



Taking Care of Business



Your National Board of Directors in Edmonton strategically planning with facilitator Tony Mancini: front row, left to right: Glenn Montgomery, John Holman (subbing for Gary Kisil), Juanita Soutar, Janey Davies, Carmel Kinder, Wolfgang Juchem; back row, left to right: Bob Lockhart, Sharon Ward, Rosalie Courage, Brenda Mahoney, CJ MacMullin, Jackie McKeown, Tony Mancini (facilitator) and Lyle Rogne

Fellow Progressions,

During the June 2004 meeting of the National Board, we conducted a “brain-storming” session regarding the health of Progress and what steps we must take for the long-term health & viability of our organization. Out of this session, the obvious answer was to ensure the health, strength, and viability of our member Clubs. From this, we came up with eight (8) minimum standards by which to measure our individual clubs, which are as follows:

1. minimum membership - 15 members (To charter a club, we recommend a minimum 20 members to account for the early attrition that happens with almost all new charters.)
2. all club receivables (dues, 5% CPCF assessment, supplies, etc.), paid on time, but no later than June 15th of each year
3. each club shall raise at least \$10,000 net annually, made up of a minimum of \$5,000 cash and the

balance in kind (value of food, clothing, etc.)

4. each club shall contribute a minimum of 300 hours of community service annually To be considered community service, the event must:
 - (a.) perform the service in the name of Progress
 - (b.) be a National, Regional, Zone, or Club sanctioned event*All participants' hours will be included.*

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From the Editor's Desk

Editor, The Progression Director of Communication Sharon Ward

I want to thank those club members who have filled in their profile information as requested in our MCS Database. I also want to invite those who haven't, to please do so as soon as possible. This database is our club's information communication lifeline. We have invested in the process for the benefit of all club members. All we ask in return is that you fill out your own personal profile and keep it updated as things change. Especially email addresses! I also want to thank **Terry Clarke** and **Adrian Lomas** for the immense effort both these gentlemen have expended in order to get this off the ground and running. In addition, Terry has shepherded the system through some rough waters, when the firm hired to design and execute the MCS, Impact Blue, suffered a reversal of fortune and declared bankruptcy. Terry held things together and the system is now being managed by another provider.

I'd also like to thank the regional reporters and the individuals who have submitted articles for The Progression this year. Moncton continues to outdo itself every issue. Keep up the good work, guys. And if any of you out there feel that there is not enough coverage of your area, please send off a report to me via email—I'd be happy to include it. Don't worry if it needs a bit of polishing. Everything gets a trip down editing lane before it goes into the newsletter.

I'd like to know how the newsletter is serving your needs. Please email me with suggestions, constructive criticism and comments. My email address is in the column on the right.

Our cover story this issue is so important that I want you all to read it twice. Your Board has been doing a lot of housekeeping the last few years (amended and shortened by-laws; revised Blue Book in the works), and the Minimum Standards document is one more. For this club to not only survive, but thrive, we need to pay attention to the things that make us successful. We also recognize the diversity in the clubs, not only geographically, but also demographically. We are all made from the same cookie dough but we are cut out with many different shapes and sizes. If you examine each item in the Minimum Standards list and apply it to your own club, you will find that you already meet some of them. Your Board is here to help you identify and begin the process of building success in your own areas of opportunity for growth, so I encourage you to embrace these standards with the positive attitude in which they were developed. It is our business plan—our blueprint for success.

Since I'm in a thanking mood this issue, I want to also thank our webmaster, Barb Clarke, for all the hard work she has done and continues to do on our behalf.

One more issue before convention. I'll be looking for your summer highlights. Ciao, SW.

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The Progression



July/August 2004

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next edition are due
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Large format jpgs are preferred
for pictures.

Email submissions to:
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National President 2003-2004 Wolfgang Juchem

As most of our clubs have started winding down for the summer, I would personally like to congratulate each and every one of you on another successful year. Based on the reports provided by our Regional Vice Presidents at the last National Board Meeting, fundraising and community service efforts exceeded what was achieved in the previous year and membership in our regions is either stable or rising. Well done!!!!

Since my last report, I attended the Great Plains Region Annual General Meeting in Saskatoon, the Western Region Annual Convention in Drumheller, and the Central Region Annual General Meeting in Pickering. These were great opportunities to meet many of our Club President and members in a business setting. I learned a lot about how you manage and administer your clubs and we were able to share many great ideas. Your support of your regions and of our national organization is very much appreciated.

The things and ideas that your Regional Vice Presidents and I have learned over the year were a great building block for the strategic planning session that we had in Edmonton in June. With the help of **Tony Mancini**, who made the sacrifice of his personal time to be with us, we were able to formulate some directions that we need to go as a national organization. The Canadian Progress Club is only as strong as the clubs that make up this organi-

zation. Therefore, in order for Progress to be stronger, we need to do a better job of promoting and fostering strength in our clubs at the local level.

We were able to identify the drivers that constitute a strong and effective club. We then took those drivers and formulated them into an assessment model—a model that is outlined on the front page. We will be asking our club presidents and our members to self assess their clubs and identify their strengths and areas of opportunity and we will be asking you to share this information back with your Regional VP's and Zone Governors. It is our intent to use this information to develop strategies on a club-by-club basis and provide you with the support and tools that you need to become stronger clubs.

As we have geographic and cultural diversity across this country, clubs have diverse issues and needs that need to be addressed. What works in one part of the country may not work in another part of the country. We believe that if we focus on individual club issues, with the help of your VPs and Zone Governors, we can achieve positive change at the club level, to make the Canadian Progress Club stronger on a national level. We will be sharing a lot of the gathered information with you all the convention in Edmonton.

Speaking of the Edmonton Convention, the committee were our



gracious hosts at the June Board Meeting. They provided us with very strong and encouraging information for our upcoming convention. The registrations indicate that this will be one of the best-attended conventions, and they have all of the venues lined up and ready to go. Based on the rain that Edmonton had over the weekend, we are assuming that they will have West Edmonton Mall dried out by then.

This week being the start of the Calgary Stampede, the clubs here are in high gear. I wish them all of the best in their efforts to raise the revenues and public awareness of what great work our clubs do. I had the good fortune to be at the Dogie Do Rodeo this weekend. Our Calgary Downtown Club presented the Big Sisters and Big Brothers of Calgary and Area with a cheque for \$170,000. If that wasn't enough, during the presentation, of the event sponsors was so impressed, he provided the charity with a personal cheque for \$25,000. This would not have happened without the event hosted by our club.

Have a great summer everyone.
See you in Edmonton.





Ron Miller

Fellow Progressians,

It is with great sadness and deep personal loss, that I wish to advise you of the passing of our very good friend **Ron Miller**. A member for many years of the Stampede City Progress Club, Ron passed away on Sunday July 11th. It is a great loss for us all. I have personally been a friend of Ron's for almost twenty years and I will miss him dearly.

His spirit and enthusiasm for life has touched so many of us. He was a strong supporter of Progress at all levels, and above all, he was a true gentleman. Progress as I know it, will not be the same without him.

Wolfgang Juchem
National President

Taking Care of Business

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5. each club must be represented at all National, Regional, and Club meetings with at least one (1) member

6. each club must comply with the necessary processes required for the effective running of the CPC National & Regional organizations including:

(a) maintaining the individual club's roster on the CPC National Web Site through MCS
(b) submitting Award Submissions by the end of June each year for the National Convention.

(c) submitting regular reports to the Zone Governor or National Vice-President, or as requested from time to time

(d) registering all new members with the National Office, by submitting the Membership Application Form along with the \$20 initiation fee

7. Develop and implement a Documented Plan for Growth incorporating:

(a) a clear timeline

(b) a membership growth and/or retention plan

(c) a financial plan

(d) achievement of all 8 minimum standards

(e) copying the National VP and Zone Governor

8. Effective communication within the Club, Zone, Region and National organization including:

(a) timely distribution of club

meeting minutes to the National VP for the Region, and Zone Governors

(b) a minimum of one article for the National Progression annually

(c) distribution of the National Progression to all club members

Each club president will receive a letter from Wolfgang Juchem, National President, prior to the end of August, reiterating these standards and providing a score sheet with which we are asking each president, with their club members, to rate their club prior to coming to the National Convention. These score sheets will be your own measurement and will be shared only with your National VP, and Zone Governor.

At the National Convention in Edmonton, it is our intent to review and validate these standards and their rationale. It is also the intent to help clubs, where appropriate, in developing programs and procedures to meet these standards. Our overall goal is the long term health & viability of the Canadian Progress Club.

We would like to thank Tony Mancini for his help in facilitating this session with the National Board and giving up a weekend with his family. His insight & commitment to Progress is invaluable.

Yours for Progress,

*CJ MacMullin
Past National President*

Reports from Around the Country

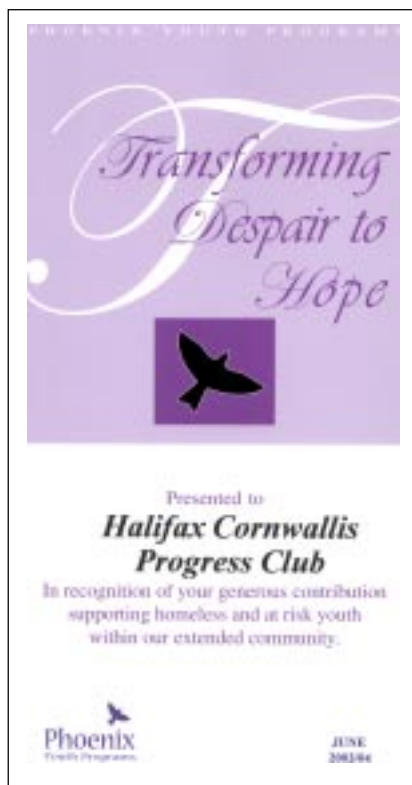
EASTERN REGION

Halifax-Cornwallis

Club Honoured by Charity

CPC Halifax-Cornwallis was recently honored for their tremendous contributions to the work of Phoenix Youth Programs over the past year.

The “Salute to Giving” Donor Recognition and AGM was held June 23, 2004 where companies and individuals were recognized for their valued contributions.



“Together we are helping to transform despair into hope. Our common goal is to support at risk and homeless youth within our extended community” said Tim Crooks, Executive Director of

PYP as he presented to fellow Progressions **Kathy Grose** (incoming president) and **Lorna MacMillan** (PYP board representative) the Patron of Hope plaque. This is a special thank you for Halifax-Cornwallis’ contributions of \$45,000.00 for the current year and a total of over \$300,000.00 since the club began supporting PYP!

Submitted by Kathy Grose

Bowling for Fun

Each year the Halifax Cornwallis Progress Clubs invites the young men and women from Phoenix Youth Programs to an evening of bowling, eating and fun. This year is no exception. It was wonderful to see so many of the Club members out, as well as their family members. We had a wonderful opportunity to get to know the young people who are assisted by the money we raise. The Bowlarama in Bayers Road Shopping Center kindly donate as many lanes as we need. Following the event we went to Phoenix House for pizza and Subway Sandwiches (donated by Subway on Robie). We all had many good laughs and developed friendships that are invaluable. It is interesting how sometimes the people you help are often the ones who give so much back in return. By the end of the night many of us were reminded about how fortunate we are to be a part of the Progress Club.

Submitted by Lorna MacMillan

Runaround

The club held its annual 5K run/walk in early June and raised \$12,000. This event has a lot of potential (and lots of competition), and this year attracted the largest roster of sponsors ever. Most of the sponsorship is in kind, which helps a great deal; the planning and execution of the event has matured and now the club is poised to attract more funds through cash sponsorship and participation.



Phoenix Youth Programs’ Barb Casey receives a cheque from CPC Halifax Cornwallis President Pat Bowes at Runaround 2004

The charity recipient of the run is primarily Phoenix Youth Programs, whose board and administration participate in the event along with us. Just after the event, President **Pat Bowes** sent a note of thanks to Barb Casey of PYP, thanking her for her participation. I believe the sentiment in the reply applies to all Progress in general and should be shared by everyone. Her reply follows:

Dear Pat:

It should be Phoenix thanking you and all those wonderful, dedicated and seriously skilled women at the Progress Club. I hope I had the
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Club Roundup

presence of mind last night to say how blessed PYP feels to have had such a long and supportive relationship with Halifax Cornwallis Progress Club. You do such good work and we get to do such good work because of your efforts.

The thing most compelling to me—that I feel moved to remark upon, is the spirit with which your group performs. Fundraising is a delicate business sometimes—as I'm sure you know. It is often about stroking and messaging and mas-saging to make it all come together. But—Progress Club - more than any I've seen—“just do it”. You just give—seemingly without expectation of return. You give because it is the honourable and the right thing to do. To me—that speaks volumes.

Don't get me wrong, I am all for serious appreciation of our supporters—but I am so touched by the spirit with which you do your work. I've only seen a small glimpse—but you have left a most lasting image.

Blessing on all of you. And thanks to all your team members. Thanks—from the very soles of our running shoes!

Barbara



Some of the participants in the 2004 Runaround. One of the categories for prizes is Best Costume, which brings out the creative streak in a few

Greater Moncton Men

Moncton Club Founder Gord Robinson Passes the Torch

Who would have thought that after that small initial meeting three years ago at Crystal Palace the Moncton Chapter of the Canadian Progress Club would be where they are today? From nine members to just over forty the

club has grown and become a well know force in the Greater Moncton area.

The beginning of this local chapter was the inspiration of one man, **Gord Robinson**. After observing all the great things his brother **Kenny** was doing with the Halifax Club, Gord decided that Moncton could benefit from this type of club. With guidance from the Halifax Club he gathered a few friends and his wife's three brothers and started the Moncton Chapter. These new members didn't really know what they were

in for but soon found out that the possibilities were endless.

Gord became the club's first president and did such a great job he was unanimously voted in for the following year. When the next election came up a year later the club could not visualize the president's chair occupied with anyone but Gord so they decided to break tradition and vote him in for a third term. The end of this year brought on another election and with the growth of the club other members were ready to try to fill the shoes of the great leader

Reports from Around the Country



Jamie McGloin (left) and Gord Robinson

Gord Robinson. One man did step up to the plate and did get elected to the new position of new club president. **Jamie McGloin**, one of the Moncton club's driving forces has taken hold of the mallet with the utmost confidence. They are big shoes to fill but Gord has great confidence that fellow member Jamie will take the bull by the horns and lead the club through another successful year.

This year club founder Gord Robinson will sit on the executive as past president but will not let this change in chairs affect the way he puts his heart into every event and activity the club undertakes. He will be around for a long time and who knows maybe in years to come he may slide back into that front middle chair.

Moncton Progress Awards Night

The men of the Greater Moncton Progress Club finished off yet another year in fine style as they gathered together for the last meeting of the year to honor their own. A classy night of plaques, pins and special awards gave deserving members that pat on the back that they so deserved. Down

deep each and every member of the Progress Club knows why they do what they do and it is not for this acknowledgement but for the feeling each one gets when they help others. Just the same it is an honor to shake each other's hands and reflect on the great effort put forth throughout the year.

Mercury Awards:

This year a record twelve members received this prestigious award for their dedication going above and beyond the call of volunteer duty. The recipients were: **Marc Pinet, Edgar Allain, Del Dupuis, Bill Cantelo, Todd Marsh, Stephen Gee, Richard Daley, Tim Daley, Mark Allen, Chuck Whitman, Glenn Steeves and Pierre Legere.**

Most Improved Progressian:

The recipient of the "Most Improved Progressian" award, **Tim Martin** started off as an average participant but very soon became a member who was a driving force in every event. He became somewhat the heart of the Progress Club.



Tim Martin
Most Improved Progressian

Progressian of the Year:

The Moncton Progress Club has bestowed the highest honor possible on this member, for his amazing commitment and in-

volvement in most every event with undying dedication to the club and the clubs many causes. He often initiates projects in true Progress form, straight from the heart. This year's recipient, so very deserving, is **Scott Savoie.**



Scott Savoie
Progressian of the Year

2004 Memramcook "Putt and Pork" Golf Tournament

What a blast. Beautiful weather, great company and the chance to play a round of golf on one of the nicest courses in the Maritimes. The Memramcook Golf and Country Club provided a perfect venue for what some Monctonians say is the best tournament in the area. On the course golfers were treated to a number of interesting holes such as: The Casino hole, where players bet 5 and 10 to one odds at hitting different sized circles on the green. They also each had a shot at a 2004 Chrysler 600. What a sweet car sponsored by Moncton Chrysler Superstore. This year every participant was even treated to a free cigar and drink on an especially relaxing hole, sponsored by Bacardi. The

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Club Roundup

most exciting event was the SUBWAY Restaurant's "Million Dollar shoot out", where one player from each foursome represented the team in a one shot chance at taking home \$1,000,000. Three shots were close but no big payoff this year.



Great West Life volunteers pose with golfer

After the tournament the Memramcook Institute was in fine form hosting the banquet. The institute employees and the Canadian Pork Board combined efforts and once again served up the roasted pig and put on a spread

second to none. A class act from start to finish. Wow! Seconds anyone?



Volunteers from the Pork Board carve the beast

The Canadian Progress Club Greater Moncton Chapter and Great West Life were very pleased to once again help out with two major charities in the area: The "Moncton Headstart" center and the "Turning Points Youth Parenting Center". These worthy recipients both received substantial contributions to help out with the continuation of the fabulous work they do in the community. What a fulfilling and worthwhile event.



Submitted by Richard Daley

CENTRAL REGION

Yes, the Central Region is alive and well, we just took a brief hiatus so editor **Sharon Ward** would not go crazy with all the submissions from around the country.

The Region was plenty busy gearing up for the AGM, which was hosted by the Durham Region Women at the Durham South Clubhouse. If you get a chance to visit in Ontario, you have to check out the Durham South Clubhouse on Lake Ontario at Progress Frenchman's Bay East Park. Bill and the boys, you have a great place and the monkey bars are a lot of fun too.

The Region would like to thank **Sharon Milton** and the ladies for a great meeting location at the Pickering Recreation complex. Several members were eyeing up the pool, I think they were planning on quietly disappearing to go off and play, but that stickum you put on the chairs really worked.

We were pleased to have as special guests National President **Wolfgang Juchem** and Western Region NVP **Bob Lockhart** to help celebrate the day.

During the AGM, Durham Region Women initiated two new members. We would like to welcome **Judy Wilson** and **Barb Meadowbrook** to Progress. The evening celebration was primarily held outside at the Clubhouse on the waterfront of Lake Ontario. A pig roast dinner with fabulous fixins...tasty, tasty, tasty...sorry you missed it.

Awards chair **Juanita Soutar** presented the Central Region Awards and congratulations go out to the following. The George

Reports from Across the Country

Christie Awards to **Karen Mrkonjic**; The Ernst Shand Award to **Juanita Soutar**; The Min Nishino Award to **CPC Brampton**; The Fellowship Award to **CPC Brampton** and Club of the Year to **CPC Brampton**. This year service pins for 10 years and over and 25 years plus were handed out to the following members of Central Region. 10 year service and more...
Brampton - **Karen Brannon, Joseph Capobianco, Bob Conway, Gary Kisil, Rick Phillips, Ken Robertson, Mal Simms, Ken Lloyd**. Collingwood - **Jim Ironside**. Collingwood Area Women - **Shirlea Mackenzie, Judy Hawton**. Durham South - **Bill Sornberger**. St. Catharine's - **Larry Dunlop, Howard Cull**. Toronto Downtown - **Alwyn McAllen, Ted Soutar**. Toronto Trillium - **Mary Kutarna, Juanita Soutar**. York Region Women - **Margaret French, Michelle Seddon, Bev Rota, Donna Breedon**. **25 year pins** to - Collingwood - **George Christie**. Richmond Hill - **Roy Urbach**. Toronto Downtown - **Alan Bone**. Durham South - **Rod Lawrence**. If any members have been missed please have your club President contact the Regional Secretary.

Ok, so what exactly is going on in the Central Region . . . ?
Brampton held its annual Charity Comedy Night on May 15. Three comedians from Yuk Yuks performed. Silent Auction and raffle were held. Monies raised were over \$5,400.00. Thanks to everyone for their hard work.

Collingwood clubs are gearing up for Canada's largest Elvis fest taking place on July 23-25. Everyone come out and get all shook up.

Aha ha.

Durham South and Durham Region Women had Canada Day in Pickering. I hear it was action packed from the Chip Truck to the Beer Tent and light ropes for the evening. Toronto Downtown was in East York on Canada Day selling light ropes.

Toronto Trillium had their annual Ladies' Golf Tournament in support of Ontario Special Olympics with 70 participants. Toronto Trillium and Toronto Downtown enjoyed both clubs companies with their end of season wrap up Bar-b-que.

Richmond Hill hosted their Comedy Night event on May 15. Good time enjoyed by all who attended.

York Region Women just completed a purchase of over 100 bowling shirts for the Richmond Hill Strikers and Markham High-Rollers Special Olympic Bowling Teams. **Margaret French, Marisa Gravito** and **Cindy Marlow** are coaches for these teams.

With great sadness the Central Region reports that **Canadian Progress Club St. Catharine's**, after 49 years, surrenders its charter. Our best wishes for all the members of St. Catharine's.

That's it from the Central Region
Renate Thompson

GREAT PLAINS REGION

In conjunction with the Great Plains Regional AGM, awards were presented on May 19th in Saskatoon to the following clubs

and individuals:

Fellowship Award:
Regina Assiniboine
Outstanding New Member:
Mieke Gibson, Regina Wascana
Progressian of the Year:
Marci Brisbane, Regina Assiniboine
Club of the Year:
Regina Assiniboine

It was great to see all five clubs of the Great Plains Region completing submissions for awards this year. All Progressians would agree that we're not in Progress for the awards. However, it is the process of putting down on paper the actions taken to better the lives of those in our communities that allows us; forces us, to reflect in black and white, on what accomplishments we have achieved within a year of Progress.

This year was truly amazing in the Great Plains Region. In looking at the submissions it was clear to see that all cross sections of life in Saskatchewan were touched by the hands and hearts of our Progressians: from babes in arms to seniors in care facilities, the hungry, the homeless, the terminally ill, the physically and mentally challenged, at risk youth, and on and on . . . Cardinal Mercier has said, "We must not only give what we have, we must also give what we are." That is what we, as Progressians do every day, give from ourselves; give what we are, in the spirit of Progress. Congratulations to all!

*Marci Brisbane, Awards Chair
Great Plains Region*

Club Roundup

Canadian Progress Club Regina Wascana Partners to Construct 10-Bed Hospice

After nearly a year of planning, Canadian Progress Club Regina Wascana announced on June 17 that it will partner with the Salvation Army, Regina Palliative Care Inc., and the Regina Qu'Appelle Health Region to construct a 10-bed hospice.

The new facility will be named **Regina Wascana Grace Hospice** in recognition of the club's financial contribution, and will increase the number of palliative care beds in the health region by 30%. The hospice will be attached to the William Booth Special Care Home, which is run by the Salvation Army, and will be an integral part of 'palliative care excellence' in Regina.

In her remarks, CPC Regina

Wascana President **Janice Siekawitch** said the hospice project represents the club's twenty-year history of supporting palliative care services in Regina.

"CPC Regina Wascana was one of the first service clubs in Regina to support palliative care services in our community", said President Janice Siekawitch. The club has furnished patient rooms, sponsored music therapy programs, and continues to support the annual Caring Hearts Camp for children who are grieving the loss of a family member.

"We are proud of our relationship with palliative services, and proud that we have had a hand in expanding palliative care in our city", Siekawitch said. "Working

with our partners, we are doing something that matters and that will make a real difference."

The club has pledged \$150,000 towards construction costs for the new hospice. The first installment, \$52,000, was presented to Regina Palliative Care Inc. in March.



Teddies for Tots

Members of CPC Regina Wascana enjoy a time out from dressing 50 teddies that were purchased and dressed in bright yellow "Relay for Life" t-shirts. The skillful hands of our newest member and Great Plains Outstanding New Member **Mieke Gibson** and her sister **Ingrid Rudd** made the t-shirts for the bears. The shirts, of course, also carried the Progress logo on the sleeve.

These great teddies were given to children survivors at the 2004 Relay for Life in support of cancer research held in Regina on June 4th.



CPC Regina Wascana club members, standing left to right: Marilyn Weinmaster, Ivy Scobie, Mieke Gibson, Janice Siekawitch, Ingrid Rudd, Donna Peake. Seated left to right: Darlene Brunskill and Janey Davies

Reports from Across the Country

Regina Wascana members gathered for an evening of fun to dress the teddies and celebrate the end of another very successful year of Progress. **Charlotte Hnatiuk, Lorraine Scott, Zelda Luchenski, Janice Siekawitch, Ingrid Ruud, Mieke Gibson, Carol Tremblay, Marilyn Weinmaster, Sandy Tufts, and Janey Davies** gathered in the home of Darlene Brunskill to enjoy a wonderful dinner and of course the usual Progress “sociables”.

*Submitted by Janey Davies,
Teddis for Tots Chair*



WESTERN REGION

Sherwood Park

Once again the Canadian Progress Club Sherwood Park hosted the Canada Day Breakfast at Broadmoor Park and provided more than 3,500 pancakes and sausage meals. This was the major Canada Day celebration in the County of Strathcona. The Club is proud to be the sponsor of this event, which helps our fellow Canadians show and enjoy their pride in being Canadian. The picture above right shows a cross-section of the large crowd that attended and the banners of three of our major sponsors, Dow Chemical Canada, Sobeys and the Sherwood Park News. Our president **Steve Park** can be seen standing off to the left admiring the crowd.

A major feature of the day's celebrations occurs when we present the awards to the winners of our Essay contest which is run amongst the schools in county



1. Strathcona with assistance from the University of Alberta. The topic of the essay is— “ It is Great to be a Canadian “.

Picture #1 Shows Miguel DaCosta from Father K. Kearns School, the overall winner of the Essay Contest. Iris Evans, our local MLA is shown making the presentation with assistance from Stu Lindop a member of the Sherwood Park Progress Club who initiated the Essay contest. (Details of the essay contest were featured in a previous issue of The Progression).

#2 & #3 are the Runner-ups Karlyn Elford from Campbell Town School and Alex Craig form Lady of Perpetual help School.



2.



3.

Submitted by Brian Allyne

Club Roundup—Reports from Across the Country

A Year to Remember

Last time you heard from me, it was to tell you of our new name. I wanted to give you an update on how that has worked for us this year. We started this year with 5 members. I'm happy to announce at our Wrap Up in June we now have 18 including one associate. I'd like to take this opportunity to thank my fellow board members, **Karen Brown, Donna Berthelet** and **Laura Davey**. Without the efforts of all of you, we could not have survived much less prospered like we have. We all made a commitment in September to make it or break it this year. I'm happy to say we made it! Our original goal of 12 members by June, was far surpassed. Much credit goes to **Karen Brown** whose ideas and dedication were instrumental in our success. Thank you to **Cari McLaughlan** who although could not join us again until February (too busy world traveling before that!), was always with us in spirit. Since her return she has not stopped working hard for the club. We're glad to have her back. And a final thank you to Calgary Downtown and Calgary Bow River clubs, **Todd Crosby** and **Wolfgang Juchem** whose support this past year has been invaluable.

As if increasing membership by 250% was not rewarding enough, our club won the Western Region Community Service Award. Although small in number, we are big in heart. Some organizations that we have supported are the Calgary Food Bank, Calgary Drop In Centre,



Calgary Women's Emergency Shelter, Children's Cottage, Forzani's Mother's Day Road Race, St. Mary's Feed the Hungry, Bowl For Kids, and the Calgary Health Trust. We were busy little beavers (look out Moncton boys—we can beaver jive too).

It's been a very successful year for Calgary Wild Rose and I believe the name change was one of the key components. We felt like a new club, were viewed like a new club and most importantly, we were motivated like a new club. We're all looking forward to the next Progress year and our newest members are anxious to experience their first National

Convention in Edmonton. Be sure to introduce yourself to the girls and show them what wonderful Progressians live across Canada! See you in September!

Welcome to our New Members

Christina Langlois, Jenn Barton, Monica Keller, Anne Lawrey, Gwen Hinch, Kris Jackson, Robin Waldo, Cathy Miller, Pat Alexander, Myra Skerrett, Kirsten Ekstrand and **Jennifer Hameluk**.

Submitted by Patti Nolan

If you haven't registered for the Edmonton Convention yet, don't wait! Do it now!

Deadline change for submissions for our next newsletter: September 3, 2004.

Your editor needs time to pull it together before convention (the newsletter, that is!).