



The Progression

VOLUME 6 NUMBER 1

COVER STORY

A Time for Giving

**“It’s Great To Be a
Canadian / Soyons Fiers
d’être Canadien”**

What makes Christmas such a special time of year? Giving! The women from CPC Regina Wascana did just that. After a very successful Festival of Trees we were inspired by all of the beautiful designer wreaths to create a little bit of Christmas cheer for the patients of the Regina Wascana Grace Hospice. One -35° evening 10 of our club members gathered for a little fellowship and wreath building fun. We created 11 beautiful wreaths to hang on the 10 doors of our palliative care hospice. While hanging the wreaths we were able to show off the beautiful facility to some our new members. During our evening at the hospice we visited with a few of the residents and sang a few Christmas carols. We are very proud of our past and present close association with the Regina Wascana Grace Hospice and we hope that the wreaths will spread a little bit of Christmas cheer for the residents.

*Submitted by
Sheila Miller, Regina Wascana*



Front Row L to R – Celeste Gareau, Karen Graham, Darlene Brunskill, Debra Needham Moshurchak, Back Row L to R – Sheila Miller, Lila Morran, Jennifer McIntyre, Ivy Scobie, Mieke Gibson, Ingrid Rudd

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We're Hiring!

Okay, not really, but we are looking for a few good people as members of the National Board. A number of positions, including this one, are coming to the end of their terms at this year's national convention. Now is the time to start thinking of running for that coveted Board position. In the next few issues, articles regarding the positions and duties will be included in the Progression. This is to outline the responsibilities, duties and experience required for the position and to help encourage members to run for board positions. It is your chance to help make a difference in Progress and help pave the way for the future.

Motivation

"To thine own sloth, be true. For three years, scientists at the University of Jena tried to persuade Mats the sloth to cooperate in an experiment on animal movement.

But nothing they tried -- not even the promise of cucumbers and spaghetti -- could persuade the lethargic Mats to get up off the floor of his cage, climb a pole and climb back down.

So Wednesday, sci-

entists at the university's Institute of Systematic Zoology and Evolutionary Biology said they had finally given up. It was, perhaps, a triumph of nature over nudging researchers.

"Mats obviously wanted absolutely nothing to do with furthering science," said Axel Burchardt, a university spokesman. Mats' new home is the zoo in the northwestern city of Duisburg where, according to reports, he is very comfortable."

Ya gotta ask -- who was smarter -- Mats or the scientists?

Okay I admit it, I don't have a column this month. I can't think of anything. I tried, oh how I tried, but nothing came forth from the keyboard. So I slipped in a useless news article and photograph for amusement and to eat up column inches. Sue me or better yet offer to write the next column for me. I will be eternally grateful.

Gary Nakamura



Truth in Roadsigns

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The Progression



October 2006

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Large format jpgs are preferred
for pictures.

Email submissions to:
peripheralgroup@shaw.ca

**DO YOU WANT TO BE
CREATIVE WITHOUT ALL OF
THE TECHNICAL STUFF?**

**CONSIDER RUNNING
FOR
DIRECTOR OF
COMMUNICATIONS
IN 2007**

Contact Gary Nakamura
for more details
peripheralgroup@shaw.ca



Hello from Brampton!

Since coming back and recovering from convention...Thank You, St Johns, the Brampton club has been working non-stop with our charitable projects.

On November 3rd we held our 16th Annual Charity Gala Comedy Night Dinner and Auction that brought in over \$6000.00 to distribute to local charities. Once again we used the services of Yuk Yuk's on Tour. We were privileged to have headliner Pete Zedlacher perform (2004 Comedian of the Year in Canada).

On November 19, we participated in the Brampton Santa Claus Parade. A night event that lit up the cities Main Street. Our Conestoga wagon float accompanied by more than 20 members and friends and family gathered food

and monies from the crowd. At last count we delivered over 6500 ponds of food to the Salvation Army Food Bank. It was a beautiful night. The Brampton Board of Trade, which hosts the Parade, and Rogers Cable TV who video the event provided Progress with some great air time this year.

So now we get back to work on the Convention. A few more key components have been put into place. A Niagara newsletter will be out shortly with details including a PDF formatted application form that can be faxed to our registration desk. We are currently uploading our online application form and hope to have it ready for you to use in early January. Please remember registration goes up February 1, so I urge you to so send in your

deposits. Speaking of deposits we will be processing the credit card receipts within the next couple of weeks. If you would like us to book your hotel room for you please contact Renate Thompson. Please note there are still 2 Jacuzzi suite rooms available. If you have any questions concerning convention, please contact our club thru our website...cpcbrampton.ca.

CONTINUE TO CHECK OUT OUR WEBSITE FOR CURRENT UPDATES UNDER THE HEADERS FOR CONVENTION.

We look forward to hearing from you...

*Submitted by:
Renate Thompson*



Message from the President



Greetings to my fellow Progressians, and to all potential members of Progress that have found their way to our National website.

2006 was an excellent year for Progress with a net increase in membership of 14%. The organization has established a strategic plan focused on three key results areas of increasing the profile of Progress, increasing membership and increasing member retention. Through the aligned efforts of all Progressians and the strong leadership of our club Presidents, Zone and Regional Executives and the National Board, we are well on our way to renewal of the organization. I am confident our growth last year is the start of a longer term trend as many Canadians seek to join an enthusiastic group, committed to providing a helping hand to those in need in our society.

Congratulations to the St. John's club members who hosted a very successful National Convention last September. Their innovative launch of a run in support of our national charitable foundation raised an addition \$12,000 for our current campaign in support of Special Olympics. We also welcomed our newest club, the Silks, into Progress and look forward to the energy and enthusiasm they bring to our Alberta North Zone. In addition to the education and fellowship at this years Convention, many had the chance to take in the warm hospitality and the incredible beauty of the eastern reaches of our country. We leave with found memories, new friendships and look forward to next year's convention in Niagara Falls.

On return from Newfoundland, I had the opportunity to visit our newly established National Office in Toronto. Your board has launched efforts to complete the furnishing of the office this year, and to establish this as a viable location for Regional and National Board meetings. The Central Region held their November board meeting at the National office, and has volunteered to provide the labour for further provisioning the National office. We will launch its full operation with an open house on January 26th, in conjunction

with the winter National Board meeting. Steps are also underway to increase the responsiveness and quality of our operating procedures within the National office.

Since the Convention in September, your board has met twice and have developed individual goals and action plans aligned with the strategic plan. Board member goals will be posted to the member services section of the National website for member review. We continue our focus on implementing a National marketing program, chartering new clubs and strengthening the operations of existing clubs and zones within Canada. I look forward to meeting with each club over the coming year and call on each of you to demonstrate through leadership your pride in being a Canadian.

*Yours in Progress
Terry Clarke
National President*

Calgary to Austin Peloton Project

On September 27, 2006, My wife Heather and I had the opportunity of escorting 30 Cycling enthusiasts from Calgary to Austin Texas. The Calgary to Austin Peloton Project is a benefit to raise awareness and support for Canadian cancer patients and their families. The goal for the second annual charity bike ride was to raise more than \$300,000.00.

The ride took 8.5 days and the riders rode in groups of 6. The total distance covered was 3400 km or 2400 miles. The ride is arranged so we all would arrive in Austin TX. in time to participate in the Lance Armstrong Foun-

ation LIVESTRONG charity bike ride on October 8, 2006.

Uncle Bens RV and Auto from Red Deer were gracious enough to donate a 36 ft diesel pusher for our use during our trek. Heather and I would drive ahead of the Peloton and provide refreshments, food, coffee etc.

The group arrived Austin at 2:00 October 6. Our 30 cyclists, 3 Medics, 2 Media personnel and 6 Support volunteers made the trip with only a few incidents. CTAPP invited 21 Cancer warriors down from Edmonton and Calgary to participate in the Lance Armstrong Foundation

Ride for the Roses. Canadian Progress Club, Calgary Downtown was a huge sponsor for this project providing much needed funding and support. The final tally is expected to surpass the \$400,000 mark.

*Submitted by:
Robin Brittner,
Canadian Progress Club
Calgary Downtown*

Pickering Santa Clause Parade



Durham South served over 500 cups of Coffee and Hot Chocolate to participants and spectators in the Pickering Santa Clause Parade. Even though it was below zero, it was great exposure for the club. Seen in the photo are, Devin Poole, Bob Dunlop ,Wayne James and President Rod Lawrence.

*Submitted by:
Rod Lawrence*

Halifax Cornwallis

An overnight success, after 17 years!

The 17th Annual Progress Women of Excellence Awards (WOE), held on November 23, sold out for the second year in a row! The club thought that last year's sell out might be a one-of, but with a repeat in 2006, we are ready to call ourselves an overnight success and move forward from a confident base. This year, we also saw an increase in media coverage of our event, with more articles than any other year printed about the event and the women we honoured.

A contingent from CPC Halifax were present, all decked out in their tuxes, and helped us out by selling raffle tickets at the table. The grand prize was a "Heavenly Bed" from The Westin and the guys did a great job as usual. A big thanks from Halifax Cornwallis!

Charitable dollars are getting harder than ever to pull out of the community, so we are double pleased at selling out our event. The first 15 years, selling tickets was a painful ordeal and was the most stressful part of the whole event for the club. This year, like last year, we did not have to "sell" a ticket. The calls and emails came in



without a single phone call going out. And we turned away many--too many to ignore. So for 2007, we are looking for a larger venue. We have to thank the staff and management of the Westin Nova Scotian Hotel for their incredible hospitality and service, and it is with regret that we must move on.

But move on we must. The need in our communities grows all the time. Government funding is getting more scarce daily. Not only do the organizations we support require more every year, but also, there are more groups out there looking for a helping hand.

Membership is growing as well. Lindy Hearn and Janet Davis joined us in September, and we have four new and one return-

ing member lined up to be inducted at our Christmas Dinner later this week. There is a strong group also waiting in the wings in the New Year, so we should have no problem reaching our goal of 35 members this year.

In November, the club presented a cheque to Special Olym-



pics Nova Scotia for \$15,000, proceeds from our EastLink Cable TV Live Auction, which is broadcast across Nova Scotia.

Upfront and Centre

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Also in November, we donated contents for Christmas stock-



night, a small “choir” of club members, associates and friends entertained the residents at Veterans Memorial Hospital with a program of Christmas Carols, and on Thursday night, the club presented Phoenix Youth Programs (PYP--our primary cause) a cheque for \$40,000 (proceeds from WOE) along with a cheque for \$500 to buy presents for the young residents of Phoenix

Committees have already been struck for our events next year: Girls’ Night Out, slated for March 30; Eastlink Cable TV Live Auction on May 27 and WOE in November 2007. It is never too early to start planning and making improvements.

May this festive season bring you and your families together in joy and love, and for whatever holiday you celebrate, Peace on Earth.

*Submitted by
Sharon Ward*

ings, to be given out to homeless folks through several local churches. In addition, we donated Christmas Cards and stamps, and members to help address the cards to get them in the mail. Club members also donated to the Salvation Army’s Santa Shuffle event, manning the pre-registration tables for two days previous to the event. Plans are in the works to get even more involved next year.

House. The presentation was made at the annual Tree Trimming at the PYP emergency shelter.



This week has been busy for the ladies of Halifax Cornwallis. On Monday
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Calgary North has Strong Helping Hands

If you were to take a poll in the bustling, booming city of Calgary, you'd be hard pressed to find anyone who didn't want to see progress on the issue of homelessness. And Progress stepped forward to do just that - with five years of hard work culminating in the most successful Helping Hands campaign ever in 2006.

Helping Hands was developed by the Progress Club of Calgary North to raise awareness and support for two of Calgary's front-line homeless agencies - the Calgary Drop-In Centre and the Salvation Army Community Services program.

The Drop-In Centre offers people that are trying to get off the street a safe, non-judgemental environment that provides food, shelter, medical assistance, counselling and employment services. The Salvation Army is well-known for their community work around the world, but in Calgary they are focussed on helping individuals and families who require food, clothes, counselling and assistance to those who need support in getting back on their feet.

"I think there's a misnomer

out there that we, the community, can solve the homelessness problem when, in fact, what really needs to happen is simply empowering those less fortunate to solve the problem themselves," said Calgary North Helping Hands chairperson Mark Kotris. "One of the valuable lessons we've learned in running this campaign is that people without a home don't expect us to solve their problems,



One of the unsorted piles

but they sure could use a strong set of Helping Hands to support them as they fight their own personal battles.

"And that's what we do."

The Helping Hands campaign partnered with Calgary area Mark's Work Warehouse locations and two prominent radio stations to promote the campaign that saw Calgary and area residents donate cash, clothing, personal items and children's Christmas gifts. The program started at the end of November



and ran right to Christmas.

The generosity of the donors was overwhelming.

"In 2005, we had 72,000 lbs of clothing and gifts donated plus over \$12,000," said Kotris. "For this campaign, we were swamped from the beginning. In the end, we handed over 100,000 lbs of clothing and gifts plus over \$20,000 to the two agencies."

Kotris said the organizers were particularly pleased with the amount of new clothing donated this year.

"We got our fair share of hand-me-downs, but we also got a lot of brand new stuff with the tags still on," said Kotris with his trademark wide grin. "It was amazing. People were going to Mark's, buying brand new steel-toed boots and work pants

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and winter jackets and then just handing them over to Helping Hands.”

As always, it was a team effort: Mark’s donated lots of items and then discounted other items purchased for the program; The radio stations (JACK FM and the FAN 960) did their part with on-air promotion; The Progress club members, family and friends helped sort all the items to divide fairly based on needs between the two agencies; And the agencies worked to fulfill their clients needs and wants.

“We never started out thinking we were going to solve the issue,” said Kotris, “but we did think we could lend some people a good helping hand. We certainly did that and I know for a fact there’s a lot of people in a better place today than they were back before Christmas.

“That’s progress.”



Calgary North Sorting Crew

Notices and Bulletins



Please note that Progression will no longer be sent to each member, but will be sent to each club president for distribution. A link to the current issue will be sent via e-mail to all members and the issue may be downloaded or read online.

Have you checked the Member Communication System (MCS) lately to ensure that all of your information is accurate? Your national board is committed to providing information and addressing concerns and questions from members. Visit the Canadian Progress Club web site - <http://www.progressclub.ca/> - and ensure that your information is current and up to date.

Deadline for the next issue of the Progression will be February 15th. Please do not send articles with photos embedded in the article. Please include photos in high quality jpeg format as well as captions for the photos. If you have any suggestions or questions, please send them to Gary Nakamura at peripheralgroup@shaw.ca.