



# The Progression

VOLUME 2 NUMBER 5

NOVEMBER/DECEMBER 2003



## Sherbrooke bound



## From the Editor's Desk

### Editor, The Progression Director of Communication Sharon Ward

It wasn't too long ago that I decided to simplify my life a bit, slow down to a lower gear, stop and smell the proverbial roses. That decision lasted a couple of weeks. In fact, I have found myself busier than ever, and not the least of it is because I volunteered to become your new Editor. It's labourious, but it's a labour of love.

I'd like to express a heartfelt thank-you to past editor Brenda McBain for carrying the torch so well, and to our webmaster, Barb Clarke, for taking us into cyberspace.

My approach to this newsletter is to bring you a more condensed, simplified publication, which I hope to wrestle into an average of 8 pages per issue. The National Convention has demanded more space, so what you see here is 10 pages. The new look is a work in progress, and I hope you will see improvements with each issue.

The object of this simplification is to produce a publication that can be utilized by both internet users and those club members who would prefer a hard copy. That is why I am encouraging club presidents to print a copy and distribute it to their membership. We need to communicate, and that means reaching every member.

The style that Brenda McBain initiated, with reporters from the various regions sending her club overviews, is brilliant, and I plan to continue the practice. I want to thank everyone who has submitted to this newsletter. I know how much work it is, but the effort is worth it! Not every club will be represented in every issue, but it is my hope that we touch on as many as possible over the year.

This communication business is a two-way street. There are folks in this club who have a message to share with all of you. And they want to hear what is on your mind as well. I encourage anyone who has a query or comment to write a letter. I'd like to

eventually see a page or more of letters and answers. To me, that represents the heart of a publication. Be specific or be general, but engage. This is your newsletter.

For those of you who didn't get to convention, the front page represents a taste of the energy and excitement that was in Sherbrooke. You'll notice that some of our members are wearing historic (not to mention hysterical) costumes. If you are wondering, the guys in the pink tutus were part of the "official" entertainment.

Those of us who were lucky enough to attend convention experienced an event that was second to none. To the members of the Sherbrooke Club, congratulations and merci for your outstanding hospitality! Exciting news for the Eastern Region is that Sherbrooke has officially become a part of this group. Bienvenue!

It's been a year since the four National Director positions were created. This publication is available to them as a vehicle to inform and enlighten the general membership as to what is being delivered. As Editor/Director of Communication, this column is more than sufficient for me to bring my message to you, which is why you won't find it in with the other Directors' messages.

The national database which Adrian Lomas and Terry Clarke have worked so hard to bring to us is important to the club nationally, regionally and locally, and I urge those of you assigned to get club information into the system to do so now. This is a valuable tool that we cannot afford to waste. Bear in mind that for the most part, this is an internal program with only very limited access to anyone outside the club.

Let's make this newsletter work for us—connect with other regions—share our stories and ideas. Let's get to know each other better and become a stronger voice—together. —Ed.

## Progress Loses a Friend and Inspiration

Ann Schulman, BScN, O.C.

passed away April 23, 2003 after a heroic struggle with cancer. Ann was a friend to all members of Regina Centre. She was a tower of strength and made a valuable positive difference in the lives of thousands of people from all walks of life. Ann's influence extended far beyond Saskatoon or even Saskatchewan. Ann was involved with no less than a dozen different national organizations and committees. She was never just a member of any board; in fact she was most often the chair or co-chair. Ann traveled with the National swim team as the team manager to almost every international competition since the early 1980's. Ann was the founder, creator, visionary, caregiver, and logistics person for Camp Circle O'Friends (CCOF), a summer camp for children fighting cancer and their siblings. This camp has provided a camping experience not otherwise available to over 2000 campers in the past 16 years. This camp has been a life changing experience for many campers some of whom attended camp and now have returned as counselors.

CPC - Regina Centre started to support CCOF over 15 years ago in part due to Ann's charismatic leadership and magnetic personality. It was my great honour and pleasure to introduce her as the recipient of the last Canadian for Progress award at the national convention in 1996 in Banff. In

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## The Progression



November/December 2003  
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### National President 2003-2004 Wolfgang Juchem

Well, it's been close to two months since our fabulous convention in Sherbrooke. For those of you that managed to attend, I am sure that you have had many great stories to tell. From cart racing, the sugar shack, the great live performances at the old Sherbrooke Theatre, and to the always wonderful Presidents Ball, our members in Sherbrooke outdid themselves with their planning, dedication and their sheer enthusiasm to ensure the Sherbrooke 2003 was one of the best conventions ever. Well done, Sherbrooke.

Several members of your National Board and myself had the opportunity to travel to Edmonton and St Albert to attend a great fundraiser for the St Albert Club. We also had the chance to meet with the organizing committee of the Edmonton 2004 Convention. Rest assured that the members have convention plans well in hand and are relying on another strong turnout from members to make next year's event a great success. That is where you and I come in. All of the efforts and planning really won't mean a thing without strong attendance. I ask that all of you who are thinking of coming to Edmonton, to register early. If you are not planning on attending, make sure that you encourage and remind others in your club to make Edmonton a highlight of this upcoming Progress year.

It has been a year since we launched the National Supply House. The transition to a central source of Progress material has not been without it's trials and tribulations. Brian at Star Silk has done an admirable job at trying to provide the services that you have requested. At his suggestions we are now exploring other options, like regionalizing some of the items you clubs require. You will hear more about this in the coming couple of months.

At the request of one of the ladies clubs in Calgary, we are trying a little something different. The ladies at

Calgary Fish Creek are planning a large new members drive this month. As none of the members live anywhere near Fish Creek, and the fact they are looking to redefine who they are, they have asked your Board to officially approve a name change for their club. As of November 26th they will officially become the Canadian Progress Club Calgary Wild Rose. This is not a re-charter. They do not presently have the strength to qualify to be re-chartered, but it is our feeling if a name change can give the club and it's new members a chance at revitalization, we should not stand in their way. It's an experiment that was worth trying. We'll be monitoring their progress.

Hopefully each club has had a chance to start to input their member information into our new website database. At the request of our membership, we have committed significant national dollars into this project. We need everyone's help to ensure that the funds were well spent.

With the Christmas Season fast approaching, think of your Progress Pin as your best recruitment tool. There will be plenty of opportunities for each and every one of us to wear our pins and as an icebreaker tell people about Progress. In the spirit of this festive season, it is great to hear about wonderful things that you are doing.

Our next National Board Meeting is scheduled for the end of January in Toronto. It's a great opportunity for us to show our support for the momentum that is building in the Central Region. We hope to meet as many members as possible during our stay. That trip will also be the beginning of my planned travels to various parts of the country to meet members and promote Progress. I look forward to meeting with many of you.

Have a wonderful Holiday Season.



### Immediate Past National President CJ MacMullin



It is hard to believe that it has been 2 months since our National Convention in Sherbrooke. And a convention it was! True to their word, our fellow Progressians in Sherbrooke hosted a truly unforgettable convention that was packed with spectacular activities from start to finish. On behalf of all the delegates, I would like to thank all the members of Sherbrooke, and their volunteers, for their outstanding hospitality that was second to none. Also, ending my year serving as your National President, made this convention very special to me as well. My personal thanks to everyone for the support and kind thoughts. Also, my sincere thanks for the beautiful print to remember my year, and the Eastern Townships, where I finished my term. It will be hung in a prominent place in our home as a constant reminder of the very special honour you bestowed on me.



Also, unique was the calendar/card which was quite special. As promised, it is my intention to contact everyone on their special day throughout the year. (I just hope I can decipher some of the more challenging signatures.)

I would also like to congratulate all of the award nominees for their achievements over the past year, for through them, Progress was the real

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### Past President CJ

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winner. To the award winners, I offer my sincere congratulations for your singular achievement. Of particular note, congratulations to Calgary Bow River in winning the President's Award. To a club who has won this honour many times over through out the years, they continue to set the bar high. To Greater Moncton Area, who in two short years are quickly making a huge impact within their community, and Progress. Winning several important awards this year, including Best New Club, they clearly have their eyes set on the National President's award through major accomplishments in their community. To Mike Graham, 2003 Progressian of the Year, a most deserving progression for this honour. And finally, to Bill Sornberger, PNP, for his induction into the Progress Hall of Fame. Bill's contributions, over the years, on a national, regional, and club basis make him truly deserving of this recognition.

As I look forward to the coming year, I would like to wish all the club presidents a most successful and satisfying year. During the National Convention each year, there is a meeting of all the Past National Presidents at the convention. As you know, every Past National President is a member for life, and is expected to act in an advisory capacity, not only to the National Board, but also to the Regions and individual clubs. There is a wealth of knowledge and experience with our Past National Presidents, and I encourage you to reach out for their help and guidance. They can also be used to induct new members, and can bring to the ceremony a higher degree of importance when conducted with the Zone Governor, and other regional officers. I encourage you to reach out for their guidance and help. A list of the Past National Presidents is being updated for your use.

I look forward to the coming year, and hope to see all of you, if not in the regions, then at next year's National Convention in Edmonton.

### Juanita Soutar President Elect



Hello, fellow Progressians! We're now well into another Progress year and another wonderful National Convention has come and gone. Congratulations and a huge thank you to the members of the Sherbrooke Progress Club for your hard work, hospitality and memories. Everything—from the opening night's cart races to the fabulous 6-course meal at the President's Ball—was absolutely amazing!

As your President Elect, I have set two goals for this year, and I'm asking for your assistance with both of them.

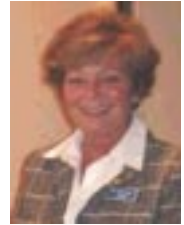
Not all of our clubs struggle with membership recruitment and retention, and there are some clubs that have put some interesting and effective membership programs in place. As I mentioned at the AGM in Sherbrooke, my first goal is to set up a Membership Resource Centre on our [www.progressclub.ca](http://www.progressclub.ca) website, which will include information and ideas to help our clubs with membership recruitment and retention. I would like to compile your ideas of what has worked, such as details about your successful new member nights, solicitation letter templates, advertising and promotions, mentorship programs, members' "bonding" social events, and other methods your club uses to attract and retain members. Please send your information to me in Word or PDF format by e-mail at [Juanita.Soutar@td.com](mailto:Juanita.Soutar@td.com).

The second goal is to start working on updating the Blue Book. Now that our new National By-laws have been approved by the membership, a number of the policies and procedures contained in the Blue Book need to be updated to reflect not only the by-law changes, but to also bring them up to date to the 21st century. This is a huge task, and as with the by-law updating project, is best

served with the input and assistance of a number of our members. So, I'm asking for about 10 volunteers to help with this project—please let me know if you're interested. You can contact me via the e-mail address above or by phone at 416-529-3250.

I wish you and your families the very best for the holiday season and a happy, healthy and prosperous new year.

### Canadian Progress Charitable Foundation Janey Davis Chair



Well, we are well underway into a new Progress year and what a kickoff it was. Once again convention was a huge success that covered all areas. It was a success again because of you, the members, and your very generous donations to the silent auction, and of course purchasing the items, attending the luncheon and most particularly your purchase of pins at convention. Thank you so very much for your continued support.

A very special thank-you to the Sherbrooke Club for putting on a terrific convention. Every aspect of the weekend was outstanding, even if I could not even come close to competing with those Alberta racecar drivers. The food, entertainment, hospitality rooms and just everything were outstanding.

A special thanks to the National Directors, National VP's, and of course the National President for your hard work over the past year. I know how difficult it is to juggle your volunteer work around your real lives of work, family and when you find time, leisure time and fun. Welcome Carmel to your first convention and thank you so much for the outstanding job you did.

I am extremely grateful to the Governors of the Foundation for their dedication and hard work over the 5 long days and nights of meetings, setting up and working the silent

auction room, luncheon, seminar and pin/banner sales and presentations. You all are truly wonderful, caring, dedicated individuals that I'm very proud to be associated with.

We welcome to the fold, Al Smith from Edmonton, Michelle Seddon, from Toronto, Peter Billiard from St. John's, Dani Hargarten from Saskatoon and our new treasurer, Jackie McKeowen. I look forward to a great year of organizing and preparing for the future of CPCF.

In closing, I would like to remind you of the three terrific presentations we had from the Active Living Alliance for Canadians with a Disability, Canadian Paraplegic Association and Special Olympics Canada and to ask you to be prepared to review and discuss the information on each organization that you will be receiving in the early new year. This information will help the members with their decision on the post million-dollar charity we will be supporting.

### Director of Education Brenda Mahoney

I am very happy to report that we had a very successful convention in regard to education. All seminars/workshops were well attended and well received. Many new ideas and much enthusiasm were expressed as a result. The following workshops were presented at the 2003 National Convention.

#### National Communication Management System

The national website is being taken to a new level of functionality. Progress members will now be able to communicate more effectively and efficiently across the country. Adrian Lomas and Terry Clarke invite all members to see how "Progress" has moved into the new millennium.

#### How to Create a Sales Team

Brenda Mahoney, National Director of Education and Momentum Marketing, has an effective step-by-step process to assist you in

developing a great sales team within your club. Not everyone gets excited about sales but after this workshop, everyone will be excited about being part of the sales team.

#### The Wayne and Brucester Show (How to Grow or Charter a Club)

This is a must for clubs are interested in growing or are considering chartering a new club. Wayne Bamford and Bruce Lyle, long-time Progressians, have a fun, informative presentation that touches on key elements for successfully growing or chartering clubs.

#### National Communication Management System Workshop

This is a hands-on workshop for club administrators. One person from each club needs to attend this workshop. Adrian and Terry will walk you through the "workings" of the new system while on-line.

#### New Officers Seminar

This is a great opportunity for new Club Presidents and Vice Presidents as well as other new board members to learn something of the importance of your role on your club boards. Sharon Milton, past Education Chair, and Bill Sornberger, past National President, have teamed up to provide invaluable information for new officers.

If you have any questions or would like more detailed information on any of the above, please contact Brenda Mahoney ([momentn@telus.net](mailto:momentn@telus.net)).

### Director of Public Relations Karen Cooke

#### New Brochures & Signage

The new brochures, presented at the National Convention in Sherbrooke, are making their way to clubs across the country. If you require additional brochures they are available from the national office in Toronto or from



Karen Cooke, National Director of Public Relations, [kcooke@netcom.ca](mailto:kcooke@netcom.ca) in Calgary. The first 100 brochures are supplied to each club at no charge. Any additional brochures are available in lots of 100 at a cost of \$35.00 plus shipping.

The signage for a table top display unit, as presented in Sherbrooke, is available from Unicom Graphics in Calgary. Email your request to [maureen@unicomgraphics.com](mailto:maureen@unicomgraphics.com). They will require the email address of a printer in your area. They will email the file to your printer who will then produce it for you. Hopefully, many clubs have a relationship with a printer, and will be able to have the signage printed for a reasonable cost—if any!

I am still interested in seeing any collateral clubs produce with the CPC logo. Sent it along to me via email or regular post.

It sounds as though many of you are very busy this fall with a wide variety of events. I hope you find our new brochures to be a useful selling tool to anyone and everyone interested in the Canadian Progress Club.

### Director Member Services Glenn A. Montgomery



#### 2003 National Awards Program

Fellow Progressians, your National Awards Program takes an incredible amount of man-hours and I would like to thank a number of our fellow Progressians that made my job as your National Awards Chairman so much easier. They include: Past National President Jean Scott and Donna Peake, my two predecessors in this portfolio, for their continuing contribution towards streamlining this program; Carmel Kinder, who came in mid-term: I thank her for her dedication, inspiration and most importantly her patience; the judges: Garry Zurowski, Rosalie Courage,

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### Glenn Montgomery

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Roy Urbach, Al Gordon, Juanita Soutar, Bob Lockhart, Wolfgang Juchem, Orpha Campbell, Paul Hoganson, Penny O'Rourke, Jean Scott, Bill Sornberger, Ronnie Zurowski and Drew Hooke, who made my job more of a facilitator and sometimes part-time referee; Janey Davis and the Charitable Foundation for their continued financial support of the Community Service Award. Finally I would like to acknowledge the clubs and the individual members who honoured not only Progress but also their communities for the incredible effort and quality of workmanship put forth in this year's submissions. For those clubs whose names do appear here we look forward to seeing your club highlighted in Edmonton in 2004.

Those outstanding clubs are:

**St John's**

**Halifax-Cornwallis**

**Halifax**

**Greater Moncton**

**Durham**

**Toronto Trillium**

**Richmond Hill**

**Saskatoon Meewasin**

**Saskatoon Downtown**

**Regina Assiniboine**

**Regina Centre**

**Edmonton Downtown**

**Calgary Bow River**

**Calgary City Centre**

**Calgary Uptown**

**Calgary North**

**Calgary Downtown**

**Calgary Eves**

**Stampede City**

Keep up the Great Work!

## National Awards 2003

### Individual Awards

#### 1. Mentor Award Eastern Region

Halifax  
Doug Baker



**Mentor Awards, Halifax**

Dean Powell  
Dave O'Connor  
Chris Himmelman  
Ken Robinson  
Greg Cole  
Geoff Ralph  
Paul Stulac

#### Central Region

Karen Mrkonjic  
Barbara Bone  
Mary Kutarna  
Karen Brannon



**Mentor Awards Central Region**

Virginia Tamblyn  
Ken Robertson  
Gary Kisil  
John Goddard  
Luke Feetham

#### Great Plains

Debra Montanini  
Val Rankin  
Brenda McBain

#### Western Region

Gary McCowan  
Jackie McKeown  
Mike Graham



**Mentor Awards Western Region  
Mike Graham, Jackie McKeown**

#### 2. Outstanding Governors

Juanita Soutar  
Bruce Lyle



**Outstanding Governors  
Bruce Lyle, Juanita Soutar**

# National Awards 2003

## 3. Outstanding Presidents



### Outstanding Club Presidents

#### Eastern Region

Halifax-Doug Baker  
Halifax-Cornwallis-Cynthia Fox

#### Central Region

Toronto Trillium-Mary Kutarna  
Brampton-John Holmes

#### Great Plains Region

Saskatoon Meewasin-Joyce McRoberts  
Regina Assiniboine-Debra Montanini  
Regina Wascana-Donna Peake

#### Western Region

Calgary City Centre- Janet Chafe  
Calgary Fish Creek-Susan Deguistie  
Greater Vancouver-Ken Thorhaug

## 3. Mercury Award Winners

Ailene Lockhart-Calgary Eves  
Kerri Johns-Calgary Eves  
Dwayne Austin-Calgary North  
Gord Mair-Calgary North



**Mercury Award Winners**  
Gord Mair, Ailene Lockhart,  
Dwayne Austin

## 5. Diamond Mercury Award Winners

Janet Roach-Calgary Eves  
Carolyn Krahn-Calgary Eves  
Bob Lockhart-Calgary North



**Diamond Mercury Award Winners**  
Bob Lockhart Carolyn Krahn

## 6. Progression of the Year Mike Graham

## 7. Hall of Fame Bill Sornberger

### Club Awards

#### 1. Attendance Award

Calgary City Centre

#### 2. Communication

Halifax



**National Communication Award**  
President Doug Baker, Halifax

## 3. Community Service

Calgary North



**Community Service Award**  
Winners, Calgary North

## 4. Fellowship

Calgary Bow River

## 5. Membership

Greater Moncton

## 6. Publicity

Calgary City Centre  
Stampede City  
Calgary Bow River  
Calgary Downtown  
Regina Wascana  
Halifax

## 7. Ways and Means

Stampede City

## 8. Outstanding New Club

Greater Moncton

## 9. Outstanding Club Award

Calgary City Centre  
Stampede City  
Calgary Downtown  
Calgary Bow River  
Regina Assinibone  
Regina Wascana  
Halifax  
Greater Moncton

## 10. National President's Award

**Calgary**  
**Bow River**

## Club Roundup—Reports from Across the Country

### Eastern Region

#### *Crystal Egan* St. John's

The St. John's Men's club are as strong as ever. So far this year they have held several events including their Lobster Fest, Beach Party and Halloween Party. The men are planning their annual Reg Sheppard Draw and Christmas Party as well as the Christmas Turkey Project.

#### Quidi Vidi

Quidi Vidi Women's club have been meeting regularly and are planning their new members night. They are in the process of choosing a new local charity for the next couple of years and addressing low membership. Their main objective this year is to try to increase public awareness about the Canadian Progress Club and increase membership.

#### Greater Moncton Men



Greater Moncton started off this year on a positive note. With the club's finest representatives, Graham, Bill, Todd, Gordie, Jim, Randy, and Garn attending the National Convention this year, we were not disappointed with the news brought home.

Moncton's representatives humbly accepted awards for New Club of the Year, President of the Year (Gord Robinson, left), Best Regional Club, and a National Membership Award.



The Club membership is now hovering around the 40-member mark with

new additions Troy Myers, Mark Pinet, Tim Martin, Fred Paquet, and Dave Deighton.

The club has initiated some unique and worthwhile projects:

1. Thanks Giving: Delivery of 30 turkey dinners to appreciative Moncton families.
2. Scott and his soup team once again produced 700 bowls of soup for "Mobile One" soup kitchen bus.
3. In conjunction with the "Kids in the Pedway" event, the club will be putting a float in the Santa Claus parade as well as holding the first annual "Antler Breakfast" with hopes of serving up over 500 breakfasts while raising funds for a number of worthwhile causes.

#### Pictou County

##### *Debbie VanSickle*

We are planning our second "Chair Affair and Fashion Show". Committees are being formed and we are currently lining up sponsors. We held a social evening when we returned from our national convention and reported to our membership on workshops and items of note from the convention. We purchased the VHS tape from Sherbrooke to show our members and also showed them the promo tape for Edmonton. We are hoping to introduce a few new Pictou County girls to convention 2004! We had a lot of pictures for all to view.

Our club received an honorable mention from The Chamber of Commerce Achievement Awards for our service and dedication to our community.

A cheque for \$7000.00 was presented to Big Brothers Big Sisters In School Mentoring Program from our club and they were thrilled to receive the donation. Preparations are under way for our Christmas social in December, and we have some new members to induct early in 2004.

#### Halifax-Cornwallis

Halifax-Cornwallis held our 14th successful Annual Women of Excellence Awards in October. With over 500 in attendance, 6 women were honoured for outstanding achieve-

ment in their respective fields.

The club is currently engaged in creating a comprehensive sponsorship package to enlist long term partners for our events. A concerted effort is being planned for the New Year to raise the profile of the club in the area with the help of the local community college's public relations classes. Details will be shared.

The second Annual Classic New Year's Eve event is under way, with Cape Breton legend Sam Moon lined up to provide rockin' entertainment. The event was oversold last year and we are hoping for an encore response.

### Central Region

#### *Renate Thompson*

The new 2003-2004 season had a great start in the Central Region by all 10 clubs being in attendance at the National Convention in Sherbrooke. Our hats off to Sherbrooke for the outstanding job they did. Many of us from Ontario thought it might have been better to jog home after all that wonderful food.

Congratulations to all the clubs for their nomination submissions for this year's National Awards. Mentor awards were given to Gary Kisil, Ken Robertson, Karen Brannon and Virginia Tamblin from Brampton as well as Mary Kutarna, Barbara Bone and Karen Mrkonjic from Toronto Trillium. Outstanding club Presidents award went to John Holman of Brampton and Mary Kutarna of Toronto Trillium. Hats off to Bill Sornberger being inducted into the Hall of Fame.

The Region is proud that Juanita Soutar is this year's National President elect. Congratulations to Gary Kisil as the new NVP of Central Region.

On October 25, Roy Urbach and John Holman, both zone governors held a joint zone meeting. The energy of the convention carried through again, with all clubs attending. The writer heard it was a great meeting, she is sorry she missed it.

Euchre is running rampant in Ontario. The Durham Region Women hosted a fun tournament with

## Club Roundup—Reports from Around the Country

over 80 players participating, a fabulous night. Some of the new members did the cooking what a great meal, it was hard to concentrate on the cards with the smell of the Spanish rice. Not to be outdone, Brampton followed to the Durham Region Women's format and had an equally successful night.

The Christmas season is coming upon us and it starts with the Brampton's Santa Claus Parade, followed by the Durham Region Women's Christmas Festival Schedule from Tree Lighting to Jams, Toronto Trillium Bingo Bowling and a clothing drive for the Red Door Shelter, and Collingwood's Magic Show.

The end of January will have the National Board meeting in Toronto, and Brampton will host the President's Ball on the Saturday night. Dave Astil from Collingwood will provide the entertainment for the evening. We are hoping everyone can come out and have a great time.

### Great Plains

#### Saskatoon Meewasin

##### Debbie Kobelsky

The annual New Members Night hosted by the Saskatoon Meewasin Club took place Wednesday October 22 at the Delta Bessborough Hotel. Thanks to members for inviting and encouraging guests to come out and to Lyle Rogne, National VP for the Great Plains Region, in attendance to induct the Great Plain Region Zone Governor, Brenda McBain into office.

Attendance pins were given out and Special Congratulations goes to Marian Zuk for receiving her 100% attendance award for the 17th consecutive year.

Bree Phillips, a Special Olympic Athlete, and 2003 Saskatchewan "Female Athlete of the Year", brought greetings from Saskatoon Special Olympics, one of our charities.

Florence Graham from the Hope Cancer Centre also attended and gave an informative presentation of the work done by the Hope Cancer Centre.



Great Plains conventioners in Sherbrooke.

#### Regina Assiniboine

Fun, fellowship and the true spirit of Progress prevailed at National Convention 2003. The Sherbrooke Club can be proud of their success, as can all members of Progress; together we are all winners! Congratulations to Debra Montanini: Outstanding President; Val Rankin: Mentor Award; Judy Lyons: Mentor Award and all members of CPC Regina Assiniboine—an Outstanding Club. Highlights of the convention included the marvelous dinner theater and The President's Ball, where Regina Centre's "Camp Circle 'O Friends" video evoked a standing ovation. Cheers to all! 'Til Edmonton- Merci et Bonne Chance!

Congratulations to Pat Dell, Jeanne Martinson and Pauline Relkey on a very successful "First Annual Diva's Night Out" held at Casino Regina on October 2nd. Over \$6000 was raised in support of the Isabel Johnson Shelter of the YWCA.

The first installment of Creativity & Culture took place on the warm afternoon of Tuesday, October 7.

Leila Francis, director of the Core Community, welcomed us into the facility to share an hour with 22 children from the area.

The after-school event will take the children on a virtual nine-week trip through the Canadian provinces.

Thanks to all who have made this wonderful opportunity happen by contributing to our Steak Night Sales; to Christine Pirlot of Brennan Educational Supply for the assortment of craft supplies, and to Marci Brisbane, whose organizational skills are outmatched only by her creativity and teaching ability.

#### Saskatoon Downtown

##### Claude Marcotte

October Events: Saskatoon Downtown held a new members drive in October. We hope to have the results of that in the next Progression.

October 4: the club re-installed the hockey rink at St. Michael's school.

October 24: Fall Comedy Night

Upcoming events: Boys Lunch Out on Dec 05, 2003. Spring Comedy Night in April, 2004. We will be discussing the date for the Regional 2004 Spring Convention with the Meewasin Club. We will once again be planning a Pool night with the Meewasin Club in November.

#### Progress Loses a Friend

(continued from page 2)

that address I described Ann as the irresistible force that could move the immovable object.

Ann became the Executive Director of the Saskatchewan Institute on Prevention of Handicaps in 1987 and led that organization until her illness. Under her direction, the Institute excelled professionally gaining national status. As testament to Ann's ability and involvement she was the recipient of many accolades, in addition to the Canadian for Progress Award, Sask. Sport-Volunteer of the Year, President's Award from Swim Canada, the Award of Achievement from the University of Saskatchewan's Alumni Association, and her recently announced induction to the Saskatchewan Sports Hall of Fame. The most prestigious recognition of her years of contribution and the difference she made to our country was her being honored as an Officer of the Order of Canada.

Our club continues its work with CCOF and we commit to re-double our efforts to ensure that Ann's vision of providing this rite of passage is afforded to all children affected by Cancer.

We are saddened by Ann's passing, but we celebrate her life, love and spirit.

Mauro Montanini, Regina Centre

## Club Roundup—Reports from Across the Country

### Western Region

#### Edmonton North Zone Convention News

We are busy meeting and planning a fantastic convention for our fellow progressions to come to and enjoy. The venue is the world famous West Edmonton Mall home of one of the largest indoor beach, a full size copy of one of Christopher Columbus's ships and much, more. We have booked one of the finest golf courses in Alberta - The Ranch, so get your golf clubs ready and plan to come to Alberta. Remember register early and you save.

#### From the Zone

Once again a drive to increase membership will be the focus of the clubs in the North Zone. Another feature this year is an attempt to increase inter-club participation in each other's social and fundraising activities. This is in addition to the preparations for the National Convention that the zone is hosting from 29, September to October 2, 2004.

#### Edmonton Down Town

The Edmonton Club is repeating their membership drive strategy that was successfully initiated last year. The essentials of the method is as follows: A covering letter outlining the history of the club and what progress is all about is mailed to a sample of companies selected through the chamber of commerce. A follow-up phone call is then made, within two weeks, to the CEO of the company asking him to appoint an employee as representative to attend a wine and cheese (membership drive) party. At the party the virtues of progress are presented using and attendees are invited to join.

Last year 20 to 25 letters were mailed out and eight new members were recruited. The Downtown club would like to invite other clubs to try their strategy and to let them know how it worked for them as a recruiting tool.

#### Sherwood Park

The Sherwood Park Club successfully

staged our 4th Annual Dawn to Dusk Golf tournament at the Legends Golf and Country - Home of the Canadian Hickory Championship Club- and raised approximately \$ 12,000 for our charities.

The club will pursue a very aggressive membership drive as we lost 7 members due to retirement and or career changes.

On Monday 6, October 2003 the Canadian Progress Club Sherwood Park inducted Barry Fraser as a new member their Club.



**Randy is shown in the middle with his sponsor Terry Fikowski and the Alberta North Zone Governor Judy Fraser**

#### St. Albert

The St. Albert Club also staged a Dawn to Dusk Golf Tournament at the Sandpiper Golf Course on June 20, 2003. Although light showers occurred the golfers had a good time and the club successfully raised \$25,000 for their charities. Thanks go out to Mark Regamey for chairing the tournament.

On 25, October the club held its second annual Halloween Diner and Dance. This year they featured the legendary rock band the "NO-MADS". Their 341 guests enjoyed themselves and helped the club raise just over \$18,000. Thanks go out to Don Tougas for organizing the event.

#### Edmonton Strathcona

This club struggles to survive and will make a concerted effort this year to recruit new members.

Although their membership is low the club soldiers on and raised \$75,000 at their last casino for their many charities.

#### Calgary North

Calgary North annual Christmas

charity drive, Helping Hands, benefits the Calgary Drop-In Centre and The Salvation Army. Calgary North is partnering with Mark's Work Warehouse along with the new JACK FM and the Fan 960.

Helping Hands will be accepting items that will benefit the Calgary Drop-In Centre and The Salvation Army Community and Family Services. Helping Hands will be looking for donations of specific items that can be utilized by both of these charities as well as cash donations which will be split equally between the two charities. Cash donations can be made at any Canadian Western Bank in the name of Helping Hands. One focus for our campaign is to provide Christmas gifts for children between the ages of 9 - 15 years old and for batteries to be used in gifts for children of all ages.

The Calgary Drop-In Centre offers a supportive, caring and secure environment for the homeless population, an environment in which personal growth can take place. Programs at the Centre include shelter, meals, job placement, life skills training and other support services. Every client is treated respectfully and help is provided when requested. Items of need: hygiene products and toiletries; warm clothing; breakfast foods.

The Salvation Army Community and Family Services—our Family Services are in place to help benefit individuals and families that are less fortunate. They help hundreds of Calgaryans each year through food hampers, clothes, providing counseling and assistance in order to help individuals and families through a variety of problems with a number of programs. Items of need: gift certificates/movie passes; books/electronic entertainment; fleece blankets/throws; toiletry products and appliances.

Words and pictures for the next edition are due **January 5, 2004**.

Large format jpgs are preferred for pictures.

Email submissions to:  
wards@eastlink.ca.