



The Progression

VOLUME 3 NUMBER 1

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Fresh Start in Wild Rose Country

by Patti Nolan

Hopefully most of you have heard about our name change by now. On November 26, 2003, Calgary Fish Creek ladies club became Calgary Wild Rose. As Wolfgang mentioned in the last issue of the Progression, the club voted to change the name for a couple of main reasons. We were often being mistaken for a club that met in the Fish Creek area. We meet centrally and none of our members live near Fish Creek. We felt this geographical label could deter possible new members from other areas of the city. We were also looking for a fresh start. All of our active members are somewhat new to Progress and we felt it was a good

time to announce a new name. Our New Member's Night on November 26, 2003 was very successful. We had approximately 40 people attend, of which roughly 20 were guests. The remainder were Progressians. Thank you all for your support, it was fabulous. We also inducted our newest member that night, welcome to Christina Langlois. We're expecting to see many of these guests returning for our first meeting of the New Year. More good news for



the New Year, our world traveling Past President, Cari McLaughlan arrived home January 2. Glad to have you back Cari! All positive things for the newly named Calgary Wild Rose. Looks like a good year ahead!

From the Editor's Desk

Editor, The Progression Director of Communication Sharon Ward

Everyone I talk to or read about seems to be spouting the same old rhetoric about this year being better than last. Well, I'm not waiting around for a big fix. I rolled all my New Year's Resolutions into one little statement this year. I resolved to make things better, if I am able, on a small scale. Every day. This serves two purposes. One, I am not laboured with a huge guilt trip if I fail to meet a grandiose goal that was never within my reach in the first place. And two, little tiny improvements can snowball into bigger ones sometimes. Here's an example of a little tiny one that I have already implemented. I have a very stressful job as production manager of several magazines. My server password usually was something like "aarrgghh". This year, my password is "peace". It is amazing how differently I start my day when that word goes through my head. A tiny improvement.

I have a New Year's assignment for you, Progressians. Do one thing that will improve your club this year. And if it makes a difference, do another thing. Baby steps.

Big steps are needed too. There is much to be done, fellow members, to nurture and grow this wonderful organization. Step up and support those who have taken on some of the larger tasks. President Elect Juanita Soutar has volunteered to revise the Blue Book. People have been asking for this as long as I can remember and I

am going into my 13th year as a Progressian. Stand up and say, "I'll help out." Juanita's email is right there in the next column. Find out what's needed and see what you can do.

Here's a little something each club can do. (A big thank you to those who have already taken care of this.) Our national database needs club input to be viable. It's a few hours' work at most for an average size club. Less than that for most. Adrian Lomas has graciously sent out all the information you need to complete this task. Our deadline for completion is February 29. Hey, that's RSP time. Don't wait for that! Do it now. If you're lost or have questions, please email me directly with your concerns and I will do my best to get you the help you need. My email address is right at the bottom of the next column. So what are you waiting for?

Interesting turn of events with the former Calgary Fish Creek Club basically reinventing themselves. You ladies have chosen a great new name. All the best of luck to what is virtually a brand new club.

I want to thank again the reporters who generously volunteer their time to keep you informed. We're a little shy on pictures this time. Get those cameras clicking.

Finally, to Durham South members and the family of Ray Router, my most heartfelt condolences.

Yours for Progress, Sharon Ward

National President
Wolfgang Juchem
wjuchem@shaw.ca

National President Elect
Juanita Soutar
Juanita.soutar@td.com

Immediate Past National President
C.J. MacMullin
cjm@ns.sympatico.ca

National Secretary Treasurer
Jackie McKeown
jakets@telusplanet.net

National Club Administrator
Carmel Kinder
progressclub@bellnet.ca

National Vice President Eastern Region
Rosalie Courage
rcourage@rbrdev.com

National Vice President Central Region
Gary Kisil
Kisilgary@netscape.net

National Vice President Great Plains Region
Lyle Rogne
lylerogne@sasktel.net

National Vice President Western Region
Bob Lockhart
wilsigns@telusplanet.net

National Director Public Relations
Karen Cooke
kcooke@allstream.net

National Director Communications
Sharon Ward
wards@eastlink.ca

National Director Education
Brenda Mahoney
momentm@telus.net

National Director Member Services
Glenn Montgomery
ggmonty@shaw.ca

Canadian Progress Charitable Foundation
Chair
Janey Davies
j.davies@sasktel.net

Webmaster
Barb Clarke
webmaster@progressclub.ca

National Website
www.progressclub.ca

The Progression



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Sharon Ward, Editor
6244 Windcrest Terrace
Halifax, Nova Scotia B3L 1T2
wards@eastlink.ca

National President 2003-2004 Wolfgang Juchem



I sincerely hope that each and every one of you had an enjoyable Christmas. I had the pleasure of once again attending a great News Years Eve Party, hosted by the clubs in Calgary. It has become a tradition that I really hope is continued.

The year 2003 saw us embark on a number of projects that I think will serve to make our organization stronger and more efficient in our efforts to provide service to our members. But there is always more work to be done in the areas of follow-up or to take a task to the next logical level.

We completed a review and complete update of our National By-Laws last year, which you voted on at our Sherbrooke convention. Now we are starting the task of updating the rest of the procedural content of the Blue Book. Juanita Soutar needs volunteers to help us review and rewrite some of the content before it is replaced on the website.

We launched our Member Communication System (which is also our national data base) at the Sherbrooke Convention, but now we need the help and assistance of each and every club to register their current membership. We need the help of each and every one of you to ensure that this is completed by the end of February. We need the names of all of our members by that date and we ask you to update your personal information on the site by the end of April. There were significant costs associated with this project and it is imperative that those are not wasted.

We had our first full year of operating a National Supply House and by the end of the year came to the conclusion that it wasn't working. At the suggesting of Brian Hoffman from Star Silk, we are now looking to set up regional suppliers. We need all members and clubs to provide us with names of recommended companies that we should be inviting to bid to become a supply hub for each of our four regions. Certain specific items will most likely be distributed from our National Office. Please forward your suggestions to Glenn Montgomery.

I am sure that many of you are looking forward to our convention his September in Edmonton. We have now made two trips to Edmonton to meet with the 2004 convention committee and I am pleased to report that the venue is fantastic and that the committee has done an exceptional job at planning what will be a very memorable event. For the rest of us, our job is to register early and encourage others to do the same. The committee has elected to extend the early bird registration. Please take advantage of this opportunity now!!!

Our National Board Meeting will be held in Toronto at the end of the month. I have invited representatives from Kin Canada to meet with us on the first day to discuss areas where we could begin to help each other. They share a lot of common interests with us, as well as common concerns. I hope that dialogue will be mutually beneficial to both of our organizations. Partnerships are

one way that we can share and acquire new resources and knowledge for the benefit of Progress and others. I had the pleasure of doing a presentation to an independent group of ladies in Calgary called Women in Motion, the other day. We were able to share ideas on what we do in areas of fundraising, community services, member development, social events, and member recognition. There are many opportunities out there for us to proudly share information about who we are and what we do. These opportunities can lead to new members, new sponsors for events, and many more Friends of Progress.

The board meeting at the end of the month will also become the start of my travel plans over the next several months. After the board meeting and Central Region President's Ball, I will be traveling to Halifax to attend their 32nd Annual Sports Celebrity Dinner and try to attend at least a couple of club meetings. I know that I will not be able to visit every club, but I will be in every region over the next several months and I am planning to meet and share ideas with as many members as possible.

Thank you to each and every one of you, for all of the work you have done in your clubs and in your community in 2003. Canada is a better place to live, because of what you do.

Immediate Past National President CJ MacMullin



Fellow Progressians,

I would like to take this opportunity of wishing each of you a VERY HAPPY NEW YEAR!

For me, 2003 was a fabulous year primarily because of you. I have such great memories of the fellowship enjoyed across the country.

For 2004, I look forward to continuing the work of your National Board and supporting President Wolfgang, and the rest of your Board of Directors in supporting & building our great organization.

To Todd & Phyllis, I would like to wish a belated Best Wishes on their Birthday over the past week. I was not able to get your contact information as yet. This I intend to correct this week for future Birthdays. To the Progressian, with the birthday on January 1st, who signed my card at the National Convention, and I unfortunately, could not make out your name, I also pass on my belated Birthday Best Wishes, as to all other Progressians with a birthday in January.

Looking forward to meeting with many of you over the coming year.

Yours for Progress
CJ MacMullin

Director Member Services Glenn A. Montgomery



First, I would like to wish all Progressians a very prosperous 2004, and to all Club Presidents welcome to the home stretch of your term in office.

Let me take this time to update you on the three areas I am responsible for as your Director of Member Services.

National Supply House:

Last issue I advised the members of Progress that our National Supply House relationship with Star Silk had ended as of September 1st, 2003. The prepaid merchandise that Star Silk held on our behalf has been returned to the National Office, and is available from Carmel. (Editorial Note: We have been advised that many of the past orders have NOT been fulfilled so kindly resubmit.) We also had requested from the members of Progress that the National Board is actively looking for new suppliers on a Regional basis. If you know of an individual or firm who is interested please advise the National Executive Director or myself directly and we will forward a package with licensing terms and conditions. The National Board will be addressing this issue at our January meeting and, if needed, again in June so we will be able to address the membership at our annual AGM with a workable solution to our supply house dilemma in all regions.

National Awards:

With the return of our web page hosts from their month long trip to Australia, I will be sitting down with Barb Clarke to update the awards section of the web site in time for this years submissions to National. I would also like to give all clubs the heads up that our hosts from Edmonton are looking at some great initiatives for this year's National Awards program ceremony. The National Board is also considering an "Outstanding New Member Award" with similar parameters to the Club Award, along with the "Quarter Century Award", a very successful undertaking by Bob Lockhart and the Western Region last year.

National Convention

Along with National President Wolfgang Juchem and National Vice President Bob Lockhart, I have attended two meetings with the National Convention committee in Edmonton. I am pleased to report that the Edmonton Committee is ahead of schedule in all aspects of the convention, and the facilities at the Fantasy Land Hotel are tailor made to hosting a Progress convention. Now there are a couple of areas each club and individual Progressians should be aware of. First, you must understand that this is the only Hotel within a fifteen minute cab ride of the West Edmonton Mall. Hence, its occupancy rate is within 98% on an annual basis; so there will be little chance for those of you who traditionally register late of getting into the hotel (please take note St. John's). Second, there are a limited number of Suites, and Theme Rooms available, so once again if

News from National

you wait too long to register, you may not get a Fantasy room. So now for some GREAT news ... the Edmonton Committee has extended the Early Bird Special of \$375 till the end of February. But after that date the cost of a Full registration has been revised to \$450. So don't delay-both the hotel and the Convention committee have a full refund policy in place should you need to cancel with reasonable notice.

Yours for Progress
Glenn A. Montgomery



Canadian Progress Charitable Foundation Janey Davies Chair



Dear Fellow Progressians,

I would like to extend to each and every one of you a very Happy New Year and wish you all good health, happiness and prosperity for 2004.

I am looking forward to 2004 with great anticipation and hope. The members of the Board have been working hard to fulfill their obligations to you, the members,

through visits and committee work and I encourage you to support them and the work they are doing to reach the awesome goal of 1 Million Dollars.

We are also very excited about the upcoming vote and selection of a new charity. Within the next few weeks all members will receive 3 power point presentations via e-mail. I would ask that you view each of the presentations, have open dialogue with your entire club (set aside one meeting for this) and if you have any questions, call either your CPCF Governor or myself and we will do our best to answer your questions. Each of the Governors will attend a club meeting before convention to help in any way they can.

A vote will take place at the 2004 Convention in Edmonton (I'm already looking forward to that). Each and every one will vote by ballot (this is not a club vote) either in person at convention or by a ballot sheet, which will be brought to convention by your delegate. Votes will be counted at convention and the charity chosen will be announced.

I would like to take this opportunity to thank you for allowing me the opportunity to serve as your Foundation Chair. It has been a very rewarding experience although at times challenging.

I am always available to you, my friends, should you have any questions.

Yours for Progress,
Janey Davies

Convention News

Brian Alleyne

The Early Bird special registration price of \$375 has been **extended** to 29, February 2004. After that date registration cost will be \$450. We have great speakers lined up for our workshops and seminars. We promise you will return home well educated, well fed and well entertained.

Remember, register early and you save \$75. You can register by using Canada Post at:
2004 CPC National Convention
10241 - 109 Street
Edmonton, AB. T5J 1N2
Or Fax 780- 425-6646
Or e-mail registration
@calderbateman.com

A few planned highlights:

Wednesday afternoon: Golf at the Ranch Golf Club
Evening: Registration reception and golf awards at beach party in the water park—no swimming but refreshments and cash bar.

Thursday evening: dinner and a tour of Old Fort Edmonton with entertainment, mini-casino and auction. Casual-western .

Friday evening: Birthday Party to celebrate 40 years of Progress in Edmonton and 100 years for Edmonton. Sponsored by the City of Edmonton. Casual.

Club Roundup—Reports from Across the Country

Eastern Region

Crystal Egan

Newfoundland

Quidi Vidi is starting slowly this year, but we are planning their first fundraiser for February.

St. John's is going strong, having just inducted seven new members. It is hoped that names will be forthcoming for the next newsletter.

Halifax-Cornwallis

Plans are underway for a Membership Drive in early spring. New members have been offset by the resignations of several members for personal reasons. Several club members are on a leave of absence but plan to return to the club this September. It is a transitional time for Halifax-Cornwallis, but the club is taking a pro-active attitude to restore the strength in numbers and in depth of activity. New members are:

Alison Hickman

M5 Communications

Theresa MacTaggart

O'Regan's Car and Truck Rental
and brand new Publicity Chair!

Joy Pratt

BMO Nesbitt Burns

and new-to-us, transferring from Pictou County:

Laura Leigh Mullins

Eastlink Advertising

(Laura Leigh was this year's Prez at Pictou County, but a new job in Halifax brought her to us.)

The Publicity Committee has set up a project with the Public Relations Department of the Nova Scotia Community College to help the club raise awareness in the community. While the club's events are well publicised, the

club itself suffers from a veil of anonymity, something which is familiar to most clubs in the country. One of the PR students is using Halifax-Cornwallis as her personal project for this semester. Results will be shared in a future Progression.

Frequently, after an event, the club will receive a letter from someone who has attended, or been the recipient of the efforts of an event. A recent winner of a Women of Excellence Award sent the following letter to club president Pat Bowes, and gave us permission to reprint it here. Women of Excellence serves several purposes: to raise funds for Phoenix Youth programs; to honour women in our community, and to provide awareness to young women of role models whom they might not otherwise be exposed to. This letter clearly indicates another layer. Sometimes these women do not recognize their own impact until they are honoured publicly in this way.

“Dear Pat:

I do want to thank the Progress Club for the honour it bestowed on me on October 22nd. I was completely taken by surprise when my name was called!

I have to admit that when I looked at the program and read my bio, I wondered whom they were talking about! And then I realised that I had done all those things, but they just seemed like day to day things at the time and I never gave it much thought. I am also more of a “back room” person ... I love to make things happen, but I don't need the kudos. Now that I have

experienced the kudos, I think I might be on my way out of the “back room”—and for that I am grateful! Being one of the recipients of the “Women of Excellence Awards” has given me a new confidence—it means that I won't be timid about saying, “yes, I did that” anymore. It doesn't mean that I won't continue to be modest, but it does mean that I have a newfound respect for myself! I think my mother also has a newfound respect for me, for what that's worth!

So, many thanks for the honour and apologies for taking so long to write and say thank you. The Progress Club does a spectacular job on the Women of Excellence dinner. You all deserve kudos for your work.

Thanks again.

Best regards,

Willa Magee

Ocean Produce International ”

Central Region

Renate Thompson

It is with deep sadness that **Durham South** president Bill Sornberger advised the passing of longtime member and friend Ray Router. A report from Bill follows.

Community spirit is strong in Ontario. The **Brampton** club made a cash donation to the Brampton Guardian (local paper) Santa Claus fund. This is a joint satellite adventure with the Toronto Star paper to provide gift boxes to children of families in need. The boxes are delivered to the local Scouts Canada groups for delivery. Several members of

Club Roundup—Reports from Around the Country

the Brampton Club took part in delivering these boxes with the 2nd Bramalea Beavers to the community...the Spirit of Christmas lives on.

Both **St. Catharines** and Brampton participated in parades collecting food for local food bank. The St. Catharines club parade was during the Niagara Grape and Wine fest. The Brampton Club during the evening Santa Claus parade. Both clubs had members participating in each other's parade and took part in the after parade festivities. Foods gathered were in excess of 15,000 lbs.

News from the other side of the city with the **Durham Region Women**. December was very busy with Festival of Lights and the Tree Lighting festivities and auction. We can look forward to playing Euchre in the spring and the bus to Casino Rama.

Upcoming in March a Special Olympic Swim meet will be held at the **Pickering** Recreation Centre. The club has installed new member Maria Stainburn and the Region welcomes her to Progress.

Collingwood will host their annual Curling bonspiel at the end of February. Great competition looms in the Central Region. Get your teams together and contact Dave Astil or Roy Urbach.

Richmond Hill will be flipping pancakes at the annual Richmond Hill Winter Carnival in February. 4000 pancakes will be served up to families taking part in the

winter wonderland festivities. Thank heavens the balmy weather of December has finally turned cold to freeze the Mill pond for this event. Now all we need is snow.

The **York Region Women** are this years Premier sponsor of the Alzheimer's Societies breakfast. A fundraiser and educational event. This celebrates the success of the society and all it has undertaken in the community. This is the first time involvement for the York Region Women. December was ongoing community spirit by sponsoring food bank in Aurora, Richmond Hill, Newmarket and King City.

On January 31st, the National Board will hold their meetings in the Central Region. Brampton will host the President's Ball and welcome the National Executive to attend. The Brampton club hopes that all members in the Central Region come out and enjoy a wonderful evening, which will include a silent auction with all proceeds going to the CPCF.

Fifteen Years and Counting

Bill Sornberger

Durham South, formerly the Pickering Club is celebrating fifteen years of Service to its community. The Club was chartered January 29th 1989 with Charter President and still member Rod Lawrence. Rod had moved to the area in 1988 after living in **Richmond Hill** and being a member of the then York Central Club. He realized a need for the Club in the area and set the

(continued on page 8)

A Friend is Lost . . .

Bill Sornberger

The Durham South Club has lost a member and a friend. **Ray Router** passed away in hospital two weeks after suffering a heart attack playing his second favourite game, tennis. Ray was a Progress member for over ten years and had become a fixture at all of the Club's meetings and fundraisers. At his funeral his granddaughter talked about how proud her poppa was to be a member of Progress and how no matter what else was going on, July 1st was reserved for the Progress Club's Canada Day event. The Club meant so much to Ray that even his grandchildren knew its importance. Ray was never backward about being forward. He gave his opinion when it counted and believed strongly in the ideals of Progress and what was being done in his community. It's just not enough to say he will be missed.

Ray served as the Golf Chair, Membership Chair and on the Canada Day Committee.

A ceremony will be held in February in the City of Pickering where Durham South will donate a portable defibrillator dedicated to Ray's memory. The unit will be placed in the City's Recreation Complex.

Club Roundup—Reports from Across the Country

Fifteen Years and Counting

(continued from page 7)

wheels in motion to make it happen.

Membership has changed through the years with 67 different members over its years of operation. The Club currently has 14 active members. Since its inception the Club has boasted one National President, two zone Governors, a Regional Vice President, chartered the **Durham Region Women** and hosted countless Zone and Regional events. In the time the Club has been in existence it has raised almost one million dollars for different charities.

We are proud of our contributions and even prouder to be a member Club in this great organization.

The Club has enjoyed an excellent relationship with the City of Pickering and this May we will have the official opening of the Progress Frenchman's Bay East Park. We will celebrate our anniversary then.

Western Region

Brian Alleyne

From the Zone

Our drive to increase membership in the North Zone continues. Activities being pursued by individual clubs are highlighted under each club's report.

In December the following inter-club community based activities occurred:

CBC Turkey Drive—Three clubs, **Sherwood Park, Edmonton Downtown** and **Edmonton**

Strathcona raised \$475 dollars and purchased 33 turkeys, which were delivered to the Food Bank.

Volunteer Service at The Bissell Center—Three clubs, **Edmonton Downtown, St. Albert** and **Edmonton South** provided members to volunteer and serve at the Bissell Center, an inner city community center whose mission is *'To increase the power of people with the least access to resources to determine and achieve their goals'*. The members and spouses assisted needy children to purchase Christmas gifts for their parents. The community service activities by the clubs of the zone truly reflected the Progression spirit of helping those who are less fortunate than us.

In addition, all clubs in the zone continued to contribute to the preparations for the National Convention that the zone is hosting from 29, September to October 2, 2004. *See page 4 for details.*

The Clubs

The **Edmonton Down Town** club is continuing their membership drive and they held a new member's night on December.

The **Edmonton South** club is also on a membership drive. To this end they are trying a new venue to hold their meetings and will be holding a new members night on Monday 12, January.

The **Sherwood Park** club had their Christmas party on 12 December. The following picture shows president Steve Park and Lilly, the wife of George Simpson, enjoying their Christmas gifts.



Lilly Simpson and Steve Park

The club mailed out 72 letters to businesses and personal contacts with invitations to a new member's wine and cheese party to be held on 2, February 2004. (Copies of the letters used are available on the website in the hope that they may be helpful to other club members wishing to use the method outlined by Earl Krauser at the convention in Sherbrooke. Go to Member Service/Public Relations to retrieve these letter templates.)

The **St. Albert** club inducted a new member on 9, December. The picture below shows the new member **Aaron Friedenthal**, his sponsor **Dave Williams**, and Zone Governor **Judy Fraser**. The club will induct two more new members on 19, January 2004.



New member Aaron Friedenthal, Dave Williams and Judy Fraser

The **Edmonton Strathcona** club has a new member's night planned for 3, February 2004.

Club Roundup—Reports from Across the Country

Calgary North Celebrates Second Big Success with Helping Hands

The **Calgary North** Progress Club is pleased to announce the success of its second annual Christmas charity drive, "Helping Hands" to benefit the Calgary Drop-In Centre and the Salvation Army Community and Family Services.

Throughout November and December, the program collected gifts, cash donations and toys for children, as well as many new and gently used items for people of all ages. A total of 26,000 lbs of clothes were gathered and \$18,000.00 in cash donations. The spirit of Christmas is alive and well in Calgary!

Helping Hands made significant progress in 2003 through two strategic partnerships. The FAN 960 and JACK FM 96.9, (the number 1 rock radio station in Calgary) was able to create a widespread awareness of the program, while retail giant Mark's Work Warehouse made the program possible by providing drop-off locations for donations around the city and its surrounding areas.

New committee member, auctioneer **Bill Brown** teamed up with Regal Auctions and made over \$10,000 through the donation of used vehicles. This was truly a hit and definitely something to build on for next year.

Another highlight was Calgary North's **Chris Allan's** night out at

his local watering hole on a Friday night. After discussing Helping Hands with some individuals at the bar, cash donations started flying and the grand total was a whopping \$600.

Thanks to Canadian Western Bank for collecting cash donations. Thanks to **Glenn Montgomery** and his local Scout group who came early Saturday morning to the Salvation Army with the Calgary North crew and helped sort donated items. Thank you to everyone who contributed either by donating items or by volunteering time. Helping Hands could not have been a success without your participation.

Congratulations to committee chair **Gary Nakamura** and committee members **Bob Lockhart** and **Bill Brown** for an outstanding job putting this event together.

Greater Vancouver

Tim West

Ol' Blue Eyes would have agreed—it was a very good year in 2003 for **Greater Vancouver** Progress and especially for the support provided to Special Olympics, Big Brothers and Small Talk among others. Growth in the club ranks, and with 20 active members, over \$50,000 was contributed to charities through annual fundraising events that included:

- **The Plywood Cup**—Several teams build plywood boats in 90 minutes with basic materials at hand, and one of the four team members braves the paddle across

Vancouver's False Creek (you really have to be there to appreciate this one!)

- **Golf Tournament**—Competing teams using 'Texas Scramble' rules, make this day event a fun warm-up to the evening's festivities and awards.

- **Baseball Tournament**—This two day weekend event energized by BBQ breakfasts, brings people together from several firms, organizations and locations to compete and have fun. Sunday's afternoon awards bring out the best in everyone.

- **Bingo**—we needn't say more. Also, developed by the Club and supported by advertising space, a new multi-page color brochure has been produced to reflect the Progress Greater Vancouver values; it is being used to promote the Club, its events and benefits for the community.

Indeed, 2003 was a very good year—to be outdone, of course, by 2004!



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

Large format jpgs are preferred for pictures.
Email submissions to:
wards@eastlink.ca.