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Line was drawn on the page...

MEEC 2010 COHORT



Class from L-R: Ashley Knapp, Kim Urbaniuk, Ashley Edworthy, Eli Baker, Aaron Ddan, Alla Guelber,
(FRONT ROW) Andrew Pope, Joe Teft, Todd Moore, Kara Fridriksson, Kerri Klein,
Kaeli Benoit, Willa Lee, Meg Banavage
(BACK ROW) Connie Cirkony, Ashley Manning, Kim Wallace, Sangita Iyer,
Gabby Hebert, Emma Gilbertson, Karen Cooling, Shannon Moore,
Tom Palmer

May your trails be crooked, winding, lonesome, dangerous
leading to the most amazing view. - Edward Abbey

joy

If you want to travel fast,
travel alone

If you want to travel far,
travel together

- old African proverb
- Karen 2012

I'm not much on quotes but I
wish for your journey to be one
of revealing your authentic self.

Tom 2012

I hope your
travels have illustrated
and clarified your
vision.
Kara.

"Hope is a
state of the
mind,
not a state of
the world." (Vaclav
Havel)
Jeni

In the sun I feel as one
- K. Cobain
Aaron 2012

Wherever we think
All that we can make with our thoughts
Will our thoughts be made the world.
Buddhist quote
Pam 2010
Cobain

"There is
something infinitely
healing in the repeated
refrains of nature -
the assurance that
dawn comes after
night, and spring
after winter."
- Rachel Carson
Lilli, Zaccaria



GROW
LOVE

~ Babby
2010

The best things
about a
are often those that
get in your
always another
trail.

IF YOU DON'T GO
WITHIN,
YOU GO
WITHOUT.

Live your life in
whatever way feels truest
to you. Fill your days with
Love, Laughter, and Learning,
and always remember to smile!
Emma
2010 cohort

BOLD LEADERSHIP

Breath, practice, love, collaborate,
inspire, be bright, be present,
be full of possibilities!
SHEANON
2010 cohort

"And time for reflection with
colleagues is for me a lifesaver;
it is not just a nice thing to do
if you have the time. It is the only
way you can survive." - Margaret Wheatley
Enjoy the journey! Eli Baker



Tall like a Cedar tree
Tall and sturdy
Let your roots grow
beneath the Earth
and absorb the energy
May the Sunlight
shine on you
So
like the Cedar tree
you may receive all
good. Open arms
like the Branches !!



Love
Jang

WISHER
SHER
SHER

Live Fully
Laugh often
Love Always
Ashley Manning
2010 cohort

Stay true to you
- Clooney K.

Hope you enjoyed the
rollercoaster ride... Continue to
live and laugh to the fullest...
With h. ☺

"Keep walking though there's no place to get to
don't try to see through the distance. That's
not for human beings. Move within, but
don't move the way fear makes you
move. Today, like every other day, we
wake up early and frightened.
Don't open the door to the study and
begin reading, Take down a musical
instrument. Let the beauty we love
be what we do. There are hundreds
of ways to kneel and kiss the ground."
-rumi

-Kaehi 2009/2010 cohort.

KIM
WALZ
2101

Wow!
From the
future! I mean now.



do - bee - do
bee
dance

Enjoy your
Journey!
Ash. Edworthy
'2101

IN THESE HIGHER ASARNOUS, THE IMPERANT
THING IS NOT TO KNOW, BUT TO STRIVE
A. LEOPOLD

Destination (From "Perseverance" by Margaret Wheatley)

2009/2010 cohort

Best wishes for seeking your own direction, not destination!

Bella Guerber

Most of us think we know where we're going
Or at least we think we should know where we're going.
We may have been taught about goal or intention-setting,
Perhaps even about planning and strategic thinking.

Knowing where we want to end up seems essential. As one wit said:
"If you don't know where you're going you may just end up there."

But once we know what our destination is - in life, or love, or
this project - we too easily get trapped by desire. Holding
our hopes tightly, intent on reaching our goal, working
to implement the plan, to reach our dream -
all this focus and dedication places huge blinders
on us. We may be diligent, but we're
also dangerously myopic.

And it severely inhibits our relationship with life. We're so
intent on getting somewhere, or performing well, or
becoming someone in particular, that we shut out and
shut down. We silence the messages coming from our world.
We don't take in information, we just plow ahead with
evermore determination.

Good bye to curiosity, farewell to experimentation. Welcome
in disappointment, failure, regret...

We could lighten up. We could go for direction, not destination.

We could invite in what the world seems to want for us,
what it's offering us right here, right now.

We could enjoy what we'll see and discover when we take off
the blinders of non-negotiable destination.

Look for the joy in the despair. There are always
reasons to laugh, smile and be happy. Any fool can
be glum and down about things they see in the world.
Get over it and be happy with what you can
change and the difference you can make.



2011 Cohort

1st row: Burl Jantzen, Heather Ramshaw, Nicol Suhr, Chris Hatten, Kimberly Gray, Lisa Vandendool, Jennifer Feschak
2nd row: Gita Ghoshal, James Skwarok, Alida Kusch, Liz Beattie, Maia Green
3rd row: Roberta Laurie, Susanna Bruneau, JJ Burns, Andrea Layzell, Jamie Allan
4th row: Jen Redston, Matthew Hemschaw, Kim Fisher, Matthew Paisley, Don Ollsin, Dean Henley
Left: Brad Gooderham Right: Kieran Dowling


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. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents, meetings and material assistance, which no man ^{or woman} could have dreamt would have come his/her way.

- William Hutchinson Murray in The Scottish Himalaya Expedition, 1951

What you can do, or dream you can do, begin it. Boldness has genius, power and magic in it.

- John Austin (a "loose" translation of a passage in Goethe's "Faust")
1835 And you thought Goethe said it all! ☺ James Skwarok

IF YOU DON'T
GO WITHIN-
YOU GO WITHOUT.

 > musings
> from C
> Peter's class
> ~~~~~

Kimberly Fisher

"This above all:
To thine own self be true"
Blanche (Hamlet)

"Never take away
someone's hope."

- my mom

Chris
Halter

To know
Thyself is only
Possible through the eyes
of the other. Our lives are the
Consequence of our words and deeds
- Matthew Paisley -

Save a tree,
Ride a hippy.

Keep on
Keeping on. You
Can do This
- Jamie -

Spend time with yourself.
Pause.
Dance.
then spend time with yourself again.

You don't always
have to take the
direct route up the
hill. Look for other
ways. ☺
- Gita.

If I had the power to make this will,
I would bequeath to you
~~The~~ child-like sense of wonder
To last your whole life through.
Wonder - the gift of magic sight,
To see with eager eyes
Each miracle of beauty
In forest, lake, and skies.
The scarlet flames of autumn,
The tender shades of spring,
The luna moth unfolding,
Her gossamer green wing;
The clear call of the hermit thrush,
The crescent moon swung low,
The sunset from a hilltop,
The firelight's ruddy glow.
A legacy of wonder!
Could you but guess its worth.
No other precious dower
Would so transform the earth.
Wonder enough to squander, on every glad surprise,
For every golden morning, for every new enterprise.
If I had the power to make this will, I would bequeath to you
A child-like sense of wonder, To last your whole
life through. - Mary S. Edgar

On time... (Lisa Vandendool)

Never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway. ~ Earl Nightingale.

Nature does not hurry, yet everything is accomplished ~ Lao Tzu

I walk slowly but I never walk backward.

"SO DON'T LET THE WORLD BRING YOU DOWN" ~ Abe Lincoln

NOT EVERYONE HERE IS THAT FUCKED UP AND COLD
REMEMBER WHY YOU CAME, AND WHILE YOU'RE ALIVE
EXPERIENCE THE WARMTH BEFORE YOU GROW OLD"

-- THE WARMTH, INCUBUS

IT'S NOT ABOUT WHERE YOU
HAVE BEEN, IT'S ABOUT
WHERE YOU ARE GOING...
(ALIDA KUSCH)

I identify with not
being able to return to my

Ridicule is the burden
of genius - Daffy Duck
Susanna

native birth place because there is no one there
waiting to welcome me back. I have no connections. Having ~~not~~ never
lived in even a single state or country for a period longer than 7
years, like, I come from a place of literally feeling... like uh. Like a
complete, what does Bob Dylan say? A complete unknown?

A rolling stone (le-sh). Right? And I think that's a lot of
us. And I think this [garden] helps, helped a lot in some
ways and it still like s-bbed it in even more.

It hurts. - Adam Higgins



- "People consider walking on water or in thin
- air a miracle. But I think the real miracle is
5 not to walk on water or in thin air, but to
walk on earth. Every day we are engaged
6 in a miracle which we don't recognize: a
7 blue sky, white clouds, green leaves, the
black, curious eyes of a child. All is a
miracle." — Thich Nhat Hanh.

Don't believe
everything you
think...

Roberta
Laurie



"INDIVIDUALS CHANGE THE WORLD" — Am Ollson

"O Love that fires the sun,
Keep me burning."
Bruce Cockburn

At this time in history,
we are to take nothing
personally, least of all
ourselves. For the moment
we do, our spiritual growth
and journey come to a halt.
The time of the lone wolf
is over. ~ The Prophecy of
the Hopi Elders, 2000

We did not put our ideas
together. We put our
purposes together. And
we agreed. Then we
decided. ~ Ancient Mayan
text, Popul Vuh.

Education is
the ability to perceive
the hidden connections
between phenomena.
~ Vaclav Havel

Qui Tacet Consentit

↳ He who remains silent
consents.

Don't be silent - Act!

Dean Henley

"MOVE AHEAD BOLDLY AND THE
WORLD WILL CONSPIRE TO
HELP YOU"

UNKNOWN
PJ BURKS

Remember, we still don't know
what 96% of the universe is
made of and 50% of our DNA
is the same as a banana.

"We exist on this planet because of
geological consent." Simon Winchester

Jan Redston

People do not always remember
what you say.

But they often remember how
you make them feel.

~ Don't forget to think about
this from within yourself.
How do you make you feel?

Kieran Dowling
15 July 2013

"Anything is one of a million paths. Therefore you must always keep in mind that a path is only a path; if you feel you should not follow it, you must not stay with it under any conditions. ... This question is one that only a very old man asks. Does this path have a heart? ♥

All paths are the same: they lead nowhere. They are paths going through the bush, or into the bush. In my own life I could say I have traversed long long paths, but I am not anywhere. Does this path have a HEART? If it does, the path is good; if it doesn't, it is of no use. Both paths lead nowhere; but one has a heart, the other doesn't. One makes for a joyful journey; as long as you follow it, you are one with it. The other will make you curse your life. One makes you strong; the other weakens you. Before you embark on any path ask the question:

"Does this path have a heart?" ♥

If the answer is no you will know it, and then you must choose another path... A path without a heart is never enjoyable. You have to work hard even to take it. On the other hand, a path with heart is easy; it does not make you work at liking it. I have told you that to choose a path you must be free from fear and ambition. The desire to learn is not ambition. It is our lot as men to want to know... For me there is only the travelling on the paths that have a heart, on any path that may have a heart. There I travel, and the only worthwhile challenge for me is to traverse its full length.

And there I travel.. looking, looking, breathlessly :))

Carlos Castaneda ♥

(The teachings of Don Juan)

Find and follow your Path with Heart ... ♥ Maia Green ...

2013

MAEEC
YOUR OWN
ADVENTURE

2011 2012

2012



2012 COHORT

BACK ROW: Adam Nash (beard), Dylan Leech, Chris McDonald, Michael McGee, Milt McClaren, Robert Pidgeon

MIDDLE ROW: Amy Cousins, Myriam Ullah, Amanda Gomm, Gregg Cormie, Elisa Lee, Jen Feschuk,
Lisa Duncan, Kara Lemire, Sarah Michaud, Lyndsay Fraser, Lyne Lefebvre, Deb Simpson, Peter Norman

FRONT KNEELING: Emily Gray, Amber Rutledge, Shannon McLeod, Krystal Pyke,
Jess Paloposki, Olive Dempsey, Julie Holsworth, Liz Freyman

Three Foxes by the edge of the field at twilight.

by Jane ~~Field~~ Hirshfield

One ran,
her nose to the ground,
a rusty shadow
neither hunting nor playing.

One stood; sat; lay down; stood again.

One never moved,
except to turn her head a little as we walked.

Finally we drew too close,
and they vanished.

The woods took them back as if they had never been.

I wish I had thought to put my face to the grass.


We kept on walking,
speaking as strangers do when becoming friends.

There is more and more I tell no one,
strangers nor lovers.

This slips into the heart
without hurry, as if it had never been.

And yet, among the trees, something has changed.

Something looks back from the trees,
and knows me for who I am.



Here's to the crazy ones. The misfits. The rebels. The troublemakers.
The round pegs in the square holes.
The ones who see things differently.
They're not fond of rules.

And they have no respect for the status quo.

You can quote them, disagree with them, glorify or vilify them.
But the only thing you can't do is ignore them.

Because they change things.

They push the human race forward.

And while some may see them as the crazy ones,
We see genius.

Because the people who are crazy enough,
to think they can change the world,
are the ones who do.

- Steve Jobs -

"The most dangerous phrase in
the language is we've always
done it this way." Grace Murray Hopper
From Amada Gorman

You're only given a spare
of madness. You mustn't lose it.
- Robin Williams -

We don't read and write poetry because it's cute. We read and write poetry because we are members of the human race. And the human race is filled with passion. Medicine, law, business, engineering, these are noble pursuits and necessary to sustain life. But poetry, beauty, romance, love, these are what we stay alive for. To quote from Whitman, "O me! O life...! of the questions of these recurring; of the endless trains of the faithless... of cities filled with the foolish; what good amid these, O me, O life?" Answer: That you are here; that life exists, and identity; that the powerful play goes on and you may contribute a verse; that the powerful play goes on and you may contribute a verse. WHAT WILL YOUR VERSE BE?

- Robin Williams
Dead Poets Society
RIP

"Oh the water, oh the water,
Let it run all over me.
And it stoned me to my soul."
Van Morrison

Enjoy the amazing marine
environment! Deborah

Whatever you do,
love it!

Chris McDonald

石の上 ishi no ue (lit. on a rock)
三年 sann'en (three years)

Good things take time (i.e. moss)

NZ Duncan

"If a child is to keep alive his inborn sense of wonder, he needs the companionship of at least one adult who can share it, rediscovering with him the joy, excitement, and mystery of the world we live in" - Rachel Carson

KARA!

"The readiness is all..."

from Hamlet
via Olive Dempsey

Strength lies in differences, not similarities - Stephen Covey

Liz

"In a gentle way, You can
shake the world" Mahatma
Shannon McLeod Gandhi

'But ask the animals,
and they will teach you,
or the birds in the sky,
and they will tell you;
or speak to the earth,
and it will teach you,
or let the fish in the sea
inform you.'

- Job 12:7-8

Sarah Michaud

If we are looking for insurance against want and oppression, we will find it only in our neighbors' prosperity and goodwill and, beyond that, in the good health of our worldly places, our homelands. If we were sincerely looking for a place of safety, for real security and success, then we would begin to turn to our communities - and not the communities simply of our human neighbors but also of the water, earth and air, the plants and animals, all the creatures with whom our local life is shared - Wendell Berry

Liz
August 2014

For 'better' to come,
'good' must step aside.
C Jung / Elisa Lee

"The bad news is you're falling through the air, nothing to hang on to, no parachute. The good news is there's no ground." Chogyam Trungpa Rinpoche

Remember that you're not only standing on the shoulders of giants, but also shoulder-to-shoulder with giants.
Lynsag
Aug '14

"Earth's crammed with heaven,
And every bush afire with God,
But only he who sees takes off his shoes;
The rest sit round and pluck blackberries"

Elizabeth Barrett Browning

Lost

Stand still. The trees ahead and bushes beside you
are not lost.

Wherever you are is called here. And you must treat
it as a powerful stranger, must ask permission
to know it and be known,

The forest breathes. Listen. It answers...

If what a tree or bush does is lost on you,
you are surely lost.

Stand still. The forest knows where you are.
You must let it find you. ~ David Wagoner

Michael McFee
August 2014

"Perhaps the time has come to
cease calling it the environmentalist' view,
as though it were a lobbying effort outside
the mainstream of human activity, and to
start calling it the REAL-WORLD view."
E.O. Wilson

Our Individuality is all, all, that we have.
There are those who barter it for Security,
those who repress it for what they believe
is the betterment of the whole society,
but blessed in the TWINKLE of the
MORNING star is the one who nurtures
it and Rides it in, in grace and love
and wit, from peculiar station to
Peculiar station along life's bittersweet route.....

Tom Robbins, Gutterbag Perfume

♡ lots
of
love in
all your
adventures
- Jess

THE SENSE OF BELONGING TO
THIS WHOLE BIG STORY IN A
VERY CARING WAY, IS MADE
OF ALL THESE LITTLE HUGE
MOMENTS, PEACEFUL ONES,
SAD ONES, STRONG ONES...
CHERISH EACH OTHER &
YOURSELF XXX LYNE.

