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find who drew...

WELCOME!

We want to share some advice for you as leaders based on what we have learned and how we have changed.

In the spirit of 'Bill Hammond-ness', we pass this MAEEC journal on to you with hopes that you will continue this tradition and leave something that represents your cohort for the next.

ENJOY

← help fill out the bonding page



2003 cohort

Top row from left: Anne Stewart, Andrea Swain, Paul Sobie, Ann Morrow, Marilyn Funk, Brenda Maclauchlan, Roy Janzen, Dylan Spencer, Rob Yeomans
Bottom row: Grant Unger, Sabine Schweiger, Michael Allaway, Rick Kool, Todd Masse, Christine Maer, Brenda Spencer, Nancy Grenier

🌸 Look for Guidance in the people around you, Don't rely on certain people only. ASK for help.

Perfection is in the learning.

Trust that big ideas will come!

Go deep with what you are passionate about, even if it's the most difficult path, that is where the real transformational learning begins.

Let the product reflect the process

→ CHALLENGE Authority - ASK 10Z of Questions!!

★ keep it Light.

As Peter Gzowski once said "If you are not interested in the interview ... fake it"

Speak truth to power!

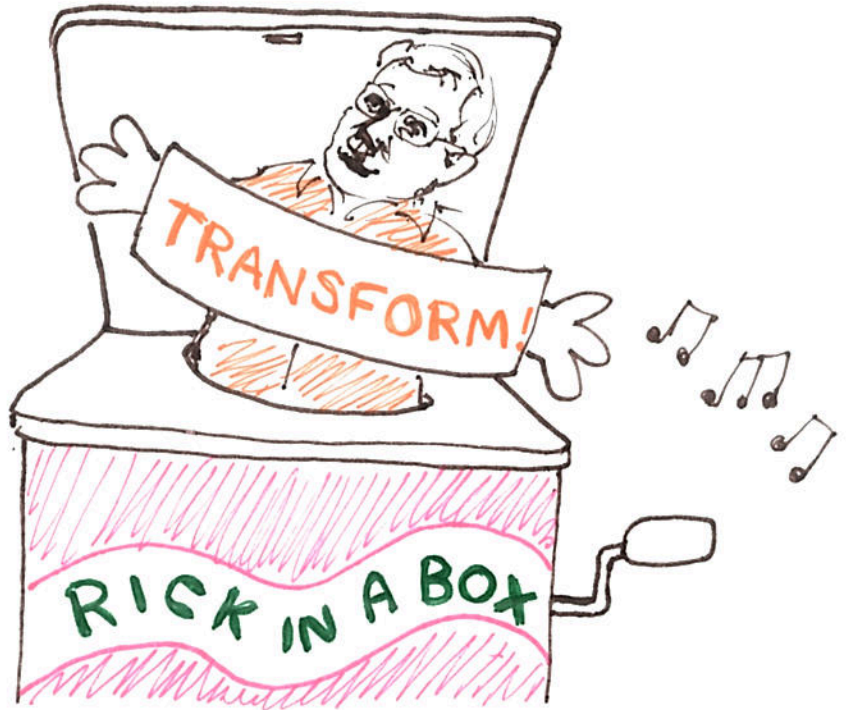


2004 cohort

Top row from left: Johan Stroman, Lisa Vitols, Patrick Robertson, Victoria Smith, Barbara Cartwright, Peggy Burfield, Martin Scaia, Nadine Raynolds, Tai Munro, Nathalie Viau, Joan Ryan, Dan Peters

Bottom row: Fred Sheppard, Julie Clark, Arnica Rowan, Jen Ransom, Steve Dunsmuir

MAE
2006





2005 cohort
Top row from left: Trevor Pendergast, Meredith Hunt, Patrick McGuinness, Kelly Bradford Daniel Arbour, Laura Krohn, Craigh Hyslop, Laura Shaw, Neal Klassen, Shelagh Smith, Bruce Whyte, Jill Viccars, Melissa Tupper, Jim Robertson, Heather Ford, Shelley Serebrin
Bottom row: Meagan Hamilton, Stephanie Lynam, Emma Murphy, Susie Simonetti, Nick Stanger, Tara Stuckey, Elan Park,
Sprawling: Nicolette Brinkhoff, Nadine Lefort, Thara Vayali, Margaret Beeston

TOAD SITS SQUAT & SELF-SECURE

AMONGST THE LILY FLOWERS

TOAD DEVOURS TIME BECAUSE

TOAD COUNTS TIME IN FLIES, NOT HOURS



If you don't take care of yourself, it will be difficult to get anything else accomplished. Remember to balance! ~Daniella

"BE SCARED... AND DO IT ANYWAY! THE SCARIEST THINGS CAN PROVIDE THE GREATEST PAYOFFS!"

CONGRATULATIONS,

TRACI TANNER.

"Live, learn & pass it on." ~ AUTHOR UNKNOWN
Cathy Liang

GOING FORWARD IS ABOUT LETTING GO.

DO YOU REALLY NEED IT?

LOUISE COMEAU

"GO CONFIDENTLY IN THE DIRECTION OF YOUR DREAMS. LIVE THE LIFE YOU IMAGINE."

LAURA (OTOTD)

THORNTON

LOVE IS THE ONLY REALITY

SO LIVE IT.

LOVE KIM



2006 cohort

Top row from left: Howard Cappadocia, Garry Cotter, Clive Desire-Tesar, Margie Amos, Elin Kelsey, David Kirby, Mark Meisner, Bob Kull
Middle row: Kerri Ceretzke, Sarah Melvin, Cathy Liang, Laura Istead, Joy Beauchamp, Ryan Kirkham, Helene Fleury, Ramsey Affifi, Louise Comeau
Bottom row: Jennifer Stephenson, Paul Page, Kim Klassen, Cindy Harlow, Kimberly Armour, Sharon Ryan, Laura Yates
Sprawling: Daniella Rubeling

I WENT TO THE WOODS BECAUSE I WISHED TO LIVE DELIBERATELY, TO FRONT ONLY THE ESSENTIAL FACTS OF LIFE, AND SEE IF I COULD NOT LEARN WHAT IT HAD TO TEACH, AND NOT, WHEN I CAME TO DIE, DISCOVER I HAD NOT LIVED.

THOREAU

SPEND TIME OUTSIDE, WITH OTHERS!

PAUL

Stay present and enjoy the moment!
Cindy Harlow

DO IT GENTLY,
OPEN YOUR WINDOWS & DOORS,
DON'T HESITATE CALLING THE PERSON YOU'RE THINKING ABOUT.

MARGIE

As you move forward from here build on your relationships with each other, family, nature and self.

Dream BIG!!! Imagine.

Look to the sky and spread your wings.

Set your sights high.

Be sure to take time to rest on a cloud,
look around, then SOAR.

GARRY COTTER

I BELIEVE WE ARE IN OUR CURRENT STATE BECAUSE WE HAVE EVOLVED TO LEAD WITH OUR MINDS. FEAR & LIES COME FROM OUR MIND. LOVE & TRUTH COME FROM OUR HEART. REMEMBER TO LEAD WITH YOUR HEART MORE & MORE EVERYDAY.

KIM KLASSEN

BE THE CHANGE YOU WANT TO SEE IN THE WORLD. GANDHI

ALWAYS, JENNIFER

If I can offer one word of advice...

Persevere!

Howard Cuppadeen



2007 cohort

Top row from left: Craig Farish, Soon Chern Chua, Gillian Saunders, Dean Chandler, Sharman Learie, Alan Barwin, Mike Klassen, Kathryn Fullerton, Andrew Young
 Middle row: Wayne Desmerse, Rebecca World, Sharina Dodsworth, Allison Perrin, Matthias Starzner, (upper section) Rory Luxmoore, Lisa McKnight-Yates, Alicia Taylor, Karen Stevenson, Stephanie Green, Dorothy Kelker, Elin Kelsey (bottom section) Larua Magrath, Nina Fishesser, Emily Lelacheur, Laurie Parker, Lynne Kailan, Karen Hsu, Pat Letizia
 Bottom row: Matt Rockall, Rebecca Henn, Meaghan Lewis, Pam Challoner, Jennifer Good, Julie Boucher

"Great ideas are often met with violent opposition from mediocre minds." Einstein.

Keep that in mind, and don't forget to breathe.
Trevor Pendergast

BREATH is what we have in common with all BEINGS. When you feel disconnected, BREATHE!
♥ Hélène & Sacha ♥

"When the river flows strong the fish eat the ants. When the river runs dry, the ants eat the fish."
(Lao saying) Ramsey.

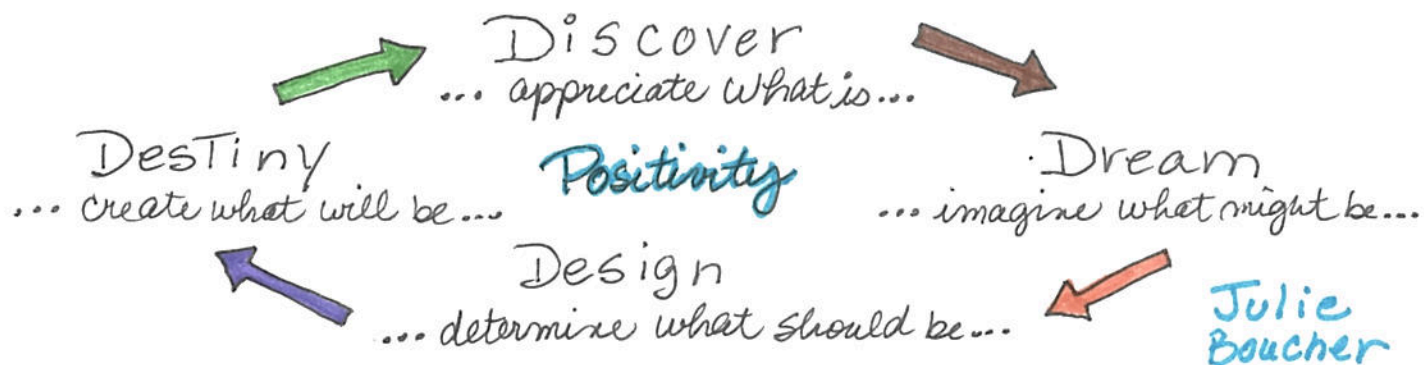
SAY NOT I HAVE FOUND 'THE TRUTH' BUT RATHER 'I HAVE FOUND A TRUTH.'
(KHALIL GIBRAN)

THE SOURAYA



Words of Wisdom for You!

MEEC 2008



"After all, if we spend too much time in
the centre
we may lose our edge altogether."

- Catriona Mortimer-Sandilands

Gillian Sanders

PEACE, LOVE AND ALOHA Andrew

"Just keep showing up." Wayne Demerse
quoting one of our
1st res. profs
- Dr. David Kirby -


Change the world one conversation at a time.
Karen H.

'WE SAIL IN THE WAKE OF ALL THOSE BEFORE US'

MIKE Klassen

"To be matter-of-fact about the world is to blunder into fantasy, and dull fantasy at that, as the real world is strange and wonderful." (Robert Heinlein) Mott

Embrace the connection between inner and outer change and celebrate your accomplishments! You've come so far! Joy Beauchamp

The root of the word courage comes from the word *cor* - meaning heart - have the courage to lead from the heart 
Kathryn

Happiness is available. Please help yourself to it.

- Thich Nhat Hanh

Celebrate every day, who you are, where you are, all
you are connected to.

Alan Baroni

Know Yourself and change the world.

Emily LeLachur (PEI, 2007)

Bike, Run, Draw, Sing, Pray, Dance, BALANCE

- Alison

Slow down, take time for yourself and family and
friends. Get outside and celebrate your life.

Saura

"Tell me, what is it you plan to do with your one wild + precious life?"

(Mary Oliver)

Dorothy

"The task is to think of ourselves as within ecosystems..." (Stan Rowe)

Pam Challowen

"My friend, all theory is gray, and the Golden tree of life is green."

- Goethe

live with intention

walk to the edge

listen hard

practice wellness

play with abandon

laugh.

choose with no regret

continue to learn

appreciate your friends

do what you love

live as if this is all there is

- mary anne radmacher

Sharon Leane

"The sun never says you owe me."

Hafiz

MATTHIAS

"We are here for a good time

not a long time, so

have a good time The

Sun can't shine

everyday"

trooper

Alicia

MEEC

2008



this is the
dawning of a new
day... give thanks +
pray.



Hope is that thing with feathers that perches
on your soul.

~ Emily Dickinson
♡ Leanne

Be present, Be grateful,
Be passionate and do all these
things BOLDLY. Monique XOXO

Go forth and make waves!

MARIE VII

Remember to: Celebrate Joy!

Nina F.

Our deepest fear is not that we are inadequate
Our deepest fear is that we are powerful
beyond measure.

It is our light, not our dark that most
frightens us.

We ask ourselves, who am I to be brilliant,
gorgeous, talented + fabulous?

Actually, who are you not to be?

You are a child of the Earth

Your playing small doesn't serve the world

... And as we let our own light shine

We unconsciously give other people

Permission to do the same.

As we are liberated from our own fear; our
presence automatically liberates others.

~ Marianne Williamson

(In hopes of being blinded... Erin )

TO MAKE THE BEST USE OF FREE TIME, ONE
NEEDS TO DEVOTE AS MUCH INGENUITY AND
ATTENTION TO IT AS ONE WOULD TO ONE'S
JOB. ACTIVE LEISURE THAT HELPS A PERSON
GROW DOES NOT COME EASY...

(JAMIE)

- MIHALY
CSIKSZENTMIHALYI



All education is environmental education.
By what is included or excluded we teach
students that they are part of or apart
from the natural world. - David Orr

♡ Donna

WITH MAN GONE,
WILL THERE BE
HOPE FOR THE
GORILLA?



or



WITH GORILLA GONE,
WILL THERE BE
HOPE FOR MAN?

from the book Ishmael, by Daniel Quinn
(Ann 😊)

We need less talk about "climate" and
more about how conservation saves
money, renewable energy saves jobs
and preserving the rainforest helps
poor people.

Thomas Friedman

In the end

we will conserve only what we love
we will love only what we understand
we will understand only what we are taught

~ Baba Dicum

Best wishes for the future MEECers !!
Go forth + teach! ♡ Natalie

Seek and you will find, knock
and the door will be opened
for you. ~ Bona

★ "I am only one, BUT I am one. I cannot do
everything, but I can do something. And I
will not let what I cannot do interfere
with what I can do." ~ Edward Everett Hale ★
Rejoice in your contribution to the Great
★ Work, stay hopeful and when you feel lost
look to nature for guidance. Love, Carly ★

The Power of Commitment

"Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation), there is one elementary truth the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issue from the decision, raising in one's favour all manner of unforeseen incidents and meetings and material assistance, which no man (woman) could have dreamed would have come his (her) way.

Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now."

- J. W. von Goethe (1749-1832)

We always get our expectations met. If we expect that people want to live sustainably and want to do the right thing for the planet, then that is who we will find to work with. By assuming the best of others (and letting them know it) we might find the people who participate in our programs already half way to living sustainably and eager to use the tools we give them. It doesn't hurt to also extend this kindness - assuming the best - to ourselves as well.

Good Luck,
Deanne Turnbull/
Loverock

Burned out? - Edward Abbey

Do not burn yourselves out. Be as I am. A reluctant enthusiast and a part time crusader. A half-hearted fanatic. Save the other half of yourselves for pleasure and adventure... so get out there, mess around with your friends, ramble out yonder and explore the forests, encounter the griz, climb a mountain, run the rivers, breathe deep of that yet sweet and elusive air. Sit quietly for a while and contemplate the precious stillness of the lovely, mysterious & awesome space. Enjoy yourselves. Keep your brain in your head and your head firmly attached to the body, the body active & alive. And I promise you this one sweet victory... over those desk-bound people with their hearts in a safe deposit

box and their eyes hypnotized by their
desk calculators. I promise you this:
You will outlive the bastards!

😊 J. J. J.

MEEC 2008

"

I don't know exactly what a prayer is.
I do know how to pay attention, how to fall down
into the grass, how to kneel down in the grass,
how to be idle and blessed, how to stroll through the fields,
which is what I have been doing all day.
Tell me, what else should I have done?
Doesn't everything die at last, and too soon?
Tell me, what is it you plan to do
with your one wild and precious life?"

- Mary Oliver,
excerpt from The Summer Day

Tell me, what is it we plan to do with our wild & precious
moments together? Might being attentive help us
to manifest intention for our actions? Be present.
Be open, which in turn results in additional openness. I
welcome & pass on these challenges, thanking the night
sky and the day sky.

~Audrey MEEC 2008

If you can **IMAGINE** it
you can **CREATE** it.

Creation brings to life.

Imagination ends in forgetting.

♥ **LOVE** ♥
♥ **LOVE** ♥
♥ **LOVE** ♥

Kindness First,
Questions Later.

JENN 2008

"... One cannot afford to be tired these days, when brave souls are needed for the battle. Yes, brave souls and clear heads... to free the earth from the chains of ignorance, brutality, and cowardice."

-Emma Goldman, Mother Earth Magazine, April 1908

♡ Jen Paul
MEEC '08

"Sun's up. That's ok
the world's survived
into another day."

- Bruce Coburn.

Todd Nivens
2008

"Dear Teacher,

I am a survivor of a
concentration camp.

My eyes saw what no
man should witness.

Gas chambers built by
learned engineers.

Children poisoned by educated
physicians.

Infants killed by trained
nurses.

Women & babies shot & burned
by high school and college
graduates.

So I am suspicious of education.
My request is:

Help your students become human.
Your efforts must never produce
learned monsters, skilled psychopaths,
educated Eichmans. Reading, writing,
arithmetic are important only if
they serve to make our children
more humane." HAIM Ginott 1977

- Ryan Cleland
2008

"Remember that you can
swim through every tide."

With love &

Hanh Hoylet
Emma

MAREC 2008

"Voices of nature Sing,
For every living thing"
Lyrics from a song by
Holly Arntzen + Kain Wright
Happy nature adventures
from Emma
MAREC 2008

Walk and touch peace at
every moment.

Walk and touch happiness
every moment.

Each step brings a fresh
breeze.

Each step makes a flower
bloom under our feet.

Kiss the Earth with your feet!

Print on Earth your love
and happiness.

The Earth will be safe
when we feel in us enough
safety.

-Thich Nhat Hanh.



INVICTUS

Out of the night that covers me,
Black as the pit from pole to pole,
I thank whatever godsmay be
for my unconquerable soul.

In the fell clutch of circumstance
I have not winced nor cried aloud.
Under the bludgeonings of chance
My head is bloody, but unbowed.

Beyond this place of wrath & tears
Looms but the horror of the shade,
and yet the menace of the years
finds, and shall find, me unafraid.

It matters not how strait the gate,
how charged with punishment's the scroll,
I am the master of my fate:
I am the captain of my soul.

William Ernest Henley

Lori Gray
2008

THE PEACE OF WILD THINGS

WHEN DESPAIR FOR THE WORLD GROWS IN ME
AND I WAKE IN THE NIGHT AT THE LEAST SOUND
IN FEAR OF WHAT MAY LIFE AND MY CHILDREN'S
LIVES MAY BE,

I GO AND LIE DOWN WHERE THE WOOD DRAKE
RESTS IN HIS BEAUTY ON THE WATER AND THE GREAT
HERON FEEDS.

I COME INTO THE PEACE OF WILD THINGS
WHO DO NOT TAX THEIR LIVES WITH FORETHOUGHT
OR GRIEF.

I COME INTO THE PRESENCE OF STILL WATER,
AND I FEEL ABOVE ME THE DAY-BLIND STARS
WAITING FOR THEIR LIGHT. FOR A TIME
I REST IN THE GRACE OF THE WORLD,
AND I AM FREE.

WENDELL BERRY

Matt Kellow

We can never sneer at the stars,
mock the dawn or scoff at the
totality of being. Sublime grandeur
evokes unhesitating, unflinching awe.
Away from the immense, cloistered
in our own concepts, we may scorn
and revile everything. But
standing between earth and sky,
we are silenced by the sight.

- Rabbi Heschel

Keep hope, ♡Lilith

How wonderful it is that nobody
need wait a single moment before
starting to improve the world.

~ Anne Frank

Ruth Gabriel
- 2008

Every moment of light
and dark is a miracle.

- Walt Whitman

Love many
trust a few
always paddle
your own
canoe ☺

Make love
not war
on the bed
Not the floor

K.S.

Colin
Harris 2008

Don't write here

leave room for a
photo please

'Our goal should be to live life in **RADICAL AMAZEMENT**, to look at the world in a way that takes nothing for granted.

Everything is phenomenal; everything is incredible; to be spiritual is to be constantly amazed."

- Rabbi Abraham Joshua Heschel

Nature Celebrates! The trees



end the season cycle w/ fireworks as their leaves turn many colors. Ocean waves slap down on the shore in constant clapping + endorse... Ever hear a flock of birds (as opposed to one) Together they come to a celebrat-making cacophony of noise! Telletime in nature and celebrate along w/ it!

- Laura Camerun -

"Those who dwell, as scientists or laymen, among the beauties and mysteries of the Earth are never alone or weary of life. Whatever the vexations or concerns of their personal lives, their thoughts can find paths that lead to inner contentment and to renewed excitement in living."

Rachel Carson, *Sense of Wonder*

"There is a myth that the purpose of education is to give students the means for upward mobility and success. The plain fact is that the planet does not need more successful people, but it desperately needs more peacemakers, healers, story-tellers, and lovers of every kind. It needs people of moral courage willing to join the fight to make the world habitable and humane"

David Orr

You are such
amazing people!

Do what you love
to do and do it

often
Andrea
Lays

Those who think to win the world
by doing something to it,
I see them come to grief.
For the world is a sacred object
Nothing is to be done to it.
To do anything to it is to damage it.
To seize it is to lose it.

Tao Te Ching
29

Our cities burn pretty flowers,
and brighten the sky from island
to plain .

Lindsay

