more than others think is possible.”

Author unknown.

I love my life and while I'm crazy busy most of the time, it is because I almost have too much of everything GOOD. I think this is because I unconsciously live my life in alignment with what this unknown author defines as excellence.

Reflecting on just the first part of this quote, I know I probably care more than others sometimes think is wise. However, having lost my mom, dad and oldest sister in a span of three years, I really get how caring deeply has left me with no regrets. For example, I was SO close to my mom and had so much fun with her over many, many years and I know that the loss I experienced was that much greater as a result. And, guess what... contrasted with the alternative, I would never choose differently.

Similarly, I really care about the work we do. I stand for self-actualization and do everything in my power to orchestrate opportunities for people transform so they can live their fullest, richest life possible. Without question, my life is extraordinarily busy but I absolutely know I wouldn't change a thing. Quite the opposite, on almost a daily basis, I experience immense gratitude that I know my calling and that I am able to contribute to the fabric of good will in the world by living it.

As you launch into a new season, consider whether you are living your life with excellence. If you are, YEAH! If not, or if you want to notch it up in one or more areas of your life, consider auditing a course and taking a course you haven't yet taken. Life is too short to live with regrets and so, so, so full of wonderful opportunities.

- Pam Lewis

*A Hearty Thank You to
Laura Bentley, Vancouver Island
Service Representative who
stepped up to create this edition
of our Grad Link Newsletter*



Holiday Cheer Wine & Cheese Graduate Program Introductory Sessions

Enjoy wine, cheese and a great sense of community while finding out about our Graduates Programs, the ultimate tools to move you towards
SELF-ACTUALIZATION!

December 2nd in Nanaimo at the home of Pam Lewis or
December 3rd in Vancouver at the home of Nadia Wnuk.

Inside Passage: November 19-22, 2009 in Parksville
(Full, Taking Wait List)

Mastery I: March 24-28, 2010 at the Springbrooke
Retreat Centre in Langley

Mastery II: June 11-13, 2010 at the Best Western
Coquitlam Inn

*Call your Service Representative to Register for
Wine & Cheese Parties*



Mastery II Class, June 2009

Public course offerings: Fall Scheduling

VANCOUVER

The Advancement of Excellence with Michelle Richardson in Greater Vancouver: Foundation Weekend (September 12-13), Relationship Weekend (October 3-4) take place at the Best Western Convention Centre in Coquitlam. Commencement takes place at the Executive Plaza Hotel on October 24, 2009.

Team Captain Training with Christina Bianchini will take place on September 15, 2009 from 6:30-9:30 p.m. at 301 Maude Road in Port Moody.

The Pursuit of Excellence with Kim Nonis in Greater Vancouver will take place from September 24-27, 2009 at the Best Western Convention Centre in Coquitlam.

Assisting Workshop with Christina Bianchini: The Vancouver Assisting Workshop is scheduled from 9:00 – 1:00 p.m. on Saturday, October 31, 2009 at 301 Maude Road in Port Moody.

The Wall with Carol Peringer in Vancouver will take place from October 15-18, 2009 at the Best Western Convention Centre in Coquitlam.

The Pursuit of Excellence with Kim Nonis in Greater Vancouver will take place from November 5-8, 2009 at the Best Western Convention Centre in Coquitlam.

The Wall with Lorraine Jensen in Vancouver will take place from November 26-29, 2009 at the Best Western Convention Centre in Coquitlam.

YUKON

The Pursuit of Excellence with Pam Lewis in Carcross will take place from August 26 – August 29, 2009.

The Pursuit of Excellence with Pam Lewis in Beaver Creek will take place from August 31 – September 3, 2009.

The Pursuit of Excellence with Pam Lewis in Haines Junction with the Champagne Aishihik FN will take place from September 22-25, 2009.

The Wall with Lorraine Jensen in Carcross will take place from September 29 – October 2, 2009.

The Wall with Lorraine Jensen in Teslin will take place from October 5-8, 2009.
The Advancement of Excellence with Nadia Wnuk in Teslin: Foundation Weekend (October 16-18), Relationship Weekend (November 6-8) and Commencement (November 28). Weekly meetings are also scheduled.

VANCOUVER ISLAND

The Advancement of Excellence with Wanetta Beal in Nanaimo: Foundation Weekend (September 19-20) and Relationship Weekend (October 17-18) take place at Vancouver Island University. Commencement takes place at the Quality Inn Bayside in Parksville on November 7, 2009.

The Pursuit of Excellence with Pam Lewis in Nanaimo will take place from October 1-4, 2009 at Vancouver Island University (Bldg. 300, Royal Arbutus Room).

The Wall with Lorraine Jensen in Parksville will take place from October 22-25, 2009 at the Quality Inn Bayside.

Assisting Workshop with Michelle Ross in Nanaimo is scheduled from 9:00 – 1:00 p.m. on Saturday, October 24, 2009 at the Ramada Inn.

The Pursuit of Excellence with Pam Lewis in Parksville will take place from November 12-15, 2009 at the Quality Inn Bayside.

Inside Passage with Carol Peringer in Parksville will take place at the Quality Inn Bayside from November 19-22, 2009.

The Wall with Carol Peringer in Nanaimo will take place from December 3-6, 2009 at the Tamagawa Centre on Holden Lake.

A Tribute to Our Friend Who Contributed SO MUCH –

LARRY BURKE

Many of us, particularly in Vancouver, had the pleasure of knowing and interacting with Larry Burke. He frequented our Program Rooms, both as a participant and as a Team Assistant – contributing to many as he pursued lifelong learning and giving to others.

Noni Beran met Larry while attending one of our courses, went onto assist many courses with him and wrote the following tribute:

I first met Larry in the early '90's as we were both attending (guess what?) a program from Context Associated. Larry was bigger than all outdoors, which he loved passionately. I heard so many tales of his river rafting. In talking about it, he shone like a shooting star. He managed to include lots of "people stories" too, and I learned just how loving and inclusive Larry was. He seemed to live on a bigger stage than most of us.

As the years moved on, Larry and I would often meet at other programs; Context programs, and Excellence Series programs. Serendipitously, we often signed up to assist the same programs, and were both thrilled to find the other one there! Larry was always ready to learn more, and to share his love with all who were around him. He went on to do the Mastery programs after I nagged at him, and in the most glorious spirit of love, he went home to the Maritimes to clear his relationship with his father.

Larry Burke: friend, coach, bon vivant, lover of life, a man as big as all outdoors, and as big as any heart!

Larry was loved and valued by all of us who knew him! He made a great contribution in his lifetime by his very presence.



Mark Your Calendar for a Halloween Dance: The POETS Event of the Year!

The Pursuit of Excellence Training Society (POETS) is a registered charity created by graduates to make a difference in the world by supporting people facing financial challenges to take the Pursuit of Excellence.

Join us in making a difference in our community at the POETS fundraising event of the year! This event takes place on Saturday, October 31st at the Pleasant Valley Hall, 6100 Doumont Road, Nanaimo from 8 pm – 1 am.

Tickets are available from Lil (250) 323-1951, Brenda (250) 248-0296, Kim (250) 751-5391 or Stella at the Hair Chair (410A Rosehill Street) for \$15.



Ryan & Carolyn certainly cleaned up for their wedding!

CONGRATULATIONS to Ryan & Carolyn! A Magical, Medieval Wedding

Wow, what a celebration! From the beautiful day for the lakeside ceremony onto the reception staged as a medieval castle, the wedding was magical. EVERYONE was in costume, the decorations and entertainment matched the medieval theme perfectly, and the couple was glorious! A warm and hearty congratulations to Ryan Merx and Carolyn (Soucie) Merx!

Your wedding was a wonderful celebration of your relationship and your hopes and dreams for your future together. We are all behind you and wish you all the very best!!!



*Ryan and Carolyn Merx:
September 12, 2009.*

The Yukon is on the Move: Summer Programs for the Carcross Tagish First Nation

Excellence Seminars International normally keeps summers pretty clear to plan and prepare for the next year, which in our minds starts in September. Not so this year! In July, we delivered our first Pursuit of Excellence in Carcross and in August we delivered another Pursuit. It was just amazing returning to the community. In a matter of weeks, there were some real changes taking root. And in the weeks that have passed since the second Pursuit more changes are taking hold. It is this momentum, which was started by the Teslin Tlingit First Nation, that is spurring other Yukon communities to do the same. Both the White River First Nation and Champagne Aishihik First Nation have also chosen to have the Pursuit of Excellence delivered in their communities. The work, without a doubt, is the most rewarding I have done!



*Second Graduating Class
from Pursuit of Excellence
in Carcross
Photo: Heather Jones*

ELISABETH REVELL: Leading 2010 Year of Your Dreams!

We are very excited to announce that Elisabeth Revell, President of Context International, will join us on Vancouver Island to lead **2010 Year of Your Dreams**.

Central in this one-day seminar is the concept of "My Stake". My Stake is one of the last new concepts that Randy Revell, founder of Context Associated and developer of The Excellence Series, introduced.

My Stake is my compass, my guide. It helps in making choices. When faced with a decision I may ask, "Will this serve me to get what I really want this year, to further progress in my Stake?"

Having taken **2009 Year of Your Dreams**, I know the value of "My Stake" which is "Icing on the Cake: Attracting, Creating and Relishing It". My results this year have been and promise to be "icing on the cake" for the remainder of the year! Among other things, I am traveling to Australia next month to compete in the World Masters' Games in squash. **WHY? Icing on the Cake!**

Interested? If so, join Elisabeth Revell **January 16, 2010** at the **Quality Inn Bayside** in Parksville in this very powerful, fast-paced and fun one-day workshop. Tuition for this event is \$129, is open to both Graduates and non-Graduates of the Excellence Series and is FREE to all those who have assisted our programs in the last year (our way to say THANKS!).

CONTRIBUTION CORNER: Strengthening the Fabric of Good Will in the World...

Our Thanks to All Those Assisting Spring & Summer Programs!

The Advancement of Excellence (Nanaimo)
April – June 2009

Brenda Forbes
Lawrence Jacques
Kim McLeod
Anne Sands
Alice Van Blokland

Mastery I (Nanaimo)
April 22—26, 2009

David Hargrave
Ricki Sahota
Robyn Unwin
Niki Vankerck

The Advancement of Excellence (Teslin)
May – June 2009

Kerry Dawson
Pat Downey-Arey
Dalyce Huot
Eric Morris
Kelly Morris
Michelle Ross
Jamie Sloan
Robin Smarch

The Advancement of Excellence (Vancouver)
May – June 2009

Brian Dickie
Dan Jenneson
Mary Van Ranker

The Pursuit of Excellence (Vancouver)
May 7–10, 2009

Trevor Bergsfeldt
Cathy Demers
Dianne Haggerty
Ryan Wagner

The Pursuit of Excellence (Nanaimo)
May 7–10, 2009

Rachel Anderson
Sophia Buchholz
Bria Gray
Karen Knorr
Scott McGougan

Geoff Morehouse
Jeanene Williams
Glenys Wood

The Advancement of Excellence (Seattle)
May – June 2009

Jackie Peterson
Erica O’Cain
Rahul Prakash
Maureen Stull

The Pursuit of Excellence (Seattle)
May 14–17, 2009

Mike Dresel
Darrell Gantt
Barbara Grey
Joel Skillingstead
Melna Skillingstead
Bob Taylor
Barbara Taylor
Jane Thilo

The Wall (Nanaimo)
May 28–31, 2009

Karen Knorr
Lil Mitchell
Geoff Morehouse
Kelly Morris
Robin Smarch

The Youth Pursuit (Tacoma)
May 29–31, 2009

Joe Maxwell
Teresa Maxwell
Nichole McDaniel
Ruby Sleeper
Ala Talo

The Wall (Seattle)
June 4-7, 2009

Mike Dresel
Marty Elmore
Curt Schmidt
Maureen Stull

The Pursuit of Excellence (Vanc)
June 11–14, 2009

Tanya Horne
Jeff Male
Kirsten Meekison
Geoff Morehouse
Vic Rittinger
Michael Uschold

The Pursuit of Excellence (Parksville)
June 11–14, 2009

Ian Burnett
Janis Jonasen
Natasha Koch
Terry Wiggins

Inside Passage (Seattle)
June 11–14, 2009
Darrell Gantt
Danna Schmidt

The Pursuit of Excellence (Teslin)
June 16–19, 2009

Dalyce Huot
Annie Johnston
Brandon Johnston
Michelle Ross
Robin Smarch

Inside Passage (Teslin)
June 16–19, 2009
Pat Downey-Arey
Lorraine Jensen

The Pursuit of Excellence (Seattle)
June 18–21, 2009

Tom Bender
Patty Concannon
Lisa Dubuque
Roxanne Richardson
Stacie Singleton
Mike Stihon
Kathe Wallace

Inside Passage (Teslin)
June 23–26, 2009
Lorraine Jensen
Michelle Ross

The Youth Pursuit (Nanoose Bay)
June 27–29, 2009

Daniel Goldsmith
Maren Gray
Natasha Koch
Scott McGougan
Scott McKenzie
Leanne Molchan
Ben Prescott
Niki Vankerck

Mastery II (Parksville)
June 27–29, 2009

Joel Skillingstead
Melna Skillingstead
Robyn Unwin

The Wall (Nanaimo)
July 2–5, 2009

Laura Bentley
Tanya Horne
Lillian Jones
Gordon MacKay
Alanna Miller
Angus Ross

The Pursuit of Excellence (Carcross)
July 7–10, 2009

Lorraine Jensen
Kelly Johnston
Cheryle Patterson
Stefanie Sidney

The Wall (Vancouver)
July 9–12, 2009

Cornelia Bodo Price
Lesli-Ann Miele
Michael Uschold

The Wall (Teslin)
July 13-16, 2009

Dalyce Huot
Kelly Morris
Angus Ross
Michelle Ross
Kim Smarch
Robin Smarch

The Wall (Seattle)
July 16–19, 2009
Margaret Gallimore
Patrick McMonagle
Jackie Peterson

The Pursuit of Excellence (Carcross)
August 26–29, 2009
Alex McKenna
Cheryle Patterson
Michelle Ross
Pat Wiens

The Pursuit of Excellence (Beaver Creek)
August 31 – September 3, 2009
Lorraine Jensen
Cheryle Patterson

UpComing Introductory Sessions: **VANCOUVER**

Wed, Sept. 9 Best Western Coquitlam Inn, Coquitlam

Thurs, Sept. 17 Plaza 500 Hotel, Vancouver

Wed, Oct. 7 Best Western Coquitlam Inn, Coquitlam

Tues, Oct. 20 Plaza 500 Hotel, Vancouver

Wed, Nov. 18 Best Western Coquitlam Inn, Coq.

VANCOUVER ISLAND

Wed, Sept. 9, Inn on Long Lake, Nanaimo

Wed, Sept. 23, Inn on Long Lake, Nanaimo

Wed, Oct 14 Vancouver Island University, Nanaimo

Tues Oct 27, Quality Inn Bayside, Parksville

Tues, Nov. 3 Inn on Long Lake, Nanaimo

Wed Nov. 25 Quality Inn Bayside, Parksville



Bring A Friend