

## Limitless Day 1

- 19:10:00 From Michael Wilson: The overarching question for us all "To what extent do any/all of your experiences with our events over the next 2 days, altar or support your notions of play, imagination, creativity and/or innovation?"
- 19:20:24 From Goran Matic : I love this story of finding creativity in any endeavour we engage in
- 19:21:35 From Gillian Judson: I agree!
- 19:24:27 From Rose Pillay: Fascinating: Stan chose a job not just for security but invisibility as well. But then creativity made him VISIBLE to his community. Reminds me of: "Is it possible that the creative act is simply the materialization of the future- making the invisible, visible?"
- Erwin Raphael McManus
- 19:24:50 From Goran Matic : Quite possibly one of the best Guinness Book of Records attempts I have heard of :)
- 19:25:58 From Goran Matic : @Rose: a wonderful point, and a brilliant quote!
- 19:28:22 From Fred Harwood: I'm sure, the majority of our favourite custodians were all ones who saw that they were part of building a cathedral and not just making a wall.
- 19:29:20 From Rose Pillay : "Creativity is taking the ordinary and making it extraordinary." -Craig Orwig
- 19:31:07 From Rose Pillay: "The tantalizing discomfort of perplexity is what inspires otherwise ordinary men and women to extraordinary feats of ingenuity and creativity; nothing quite focuses the mind like dissonant details awaiting harmonious resolution."
- Brian Greene
- 19:34:50 From Rose Pillay: Love this: Take the scenic route!
- 19:37:21 From Rose Pillay: "The simple act of paying attention can take you a long way." -Keanu Reeves
- 19:40:11 From Fred Harwood: Collective creativities like harmony in music, the different contributions make a more powerful piece of delight, where sometimes unison will set up where the collective creativity will make an even greater impact.
- 19:40:13 From Goran Matic: "No matter where you are or what you're doing, your creativity is at play. Your imagination is always working"— Stan Baines
- 19:43:18 From Rose Pillay: "Creativity expands the mind, stretches it beyond ordinary human comprehension, resulting in the mind being elastic and capable of transcending and discerning complex ideas." Author: Michael Bassey Johnson
- 19:48:30 From Rose Pillay To CNIC(privately): I am mesmerized about Stan's talk. Would it be available in print? I would love to re-read it and share it
- 19:49:18 From Jacqueline Lawrence: the story begins when you wake up each day.
- 19:49:57 From Fred Harwood : Actually, my subconscious has usually gotten my day started long before I wake up.
- 19:50:50 From Kathy Browning: Thanks for the great story Stan!
- 19:51:47 From Goran Matic: Thank you Stan very inspirational, indeed!
- 19:55:33 From Fred Harwood: When I focused on 'working alone', my negative emotions distracted me. When I focused on 'working with others', I had a much better mindset and more was done (with satisfaction).

- 19:57:51 From Rose Pillay: Thinking about what is my mop bucket. Perhaps it is cooking for my family? 19:57:52 From Fred Harwood: Flashbacks to Ferlinghetti (and others who creatively wrote on this topic, Gillian. 19:59:42 From Fred Harwood: Innovation: 'In no vocation' but always and all ways something more! 20:07:00 From Fred Harwood: yes 20:07:02 From Lindsay Beal: I use hide non-video all the time. its great 20:07:09 From Fiona McDonnell (she/her/hers): yes From Stacy Smith: yes 20:07:10 20:07:12 From Natasha Baines: yes From Jacqueline Lawrence: yes 20:07:16 From CNIC: 🔥 20:07:19 From Carolee Mason: yes 20:07:30 From Kathy Browning: View Gallery offers side by side viewing. 20:09:54 From Goran Matic: I choice to "Pin" Alexis's video - which shows it bigger 20:10:36 20:11:08 From Jessica Sokolowski: I did too! It looks amazing! 20:12:34 From Fiona McDonnell (she/her/hers): me too From Jacqueline Lawrence: that was breathtaking! 20:13:04 20:13:47 From Jessica Sokolowski: BRAVO! That was outstanding! 20:14:17 From Goran Matic: What an incredible performance!..:) 20:14:38 From Goran Matic: And, I was wondering where the visuals were coming from they re amazing 20:15:18 From CNIC: Click the arrow on your start video button down in the left hand corner, next click video settings, scroll down, unclick hide non-participant. This will allow you to have your video off but have your square remain in the gallery  $\bigcirc$ 20:23:09 From Rose Pillay To CNIC(privately): Thank you, CNIC! I am grateful for this time today. Need to get to another appointment now. 20:27:26 From Carolee Mason: collaboration= trust in one's own art/self, and willingness to "leap off the deep end" into one's collaborator's sphere... "encouragement, support, is it possible? says Alexis...risk that it might fail, or it might succeed....we are not in silos; we are interconnected." --- this is why I choose to work collaboratively 20:30:29 From Goran Matic: "It's about where we live in each other's imagination. We're more together than we are apart." — Alexis Milligan 20:35:11 From Fred Harwood: Those were questions I had as well, Kathy. 20:37:23 From Fred Harwood: And Charles' choices of taking portions that move to the
- 20:39:31 From Fred Harwood: Let your self being affected and thus effective
- 20:41:45 From Fred Harwood: I just realized that I didn't 'notice' any Zoom lag in how this came about versus having 3 people trying to sing together from 3 different computers. We all saw harmony.
- 20:44:49 From Kathy Browning: You took a chance and it worked! Thank you for sharing.
- 20:45:45 From Fred Harwood: Alexis can't remember the 60's!

light or out of it.

20:48:06 From Carolee Mason : I think this work can be understood in terms of the concept of "flow" (Csikszentmihalyi )

20:48:21 From Goran Matic: @Carole: +1

20:48:37 From Fiona McDonnell (she/her/hers): The set up-- added to the intimacy and made us-the audience- a part of the fluid. You created an experience for the audience. We were an audience of one with deep communication with the "fluid." I did feel a part of it..

20:49:05 From Kathy Browning: Yes Carolee!

20:50:52 From Fred Harwood: Coquitlam is literally only 3 cities from me.

20:52:21 From Marlies Grindlay: This too is possible

20:53:53 From Kathy Browning : 2nd presentation, improvisation supported by technology....interesting.

20:55:40 From Carolee Mason: Lindsay uses the word "surrender"....that's crucial for effective collaboration I think?

20:57:23 From Fred Harwood: I 'choose' to sit at a choir recital so I can see the pianist's keyboard. Now I am going to choose to move in close to the artist's paintings to see their choices of brush strokes and to move close to my mop buckets to choose what I see myself and the roles I'm involved in reflected in the water. And I'm choosing to re-watch this video many times so I can focus on different parts at different times to see more of the components parts and the gestalt, like Alexis' hands or Charles choices in Mary's emotionally captured limit breaking.

20:59:02 From Fiona McDonnell (she/her/hers): is that 6pm EST?

20:59:12 From Stan Baines : Yes!! 20:59:14 From Alexis Milligan : yes!

20:59:17 From Goran Matic: Yeah 6 pm EST:)