

# GRAD LINK

A Newsletter for Graduates of The Excellence Series Courses

## A Very Special Valentine's Day in 2004

Three very special events took place on February 14, 2004. Faith Annie Anderson was born at the Nanaimo Regional General Hospital at 4:35 am. Proud parents are Andrea Schmidt and Iain Anderson, both graduates of the Pursuit of Excellence. Grandparents Lorraine Freelund and Jim Vissers are equally proud and of course are both graduates of the Excellence Series.



*Faith Annie Anderson attends her first Introductory Session for the Pursuit of Excellence with Mom and Grandma.*

Many of us enjoyed welcoming Faith to the world on February 15 and we congratulate everyone on **our special addition!**

A second wonderful event took place in a private ceremony held at Westwood Lake in Nanaimo. Childhood sweethearts, Laura Bentley and Bruce Kish, were married on Valentine's Day. Both are graduates of the Excellence Series!

Finally, the Pursuit of Excellence Society (POETS) also hosted a special and very successful fund-raising event on February 14! A Valentine's Day dance and silent auction were held to raise funds which will later be dispersed to people with limited financial resources

to take the Pursuit of Excellence. Approximately \$3000 was raised, quite an accomplishment!

Our thanks go to the fantastic organizing committee which consisted of Brad Holmes, Jody Jennings, Anne MacDonald, Debbie Schug, Debbie Sommer and Lora Teuschler. As well, we would like to thank all those who made donations to the silent auction. Everything from kayak and airplane

trips to a queen sized log bed frame designed and built by David Edgeley were featured at the event.

Thanks to the following for your generous contribution: Angus Ross, Fabulous Nails by McCall, RBC, Haida Kristensen, Lorraine Freelund, Jim Vissers, Pam Lewis, David Strang, Bayside Inn, Nanaimo Squash Club, Jim Whiteaker, Valma Brenton, David and Marlee Edgeley, Heather McEwan, Ken Thompson, Janice Furevick-Dunn, Carlos Sperling, Blair Bolton, Sally Shelly, Sheril Anne Matthews, Diane Verhiel, Mavis Ekman, Laurie and Bruce Kish, Stella Lima, Michelle Belanger, Lisa Meikle, Dieter and Lora Teuschler, Ian Niamath and Iris Eyecare.

### Pulled off on a Stretcher and Going Back for More!

After regaining consciousness, Brad Holmes looked up at paramedics with a dazed look. Seconds later he was off the stretcher, up on his feet and ready to go. With only 30 of 63.5 kilometers left to run in the 2003 GREAT WALK, Brad was not about to go home. With a severe case of heat stroke and against paramedics' advice, Brad continued on, completed the race and was then taken by ambulance to the medical clinic.

Long recovered, Brad is back for more! He has started training and is seeking sponsors for this year's GREAT WALK scheduled for June 5, 2004. This will be his fifth consecutive fund-raising effort to support the work of the Pursuit of Excellence Training Society whose sole purpose is to provide financial assistance to those who could not otherwise afford to take the POE. To sponsor Brad, assist him in collecting pledges, or in managing the fund-raising component of this endeavor, call 756-2789. All donations are tax deductible.

Phone (250) 755-7275 or 1-800-399-8081  
Fax (250) 756-4411

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# PUBLIC COURSE OFFERINGS: A Schedule

## Vancouver Island Programs

**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 24–25), *Relationship Weekend* (May 29–30) and *Commencement* (June 19) will take place at the Dorchester Hotel in Nanaimo. *Weekly meetings* are normally scheduled on Thursdays.

**The Pursuit of Excellence with Janet Ott in Victoria** will take place from April 29 – May 2, 2004 at the Bedford Regency Hotel.

**The Pursuit of Excellence with Arlene Rannelli in Victoria** will take place from May 6–9, 2004 at the Bedford Regency Hotel.

**The Wall with Arlene Rannelli in Victoria** will take place from May 27–30, 2004 at the Harbour Towers Hotel. This is subject to a minimum enrolment of 15 new participants.

**Assisting Workshop with Anne MacDonald in Nanaimo** will take place Thursday, May 27 at the Lighthouse Bistro Banquet Room from 6:00 – 10:00 pm. This workshop is for Graduates of the Excellence Series interested in assisting programs.

**The Pursuit of Excellence with Mardig Sheridan in Parksville** will take place at the Bayside Inn Resort from June 3–6, 2004.

**The Wall with Carol Peringer in Nanaimo** will take place from June 24–27, 2004 at the Dorchester Hotel.

**Inside Passage with Carol Peringer in Nanaimo** will take place from July 1–4, 2004 at the Ramada on Long Lake.

**Residential Youth Pursuit of Excellence with Jim Sorensen** will take place at Camp Narnia in **Shawnigan Lake** from July 1–3, 2004.

## Yukon Programs

**The Pursuit of Excellence with Pam Lewis in Whitehorse** will take place from May 13–16, 2004 at the Yukon College.

**The WALL with Arlene Rannelli** will take place from June 3–6, 2004 at the Yukon College.

## Queen Charlotte Islands Programs

**The Advancement of Excellence with Pam Lewis:** *Foundation Weekend* (April 3–4, 2004), *Relationship Weekend* (April 23–25) and *Commencement* (May 29) will take place at the Skidegate Community Hall.

**Residential Youth Pursuit of Excellence with Jim Sorensen in Haida Gwaii** will take place during the summer of 2004. Date TBA.

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## 2004 Upcoming Introductory Sessions

DATE	LOCATION	
Wed, April 7	Sandman Inn	Victoria
Tues, April 27	Dorchester Hotel	Nanaimo
Wed, April 28	Sandman Inn	Victoria
Wed, May 5	Sandman Inn	Victoria
Tues, May 11	Dorchester Hotel	Nanaimo
Tues, May 25	Dorchester Hotel	Nanaimo
Wed, May 26	Bedford Regency	Victoria
Tues, June 1	Bayside Inn	Parksville
Wed, June 2	Sandman Inn	Victoria
Tues, June 15	Bayside Inn	Parksville

### INSIDE PASSAGE – Uncovering the Person You Were Meant to Be Before Life Got in the Way

Introductory Sessions for Inside Passage will be held at the Lighthouse Bistro Banquet Room located at 50 Anchor Way in Nanaimo on April 13 and May 31 respectively.

Enjoy wine, cheese and a great sense of community while finding out just how powerful Inside Passage is, particularly from those that have taken the journey. Sessions start at 7:30 pm.

Space in the next available course scheduled July 1–4 is limited. Early registration is recommended.



Some of the faces behind the scenes, enjoying the fruits of our labours at an Advancement of Excellence Commencement Ceremony held at the Nanaimo Golf Club, November 15, 2003. From left to right, Pam Lewis, Arlene Rannelli, Lori Hurst, Nadia Wnuk, Ann Hansen, Lorraine Freelund and Anne MacDonald.

## Youth Pursuit Goes North

For the first time ever, Haida Gwaii will host a Residential Pursuit of Excellence for Youth ages 14 –18.

Last spring, an Advancement of Excellence team called the “High Flyers” decided to sponsor four teens from Haida Gwaii to attend the Youth Pursuit held annually on Vancouver Island. Through extensive fund-raising efforts, they raised over \$4600 and sponsored Desire Wilson, Ashley Muller, Laura Edgars and Eddie Ronnenkamp to travel and take the program.

The project was considered to be such a success, the High Flyers have raised the bar and are fund-raising to host a Youth Pursuit to take place on the Queen Charlotte Islands this summer.

Graduates from last summer’s program have become ambassadors for the program on the Islands and are looking forward to being involved again. As Laura Edgars said, “It’s a great experience and I would do it again”. Jim Sorensen is slated to lead this program and will travel North with his wife, Brenda, this summer. For full details, see next page.

*Elna MacDonald (sponsor) with Desire Wilson, Ashley Muller and Laura Edgars.  
Photo courtesy of The Observer,  
Queen Charlotte Islands.*



# Our Thanks!

## Pursuit of Excellence (Whitehorse)

January 15–18, 2004

Lorraine Kuhn  
Glenna Tetlich  
Judith Voswinkel  
Stefan Voswinkel

## The Advancement (Nanaimo)

January – March, 2004

Lorraine Freelund  
Janice Libby  
Kathy Longo  
Anne MacDonald  
Sally Shelly  
Leslie Whittaker  
Sandi Wright

## Pursuit of Excellence (Haida Gwaii)

January 22–25, 2004

Lin Armstrong  
Lynda Dixon

Elna MacDonald  
Tammy Muller  
Betty Richardson  
Waneeta Richardson  
Kay Watson  
Mary Ann Wilson  
Nadia Wnuk

## Pursuit of Excellence (Victoria)

February 5–8, 2004

Vernon Jones  
Terri Pierrero  
Sandy Slovack  
Shelley Smith  
Robyn Unwin  
Nasrolla Younesi

## Inside Passage (Nanaimo)

March 4–7, 2004

Lorraine Freelund

## Pursuit of Excellence (Nanaimo)

March 4–7, 2004

Leanne Clarkson  
Margaret Humphries  
Roy Jones  
Stella Lima  
Anne MacDonald  
Corona Nettles  
Gerry Pires  
Carlos Sperling

## The Wall (Haida Gwaii)

March 11–14, 2004

Lin Armstrong  
Lynda Dixon  
Carolyn Hesselstine  
Claudette Lavoie  
Elna MacDonald  
Betty Richardson  
Kay Watson  
Mary Ann Wilson  
Nadia Wnuk

## JIM SORENSEN To Lead Youth Pursuit July 1–3, 2004



We are pleased to announce that Jim Sorensen will lead our Third Annual Youth Pursuit! In addition to leading hundreds of programs over the years, Jim trained Program Leaders for Context Associated for close to 20 years. He is funny, he is fun and he is a brilliant speaker and educator – receiving rave reviews from his audiences all over the world.

Based on results from last year, it is clear that this program is a pivotal one in setting a foundation for youth to be leaders in their lives. Comments by youth graduates indicate they are inspired to accomplish their life dreams and they feel equipped to do so.

Details for our Third Annual Youth Pursuit 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 with traditional camp activities.

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

**When:** July 1–3, 2004

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

**Please note this course is filling quickly. Please register early as group size for this program is limited.**

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



We can be reached as follows:

In Nanaimo: (250) 755-7275  
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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)