



SPECIAL COVER STORY

The National Board needs YOU!

National President 2004-2005
Juanita Soutar



Hello, fellow Progressians!

We're now into a new fiscal year, and clubs are busy meeting to create or review their strategic plans, and to begin organizing their projects and membership drives for the upcoming year.

Also, we're just days away from attending the 55th Annual National Convention in beautiful Saskatoon. As always, our convention hosts and the National Board have put together a full, fun and motivational agenda planned, which I know we'll all enjoy. In addition to an array of educational seminars, exciting entertainment, on and off-site events, and hospitality suites, the Annual General Meeting (AGM) will be held on Saturday, followed by the President's Ball in the evening.

At the AGM, you will be

asked to review and approve the National operational budget for the 2005-2006 fiscal year. Included in this year's budget is a provision of \$15,000 to complete the new National promotional video, which can be used for membership recruitment, acquiring sponsorship money, goods and services, and for public relations endeavours.

You will also be asked to approve an amendment to the National By-laws, which will add the Canadian Progress Charitable Foundation (CPCF) Chair as a voting member of the National Board. This resolution is contingent on the CPCF Board making a reciprocal change to their By-laws, adding the CPC National President to their Board as a voting member. The reason for this change is to recognize the reliance and synergies of both entities on each other — i.e. Progress Club members created and continue to almost exclusively fund the CPCF, and the National President is elected to act on behalf of and to represent the best interests of our organization; and conversely,

the CPCF relies on the National organization for members to serve on their Board and their goals and operations are substantially reliant on the continued success and strategic direction of the Canadian Progress Club. Therefore, it is beneficial for each entity to ensure that the Chairs of each Board can actively participate and vote on the other's Board. The National Board endorses this change and asks for your support.

The National Board Needs YOU!

Another important function of the AGM is to elect the members of the incoming National Board. As you're aware, there were five positions up for election this year - National President Elect, National Secretary Treasurer, National Director of Communications, National Director of Public Relations, and National Director of Education. While we were fortunate to receive a nomination for each of the first two positions, as of press time, we still had not received any nominations for the three Directors' positions. This is obviously very disconcerting to me, and should of concern to you.

We are members of the best service organization in Canada, and it is extremely important that we have a full and functional National Board in order

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Editor, The Progression Director of Communications Sharon Ward

Well here it is, my last editorial. What a very fast 3 years these have been! (*Note: this will be a 2 year term going forward.*) I have learned a lot about Progress and have got to know a remarkable group of Progressians on the Board.

The truly remarkable thing about these Board members is that they are **just like you**, club members from across Canada. The only difference is that they have taken one step forward to serve on the National Board. They have brought their own personal talents and baggage and have completed the tasks set out to the best of their abilities. This is something we **all** can do. I encourage you all to consider following the path that will lead you to serving on your Board. Your club needs you and it is a privilege and an honour to serve this great group of people. Start thinking now about next year or the year after. Find out what is required and fulfill those requirements. Then throw your hat into the ring. You will not regret it.

In the short term, 3 Board positions need to be filled, including this one. Speaking for this position, I want you to know that I will be available to give direction and assistance in the early days.

What an opportunity! To be able to share your thoughts and ideas with the whole club six times a year through this column! If you long for a soapbox, here it is, waiting for you!

Another element of this position is, of course, compiling, organizing and publishing this newsletter. I have been working in Pagemaker, which is what I know, but if you are familiar with Microsoft Publisher, I believe it would work equally as well. Someone proficient in Word (I'm not!) could probably pull it off in that program also. Whoever takes over this position is free to put their own stamp on the newsletter or keep the format similar to this. We need you to step forward and take over the reins.

The Progression is not the only (but certainly the main) element of this position. Getting information out to the club, working with other Board members, and liaising with our webmaster Barb Clarke also fall under this umbrella. There, I've stated my case. It's up to you now.

One of the final tasks I am undertaking as Director of Communication is to work on producing a Privacy Policy that will be usable for all clubs.

On a closing note, we have a smaller newsletter this time, coming on the heels of the summer hiatus. Don't miss the amazing report by **Jean Scott**, of her participation in the 60(!) km walk for Breast Cancer.

Thank you for your support and kind words over the past few years. And thank you to everyone who kept the pages filled with great stuff!
Sharon

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The Progression



Sept / Oct 2005

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next edition are due
November 4, 2005.

Large format jpgs are preferred
for pictures.
Email submissions to:
TBA



Summer Fun in Pictou County

The days of summer fun are winding down and it is back to business. Our club volunteered at the New Glasgow Music Jubilee in late July. This is a non-profit event that celebrates our home grown artists, Nova Scotian and national talent. George Canyon of Nashville Star fame and J D Fortune from Rock Star INXS are home grown boys from our county. We had a good turnout of Progress members to assist in the bar area and a good time was had by all! The next weekend our girls showed up again to volunteer at the Dragon Boat

Festival; another non-profit fundraiser that supports cancer survivors, Special Olympics and the NS Amateur Sports Fund. It was an exciting day. Our September meeting will be held just before members head of to our National Convention in Saskatoon and we have a full agenda. The Pictou County Progress Club is preparing a bid to host the 2nd Eastern Regional Convention next spring that we will present to our region representatives at National. We begin preparations for our Chair Affair Fundraiser and are planning a

new members night and a club social to start the fall season. We are all looking forward to a successful year.

*Submitted by
Debbie VanSickle*

"A Most Charming Fundraiser"

In support of
The Sprint to the Finish for CPCF



Each 'Italian Charm' comes
Personalized with the CPC logo and
Club Name

Cost: \$29.00- tax included

lyonsjel@sasktel.net

Alberta South Zone Dragon Boat Team

Once again this summer members of the Alberta South Zone had the opportunity to participate in the Annual Dragon Boat Races in Calgary. The sun was out in its glory all weekend and our team represented Progress with great vigour. We like to say that we were first in our lane for all the races. We managed to beat our times from last year and showed well in all races.

We participated in the Progress Cup race again. There was a strong contingent of teams for this race and this is becoming a “Must Do” event for non-profit groups to enter. As with our first year the goal of participating in this event was to raise the profile of The Canadian Progress Club in the Calgary area. We were extremely successful in doing so once again. The Progress name was front and centre all weekend to the other 400 participants and thousands of spectators. As an added bonus, we were able to make contact with some excellent potential sponsors for our other Progress events in Calgary.

The Bow River Boys, the Downtown guys and the gals from City Centre jumped at the



opportunity to paddle and financially support the team. As well, **Penny O'Rourke** from Vancouver came out and was a welcome addition. We had 21 paddlers this year as well as a steersman and drummer. In closing, I would like to thank all of our paddlers. **Karen Politsky, Trevor Schulz, James Savage, Bruce Lyle**—steersman, **Fraser Kyle, Mike**

Hayduk, Janet Miller, Michelle Roussin, Todd Crosby, Linett Lawlor, Linda Auger, Roma Pinnell, Blair Shimbashi, Mark Mikkelson, Barb Mallory, Bryan MacDonald, Gary Gwartney, Bev Matthews, Kate Pierini, Chris Himmelman and Michelle Kotylak—drummer. Thanks as well to **Karen Politsky** for organizing practices, getting our coach, getting our vests and making us the best looking team both on and off the water, and to **Darrel Williamson and Gary Gross** who helped as our Manager and team photographer.

Mark Mikkelson from the Downtown club has volunteered to organize us for next year and we all look forward to paddling our way to victory and again showing what Progress is all about in Calgary.

*Submitted by
Todd Crosby*

The National Board needs YOU!

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to help ensure the long-term success and continuity of our club. It is the responsibility of the members of the Board to set the strategic plan, and put the tools and resources in place to help all clubs and members grow and flourish in order for us to continue to serve and support our communities.

This is a particularly exciting time for the Board and Progress, as the groundwork has been laid to implement a new strategic plan, focused on promoting Progress nationally, growing our membership by targeting certain demographic groups which have previously been untapped, and refining the roles and responsibilities of the members of the National Board. There are a number of components to this plan, some of which we expect to implement over the next few months, and others that will be fine-tuned and rolled out over the next couple of years.

We are looking for energetic members who are passionate about our organization and want to provide their input into completing the new strategic plan and help implement its various components. It is also important that we have members on the Board from all areas across Canada, so that all clubs and regions have effective representation. We have a number of qualified members across Canada who would be productive and valuable Board

members — you know who you are! It is a very worthwhile experience and I strongly encourage you to step forward and help make a positive difference to the Canadian Progress Club.

Because of this anomaly this year, nominations for the Education, Communication and Public Relations Directors' positions will be accepted until 9:00 am, September 17th, at the AGM in Saskatoon. If any of the positions remain open, the National Board will make arrangements to appoint members to serve in these roles, as provided for in the National By-laws. I truly hope that we will not have to resort to this.

. . . nominations for the Education, Communication and Public Relations Directors' positions will be accepted until 9:00 am, September 17th, at the AGM in Saskatoon . . .

The situation we are in certainly highlights the importance of making sure that we all have a proper succession plan in place, whether it's on a National, Regional, or Club level. I know that the Great Plains Region has also had difficulty in finding someone to take on the role of Zone Governor to help support the Region. And, all too often, the same members continue to serve in the same roles in their Clubs.

We need your help to find out why members are reluctant to take on these positions and address the issues to remove whatever barriers — perceived or real — there are, and to provide the guidance, support and training needed to help our members feel comfortable and confident to serve on the various Boards. We have created special templates to help all of us identify and groom members for the various roles available on each of the organizational levels. You can find these templates in Section 7 of the Blue Book.

This has been a challenging but very rewarding year and your National Board has accomplished the goals we set for ourselves last fall. Among these are: securing new premises for our National Office; making preparations to finish the new National promotional video; successfully completing our first full year with the new Member Communication System (MCS) and the implementation of the 8 Standards of Success; creating a "President's Package", an easy-to-use tool to effectively run a club, which will be presented to all Club Presidents at the Convention; and the revisions to the Blue Book, our Club Management Manual, have now been completed, bringing it up to date to better serve the needs of our organization now and in the future.

I have truly enjoyed serving as your National President this year. This experience has allowed me to learn so much

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Board needs YOU!

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more about our wonderful club, meet a lot of our members, the people we support in our communities, and celebrities and outstanding members of the public, and to help promote our organization across Canada. I wouldn't have traded this past year for anything in the world.

I would like to thank Carmel, our National Club Administrator, the members of the Board for their hard work, commitment, vision, and dedication this past year, and all of you, for your hospitality, kind words, feedback, and encouragement. I also extend my best wishes and support to **Bob Lockhart**, your Incoming National President and the rest of the Board. I know that they'll have a productive year.

Thank you again for this amazing opportunity. I look forward to seeing you all in Saskatoon!

Juanita

Convention Message

In just a few short days Progressians from all across Canada will be packing their bags and heading to Saskatoon. Members of National Board, Convention Committee and Saskatoon Clubs "Welcome You". Plans have been ongoing and there is something for everyone: Rosalie has put together educational seminars, the committee has arranged a variety of activities and outings, along with interesting activities for our spousal program. Have a safe Journey and we look forward to seeing you in Saskatoon.

Janet Merrick

60km for Weekend to End Breast Cancer raises \$7.1 Million

Yes! I did it! I finished the 60 km walk for the Weekend to End Breast Cancer on Sunday, August 14 along with 2280 of my fellow walkers. There were 2281 walkers that raised 7.1 MILLION DOLLARS for breast cancer research in Calgary the weekend of August 13-14. Each walker had to commit to raising a minimum of \$2000 before they were allowed to walk. I was able to raise approximately \$3200 through the generous support of friends and family members. Just a totally awesome experience. I had done my training walks — about 16km/day walking to and from work. I felt in great shape — both mentally and physically to do this walk. However, reality seeped in around the 25 km mark that it wasn't going to be an easy task. We did 35 kms on Saturday and finished with 25 kms on Sunday. We stretched every hour, hydrated ourselves with water and sports drinks, ate the snacks and took time out to rest. The muscle aches, the sore toes and ankles were totally unexpected. Saturday evening, I didn't think I would be able to take another step. The last thought I had before I went to sleep — around 8:30pm! — was, 'I'm not going to make it.' How-

ever, I felt surprisingly well on Sunday morning and almost sprang out of bed to get going on the last leg of the walk. A totally intense two days.

The emotional and physical demands of this type of walk cannot really be explained to anyone that wasn't there walking the route alongside you.

There were resting and eating stations strategically laid out along the route, along with Medic stations. Seeing the state of some of those women's feet and their determination to keep going was inspiring. There were a few people in wheelchairs that would go as far as they could go with help from a team mate and then ride in a sweep vehicle to the next take off station and get back out on the route.

I practically had to have a sweep vehicle kidnap my friend Cathy, before she would stop walking to get her blistered feet iced and bandaged. She was determined to continue and finish we did! My thoughts were of my mother and her four bouts of cancer, and my friends, Janey, Darlene and Penny, all who have fought hard through their pain just to live. I couldn't let you down, ladies, not with the feeble excuse of sore feet or ankles. You were my inspiration and the help I needed to take each step.



Left to right: Cathy Perry, Terri Kinsman & Jean Scott taken at about km 51 still with energy to smile!

Once, I got to the last 1.2 kms I knew that I had my goal in sight and by keeping you in my thoughts; I made it to the end.

The long line of smiling faces, and cheering well wishers and fellow walkers, lining the way to the finish line was an emotional moment like no other I had ever experienced. The closing ceremonies when, we the walkers, entered the Corral to an incredible roar of cheering and clapping from family & friends was amazing. Then the walkers that were survivors came in! What a deafening roar of cheers! Everyone cheering and clapping for those incredibly courageous women! I wished you could have been there. It was a moment that everyone should have been a part of. In reality, I

played a very small part and undertook a short walk of 60 km, while the survivors showed us all, what true courage, spirit and commitment was all about. The thought of not being able to make it was selfish.

These ladies never had the option of saying there were too tired, too weak or too achy to go through the surgery or treatment of breast cancer. I am so proud I could play such a small part in the raising of 7.1 MILLION DOLLARS for breast cancer research.

I did it!

The energy and cheering from the closing ceremony had me in a weakened, emotional state because I signed up to do it all over again next year!!!!

*Submitted by
Jean Scott*

Halifax-Cornwallis upcoming gala event

The ladies of CPC Halifax-Cornwallis are preparing for their 16th annual Women of Excellence Awards in November. The club has made some changes to the event this year, in order to keep it fresh and interesting. One move was quite literal, from the spacious World Trade Centre to the elegant Westin Nova Scotian Hotel.

Every year the club has honoured women in 6 categories, with 3 finalists in each category. One recipient in each category would take home the award. Though risky, the club decided to forego the “suspense” part of the event and **not** single out one recipient in **each** category, but, rather, honour **all** 18 finalists with awards.

The results so far have been encouraging. We received more nomination packages than any previous year.

We are presenting a silent auction this year as well, to add another entertainment value and, of course, raise more revenue.

Finally, we have ramped up our publicity. We have some pretty stiff competition for the charitable dollar this year, and it will be interesting to see what impact all these changes have made. Stay tuned for more details in the next *Progression*.

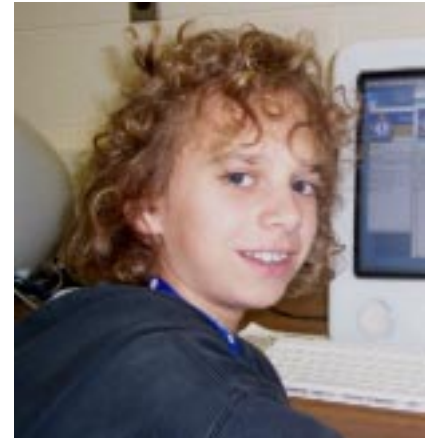
*Submitted by
Sharon Ward*

News from Brampton

September is starting off to be very busy with meetings, convention and events.

On November 11, 2005 the club is hosting its annual Charity Gala/Comedy Night with entertainment by the Yuk Yuk's Touring Company. Tickets are \$50.00 per person, and that includes a Roast Beef Dinner, door prizes plus silent Auction. If anyone has any items they wish to donate, we would be happy to receive them. Contact Richard Holloway for more details.

Brampton is pleased to announce that our website is up and running. The site has been de-

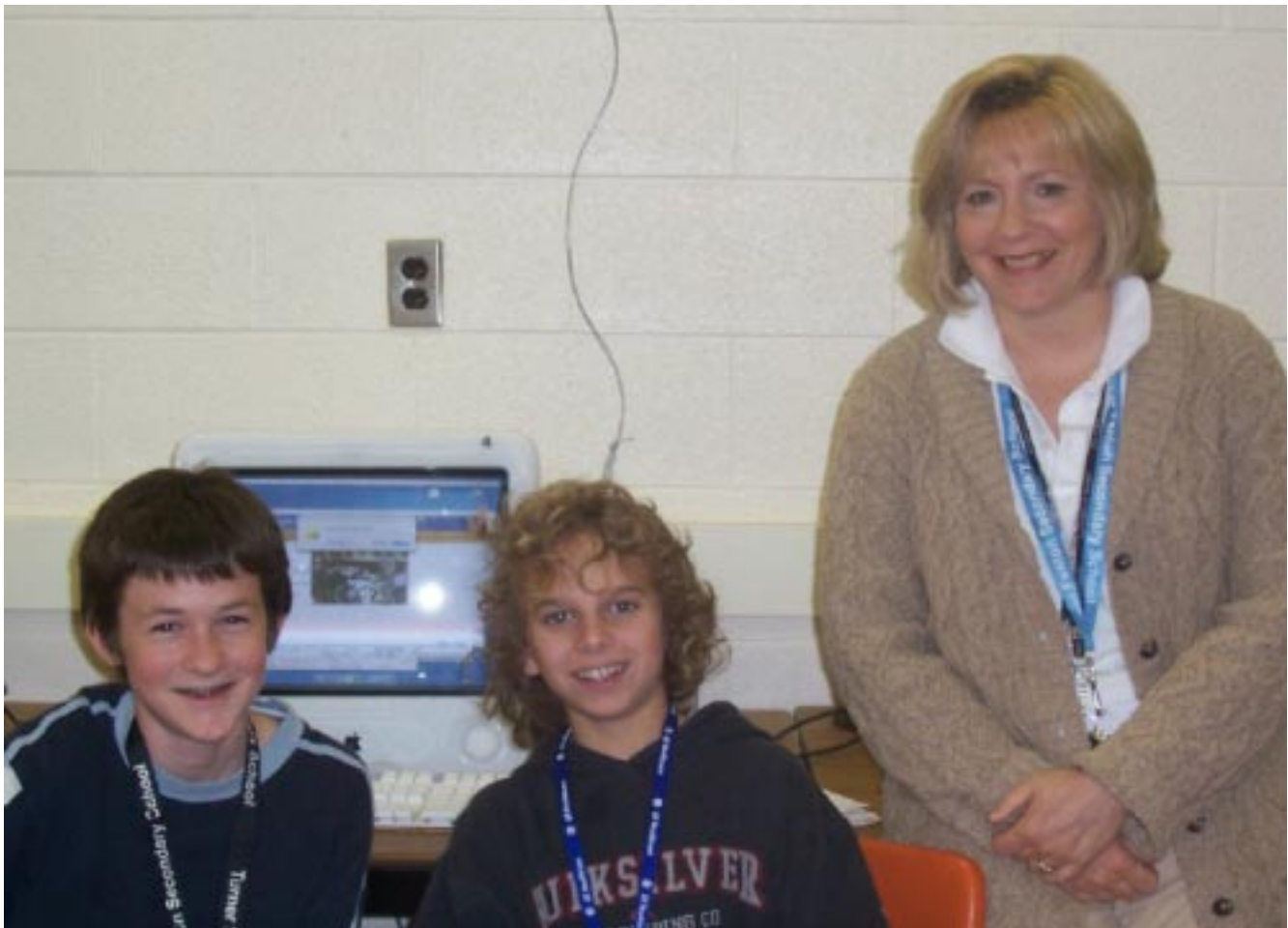


Left: Cody Robertson; Right: Sean Newman; Below, Cody and Sean with teacher Susan Spicer

signed by Cody Robertson and Sean Newman, students of Turner Fenton High School, along with the support of their instructor Susan Spicer. Further upkeep of this site by these students will

provide them with volunteer hours for school. Please check out www.cpcbrampton.ca. See you at Convention.

*Submitted by
Renate Thompson*



Calgary North has busy season

The last 4 1/2 months have been a busy time for the Calgary North club.

From the end of April to September 5th, we have had 5 community service events and one new fundraiser.

On April 22nd, we treated 70 kids & chaperones from the Big Brothers & Big Sisters wait list to a movie night at Cardel Theatre. They were given soft drinks, popcorn and munchies.

On July 23rd, they had 30 tickets to the Calgary Stampeders football game, and took children and caregivers/parents from the Kids Cancer Care Foundation to the game. The kids were treated to pop

and hotdogs.

On August 20th, we treated 25 kids on the Big Brothers & Big Sisters wait list, to a Calgary Vipers baseball game. Sept 3rd was another Vipers baseball game, and we took 48 kids from the Boys & Girls club.

On Sept 5, we had 11 Big Brothers and little brothers and Big Sisters & little sisters to the Labor Day Classic football game between the Calgary Stampeders and Edmonton Eskimos. One of our members has a friend who plays for the Stampeders, and he got the kids into the dressing room after the game for autographs

and pictures.

The 50 baseball and 30 football tickets were given to us, courtesy of Cardel Homes. We have established a relationship with Cardel Homes, since their donation of \$5000.00 to our Helping Hands campaign.

We have another 30 tickets, courtesy of Cardel, to the November 3rd Stampeders football game and we'll be taking another group of kids at that time.

On June 17th, we held our first annual Heads & Tails lobsterfest fundraiser and made \$5000.00.

*Submitted by
Bob Lockhart*

Your Board Working for You

Canadian Progress Club Foundation Chair Janey Davies



Dear Fellow Progressions:

Welcome back after a long and not so hot summer! I hope everyone had an enjoyable few months of relaxation and are ready to get back to Progress.

With convention just a few short days away and reports being presented at the luncheon and AGM, I will be brief.

I believe we are very close to finalizing the agreement with Special Olympics Canada that has

been on the table for a while. We are also very close to reaching that Million Dollar Goal that you, the members, have been working so hard towards. My sincerest congratulations to you for your commitment to this initiative. In 10 years the fund balance has grown by approximately \$500,000.00, which includes our continued support to SOC in the amount of \$32,500.00 annually. We are truly a success story.

This will be my last article for the Progression, as I will be stepping down as Chair. It has been my honor and a privilege to serve as chair of the Foundation. My sincerest best wishes to my successor.

I look forward to seeing you all in Saskatoon where we will gather to celebrate Saskatchewan's Centennial and Progress' 83 years of aiding and assisting those in need. We are in for a great time, so I'll see you where "The Sky is Alive in 2005"

*Yours for Progress,
Janey Davies
CPCF Chair*

