

Seeking Growth in Times of Darkness Host: Jessica Sokolowski

- 20:00:47 From Blaine Hatt to Everyone: North Bay, Ontario
- 20:00:47 From Dean Verger to Everyone: From the sunshine city of Ottawa
- 20:01:06 From Kathryn Ricketts to Everyone: Kathryn Ricketts, U of Regina Brrrr
- 20:01:07 From Stan Baines (Rockland) to Everyone: Coming in from Rockland, Ontario on the Ottawa River
- 20:01:17 From Judith Doan to Everyone: Toronto
- 20:01:17 From Mary Blatherwick to Everyone: Wolfville, Nova Scotia
- 20:01:22 From Carolee to Everyone: Lanark Highlands....the woods!
- 20:01:27 From Dylan to Everyone: Ottawa
- 20:02:47 From Michael Wilson to Everyone: Hi All: I am from rainy, cold and windy Old Ottawa South. I have no idea where Dean was! Michael Wilson
- 20:03:16 From Chaordic Design to Everyone: Hello everyone!
- 20:04:59 From Dean Verger to Everyone: Michael, maybe I was bathing in my sunny disposition :-)
- 20:14:17 From Jessica Sokolowski to Everyone: Fred did you write this?
- 20:14:29 From Annabella Cant (She/Her) to Everyone: That is beautiful, Fred! Thank you for sharing!
- 20:14:31 From Peter Gamwell to Everyone: Brilliant Fred....poignant. The power of community indeed...
- 20:14:50 From Stan Baines (Rockland) to Everyone: That was amazing Fred!
- 20:16:57 From Fred Harwood to Everyone: Sea foam bubbles, travellers there is no path. We form our path by walking
- 20:20:45 From Fred Harwood to Everyone: With two toddlers, we were renting an 1949 farm house with 20 acres of an old farm behind us. I used to take my big wheeled lawnmower out to cut mazes through the long grass for the kids to explore, find the duck ponds with herons, hawks and more. Such a wonderful time.
- 20:24:16 From Fred Harwood to Everyone: It is also key that we need to be still in nature long enough for it to become used to us and accept us in the place and come alive around us.
- 20:26:33 From Fred Harwood to Everyone: Woodworking also has the wonder of beauty on the inside being exposed surprisingly and how the richest inner grains are for the most storm tossed trees.
- 20:32:06 From Natasha Baines to Everyone: The lights dance to music!
- 20:32:19 From Jessica Sokolowski to Everyone: I love Christmas lights!!!!!!
- 20:32:22 From Annabella Cant (She/Her) to Everyone: Moments of tension are the best for innovation :)
- 20:33:37 From Fred Harwood to Everyone: Last year, our whole cul d' sac turned our lights on in November instead of Dec. 1st as per the old standard. During CoVid, we needed to see the lights. You'll always remember the one that brought you a torch in the

darkness!

- 20:34:00 From Goran Matic to Everyone: "Taking a look at the same thing, and shifting the mindset" - Stan Baines
- 20:36:00 From Fred Harwood to Everyone: Think of what children will do with the packing boxes?!?!?
- 20:36:03 From Alexis Milligan to Everyone: My neighbourhood has most of their lights up right now! Likely almost all will be done by this weekend.
- 20:38:04 From Blaine Hatt to Everyone: Blake said, "Out of chaos and confusion, order and discipline will eventually arise."
- 20:38:29 From Goran Matic to Everyone: @Blaine: +1 wonderful quote!
- 20:38:37 From Fred Harwood to Everyone: Diwali was early this year. So we've always had our Christmas lights up to add to our Hindi neighbours celebrations during their Festival of Lights. We've turned them off now that it is over and will turn them back on closer to December. It was nice putting the lights up with feeling in my fingers.
- 20:38:50 From Jessica Sokolowski to Everyone: Stan I love your idea of changing mindsets!
- 20:39:09 From Jessica Sokolowski to Everyone: Connection!
- 20:40:05 From Fred Harwood to Everyone: Physics enthusiasts might argue that chaos is expected out of order. Hmmm.
- 20:40:18 From Goran Matic to Everyone: Love the notion of identifying opportunities in what initially might seem as chaos - and transforming that with creativity
- 20:41:13 From Judith Doan to Everyone: "Chaos is a friend of mine" -- or so said Bob Dylan!
- 20:42:23 From Goran Matic to Everyone: @Judith: it makes one wonder whether Dylan felt the same, turning chaos into a kind of a creative canvas!
- 20:42:25 From Carolee Mason to Everyone: Chaos gives us adults permission to be playful....and play is an essential part of the creative process and tapping into our imagination...Stan was playing with his Christmas decor as he experimented and decorated in a novel setting
- 20:43:35 From Angela Solar to Everyone: Wonderful books " Not a Box" and "Not a Stick" by Antoinette Portis. Kids view of the creative potential in a box or a stick vs. the adults view.
- 20:43:51 From Stan Baines (Rockland) to Everyone: That's a great idea Fred!! We are going to do that at our church this winter too! Thanks for the great idea!
- 20:43:58 From Carolee Mason to Everyone: I like how the word "play" has emerged in what Alexis and Fred just said.
- 20:45:43 From Fred Harwood to Everyone: Anyone think of Jonathan Winter ad libbing with Robin Williams with a pencil on late night TV?
- 20:46:23 From Jessica Sokolowski to Everyone: Thank you!
- 20:47:15 From Fred Harwood to Everyone: So many constraints, Michael!
- 20:47:41 From Goran Matic to Everyone: @Angela: what a wonderful story!.. and, sounds like a great book -
- 20:50:23 From Goran Matic to Everyone: @Michael: Love this invitation of 'admitting to play'!..

- 20:50:47 From Fred Harwood to Everyone: Went to UBC with an engineer/pilot in his Datsun 1000 (cc's). Being bullied by the vettes & mustangs, we discussed reengineering it to have a 289 cu. in engine and a turbine booster mounted in the trunk on a mechanical release.
- 20:51:54 From Jessica Sokolowski to Everyone: I am not a good driver. We all know our strengths. Driving is not one for me.
- 20:54:23 From Jessica Sokolowski to Everyone: We need to write children's books
- 20:54:51 From Stan Baines (Rockland) to Everyone: What an amazing all over discussion this evening. Very enlightening and engaging!
- 20:55:13 From Fred Harwood to Everyone: Now you can do it in your living room with a Pelaton bike
- 20:55:19 From Goran Matic to Everyone: @Stan: +1
- 20:55:32 From Alexis Milligan to Everyone: Yes Fred!
- 20:57:55 From Carolee Mason to Everyone: thank YOU Jessica!
- 20:58:26 From Goran Matic to Everyone: Thank you Jessica and Alexis - wonderful exploration and facilitation!
- 20:58:45 From Fred Harwood to Everyone: December 16th Engaging Imagination and Emotion: Feeling
- 20:58:56 From Stan Baines (Rockland) to Everyone: Thanks Everyone!
- 20:58:57 From Natasha Baines to Everyone: This was amazing!
- 20:59:00 From Judith Doan to Everyone: Thanks, Jessica. I like the cyclical sensory exercises to open and close the session.