



The **Progression**

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

Pre-Convention Issue

AUGUST 2009

Message from the National President



Happy summertime. As I write this, Calgary Stampede is winding down and I expect many Progressians are now enjoying a slower pace for the summer, or for what passes as summer in Canada (wouldn't want to be anywhere else, though!)

There has been a lot of focus on our administrative crisis this year and I have been giving some thought as to how this club has been affected by the loss of revenue. It has been affected emotionally, primarily. The individual chapters that make up this union have not been hampered from doing their daily operations and the National Board has been handed a lot more work to do to deal with the situation, but our strength doesn't lie in the dollars we have in the bank--the dollars

are a tool we use to carry out certain functions.

Our strength lies in the hearts and minds of Progressians across Canada. It lies in the spirit and enthusiasm of CPC Pictou County, a group of Progressians who take fellowship seriously. It lies in the spirit and enthusiasm of CPC St. Albert, who have grown their club to 36 members. It lies in the spirit and enthusiasm of CPC Brampton, who has given us Richard Holloway and Blind Guy Biking. It is that spirit and enthusiasm which will determine our future as a club. It is that spirit and enthusiasm which attracts new members to our fold. And it is up to each individual club out there to harness that spirit and enthusiasm, and to grow our clubs to strength. National has provided the guidelines and many of the tools you can use to do this. Go to the Blue Book on our National Website and you will find most of what you need to help you. But it won't happen without you working at it.

Life is cyclical. You can see that in our economy. And our clubs are cyclical. You see them expand and contract, and that is all part of the cycle. However, some of them run out of steam and vanish. One of our oldest clubs, St. Catherine's, died of natural causes a few years back. They did not replenish themselves with new members, and there was no one to take over when the senior members were no longer able to carry on. We have to welcome new people, to be open to new ideas, and to be prepared to give up the reins, if our clubs are going to thrive.

And what will be the fallout if we don't? What will the rest of Canada think, if Progress Club was no more? Not much, for the most part. Except those Special Olympics athletes who get to participate more fully in our society, in no small way through the support given to them by Progressians. And those who are homeless for any number of reasons, who may not find a bed or safe haven that Progressians help to provide. The Vera Perlin Society in St. John's would surely miss the loss of Progress in that city. Think of the people who benefit from the hard work and dedication of Progressians across this country. That is the heart and soul of the Canadian Progress Club--and the Progressians I have met over my 18 years in the club harbour this spirit and enthusiasm that keeps us going and will keep us going forward.

By the time you read this, Richard Holloway will be somewhere between Saskatchewan and Ontario. I challenge all club presidents to take this opportunity to get out there and drum up some public awareness of his effort so when he comes through your town, the public will be there with their donations. This is something to celebrate! Richard and his crew are doing all the work. Let's get out there and cheer.

On a final note, if you haven't registered for National Convention in Kelowna yet, what are you waiting for? You will return to your club with new ideas, fresh enthusiasm, more knowledge about the Canadian Progress Club and a whole passel of new friends. You may even win your convention costs. Go to our National Website for more information about the Donovan Draw. Even if you have paid for everything already, buy a ticket or five. It's for Progress, after all. See you in Kelowna.

Yours for Progress,
Sharon Ward
National President



The Canadian Progress Club

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The Progression is the official publication of the Canadian Progress Club National. It is published expressly to inform, educate and involve Progressions in the Association's service activities, programs and policies. Opinions and content expressed in the articles are those of the writer and not necessarily those of the Canadian Progress Club National office or staff. The Canadian Progress Club is an all Canadian Service Club devoted to aiding and assisting those in need and servicing the best interests of the community.

From the Editor,

Over the past two years we have published nine issues of The Progression for members and our friends to read and share in our world of Progress across the country. There is no doubt that Progress is very active in the communities across the country and clearly the work that Progressions do within those centres continues to be a force of energy for the members and our organization.

When I reflect on my 30+ years as a Progress member it never ceases to amaze me that there seems to be an endless need for the resources of Progressions. In true fashion so many of you pull through and continue to help those less fortunate in a stellar manner. Thank you for letting me share a few of those special times with you as your Editor. I extend my sincere thanks and wishes to Renate, Karen, Tim and Greg for all of their work for Progress.

Thank you everyone.



Roy Urbach

The Progress Club of St Albert Centre for Transitions

It was a cool, blustery day on the 30th of June in St Albert. The weather did not dampen the spirits or enthusiasm of a small group of people who had gathered to participate in a very special occasion. Transitions of St Albert was breaking the sod on their new building located in the Northeast of St Albert.

Transitions mission is "To bridge the gap so citizens with disabilities will have a quality of life equal to others in the community." They were established in 1978 as a non-profit society and registered charity. They offer support services to individuals with developmental delays and disabilities of all ages and their families in St. Albert, Sturgeon County and Northwest Edmonton. Transitions works with more than 230 individuals and families per year.

The St Albert Progress Club was looking for a community-based charity to support and Transitions was looking for an organization as a title sponsor for their building. Through the efforts of our club member Dan Roy, Transitions and the St Albert Chapter of the CPC came together. Our club will be the title sponsor of the new building for at least five years.



Transitions turns the sod on their new building. L to R: Club President Doug Ritzen, St Albert Mayor, Nolan Crouse, St Albert MLA, Ken Allred, Transitions Board President, Kathryn Morrow, and Transitions Executive Director, Paul Fujishige.



St Albert CPC members stand beside a sign showing the architect's concept of the new Transitions building. L to R: Dalen Crouse, Dan Roy and Club President, Doug Ritzen.

2009 National Convention, Kelowna, BC October 14th to October 18th

Registrations keep rolling in, the Capri Hotel is almost fully booked. All of the Hospitality Suites' themes have been chosen, the Educational Seminars are established, the Spousal Activities are being investigated (beyond the obvious and adjacent Spa and Winners) and all we are waiting for is the grand annual reunion on October 14th. Ripe With Surprises.

The hospitality starts early Wednesday evening with Western food and refreshments compliments of Calgary Bow River, so bring an appetite. Thursday is Progress Night Out, where you'll need your thirst. Fridays dinner's entertainment is Progress Has Talent- Lip Sync and the clubs should be planning their presentations early in anticipation of a night of fun and frolic. Convention vests can be ordered at the website, along with golf registration.

We will be communicating with all registrants well before the convention with a "survival guide" (ie. costumes etc.).

In the meantime, we encourage you to enter the CPCF lottery with the grand prize of registration, hotel and transport covered with net proceeds in support of the Foundation. If you have not yet registered, contact the hotel at 1-800-663-1144 and our website through www.progressclub.ca.

Kelowna found it hot lately, but it will really be smokin' in mid- October. See you in Kelowna.

Wayne Bamford
Chairman



AND THEN THAT POOR MEATBALL

..... rolled onto the floor – but that rogue meatball was no match for the gals of Elevate.

So what is with the meatball you ask? A bit intriguing don't you think? Well here is the story ... Elevate's July 2009 volunteer service event was held at Inn For the Cold in Calgary. Inn For the Cold is an organization that provides food and shelter for home-

less families. As volunteers, the Elevate members assisted with preparing and serving the evening meal as well as making brown bag lunches for the following day. On this particular night the evening meal was, you guessed it, spaghetti and meatballs.

Now picture this adorable 8 year old girl walking so very carefully with her spaghetti and meatballs when one rolled off her plate – she almost cried. It was a cry for action and before you knew it the rogue meatball was gone, a new one was on her plate and she was being escorted back to her table with the kind and gentle support of an Elevate member.

So with dinner served, dishes done and 50+ brown bag lunches prepared, the gals of Elevate proudly walk away from a volunteer event knowing they have made a difference. It is always my pleasure to be associated with such an amazing group of women.

Written by: Peggy Porisky, CPC Elevate



L to R: Elevate Members: Sophy Schiller, Peggy Porisky, Ronni Church, Pinna Mazza, Suzanne Ebelher



COMMUNIQUÉ

Mourning the loss of Mrs. Eunice Kennedy Shriver | Triste décès de Mme Eunice Kennedy Shriver

The Special Olympics family in Canada is truly saddened to hear of the loss of Mrs. Eunice Kennedy Shriver. She was an extraordinary woman who dedicated her life to enriching the lives of millions with an intellectual disability worldwide, including 32,000 Special Olympics athletes here in Canada.

We extend our heartfelt condolences to the Kennedy Shriver family at this time.

Mrs. Shriver recognized that sport is a universal language, one that unites people both on, and off, the field of play, and she challenged everyone to rethink their attitude towards the intellectually disabled.

A dear friend to the movement in Canada, Mrs. Shriver inspired many with her message of hope. Canadians heard it firsthand at the Special Olympics World Winter Games in Toronto and Collingwood, Ontario in 1997.

She leaves us a remarkable legacy.

To post a tribute, or to learn more about Eunice Kennedy Shriver and her life's work, please visit www.eunicekennedyshriver.org.

C'est avec grande tristesse que la famille canadienne des Olympiques spéciaux a appris le décès de Mme Eunice Kennedy Shriver. Femme hors du commun, Mme Shriver a consacré sa vie à enrichir celle de millions de personnes présentant une déficience intellectuelle de par le monde, y compris les 32 000 athlètes des Olympiques spéciaux chez nous, au Canada.

Nous présentons nos plus sincères condoléances à la famille Kennedy Shriver.

Mme Shriver considérait le sport comme un langage international, capable de réunir les gens sur le terrain de jeu comme à l'extérieur. Elle a mis tout le monde au défi de repenser son attitude à l'endroit des personnes vivant avec une déficience intellectuelle.

Amie très chère du mouvement au Canada, Mme Shriver y a inspiré un grand nombre de gens. Les Canadiens ont pu entendre son message d'espoir à l'ouverture des Jeux olympiques spéciaux mondiaux d'hiver de 1997 à Toronto et à Collingwood, en Ontario.

Elle nous laisse un héritage remarquable.

Pour rendre hommage à Eunice Kennedy Shriver ou pour en apprendre davantage sur elle et sur l'oeuvre de sa vie, rendez-vous à www.eunicekennedyshriver.org.

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*Created by the Joseph P. Kennedy Jr. Foundation for the Benefit of Persons with an Intellectual Disability.
Créé par la Fondation Joseph P. Kennedy fils au profit des personnes avant une déficience intellectuelle.*

Stampeding with Garter Sales



L to R: Elevate Members: Peggy Porisky, Ronni Church, Melody Hamilton, Nancy Tucker, Sophy Schiller, Sheri Delf-Smithson

This year, CPC Elevate launched a new fundraising activity that drew upon the fun and friskiness of the Calgary Stampede. Through the help of our local costume retailer, the Elevate ladies were able to purchase some Garters (with Guns) at wholesale cost. These fun Stampede accessories were sold at a number of events including a large community parade, some corporate Stampede parties, on the CPC Elevate website and the Thursday morning Stampede Doggie-Do breakfast (thank you to CPC Calgary Downtown for allowing us to do that!). Over 300 garters were sold! With more time to line up sales venues next year ... who knows?!

P.S. These fun garters can still be purchased online through the CPC Elevate website, www.elevatecpc.ca.



MONCTON PROGRESS BACHELOR AUCTION 2009

Written by Donna Reade

On Thursday, May 14th 2009 the Moncton's Women's Progress Club held their First Annual BACHELOR AUCTION at the Delta Beausejour in Moncton NB.

The evening was filled with excitement for the women looking to bid on one of the 11 eligible bachelor's as well as those who wanted to bid on some fantastic get-away packages for the not-so-single ladies! The bachelor's were escorted out by some of Moncton's most beautiful women (our very own Progress members) to then strut down the runway in their tuxedo's to where the bidding of over 125 women waiting to donate to such a wonderful cause. The music was playing and the women were dazzled by the handsome bachelors and the dates the men had arranged for the lucky winners. The dates ranged from dinner & a romantic walk on the beach to skydiving There was enough to please even the most conservative (and adventurous) lady in the audience.

Other prizes up for grabs that night ranged from beauty spa's to lovely hotel and dinner getaways for couples. There were also wonderful door prizes won by some of the lucky guests.

The event was hosted by none other than the infamous speaker/author Gair Maxwell who energizes the room along with professional auctioneer, Peter Beers. They kept the women laughing all night and anticipating the next great bachelor to be revealed. The energy in the room was nothing less than EXCITING and ELECTRIFYING by all the wonderful women who attended the event.

This spectacular event which raised over \$20,000 was in support of CROSSROADS FOR WOMEN, Blind Guy Biking and other local Charities. The Moncton's Women Progress Club is now anticipating the 2nd Bachelor Auction so ladies, keep your eyes and ears open to find out more.

Halifax Progress Club's 27th Annual Big Spring Auction - A Big Time Success!



By the time you read this, the leaves will be changing colour, the air will be crisper and fresher, and the raw natural beauty of our great country will already be revealing itself in awe inspiring vistas from coast to coast.

So it's somewhat of a stretch to reflect back on spring and summer events. Yet the longer term impact of the Big Spring Auction on our community reaches beyond the seasons and in fact the work we do improves lives and gives hope to families in need. These are timeless gifts that make all the anxiety and headaches of event planning and fundraising seem insignificant.

Proceeds from the Auction are primarily directed to the Progress Centre for Early Intervention - a "non-profit Resource and Community Outreach Program for Infants and Young Children with Developmental Delays" and the Kings Meadow Home - a licensed group home for mentally challenged adults.

So let's go back to May 6th. Along with at least 40 other Halifax Progress Club members attending our regular Wednesday lunch meetings, I'm listening to a report on the Auction being delivered by Co-Chair Mel Malana. We are moved by his words and passion for the cause. We remember the stories of the parents whose lives we improved. We were inspired by the generosity of the patrons at the auction. Those of us that worked on auction committees in the past understand the challenges and the rewards of a successful Spring Auction.

The May 2nd event raised about \$95,000 or about 35% more net proceeds than expected. Spectacular! How did we accomplish this in a recessionary economic environment? What is the secret to our success?

Mel sums it up best, "In the pre-planning stage, it is difficult to gauge the possible success of these types of events. I can assure you that it only takes two things...and they are focus and determination. The Canadian Progress Club - Halifax exemplifies these qualities. I had an idea or vision for this event and asked my committee to deliver. They in turn asked all of you, our fellow Progressions to deliver. Our club certainly delivered and set precedence for all Auctions to come. We did it everyone. We created a Charity Auction that comes second to none."

Mel was assisted by a very capable committee and club membership that sold close to 500 tickets to patrons, collected 300 prizes, and raised \$22,500 in sponsorship revenue. Mel's highly organized and focused co-chair was Dave Greenwood. Danny Holloway and Andrew Forsythe were prize chairs and they managed a team of "prize captains" who were responsible for following up on prize solicitation and collection. They did a terrific job evidenced by Danny's "play-off" beard the night of the event. Andrew must have called and emailed the prize captains at least twenty times in a couple of months. I know I was one of these so called captains - more like "prize slave".

Dan Lomas and James Mielnick led sponsorship. Clearly they are good at what they do! Joe Perrault and Byron Richards were ticket chairs and I can tell you from personal experience their work was awesome. Buying a ticket was simple and streamlined. Chris Chabassol and Greg Crowell kept our technology current and supported all aspects of the event - one can only imagine what it would be like to keep track of the prizes and raffles without technology! Harm Geurs and Craig Day effectively co-chaired communications - dealing with event program production and promotion. Rob Taylor and Aaron MacDonald were wrap-up co-chairs - successfully ensuring patrons had the right prizes and final event details and post-event follow-up was handled with professionalism.

Finally, Sean Buckland and Corey Mosher have a second career in event planning. Mel sums up feedback from Patrons like this, "...patrons were overwhelmed by the evening's setup. The layout, decorations, A/V and lighting, and of course most notable, the atmosphere was unforgettable. Patrons could not believe how such an event could be so warm and inviting in such a large facility. The most common remark was, "...I have been to many Auctions, but this is by far the best one I have ever attended; count me in for next year...". The committee's goal was clear. We were to "Wow" the crowd with the change in venue...mission accomplished!"

Thank-you to Mel and Dave for leading this event, the auction committee and to all the members of the Canadian Progress Club Halifax for your work. Together we have made a difference in the lives of many Nova Scotian families!



THE IMPORTANCE OF VOLUNTEERISM

By Charlene Fekeshazy (a newly inducted member, Halifax-Cornwallis)

At various stages of your life you may reflect on all you've accomplished, goals reached, successes, failures, and the great relationships you share with family, friends and co-workers. And, with all your good fortune you may then begin to think "how can I express my thanks, what can I do to make a meaningful contribution to my community?"

For me, for many years, my contribution to my community was simply donating money to various charities. Then I began to think that I have so much to be grateful for that I should do more to engage with my community, to add value to society and to pay-it-forward to those less fortunate. I should volunteer more than money. I realized that I could volunteer my time and skills to organizations that may need help. In conversations with friends, I explored joining the Halifax-Cornwallis Progress Club. Through my research I found that the Halifax-Cornwallis Progress Club supports many organizations that serve women and children in our community, segments of the population that hold a particular interest for me.

I attended a few meetings and was impressed by all the initiatives the Halifax-Cornwallis Progress Club was involved with, but what struck a chord with me most was attending the Homebridge Annual General Meeting. At this AGM I experienced firsthand the importance of the contributions made by the Halifax-Cornwallis Progress Club, and many other organizations, in making a difference in the lives of at risk youth.

Aside from the usual formality found at AGM's, all Homebridge AGM attendees were treated to a program of theater, music, arts and success stories - all very emotionally uplifting. One story in particular made a lasting impression on me. A young woman, now an adult, was invited to share her history with Homebridge. She described in some detail her misspent youth - the drugs, the bad choices, the violent boyfriend, the child pregnancy and the family dysfunction. Then she related how going to Homebridge changed her life by giving her support, building her confidence, putting her on the right path, and providing her with the tools and life skills needed to survive on her own. She now has a University degree and gratefully thanked all those who helped her achieve her goals. I believe there wasn't a dry eye in the house and I too was moved to tears.

When we get involved in a project or charitable organization we don't often take the time to see the big picture. For me, this act of circling back to see for myself how the Halifax-Cornwallis Progress Club's contributions are utilized and the positive results they have generated solidified the importance of volunteerism. While one person can certainly make a positive change, a group is always that much stronger. So as a new member of the Halifax-Cornwallis Progress Club I look forward to the road ahead and the charitable work which I may have the good fortune to be part of.

2009 National
Convention,
Kelowna, BC
October 14th
to October
18th,
Coast Capri
Hotel

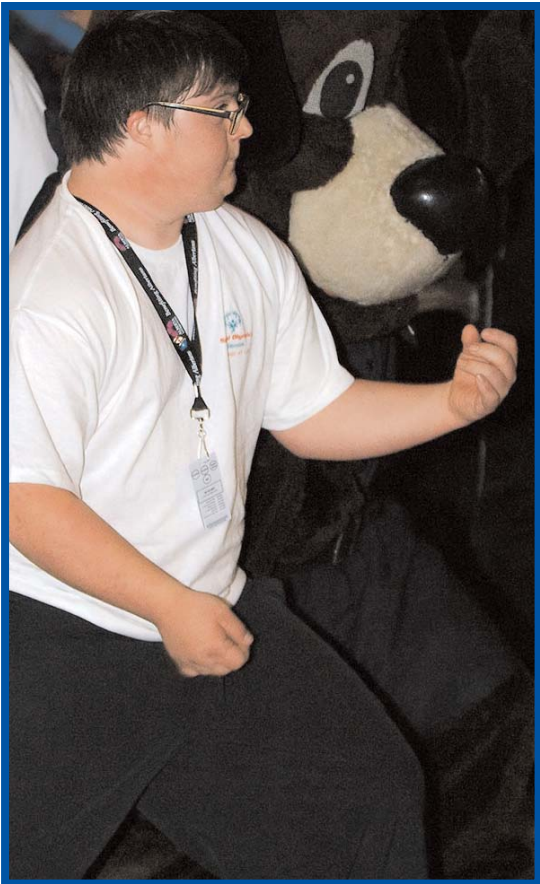


The 3rd Annual Survivor Pictou Island Event

The 3rd Annual Survivor Pictou Island event was held on June 12, 2009 on historic Pictou Island. 7 teams, and more than 20 Pictou County Progress Club members and volunteers headed across the Northumberland Strait enroute to the island. ECFM radio hosts were on the island broadcasting the morning show live from the local community centre in celebration of Survivor 2009. This year we had a Progress team sponsored by Halifax Club and team members from Moncton Ladies and Halifax Cornwallis clubs. Our club members and volunteers hosted a BIG breakfast for the island residents during the live broadcast. The teams were greeted upon arrival by Pictou Islanders who as usual were gracious and accommodating and then we "let the games begin". Some of the challenges included: Twisted Treasure, One Potato, Two Potato, Moo, Brains vs Brawn, Bare Bones Shooter Bar and Gilligans Island Trading Post. Everyone had a great time, the rains held off and most importantly we raised \$40,000 and counting for our deserving charities...

Debbie VanSickle



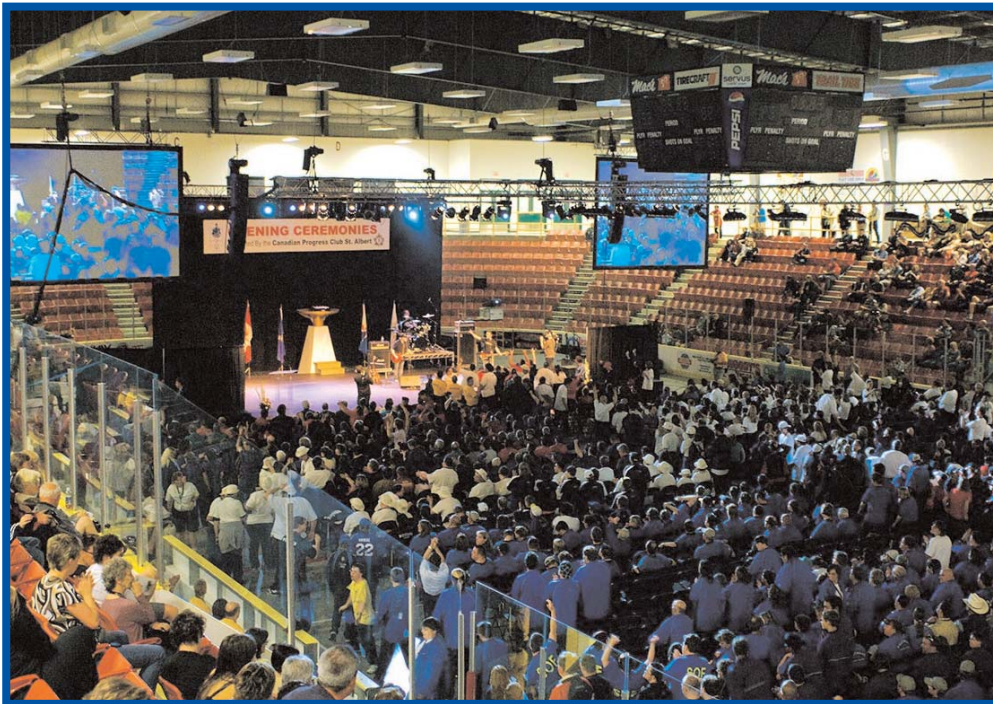


Special Olympics Comes to St Albert

The Provincial Summer Games of the Alberta Special Olympics were held in St. Albert from 26 to 28 June, 2009. The event hosted over 1000 Special Olympians from across the province. As is customary, the champions from this event move on to compete at national level in the Canadian Special Olympics.

The St Albert Progress Club played a special role in this year's provincial games. The club sponsored the opening ceremonies for the games. These ceremonies included speeches from Premier Ed Stelmach and Brigadier-General Jorgensen; performances by 3d Street Beat (Hip Hop) Dancers, song contest winners (the band) "Cumako", and the band Starewell. The ceremonial lighting of the torch also took place. The whole event was broadcast live on the local Shaw Cable Channel. Although the whole club participated to make the event a success, two members of our club deserve special recognition for their efforts. Terry Hillaby and Ian Thompson were heavily involved in the organization of the event and were instrumental in its success. Their efforts throughout the year-long planning process were tireless and represented the true spirit of everything Progress. The success of the opening ceremonies and ultimately the Summer Games aptly demonstrated that.

A Special Olympian and his friend Bandid, the Para-Medic Mascot, jam to the music of the band Starewell, during the Special Olympics Opening Ceremonies show.



Athletes and spectators enjoy the Special Olympics Opening Ceremonies. The ceremonies were held on the 26th of June in St Albert.



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