

# GRADLINK

A NEWSLETTER FOR GRADUATES OF  
THE EXCELLENCE SERIES COURSES



## VT The Camino & Me...

Trekking the El Camino de Santiago has gained in popularity over the past few years. People set out upon the 800 kilometre trek for various reasons. Some seek a religious or spiritual experience, others a social experience, and still others love hiking and the adventure involved in this form of tourism.

Launching out from St. Jean Pied de Port, France on April 19th, I think Dorian (my 22 year old son) and I had romanticized what the Trek would be like. We were curious and we were excited!!!

Climbing the French Pyrenees... nothing to it; but descending... YIKES! By Day 3, I was chanting VT, the Camino and me! VT I had discovered is what some people use to reference "Vitamin Tylenol". 500 mg on Day 3, 1000 on day 4 (before lunch) along with a new brace for my left knee and I broke the cycle of pain and was good to go. (I'm not a pill taker but I'm not stupid either).

Onto the next challenge... I perceived looming boredom for Dorian. Mile after mile, day in and day out with far fewer social connections than either of us had expected... not what we had romanticized. Solution... change our mode of transportation - we rented bikes for three days to travel from Burgos to León, Spain, the territory known to be the most monotonous. It worked... we broke the cycle of boredom before it took hold.

From there, we simply developed new challenges to engage our interest and have fun. I no longer walked but danced down hills (a lot easier on the knees); we set targets for our daily destinations; we listened to podcasts, both of us learning more about business; and we probably enjoyed more than our fair share of sangrias from time to time.

At the end of the day, we finished our trek in 22 days and went straight to a Spa Hotel in Santiago de Compostela, followed by several days in Porto Spain where we enjoyed a few days of surfing, onto the Canary Islands for a week of more typical tourism type activities and then a couple of unexpected days in London due to the British Air fiasco.

So given the Camino de Santiago is a pilgrimage - a journey or search that is meant to hold significance, what meaning and value do I draw from the experience?

My unequivocal answer is plain and simple. My relationship with my son has gone from really good to really great. My utter appreciation for who my son is has skyrocketed. The leadership qualities he exhibited and the level of emotional intelligence he has mastered was demonstrated to me day after day. I now have 22 days of evidence to support any bragging I might do now or well into the future. Along with a new-found depth in my relationship with my adult son, this was my gift from the Camino for which I believe both Dorian and I will be forever grateful.



*Photo taken at the 42 km mark  
walked that day*

## PUBLIC COURSE OFFERINGS: FALL 2017

ALBERTA	VANCOUVER
<p><b>Advancement of Excellence with Darren Kaulius in Edmonton:</b> <u>Foundation Weekend</u> (September 16-17) &amp; <u>Relationship Weekend</u> (October 21-22) take place at the Sawridge Inn. <u>Commencement</u> (November 18) - location TBA.</p> <p><b>The Pursuit of Excellence with Pam Lewis in Edmonton</b> takes place from October 27-29, 2017 at the Sawridge Inn.</p> <p><b>Assisting Workshop with Debbe Keenan in Edmonton</b> takes places from 9 am - 1 pm on Saturday November 4, 2017 - location TBA.</p> <p><b>The Wall with Jodi Le Masurier in Edmonton</b> - November 23-26, 2017 at the Sawridge Inn.</p> <p><b>Inside Passage with Kimberly Nonis in Edmonton</b> takes place from November 30 - December 3, 2017 at the Sawridge Inn.</p>	<p><b>The Advancement of Excellence with Darren Kaulius in Greater Vancouver:</b> <u>Foundation Weekend</u> (September 9-10) takes place at the Executive Inn Richmond, <u>Relationship Weekend</u> (October 14-15) at the BW Coquitlam Inn &amp; <u>Commencement</u> (November 4) at the Executive Inn Coquitlam.</p> <p><b>The Pursuit of Excellence with Pam Lewis in Greater Vancouver</b> takes place from September 22-24, 2017 at the Executive Inn Richmond.</p> <p><b>The Wall with Carol Peringer in Greater Vancouver</b> takes place from October 19-22, 2017 at the Best Western Coquitlam Inn.</p> <p><b>Assisting Workshop with Chester Kwok in Greater Vancouver</b> takes place from 9-1 pm on Saturday, October 21, 2017 at Keller Williams ELITE Realty Training Centre (Unit A111, 2099 Lougheed Hwy, Port Coquitlam).</p>
BELLINGHAM	
<p><b>Advancement of Excellence with Darren Kaulius in Greater Vancouver/Bellingham:</b> <u>Foundation Weekend</u> (September 9-10) takes place at the Executive Inn Richmond, <u>Relationship Weekend</u> (October 14-15) at the BW Coquitlam Inn &amp; <u>Commencement</u> (November 4) at the Executive Inn Coquitlam. Subject to enrolment, weekly team meetings with a Coach take place in Bellingham.</p> <p><b>The Pursuit of Excellence with Wanetta Beal in Bellingham</b> takes place from October 13-15, 2017 at the Oxford Suites.</p> <p><b>The Wall with Wanetta Beal in Bellingham</b> takes place from November 16-19, 2017 at The Firs.</p>	<p><b>The Pursuit of Excellence with Kimberly Nonis in Greater Vancouver</b> takes place from November 3-5, 2017 at the Executive Inn Richmond.</p> <p><b>The Wall with Kimberly Nonis in Greater Vancouver</b> takes place from November 23-26, 2017 at the Best Western Coquitlam Inn.</p> <p><b>Inside Passage with Carol Peringer in Greater Vancouver</b> takes place from November 30-December 3, 2017 at the Executive Inn Richmond. <b><u>FULL - Waitlist Being Taken. Next program March 1-4, 2018 in Richmond.</u></b></p>
NELSON	VANCOUVER ISLAND
<p><b>The Pursuit of Excellence with Kimberly Nonis in Nelson</b> takes place from October 20-22, 2017 at the Best Western Baker Street Inn.</p> <p><b>The Wall with Kimberly Nonis in Nelson</b> takes place from November 16-19, 2017 at the Chamber of Commerce.</p> <p><b>Advancement of Excellence with Darren Kaulius in Nelson:</b> <u>Foundation Weekend</u> (January 20-21) &amp; <u>Relationship Weekend</u> (February 17-18) take place at the Best Western Baker Street Inn. <u>Commencement</u> (March 10) - location TBA.</p>	<p><b>The Advancement of Excellence with Guy &amp; Jodi Le Masurier on Vancouver Island:</b> <u>Foundation Weekend</u> (September 9-10) at Vancouver Island Conference Centre; <u>Relationship Weekend</u> (October 14-15) and <u>Commencement</u> (November 4) at Quality Inn Bayside.</p> <p><b>The Pursuit of Excellence with Wanetta Beal in Nanaimo</b> takes place from September 29-October 1, 2017 at Vancouver Island Conference Centre.</p> <p><b>The Pursuit of Excellence with Pam Lewis in Victoria</b> takes place from October 11-13, 2017 at the Ramada Inn, 123 Gorge Road East.</p>
SEMI-ANNUAL & ANNUAL PROGRAMS	
<p><b>Presentation Dynamics Intensive with Pam Lewis in Greater Vancouver</b> takes place November 10-12, 2017 at the Best Western Coquitlam Inn. <b><u>FULL - Waitlist Being Taken</u></b></p> <p><b>Mastery I with Carol Peringer in Greater Vancouver</b> takes place April 11-15, 2018 at the Springbrooke Retreat Centre in Langley. <b><u>FULL - Waitlist Being Taken</u></b></p> <p><b>Presentation Dynamics Intensive with Pam Lewis in Nanaimo</b> takes place April 13-15, 2018 at the Inn on Long Lake.</p> <p><b>Mastery II with Guy Le Masurier in Greater Vancouver</b> takes place June 1-3, 2018 at the Executive Airport Plaza Hotel in Richmond.</p> <p><b>The Youth Pursuit of Excellence with Wanetta Beal in Langley</b> will take place June 30-July 2, 2018 at the Springbrooke Retreat Centre in Langley.</p> <p><b>Mastery I with Carol Peringer in Greater Vancouver</b> takes place October 17-21, 2018 at the Springbrooke Retreat Centre in Langley.</p> <p><b>Assisting Workshop with Leslie Hanna in Nanaimo</b> takes place at the Inn on Long Lake from 9:00 – 1:00 p.m. on Saturday, October 21, 2017.</p> <p><b>The Wall with Carol Peringer in Parksville</b> takes place from October 26-29, 2017 at the Sunrise Ridge Waterfront Resort.</p> <p><b>The Pursuit of Excellence with Wanetta Beal in Parksville</b> takes place from November 10-12, 2017 at the Quality Inn Bayside.</p> <p><b>Inside Passage with Carol Peringer in Nanaimo</b> will take place November 16-19, 2017 at the Inn on Long Lake. <b><u>FULL - Waitlist Being Taken. Next program, June 7-10, 2018 in Nanaimo.</u></b></p> <p><b>The Wall with Wanetta Beal in Parksville</b> takes place from November 30-December 3, 2017 at the Sunrise Ridge Waterfront Resort.</p>	

**INTRODUCING THE PURSUIT OF EXCELLENCE: Fall 2017**

**7:00 - 8:00 p.m.**

Wednesday, September 13	Best Western Coquitlam Inn	Coquitlam
Thursday, September 14	Inn On Long Lake	Nanaimo
Thursday, September 14	Four Points Sheraton	Bellingham
Wednesday, September 27	Sawridge Inn Edmonton South	Edmonton
Thursday, September 28	Best Western Coquitlam Inn	Coquitlam
Thursday, October 5	Vancouver Island Conference Centre	Nanaimo
Thursday, October 19	Sawridge Inn Edmonton South	Edmonton
Thursday, October 19	Oxford Suites	Bellingham
Thursday, November 2	Sawridge Inn Edmonton South	Edmonton
Thursday, November 9	Best Western Coquitlam Inn	Coquitlam
Wednesday, November 15	Quality Inn Bayside	Parksville

**Coming Soon! Broadcasting Live Introductory Sessions**

This Fall, we are launching a new initiative which will involve live-streaming our Vancouver Introductory Sessions. While many people will prefer the personal touch involved in attending an in-person event, others will enjoy watching from the comfort of their own homes. Join us and bring along friends to watch Darren Kaulius (September 28) or Kimberly Nonis (November 9) as we combine the convenience of technology with the timeless value of the *Pursuit of Excellence!*

**STAKE YOUR NEW CLAIM: Make 2018 the Year of Your Dreams!!!**

Powerful, positive, even magical results flow from being crystal clear on your intention. Indeed, one of the key concepts we teach is that everything starts with my intention. It is pretty darn important, therefore, to get clear about what you want your year to be about so that you have a launching pad and compass for everything you do and create. You can gain that clarity at our STAKE WORKSHOP.

Join Jodi Le Masurier in one of two cities at our evening event, "Stake Your New Claim". Set your intention strongly and manifest more than many of us can possibly imagine.

**In Nanaimo:** Thursday, January 11 at the Vancouver Island Convention Centre from 6:00-10:00 pm.

**In Coquitlam:** Friday, January 12 at the Best Western Coquitlam Inn from 6:00-10:00 pm.

**Registration Required:** \$79 Early Bird \$99 After November 30th

**Complimentary for those that assisted in 2017 if registered by November 30th.**



**May 27, 2017**

**Guy Le Masurier Celebrating with His First Group of Mastery II Graduates!**

As a Professor in the Sport, Health and Physical Education program at Vancouver Island University for many years and having led several Advancement of Excellence programs, it was a natural fit to have Guy Le Masurier lead Mastery II. Guy not only values all education but he also values supporting others in aligning their education with their interests, their passions and ultimately their calling. This is what Mastery II is all about. Participants nail down that place they are called to make their greatest contribution possible. They conclusively decide why they are here and how they can live a life full of purpose, meaning and contribution. As another step in leadership... a great fit and another milestone for Guy!!!

## CONTRIBUTION CORNER: Strengthening the Fabric of Good Will in the World... Our Thanks to All Those Assisting our Spring & Summer Programs!

### Inside Passage (Vancouver) April 20-23, 2017

Lucie Honey-Ray  
Tamara Rossander

### Pursuit of Excellence (Vancouver) April 21-23, 2017

Jessica Lau  
Polly Graves  
Ross Masztalar  
Sylvia Jansen  
Tom Devlin

### Advancement of Excellence (Bellingham) April - June 2017

Dawn Harju  
Pete Johnson  
Rachel Billingsley

### Advancement of Excellence (Island) April - June 2017

Charlotte Bouvier  
Gary Holman  
Heidi Desrosiers  
Janis Jonasen  
Karen Fehr

### Advancement of Excellence (Vancouver) May - June 2017

Gudrun Will-Rowland  
Jessica Lau  
Kelly Mable  
Susan Homenuke  
Tevi Dawson  
Thomas Irwin

### Pursuit of Excellence (Victoria) May 16-18, 2017

Bobbi Kurtz  
Melissa Bellamy  
Ruth Haynes

### Mastery II (Vancouver) May 26-28, 2017

Cathy Heyland  
Darren Kaulius  
Elisabeth Revell  
Jodi Le Masurier  
Kurstin Leith

### Pursuit of Excellence (Edmonton) June 2-4, 2017

Colleen Devine  
Lis Cressy  
Rhonda Hunter  
Steven Cressy

### Pursuit of Excellence (Nanaimo) June 2-4, 2017

Angel Veller  
Barb Heikkila  
Dani Dooher  
Ian Burnett  
Janyce McKee  
Jeff Butler  
Lisa Sawatsky

### Pursuit of Excellence (Bellingham) June 2-4, 2017

Debbie Gann  
Laura Sellens  
Rachel Billingsley  
Shannon Wallace

### Pursuit of Excellence (Vancouver) June 9-11, 2017

Andrea Dawson  
Chantel Laforet  
Derek McCracken  
Mark Long  
Polly Graves  
Wendy Pronick

### Inside Passage (Nanaimo) June 15-18, 2017

Heather McEwen

### The Wall (Edmonton) June 22-25, 2017

Carrie Longhe  
Mandie Brown  
Shane Bremner

### The Wall (Parksville) June 22-25, 2017

Amanda Buffalo  
Ang Jimmo  
Angel Veller  
Karen Hanna  
Lee Odgers  
Scott D Lewis

### Youth Pursuit (Langley) July 1-3, 2017

Anthony Maddalozzo  
Catherine Masztalar  
Connor McKenna  
Jeff Butler  
Mady Horne  
Oliver Kis  
Tarryn Coetzee  
Tevi Dawson

### Pursuit of Excellence (Victoria) July 4-6, 2017

Cherise Bouvier  
Corona Nettles  
David Hargrave  
Wendy Hammell

### The Wall (Bellingham) July 6-9, 2017

Anthony Waters  
Derek McCracken  
Laura Sellens  
Tami Laughlin

### The Wall (Vancouver) July 13-16, 2017

Andrea Dawson  
Derek McCracken  
Mark Long  
Sylvia Jansen  
Tom Devlin  
Wendy Pronick

### Youth Pursuit (Nanaimo) July 24-26, 2017

Amanda Buffalo  
Gina Warburton  
Melissa Bellamy  
Oliver Kis  
Rosalinda Williams  
Soleil Lewis-Willie  
Stephanie Charlie  
Tone Donaghey



### Making Magic in Our Communities

In the Advancement of Excellence, participants work and support each other in small teams, to move forward and create some really fabulous results in their lives. They also extend their focus outward, to contribute to others. Each small team takes on a volunteer project to make a difference in their community. In doing so, they uplift others and simultaneously and magically uplift themselves! Thank you to our eleven teams who contributed during our Spring Advancements.

**On the Island**, the Excel Aerators did garbage cleanup at Colliery Dam in Nanaimo, readying it for Father's Day celebrations the following day. Volunteers serving volunteers... the Sailish Superstars converged on the Cowichan Aquatic Centre early one Sunday morning to serve refreshments to the Volunteer Swim Meet Officials. Five Alive meanwhile served up hugs all day long and the Relationship Gardeners enthusiastically joined another volunteer group to seek out and pull "broom in bloom" to make way for native plants to thrive.

**In Vancouver**, C & C Excellence Factory supported the Greyhaven Exotic Bird Sanctuary by cleaning cages, feeding and watering birds. The Barrier Busters worked to raise awareness for Lyme Disease, handing out information to 250 people in person and then posting their video of the event online where another 3000 people were reached. Dream Weavers uplifted elderly moms by delivering flowers to honor them on Mother's Day while the Mavericks collected and contributed clothing and personal hygiene products to "The Warm Zone", a Women's Resource Centre in Abbotsford. The AOE Team Leftovers completed two projects including painting the Child Development Centre Physiotherapy Room in Surrey along with donating a total of 150 business attire items for women re-entering the workforce.

**In Bellingham**, the Creationators painted, pulled weeds and completed other maintenance projects for "Animals as Natural Therapy", a non-profit organization that works with troubled teens, veterans and the elderly. The Superstars held a community garage sale and raised enough funds to send a young person to the annual Youth Pursuit of Excellence.