

# GRAD LINK

A Newsletter for Graduates of The Excellence Series Courses

## To What Do We Owe Our Success?

As we approach completion of our fourth year of operation as **Vancouver Island Excellence Seminars** and embark on our second quarter of the year during which time we have 15 programs scheduled over 12 weeks, it is interesting to ponder the question...

### ...To What Do We Owe Our Success?

Without question, the first answer to this question is that "The Excellence Series" is a top-notch product. Randy and Judy Revell designed a set of courses that are respectful, fun, effective and efficient in assisting people move forward in their lives in a way that they create the quality of life they long for. The courses are exquisite in their design and they are timeless. I am reminded of this, every time we deliver a course!

Beyond an invaluable product, I am aware of many other factors that have contributed to our success over the past four years. I think back to our modest beginnings – when **Nadia Wnuk** and I took a leap of faith to launch two courses, a POE and Wall, during our first quarter. I remember it certainly was an act of courage on my part! What made it palatable for me, though, was Nadia was willing to play with me and she was willing to play hard! She definitely had an attitude of "WE CAN DO IT". That, coupled with incredible support from a broad base of Graduates carried us forward.

What then, propelled the great momentum that has moved us from delivering two programs between April – June 1999 to 15 programs during the exact same time frame four years later? Again, there have been many factors but I would be remiss if I didn't point out the extra-ordinary contribution of **Arlene Rannelli**. For anyone that knows Arlene, I'm sure

they would agree that she is absolutely doing what she was meant to do here on earth – and Arlene knows that. Her tireless work, her boundless energy, her unwavering commitment and her willingness to always go the extra mile are unmatched in my experience. I experience such gratitude and such admiration for everything Arlene stands for!

And, there are many, many, many others that have made such a remarkable contribution! At the risk of missing people that are also very deserving, there are key people who have had a vision and level of commitment that has supported us in greatly expanding the geographical area we deliver programs in. **Mike Lewis** was key in opening up the northern part of the Island (Zeballos); **Tom Olsen, Paul & Lori McWilliams** were instrumental in supporting development in the Prince Rupert and Terrace areas; **Kerry Sim, Kay Watson and Betty Richardson** all played vital roles in opening up the Queen Charlotte Islands; **Judith & Stefan Voswinkel** have worked incredibly hard to launch programs in the Yukon; **Ce Cayne** has been key in revitalizing the Victoria area; **Anne Sands and Carol Toal**, have supported the launching our Annual Teen POE; and of course, we have our steadfast team which has expanded and now also includes **Jody Maxon, Debbie Schug and Lora Teuschler**. WOW, individuals do make such a difference!

And so, it is with a sense of awe that I reflect on our first four years. I know... **what we are doing is the right thing**. Because of that, I know there is a force much bigger than the sum of our parts that is supporting us to continue our work "strengthening the fabric of good will that exists in the world through commitment to lifelong learning". For all of that, I am truly thankful!

**Pam Lewis**

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# COURSE OFFERINGS: A Schedule

Courses scheduled between April and June 2003 are as follows:

## Vancouver Island Programs

**Inside Passage with Carol Peringer in Nanaimo** will take place from April 3–6, 2003 at the Ramada on Long Lake.

**The Pursuit of Excellence with Arlene Rannelli in Oclucje** will take place from April 9–12, 2003 at the Nuchatlaht Community Hall.

**The Advancement of Excellence with Nadia Wnuk in Nanaimo:** This course is open to anyone who has completed the Pursuit of Excellence and WALL for tuition of \$595. *Foundation Weekend* (April 26–27), *Relationship Weekend* (May 24–25) and *Commencement* (June 14) will take place at the Dorchester Hotel in Nanaimo. *Weekly meetings* are normally scheduled on Thursdays.

**The Pursuit of Excellence with Mardig Sheridan in Victoria** will take place from May 8–11, 2003 at the Ramada Huntingdon Hotel.

**Lighting the Path with Leigh Farrell & Carol Peringer in Nanaimo** will take place from May 29 – June 1 at the Bethlehem Retreat Centre on Westwood Lake.

**Assisting Workshop with Jody Maxon:** Graduates of the Excellence Series are invited to get involved assisting programs. The next Assisting Workshop is scheduled for Tuesday, May 20th from 6:00 to 10:00 p.m. in Victoria.

**The Pursuit of Excellence with Arlene Rannelli in Nanaimo** will take place from June 5–8, at the Dorchester Hotel.

**The WALL with Arlene Rannelli in Nanaimo** will take place from June 19–22, 2003 at the Dorchester Hotel in Nanaimo.

**The Pursuit of Excellence for Youth with Anne Sands** will take place from June 28–30, 2003 at Camp Narnia in Shawnigan Lake.

## Yukon Programs

**The Advancement of Excellence with Anne Sands in Whitehorse:** *Foundation Weekend* (April 5–6), *Relationship Weekend* (May 3–4) and *Commencement* (May 24).

**The Pursuit of Excellence with Anne Sands in Whitehorse** will take place from May 8–11, 2003 at the Gold Rush Inn.

**The Wall with Arlene Rannelli in Whitehorse** will take place from May 29 – June 1, 2003 at the Gold Rush Inn.

## Northwest Coast Programs

**The WALL with Arlene Rannelli in the Queen Charlotte Islands** will take place from April 3–6, 2003 at the Skidegate Community Hall.

**The Advancement of Excellence with Pam Lewis in the Queen Charlotte Islands:** *Foundation Weekend* (April 26–27), *Relationship Weekend* (May 24–25) and *Commencement* (June 14). *Weekly meetings* are normally scheduled on Thursdays.

**The Pursuit of Excellence with Arlene Rannelli in Prince Rupert** will take place from May 8–11, 2003. Location TBA.

**The Wall with Arlene Rannelli in Prince Rupert** will take place from June 26–29, 2003. Location TBA.

## ANOTHER WELCOME ADDITION: Mardig Sheridan

For the first time, Vancouver Island Excellence Seminars brought Mardig Sheridan up from Seattle to lead the Pursuit of Excellence in Victoria



Mardig Sheridan

February 6–9, 2003. Having heard about Mardig, and his infamous reputation within Context Associated circles for years, I was very curious to see him “in action”. And, I wasn’t disappointed! Mardig brings a wealth of experience, a great sense of humour, a perspective and wisdom informed by studying the Great Teachers, and a personal power that comes from “walking the talk” that adds to the richness of what we are doing here on Vancouver Island. I am so pleased to add Mardig to our pool of Program Leaders and look forward to him leading two additional POEs this year, March 6–9 in Nanaimo and May 8–11 in Victoria.

### INSIDE PASSAGE: to decide & declare, to discover & create the best of who you are...

An **Introductory Session on Inside Passage** will be held on Monday, March 10th at Pam’s house on Long Lake (390 Woodhaven Drive in Nanaimo). Refreshments and socializing start at 7:00 p.m. and will be followed by an Introductory Session at 7:30 p.m. Graduates of the program are invited to share the value they have created in their lives as a result of participating in this course.

# 2003 Upcoming Introductory Sessions

DATE	LOCATION	
Wed, Apr. 2	Ramada Huntingdon Hotel	Victoria
Wed, Apr. 9	Probyn/Triumph Timber	Prince Rupert
Tues, Apr. 15	Ramada Huntingdon Hotel	Victoria
Wed, Apr. 23	Hospital Board Room	Prince Rupert
Friday, Apr 24	Whitehorse Public Library	Whitehorse
Tues, Apr. 29	Dorchester Hotel	Nanaimo
Wed, Apr. 30	Ramada Huntingdon Hotel	Victoria
Tues, May 6	Whitehorse Public Library	Whitehorse
Wed, May 7	Ramada Huntingdon Hotel	Victoria
Wed, May 7	TBA	Prince Rupert
Tues, May 13	Dorchester Hotel	Nanaimo
Wed, May 21	Ramada Huntingdon Hotel	Victoria
Wed, May 28	Dorchester Hotel	Nanaimo
Wed, May 28	Whitehorse Public Library	Whitehorse
Wed, June 4	Dorchester Hotel	Nanaimo
Wed, June 18	Dorchester Hotel	Nanaimo
Wed, June 25	TBA	Prince Rupert

## AN EVENING WITH CAROL PERINGER – March 26th, 2003

Spend a fun, interactive evening with Carol and other Inside Passage graduates as we consider (1) how to break out of constructed self and live more fully from our authentic self, and (2) ways to have more forgiveness and love in our lives. Carol will also spend some time letting us know what we can expect at "Lighting the Path" to be held in Nanaimo, May 29 – June 1, 2003. Refreshments 6:30 p.m., start at 7:00 p.m. This event will take place at Lora & Dieter Teuschler's new home located at 7432 Clark Crescent, Lantzville. Take the Ware Road exit west, turn right on Harwell and right on Clark Crescent.

## PREPARING FOR OUR SECOND ANNUAL: Residential Pursuit of Excellence for Youth – June 28–30, 2003

Once again, Vancouver Island Excellence Seminars, in partnership with Camp Narnia, is pleased to offer our **Residential Pursuit of Excellence for Youth** ages 14–18.

Based on our first experience, we are redesigning curriculum in such a way as to make the learning process more active and more fun. Part of the process involved many of us from VIES **participating fully in "Hazardinia"**, a low ropes course founded on Context principles. This will be part of the teen POE as will opportunities for teens to participate in horseback riding and outdoor climbing at nominal extra cost.

Details for our second **Pursuit of Excellence for Youth** are as follows:

**Who:** Youth (14–18) interested in laying a strong foundation to be leaders in their lives.

**What:** A residential program, conducted over a three day period, in a camp setting which combines curriculum from the Pursuit of Excellence, led by **Anne Sands**, with traditional camp activities led by Camp Narnia staff.

**Where:** Camp Narnia, Shawnigan Lake, B.C. (30 minutes north of Victoria or one hour south of Nanaimo).



**When:** June 28–30, 2003.

**Tuition:** \$595 plus GST. This includes food and lodging.

**Auditing:** Participation in the **Pursuit of Excellence for Youth** entitles participants to "audit" the course at any time at no additional cost.

# Our Thanks!

## The Advancement (Nanaimo)

January – March, 2003

Anne MacDonald Sheril Matthews  
Jody Maxon Carlos Sperling  
Lynda Wirachowski

## Pursuit of Excellence (Whitehorse)

January 23 – 26, 2003

Pat Arey Judith Voswinkel  
Stefan Voswinkel Geoff Fretts

## Inside Passage (Nanaimo)

January 30 – February 2, 2003

Michelle Belanger Lora Teuschler

## Pursuit of Excellence (Victoria)

February 6 – 9, 2003

Koren Bear Pam Lewis  
Anne MacDonald Terri Pierrero  
Lori Robertson Alice Van Blokland

## Pursuit of Excellence (Whitehorse)

February 6 – 9, 2003

Denis Rannelli Judith Voswinkel  
Stefan Voswinkel

## Pursuit of Excellence (Queen Charlottes)

February 20 – 23, 2003

Linda Dixon Lori Hurst  
Elly Parker Denis Rannelli  
Darlene Wolfe Nadia Wnuk

## The Wall (Whitehorse)

February 27 – March 2, 2003

Denis Rannelli Judith Voswinkel  
Stefan Voswinkel

## Pursuit of Excellence (Nanaimo)

March 6 – 9, 2003

Leanne Clarkson Gerry Pires  
Gord Robbins Angus Ross  
Debbie Schug Gail Soros

## CONGRATULATIONS! Nadia Wnuk Leads Her First Advancement of Excellence

Whew! It was more work and more challenging than Nadia might have banked on... BUT, Nadia did it and Nadia did it well! And, while the preparation and hard work was mostly Nadia's, it was also a team effort. **Anne Sands** played a mentoring role and supported Nadia for hours and hours as she prepared for both Foundation Weekend and Relationship Weekend. Thank you Anne for your remarkable contribution and congratulations Nadia for taking your next step in excellence! We celebrate your success!

## A SPECIAL ACKNOWLEDGEMENT!

For those of you who have not been in an Advancement of Excellence for the past year or so, we have added an objective which is: to strengthen the fabric of good will in the world through making a contribution to the community. This objective is undertaken as a team. Each small team decides on a project they would like to undertake and they complete it during the eight weeks of the Advancement.

In our most recent Advancement, January – March 2003, a team consisting of Lynda Wirachowski (Team Coach), Kate Levering, Greg Reidy, Michelle Rowsell and Carol

Toal created a **Weekend Camp** at Camp Narnia for 18 children who otherwise would not have access to such an opportunity. Reports back on the camp speak highly of the contribution made by this team who combined their talents and offered a very rich, full experience. Kate took charge of the cooking team, Linda and Carol led Hazardinia, Greg taught Archery and Michelle worked on crafts with the participants. Counsellors, Social Workers, families and children were most appreciative. So am I – **thanks team for putting yourself out for others and for spreading good will to the youth of our community!**

## Personal & Professional COACHING

**Ce Cayne**, CMA, MA, CHRP, Reiki  
Master/Teacher, MBTI Qualified

Coaching will support you in continuing your journey in learning and leadership. Ce has 20 years of Context experience and 12 years of working with people to create the results they want. Integrating cognitive and intuitive techniques, he challenges others to "fast-track" their movement forward in creating what they say they want. For more information or an appointment contact Ce in Victoria @ (250) 381-3127.

## How to Reach Us & Find Out More ...



We can be reached as follows:

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Up-to-date information on Upcoming Courses and Introductory Sessions can be found on our website located at:

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