



The Progression

SPRING ISSUE

APRIL 2010

Helping Haiti...

By Donna Reade

On January 12, 2010 life for the people of Haiti changed forever as the country was violently hit by an earthquake measuring 7.3 on the Richter scale.

Joanne Hadley, a lawyer in the Moncton Area and member of the **Greater Moncton's Women's Progress Club**

was called to action when the earthquake hit. Days



following the quake, Joanne sent an e-mail to her contacts, "well, my

idea for this weekend is to provide my services for free to help the people of Haiti. The cost will be \$150.00 per will and \$100.00 per power attorney. I will only ask that you make the cheque payable to the Red Cross. I will not charge anything for my services."

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Note from the editor...

The Progression is an excellent tool to get to know our clubs across the country a little bit better. After a recent National Canadian Progress Club board meeting, we decided to publish The Progression four times each year.

There will be a Spring, Summer, Winter and Fall edition, with a special pre-convention issue.

Thanks for your patience as I work out the details of this important communications tool.

I'd like to add a section where members can write letters, give their opinions and share their thoughts on CPC. This section...*Voice of the People* will be part of our summer edition. Please send in your letters, comments and ideas to me at shauna_macneil@hotmail.com.

Message from the National President

Dear Fellow Progressians,

Spring is here and with that all of the great things we look forward to like putting away our winter boots, coats and spring cleaning (did I really say spring cleaning?) and of course the beach and golf. I know everyone is ready for it after our long winter.

As you all know by now through the communiqué I sent out on April 9th, Karen Cooke has stepped down as

National President. On behalf of all members I want to thank her for her dedication to Progress over the past many years. I know she will be back in full force as quickly as she can and in the mean time, we all wish her well.

I hope everyone is checking the airline seat sales and have their hotel rooms booked for convention. To those not registered, get your registration in quickly. You will not want to miss the fun we are all going to have in Halifax. From the sounds of it, we are in for a terrific time.

On a personal note, I would like to thank each and every one of you for your support while I take over a bit early in my term as National President. I look forward to meeting all my old friends and those of you that I have not as yet met over the next months and of course at convention.

Enjoy the spring and remember – live well, laugh often, love much and wear cute shoes.

Janey Davies
National President

Did You Know...

Each year the Canadian Progress Club continues to reach new goals and objectives. The pride of membership and association we all feel with Progress leads to some very memorable moments within our own clubs, regions and nationally.

This Awards program is designed to recognize the achievements and contributions made by individuals and Clubs to Progress.

On Saturday October 2, 2010 awards will be presented at the Awards Luncheon and at the President's Ball and Awards Dinner.

For more information on the National Awards and Recognition Program, feel free to contact James Savage - Calgary Downtown, National Director of Member Service at jasavage1@yahoo.com (403) 669-9120.





Helping Haiti continued...

While this great initiative started with a local Moncton Women's Progress Club member, other members quickly helped find people to have their legal documents completed.

Joanne pledged her own money and her time over the span of the weekend. "This should help us realise how lucky we are and

how life as we know it can just slip away in a fraction of a second," said Joanne.

Members of the club emailed friends, family and colleagues, acted as chauffeurs and as witnesses over the weekend for all the individuals who accepted the offer to have their Wills and Power of Attorney completed.

With the enormous response and generosity of local Monctonians, Joanne raised over \$5150.

This amount was matched by the federal government, bringing the total to approximately \$10,300. Joanne Hadley and all the wonderful women in the club have proved that one person can make a difference and that the strength of the club can also make a difference by helping not only the people in our own backyard BUT around the world.

Community Service Award

At the Western Region Convention last May Brian Alleyne, the immediate past-president of Canadian Progress Club Sherwood Park, was awarded the Bill Durrant Award for Community Service. Brian

has been a member of the club since 1989. He continues to be a very active member of the club and looks forward to attending and participating in Regional and National Conventions.



Welcome...

It is with great pride that Durham South welcomes our newest member - Shaun Woolcox. Shaun was installed earlier this year and he's very eager to contribute his skills to the club and the community.



**Welcome Aboard
Shaun**

Remembering Bob Lowry

On November 28, the Canadian Progress Club Sherwood Park hit a low when a long standing member Robert (Bob) James Lowry passed away. Bob for 27 years and always as a very active member he served the club in many capacities. A gregarious fun-loving

man, Bob made many friends in Progress from coast-to-coast as he and his wife Joan attended numerous national and regional conventions. In our club Bob was a fun guy to be around, he loved dancing, golfing, curling, camping, and gardening. He is missed by his family and by all of us here at CPCSP.



Bob Lowry is pictured with two other members of CPCSP doing what he enjoyed, helping others in need at a CPC event.

Halifax is very
Hypnotic....

Register now for the 2010
Canadian Progress Club
National Convention

Sept. 28-Oct.3, 2010
Halifax, NS
To register:
www.progressclub.ca



DAFFODIL TEA

Ingrid Ruud, Past President CPC Regina Wascana

Have you ever been surrounded by bright and cheerful daffodils? Without even taking a stroll in the garden on a warm spring day, the residents of the William Booth Special Care Home felt their warm presence at the annual Daffodil Tea in March.

The Canadian Cancer Society's "*Daffodil Days*" began in Toronto in the 1950's. A group of volunteers were organizing a fundraising tea and decorated the tables with daffodils. The daffodils created an atmosphere that seemed to radiate hope and faith that cancer could be beaten. These gatherings soon came to be known as Daffodil Teas. Canadian Cancer Society volunteer Fran Shannon headed the team that planned the sale of daffodils on the streets of Toronto the following year. An anonymous donor paid for 5,000 blooms to be flown from British Columbia where the growing season starts much earlier than in Ontario. The daffodils were an instant success, raising more than \$1,200.00 the first year. The idea was adopted by other provinces across Canada as well as the American Cancer Society.



Today the Canadian Cancer Society is the world's largest purchaser of daffodils and the growers in British Columbia must arrange their plantings to accommodate the Society's spring demand for the blooms. (from *The Canadian Cancer Society website*).

Regina Wascana hosted their annual Daffodil Tea on Wednesday, March 23. The members in attendance were: Janey Davies, Mieke Gibson, Karen Graham, Jennifer McIntyre, Sheila Miller, Kimberly Sentes and myself. A program was enjoyed by the residents with a Sing-a-Long of traditional spring songs, the "Daffodil Principle", the poem "The Daffodils" by William Wordsworth and the "*Daffodil Days*" connection to cancer research. The William Booth Special Care Home staff thanked Regina Wascana with a beautiful colorful Power Point presentation.

Following the program, the residents were served angel food cake with strawberries and freshly whipped cream.

Let's not rush it, but all of us will one day enter into the golden days of our lives. We too will enjoy "Daffodil Teas" surrounded by those cheery faced daffodils!

Rookie Convention Highlights

Lynn Kuffner
CPC Saskatoon Meewasin President

I have been a member of the Saskatoon Meewasin CPC for many years and this year finally had a chance to attend Convention in Kelowna; it was a wonderful, enriching experience. One of the major highlights for me was the feeling of fellowship that encompassed every educational session, social event and hallway (and lounge) meetings. It felt like -and sounded like- a bunch of friends getting together to celebrate. And celebrate we did! It requires a great deal of stamina to fit in every event.

Another highlight was all the knowledge and information sharing that occurred in all of the education sessions. At 'Protecting Your Club from Fraud' I learned about how important it is for all clubs to be diligent and to pay attention to financial security and what internal financial controls must be in place. As a new President of our club I really appreciated learning about the presidential duties and the overview about what is in the Blue Book in the 'Business of Progress' session. I particularly enjoyed the 'Rookie Camp' where Past National Presidents shared their experiences and what Progress has meant to them.

Another major highlight for me was Dr. Frank Hayden speaking about his vision and role in the development of Special Olympics. What an incredible man!

The most important highlight though was the shared feelings of commitment and contribution to the communities in which we all live. It made me feel proud to be part of Progress.



Pursuing Passion

By Peggy Porisky

I attended my first CPC National Convention in Kelowna, BC this fall and as I made my way through the familiar convention routine of registering, identifying the educational sessions I would attend, seeking out familiar faces and checking out the silent auction table, I had no idea about what was to come that would forever change the way I viewed Canadian Progress Clubs.

It all happened during the Friday luncheon.

Here I was settled at a table with a group of fellow Progressions reading the luncheon program. I read the biography on the keynote speaker, Dr. Frank Hayden, with interest and marvelled at how much this man had accomplished and the lives he had touched during his career. It was truly impressive but I had yet to fully gain an understanding of the connection between Dr. Hayden's work and the work of Canadian Progress Clubs across Canada.

As I came to learn, Dr. Hayden broadened his work in fitness to include working with individuals with physical and mental disabilities for his own professional development. In his own words, he described how there was no one working in this area and he could become an expert in a few short years. What Dr. Hayden could not have imagined was that his passion had found him. Over the following decades Dr. Hayden did become sought after as an expert in this field. Through this process Dr. Hayden described how he believed so much in the power of sport that he began creating opportunities for sporting competitions for those individuals inflicted with a mental and/or physical disability.



Some 40 years later we have come to know this as Special Olympics. Dr. Hayden's address was truly inspirational and once again told the familiar story of one pursuing a passion only to realize a moment of genius!

In 1986, Canadian Progress Club National made a decision to unite all Canadian Progress Clubs across Canada by setting a goal to support Special Olympics through its Charitable Foundation. Twenty-three years later that national support is still provided to the Special Olympics. Monies donated have assisted the Canadian Special Olympians to attend the International Games by helping purchase uniforms and offsetting travel costs. Dr. Hayden talked about the rest of the world looking to Canada as setting the bar for support for its athletes. Each Progression can be proud to be a part of this success.

What I found to be very humbling in all of this was that what occurred at a national level in 1986 was once again the story of a passion being pursued and the moment of genius being realized.

JUST BECAUSE...

Jan Hendricks

Just before Christmas, Elevate club president Margot Loveseth sent a mysterious email to new club members. She requested our presence at a dinner meeting to discuss something very exciting ... but secret to all of us!

All eight new members gathered together one cold evening in the darkness of winter. During an evening of nervous anticipation, new members opened their lives to new friends and then opened their minds to the secret plan.

Margot shared with us a vision that would see new club members join together in a project that would link us together in service to our community.

The project would serve as an opportunity to introduce new ideas as well as to draw on the resources and experience of more experienced club members; linking the new to the old and the old to the new. This was a chance for new members to fit in, a chance to make a contribution. WOW is a hard act to follow!

That evening, ideas flew around the table. We were instructed to choose a short term project date and quickly decided on Valentine's Day as a target project end date ... roughly only 6 weeks to pull it all together, with Christmas and New Years thrown in for an extra special

challenge to the ticking time line.

As we went around the table that first evening, we caught glimpses of the unique abilities and interests that filled the room ... very quickly we found each of us taking on various pieces of the project. Pina Romolo was enthusiastically appointed by the group to act as committee



chairman.

Pina consistently demonstrated clear vision, thorough planning and tremendous leadership throughout the entire project ... the committee can't say thank you enough. Thank you Pina!!

A theme was chosen ... not the usual Valentine's Day gift, but a gift that you could give to anyone ... girlfriends, colleagues, anyone ... a "thinking of you" or maybe a "thank you" ... just 'cuz.

Our charity, In-Definite Arts is a creative arts program supporting persons with developmental and physical disabilities. Promotional printing costs were donated.

Just `Cuz campaign information was being distributed to various supporters and related connections.

Time flew by really fast!! We were joined by older (as in, been a member longer ... not age older) members of Elevate and descended onto downtown Calgary for two great evenings happily packaging our product alongside new friends and great food ... creating many fond memories along the way.

Sales swung in to high gear the week before Valentine's Day. Final amount of donation to In-Definite Arts is still pending at the moment and will be reported back to Elevate general membership.

A truly memorable experience for this group of new members! A tremendous way to promote new member inclusion, develop new skills, collaborate & make decisions as a team, raise some money for a cause worthy of support, make new friends and have a lot of fun!

**TheCupid Committee:
Donna Deschenes, Leslie Douglas, Jan Hendricks, Margot Loveseth, Holly Kerr, Colleen Markin, Karen Myrheim, Pina Romolo, Jennifer Thorton
Special committee volunteers: Ronnie Church, Jill Curr, Peggy Porisky**

Canadian Progress Club

Eastern Region Convention

June 4-6, 2010



The Wilds Golf Resort - Salmonier, NL

(Approximately 40 minutes outside St. John's - Plans for transportation from St. John's will be announced)

Convention Room Rates: \$139.00 per night
Reservation Code: CPC - Eastern Region Convention

Local Hotel Reservations - 1-709-229-5444

Toll free - 1-866-888-WILD

Email: info@thewilds.ca Website: www.thewilds.ca

- Registration information will be available soon -

For more information contact:
Ellen Foley (CPC-Quiaí Viá)
ellenfoley@nl.rogers.com or 709-722-8225

Olympic Fever



Ken Bagnall receive a cheque from Edmonton-Sherwood Park MP Tim Uppal.

The Canadian Progress Club Sherwood Park (CPCSP) hit a high note when they played a key role in the Olympic-themed celebrations in the County of Strathcona.

CPCSP worked with the County to apply for Federal Funds that were used to stage the events prior to and on



Antoinette Alleyne distributes flags as the relay runner and the Olympic flame were going by.

January 13th, the day of the Olympic Torch Relay.

On the day of the torch relay members of CPCSP, their family and friends passed out flags to the throngs of spectators that lined the streets.



Richard Holloway (CPC Brampton) became one of the special citizens of Brampton to carry the Olympic torch.

Bowling for Success

by Ted Soutar

On Saturday, January 30, 2010 CPC Toronto Downtown

hosted our fourth annual Special Olympics "Fun" Bowling Tournament at Thorncliff Bowlerama for the athletes of the Toronto area Special Olympics program. Most club members were in attendance and together with a network of volunteers and members of other clubs in

the GTA, we hosted more than 100 athletes. SOO Toronto provided prizes and ribbons for the athletes, and Toronto Downtown as host also provided lunch. In addition, we presented Pratima Bhatt, SOO Toronto District Developer with a cheque for \$5,000.

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 the athletes attended last year's event, and



for some this was their fourth time participating. For others, this was their first time attending the event, and expressed they were very excited and happy to participate. One athlete even commented he wanted to know how to sign up again for 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, Durham Region Women members Cathy Campbell, Margaret McAllen and Judy Wilson, Toronto Trillium members Sandy Robb and Juanita Soutar, as well as Leslie and Kim Bone for coming out and lending a hand, and especially Margaret and Bruce French from York Region who brought out a busload (literally) of athletes to participate!

Oh, The Weather Outside is Frightful . . .

But inside is so delightful! The temperature outside may have been less than hospitable but the warmth of the holiday season was shared by all who were in attendance.

December 10th marked the day of the annual Holiday Lunch put on by Care & Share at our own Westmount Community School. CPC Saskatoon Meewasin has been a sponsor of Westmount Community School for over 15 years, helping out with funds to support various programs in the school including their lunch program, purchasing books for their library and hands on help with field days, reading programs and craft projects, to name just a few.

Club members and a few spouses turned out to spread the holiday cheer and spend time with some amazing children. Students ranged from Pre-K, which are 4-5 year olds, all the way up to Grade 8, with some of the older students helping out with the younger grades. What a great example they are setting so early in their

lives!

Lunch consisted of turkey with stuffing, mashed potatoes, veggies, cranberry sauce, buns and don't forget the gravy! Topped off with some fruity beverage, the entire student body was raring to go after enjoying their meal in the



school gymnasium.

The tables were adorned with white paper table cloths that had been expertly decorated by some of the talented students. Each table also held a beautiful centre piece that one of the classes had worked on as a gift for their families. Each volunteer who was there received a beautiful thank you card made by the students.

Each year, CPC Saskatoon Meewasin adopts two families. We purchase Christmas gifts for each member of the family and also supply food hampers for Christmas dinner and beyond. The school hand picks the families that will receive our sponsorship so we know how important this one gesture is to those that receive it.

Events and sponsorships like this just go to prove that though we may be small in numbers, we are big in HEART! I am so very proud to be a member of this awesome group of women – thank you all for being who you are.



Keeping it Fresh with Temperance

By Chris MacDonald

Do you think that's a strange title for an article? I would have had I not been the one who wrote it. You see, "Keeping it Fresh with Temperance" is, in my view, exactly what's needed by the chapters of CPC.

So what are the Moncton "BoyZ" doing to keep it fresh? We're bringing in fresh blood. With our National President in attendance, we welcomed in six new members and reinstated a former member into our chapter at a joint meeting with the Moncton Women in February. With another three currently being considered for membership, we're truly keeping the chapter's blood fresh.

With fresh members comes, of course, the fresh factor. Fresh thoughts, fresh concepts and fresh perspectives which are essential in keeping CPC chapters at the top of the service club sector.

We must be mindful, however, to keep a touch of temperance in place through all this. Tradition cannot be cast aside in the quest for reinvigoration. Our chapters

were founded by great people; people with vision, people with heart. This must be instilled into the newer members in order to maintain a chapters' heritage, traditions and, its continuity. This applies whether your chapter was chartered 70 years ago or just recently.

The best way to instill this temperance is through mentorship. Charter and longer standing members must not only get to know, but work side-by-side with the new inductees in all aspects of club activities. From encouraging event involvement, to supporting newer members chairing committees, to running for and holding seats as Directors; having longer standing members working with the "fresh blood" is incredibly important. The newer members will feel more welcomed and involved right away and, just as importantly, the longer standing members stay active and involved as well.

If you're a newer member, seek involvement from your sponsor/mentor as well as from others. Ask for their thoughts, perspectives and gain from their experience in the club and its activities.

If you're a veteran, don't wait to be sought out. Approach those new recruits and pass along your passion for Progress. Share your experiences and instil that sense of pride and fellowship that comes with being a Progression.

I look forward to seeing those from the East in Newfoundland at our Regional Convention. For all others, we'll see you in Halifax!

Pictou County Progress Club

The Joy of Community Service

Lesley Anne Sobey

Reasons for volunteering are as individual as those who do it, and everyone will have their own reasons for volunteering. Philosopher John Ralston Saul believes we volunteer “because it’s you at your best as a human being because you are acting outside of self interest ... volunteering is participating as a citizen in your society”.

Pictou County Progress Club recognizes that volunteers are valuable and essential to the success of many organizations and can often make the difference to whether or not an organization survives. We believe you cannot put a price tag on someone’s time and that our volunteer hours are just as valuable, if not more so, as financial donations.

As Pictou County Progress Club enters a new decade, we took some time to reflect on our many achievements since our 2001

Club Charter, noting our most obvious success to be our remarkable contribution to community service. Although only thirteen members strong, our Ladies Club earned 1,842 hours in 2008-2009, achieving a grand total in excess of 6,000 hours by 2009 year-end. However, it is not hours alone that make us proud of our accomplishments, it is the diversity in which that service and expansive territory is provided. Pictou County Ladies partnered with over forty charities and organizations in a county that encompasses (over a 100 km radius) five towns and a large municipality.

To name a few, Pictou West and Pictou County Food Bank, Riverfront Jubilee, Shepherd’s Lunch Room, Pictou County Dragon Boat Festival, Glen Haven Manor and Special Olympics Pictou County are among some of



the many organizations we have been associated with, and whom have become a regular part of our ongoing community involvement. Our commitment to community service was acknowledged at both the Regional and National Levels.

Receiving the Eastern Region Community Service Award for two consecutive years (2008 & 2009) and accepting the National Community Service

Award at the 2009 National Convention in Kelowna, BC reaffirms the significance of our volunteer efforts.

As my term of Community Service Chair draws to a close, I hereby extend my sincere thanks and gratitude to all past and present members of the Pictou County Progress Club for their support. This experience has been very rewarding for me over the past five years.

I encourage all Progressions to seize an opportunity to serve as Community Service Chair for their respective Club. I can assure you it will be one of the most rewarding roles you may ever assume, and it will provide an opportunity for you to meet some of the most remarkable people you may ever have the privilege of knowing, while allowing you to make lasting friendships, for which I personally will always be thankful.

The Boys are Back Again

Once again, the Moncton Women's Progress Club is joining forces with some of Moncton's finest bachelors for the second annual charity Bachelor Auction. On Thursday June 10th, 2010 a group of generous and eligible bachelors will walk the runway offering date packages of unbelievable value to raise money for local chari-

ties. Over 200 enthusiastic ladies will have the opportunity to bid on these eligible gentlemen as well as other exciting prize packages for the not-so-single ladies.

Last year, Moncton's first annual Bachelor Auction raised approximately \$20,000 for local charities.

Event organizing committee is setting their auction proceeds goal even higher this year.

Tickets for this year's auction will be available at Mexicali Rosa's restaurant, or from any member of the Greater Moncton Women's Progress Club.

Buy your ticket online now by clicking on the following link: <http://www.gifttool.com/registrar/ShowEventDetails?ID=1883&EID=6599>

CPC Calgary Wild Rose – Spring Fling BBQ

Please join **CPC Calgary Wild Rose** on Thursday, **May 13, 2010** in celebrating spring and Progress!! Proceeds going to women's health and wellness initiatives in the Calgary area.

Location: **Barley Mill**, Eau Claire Market, 201 Barclay Parade SW. The event will be starting at 4:00 p.m. on the patio upstairs. Tickets are \$20.00 for burger and beverage.

Please **RSVP** by May 6, 2010, ashley@edgecombes.com or by phone at (403) 836-8384.



Wines of the World



The Canadian Progress Club, Halifax Cornwallis, with presenting sponsor, Bishop's Cellar is teaming up to toast Nova Scotia's Special Olympic athletes.

Wines of the World, our newest annual event, provides the distinguished wine experience Halifax has been waiting for. This year's theme, *Springtime in Italy* celebrates old world charm, and the country's passion for the finer things in life. The evening will feature world class Italian wines, tantalizing food and wonderful entertainment, along with the opportunity to meet world renowned Italian wine experts and wine makers.

Wines of the World will be held at the Halifax Club on Friday May 14th from 7:00 to 9:30 p.m. Tickets are \$85 and can be purchased on-line at www.halifaxcornwallisprogress.ns.ca. All proceeds go to Special Olympics Nova Scotia.



The Progression is always looking for engaging story ideas, pictures, comments and of course feedback. This is a great tool to keep members informed about what is happening in our clubs across the country.

If you have upcoming events, please send them to me and I will create an event listings page.

Please send your story ideas to :

shauna_macneil@hotmail.com.

Progression Deadlines

Summer Issue

July 5, 2010—article and photo deadline

July 9, 2010— Publication Date

Convention Issue

September 1, 2010 - Publication Date

Fall Issue

October 12, 2010—article and photo deadline

October 15, 2010—Publication Date

Winter Issue

January 10, 2011—article and photo deadline

January 14, 2010—Publication Date

Don't Forget...

Canadian Progress Club Toronto Trillium Tee Up for Fundraising 12th Annual Women's Golf Tournament

Canadian Progress Club Toronto Trillium is holding its 12th Annual "Tee Up for Fundraising" Women's Scramble Golf Tournament on Monday, June 21st, 2010 at Remington Parkview Golf & Country Club, in support of Special Olympics Ontario and the Toronto Seals Swim Team.

