



The Progression

It's Great to be a Canadian - Soyons fiers d'être Canadien"

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**Canadian Progress Club
National Convention
Moncton, New Brunswick
September 17 - 21, 2008**

Message from the National President



Greetings fellow Progressions,

In our last Progression I had traveled to St. John's for the Vera Perline Halloween Party. I promised that I would return for their Christmas Party once again hosted by CPC St. John's.

Once again a wonder time was had by all, live music, dancing all night, A visit from Santa, gifts and excellent wings which were consumed with gusto. It was wonderful to see the joy in the faces of all present. Hats off to the CPC St. John's for an excellent evening.

The Utek Bowl was held in Halifax this year and with many of CPC Halifax's members being St. Mary's alumni, tickets and transportation was organized. Seventy five members (CPC Halifax, CPC Cornwallis and CPC Moncton), relatives and guests took in the festivities and football game. Great fun and fellowship were had by all, culminating in St. Mary's winning.

Kings Meadow Home held their Christmas Party on a lovely Sunday afternoon. The luncheon was attended by the Kings Meadow residents, their families, staff, CPC Halifax members and their families. The luncheon was enjoyed by all, especially the children. CTV was in attendance to pre-record conversation with the residents as CPC Halifax gets ready for the Celebrity Dinner. The residents are the focus of the dinner which has been held for over 35 years. Carroll singing, accompanied by the piano playing of a staff member was enjoyed by one and all.

Since this was the Holiday season there were several Christmas parties organized in Halifax... The first one on the agenda was CPC Halifax's Black Tie Dinner held at the Westin Hotel. The evening was hosted by Doran Donovan, President CPC Halifax. A sumptuous four course meal was served followed with the induction of two new members to Progress. The evening continued with a few more libations and dancing till midnight. Needless to say it was a night to remember.

I was honored to receive an invitation to attend the CPC Cornwallis Christmas Party held at Salty's, a beautiful restaurant on the Halifax waterfront. A reception was held prior to dinner which gave all present an opportunity to relax. It has become a tradition in CPC Cornwallis to exchange gifts which was presided over by President Cynthia. All present enjoyed the dinner, fellowship and exchange of gifts. Several of the members moved on the Lower Deck to listen to a Celtic Band. Thanks to the members of CPC Cornwallis for a wonderful evening.

The tradition of the CPC St. John's of hosting the Vera Perline Christmas Party, the fellowship of the Utek Bowl, and the seasonal Christmas Dinners remind us of how special Progress is to us and our charities.

Yours in Progress,

A handwritten signature in blue ink, appearing to read 'Doug Baker', with a long, sweeping underline.

Doug Baker
National President,
Canadian Progress Club





Best wishes from the Eastern Region

On behalf of the CPC Eastern Region Board of Directors, I would like to wish all Progressians a Merry and safe Christmas and all the best in the New Year. I would also like to thank all Progressians for their hard work to date this year, and I look forward to your continued success as we move into 2008.

Yours in Progress,
Steve Murphy
National Vice President
Eastern Region

Greater Moncton Boys "Ham" it up at the Antler Breakfast

*The Greater Moncton Progress Club
hosts its biggest breakfast yet.*

"WOW, what a crowd!!", exclaimed Chris MacDonald, President of CPC Greater Moncton as the quick moving line filed past him. Yes, the annual Antler Breakfast broke records as Progress members manned the buffet tables serving up a hearty breakfast to almost twelve hundred people in less than three hours. The growth of this event is paralleled with the growth of many of CPC Greater Moncton's recent events as the Progress Club identity becomes much better known.

Progress Club members look forward to this time of year when they can volunteer their time to raise funds for the kids in their area. A recent thank you letter from Annette Melanson of the George Dumont Hospital conveying the thoughts of the children was all that was needed to make the progress members realize how their positive input has resulted in encouraging results.

Under the direction of the Antler Breakfast Committee Chairperson Jamie McGloin the event ran smoothly. Member Dan Surette out-did himself in the fund raising drive as the citizens and business owners overwhelmed by the desire to help made their generous donations.

Ticket sales boomed with our "Three Wise Men" in their newly tailored threads making a number of community appearances. Nicole Pugh was the magician with the thread responsible for the costume upgrades. If she can make the Moncton boys look good, she must have some magic in her fingers! They visited businesses, malls, had a booth at the Moncton Coliseum during Moncton Wildcats hockey games and even had an audience with Mayor Mitton and Council at a City Council meeting!

Led by head chef Stephan Muller the staff of the Delta Beausejour put on an event second to none. With a calm demeanour and big smiles they kept the breakfast buffet full and fresh. The Progress "boyZ" in true holiday fashion served up the food with a side order of uplifting carols, accompanied by the tong rhythm section. It was a most enjoyable event to ring in the holiday season in the Greater Moncton area.



The tong song line....give'er up boys'



Kevin, Del and George, the Wise Guys



Vitamin "C" from Peter "D"

By most measures, 2007 was a terrific year for CPC-Greater Vancouver. The three annual fund-raising events (Plywood Cup; Slow-pitch Ball and Golf Tournaments) were well executed and returned healthy margins for the charities we support. The application for provincial Gaming funds bore fruit and allowed us to distribute more welcomed cash to our charities. Late spring we hosted the Western Regional Convention in Vancouver; participant feedback was pretty clear: it was a success in terms of venue, planned events, level of attendance and participation. Special Olympics BC saw our members, together with Friends of Progress volunteers, come out for hands-on support with swim meets. In February we attended something new -a Volunteers' Festival where we increased CPC exposure in the community and made good contacts for follow-up. We held the Annual President's function in May with good attendance along with interesting invited guest speakers. Additional community service was delivered in the form of work crews repairing and painting buildings belonging to one of the charities: Small Talk (speech therapy for pre-school children). In July, one of our members hosted at his new holiday home the annual BBQ for members and their partners -very well attended and reinforced a great sense of camaraderie. We held a formal strategic planning session for our club to cover the period 2007 through 2009 -this event was guided by a professional facilitator; the outcomes included clarity around the Vision and Mission for our club. At year end the club participated in our second annual Christmas Hamper project which delivered food and gifts hampers to 16 families in need. Indeed, a successful year by most measures. And what a launching pad for 2008!
but...

Our club ended 2007 like a ship that was under full sail and with strong winds; but suddenly we found ourselves without that wind... not rudderless, but starting to drift. The purpose of this article is to share with you the underlying factors (which are not unique to this club) but have added together in a way that has caused us to pause and take stock of our club's direction. Club success was not unique to 2007 -preceding years saw increasing plateaus of contribution and results. It was the drive for year-over-year gains that placed increased pressures on our members -a membership that was under strain from several fronts: some of the younger members had to refocus their time &

energies toward their youngsters' activities such as soccer coaching and the like; other members' professions are taking them out-of-town and overseas for extended periods (we have a number of engineers and project managers in our club); members have relocated to geographies that don't lend themselves to club participation/activities. Attempts to grow our membership have only made modest gains -and for the most part have replaced members who are no longer able to participate. The net result has been increasing activities spread across fewer shoulders. Perhaps 'burn-out' may be another way to characterize the loss of wind in our club's sails.

The good news is that the actively involved club members are genuinely committed to CPC, our vision and mission, and want to take advantage of this difficult phase in the club's history to revisit our strategies and to re-energize the club. This took the form of informal meetings where members reflected on our club's circumstances and expressed their own aspirations for the club and ways to achieve them. These healthy sessions brought about a consensus: that we have placed extraordinary pressure on ourselves to wring out every available penny from our fund-raising events through the teams and corporate sponsorship -that we have pursued this course and placed less emphasis on something that club members find most gratifying: hands-on community service.

We are not re-inventing but rather re-energizing our club. The support we provide to the community at large will be achieved by shifting our emphasis from primarily fund-raising (we are not abandoning the annual fund-raising events) to a blend that includes a greater level of hands-on support. Though we are a modest-sized club, we do have a great deal of experience and depth that we can leverage. A key strategy, therefore, will be to expand the Friends of Progress roster, to engage and guide them in a growing number of community hands-on events -and to recognize their contribution and nurture this as a responsive group to augment the club.

This will be an interesting and invigorating year for Greater Vancouver!

P.S. We are helping Special Olympics BC with a swim meet on Saturday 26, January; nearly half of the 18 volunteer time Keepers are friends of Progress. Progress indeed!

CHRISTMAS SPIRIT IS ALIVE AND WELL IN DURHAM



from left to right - Sam Solomon, Rod Lawrence, Murray Bartal, Devin Poole, Michelle Mitchell, Bob Dunlop, Paul Williams.

Despite having to endure one of the worst winter storms in recent memory, the members of Durham South braved the elements and went on a shopping spree in support of the annual Durham Regional Police food and toy drive. With shopping carts in toe, the men of Durham South quickly filled them with \$2,500 worth of toys, clothing, electronics and other goodies. In addition to supporting the toy drive the men also made a financial contribution to the Mayor's food drive to help purchase turkeys for underprivileged families within the community.

But the men weren't done there, as they proceeded to purchase a new computer for a single parent mother of two Special O Athletes in order to assist them with their studies and other activities. The family was overwhelmed with the club's donation of their new computer and promised to keep us informed on their educational successes - Straight A's here we come!!!

Canadian Progress Club Halifax...

Helping Feed Nova Scotia - "Stuff a Bus"



The Canadian Progress Club - Halifax partnership with Feed Nova Scotia is in full force in December. For the past 5 years the members have volunteered their time to help with Stuff a Bus. This endeavor by Feed Nova Scotia puts food on the tables of many Nova Scotians at a time of year when the need our help Most!



- Total number of people using food banks in March 2007 - 25,453 (+7.6% from 2006)
- Total number of children using food banks in Nova Scotia - 8,361
- Percentage of working poor - 7.5% (3rd largest recipient group)
- Percentage of persons with disabilities - 11% (2nd largest recipient group)
- Percentage of people on income assistance - 62% (largest recipient group)
- Approximately 2/3 of food bank recipients are a combination of single people (31%) and single parents (34%)

SASKATOON DOWNTOWN CANADIAN PROGRESS CLUB COMEDY NIGHT, OCTOBER 2007

The Saskatoon Downtown Progress Club held a Comedy Night fundraiser on October 19, 2007. The event was held at the Manhattan Ballroom in Saskatoon. Approximately 600 people were in attendance and were entertained by 3 comedians. A dinner of lasagna and Caesar salad was provided. We also provided a cash bar and 50/50 tickets were sold. Tickets for the evening were \$40 per person and approximately \$12,000 was raised at the event after expenses. The event was pulled off by the hard work of virtually all the members of the Downtown club. During the course of the evening the Club presented Big Brothers with a cheque for \$20,000. Our next fundraising event was our annual Boys Luncheon held at TCU Place in Saskatoon on Friday, November 30th. This event is a major kickoff of the festival season and consisted of a fashion show and luncheon that was attended by over 500 people. In December our Club also provided a Christmas luncheon to one of the inner city schools in Saskatoon. Many of our members were in attendance to serve a turkey lunch at the school which in a lot of cases will be the only Christmas dinner that many of these children will receive.

A Craft Lady

Hands on involvement is something all Progressions revel in and Evelyn Sharman of CPC Saskatoon Meewasin is certainly no exception.

Besides working the equivalent of two full time jobs, Evelyn is one of the most creative

people you may ever meet. In the weeks leading up to Christmas, Evelyn spent a portion of her free time with some of the girls from Westmount Community School to share her love of crafts.

Armed with nothing but some scraps of yarn, styrofoam and of course her trusty glue gun, Evelyn taught the girls how to transform these ordinary items into a very special Christmas ornament made by their own hands.

Way to go, Evelyn! Sharing our knowledge and helping out others just feels good!

CPC Saskatoon Meewasin





The Canadian Progress Club Welcome Mat

The Canadian Progress Club and all of its members would like to welcome the following members:

St. Albert Club

Dan Jacques totco@shaw.ca
Quinn Olsen delibrex@telus.net
Craig Strain cstrain@waltoninternational.com

Calgary North

Steve Blandford.

Calgary Elevate

Sandi Pineda-Selva and Miranda Schiller

The Smiles Say it all

By Richard Daley

Children from Moncton hospitals party in the Pedway. Of all the events the Progress men do all year, bringing the kids to the Pedway to watch the "Moncton Festival of Lights" 2007 Christmas Parade is without question the most heart warming.

With the volunteer assistance of the many dedicated bus drivers from Codiac Transit the children were transported from the Moncton City and George Dumont hospitals to the Pedway that traverses Main Street.

For many of these kids the outdoor elements are sometimes just too much to handle, especially with some of the ailments that trouble them, so this indoor, warm, comfortable environment provides for them what you could say are the best seats in the house. However; these kids were not here just to see the parade; they were here for a party. As they entered they each received a gift bag with a cool T-shirt, a "Special Guest" Badge, some treats, and their choice of a stuffed little friend. During their visit they also had pizza and were treated to a chorus of Christmas carols.

Their antsy little frames popped up and down with excitement as they enjoyed the festivities while watching the floats pass directly under their feet. To stand back and view the whole thing from one end of the Pedway made you nod your head and think "This is what it is all about". For at least a short period of time these kids had forgotten about all the hurt in their lives and were enthralled in a festive atmosphere of joy. If there was ever any question about why we do this, why we put in all the volunteer time and effort, the smiles on their little faces said it all.



Moncton Kids enjoying attending the Pedway event

Moncton Continues the Tradition with a helping Hand! *By Rob Sams*

The Moncton Men's club has once again taken on the task of continuing their long standing relationship with a local charity known as "Mobile One". For the last several years the club has donated their time, effort and funds to make soup which is served on a mobile soup kitchen. The bus operates 6 nights a week and serves on average 150-200 meals on any given evening. Since December the club has held two soup nights and have made enough soup to make 3500 bowls of soup.

Our commitment doesn't end there. We not only make the soup, but every six weeks both the women's and men's club's in Moncton actually ride the bus and take three day shifts each to help serve the meals.

The club has generally been the financial backing on the soup, but this year things have changed a little. A local company named SITEL has stepped forward to offer funding to offer funding for ingredients necessary in our future soup making efforts. This extremely generous donation will help us in the New Year be able to prepare close to 40000 bowls of soup. This has been a great example of our Club and Corporations working together to make a difference in our local community, and were are very grateful to SITEL, for their assistance in this important work.



Progress Club Welcome Mat

National President Doug is please to announce the hiring of our new National Business Manager effective February 6, 2008. The successful candidate is from Rocky Mountain House, Alberta, where the office will be located. Her name is Beverley Lumsden who brings to Progress an extensive background with charitable organizations. Beverley's experience will help Progress with our major strategic goals of: Membership, Retention, and Branding. Beverley is a replacement for Carmel, and we are in the process of setting up a 1-800 number, plus a PO Box in Toronto that automatically forward all mail to the new Business Manager.



2nd Annual Pictou County Survivor Event Gearing Up

Last year seven teams of three competed in the Pictou County Progress Club's first annual "Survivor Pictou Island". The elite group of 21 participants raised over \$30,000 in pledges by competing in challenges to outwit, outplay and outpledge their competitors.

As champion 'survivors' of last years event, the Lawtons team headed by Rob Sobey, will have first right of refusal to participate this year in order to defend their title. While all the teams had a great experience and went away champions in their own right, the big winners from Survivor Pictou Island were the recipient charities; Pictou County Early Intervention, Pictou County Help Line, Canadian Special Olympics and Pictou Island Community Centre.

Funds handed out included; \$10,000 to Pictou County Early Intervention, \$10,000 to Pictou County Help Line, \$500 to Pictou Island Community Centre and \$1,000 to be sent to Canadian Special Olympics. Additional funds will be donated throughout the year, in keeping with the Pictou County Progress Clubs mission.

Pictou County Help Line helps over 6,000 individuals in the county each year by providing a confidential volunteer phone service from 2pm to 10pm daily. "This donation will go a long way to assisting Help Line in keeping the line open for those in need" states, Arlis McChessney, Executive Director of the Pictou County Help Line.

Pictou County Early Intervention is a home based program providing support to developmentally delayed children, children at risk of delay and their families. Early Intervention helps families meet their needs through a supportive family-oriented approach to learning and development. Executive Director Lisa Smith was thrilled with the support from the Pictou County Progress Club, "this donation is a significant step in reaching our goal to assist more families and reduce our current wait list of 10 families and 4 new referrals".

In addition to fund raising efforts for local charities, the Pictou County Progress Club members proudly volunteer their time in support of local events. Last year alone, members contributed over 670 community service hours to over a dozen events including; Riverfront Jubilee, Race on the River Dragon Boat Festival, Taste of Home Support our Troops, Go Clean Get Green, Coats for Kids and Dress For Success.

Watch for details as the second annual Survivor Pictou Island event scheduled for June 2008, builds momentum. For further information contact one of the two amazing co-chairs, Lesley Sobey leslyanne.sobey@ns.sympatico.ca , or Judith MacLellan MACLEJA@gov.ns.ca .



**A Message From:
Janey Davies, National Vice President
Great Plains Region**

Dear Fellow Progressians

Happy New Year and welcome to a new 2008 Progress year. I'm sure many of you are still reeling from a terrific convention in Niagara Falls. Wasn't that a blast? This fall was a very busy one for the clubs in the Great Plains Region. I personally attended the Comedy Night in Saskatoon which was a huge success and a lot of fun. I was treated like royalty there. They sure know how to have a party and raise money at the same time.



Regina Centre's Charity Auction was a wonderful event that certainly touched the hearts of all those in attendance. The vast number of silent and live auction items contributed hugely in their efforts towards supporting Camp Circle of Friends. My auction purchase fits in nicely in my office.

Regina Wascana's Festival of Trees was, I'm told, the best yet. But they say that every year. The 3 day event was outstanding starting with the Gala night and concluding with the Brunch with Rory. The money raised will surely complete the Serenity Garden at the Regina Wascana Grace Hospice (Palliative Care Unit).

I look forward to the spring and summer when I will once again attend Saskatoon Meewasin's Fashion Show and Tea in support of Special Olympics and playing golf in Regina Assiniboine's Champagne Classic, another terrific fund raiser. Congratulations to all these clubs for an outstanding year of fun for their members and fundraising and hands on charity work. Our communities are truly blessed to have this support.

Following the goal of National President Doug "1000 by 2009", I am very proud to say the clubs have been working hard to increase membership. We are truly becoming a force to be reckoned with.

Our liaison with Special Olympics Canada has successfully afforded us advertising on TSN and in the National Games 2008 handbook. We are very fortunate to have these extra free opportunities to get the word out about Progress.

I am looking forward to another wonderful Progress year.

Janey Davies, National Vice President
Great Plains Region

**Celebration of a
Great Life Golf
Tournament
"Champagne Tee"
Joan Gooder Memorial
Golf Classic**

October of 2007 was a very sad month for the Canadian Progress Club Calgary Eves. The news of the death of our dear friend, member and mentor, Joan Gooder, though not unexpected, was still so incredibly heart breaking. Joan was a wonderful lady, with a great laugh, a firm handshake and an unshakeable belief in the fellowship and spirit of the Canadian Progress Club. Joan had been a Board member, Club President of two clubs, Zone Governor, Governor of the Charitable Foundation and served on numerous committees at all levels of Progress. She was a woman with a great love for her family and friends and she invited a great many into that circle. The members of the Calgary Eves would like to honour her memory by holding a golf tournament in support of the Agape Hospice, where she received the best of care.

We have the date of June 10, 2008 booked at the Woodside Golf Course, Airdrie, Alberta. We would like to extend an invitation to all Progressians to come out and pay tribute to your friend, Joan, by participating in the tournament. For information on registration and donations, please contact Jean Scott jean.scott@conocophillips.com or Lois Anderson Lois-anderson@shaw.ca

**20th Annual Charity
Auction and Dinner**

The Delta Regina was the scene of the 20th annual dinner and charity auction sponsored by the Regina Centre CPC in support of Camp Circle O'Friends and other children's charities. There were 493 guests in attendance on November 7, 2007 for a sumptuous meal and entertainment.

The auction, chaired by Dr. Brent Walter, had net proceeds of almost \$57,000. The highlight of the evening was presentation of a photo montage of prior camps by Gayle Morris and Dr. Karen Wright, co-directors of Camp Circle O'Friends. The camp is held in June of each year for children and their siblings who have been impacted by cancer.

The camp is open to children from ages 6 to 16 years and in many cases provides respite to families who have a child with cancer. The theme of the camp is "hope" and the camp activities are all geared to providing a positive life experience for each camper.

The annual dinner and charity auction is the major source of funding for the camp. Each child pays a nominal sum to register and transportation is provided by bus from Regina and Saskatoon to the camp located on the shores of Lake Diefenbaker.

Christmas in Toon Town

Submitted by Dani Hargarten, CPC Meewasin

December is a very busy time for members of CPC Saskatoon Meewasin but we still manage to fit a little bit of everything in. Along with our own club Xmas party, we had a very enjoyable social evening with the gentlemen from CPC Saskatoon Downtown. Food, fun and fellowship are always a good combination. Our club also adopts two families complete with presents and food hampers from Westmount Community School, an Inner City School that we sponsor in an on-going commitment, as well as involvement with "Care & Share", a non profit organization dedicated to making a difference in the lives of children who otherwise wouldn't be able to enjoy some of the activities of their peers.

Part of the "Care & Share" line up is a Holiday Lunch program that now encompasses serving a turkey dinner with all the fixings to over 5000 students attending Community Schools in Saskatoon. Of course, no festive dinner would be complete without mashed potatoes. And some one has to peel the potatoes before hotels and other food preparation locations around the city cook and mash the potatoes required for such an enormous undertaking.

This year Rob Engel, owner of "Baba's Perogies", donated the use of his premises (and potato peeling machine) for two days for the potato caper to come to fruition. Armed with knives and rubber gloves, members of Saskatoon Meewasin and Saskatoon Downtown rolled up their sleeves and jumped right in! With the assistance of some students gaining credit for volunteer hours and Care & Share Board members, every potato was peeled (thanks to Rob's amazing peeling machine), checked and cut into manageable pieces before being placed in pails for transport to their next stop - cooking and mashing.

Doesn't really sound like a great way to spend an afternoon but we all certainly enjoyed ourselves - funny how sharing something as simple as peeling potatoes just feels good!



"The Peelers"

Back Row: Marian Zuk - Saskatoon Meewasin Charter Member, Dani Hargarten - Saskatoon Meewasin President, Sandi Meldrum - Executive Director, Care & Share, Brent Smith - Saskatoon Downtown Executive
Front Row: Brenda Trask - Saskatoon Meewasin Executive, Brenda McBain - Saskatoon Meewasin Charter Member, Kent Gould - Saskatoon Downtown and Care & Share Chair

Regina Centre Supports Wheelchair Basketball



Presentation of a new wheelchairs made by Kevin Tell is a director of our club and to the Bolianitz twins, Mike Brady in the background.

Every Thursday evening an enthusiastic group of athletes gathers at the Wascana Hospital gymnasium for two hours of very energetic sporting activity. They play basketball - but in wheelchairs.

The youngest participants are eight years old and there are a number of players in their teens. Their leader and instructor is Mike Brady who has been involved in coaching and organizing for a number of years. The Regina Centre club has assisted Mike with this project for six years by helping with the expense of buying special wheelchairs.

The wheelchairs used by the young aspiring athletes are specially constructed so they are very difficult to tip over. When you are racing up and down a basketball court wheeling a chair and dribbling a basketball can prove to be a bit of a challenge.

The Regina Centre club also helped with the purchase of a trailer so the chairs can be transported to other gymnasiums to allow the kids to challenge other teams. One of the highlights of the club's program is when the club members challenge the wheelchair basketball team to a game. The kids have won every match so far.

Miss Canada attends Sherwood Park Canada Day Pancake Breakfast

The Canadian Progress Club Sherwood Park was honored on Canada Day by having Miss Alisia Fieldberg present at our Annual Canada Day Pancake Breakfast. On that date she was Miss Calgary and had chosen to Champion one of our partners, Breakfast for Learning, as the charity she would support during her tenure. Alisia went on to win and become Miss Canada. We take this opportunity to congratulate her on her success.

Alisia Fieldberg handing out BFL literature and Canadian flags to children at our Pancake Breakfast.



Celebrating Thirty Five Years of Community Service

The Canadian Progress Club Sherwood Park celebrated 35 years of service to the community. To mark the occasion invitations were sent out to past members who still live in the county of Strathcona to attend our annual charity auction. The attached photograph shows all those who were present as we cut our 35 year cake.



Picture of current and past members of Sherwood Park attending the 35 year celebration

The Toronto Trilliums Meet The SOO Toronto Seals

In November, 2007, the Toronto Trilliums had the pleasure of meeting the SOO Toronto Seals at their swim practice. Later we enjoyed a birthday celebration with the athletes, coaches and parents. The birthday boy's Dad told us that both of his sons have enjoyed and benefited from the program for many years.

Toronto Trillium provided pool time for the Toronto Seals for the 2007-08 season and knapsacks with their logo and the Canadian Progress Club logo. Geri Rockstein, Head Coach, has been volunteering with the Seals for 20 years - there are no paid positions. The Toronto Seals are proud to be the only Special Olympics team in Canada to offer a learn to swim program at no cost to the athletes in addition to the competitive swimming program. In May 2008, we look forward to watching Petra and Leslie compete in the provincial games in Durham. We all came away feeling the high energy Geri promotes and thankful for meeting such a wonderful group of athletes. This is definitely a win-win situation for the Toronto Trilliums and the Toronto Seals!

Our support for the Seals will continue in 2008-09 when we celebrate our 10th Anniversary Tee Up for Fundraising Women's Golf Tournament. We extend an invitation to all ladies in the Canadian Progress clubs across Canada if you are in the GTA on Monday June 23rd, 2008. Registration forms are available upon request - nancy_cumming@hotmail.com If you are not in the area but want to help with a donation or sponsorship please contact us!



CPC Toronto Downtown Hosted The Second Annual Special Olympics "Fun" Bowling Tournament

On Saturday, November 24, 2007 CPC Toronto Downtown hosted our Second Annual Special Olympics "Fun" Bowling Tournament at Thorncliff Bowlerama for the athletes of the Toronto area Special Olympics program. This was a kick-off to the Special Olympics Bowling season in the GTA, and was meant as a fun day for the athletes to get together and bowl just for fun.

All club members were in attendance and together with a network of 8 volunteers we hosted 39 athletes. Special Olympics Ontario provided prizes and ribbons for the athletes, and Toronto Downtown as host also provided lunch.

Many positive comments were received from athletes, parents and volunteers alike, and club members and volunteers got just as much out of the day as the athletes. Most of athletes attended last year's event and vowed to return again next year. For a few of the athletes and parents, this was their first time attending the event and were excited and happy to participate. One parent commented he was "overwhelmed" by the event and said his son had such a great time he can't wait to come back next year!

Toronto Downtown wishes to acknowledge and thank all volunteers for their enthusiasm and support. Special mention should go to Del Wright and Hugh Daley for running the registration desk, as well as Durham Region Women members Margaret McAllen, Jayne Strange and Edna Broome for coming out and lending a hand.



Elevates' Worldwide WOW Photo Exhibition & Gala...a Success!

Submitted by Jill Curr

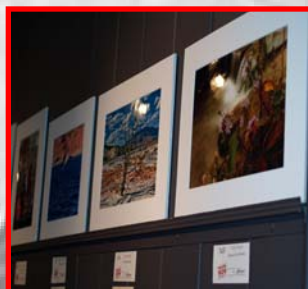
WOW indeed. The Canadian Progress Club 'Elevate'



The Canadian Progress Club Elevate was formed only seven months ago, but the Worldwide WOW bash they threw Thursday night at Artspace was nothing short of amazing. The dynamic group of Calgary women managed to gather food and wine experts from across the city and a most inspiring collection of music and photography all under one roof, to create a fusion of cuisine, art, entertainment and culture, all in the name of the Empowering Families Initiative. Its mission? To break the cycle of poverty by providing support to low-income families on their journey to long term self-sufficiency.

Congrats to Elevate for a mission accomplished.

Seven months ago Peggy Urlacher provided Elevate Members with a blueprint for CPC Elevates' first fundraising event. William Joseph's creative team came back with; Worldwide WOW Photo Exhibition & Gala complete with logo and samples of tickets. Elevate members tackled the challenge, goals were set and set high as Al Gordon witnessed! Al attended numerous Elevate meetings often only cringed when our financial goal for the Gala of \$50,000.00 was discussed...which was often. Regardless of what Al thought he remained silent and left us with our lofty goals. Did we, the members of Elevate achieve our Goals?? Yes, we did...WOW!!



The photo contest received over 300 entries and numerous live and silent auction items were successfully auctioned off. We managed to capture Calgary's attention through the introduction of a new event in a unique venue that everyone could enjoy. Our guests had a wonderful time and many Elevate members received positive comments from guests and fellow Progressions. The Calgary Sun ran two favorable reviews of the Gala as well as the Blacktie - Alberta website.

Doug Baker, National President, celebrated the event with the ladies. In addition, there were several Past National Presidents in attendance and Progressions from various clubs as guests and as volunteers. Their presence and support was noticed and greatly appreciated. CPC Elevate Members will present their first cheque to the Empowering Families Initiative for \$30,000.00 on February 6, 2008, the same evening three new members will inducted. WOW!! On behalf of the Elevate Members, to all of you that participated in our first fundraising event and its success...THANK YOU!!



first fundraising event and its success...THANK YOU!!

Edited from the Calgary Sun Article, Saturday, October, 27, 2007, by Kelly Doody

National Convention - Moncton, New Brunswick

By Joe Benoit

Chair, 2008 CPC National Convention

T minus eight months and counting.....Does it seem like it's a long time before our next convention? Well let me tell you, it's not! Members need to register; some of you need to start training for the charity 5km run Saturday morning (Name if it comes from national), some of you need to start training for the Great Canadian Ale Watching Tour, and all of us need to practice eating because wait until you see the food! If you have been to a National Conventions before, you won't be disappointed in Moncton New Brunswick, September 17-21. If you have never been to one, than this is "THE YEAR TO ATTEND". We have taken all of the traditions of the Canadian Progress Club's National Convention and wrapped them with a once in a life time opportunity that I am sure will become legendary amongst our members.



Wednesday afternoon (yes, the day before the actual convention starts) we will be hosting the Convention Golf Tournament. Like everything else, we have put a twist on it this year. Not only will participants have the opportunity to play a round on one of the finest courses going, Fox Creek (See the article in this issue) but our supporters will also be playing. We've invited all of the business leaders in our community who have supported us over the years to come out in a socialable setting and meet our fellow Progressions from across the country. After a great day on the course we'll shuttle all attendees that made it into town but weren't playing to the country club to join up with those that did so we can strike up the BBQ and have a great meal (See the "East Meets West" article in this issue).

The official start of the convention happens Thursday morning. All of the features that you would expect will be there, rookie camp, educational seminars, President's Ball, and our National AGM. We have also planned some events that

you perhaps didn't expect. Supporting Mobile One portable soup Kitchen is a big part of what the Moncton chapter does. When we make soup, we go big, over twenty gallons at a time. During this year's convention, we want to go HUGE, and we need your help. We want to provide soup for every soup kitchen in the province. We want you to put on the apron pick up a knife or a ladle and assist us in the creation of the biggest batch of homemade soup you've ever seen. This will be a memory you can bring home with you so you can say that while you were here, in true Progress fashion, you helped.

You won't need to bring you binoculars, but you might want to remember a couple of aspirin before you go to bed on this night. Join us for Maritime ALE watching tour. We'll investigate the city's best places to enjoy a refresher. How far will our travels take us? Not far at all, five stops all within short walking distance from the hotel.

Speaking of hotels, we couldn't have picked a better one. The Delta Beausejour is undergoing a complete remodel as we speak. Our convention will be held in an almost brand new facility! I'd like to think they did it just for us. Our meals at the hotel will be prepared by well respected chef Stephane Muller. Stephane has been a fan and supporter of the Greater Moncton Progress Club and when he heard about our convention, he invited some of his fellow chefs from the New Brunswick Chefs Association to help put on one very special night. The "Great Canadian Cook Off". Think your area of the country knows what makes a great meal? What if you had a great chef on your team? Now it's time to find out. Clubs from your province or territory will be paired up with a professional chef from the Canadian Culinary Federation for an outdoor cook-off. Bring along your favorite apron.

There are so many things to see while your here. The Greater Moncton area has so many attractions you just won't see anywhere else. How will you see the most you can? By taking one of our shuttles of course. We have arranged to have shuttles bring attendees to select areas throughout the convention. As well, there is a full compliment of spousal activities for those of you who want to enjoy this year's convention as a couple. Each year, the CPC National Convention is a time for all members to come together and celebrate the brother and sisterhood that is our Organization. From each part of the country, men and women celebrate the achievements we have made over the last year. It's where ideas are learned and brought back to your individual clubs to make the next year even more successful than the last. It's where you come to appreciate the scale of what Progressions do on a National scale. It's where you see that the pride you have in the difference you make in your own community happens right across the country. The only way to experience it is to be there. For years to come, when Progressions get together, they will talk of the great convention of '08. You will only be involved in the conversation in one of two ways. Either you will be speaking of a legendary event, or you will be asking an attendee to speak more about it. Register today so you can say, "I was there". After all; when it comes to the Canadian Progress Club's National Convention in Moncton; "Don't let the only thing missing...Be you!"

Greater Moncton Progress Club

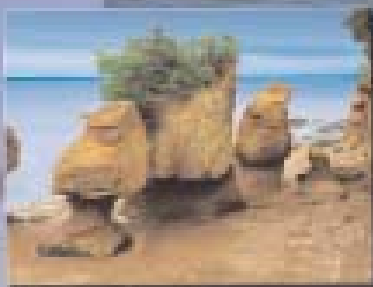


presents the 2008

NATIONAL CONVENTION

MONCTON

welcome/bienvenue



“Don't let the only thing missing...be you”

Register Now...

SUBWAY

www.monctonprogressclub.org

CPC Elevate - Inducts Two New Members

Submitted by Jill Curr

On Feb. 6, 2008 CPC Elevate had a multifaceted evening which consisted of welcoming guests interested in joining CPC Elevate, the announcement of CPC Elevate's first baby in the club, World Wide WOW Photo & Gala cheque presentation to Empowering Families Initiative and yes the induction of two members. WOW!!

As people arrived and mingled, a continuous slide show presentation showcasing the events that CPC Elevate members have participated in and the fellowship that is found in CPC, WOW!!...eleven months fly by when you're having fun!!

Peggy Urlacher, Vice President of CPC Elevate was the MC for the evening. Guests and members were welcomed with acknowledgment of the Bow River & Wild Rose Progressions in attendance. Elevate's member, Caroline Daviduk had a baby girl, congratulations!! A brief summary of CPC Elevate, World Wide WOW Photo & Gala fundraiser and the Empowering Families Initiative.

Next drum roll please... Pamela Lawrence from Empowering Families Initiative was presented with the official cheque for \$30,000.

Upon accepting the cheque Pamela Lawrence commented on how naturally CPC Elevate has embraced the Empowering Families Initiative program which has resulted in a unique and rewarding partnership.



Next up was Terry Clarke; Past National President from Calgary Bow



River provided guests and inductees with the CPC history overview and officially inducted Elevates' two newest members. CPC Elevate membership is proud to introduce and welcome Sandi Pineda-Selva and Miranda Schiller. We are fortunate to have these two ladies on board with us. WOW!!

The evening's festivities were held at The Hard Disk Cafe' which has been home to CPC Elevate General Meetings since Sept. 2007, and in keeping with the Chinese New Year the hors d'oeuvres consisted of, sushi,

vegetarian & meat rice cakes topped with a chocolate fondue. Below on the left Sandy Schulz Owner of Hard Disk Cafe' right Elevate Member Pina Mazza (aka photographer!)



CPC Regina Wascana was honoured to host the Saturday Night Hospitality Suite at Convention 2007

by Allison Horton, CPC Regina Wascana

For our club, it was the final celebration of a fabulous time as reigning "Club of the Year". The stakes were high. Hosting our fellow Progressions was important and there was no doubt we wanted to leave an impression! Planning went full steam ahead once 50's rock and roll was chosen as our theme. So many decisions to make; music, refreshments, snacks and most importantly "What would we wear?" Confidently, we took on the challenge.

Guests were greeted by the ladies of Regina Wascana with a root beer schnapps float and enjoyed bubble gum and munchies at their tables. In no time at all, the dance floor filled up and guests danced to a variety of 50's and other favourites. How wonderful to see the crowd having such a good time. The live band kept the crowd dancing, and jiving. Oh, that old time rock and roll! Everyone was encouraged to dress in a 50's appropriate costume to rock the night away. Being the host club, we decided on a plan to make and wear 'poodle skirts'. We were thrilled so many others joined in the festivities with their spectacular costumes. The Greasers, Pink Ladies and Nerds were represented. It is believed that even Elvis was in the building!

As all things eventually do, Convention would come to an end. Travel and a return to everyday life loomed in the morning. Some went to bed while others were determined to not let the evening end. All in all, fun was had, memories were made and Progressions closed another chapter in Convention history.



(left to right) Back row - Janey Davies, Celeste Gareau, Darlene Brunskill, Middle row - Allison Horton, Jennifer McIntyre, Sheila Miller, Sandy Tufts, Front row, Kimberely Sentes, Karen Graham

CPC Regina Wascana - 2007 Mosaic Potash Festival of Trees

Held over three days at the Conexus Arts Centre, the 2007 Mosaic Potash Festival of Trees was our best Festival ever! We are thrilled to be presenting a cheque for \$60,000 on February 14th to the Regina Wascana Grace Hospice. Our total commitment to building the Hospice, buying equipment and funding the Serenity Garden totals more than a quarter of a million dollars over the last five years! We feel so privileged to be able to play a part in helping families in need of palliative care hospice. Three of our "new" members share their experiences participating in our signature event. Festival Gala is traditionally the launch of the Christmas season in Regina. 2007 was no exception. On Friday evening, over 350 guests dressed in their Christmas finery mingled about the decorated trees and wreaths placing bids on exceptional silent auction items and joining in the excitement of the live auction. And oh yes... were wine and dined in elegant fashion. The live auction of five trees, a trip and a 2008 gala table raised the phenomenal amount of \$27,400! The tree sponsored by our Title Sponsor, Mosaic Potash, captured the highest bid ever at \$10,000! As a Club member directly involved in the organization of Gala for the first time, it was an incredible experience to see the event unfold, right in front of your eyes. To experience the enthusiasm and enjoyment of the patrons, the passionate words of the recipient, the speaker, the entertainer and the sponsors was truly amazing. But most of all, it was the opportunity to work with a group of very dynamic women who are so committed to the mission of Canadian Progress Club and who make such a huge difference in our community. The many committee meetings, the countless discussions via phone and email, new ideas, the late night rewrites of scripts and timelines, and the last minute jitters as final adjustments are made, are all a part of special events. The success of the Gala is the result of the commitment and talents of over 30 Progress women who come together to put on the Christmas event of the season, this year in support of Regina Wascana Grace Hospice. I am

truly honoured to be a member of Regina Wascana and to have been a part of Mosaic Potash Festival of Trees Gala in 2007. - Barb Barootes, Gala Committee

The Festival of Trees Family Fun Day was held on the Saturday of our annual weekend fundraiser. With a Title sponsor, SaskEnergy and a coloring contest sponsor, McDonalds, we put on a great day. There was family entertainment throughout the day - everything from a magician to puppeteers to dance and singing acts. The families were kept busy with a number of activities - a tree ornament to be decorated, the coloring contest which had 3 great prizes, face painters, a visit to



Santa to tell him all your wishes and an ornament treasure hunt that even had the older kids searching. With donations of countdown calendars from both Walmart and Zellers, every child went home with a prize. We had a greater than expected turn out for the day. We saw smiles on all the faces, from the very young to the elderly. It was a great way to kick off the Christmas Season. - Celeste Gareau, Festival Family Day Co-Chair

We held a wonderful Rory Allen Brunch on Sunday, November 18th, with approximately 215 people of all ages in attendance. The room was still decorated with all the lovely trees and wreaths from the Gala evening. This created an atmosphere of elegance. The buffet was excellent with so many choices that you couldn't possibly try everything. Rory Allen's Elvis Tribute dazzled us with an amazing performance for over an hour. This was a wonderful windup to the fun-filled weekend we had. As a new member to CPC Regina Wascana, I thoroughly enjoyed working on this fundraiser. Everyone pulled together to make it a successful and memorable event. I am looking forward to next year! - Debra Kruk, Festival Committee



Don't let the only thing missing be you!

Here we sit... the end February already. While we all may be longing for the long, warm days of summer, we all know that they'll be here and gone before we know it. With that in mind we, the Moncton boyZ, have been hard at work planning for what will be here before you realize it; The 2008 National Convention. "What do you guys have planned?" We're often asked. "What will we be doing" We're always poked and prodded for info. It never ends... its relentless!! Kind of reminds me of that time at band camp... ah... well... never mind... ANYWAY you get the point. We always have the same replies: "You'll see" or a coy "nothing much", are a couple of our usual responses. Now though, we thought it time to wet your appetite a little. We're not going to dish it all out yet however; I am going to give you all a little appetizer and a STRONG suggestion. GET HERE EARLY!!! "Don't let the only thing missing be you!" because you wont want to miss what we've got planned for Wednesday!!! I know, I know... most of you think are thinking "What!?! Wednesday!?!? Why the heck...?"



Well ladies and gents, the boyZ in Moncton never do anything half-assterisk and this will be no exception. We're going to start this convention of right!

We are going to host your Annual Canadian Progress Club AGM Golf Tourney at the best darn golf course

that New Brunswick has to offer: Fox Creek Golf Club. And as if that wasn't enough, we've secured a 1 pm shotgun start! "Then what!?" we thought... Well, having the tournament end around 5 O'clock... the Lobster Capital of the World, Shediac N.B., being a mere 20 minute drive from downtown Moncton, and all that "western beef" (cough cough) coming to the Maritimes for convention made us ask ourselves; "How can we really kick this thing off right...?" The answer in the end was pretty clear: Let's host a good 'ole Maritime surf and turf dinner or as we're calling it, the "East meets West" opening dinner extravaganza. Steak... lobster... what's missing?!?! Oh yeah! Drinks!!! So, we'll add some quality Ontario wine in there so the Upper Canadians don't feel left out and now we have ourselves a party!! Not a golfer?!?! No worries! Michele Russell fully expects to have at least one of her windows broken as well as her liquor cabinet raided by those "alcoholics with a charity problem." (She lives along the 9th fairway) Still not interested in golfing? Still not a problem! As the end of the tourney draws near, we'll shut-tle all others from the Delta to the club house for the dinner. As I know I'm already in trouble for saying to much, I'll shut up (for now) however, I'll be back soon with some more tidbits from the boyZ down east on what's cooking. Keep your ears peeled and those pre-registrations coming and most importantly "Don't let the only thing missing be you!"

Chris MacDonald
President
CPC Greater Moncton

The Canadian Progress Club Calgary Bow River

Presents Their

27th Annual

"Buck n' Breakfast"

Wednesday, July 9th, 2008

and

18th Annual

"Highwood Buckn' Breakfast"

Friday, July 11th, 2008

All at the Westin Hotel, Downtown, Calgary,
from 7:30 AM till 12:00 Noon

Your all inclusive ticket includes:
The Westin's Fantastic Stampede Breakfast!

*Bow River's "World Famous"
Stampede Libations!*

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Or FAX order forms to 264-3734
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Email to blakelyg@telusplanet.net

For more information contact:
Grant Blakely @ 650-2255



Santa Claus Parade & Salvation Army Food Drive and Yuk Yuk's Gala all records for Brampton Club

Submitted by Richard Holloway
President, CPC Brampton

2007's food drive proved to be the best yet - we collected a record breaking 12,000 pounds of food, cosmetics and necessities.

Our float always sounds and looks beautiful thanks to the talented hands and mastermind of our Electrical Specialist, Kevin Thompson. Thank you so much to our runners and our elves who volunteered to collect the food in baskets and hand it to our elves inside the float - without them we could not have accomplished such a successful evening. Again, I look forward to beating our record of 12,000 pounds at the 2008 Santa Claus Parade.



Yuk Yuk's Gala of 2007

This year's Gala took a turn of different events. This year's fundraiser (2007) was geared towards the YMCA Strong Kids Campaign. Our success was attributed to the leadership of the Gala Chair, Larry Fenske and our dedicated members who assisted him. We would like to thank those who contributed to the silent auction which was extremely successful. The comedians allowed everyone in the room to slip away from the seriousness of life and escape into a light hearted world of laughter. The YMCA Strong Kids Campaign was presented with a cheque of \$2500.00. Also a special thanks to the other clubs from our region that whole heartedly supported our cause. I will look forward to seeing you at our next Gala in 2008.

Regina Centre Club Sponsors Sparkle Tour

December 20 was the date of the "Sparkle Tour" conducted by members of the Regina Centre club to foster peace and goodwill among all the members of the club. The "Sparkle Tour" was the brainchild of Mauro Montanini and Brad Hertz. Brad obtained a bright yellow school bus, Santa hats and song sheets. Copious amounts of liquid inspiration accompanied the bus as it began its journey throughout the city. The bus stopped at homes of various members of the club where the member and his family were serenaded with Silent Night, God Rest Ye Merry, O Little Town, and other Christmas carols.

The spouse of the member was then given a choice: either the member was allowed to join the Sparkle Tour or the club members would stay at that home for the rest of the evening. Permission was graciously granted in every instance.

The tour ended at the Regina Court and Fitness Club with twenty five members of the club on board the bus. This was the fifth Sparkle Tour the club has conducted.

There was general agreement that the tour accomplished its goal of creating an evening of good fellowship and goodwill among the members. We're also pretty sure the spouses enjoyed the peace and quiet following the departure of the tour group.



The Canadian Progress Club

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