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Winter 2007

Excellence Seminars International

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A Newsletter for Graduates of the Excellence Series

OPENING SEATTLE WITH A POWER- HOUSE TEAM OF PROGRAM LEADERS

Excellence Seminars International is pleased to announce that we are launching the Excellence Series into Seattle in January 2007. We have been delivering courses in Canada since 1999 with participants attending from North and South America, as well as Europe. We are excited to be taking the next step, which is to deliver programs outside of Canada starting in Seattle with an Advancement of Excellence (AOE) to be lead by Kathleen Carie.



*Mardig Sheridan and Jim Sorensen will co-lead
our first The Pursuit of Excellence
in Seattle March 1-4, 2007*

Kathleen Carie has been leading the Advancement of Excellence throughout North America since 1985. One of her Portland graduates, Mindy Burbano-Stearns, has been on the **Oprah Show** four times. Mindy credits this great achievement to the work she did in the Portland AOE. In chatting with Kathleen, she had this to say: "I am truly excited. Participants in Seattle have an immense amount of energy, and when they attend the Advancement, the results that show up are simply astounding. The Excellence Seminars International team offers the right course at the right time, and I am thrilled to be part of it."

Following close on the heels of the AOE, we will deliver both a Pursuit of Excellence and Wall in Seattle in March 2007. Joining Kathleen to make a powerhouse team of Program Leaders, **Jim Sorensen** and **Mardig Sheridan** will co-lead the Pursuit of Excellence from March 1-4th and **Carol Peringer** will lead the Wall, March 22-25, 2007. Jim has educated and enlivened the lives of hundreds of thousands of individuals, consistently receiving rave reviews from around the world. Mardig is equally compelling and sought after for his work throughout North America and the Pacific Rim. Together, these two men have literally led in excess of 1000 Pursuits over the past 25 years! Add to this, **Carol Peringer**, who is well-known and well-loved by the thousands people she has touched through leading The Wall, Inside Passage, Mastery I and II over the past 20 years, and it is obvious that we have a recipe for outstanding success!

Join Kathleen Carie to Find Out About the Advancement of Excellence!

An Introductory Session for the Advancement of Excellence will take place **December 5, 2006** from 7:00 – 8:30 p.m. at the Mercer Island Community Centre, 8236 SE 24th St., Mercer Island, Washington. Kathleen will provide an overview of the content and logistics of the course and past graduates will be available to answer questions. For those who register, Kathleen's advice is to "come prepared to work hard, have a lot of fun and create great results. The AOE will be one of the most memorable and productive 8 weeks of your life."

Cathy Demers will be representing Excellence Seminars International in the Washington and Oregon areas. For information or to register, call Cathy at 604-253-7275. Alternatively you may leave a message at 1-800- 399-8081 or email Cathy@ExcellenceSeminars.com.

President and CEO of Jones Soda Wins Annual Blue Star Award



Peter van Stolk accepts The Blue Star Award from Pam Lewis

On November 4, 2006, in front of a full house, President and CEO of Jones Soda, Peter van Stolk was presented with our Second Annual Blue Star Award for outstanding achievement and contribution both locally and internationally.

What better way to celebrate than with recent and long-term graduates of the Excellence Series, a delicious dinner, and an inspiring keynote presentation, followed by dancing the night away to the classic rock & roll band, Eight Count? It truly was a night to remember.

Peter van Stolk graduated from the Excellence Series in the early 1990s and is famous for creating Jones Soda on a shoestring budget and turning it into a quarter-billion dollar marketing machine. And while his business is in the spotlight he chooses not to publicize his tireless commitment to giving back to society.

Peter has worked in partnership with international aid agencies to build at least two schools, one in India and one in Guatemala; donated more than \$100,000 to St Jude's Children's Hospital in Memphis Tennessee; donated more than \$115,000 to Toys for Tots, sent 20,000 care packages to troops stationed in the Middle East and Afghanistan; and works with the Canadian Federation of Food Banks.

Peter van Stolk is in high demand as a motivational speaker and regularly donates the fees to charities benefiting women and children, including Vancouver's Covenant House, the Juvenile Diabetes Foundation, a shelter for battered women and children in Toronto, Nanaimo's Skate Park and numerous scholarships.

There simply is not enough praise that can be bestowed on our newest Blue Star Award Winner. Peter is a man that walks the talk and who encapsulates the best of everything the Excellence Series is based upon.



Partiers at the Blue Star Ball; see anyone you know?

Upcoming Introductory Sessions

DATE	LOCATION	
Thurs, Jan 11	Inn on Long Lake	Nanaimo
Tues, Jan 23	Inn on Long Lake	Nanaimo
Wed, Jan 24	Best Western Coquitlam Inn	Coquitlam
Tues, Feb 6	Sandman Inn (180 W. Georgia)	Vancouver
Tues, Feb 13	Best Western Coquitlam Inn	Coquitlam
Tues, Feb 13	Dorchester Hotel	Nanaimo
Tues, Feb 27	Inn on Long Lake	Nanaimo
Tues, Mar 6	Best Western Coquitlam Inn	Coquitlam
Tues, Mar 27	Dorchester Hotel	Nanaimo

Yvette McKay Joins Our Team

Yvette McKay is joining Excellence Seminars International January 1, 2007 as our new Service Representative for Vancouver Island. Yvette is a long-term resident of Nanaimo and is probably known to many of our graduates. She is the mother of three and has worked in the travel industry since 1991.

Taking over for Lorraine Jensen, who will be focusing both on leading courses in the Excellence Series and her new business, Olive Juice Forever, Yvette has taken all of our courses and was hand-picked by Lorraine as her replacement. Like Lorraine, Yvette loves people, loves our courses, and she lives large everyday. She is excited to join our team and we are delighted to have her! Welcome Yvette and thank you Lorraine for your great contribution and to the on-going contribution you are making in every arena of your life!



PUBLIC COURSE OFFERINGS: Winter Schedule

Vancouver

The Advancement of Excellence with Michelle Richardson: Foundation Weekend (January 13-14) and Relationship Weekend (Feb. 17-18) will take place at the Best Western Convention Centre in Coquitlam. Commencement will take place March 10 at the Executive Plaza. Weekly meetings are also scheduled.

Inside Passage with Carol Peringer will take place from January 25-28, 2007 at the Best Western Convention Centre in Coquitlam.

Assisting Workshop with Cathy Demers: The Vancouver Assisting Workshop is scheduled from 10:00 a.m. – 2:00 p.m. on February 10, 2007. Location TBA.

The Pursuit of Excellence with Pam Lewis will take place from February 22-25, 2007 at the Best Western Convention Centre in Coquitlam.

The Wall with Carol Peringer will take place from March 15 - 18, 2007 at the Best Western Convention Centre in Coquitlam.

Vancouver Island

The Advancement of Excellence with Lorraine Jensen: Foundation Weekend (January 13-14), and Relationship Weekend (February 17-18) take place at Malaspina University-College (Bldg. 193) in Nanaimo. Commencement takes place March 10th at the Nanaimo Golf Club. Weekly meetings are also scheduled.

The Pursuit of Excellence with Pam Lewis will take place from February 1-4, 2007 at the Tamagawa Retreat Centre in Nanaimo.

Assisting Workshop with Sandy Slovack: The Vancouver Island Assisting Workshop takes place from 10:00 – 4:00 p.m. on Saturday, February 10, 2007 at the Lighthouse Bistro, Nanaimo.

The Wall with Carol Peringer will take place from March 1-4, 2007 at the Tamagawa Retreat Centre in Nanaimo.

The Pursuit of Excellence with Pam Lewis in Parksville will take place from March 8-11, 2007 at the Quality Inn Bayside.

The Wall with Carol Peringer in Nanaimo will take place from April 12-15, 2007 at the Tamagawa Retreat Centre.

Mastery I with Carol Peringer on Gabriola Island will take place from April 18-22 at the Surf Lodge.

Seattle

The Advancement of Excellence with Kathleen Carie : Foundation Weekend (January 20-21), Relationship Weekend (Feb. 24-25) and Commencement (March 17) will take place in the Seattle area. Weekly meetings are also scheduled. Location TBA.

The Pursuit of Excellence with Jim Sorensen and Mardig Sheridan will take place from March 1-4, 2007. Location TBA.

The Wall with Carol Peringer in Seattle will take place from March 22-25, 2007. Location TBA.

Youth Pursuit: June 30 – July 2, 2007

Once again, Excellence Seminars International, in partnership with Camp Narnia, Vancouver Island is pleased to offer our **Residential Pursuit of Excellence for Youth** ages 15-19.

This program is pivotal for youth who want to set a foundation to be leaders in their lives. Comments by both youth graduates and their parents indicate participants leave with increased self-confidence, enhanced communication and conflict resolution skills, and a stronger ability and sense of responsibility to take charge of their lives.



An afternoon activity at The Youth Pursuit in Haida Gwaii

They also leave with new friends from all over BC. Youth from other parts of Canada, the U.S. and Guatemala have also participated in the program.

Tuition is \$595 plus GST which includes food and lodging. As well, participation in the Youth Pursuit entitles participants to “audit” the Youth Pursuit for half the tuition and the Adult Pursuit free of charge.

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

Introducing Our Junior Leader Program

Graduates of the Youth Pursuit inevitably want to audit the program leaving little space for new participants. As a result, we are introducing an opportunity for graduates to participate in the Youth Pursuit in a Junior Leadership role.

Junior Leaders will take on the role of a team assistant. Along with the rest of the team, they will be grounded at Camp Narnia the night before the program starts, ensuring they feel confident to undertake their role and contribute to others. In partnership with an Adult Team Assistant, they will work with small teams to assist participants to get maximum value out of the program.

To qualify as a Junior Leader, applicants must (1) audit an Adult Pursuit or be a Wall graduate; (2) complete the Assisting Workshop; (3) be 16 years of age or older by July 1, 2007, and (4) submit a letter outlining their leadership qualities and reasons they would like to be a Junior Leader. Applications are due no later than June 10, 2007 and can be submitted to info@excellenceseminars.com. The food and lodging fee for Junior Leaders will be \$150.

Contribution Corner

Strengthening the Fabric of Good Will in the World

Advancement Teams Making a Difference!

Participants in the Advancement of Excellence are asked to strengthen the fabric of goodwill in the world through making a contribution to their community. This is done in teams with each choosing a project to undertake during the eight weeks of the Advancement. A total of six projects were completed this Fall, two in Vancouver and four on the Island.

In Vancouver, The **Edge Hogs**, coached by Niki Vanker, raised \$500 along with jackets and blankets and donated all to the Salvation Army's Harbour Lights program. The team also served 550 meals to the homeless and hungry in Vancouver. The experience was so rewarding that many team members plan to strap on aprons and serve those less fortunate on an on-going basis.

The **Hot Pursuits**, coached by Susan Wickham and Carrie Clarke, did a major clean-up of Hoy Creek in Coquitlam, collecting 17 bags of garbage in total. As a special treat, the team were accompanied by many salmon as they struggled past them to spawn, a fitting metaphor for the 8 weeks of struggle in the AOE that culminated in new birth and great results!

On Vancouver Island, **Team Simmer**, coached by Brad Holmes, collected and donated a truckload of clothing, household items and toys to the Nanaimo Regional General Hospital Auxiliary Thrift store. Brad Holmes also raised funds for the Pursuit of Excellence Training Society through running two ultra-marathons, the last of which was 100 km!

Over the course of a weekend, the **Harmonious Wild Women** were joined by other volunteers to paint the Boys and Girls Club in Lantzville. Coached by Shawn Jensen, the team had fun painting the Club in vibrant colors, everything from Big Bird Yellow to Barney Purple.

The **Warriors for Excellence** participated fully in the soggiest ever monthly "Spuds 'n Duds" event held for the homeless in

Nanaimo. Coached by Carlos Sperling, this team collected and distributed clothing, jackets and, of course, fully-loaded baked potatoes to a crowd of appreciative people. This event is organized by one of our own, Ev Schmidt, who is also to be



Members of the Edge Hogs, Cylia Wong, Niki Vanker, Kirsten and Rob Meekison, Rose Melzer and Colleen Bonney, pause for a moment for a photo before serving 550 meals.

commended for her on-going contribution! Last but not least, the Victoria-based team coached by Rachel Franklin, **The Sprouts**, worked with "AIDS Angels for Africa" to create fabulous angel decorations which are sold at craft fairs and local shops to raise funds for AIDS relief work in Africa. All materials, monies and the time of volunteers are donated.

Congratulations and thanks to all of you for contributing your time, energy and commitment to making a positive difference in our communities!

A Tribute to Wa Fontaine

I took the Pursuit and Wall in July 2006 with Wa Fontaine, a peaceful, brown eyed arborist. Wa had been recently diagnosed with bladder cancer. At the Pursuit, Wa chose to focus on his relationship with his loved ones and during the Wall his focus was on his children. His deepest wish was that he could relate to them as best he could. After the Wall, Wa's health began to deteriorate. Always focused on the positive, and his family, Wa took time to marry his soul-mate and fellow "Wall-nut", Kelly Anne. On September 27, 2006 Wa passed away. In a parting message he asked that we "continue the true love circle (he) wanted to create so that (he) could be ready to start (his) new journey with peace, love and forgiveness."

-Adrian Mulholland

Our Thanks to All Those Assisting Fall Programs!

Advancement of Excellence (Vancouver) September – November 2006

Carrie Clarke Niki Vanker
Cathy Demers Susan Wickham

Advancement of Excellence (Nanaimo) September – November 2006

Rachel Franklin D'Arcy Mahoney
Brad Holmes Andrea Schmidt
Shawn Jensen Carlos Sperling

Mastery I (Gabriola Island) September 27 – October 1, 2006

Lucie Honey-Ray Andrea Kelly
Tanya Horne Sandy Slovack

The Pursuit of Excellence (Vancouver) September 28 – October 1, 2006

KC Cameron Kristelle Simm
Kim Nonis Mike Teed
Kerry Simm Angela Teunis

The Wall (Vancouver) October 26-29, 2006

Judy Christiansen Gerard Obery
Carrie Clarke Mike Teed

The Pursuit of Excellence (Nanaimo) October 26-29, 2006

Sean Beston Yvette McKay
Jenny Cox Geoff Morehouse
Scott Lewis

The Pursuit of Excellence (Vancouver) November 2-5, 2006

Albert Bruins Carman Dalla-Vicenza
Brian Dickie Laara Jantzen

The Wall (Nanaimo) November 16-19, 2006

Sean Beston Yvette McKay
Jenny Cox Lil Mitchell
Marcie Gilbert Angela Slomincki
Andrea Kelly Dawn Tyndall

The Wall (Vancouver) November 23-26, 2006

Albert Bruins Laara Jantzen
Karen Burtch Susan Wickham
Karen Hodson

Mastery II (Nanaimo) December 1-3, 2006

Alisha Read
Robyn Unwin

