



It's great to be Canadian / Soyons fiers d'être Canadiens!

Happy Birthday Toronto Downtown ...and Canadian Progress Club!



By Alwyn McAllen

On Saturday, January 18th, CPC's first club, Toronto Downtown, celebrated its 80th birthday at The Old Scott House. Attending the celebration were members past and present and a great time was had by all.

Past National Presidents from Toronto Downtown in attendance were Tom Merrick, Jules Beauregard and Alan Bone.

Past members in attendance were Norm Balfour, Art Waling, Mr. and Mrs. Ross Durant, Mr. and Mrs. Jules Beauregard, Mr. and Mrs. Tom Merrick, Mr. and Mrs. Steve Coffey, Mr. and Mrs. Jock Fleming and Mr. and Mrs. Bruce Barlow. It was great to share the company of Marg Stevens once again.

The evening was emceed by Alwyn McAllen who gave a brief overview of the history of Toronto Downtown and, indeed, Progress. Each Director gave an update to the gathering of the current state of the club and the things we are involved in today.

The highlight of the evening came when the past members regaled us with stories and memories of past club activities and National Conventions. It certainly was a colourful experience for all. I think if we hadn't stopped Tom Merrick we'd still be there! President Alan Bone closed off the evening by thanking all for coming, particularly the past members and guests. A special thanks goes to Ken Lloyd and Lee Mrkonjic who worked hard to bring the evening together.

(Visit the Progression On-line at www.progressclub.ca/whats_new/newsletter.htm for birthday photos)

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NATIONAL NEWS

CPCF

The Foundation's March Review

Janey Davies
CPCF Chair

The Canadian Progress Charitable Foundation Governors met in March to review last year's success and prepare and plan for the coming year. It was a very successful and productive meeting, albeit, a long one. The following are some of the issues discussed and resolved:

- Feedback from a majority of the clubs across Canada regarding the questionnaire sent out in November to all Progress Clubs. A very positive response was received and by a very large majority a consensus reached that the Board is fulfilling the requirements originally established by the Foundation.
- Re-evaluation of the process of reporting and recording keeping duties of the National Administrator for CPCF.
- Re-evaluation of proposed contract with specific direction as outlined by the Governors of CPCF to be completed by April 2003.
- Established criteria and a committee to research charities that will be presented to the membership at National Convention in Sherbrooke, September 2003.
- Committee established to review and make recommendations on changes to the bylaws to be completed by July 2003.
- Committee established to develop handbook for convention, which would include direction on the fundraising aspect, luncheon requirements and duties and specifics about the seminar.
- Committee established to review and revise the operational manual to be completed by September 2003.
- Re-evaluation of the banner and pin program to be completed by July 2003
- Establishment of duties of Governors regarding nominations of future Governors and direction given for the upcoming 2003 elections.
- Detailed review of investment portfolio including investment policies and guidelines.
- Establishment of chairs/co-chairs for upcoming convention.

These were just some of the issues that were dealt with at this meeting. As you can see, we had a very busy but productive meeting.

We also had an opportunity to attend the President's Ball chaired by Bill Sornberger and although we managed to hold everyone up by being more than fashionably late, we were treated to a wonderful dinner followed by a dance. It was certainly an honor to be included in such a terrific event. I do know many of us left early only because we had already put in 9 hours of meeting and had to reconvene at 8:30 the next morning.



I would like to take this opportunity to thank the Governors for their hard work during the weekend. I am very pleased with all we accomplished. I would also like to thank our National President, CJ, for taking time out of his busy schedule to attend these meetings.

I look forward to the next few months of preparation for the National Convention in Sherbrooke, Quebec in September 2003. And as always, I look forward to seeing my fellow Progressions from all across Canada.

May the Spirit of Easter and joy of the coming spring bring happiness to each of you.

Yours for Progress,

Janey

NATIONAL BOARD

Call for Nominations

Al Gordon

Immediate Past National President

Nomination Chair

Since our National Convention, your new Board of Directors has been working hard to develop the new roles. Now it's time for all club members to consider the opportunities involved in working on the National Board.

Please refer to our website at www.progressclub.ca. Click on "Member Services"; you will then need to type in "member" under Login ID; next type in "progress1" for your password; now click onto "National Board", then the heading "Board Positions & Description" to find a description of and a better understand of what each position entails. On the "National Board" page you will also find "National Form". This is the application form you will need to completely fill out if you are interested in applying for a position.

These positions are volunteered, with no pay. Expenses to attend the National Convention and National Board Meetings are covered, subject to Board approval. These expenses would only be for expenses incurred after the convention at which you are elected (nothing paid for the convention at which you are elected). Everyone wishing to be nominated must submit the completed Nomination Form to me by August 20, 2003.

All the National Board positions are described below. The positions open and requiring nominations for this year are: National President Elect, National Treasurer, National Communication Director, and National Member Services Director.

National President Elect

Requirements are 2 years involvement in any 2 of the following positions, Club President, Zone Governor, National V.P., or Canadian Progress Charitable Foundation (C.P.C.F.) Chair. Term is 1 year, followed by 1 year as National President and then 1 year as Immediate Past National President. Term beginning Fall 2003 and ending Fall 2006. Nomination is required this year.

National Secretary Treasurer

Requirement is any Canadian Progress Club Member in good standing. Term is 2 years. Term beginning Fall 2003 and ending Fall 2005. Nomination is required this year.

National Communications Director

Requirement is any Canadian Progress Club Member in good standing. Term is 2 years. Term beginning Fall 2003 and ending Fall 2005. Nomination is required this year.

National Public Relations Director

Requirement is any Canadian Progress Club Member in good standing. Term is 2 years. Term beginning Fall 2003 and ending Fall 2005. Nomination is required this year.

National Education Director

Requirement is any Canadian Progress Club Member in good standing. Term is 2 years, term ending Fall 2004. No nomination required for this year.

National Member Services Director

Requirement is any Canadian Progress Club Member in good standing. Term is 2 years, term ending Fall 2004. No nomination required for this year.

Terms have been set up so that in the future we will have two new directors being elected each year with two returning directors remaining, thus providing a good transition balance each year.

The National VPs are elected at the Regional level and are inducted onto the Board at the National Convention. Any expenses involving these positions are borne by the individual region. Terms for these positions are 2 years and the Regional Elections are staggered such that there are two new VPs each year joining the National Board and two returning VPs, so as to provide similar continuity as is set out with the Directors.

I look forward to lots of interest in the new election process. If anyone has any questions please contact me (email is best) at al@nu-leaf.com or phone (403) 235-4422 (business); (403) 271-9171 (home); (403) 273-1844 (fax).

EDUCATION

Covering Your Assets

Brenda Mahoney

National Director of Education

National Insurance Coverage

Insurance is a very complicated topic and yet it is extremely important to understand it in order to safeguard yourself and your assets. Canadian Progress Club, in general, has two national coverage policies. One policy covers the general operation of our organization and the other covers the actions and possible liabilities of our directors.

There are currently only three events covered on the national policy and they are: Brampton Christmas Parade, Greater Moncton Christmas Parade in the Pedway for Sick Kids, and the Calgary Downtown Dogie Do Rodeo. Generally, events that involve alcohol are not covered on the current policy; however, there are always exceptions. Because the number and types of

events vary across the country, it was difficult to ascertain the coverage. If you want to know if your event can be covered, the most effective way to find out is to contact our insurance agent directly. Her name is Carol Smith and her phone number is (416) 486–5464.

There are a couple of insurance coverage options for the events involving alcohol. One option is to call Carol to see if the event is covered and/or have a rider put on the current policy. The other option is to purchase Party Alcohol Liability (PAL) insurance locally. The latter is probably the less expensive route.

The policies in their entirety will be on the website in the near future for anyone interested in the details. In the meantime if you have any questions, please call Carol Smith at (416) 486–5464.

SPECIAL FEATURES

Special Olympics Curling

*By Bruce Deachman
Ottawa Citizen Reporter*

“Let me win, but if I cannot win, let me be brave in the attempt.” *-motto of the Special Olympics*

Over the past twenty-some years, I’ve looked at curling from numerous vantage points, and wearing different curling hats. As a one-time (and longtime) curling club bartender, I’ve seen the sport’s much-vaunted social and less-observed bureaucratic sides. As a reporter and curling columnist with *The Ottawa Citizen*, I’ve examined all levels of the game, covering a Brier or World Championship one day, and a friendly jam-can match on a pond the next. And as a fairly recent and recreational once-a-week curler myself, I’ve come to understand something of what most Canadian curlers go through.

I’ve interviewed players, icemakers, officials, sponsors, sports psychologists, innovators, insurance brokers, equipment manufacturers and fans.

Little—if any—of this prepared me for what I saw one cold January Saturday afternoon three years ago, as I walked into the Ottawa Curling Club.

The occasion was the 2000 Canadian Special Olympics Winter Games, at which curling was an exhibition sport. Manitoba’s Todd Wenzoski, out of the Stonewall CC, was playing B.C.’s Calvin Whipple for the gold medal.



*Special Olympian curlers:
Douglas Beckett (top),
Kevin Beauregard (below)*



The game wasn't all that close. Manitoba took four in the first end, and stole their way to a 7-0 lead after four, eventually running B.C. out of rocks with a 9-2 victory.

The game also wasn't, by even the most charitable of gauges, much of a display of textbook curling. Short knee-slides with a heavy push on delivery were common, while hitting the broom was just a faraway dream for many.

What was so very remarkable was the indomitable spirit with which these players competed. When players made their shots, they were congratulated not only by their teammates, but by their opposition. When they missed, everyone consoled them. When Whipple finally offered Wenzoski his hand in concession, the Manitoba skip hugged him. They all came to win, to be sure, but more importantly, they just came to play.

Special Olympics curling programs are growing exponentially. In Ontario, where curling is now recognized as an official Special Olympic provincial sport, for example, only a handful of clubs offered programs a few years ago. Now, close to 100 do.

"Curling is so suited to Special Olympics people," says Sue Kollar, who runs the Ottawa CC's program, one of two in that city. "It's rote, and, like at an office curling party where people have never curled before; players can get the rock to the other end. Anyone can get a rock to the other end and sweep. Even on the first day, when we show them how to throw a rock for the first time and put them in a game, they're out there and playing as part of this game. It's not very complicated to set up people to curl."

Special Olympic curling programs do great things for people with mental handicaps. They build confidence and a sense of teamwork. They help them to socialize. For many, an out-of-town bonspiel is their first adventure away from home and parents.

"Playing for the love of participating," is how Linda Landert, organizer at Renfrew's 2001 Special Olympics Bonspiel put it. "To have the icy realities of the world melted away by the warmth, love and joy within each of these athletes, each who is here not to win but to play. Life is about living, not about winning."

We would all do well to support Special Olympics curling in whatever way we can, and not only for the sake of the athletes.

"One of the rewards that you get," says Kollar, "is a reminder of what curling is really all about."

The First Year—A Rookie's Journey

By "Midnight" Mike Warren
CPC Calgary Bow River

The first time I went to a meeting of the Calgary Bow River chapter of the Canadian Progress Club, I thought I was going to 'check out' a business-networking club—something along the lines of the PGIB (Progressive Group for Independent Business). Even the name sounded similar!



After all, I'd been involved in many volunteer activities before, but had never attended a service club meeting in a venue as upscale as the Danish Canadian Club; or been surrounded by so many well-dressed attendees. As I mulled and mingled (prior to the meeting start), trying to establish the 'lay of the land', the meeting was called to order and the whole room started singing 'Oh Canada'. Like many of you (I'm sure) I am not only a proud Canadian, but passionately love this country. So as I sang along, my heart bounced with joy that I had the good fortune to meet a business club that not only loved Canada as much as I do, but actually knew all the words to our national anthem.

Over the weeks that followed, the club's purpose became clearer and I soon found myself struggling to figure out what I could actually bring to this club that it didn't already have. And to tell you the truth, the more meetings I attended, the more intimidated I felt, as I gathered a sense of the history, power and commitment of the Progress Club and its membership.

The first large event in which I participated was Bow River's annual Buckn' Breakfast. For any of you who have never been, I urge you to come out for this one—the music, the booze, the people, the booze, the food, the booze ... it is all absolutely fabulous! Though not my first Progress experience, it sealed the fact that I had become involved in one amazing club.

But there was no preparing for what I was to experience next.

As many of you will recall, Calgary's Bow River Boys hosted last year's National Convention in Canmore. It was a monstrous undertaking and incredibly well organized. In the weeks prior to Convention, I volunteered (sort of—is being *volunteered* the same as *volunteering*?) for the job of newsletter editor. It was in the course of carrying out this duty that I felt I really developed a relationship with Progressians from across the country. (I can't wait to see you all again in Sherbrooke!) Throughout this experience, I grew progressively (no pun intended) more honoured to be a part of this organization.

Now, as I look back on my first year and prepare to receive my Mercury Award, I reflect on how comfortable Progress feels for me, and ponder the next committees and events I will gladly become a part of: the Western Regional Convention, Buckn' 2003, Sherbrooke National, Gala—the list goes on.

If there is a message that I would pass onto other rookies, it is this: The club didn't evolve overnight. Don't try to take it all in at once. Get involved in as many activities/events as you can and really allow yourself to recognize that you are a part of what I think is the best service club anywhere!

It's been a pleasure sharing my experience with you. See you in Sherbrooke!

Ride for Progress

*By Jeff Medley
CPC Calgary Bow River*

Can you imagine riding a motorcycle almost 4000 kilometers in just five days? Maybe six! That is a long distance to ride on a Sportbike. My name is Jeff Medley. I am a member of the Calgary Bow River



Progress Club and that is just what I intend to do, and I am inviting all Progressions with a passion for riding or a passion for Progress to join me. For the 2003 National Convention to be held in Sherbrooke, Quebec, I am going to ride from Calgary, Alberta to Sherbrooke, Quebec in support of the Canadian Progress Charitable Foundation (CPCF).

I will be collecting pledges from friends, co-workers and other Canadians to support the ride by way of a penny or pennies per kilometer. I am not asking Progressions for pledges because I feel that Progressions contribute so much of their time towards the interests of Progress and the goals of their individual clubs. However, I would like to send pledge forms to everyone in Progress that would be willing to support my efforts by soliciting pledges for the ride and to those who will ride with me. It is roughly 3800 kilometers from Calgary to Sherbrooke, which would put the pledges at \$38 each at a penny per kilometer. My goal is to get 1000 pledges, which would raise \$38,000 for CPCF.

I also hope to pick up Progressions along the way! The Ride for Progress is not only a great way to raise funds for CPCF but is also a tremendous opportunity to raise awareness about the Canadian Progress Club itself. The route will start from Calgary and head to Regina, down through Winnipeg to Thunder Bay, and on to Sault Sainte Marie and further on to Ottawa ending in Sherbrooke, Quebec. So, if you and anyone else in your club crave the open road, join me in the Ride for Progress.

To kick off this project, I am going to ride to the Western Region Convention being held in Drumheller, Alberta this May. I will have more information about the ride and plan to have some sponsors committed. I hope to have a website online and ready to go by then.

I will keep the information flowing and keep all Progressions up to date with any new developments. Any questions or suggestions can be emailed to jeff.medley@shaw.ca. Thank you in advance for your support.

NEWS FROM ACROSS THE COUNTRY

WHAT'S HAPPENING IN ALBERTA SOUTH ZONE

Stampede City

Submitted by Wolfgang Juchem

Bowl for Kids

Stampede City just wrapped up its 12th year at running Bowl for Kids, in support off Big Sisters & Big Brothers of Calgary and Area. Over the twelve years, this event has grossed \$1,468,000.

This year's efforts saw 515 teams from various businesses and groups from across Calgary participate in 20 nights of fun and bowling. That means we had 2,575 volunteers collect pledges on behalf of our charity. We had great corporate support from such firms as CO-OP Stores (with 46 teams), Canada Safeway, Boston Pizza, West Jet Airlines, TD Canada Trust, Bank of Montreal, The Gap Stores, Price Waterhouse Coopers and the Calgary Police Service. We also want to thank the Progress Clubs in Calgary for their support, as well as the Lions Clubs and Rotary Clubs of Calgary.

Our club members worked in excess of 700 hours during the month of March as well as countless hours in the months leading up to the event. Great Job, Guys!

Calgary Fish Creek

Submitted by Patti Nolan

Good things come in small packages. That's what they say, and that's what the girls of Fish Creek are. The focus of our club this year is community service and membership. We are happy to report success in both of those areas.

Membership

Two new inductees—and more in training! We'd like to welcome two more "sistas" to the fold—Donna Dunn and Teresa Manuel. Donna joined us in the fall and Teresa only just a few days ago. Hopefully they are able to join us at Western Regional Convention to experience that Progress fellowship first hand. I know you'll all make them feel welcome.

Community Service

In December the Fish Creek ladies "Adopted A Family" through the Calgary Women's Emergency Shelter. Everyone had a great time as we combined our Christmas Pot Luck dinner with our Hamper wrapping and packing evening. For a small group, we had a ton of "stuff" for our family. It made our Christmas that much brighter as well as someone less fortunate!

In February we gathered at the Calgary Food Bank. As most of our club is new members, it was a first time experience for us. We'll be sure to help out there again soon.

Bon Voyage Cari!

Most of you know our Past President, Cari McLaughlan. She's taken a leave to travel the world. She left January 8, 2003 starting her journey in Peru. There is no return date at this time, but we're guessing it could be up to a year. She updates us regularly via email; sounds like she's having a great time.



Good luck Cari and have a blast. We all miss ya!

The ladies of Fish Creek would like to extend our most heartfelt thanks to those of you who helped out at our Casino in December. We couldn't have done it without you. Thanks!!!!

Calgary Bow River

Submitted by B.A. Clarke

Welcome New Members

A hearty welcome to Pat Gilmore (sponsored by Barry Kozmyk) and Troy Bowen (sponsored by Mike Warren), who recently joined the rank and file of the Bow River Boys. Pat and Troy were

formally inducted into the club in March, in separate ceremonies conducted by Alberta South Zone Governor Bruce Lyle and Western Region VP Bob Lockhart.

Feed the Hungry

Thank you to Ed Cooke, Bow River's Director of Community Service, who once again organized the annual Feed the Hungry campaign. Volunteers from Progress clubs across Calgary spent Sunday, March 2nd, serving 512 hot meals to members of the city's less-fortunate community.

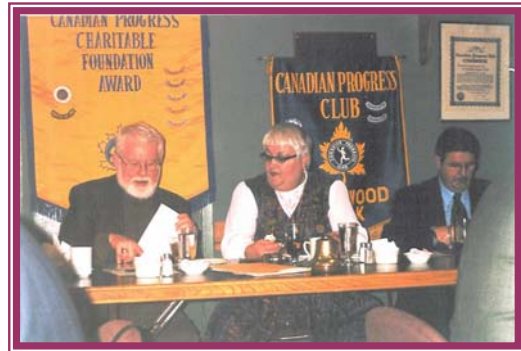
Royal Honours

"Exemplary citizens whose contributions have endured over the years" are the recipients of the Queen's Golden Jubilee 50th Anniversary medal and plaque. On March 11, Senator Nick Taylor proudly presented this esteemed award to Bow River charter member James Maxim. "It's great to be Canadian' and this feels great to me!" James said, promising to wear the medal at all formal and Progress functions. Congratulations, James!

UPDATES FROM THE ALBERTA NORTH ZONE

National President CJ MacMullin visits Alberta North

On February 17, 2003 the North Zone was honored by a visit from National President CJ MacMullin (pictured right with Zone Governor Judy Fraser and VP Western Region Bob Lockhart).



He attended the joint meeting of three clubs, Edmonton Downtown, Edmonton South and Sherwood Park. The evening was hosted by Sherwood Park and held at Broodmoor Golf Club.

During the meeting, CJ took the opportunity to induct four new members to Progress.



Shown left, from left to right, new members and their sponsors are Richard Gauthier (Randy Pollock), Bob Grainger (Keith Hook), Dean Seidler (Earl Seidler) and Arthur Warman. Already a member of Progress,

Arthur was transferring from the Edmonton Downtown Club to the Edmonton South Club.

This year, one of the main goals set by the Alberta North Zone was to increase membership. With the induction of the four new members the Zone is well on the way to meeting its target.

We take this opportunity to welcome the new members to Progress.

New Trend in the Alberta North Zone?

Last year's Progressian of the year, Drew Hook, was introduced to Progress by his father, Keith Hook, of the Edmonton Downtown club. Last month, Earl Seidler of the Edmonton South club introduced his son Dean to Progress. (Dean and Earl are pictured right.) Dean was one of the new members inducted by National President CJ MacMullin during his February visit.

It looks as though a new trend has been started in the Alberta North Zone—and why not? Sons following in their fathers' footsteps might just be the perfect model other clubs may wish to consider for increasing their own membership.



Stu Lindop: CPC Sherwood Park's True Shining Knight

On February 17, 2003, Stu Lindop, a member of CPC Sherwood Park, celebrated his 84th birthday. Stu was introduced to Progress in 1969 and his sponsor was Leo Taillier of the Edmonton Downtown club. Thus Stu has been a member of Progress for 34 years. His attendance and participation in our club's activities has always been exemplary.

He is the driving force behind an essay writing contest that uses the Progress motto "It's Great to be Canadian" as its topic. He discussed the essay contest with CJ MacMullin on the National President's recent visit to Sherwood Park. Stu would like to see the essay contest become a national activity that can help to raise the profile of Progress clubs in every province where clubs are chartered.

In the Sherwood Park community, Stu, a ten-year survivor of the same cancer that Terry Fox succumbed to, is the longest running member and staunch supporter of the Annual Terry Fox Run.

Recently he was the recipient of the Queen's Golden Jubilee Medal. The medal is a tangible and lasting way of paying tribute to persons whose achievements have benefited their fellow citizens, their community and their country. As an active Progressian, Stu has accomplished all of these things and more. We in Sherwood Park are justly proud to claim him as our true shining knight.



Alberta North Clubs—News in Brief

Edmonton Downtown

The club will host its 5th Annual Silver Toaster Bonspiel on Sunday April 6th, 2003 at the Balmoral Curling Club (6820-116th Street, Edmonton). Everyone's welcome! Contact Ron at 435-9117 or Paul at 944-2641 for more information. One new member has been added to the club and another is waiting to be inducted. Congratulations!

Edmonton South

Congratulations on the induction of two new members! The club's casino runs May 5th and 6th.

Strathcona

The club has five members and 19 friends. The friends help out but are unable to commit to becoming full members. Upcoming events include a Lobsterfest on May 31, 2003 and a casino on May 9th and 10th.

St Albert

A very successful Charity Auction was held in February and now the club is busy planning its Dawn to Dusk Golf Tournament to be held on June 21, 2003. A new member will be inducted at the next meeting. Congratulations!

Sherwood Park

The Charity Auction held in March was a great success. Planning of the Dawn to Dusk Golf Tournament set for July 18, 2003 is underway. The club is also in the process of preparing its annual Pedal Pushers Bicycle Safety Program, which runs from May 4 to June 9, 2003. One new member has been added to the club. Congratulations! Member Al Smith has been appointed as the incoming CPCF Governor. We wish him well on his appointment.

GREAT PLAINS REGION

Regina Assiniboine: Making a Difference in our Community

Submitted by Marci Brisbane

Stone Soup

On November 26th, 2002, CPC Regina Assiniboine members and guests were introduced to Leila Francis, the Executive Director of the Regina Core Community Group. It was eye opening to hear the trials and tribulations of another world that exists within our very own community. It is the Group's intention to educate and involve the neighborhood's residents in a quest to solve and overcome the problems that they face within this other world. An innovative concept that works to this end is their "Stone Soup Project." Based on the old legend "Stone Soup," with the moral of the story being that by working together, with everyone contributing what they can, a greater good can be achieved. A contribution of a single can of beans, a jar of tomatoes, a piece of meat, a carrot, a potato, etc. allows the residents to work together following a simple recipe for caring and kindness while creating food for all and a wonderful sense of community. In the spirit of "Stone Soup", the Christmas season, and that which makes us Progressions, CPC Regina Assiniboine members came together to provide a large collection of non-perishable soup ingredients to the Group.

Hearts & Flours

Another project at the Centre is "soup and bannock Fridays." To express a continuing support of the Core Group's initiatives and to help supply flour needed for making bannock, the club's February 11th meeting was designated "Hearts and Flours Night." The intention was to collect a "bouquet of flours" for Leila, her volunteers and the residents of the area. Due to the generosity of the members, more than just "some flour" went to the Group: over fifty pounds of flour, basic baking supplies of oil, salt and sugar along with supplies for muffins and cookies—used for children's programs—were delivered to the Centre on February 14th. Once again, CPC Regina Assiniboine members prove they have hearts of gold!

Chop n' Chat

Members look forward to continuing their support of another inner-city agency, by providing an ongoing supply of soup to the Carmichael Outreach Centre. This organization feeds the hungry in the core area, with the assistance of CPC Regina Assiniboine's own version of Stone Soup—the Chop N' Chat soup-making nights held at members' homes throughout the year.



(Regina Assiniboine members work together to address the continuous need for nutritious soup to feed hungry families in the core area of the city)



Regina Wascana: Daffodil Tea

*Submitted by Janey Davies
Daffodil Tea Chair*

A Touch of Spring Helps Fight Cancer and Cheer Seniors

Spring has sprung and Regina Wascana members were there to celebrate with 55 residents of the Parkside Extendicare Nursing Home. Donna Peake, Club President, stated in her opening comments how wonderful it was to be there to help bring in spring, while the sun shone and beautiful big snowflakes floated down from heaven. The snow did not dampen the spirits of the residents or the members of Regina Wascana as they helped the seniors cut and place 400 daffodils into vases. The daffodils were purchased from the Canadian Cancer Society in support of the daffodil drive. The flower arranging was followed by cake and tea and an opportunity to visit with each of the wonderful seniors who came out that day. This is the third year the Club has held the tea and we are planning to expand on this project next year to other Extendicare complexes.



Regina Centre: Progress Hall

Regina Centre Club Dedicates Training Facility

On February 12, 2003, members of the Regina and Saskatoon Progress Clubs attended a special luncheon in Regina to dedicate a new training facility for the Canadian Cancer Society.

The newly refurbished and decorated auditorium is located on the second floor of the Canadian Cancer Society Saskatchewan Division offices in downtown Regina.

Mayor Pat Fiacco, assisted by Regina Centre president Carm Carteri, unveiled two special plaques in Progress Hall to officially open the facility. Carteri then presented a ceremonial key to Al Goudie, Saskatchewan Division treasurer of CCS, turning the hall over to the Society.

The inaugural luncheon was attended by 85 invited guests including individuals and representatives of the companies who donated materials and resources to completely renovate the auditorium. “We are thrilled with this new facility,” said Keith Karasin, executive director of CCS. “We couldn’t afford to begin the task of making the necessary changes and when the Regina Centre club members agreed to assist us we were thrilled with their offer.” The total cost of the renovations and new furnishings exceeds \$35,000. Over the past year Regina Centre club members replaced the ceiling, installed new wiring, built a new wall, added paint and carpeting and a new floor, installed stained glass windows and purchased new modular furniture. The Regina Centre club played a lead role in the project and was assisted by the Regina Wascana and Regina Assiniboine clubs.

Progress Hall will be used for volunteer training programs, patient services programs and fundraising projects. The CPC clubs of Regina will utilize this new facility for their regular meetings. The upcoming Great Plains Regional meetings scheduled for May will be held in Progress Hall

For the past 15 years the Regina Centre club has supported Camp Circle O’Friends, a summer camp for children and their families who have cancer. The camp is operated by the Canadian Cancer Society. Other projects the club has supported include The Candlelighters, The Girl Guides, Ranch Erhlo, Chili for Children and inner city schools lunch programs.

CENTRAL REGION

Brampton

During the past year the Canadian Progress Club Brampton supported the Sleeping Children Around the World by matching all member donations to purchase bed kits for children living in poverty. Thanks to the generous support of all members, 68 bed kits were purchased and distributed throughout 24 different cities in Honduras and India. Each of us was rewarded with a picture of a smiling, grateful youngster who had received our gift. We intend to do the same thing at Christmas this year, and we challenge any and all other clubs to join with us in sharing the Christmas spirit and support a child who really does need a gift. This is a truly remarkable organization that has no overhead, due to a foundation started by Margaret and Murray Dryden and all-volunteer help. To date they have distributed over 650,000 bed kits around the world. For further information visit their website at www.scaw.org or contact the Brampton Club.

EASTERN REGION

CPC Halifax

The Halifax Club is in the middle of its major fundraising season, having pulled off another successful Kingsmeadow Celebrity Dinner in February and about to launch the Annual Benefit Auction this month. In addition, the club took the time to send a contingent to the Greater Moncton Women induction in January. Details, as they say, to follow, next newsletter.



Halifax-Cornwallis

Halifax-Cornwallis has been spending the past few months getting ready for Runaround, the club's 5k run/walk through Point Pleasant Park in the city's South End. Runaround has become a solid fundraiser for the club in the past few years. The participants are treated to lots of great prizes and t-shirts, and are fed and "watered" for their fundraising efforts. The club presents a cheque to each of two worthy causes at the event—a nice touch that lets participants experience the end result of their efforts for themselves. This helps create loyalty to the event.

A new event for the club this year is a live televised auction on cable TV. Carolyn Bragg has been instrumental in pulling this event together. We'll have a report on the auction next issue.

A number of club members also made it to the Greater Moncton Women's charter induction.



Entertaining Halifax Prez Doug



Halifax Cornwallis in Moncton

A good time was had, by all reports. On behalf of Halifax-Cornwallis: a great big WELCOME to the women of Moncton!

Greater Moncton Women

Greater Moncton Women are off to a great start with lots of great ideas and events planned. For the focus of our dynamic group, we really wanted to support “Women in Crisis”, therefore, we have unanimously voted the YWCA as our charity of choice. They are in great need of support and since they are a women’s resource centre, it only seemed natural. Coming up in the near future, we have a “Progress Shop” planned for April where we will be selling (with fake money) clothes to young single mothers from McNaughton Daycare. Also in May we’re working on a huge variety show to raise funds for the YWCA.”

Greater Moncton

New Club Charter

On January 17th, CPC Greater Moncton was pleased to charter a new ladies club in Moncton: CPC Greater Moncton Women. The eleven charter members took part in a ceremony attended by CJ MacMullin and a plethora of out-of-town CPC members. Over 50 people attended this event and a great time was had by all. These ladies will give everyone a run for their money for New Club of the Year!! New Members are: Dania Gaudet, Cindy Parlee, Ginny Colette, Euclida Doucette, Heather Drummond, Jennifer Drake, Kendra McGloin, Pat Sauriol-Dupuis, Sharon Kidd, Joanne Reid, Christina Winsor.

New Member Induction

CPC Greater Moncton inducted nine new members in a ceremony held in Moncton on February 7th, 2003. Jim Grant and Gord Robinson presided over the event. Another great evening for Progress in Moncton! Our new members are: Dan Surette, Scott Savoie, Pierre Leger, Jeff Power, Mike Randall, Del Dupuis, Jon Bassett, Michel Bilodeau, Mike Arsenault, Jim Sellars.

Making Soup

With the extremely cold weather this March, Moncton Progress Club got together 10-12 members and did a little home cooking at a local club, which donated its kitchen. The group was able to scrounge up the ingredients for—and made from scratch—four extra-large buckets of homemade soup for the local soup kitchens. Along with a donation of food service soup from Heinz Canada, the Moncton Progress Club was able to donate approximately 750 x 8 oz servings of soup to the local kitchens. This event took a total of a few hours in one evening but touched a lot of people anonymously who really are feeling the pinch of our winter and economy. We will now do this on a regular basis. Every one to two months, members will take turns churning out a batch of fresh soup.

Celebrate Kids

A Fun Day / Fund Raiser in support of MacNaughton Youth Parenting Center (supports teen mothers to continue their education while maintaining a stable, caring environment for their children) will take place on April 27, 2003. We have partnered with McDonalds Restaurants of Greater Moncton and Shediac and Crystal Palace (Indoor Amusement Park) to offer a "FUN PASS" for \$12, which includes a Kids Happy Meal and a Full Day Ride Bracelet (Crystal Palace). Value is approx.\$17-\$18. Both of these partners have made the math work so that from every \$12 pass sold, Moncton Progress Club will retain \$6 (50% of Cost) as proceeds. There will be (in addition to all that Crystal Palace offers): professional face painting; arts/crafts tables allowing children to make crafts; 8 student actors in costume that will mingle and do skits

and improves with kids; three kids' music shows by East Coast Music Award Nominee Art Richard; the Yellow School Bus, Mascots, and more. We will SELL ONLY 2000 TICKETS to this event. The campaign to sell tickets/passes commences on March 31, 2003 with tickets available at all Moncton/Shediac area McDonalds Restaurants. THIS IS ABOUT KIDS HAVING A DAY FOR FUN!

Third Annual Putt & Pork Golf Tournament

Booked for June 19, 2003 at Memramcook Golf & Country Club. Last Year we sold out EARLY!!! Everyone there commented that this was one of the BEST TOURNAMENTS they had attended. Complete with a full slate of hole prizes, gift packs, the SUBWAY MILLION DOLLAR Hole in One Shoot Out, auction items and door prizes right down to our Patented Pig Roast for the end of day meal—everyone left with at least a good time, maybe some prizes and a full stomach. In the end Moncton Headstart benefited with over \$10,000.

Pictou County

The Pictou County Progress Club is busy planning a “Chair Affair—Chair-ity Event and Fashion Show” to be held on May 15th at Glasgow Square. The idea behind this fundraiser is to sell an unfinished Adirondack Chair to a local business. They decorate the chair and donate it back to Progress. We will display them for 2 weeks prior to May 15 and sell them at a silent auction during the Fashion Show in May. We are confident that this will be a successful event that will benefit the mentoring program for Big Sisters & Big Brothers and we hope to recruit some new members.



Progress entered two teams in the annual **Curl for Cancer Event** on Feb 21. It was a great time and the event raised \$83,000 in one evening! PCPC has also entered a team in a “Jeopardy ” fundraiser to be held in March and proceeds will help a local charity. That’s the news from Pictou County!

WHAT’S NEW IN NEWFOUNDLAND & LABRADOR

In the Spirit of Progress

*Submitted by Crystal Eagan
Zone Governor*

On the weekend of March 14th and 15th, a group of Progressians descended upon Corner Brook, in spite of a winter storm and cancelled flights. We gathered to honor the memory of Jim Penney, president of Corner Brook, who recently lost his battle with cancer.

On Friday evening there was a Meet and Greet, hosted by the St. John’s Progress Club. It acted as a warm up to Saturday night’s activities, a chance to renew old friendships, meet new Progress members from across the province, lend support to the Corner Brook Club and more

importantly, honor the memory of Jim Penney, who gave so much of his life to Progress and it's cause. In attendance were Mary Penney, Jim's wife, Calvin and Keith Penney, Jim's brothers and their wives, CJ MacMullin, National President, Rosalie Courage, National Vice-President Eastern Region, past National Presidents, Gus Crane and Chris Marsh, myself, Zone Governor for Newfoundland and Labrador and a host of fellow Progressions from around the province.

In the true spirit of Progress, the night offered speeches, presentations to Mary Penney, the Cancer Society and the Newfoundland Cancer Treatment & Research Foundation, some comic relief, enjoyable music, and a wonderful meal. CPC Halifax provided entertainment. It truly was one of those many times when I was proud to be a member of the Canadian Progress Club.



Thanks to those clubs who offered their assistance financially, to the Mamateek Hotel and Air Labrador for their donations and to the Blowmidon Golf Course for a fine night. And, finally, a very special thank you to Bob Mercer in Corner Brook. He stepped up to the plate in the first inning and stayed to the end when “the fat lady sang”.

CONVENTION 2003

Sherbrooke 2003
Where rivers flow
and imagination overflows



September 17th – 21st, 2003 Sherbrooke, Quebec

For more information about next year's National Convention, visit CPC Sherbrooke's website at www.cpcsherbrooke.com. Registration forms are available on-line. Don't delay—register today!

The Road to Sherbrooke

*Submitted Brenda Mahoney
National Director of Education*

French 101

In the spirit of fellowship and fun and “to show by leadership and example the pride of being a Canadian”, there will be a quick and easy French lesson in each of The Progressions published prior to the National Convention in Sherbrooke. A few standard pleasantries will be provided to assist you during the day as well as a few “lines” to assist you with the fun and frolic at the hospitality suites. The format is simple. The English version is presented first, then the French

version and finally the phrase is presented phonetically. Good luck or as they say in Quebec “Bonne chance!”

ENGLISH	FRENCH	PHONETICS
Hello	Bonjour	Bone joor [soft j]
Good Morning	Bonjour	
Good Afternoon	Bonjour	
Good Evening	Bonsoir	Bone swar
Good Night	Bonne nuit	Bone nwee
Goodbye	Au revoir	O re vvoir
Please	S’il vous plait	Sill voo play
Thank you	Merci	Mare sea
You’re welcome	De rien	De ree en
Do you speak French?	Parlez vous Francais?	Parlay voo Fransay?
One beer please	Une biere, s’il vous plait	Oon bee air, sill voo play
Where is the bathroom?	Ou est la sale de bains?	Oo ay la sal de ban?

THE LAST WORD

A big THANK YOU to all clubs submitting articles for this issue. The response this time around was overwhelming. All articles are of great interest and of equal importance. I apologize if I have missed any. I hope that every club member across the country will take the time to read what you have contributed.

Future articles for the printable version should be kept to a maximum of 150 words, with one picture per article. Keep that news rollin’ !!!!!

-Editor Brenda



The Progression is the official publication of the Canadian Progress Club National. It is published expressly to inform, educate and involve Progressions in the Association’s service activities, programs and policies. Opinions [and content] expressed in articles are those of the writer and not necessarily those of the Canadian Progress Club National office or staff. The Canadian Progress Club is an all-Canadian Service Club devoted to aiding and assisting those in need and servicing the best interests of the community. Material for publication in the Progression should be sent to the editor.

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