



The Progression

VOLUME 6 NUMBER 2

COVER STORY

The Ladies of the S.I.L.K.S.

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



On September 6, 2006 the Canadian Progress Club St. Albert held a very special Charter night to officially welcome the newly formed ladies club of Edmonton called the S.I.L.K.S. (Service in Love, Kindness & Strength.) These dynamic and highly dedicated and motivated ladies will surely make an impact in serving our community.

The evening began as the 120 attendees enjoyed cocktails as they mingled and socialized. Danny Hooper, the entertainer, musician, and radio personality who was special guest Master of Ceremonies, did a masterful job of coordinating the program. Piper Ted Soltys led the procession of Charter Members and head table dignitaries to their seats. After the national anthem and grace, dinner was served; Bruschetta, Caesar salad, Chicken a la Suisse, and desert.

After dinner, CPC National President Mr. Bob Lockhart made the Charter presentation. This was followed by the induction of the charter Members, the installation of charter club President and the installation of the charter Directors.

The Canadian Progress Club

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Elevate Charter Night



Thursday March 29, 2007 was an incredible evening for 25 new faces to Progress. The inauguration of Elevate was a night to remember! With over 100 people in attendance, including representatives from 10 different Progress Clubs from across Canada, I believe I speak on behalf of all the Elevate women that were in attendance (and to those 10 yet to be inducted) that it was a truly amazing and powerful event. Until that evening, "Charter Night" to most of us new members had no significance. Experiencing Charter Night first hand I believe did a few things for our membership group ... It made us realize that we were apart of a much larger organization, one that is supportive and proud of what we do; It brought significance and importance to our mission; It confirmed that signing up to be a part of CPC was the right thing to do, we are here to make a difference just like so many clubs

have done before us. Knowing we have the backing of so many Progressians across Canada is extremely inspiring. I believe Mark Twain summed it up perfectly when he said, "Great People make you feel that you, too, can become great." Thanks to all the Great People in Progress for the warm welcome and strong support! This truly will be an amazing year!

*Written by: Suzanne Ebelher,
Elevate*
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The Progression



Summer 2007

Words and pictures for the
next edition are due
October 15, 2007

Large format jpgs are preferred
for pictures.

Email submissions to:
garynakamura@shaw.ca

Cover Story cont.

Guest speakers included: National President elect Terry Clarke, North Zone Governor David Cameron, CPC St. Albert President Mitch Richardson, CPC Calgary Eves President Joan Gooder, CPC St. Albert Vice President Dave Williams, and CPC SILKS President Jan Beck.

A special thank you to CPC St. Albert members Dave Williams, Mike Lieble, Daryl Flory and Bob Hillier who spent countless hours organizing and planning this event and charter.

CPC ST. Albert would like to sincerely thank Danny Hooper and Alex Iksander from ABI

Photography for their contribution to the success of this event.

*Submitted by:
Dan Villeneuve
CPC St. Albert*

Christmas Gala for Festival of Trees

For five days in November a shell of a room was transformed into a magnificent Christmas Wonderland. Our Gala is traditionally the start to the Festive Season and our guests are dressed in their best to enjoy an evening with a sumptuous dinner, live and silent auctions, craft shoppe and lots of FUN. Special guest National President Terry Clarke was in attendance. The public viewing of the trees was well attended on Friday, Saturday and Sunday. This year, we brought back our Sunday Brunch with entertainment by Rory Allen and it was a huge hit.

Our members pretty much dedicated their lives to Festival again this year and we all got so much satisfaction from all working together to make our Signature Event one of the most antici-



pated events for the Christmas Season.

*Submitted by:
Regina Wascana*



Message from the National Director Member Services - Awards Information

When I was called up to receive my mentorship award in Saint John's last September, I paused to think about how far I had come as a Progressian. I joined CPC Halifax on November 7, 1997 just as I was getting my professional career under way and little did I know at the time, but I was about to embark on what have been some of my most challenging and rewarding experiences to date.

As with all new members of CPC Halifax I was assigned a mentor for my first year. That mentor was responsible for setting me up on an event committee, showing me the ropes and generally get me settled in to CPC Halifax. My mentor, Todd Barnard, instructions were brief and to the point. "Buddy, find something you can do and get it done." Before I long I had "volunteered" to work on our Spring Auction and do some other tasks as need and directed by Todd...

Since then my network of formal and informal mentors within progress has grown, but I am still following Todd's advice. But as I sat down at the CPC Halifax table it dawned on me that perhaps I had grown a little more within progress than I thought I had.

One of the first things I was involved in CPC Halifax was working on the national awards submissions and thus began my association with the National Awards program. This year I stepped forward to become the National Director of Member Service and I began looking

"Like all of my predecessors I am challenged to continue making improvements in how the submissions are administered and judged."

over last years awards program and identify where I thought it could be tweaked and/or updated. What was fairly clear to me right away was that I wanted to recognize the work all Progressians do in communities of all size in our shared name and cause.

The goal of the 2007 National Awards and Recognition Program is to recognize the outstanding achievements of clubs

and members of our organization. A secondary goal is to share information on the success of Clubs across our organization. Many clubs are challenged each year in finding new fundraising events or ideas to revitalize their existing events. By studying the success of other Clubs, sometimes inspiration can be found and tired members revitalized in new pursuits.

A personal goal, as a person who has worked on the presentations in the past, is to make this an easy process to contribute to and administer.

Like all of my predecessors I am challenged to continue making improvements in how the submissions are administered and judged. Like last year, no one judge will have a single submission to judge. Each submission will either be reviewed by at least two people or for submissions with multiple components, broken up and evaluated by separate judges. I will also commit to randomly reviewing a sample of submissions to ensure consistency and accuracy to the assessment guide is maintained. Furthermore, this year's awards package will include an assessment guide so that each club will have a copy of the assess-

National Director Member Services cont.

ment process for each award at hand as they prepare their submissions.

As in previous years, former National Presidents and current members of the National Board and Zone Governors will be asked to contribute to the assessment of the awards submissions prior to the National Convention.

These changes are a continuation of the growth and maturing of the National Awards Program as the National Board seeks new ways to recognize and reward the work all Progressians.

I know that many Clubs debate the relevance of participating in the National Awards and Recognition Program. Some think that only the “super” clubs will win or have other ideas about its relevancy and administration based on previous experiences. I challenge those assumptions and ask that all Progressians review the 2007 Awards and Recognition Program for themselves and see that there are entry points to all awards for all members and

Clubs.

I am also committed to posting all winning submissions on the national website following the National AGM and Convention because this is a continuation of the learning and information sharing process that the Awards and Recognition Program supports.

It is important that we do not let the spirit of this program be overshadowed by our natural competitive spirit (CPC Halifax is due for a

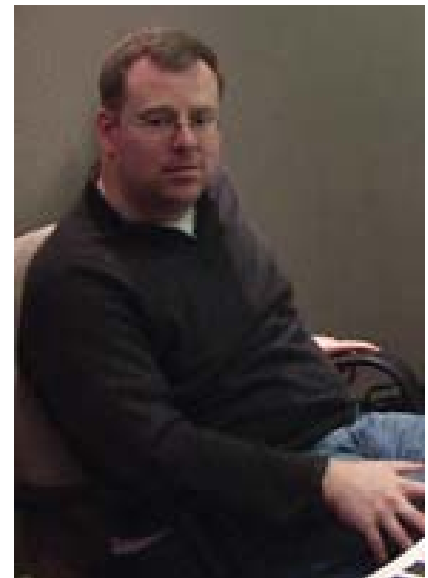
return to the National Presidents Award!) because that is not what these awards are about. This program is designed to recognize outstanding achievements made by clubs and members within our organization; so their successes and achievements are just as valid and meaningful as our own.

On March 23, 2007 the National Awards and Recognition Program will be posted on the national website. I hope you will have the chance to look it over and find an award that you feel strongly about and take the opportunity to recognize the contributions of someone in your club,

or perhaps the achievements of a your club as a whole.

If you have any questions about the National Awards and Recognition Program, please drop me an email or phone call and I would be more than welcome to talk to you about the 07 program.

*Yours in Progress
Liam Pollock
Director Member Services*



Hot Meals and Kind Words

Each holiday season the Regina Rescue Mission partners with the North Central Community Centre and local restaurateurs to provide a four course meal to many less fortunate families and individuals. A few local restaurants donate all the food and drinks and organize volunteers to work at the event.

After learning about Regina Rescue Mission Holiday Meals, our president Ingrid Rudd arranged for Regina Wascana members to assist with this important community initiative. Our first opportunity to volunteer was on Thanksgiving weekend where we served 750 meals to Regina's less fortunate.

In December we were invited to serve, clean and set countless tables to help provide over 500 Christmas dinners. Some of the members even brought their children and friends to help serve. It was truly an uplifting experience to watch 11 year old boys carefully and respectfully serve dinner to hungry 3 and 4 year old children.

The Regina Wascana Progress Club is so grateful for the opportunity to serve those in need, by helping to provide a hot meal and respite from the difficult circumstances they face. This April we will assist with the Eas-

ter Meal. Our club is humbled by the opportunity to spend time with our community and see the difference a hot meal or kind word can have in their lives.

We are proud to promote the Canadian Progress Club and are very proud of the assistance we can provide our community. Our volunteer work with Regina Rescue Mission Holiday Meals brings great meaning and satisfaction to all. Most of all we love seeing the happy faces of hungry children enjoying a hot meal with their family.

*Submitted by:
Karen Graham
Regina Wascana*

Hearts a Plenty for St. Albert

St. Albert hosted its annual charity Valentine's Dance on February 10th at the Gold Dust Casino Banquet Hall in St. Albert. This year's new venue included a silent and live auction with a late evening snack of roast beef with all the trimmings. The music was presented by the "GARAGE GUYZ" with CPC member Daryl Flory on the drums. There were 275 guests and the event netted ap-

prox. \$16,500.00. Great work done by committee chair Marc Regamey, along with member Ken Wilson. Many thanks to all the individuals and businesses who donated the auction items.

At this yearly event, the "Don Andrews Outstanding Contributor of the Year Award" is presented. The award goes to the person, business, or organization deemed to have made the most significant financial or in-kind contribution to the charitable efforts of the Club over the past years. Fran Andrews presented the award to this year's winner Mr. Frank Marocco, General Manager of Igloo Building Supplies Edmonton. This organization has been a very strong supporter of the Club over many years, and is a very worthy recipient of the award. Congratulations.

*Submitted by:
Dan Villeneuve
CPC St. Albert*



Women of Excellence - Halifax Cornwallis



National President Terry Clarke is surrounded by the members of Halifax Cornwallis—a thorn among the roses? Who said that?



President Terry with the 2006 Women of Excellence and event sponsors

Regina Centre's Circle O'Friends



National president Terry Clarke was a special guest at the 19th annual dinner and charity auction held at the Delta Regina hotel on November 8, 2006. There were 467 other guests in attendance and they helped the Regina Centre club raise more than \$65,000 for the club's special charities.

The main beneficiary of the event is Camp Circle O'Friends, a camp for children aged 6 to 18 and their siblings who have been afflicted by cancer. The camp operates on Lake Diefenbaker in June each summer and is one of the top rated oncology

camps in Canada.

The camp offers a complete range of activities including a high ropes challenge course, trail rides, petting zoo, boating, fishing and swimming as well as lots of crafts and games. The camp is staffed by volunteers with a number of medical personnel from the Royal University Hospital in Saskatoon.

Last year the camp celebrated its 20th year of operation. The Regina Centre club members play a major role in the camp operation by helping to obtain equipment like golf carts, build-

ing special ramps for wheelchairs, and hosting a barbecue for the campers on the final day of the camp. The club is also the primary funding sponsor for the camp.

The Regina Centre members are very proud of their long and fruitful association with Camp Circle O'Friends. This year's auction and dinner was chaired by Regina Centre members Jeff Lorch and Brent Walter.

*Submitted by:
Regina Centre*

Convention 2007
Niagara Falls, Ontario



The Canadian Progress Charitable Foundation
Silent Auction Committee is asking clubs to:

Please remember to support the Foundation's Silent Auction at the National Convention in Niagara Falls. Please present your donation at the silent auction room upon your arrival.

Remember, when at convention visit the silent auction room and

BID HIGH
and
BID OFTEN!

Sherwood Park Growing and Set to Celebrate 35 Years

The Canadian Progress Club Sherwood Park continues to rebuild their club membership one member at a time. On Monday 12, February Ken Bagnall was inducted as their newest member. We welcome Ken and his wife Wendy to the Progress family and look forward to Ken's contribution to reinvigorating the club.

We are preparing for our next fundraiser, the Annual Charity Auction, which this year will also

mark the celebration of 35 years in Sherwood Park. This Dinner and Auction will be a fun filled evening at Festival Place in the Center of Sherwood Park on



May 26, 2007. We are inviting every one to attend including past and prospective members, current members of all the clubs, their friends and family. This is an event at which we always have fun sharing with our supporters and this year we have yet another reason to celebrate.

From left to right - Joan & Bob Lowry (Kens sponsor) Wendy & Ken Bagnall, North Zone Governor Keith Hooke

Caring and Sharing

On a beautiful Sunday in May, the Ladies from Regina Wascana and four young volunteers, provided and served lunch to 60 children attending Caring Hearts Camp. Caring Hearts Camp is a weekend retreat for bereaved children and teens ages 4 to 18. The camp brings together children from different cultural and socio-economic backgrounds and gives them the opportunity to meet other grieving children. The purpose of the weekend retreat is to provide a creative environment to help the children work through some of

their pain due to grief, and facilitate the children's ability to find new ways to cope effectively. They also have an opportunity to experience many recreational activities such as horse back riding, canoeing, and campfires.

After the Sunday lunch the children attach messages to a loved one that they have lost, to helium balloons. They form a prayer circle outside overlooking the beautiful valley and say a silent prayer as the group release their balloons to their loved ones.

Once again, the women of CPC Regina Wascana are

thrilled to continue their long-standing partnership with Palliative Care Inc. to provide service within our community.

Respectfully submitted by Sheila Miller, Regina Wascana

Easter Baskets Delivery

Easter is a special time of year when families are celebrating this religious holiday together and welcoming spring. However some families are in turmoil. This is how Maria Hendrika, Executive Director of Regina Transition House described situations in which many women and children face every day. Maria spoke to CPC Regina Assiniboine ladies on March 13, 2007 enlightening us on all aspects of the shelter. Transition House is a registered non-profit organization that provides emergency safe housing to women and their dependant children, who are fleeing domestic abuse whether emotional, verbal, or physical. The shelter operates 24 hours/7 days per week and is intended for short-term safe

housing. Transition House, one of three crisis women's shelters in the city, opened in 1976 and they have assisted over 12,000 people.

Counseling and support programs as well as children's programs are offered; follow-up and ongoing support is encouraged; and public awareness and information on family violence are provided.

The ladies of Regina Assiniboine have assisted Transition House for many years now; providing clothing, household items, personal care items, baby supplies, toys, games, puzzles, and book/movie gift certificates. In keeping with our Club's mandate, which is to assist less fortunate women and children in

our community, we are more than happy to contribute these much-needed items.

To help bring some smiles for Easter at the shelter this year, the ladies of Regina Assiniboine donated an "Easter Basket" (a dressed up laundry basket) full of bath towels, chocolate candies, and gift cards to various book and music stores...total value of \$225.00. The shelter has a long wish list and our Club is very happy and proud that we can help fulfill some of their needs.

*Judy Lyons,
Community Service
CPC Regina Assiniboine*

Com-

Bras with a Bling

It's Saturday night, and it's time to put your bling on!

On March 10th, sixteen members from our club attended the Bras with Bling 2 – Unhooked event. We worked hard putting our best breasts forward for a very worthy cause. With a little glue, a little thread, and a lot of laughs we transformed our basic black bras into bras with a whole lot of bling. Many thanks to our sewing sensation, Mieke Gib-

son, whose creative talents were put to great use transforming quite a few of our bras. We were entertained by the "Ultimate Tribute to Rod Stewart" and enjoyed the wonderful specialty drinks and hors d'oeuvres. A few of us even won door prizes, silent auction, and raffle table items. Unfortunately, we didn't win any prizes for our bling-y bras, but we did have a blast! Proceeds from the evening support Breast Cancer Action Sas-

katchewan. Their goal is "to make the lives of people living with breast cancer in Saskatchewan, and those of their family and friends, more manageable through information, education, advocacy, support and networking."

*Submitted by
Jennifer McIntyre
Regrina Wascana*

A Message in a Bottle

Early in April 2007, business leaders across Pictou County received a special delivery 'A Message in a Bottle', alluring them to participate in Pictou County Progress Club's exciting new event "Survivor - Pictou Island". It wasn't long after the delivery that seven teams signed up for the challenge, making it a SOLD OUT event. CKEC, the local radio station, has escalated the excitement and competition among the teams with lively and entertaining messages.

Emulating the ever so popular television show, the day will begin with seven teams of three, coming together to OUTWIT, OUTPLAY & OUTPLEDGE their opponents in a game of endurance and conspiracy and will continue on by reaching out to children with special needs, providing a listening ear for Pictou County and enriching the lives of Canadians with an intellec-

tual disability through sports

The teams will be ferried to the island on Friday, June 8th to compete in four thrilling chal-



lenges, to solicit the last of their pledges, and to access buy outs and advantages over their opponents. Upon leaving the island, they will be bussed to Fibbers Pub & Eatery in downtown New Glasgow to vie for the SURVIVOR – Pictou Island

title, as they are cheered on by friends, family and colleagues to outwit their rivals in the final challenge. The post-event party will include live entertainment, specialty drinks, prize draws, and bragging rights for the 1st SURVIVOR – Pictou Island Winners. All funds raised will support Pictou County Early Intervention, Pictou County Help Line and National Special Olympics.

To learn more about SURVIVOR – Pictou Island, please visit the website at www.survivorpictouisland.ca



**Canadian Progress Club
National Convention
Americana Conference Resort and Spa
Niagara Falls, Ontario
September 26 - 30, 2007**

Halifax Cornwallis Grows

Halifax Cornwallis was delighted to induct new members Shelley LeBrun and Johanne Caron at our Christmas Dinner in December. Past National President CJ MacMullin was on hand to do the honours. Nearly all members attended the dinner, which was held at Saega, one of Halifax's new, hip restaurants.

The club is currently deep in preparations for our next Girls' Night Out, which will be held on March 30 at Bubbles' Mansion (yes, THAT Bubbles!). We are looking to increase attendance to 250.

In addition, items are being col-

lected for our Live TV Auction on Eastlink Cable to be held May 27. This is a 4-hour live auction on cable TV and features 24 items per hour, plus a handful of larger items that are available for bidding all night. A special feature this year is a Sidney Crosby Pittsburgh Penguins home jersey and an away jersey, autographed, of course. If you are interested in bidding on either or both of these jerseys, send us an email (president@halifaxcornwallisprogress.ns.ca) and we will honour your bid. The starting bid for each is \$600. Proceeds from this auction go to Special Olympics Nova Scotia. The club is also

organizing a group to help out with the Special O dance, which follows the games.

Our regular meeting on February 20 has been designated a Membership Night. We expect to induct a few more new members and have invited guests for their education and entertainment. A busy time for Halifax Cornwallis!

*Submitted by:
Sharon Ward*

Alberta North Zone Helps at Christmas

Every Christmas the North Zone Clubs join forces to assist families that may go without food at Christmas. Again, working with Uncles and Aunts at Large, we were able to ensure that twenty nine families in need had a special Christmas dinner. Uncles and Aunts at Large is an organization that was formed in 1967 by Progress Clubs in Edmonton to mentor young men and



boys. The clubs in the North Zone continue to support the organization, which now also includes Aunts in a mentoring role for young women and girls. We also had the help of one of the city's IGA and the Little Potato Company to provide each family a Grade A turkey and ten pounds of potatoes.

Angela Santiago the Managing Director of 'The Little Potato Company'

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 October 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 garynakamura@shaw.ca.

Looking for:

The following email addresses have been returned. If you have a new email address, please ensure you update your MCS listing. Thanks,

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