

AUXILIARY PROGRAM



CONGRESS OF NEUROLOGICAL SURGEONS 43rd Annual Meeting

Vancouver Trade and Convention Centre
Vancouver, B.C.
October 2-7, 1993

AUXILIARY OF THE CONGRESS OF NEUROLOGICAL SURGEONS

43rd ANNUAL MEETING

OCTOBER 2-7, 1993
VANCOUVER, B.C.

AUXILIARY BOARD OFFICERS

1992-1993

PRESIDENT.....Dana Day (Mrs. Arthur)
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**PAST PRESIDENTS OF THE
AUXILIARY OF THE CONGRESS OF NEUROLOGICAL SURGEONS**

Marge Schultz.....	1951
Nancy Svien	1951-1952
Lottie Hollister	1952-1953
Lillian Gay	1953-1954
Kay Sweeney	1954-1955
Louise Cannon.....	1955-1956
Nancye Marshall.....	1956-1957
Myrtle Tyrer.....	1957-1958
Lisa Gordy	1958-1959
Ann Earnest.....	1959-1960
Connie Kinal.....	1960-1961
Phyllis DeSaussure.....	1961-1962
Marjorie Sayers	1962-1963
Mary Weiford	1963-1964
Isabel van den Noort	1964-1965
Barbara Mosberg	1965-1966
Dorothy Thompson	1966-1967
Artemis Davey.....	1967-1968
Katherine Sharkey	1968-1969
Dorothy Thompson	1969-1970
Betty Dohn.....	1970-1971
Maxime Meagher	1971-1972
Jo Patrick.....	1972-1973
Suzie Tindall	1973-1974
Valeria Robertson	1974-1975
Jean Ojemann.....	1975-1976
Suzanne Sorensen	1976-1977
Joyce Rhoton.....	1977-1978
Sally Kelly.....	1978-1979
Gloria Wilkins	1979-1980
Jane Lee.....	1980-1981
Anne Stewart.....	1981-1982
Susan Tew.....	1982-1983
Peggy Laws	1983-1984
Peggy Ratcheson.....	1984-1985
Joy Eyster	1985-1986
Ilona Quest.....	1986-1987
Debbie Shields	1987-1988
Barbara McWhorter	1988-1989
Donna Hankinson	1989-1990
Ilene Salcman	1990-1991
Susan Chandler	1991-1992

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GENERAL INFORMATION

Hospitality Suite - Pan Pacific

Location: Canada Suite (23rd Floor)

Hours: 8:00 am-11:00 am, Sunday, October 3 to Wednesday, October 6

Meeting Facility

Vancouver Trade & Convention Centre
604/641-1987

Hotels

Pan Pacific	604/662-8111
Waterfront Centre	604/691-1991
Hyatt Regency Vancouver	604/687-6543
Four Seasons	604/689-9333
Hotel Vancouver	604/684-3131

Badges

Badges must be worn for entry into the Hospitality Suite. Additionally, they are required for admission into the Exhibits Area, where you can view the latest neurosurgical products or enjoy lunch with your spouse. To help others get to know you, please register and wear your badge at all times.

Restaurant Reservations

A restaurant reservation service is available in the CNS Registration Area. Menus from many local restaurants will be available for review.

Registration

Located in the lobby of the Vancouver Convention Centre. Tickets may be purchased for tours and social events. Open throughout the day Saturday, October 3 to Thursday, October 7.

Tickets

Tickets for all tours and social events are available in the CNS Registration Area. All tours, courses, and social events require tickets.

Will it Rain?

October is usually a very pleasant month. The temperature range in the 50's with evenings in the 40's. In the Pacific Northwest you must always be prepared for wet weather. Try to bring an umbrella and rain gear when visiting. The rain is usually a gentle mist that keeps the gardens blooming.

How to Get There

Airport Transportation: The airport is 8 miles from downtown. The cost is approx. \$25 by taxi. There is an airport express which runs every 30 minutes for \$8.25 per person. For more information call (604) 273-9023. **From downtown,** most of the city sights and things to do are within 20 minutes by car, bus, or ferry, (and sometimes by foot).

B.C. Transit: Consists of their city Buses, the SkyTrain, (runs from downtown Vancouver to the outlying areas) and the SeaBus (crosses Burrard Inlet every 15 minutes, connects downtown to North Vancouver).

B.C. Ferry Corporation: B.C. has one of the largest and most modern ferry fleets in the world. For information to Vancouver Island and Sunshine Coast: (604) 685-1021.

Car Rental

Avis Rent A Car	757 Hornby St	(604) 682-1621
Budget Rent-A-Car	450 W. Georgia St.	(604) 263-5555
Hertz Canada	1128 Seymour St.	(604) 688-2411
A.B.C. Rent A Car	255 W. Broadway	(604) 873-6622

Customs

After a 48 hour visit, U.S. Citizens can take home \$400 (U.S.) worth of goods every 30 days. This may include one litre of alcohol, 200 cigarettes and 100 cigars (not Cuban). Only \$25 worth of goods is allowed after a visit of less than 48 hours. Call 278-1825 for more information.

Currency Exchanges

American Express

1040 W. Georgia near Burrard Open Mon. to Sat. 669-2813

Thomas Cook Foreign Exchange

1016 W. Georgia near Burrard Open Mon to Sat. 687-6111

Sales Tax

A provincial sales tax of 7% is applied to most purchases with the exception of groceries, books and magazines. Goods shipped out of the province directly by the vendor are also exempt. A 7% federal Goods and Services Tax is also added to virtually everything you purchase except groceries. Non-Canadians can apply for a rebate of the tax on accommodation and consumer goods taken out of the country if the tax totals at least \$7 (but not for such things as restaurant meals, gas, tobacco, etc). Rebate application forms, available at most hotels, must be accompanied by receipts and mailed to Revenue Canada. For more information call (604) 536-7040.

Babysitting

Babysitting will be available through the individual hotels with advance notice. Charges are \$7-10 Canadian dollars per hour.

ART GALLERIES AND MUSEUMS

Museums

*denotes major museums

B.C. Sports Hall of Fame and Museum (687-5520)

B.C. Place Stadium (Robson at Beatty)

An audio/visual adventure that takes you back to the 1954 Empire stadium.

Canadian Craft Museum (687-8266)

639 Hornby St.

Both contemporary and historical craft, from national and international craftsmakers.

*U.B.C. Museum of Anthropology** (822-5087)

6393 NW Marine Dr.

One of the most spectacular displays of Northwest Coast early art.

*Vancouver Art Gallery** (682-4668)

750 Hornby St.

Historical and contemporary exhibits of painting sculpture and graphic arts. 20 major exhibitions a year. Permanent collections include Goya, Picasso, and Carr.

*Vancouver Maritime Museum** (737-2211)

1905 Ogden Ave. (by the Rainer Park)

Regional maritime history is seen through exhibits and special programs.

Vancouver Museum (736-7736)

Vanier Park, 1100 Chestnut St. (in the Planetarium building)

Canada's largest civic museum, showcasing permanent, temporary, and travelling exhibits.

Galleries

Bridge St. Gallery (669-9606)

1406 Old Bridge St. (Granville Island)

Exhibits mostly Contemporary Art.

Buschlen-Mowatt Fine Arts (682-1234)

1445 W. Georgia St.

Many major international exhibitions, including Picasso, Graves, Tapiés, and many more.

Diane Farris Gallery (737-2629)

1565 W. 7th Ave.

Only carries Contemporary, risk taking Canadian artists.

Gallery of Tribal Art (732-4555)

2329 Granville St.

Featuring masterworks from the Northwest Coast - Totem poles, masks, prints and jewelry.

Harrington Galleries (687-8380)

#100 1455 W. Georgia St.

19th Century international art.

Inuit Gallery of Vancouver (688-7323)

345 Water St.

Inuit and Northwest Coast Native Art.

Uno Langmann Antiques and Fine Art (736-8825)

2117 Granville St.

18th, 19th, and early 20th Century paintings, antiques, furniture and silver.

Wickaninnish Gallery (681-1057)

#14 1666 Johnston St. Granville Island

Traditional works of contemporary artists.

ENJOY THE GARDENS

Bloedel Conservatory and Queen Elizabeth Park (872-5513)

From Cambie St., between 29th and 37th Ave.

Queen Elizabeth Park – Beautiful gardens around two quarries. The conservatory is Vancouver's only garden under glass, featuring a wide range of plants and free-flying birds.

Dr. Sun Yat-sen Classical Chinese Garden

578 Carrall near Pender in Chinatown

The Ming Dynasty-style garden is the first classical Chinese garden to be built outside of China.

Stanley Park

A 15 minute walk from the downtown area. One of the largest inner-city parks on the continent. It encompasses 1000 acres. It's largest attractions are the aquarium and the zoo. This area is truly enjoyed by foot or bicycle. There are many paths that will take you through the dense forest in the middle of the park. The Forest consists of the Douglas fir, the tree most native to Canada. The ocean almost encircles the park, and along the shore are sandy beaches and a seawall with walkway that offers spectacular views. At Brockton Point you will find totem poles carved in the late 19th Century. There is a wonderful water park along the seawall for the kids to enjoy.

U.B.C. Botanical Gardens (822-4208)

6804 SW Marine Dr.

Enjoy the U.B.C. Botanical Garden of 80 acres of plants from around the world and the Nitobe Memorial Garden, an authentic Japanese Tea and Stroll Garden.

Van Dusen Botanical Garden (266-7194)

5251 Oak St.

55 acres of exotic plant, sculptures, lakes, and blooming displays.

WHAT TO SEE WHILE IN VANCOUVER AND AREAS CLOSEBY

Capilano Suspension Bridge and Park (985-7474)

3735 Capilano Rd. North Vancouver

The world's largest suspension foot- bridge 450 feet across and 230 feet above the Capilano River. It's fun to see the towering evergreens, totem poles and a native carving center.

CN IMAX Theatre (682-2384)

#201 - 999 Canada Place (on the waterfront)

A giant screen, 5 stories high and wrap around IMAX Digital Sound bring films to life.

Grouse Mountain – Theatre in the Sky (984-0661)

6400 Nancy Greene Way North Vancouver

A 100 passenger aerial tramway carries you to the 3700 feet level in minutes. At the top you can enjoy the multi-media Theatre in the Sky, Grouse Mountain Logging Shows, helicopter tours, horse driven carriage rides, scenic Peak Chair rides, children's adventure playground, and alpine meadows. Lunch and dinner facilities.

H.R. MacMillan Planetarium (736-4431)

1100 Chestnut St.

Take a journey through time and space, or gaze through the large telescope.

Reifel Bird Sanctuary (946-6980)

5191 Robertson Rd., Delta

Over 2 miles of trails lead to marshland habitats supporting more than 240 species of birds.

Science World British Columbia (687-7832)

1455 Quebec St.

B.C.'s premier science centre features hands-on activities.

Vancouver Public Aquarium (682-1118)

In Stanley Park

See the Beluga whales, the killer whales, and more than 8000 other animals in their natural habitats.

SHOP TIL' YOU DROP

Department Stores

Eaton's (685-7112)
701 Granville St.

The Hudson Bay Company (681-6211)
674 Granville, Pacific Centre

Shopping Areas

Chinatown – Pender St. for 2 blocks east and west of Main is the centre of Chinatown. The second largest in North America to that of San Francisco. There are wonderful Dim Sum restaurants to try.

Gastown – Water St. from Richards to Main St. is the heart of Gastown. This is the historical and oldest section of the city. A colorful area with boutique type stores.

Granville Island – An old industrial area which has turned over into a wonderful public food market, a Children's Only Mart, and many artist studios and galleries. A fun place to walk and browse.

Robson Street – A European style street with sidewalk cafes, boutique stores, and the hustle and bustle of shoppers.

Shopping Centres

Pacific Centre – Downtown underground mall connecting Eaton's, Holt Renfrew, Bay Co., Four Seasons Hotel, and the Vancouver Centre.

Royal Centre – 1055 W. Georgia. Over 55 smaller shops and services. Access by the skytrain and the Hyatt Regency Hotel.

Sinclair Centre – A unique shopping experience with 4 heritage buildings under glass in Vancouver's central business district.

Vancouver Centre – Under the Birk's clock at Georgia and Granville. 20 unique boutique shops in the downtown area.

THE PERFORMING ARTS

Arts Club Theatre (687-1644)

158 Johnston, Granville Island

The most active theatre in town, The Arts Club has two stages on Granville Island that operate year-round.

Queen Elizabeth Theatre and Playhouse (665-3050)

630 Hamilton near Georgia

The Q.E. complex houses the huge 2800-seat Queen E. Theatre and the smaller Vancouver Playhouse, a 650-seat theatre used by the resident Vancouver Playhouse Company. Usually six major Vancouver Playhouse productions run from fall to spring. Opera, dance and touring theatrical productions frequently hit the stage of the Q.E. Theatre.

Vancouver Opera Association (682-2871)

The VOA has been staging operas since 1960 and performs four major works a year, often with international stars. Season runs from Oct-May at the Queen Elizabeth Theatre.

Vancouver Symphony Orchestra (684-9100)

This group performs an eclectic mix of pops to traditional stars. Most concerts are at the Orpheum.

Ballet British Columbia (669-5954)

Ballet B.C. is young and fresh. It premiered in 1986. This company performs at the Queen Elizabeth Theatre.

ATHLETIC PURSUITS

Bicycling – The **Vancouver Bicycle club** meets Sundays at 10 AM at Broadway and Granville for a half-day trip in the city. Both beginners and

serious cyclists are welcome, but for safety's sake no small children. The club phone number is available from the Bicycling Association of British Columbia office at 737-3034. There are several bike paths in Vancouver, the best are in Stanley Park around the seawall, The Port of Vancouver, the route from False Creek-Granville Island-Vanier Park, and along Kitsilano Beaches. Bike rentals are also available in the city.

Jogging/Workout – The waterfront lends itself well to this activity, which allows for jogging paths in the downtown areas. The paths are the same for the cyclists, the Stanley Park seawall, Lost lagoon in Stanley Park, False Creek seawall, the English Bay area and Kits Beach/Vanier Park area. Workout facilities are offered within the hotels.

Golf – There are many golf courses throughout Vancouver. It is a sport which can be enjoyed year round. Call the B.C. Golf Association for details on courses 294-1818.

Hiking/Mountaineering – The Federation of Mountain Clubs of B.C. offers courses in all levels of mountaineering and rockclimbing, and leads backpacking trips into the interior of B.C. If interested only in a day trip, the Federation can provide you with a list of companies that offer shorter guided hikes. Call 737-3053.

Windsurfing – Windsurfing is a year round sport in Vancouver. There are schools which operate at various beaches in town and will supply everything you need. For more information call Windmaster 685-7245 or Windsure Windsurfing School 224-0615.

Professional Sports

Hockey – This is a very popular spectator sport in Vancouver. The local team, the **Canucks** began playing in 1970. For information call 254-5141.

Football – The B.C. Lions have had a rocky history. They won the Grey Cup in 1964, but by the next season were in last place. The Lions play all their games in the B.C. Place Stadium downtown for information call 685-4344.

Baseball – The highly popular Canadians of the Pacific Coast League are

a cult in Vancouver and their games often sell out. The stadium is at Ontario and 29th, on the east side of Queen Elizabeth Park. For more information call 872-5232.

PLACES TO FEAST

Bishops, 2183 West 4th Ave. (west side); 738-2025. One of the best restaurants in the city, offers Continental cuisine. \$\$\$

William Tell, in the Georgian Court Hotel (downtown); 688-3504. Wonderful for lamb and veal. \$\$\$\$

Le Crocodile, 818 Thurlow (downtown); 669-4298. Bistro style French cuisine. Great reputation. \$\$\$

Chez Thierry, 1674 Robson (downtown); 688-0919. Intimate French cuisine. \$\$

The Teahouse Restaurant, in Stanley Park (west end); 669-3281. Great on a sunny day. Good for brunch, cozy garden atmosphere. \$\$

Pink Pearl Chinese Seafood Restaurant, 1132 East Hasting (east end); 253-4316. Largest Chinese restaurant in the city. Excellent food. \$\$

Kirin Mandarin Restaurant, 102-1166 Alberni (west end); 682-8833. Great Chinese food. \$\$\$

Al Porto, 321 Water (downtown); 683-8376. Elegant dining. Menu consists of mostly pasta dishes.

Orestes, 3116 West Broadway (west side); 732-1461. Lively Greek atmosphere with belly dancers on weekends. Great food.

Athene's, 3618 West Broadway (west side); 731-4135. Good food with fun atmosphere.

Tojo's, 777 West Broadway; 872-8050. One of the best Japanese restaurants in Vancouver. Great sushi bar with six tatami rooms. \$\$

AFTER DARK

Jazz – 682-0706. This is the jazz hotline for current and upcoming jazz events.

Punchlines Comedy Theatre – 15 Water at Carrall; 684-3015. Standup comedy at 9 and also at 11 on Fri. and Sat.

Yuk Yuks – 750 Pacific Blvd. foot of Robson; 687-5233. Standup comedy Wed. to Sat. Shows at 9 and on Fri. and Sat. at 11:30; Wed. is amateur night.

The Gallery – Hyatt Regency, 655 Burrard at Melville; 687-6543. An elegant private-club atmosphere.

Garden Lounge – 791 W. Georgia at Howe; 689-9333. Deluxe and expensive.

Gerard Lounge – 845 Burrard near Robson; 682-5511. An elegant and comfortable piano bar.

Backstage Lounge – Arts club, 1585 Johnston, Granville Island; 687-1354. A waterfront view. One of the best selections of scotch in town.

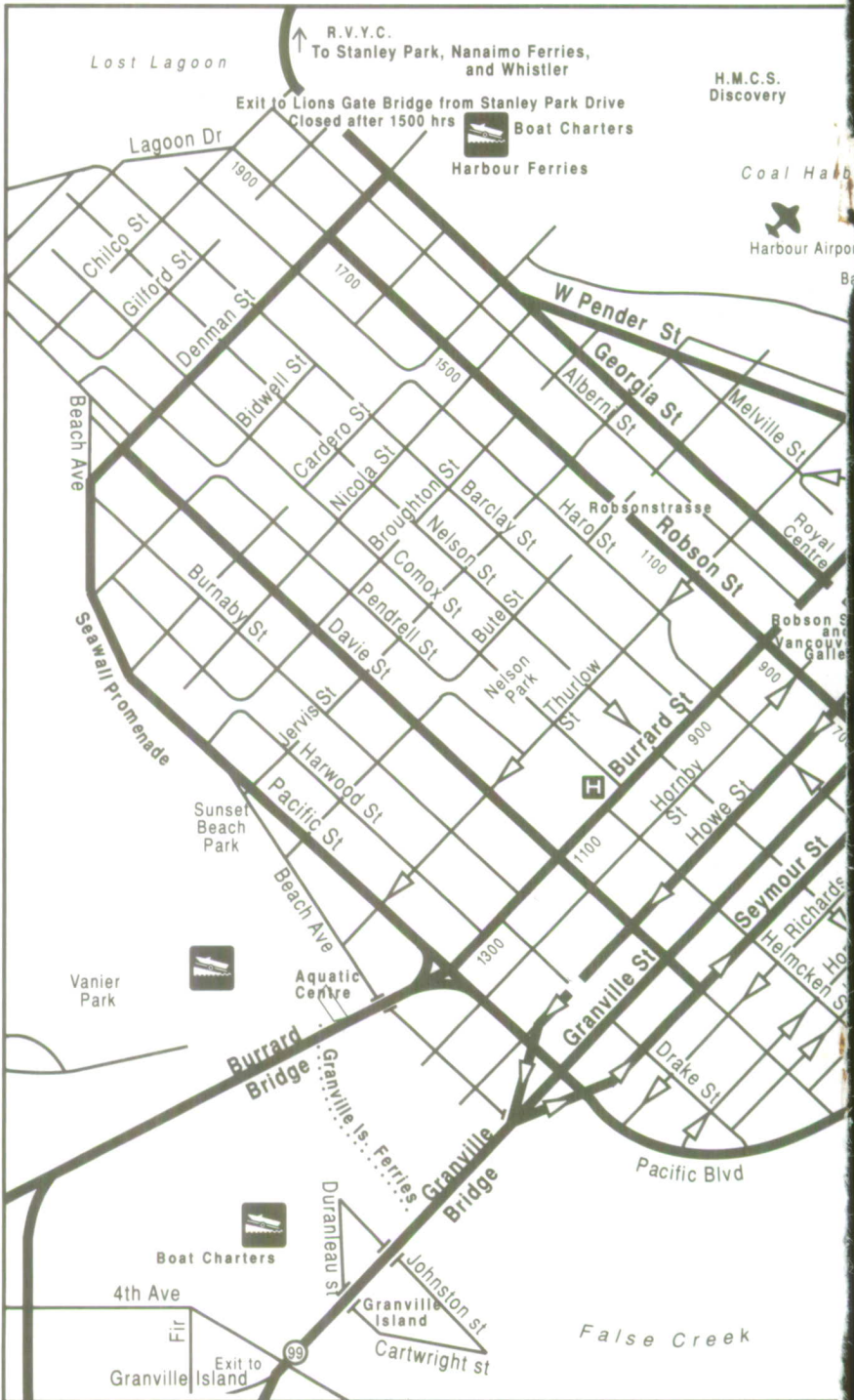
La Bodega – 1277 Howe near Davie; 684-8815. A bar with spanish tapas and a very European atmosphere.

Bridges – 2696 Duranleau, Granville Island; 687-4000. A lively bar and restaurant on very casual Granville Island with a marine theme.

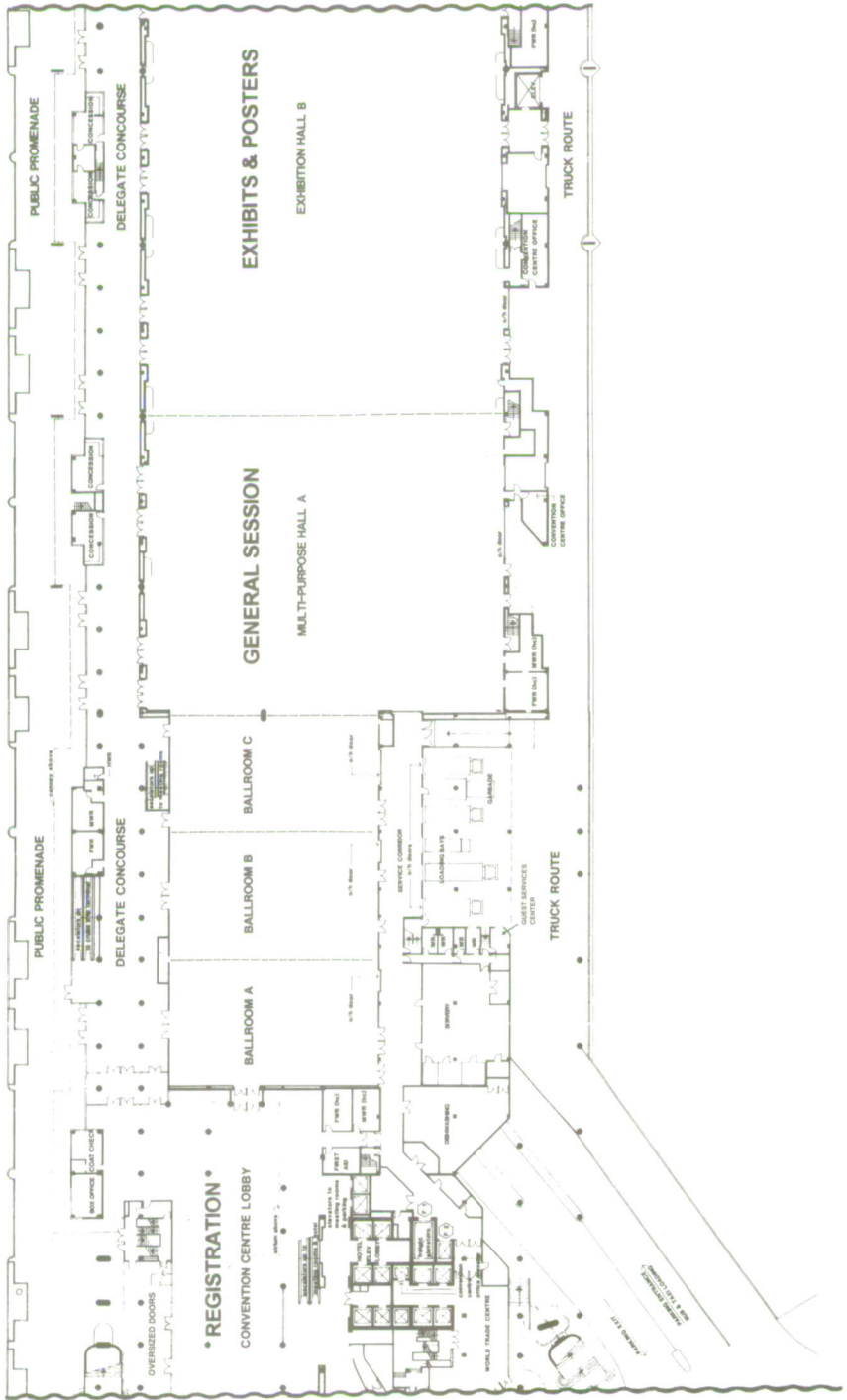
Graceland – 1250 Richards (alley entrance); 688-2648. A fringe club, disco probably the closest thing to a New York club.

Luv-A-Fair – 1275 Seymour at Drake; 685-3288. A trendy disco.

DOWNTOWN

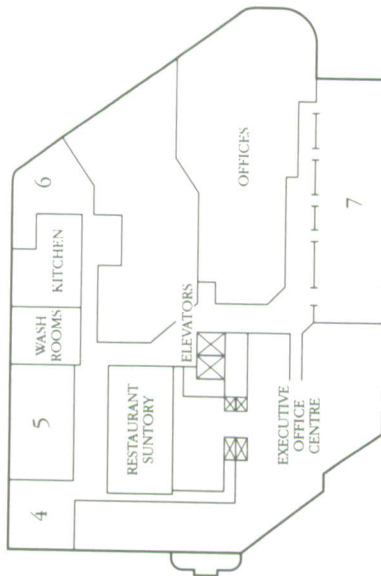


CONVENTION CENTRE FLOOR PLAN

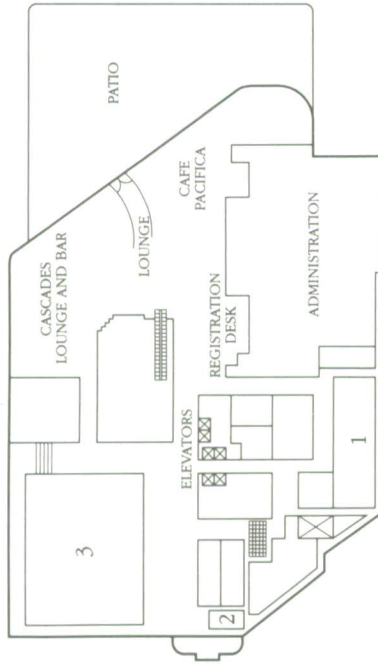


PAN PACIFIC HOTEL

**RESTAURANT
LEVEL
(ABOVE LOBBY)**



**LOBBY
LEVEL**



1. THE GAZEBO
2. THE BOARD ROOM
3. THE CRYSTAL PAVILION
5. THE CENTREBOARD CLUB
7. THE GOVERNOR GENERAL SUITE

"THE WEEK AT A GLANCE"

	Saturday October 2	Sunday October 3	Monday October 4	Tuesday October 5	Wednesday October 6
Morning		Deluxe City Tour 9:00 am-12:00 pm West Coast Tour 10:00 am-3:00 pm Majestic North Shore Tour 10:00 am-3:00 pm	Victoria Day Trip 6:30 am-5:00 pm Vancouver Shopping Shuttle 10:00 am-3:00 pm	Fun Run and Walk 6:15 am-7:30 am Victoria Day Trip 6:30 am-5:00 pm Spa Program 9:00 am-11:30 am West Coast Tour 10:00 am-3:00 pm	Auxiliary Educational Session - Parenting 9:00 am-10:00 am Transitions 9:00 am-10:00 am Time Management 10:30 am-11:30 am Relationships 10:30 am-11:30 am Children's Program 9:30 am-3:00 pm
Afternoon		Gastown Walking Tour 1:30 pm-3:30 pm North Shore Shopping Tour 1:30 pm-5:30 pm	Art in Vancouver 12:30 pm-4:30 pm Grand City Tour 1:30 pm-4:30 pm Wines of the Westcoast 1:30 pm-5:30 pm	North Shore Tour 12:30 pm-5:30 pm	Auxiliary Lunch 12:00 pm-2:00 pm Spa Program 2:30 pm-5:00 pm
Evening	Dine-A-Round - Anderson's - Dynasty - Raintree - Salmon House on the Hill 6:30 pm-10:00 pm	Opening Reception 6:30 pm-9:30 pm	Joe Fortes & Back Alley Theatre 6:00 pm-11:00 pm	Granville Island & Arts Club Theatre 5:30 pm-11:00 pm	Annual Reception and Banquet 7:00 pm-1:00 am

SOCIAL PROGRAM AND TOUR SCHEDULE

Saturday, October 2, 1993

DINE-A-ROUND

6:30 pm - 10:30 pm

Sample Vancouver's diverse cuisine and magnificent scenery on your first evening. Make your selection from the following acclaimed restaurants.

451

ANDERSON'S

Located over the water on the north side of False Creek with breathtaking views of Granville Island, Burrard and Granville Bridges as well as English Bay. Gourmet menu features fresh seafood as well as beef and poultry.

452

DYNASTY RESTAURANT

Discover the award-winning delights of Vancouver's finest Cantonese restaurant. Fresh ingredients and savory sauces made this a truly authentic dining experience. And, with a tradition of gracious service and elegant perfection, a uniquely elegant atmosphere is created.

453

RAINTREE RESTAURANT

Synonymous with wholesome food, this restaurant commits itself to the best of local markets, working closely with growers, fishermen, ranchers, cheesemakers, and local winemakers to serve original West Coast cuisine. The interior design features native masks, fish ceramics, original oils and massive flower sculptures, and a beautiful view of North Shore lights and Stanley Park.

454

SALMON HOUSE ON THE HILL

Dine on fresh B.C. Salmon, barbecued West Coast Style over an open, alder fire pit while enjoying a spectacular view of Vancouver. Casual atmosphere features native Indian decor.

525

DELUXE CITY TOUR

9:00 am - 12:00 pm

Explore the beauty and diversity of Vancouver. See Stanley Park's totem poles and unmatched ocean views. Travel through the exclusive Shaughnessy district, on your way to Queen Elizabeth Park. The city's highest geographical point offers a panoramic view of Vancouver. View tropical flora and exotic birds at the Bloedel Conservatory in the park.

Next, enjoy browsing and nibbling from the Granville Island Market's huge selection of fresh seafood and produce. See the second largest Chinese community in North America, followed by Gastown, a turn-of-the-century community with brick and stone architecture and cobblestone streets.

526

WEST COAST TOUR

10:00 am - 3:00 pm

Explore Canada's great West Coast! Don't miss a visit to the Museum of Anthropology, Canada's largest university museum. A stunning collection of monumental totem poles will enable you to compare the intricate styles of Haida, Tsimshian and Kwakwilt carvers and learn what totems mean in the lives of coastal peoples. This outstanding museum also houses feast bowls, ceremonial masks, jewelry, weapons and sculptures - all exemplifying the beauty of Native art. Lunch in the award-winning Raintree Restaurant will feature a Pacific Northwest cooking demonstration and souvenir recipes.

527

MAJESTIC NORTH SHORE

10:00 am - 3:00 pm

Experience the best of the outdoors at the North Shore, Vancouver's mountain playground! Take in the panoramic water and mountain scenes on your way to Horseshoe Bay where breathtaking views and shopping await. Travel to British Properties, one of the city's most exclusive residential areas, featuring elegant homes and magnificent views of Vancouver.

Drum up your courage for the Capilano Suspension Bridge, high

above the rapids which roar through the stony gorge below. More than a century old, this bridge is Vancouver's oldest attraction. A trip on the Sky Ride brings you to the top of the Grouse Mountain for unparalleled views of Vancouver. Walk the nature trails, or explore the gift shop's souvenirs and native crafts.

At Lonsdale Quay, nestled on the water at the foot of the mountains, wander through the public market, boutiques and restaurants. Take a short cruise on the Seabus across Burrard Inlet, which connects North Vancouver with downtown. You will be dropped off near Gastown, the site where Vancouver first began, to enjoy the sites or browse through the shops on your own.

528

GASTOWN WALKING TOUR

1:30 pm - 3:30 pm

Meet some of the people who helped make Vancouver's history while exploring the oldest section of Vancouver with 1800's characters. Stroll the Gastown area, while you experience this historical locale first hand. At the completion of the walk, enjoy wine and cheese at a special Gastown restaurant.

529

NORTH SHORE SHOPPING TOUR

1:30 pm - 5:30 pm

Meet in the lobby of Seabus Station at the foot of Gastown, a short walk from your hotel, for a unique trip across the waters of Burrard Inlet. Enjoy the panoramic views of the mountains and cityscape on your way to Lonsdale Quay Market. This market by the sea is home to arts and craft displays, a market place and several restaurants and cafes. Our local guide for the walking tour will show you the sights and sounds of this wonderful marketplace. Return back across the water to downtown.

501, 502, 503, 504

OPENING RECEPTION:

THE PACIFIC RIM EXPERIENCE

6:30 pm - 9:30 pm

The "Pacific Rim Experience" brings together the beautifully diverse mélange of cultures of Asia's eastern seaboard and North America's west coast. Guests travel the Pacific Rim, from Japan to Australia, from China

to Polynesia and back to Canada's own native scene, in one evening enjoying the sounds of a Japanese Koto player, Chinese Pipa player, a Polynesian guitarist as well as the antics of a "Crocodile Dundee" character – and more. An event of international cuisine, culture, and entertainment – not to be missed!

Monday, October 4, 1993

530

VICTORIA DAY TRIP

6:30 am - 5:00 pm

Gather at the Vancouver Seabus terminal lobby, near The Vancouver Trade and Convention Centre, sharply at 6:30 a.m. After boarding the Royal Sealink catamaran, sit back and enjoy the 2-1/2 hour journey to Victoria. The Sealink traverses Georgia Strait, before entering the scenic Gulf Islands. Sport fishermen, sailors and wildlife add a nautical backdrop to the beauty of the islands.

After the Gulf Islands, its clear sailing to Victoria's Inner Harbour, home of the Empress Hotel, Parliament Buildings, the Royal British Columbia Museum, and a wealth of other attractions. Transferring to your deluxe motorcoach, professional guides will show you the sights of this little piece of England. Your tour of Victoria will include Oak Bay, the most prestigious area of Victoria. Tudor-style homes, British mansions and exclusive shops line the streets as you journey onward through this picturesque area. Stop for a visit to the Royal British Columbia Museum, ranked among the top ten museums in the world. Highlighted among the many displays is an unmatched collection of West Coast native artifacts, and outside the museum is Stanley Park, with its collection of magnificent totem poles.

After enjoying a traditional English lunch at the jewel of Victoria, the Empress Hotel, wander through the streets of Victoria. Discover Government Street, where you will find shops featuring English china, Scottish woolens, and Irish linens. Market Square, lined with ornamental iron gates, offers crafts, jewelry and other quaint shops for your browsing pleasure. Back aboard the Royal Sealink at 2:30, you will arrive in Vancouver at 5:00 p.m.

531

VANCOUVER SHOPPING SHUTTLE

10:00 am - 3:00 pm

Vancouver is a shopper's paradise - stocked with every conceivable line of merchandise, from department store fare, to the splendid, the exotic, the eccentric. There will be a continuous shuttle running from the Convention Centre, making a circuit of unique shopping areas. Whether it's native fashions and Indian artwork, or designer labels from around the world, you'll find it in Vancouver.

532

ART IN VANCOUVER

12:30 pm - 4:30 pm

This delightful afternoon takes you to the Vancouver Art Gallery, which is located in one of the city's most splendid 19th century heritage buildings. Enjoy lunch in the gallery building while listening to a local art historian.

After lunch, walk through the gallery's exhibits addressing both historical and contemporary issues. A portion of the permanent collection features paintings and drawings by Emily Carr, one of Canada's greatest artists.

533

GRAND CITY TOUR

1:30 pm - 4:30 pm

Visit Vancouver's highlights in this afternoon overview of the city. The first destination is Stanley Park, a 1,000 acre oasis of landscaped park and primeval forest in the middle of the City. See the totem poles and unmatched ocean vistas. Travel through the exclusive neighborhood of Shaughnessy on your way to the botanical delights of Queen Elizabeth Park, which also offers a panoramic view of Vancouver.

Next it is on to the bustling ethnic community of Chinatown - the second largest in North America, followed by a visit to Vancouver's birthplace, Gastown, with its brick and stone turn-of-the-century architecture and cobblestone streets.

534

WINES OF THE WESTCOAST

1:30 pm - 5:30 pm

Travel to the Raintree Restaurant, site of Vancouver's finest West

Coast wine selection. Sample a wide variety of British Columbian and Pacific Northwest wines. Led by a wine expert, you will be introduced to the regional flavors of local wines. An intimate wine cellar setting in Gastown will follow for dessert wine tasting.

505

JOE FORTES & BACK ALLEY THEATRE

6:00 pm - 11:00 pm

Enjoy a specially prepared dinner at Joe Fortes Seafood House featuring seafood from both local and foreign waters in addition to steaks, chops and ribs, in traditional American and contemporary Northwest styles. After dinner, leave by the back door, for it's only an alley away to Back Alley Theatre, featuring award-winning improv performers in interactive theatre.

Tuesday, October 5, 1993

506

FUN RUN - 5K - STANLEY PARK

6:15 am - 7:30 am

Start your morning with a 5K walk or run through Vancouver's Stanley Park at the Annual CNS Fun Run! Stanley Park is a 1,000 acre oasis of landscaped park and primeval forest in the middle of the City.

T-SHIRTS

The official Fun Run T-shirt for Vancouver is available in both adult and children's sizes. Whether or not you participate in this year's Fun Run, you will want this souvenir of the meeting.

535

VICTORIA DAY TRIP

6:30 am - 5:00 pm

See tour #530 for description.

536

SPA PROGRAM

9:00 am - 11:30 am

Your senses will be engaged as you arrive via limousine for a morning

of pampering and revitalization. Indulge in an aromatherapy facial massage at a health spa that rivals internationally famous locales for elegance and comfort.

537

WEST COAST TOUR

10:00 am - 3:00 pm

See tour #526 for description.

538

NORTH SHORE TOUR

12:30 pm - 5:30 pm

See tour #527 for description.

507

GRANVILLE ISLAND AND ARTS CLUB THEATRE

5:30 pm - 11:00 pm

Enjoy some of the best dining in Vancouver, on Granville Island overlooking beautiful False Creek. After-dinner entertainment will feature the current production at the Arts Club Theatre.

Wednesday, October 6, 1993

539

"PARENTING" – RUTH SMITH

9:00 am - 10:00 am

We are pleased to feature Ruth F. Smith as a speaker for two segments of our Auxiliary program this year. Ruth is a woman of many talents. She is the founder and president of her own management/marketing consultant firm, a professional speaker, and a certified parenting, self-esteem, and time-management instructor. Come join us for a fun and interactive presentation entitled "Redirecting Children's Behavior." Find out techniques to redirect mistaken goals of attention, power, revenge, and avoidance in both children and adults. Learn tips on how to raise children with high self esteem and confidence.

540

"TRANSITIONS" – ART HISTER

9:00 am - 10:00 am

As we change, our lifestyle adjustments, health needs, and attitudes change. Time passages are a normal part of our life cycle - the difficulty is how to recognize these changes as they happen. This discussion will focus on how to recognize these passages and how to prevail and not just deal with the transitions of life.

10:00 am - 10:30 am – COFFEE BREAK

541

"TIME MANAGEMENT" – RUTH SMITH

10:30 am - 11:30 am

Ruth Smith will present "Time Management - An Inside-Out Approach." Learn how to reduce stress, prevent crisis and lead a balanced life. Find out the latest techniques in the area of time management.

542

"RELATIONSHIPS" – GEORGIA NEMETZ

10:30 am - 11:30 am

Few of us have been taught to communicate effectively. Our skills, such as they are, deteriorate even further when our relationships necessitate discussion of feelings, emotion or problem-solving. This session will focus on concrete strategies to assist in dealing with emotionally charged conversations and illustrates how to transform them into productive exchanges.

543

AUXILIARY LUNCH – JOHN MAXWELL

12:00 pm - 2:00 pm

This year's Auxiliary Luncheon will feature John Maxwell. Mr. Maxwell has toured with his internationally acclaimed one-person show, "OH, MR. FAULKNER, DO YOU WRITE?" for the past twelve years. Mr. Maxwell will provide a funny and inspirational message for Auxiliary Luncheon attendees based upon his program, THE THEATRE OF COMMUNICATION. Included in this enlightening presentation will be suggestions on ways to cope with nervous tension, effective communication, and inspiration of others.

SPA PROGRAM

2:30 pm - 5:00 pm

Pamper yourself, and prepare for the evening's festivities by relaxing at a spa. Includes limousine transportation.

545

AROMATHERAPY, FACIAL MASSAGE

546

MAKE-UP APPLICATION AND MANICURE

547

COLOUR ANALYSIS

508

ANNUAL RECEPTION AND BANQUET

7:00 pm - 1:00 am

Spend an elegant evening at the CNS Annual Banquet. The cuisine and entertainment will prove to be as diverse as Vancouver itself. Enjoy the sounds of a classical string quartet during cocktails and dinner, then get ready to rock-n-roll! The "Legends of Rock and Roll," will present a musical history of Elvis, Roy Orbison and Buddy Holly. The "King" himself along with Roy and Buddy will put on the "show they never gave." Rounding out the evening, DJ Bruce Bissel will continue the momentum with music to rock your socks off.

A Bit of Vancouver History

Vancouver is the youngest major seaport in the world. It was 100 years old in 1986. Vancouver is named after Captain George Vancouver who in 1792 first saw the magnificent north shore mountains which today look down on this busy seaport. Prior to this time this area was home to more than 3,000 native Indians.

“Gassy Jack” Deighton, in 1867 opened a saloon for loggers. He was a very colorful character and to many he is the founder of Vancouver. The area around his saloon grew rapidly to become known as Gastown (officially it was incorporated as the town of Granville).

In 1886 the town of Granville, population 1000, became the city of Vancouver. In June of this same year the entire city was burned to the ground. The city was quickly rebuilt and had rapid growth at this time. After the fire the city council showed remarkable foresight by turning the First Narrows Military Reserve into a park. It was named after Governor General Lord Stanley, and is now know as Stanley Park.

This cosmopolitan city has close to 500,000 people within the city limits. The Greater Vancouver area has a population of 1.5 million.

Throughout the province, industry is based on mining, fishing and forestry. Vancouver is a major North American port because of its harbor and because it has the Canadian gateway for all cargo coming from and going to Asia.

In 1986, Vancouver’s centennial, the city hosted Expo 86. It was a world transportation exhibition. Canada Place, Vancouver’s cruise ship terminal and trade and convention centre, officially opened. A rapid transit service called SkyTrain began operation from downtown to the out-lying areas.

Today, Vancouver bustles as a thriving city with much to offer it’s inhabitants. It has been said that a person can go skiing and sailing in the same day. Whether it be the peaceful waters, the glistening mountains, the opulent shops, or the sidewalk cafes, this is truly a place for everyone to enjoy.

EXPLORING THE SURROUNDING AREAS

Whistler – The site for this year's post Convention meeting. Whistler is 120km (75mi) north of Vancouver. A relatively new area only 16 years old. In just over a decade it was transformed into a major international ski resort. In the last few years Whistler has developed into a wonderful place to go in the summer. Whistler is known for its spectacular mountain biking trails. The ski lifts are open to take you up with your bike to ride down the mountain. An exhilarating ride. There is paragliding or heli-hiking along with hiking trails for all levels. The layout of Whistler Village is quite unusual and has won design awards. It's a compact little town with everything no more than a five-minute walk away. It's town centre is for pedestrians only.

Victoria On Vancouver Island – Victoria is the provincial capital of British Columbia. It is a romantic city that has become a tourist mecca. It is best known for its English gardens. Most believe it is the last light of British imperialism to set on the Western hemisphere. It is charmed with London-style double decker buses, lost of Irish linens and Harris tweeds, and sipping afternoon tea. Don't miss the **Buchart Garden** just 21 kilometers north, 50 acres of beautifully manicured gardens.

Gulf Islands – The Gulf Islands form a cluster between the mainland and the south end of Vancouver Island. The only public access is by ferry, so the islands have stayed undeveloped.

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