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Spring 2007

Excellence Seminars International

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A Newsletter for Graduates of the Excellence Series Courses

SPREADING GOODWILL INTERNATIONALLY: Sharing Our Good News About England & Seattle

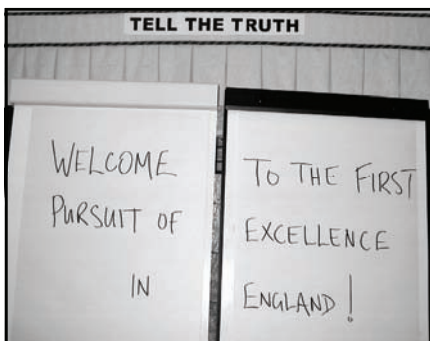
It was the Spring of 2005 when it became apparent it was time to change the name of our company. We were delivering courses all over B.C. and in the Yukon and we had lots of participants travelling from other countries to take our courses. Hence we changed our name from Vancouver Island Excellence Seminars to Excellence Seminars International. With the name change, we sent our intention out to the Universe and it has manifested into launching service into Seattle in January 2007 and London, England in March 2007. We couldn't be more pleased with the results!

In Seattle, we started with an Advancement of Excellence led by Kathleen Carie. A group of nine, including eight audits, got the ball rolling. In March, Jim Sorensen and Mardig Sheridan co-lead our first Pursuit of Excellence with 38 people, 18 of which completed the Wall later in the month and are off to the Advancement. What has been amazing to me is how quickly and how fully people have come on board to help rebuild in Seattle.



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I have had the pleasure of talking to many, many people in Seattle and have been warmed to the core by the goodwill we have been greeted with. And it hasn't just been goodwill... many, many people have stepped forward to assist programs and to enrol people who are important to them into the process of lifelong learning. Community projects undertaken by the two Advancement teams have also added a great deal of goodwill. **Fabulosity**, coached by Neal Schrepfer, raised \$900 and with it purchased much needed "staple items" for Noel House, a shelter for a diverse community of homeless women. **Six Appeal**, coached by Makaylaa Powers, hosted a benefit concert to raise money for people in the Seattle area who could not otherwise afford tuition for the Pursuit of Excellence.



In England we have also started small with lots of goodwill and a strong pioneering spirit on the part of Ellen Riches, a Program Leader who has been living in England for nine years. Ever since Ellen arrived, she wanted to bring the Excellence Series to Britain. With her husband Rob at her side to assist our first Pursuit of Excellence, she pulled it off. A courageous group of nine participants took the plunge, many of whom have decided to go onto the Wall and one of whom now wants to train as a Program Leader. And so, another seed has been sown to spread the goodwill that Randy and Judy Revell have devoted their lives to. This is good news and I, for one, wanted to share it! Stay tuned as we start another cycle of programs in Seattle and launch our second Pursuit of Excellence overseas, this time in Sheffield, England in April.

Pam Lewis, Director



Excellence Seminars
International

Upcoming Introductory Sessions

Vancouver Island

(Registration: 7:15 pm, Start Time: 7:30 pm)

Tuesday, April 17 th	Inn on Long Lake	Nanaimo
Wednesday, May 2 nd	Inn on Long Lake	Nanaimo
Tuesday, May 15 th	Inn on Long Lake	Nanaimo
Wednesday, June 6 th	The Grand Hotel	Nanaimo

Vancouver Area

(Registration: 7:15 pm, Start Time: 7:30 pm)

Tuesday, April 3	Sandman Hotel	Vancouver
Tuesday, April 24	Best Western Convention Centre	Coquitlam
Wednesday, May 16	Best Western Convention Centre	Coquitlam
Tuesday, May 29	Sandman Hotel	Vancouver
Tuesday, June 26 th	Best Western Convention Centre	Coquitlam

Seattle Area

(Registration: 6:45 pm, Start Time: 7:00 pm)

Tuesday, April 24	Mercer Island Community Center	Seattle
Tuesday, May 15	Mercer Island Community Center	Seattle
Wednesday, June 6	Mercer Island Community Center	Seattle
Wednesday, June 27	Seattle Center	Seattle

LORRAINE JENSEN: Closing One Door to Open Another

At the beginning of January, the core team of Excellence Seminars International celebrated the contribution Lorraine Jensen has made in her three years as Service Representative for Vancouver Island and as a Program Leader of the Advancement of Excellence. Soon after that door had been shut, another one opened and we are pleased to announce that Lorraine is now training to lead the Wall. As you might imagine, we are pleased with this development and we look forward to welcoming Lorraine in this newest capacity!

NEW ADDITIONS: From Babies to Graduates

With a new year, Excellence Seminars International has been blessed with new additions! Susan Wickham (our first full-time employee) and her husband Scott have been blessed with a daughter (Soleil) they adopted early in the New Year. WE ARE DELIGHTED FOR YOU BOTH! With little notice they were going to be new parents, we quickly hired Karen Hodson to replace Susan while she is on maternity leave. And what a great addition Karen has been. She has taken over coordinating volunteers, logistics and facilities management for Vancouver and is working closely with our new Logistics Manager in Seattle, Kenny Fagan. Kenny coordinated logistics for the Excellence Foundation in Seattle and brings not only experience but a delightful attitude! And, last but not least, we have hired Roxanne Richardson to lead the Assisting Workshop and do all Team Groundings in Seattle. Roxanne is another fantastic addition and is proving her weight in gold. Not only did she take on the role of Team Captain for our first Pursuit in Seattle but she is Team Captain for the Advancement in April. We welcome all of you and feel very lucky to have you as part of our team. Thanks for joining us!

CALL FOR NOMINATIONS!

Excellence Seminars International is calling for nominations for its annual Blue Star Achievement Award. This award is open to all graduates of The Excellence Series and is given for outstanding achievement and contribution to strengthening the fabric of goodwill that exists in the world. Canadian best selling author, Michael Losier, was the winner of our first Annual Blue Star Award. He was followed in 2006 by Peter van Stolk, creator of Jones Soda and known for the tremendous philanthropic activity he undertakes, contributing hundreds of thousands of dollars to everything from international aid agencies to local charities. If you know of a suitable candidate, please submit your nomination to info@excellenceseminars.com. The deadline for nominations is June 30, 2007.



Excellence Seminars International Team
2006-2007

*From left to right:
Susan Wickham,
Pam Lewis,
Yvette McKay,
Cathy Demers,
Carol Peringer and
Lorraine Jensen
in front.*

PUBLIC COURSE OFFERINGS: Spring Scheduling

Vancouver

- ◆ **The Advancement of Excellence with Kim Nonis in Vancouver:** Foundation Weekend (April 21-22) takes place at the Best Western Coquitlam Inn, Relationship Weekend (May 26-27) takes place at the Ramada Inn in Coquitlam and Commencement (June 23) takes place at the Executive House Inn, in Coquitlam. Weekly meetings are also scheduled.
- ◆ **The Pursuit of Excellence with Pam Lewis in Greater Vancouver** will take place from May 3-6, 2007 at the Best Western Convention Centre in Coquitlam.
- ◆ **Assisting Workshop with Cathy Demers:** Graduates of the Excellence Series are invited to get involved assisting programs. The Vancouver Assisting Workshop is scheduled from 10:00 – 2:00 p.m. on May 12, 2007 at the Easthill Recreation Centre.
- ◆ **The Wall with Carol Peringer in Greater Vancouver** will take place from May 24-27, 2007 at the Best Western Convention Centre in Coquitlam.
- ◆ **The Pursuit of Excellence with Pam Lewis in Vancouver** will take place from June 7-10, 2007 at the Best Western Convention Centre in Coquitlam.
- ◆ **The Wall with Carol Peringer in Greater Vancouver** will take place from June 21-24, 2007 at the Best Western Convention Centre in Coquitlam.

Seattle

- ◆ **The Advancement of Excellence with Kathleen Carie in Seattle:** Foundation Weekend (April 14-15) and Relationship Weekend (May 19-20) take place at the Hotel Nexus. Commencement takes place June 23, location TBD. Weekly meetings take place Saturday mornings.
- ◆ **The Pursuit of Excellence with Pam Lewis in Seattle** will take place from June 14 - 17, 2007 at the Seattle Center.
- ◆ **Assisting Workshop with Roxanne Richardson:** The Seattle Assisting Workshop takes place from 10:00 – 4:00 p.m. on Saturday, June 16, 2007 in Seattle. Location TBD.
- ◆ **The Wall with Carol Peringer in Nanaimo** will take place from July 12-15, 2007 at the Hotel Nexus.

England

- ◆ **The Pursuit of Excellence with Ellen Riches in England** will take place from April 20-22, 2007 in Sheffield. This is subject to sufficient enrolment.
- ◆ **The Wall with Carol Peringer in England** will take place from May 4-7, 2007 in Sheffield. This is subject to sufficient enrolment.

Vancouver Island

- ◆ **The Wall with Carol Peringer in Nanaimo** will take place from April 12-15, 2007 at the Tamagawa Retreat Centre on Holden Lake.
- ◆ **Mastery I with Carol Peringer in Nanaimo** will take place from April 18-22 at the Tamagawa Retreat Centre on Holden Lake.
- ◆ **The Advancement of Excellence with Lorraine Jensen in Nanaimo:** Foundation Weekend (April 28-29) and Relationship Weekend (June 2-3) take place at Tamagawa Retreat Centre and Commencement (June 23) takes place at the Nanaimo Golf Club. Weekly meetings are also scheduled.
- ◆ **The Pursuit of Excellence with Brent Stewart in Parksville** will take place from May 24-27, 2007 at the Quality Inn Bayside.
- ◆ **Assisting Workshop with Sandy Slovack:** The Vancouver Island Assisting Workshop takes place from 10:00 – 4:00 p.m. on Saturday, May 26, 2007 in Nanaimo at the Lighthouse Bistro.
- ◆ **Inside Passage with Carol Peringer in Nanaimo** will take place from June 7-10, 2007 at the Inn on Long Lake. This program is full. Waitlist is being taken.
- ◆ **The Wall with Carol Peringer in Nanaimo** will take place from June 14-17, 2007 at the Tamagawa Retreat Centre.
- ◆ **Mastery II with Carol Peringer in Nanaimo** will take place from June 30 – July 2, 2007 at the Inn on Long Lake.
- ◆ **The Residential YOUTH Pursuit of Excellence with Jeff Gaines in Nanaimo** will take place from June 30-July 2, 2007 at Tamagawa Retreat Centre.

Our Sixth Annual Youth Pursuit of Excellence

Once again, Excellence Seminars International is pleased to offer our **Residential Pursuit of Excellence for Youth** born between 1989 and 1992. And, based on results, it is clear that this program is pivotal in setting a foundation for youth to be leaders in their lives. Comments from participants, parents and teachers indicate that graduates of this program are accomplishing more and have more effective relationships after they have taken the program.

Details for our sixth annual Youth Pursuit are as follows:

Who: Youth (15-19) interested in laying a strong foundation to be leaders in their lives.

What: A residential program, conducted over three days, in a camp setting which combines curriculum from the Pursuit of Excellence with traditional camp activities.

Where: Tamagawa University on Holden Lake (10 minutes south of Nanaimo, B.C.)

When: June 30 – July 2, 2007

Auditing: Participation in the Youth Pursuit of Excellence entitles participants to “audit” the Adult Pursuit at no extra charge. Tuition to audit the Youth Pursuit is provided at half the regular tuition.

Please note the group size for this program is limited so early registration is recommended.

Contribution Corner: Strengthening the Fabric of Good Will in the World...



Our Thanks to All Those Assisting Winter Programs!

The Advancement (Vancouver)

January – March, 2007

Albert Bruins Karen Hodson
Angela Teunis Niki VanKerk

The Advancement (Nanaimo)

January – March, 2007

Sean Beston Kathy Grinde
Yvette McKay Lil Mitchell
Dawn Tyndall

The Advancement (Seattle)

January – March, 2007

Makaylaa Powers Neal Schrepfer

Inside Passage (Vancouver)

January 25-28, 2007

Joni Martinson

Pursuit of Excellence (Nanaimo)

February 1-4, 2007

Kathy Anderson Koren Bear
David Hargrave Brad Holmes
Stella Lima Donna McFarlan
Goody Niosi Susan Walker

Pursuit of Excellence (Vancouver)

February 22-25, 2007

Albert Bruins Gerda Bruins
Terri Clay Karen Hodson
Laara Janzen Cylia Wong

Pursuit of Excellence (Seattle)

March 1-4, 2007

Tom Bender Marty Elmore
Sallie McArthur Jane Thilo
Rosa Sanders Suzanne Suneson
Roxanne Richardson

The Wall (Nanaimo)

March 1-4, 2007

Heather Bergum David Hargrave
Brad Holmes Lars Mogensen
Dawn Tyndall

Pursuit of Excellence (Parksville)

March 8-11, 2007

Suzan Briggs Scott McGougan
Jim Pickell Wayne Pike
Jeanene Pires Wanetta Shaver
Glenys Wood

The Wall (Vancouver)

March 15-18, 2007

Albert Bruins Gerda Bruins
Annabelle Fawcett Laara Janzen
Patricia Jewer

The Wall (Seattle)

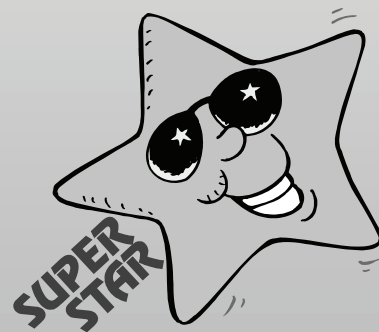
March 22-25, 2007

Deanna Combs
Brian Gilles Kathy Gilles
Alyssa Kulp Stephen Peringer
Joel Skillingstead

Pursuit of Excellence (London)

March 23-25, 2007

Rob Riches



*Congratulations to
all of you and
thank you for your
great contribution!*

The overall assignment in the Advancement of Excellence is to create tangible, measurable results that show you are living large. As part of this, participants are asked to strengthen the fabric of good will through making a contribution to their community. This is done in teams with each team deciding on a project they would like to undertake during the eight weeks of the Advancement. In Vancouver, two projects were undertaken this winter, four were completed on Vancouver Island and two were completed in Seattle (reported on page 1).

In Vancouver, coached by Niki VanKerk, the **Living Large Legends** donated time and money to a youth home run by Abbotsford Community Services. Two Sunday mornings were spent wielding a power washer, rags and work gloves, organizing files, moving fridges, and more. Funds were spent on "luxury" items such as hair conditioner, curling irons, etc. **Operation Get 'Er Done**, coached by Angela Teunis, were guided by Margaret Mead's quote, "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has". After collecting plastic bags from colleagues, neighbours and family, they spent a day handing out reused grocery bags and recycling posters at a large retail chain grocery store.

On the Island, we had four teams. **The Laser Light Energizers**, coached by Yvette McKay, collected and donated five bags of clothing (duds), buckets of potatoes (spuds) with all the fixings as well as baked goods and they pitched into help with the monthly Spuds and Duds event for hungry people in Nanaimo. Leftovers were donated to the Salvation Army. Coached by Kathy Grinde, the **Dream Machine** spent a full day sorting and organizing donated books (22 boxes from the team itself). These were sold at the 10th Annual Times Colonist Book Sale which generated \$166,000 in revenue. **The Courageous Creators**, coached by Lil Mitchell, undertook a variety of initiatives. In Parksville, direct service was provided to Life Lines, an agency that assists elderly people; in Courtenay, help was provided to the soup kitchen; and in Nanaimo, assistance was provided to the Salvation Army. **The Love Hunters**, coached by Sean Beston, volunteered at the Salvation Army's kitchen, preparing and serving meals for about 200 people.