



**International Association of**  
**Administrative Professionals®**  
*Halifax-Dartmouth Chapter*



*Oceans of  
Opportunity*

Canada Divisions' Conference  
Halifax, Nova Scotia

Halifax Marriott Harbourfront Hotel  
May 22 – 24, 2008

Presenting Sponsor



*Turning Jobs  
Into Careers*

## Greetings from the Host Chapter



On behalf of the Halifax-Dartmouth Chapter, IAAP, I want to welcome everyone to the 2008 Canada Divisions' Conference. We have been busy getting things organized and in place so that you will experience *Oceans of Opportunity*. The Thursday Trips and Tours will showcase the *treasures* Halifax and Nova Scotia have to offer ~ you may want to stay longer. *Pearls of Wisdom* will be offered during Professional Development Day on Friday, something to take back home along with your souvenirs.

Yes, you will be working hard, but you will also have lots of fun and meet many new friends. We look forward to welcoming everyone in May.

Anita Ross, President  
IAAP Halifax-Dartmouth Chapter

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## Greetings from the International Director, Canada District



Come join us for the Canada Divisions' Conference 2008 in Halifax, Nova Scotia in Eastern Canada Division. In this historical city, we will find **Oceans of Opportunities – Opportunity to Explore, Gain Pearls of Wisdom, Sail Away, Evaluate and Relax and Enjoy.**

As we visualize the theme for CDC 2008, a sailing ship comes to mind – in particular, the Bluenose, Nova Scotia's sailing ambassador. The Bluenose is an excellent depiction, too, of our 2007-2008 President's Theme, "Forward Moving". The designers of this great vessel were undoubtedly "Forward Thinking" when they built the first Bluenose schooner and were certainly "Forward Acting" when they raced this great ship, "Forward Leading" all the time! Plan to take time to visit the Maritime Museum of the Atlantic – just steps down the street from our convention hotel, a great opportunity to explore! Learn about sailing ships and war ships; see artifacts from the Titanic and the Halifax explosion.

The 2008 CDC organizing committee, lead by Wanda Zinck and Evelyn Lewis, has been working hard for the past two years to ensure your time will be stimulating and relaxing at the same time. With topics as varied as business ethics, stress relief, grammar and human relations, you will sail away at the end of the conference with information that will help you move forward in your career.

Our Division Annual General Meetings on Saturday morning will be an opportunity to take care of division business, updates and elections. Even if you are not attending this conference as a delegate or alternate, be sure to attend your Division AGM and gain an insight into what is making our District so successful this year!

On Saturday afternoon, we will reconvene as a group for the Canada District Annual General Meeting, and Saturday evening we will celebrate our successful event with a semi-formal closing banquet.

Canada District is definitely **Forward Moving** this year. Through the **Forward Thinking** and **Forward Acting** of all our members, we are **Forward Leading** in the Association! Thank you to everyone for your contributions to this success!

Eastern Canada Division, the Halifax-Dartmouth Chapter join me in inviting you to Halifax for a conference full of opportunities – May 22-24, 2008 at the Marriott Harbourfront Hotel on the waterfront in Halifax, Nova Scotia. See you there!

A handwritten signature in cursive script that reads "Kathy".

Kathy Fogal CPS/CAP  
International Director, Canada District

# Agenda\*

## Wednesday, May 21, 2008

12:00 p.m. – 9:00 p.m. Registration and Check-in

## Thursday, May 22, 2008

8:30 a.m. – 4:00 p.m.

8:30 a.m. – 4:00 p.m.

5:45 p.m. – 6:00 p.m.

5:45 p.m. – 6:15 p.m.

6:15 p.m. – 8:30 p.m.

**Registration** and Check-in

\*\* Trips and Tours

**First-Timers' Orientation**

Registration/Credentials Check-in

**Opening Ceremonies**

**Keynote Speaker:** Doug J. Keefe, QC

*Leading Managers and Managing Leaders*

**Reception and Welcome Activities**

**\*\*Opportunity to Explore**

9:00 p.m. – 11:00 p.m.

## Friday, May 23, 2008

7:00 a.m. – 8:15 a.m.

8:30 a.m. – 10:00 a.m.

10:00 a.m. – 10:30 a.m.

10:30 a.m. – 12:00 p.m.

12:00 p.m. – 2:00 p.m.

2:00 p.m. – 3:15 p.m.

3:15 p.m. – 4:30 p.m.

6:00 p.m. – 9:00 p.m.

**Registration**

**Professional Development Seminar 1**

Dr. Cathy Driscoll – *Business Ethics*

**Refreshment Break**

**Professional Development Seminar 2**

Dr. Timothy Walker – *Stress Reduction and Contemplative Meditation*

**Networking Lunch/Office Expo**

**Professional Development Seminar 3**

donalee Moulton – *Why Commas Matter or How We Mangle English in an Electronic Age*

**Professional Development Seminar 4**

Eddie LeMoine – *The Law of Attraction*

\*\*Harbour Queen 1 – Dinner Cruise

**Opportunity to Gain  
Pearls of Wisdom**

## Saturday, May 24, 2008

7:00 a.m. – 8:00 a.m.

8:00 a.m. – 10:00 a.m.

10:00 a.m. – 10:30 a.m.

10:30 a.m. – 11:30 a.m.

11:30 a.m. – 1:00 p.m.

1:00 p.m.

1:00 p.m. – 4:15 p.m.

6:15 p.m. – 6:45 p.m.

6:45 p.m. – 10:00 p.m.

Continental Breakfast

**Division Annual General Meetings**

- Eastern Canada Division
- Ontario Division
- Western Canada Division

**Refreshment Break**

**Division Annual General Meetings – continued**

\*\*Lunch on your own

Silent Auction Closes

**Canada Divisions' Conference – continued**

**Reception**

**Banquet and Entertainment**

**\*\*Opportunity to Sail Away**

**Opportunity to  
Evaluate**

**Opportunity to Relax and Enjoy**

## Sunday, May 25, 2008

8:00 a.m. – 9:00 a.m.

**Post Conference Debriefing** (by invitation only, Incoming and Outgoing Division Officers and Conference Coordinators of CDC 2007, 2008, 2009)

\*Subject to change

\*\*NOT included in Registration

## Opening Ceremonies – Keynote Speaker

### *Leading Managers and Managing Leaders*

Leadership and management are like alligators and crocodiles; most people think they are the same but they aren't. During the industrial age, leadership and management *were* the same. But today ideas, not long production runs, are the key to success. Organizations built on the “one mind, many hands” model find themselves unable to compete with organizations that engage every mind. Doug will talk about ways a good workplace encourages people with bright ideas to step forward regardless of job title, credentials, or work history; and how this can open “oceans of opportunity” for people who work hard and are cheerful.



#### **Doug J. Keefe, QC**

Douglas J. Keefe QC is a private consultant and lawyer. He retired from the government of Nova Scotia in March 2007 after nearly 30 years. For seven years prior to his retirement, Doug was the Deputy Minister (DM) of Justice. The Deputy Minister of Justice is the administrative head of a department of 1,400 employees. Doug led an interdisciplinary team responsible for the justice system as a whole as well as court administration, corrections, oversight of police, services to victims of crime, and legal services to government.

His national responsibilities included: Chair of Statistics Canada's Justice Statistics Liaison Committee, the federal/provincial/territorial (FPT) body that oversees the collection, analysis, and dissemination of information on the justice system, crime and society; the FPT DM's committee on Legal Aid; and the national Justice Efficiencies Steering Committee, as well as numerous ad hoc FPT committees and working groups.

Doug has a steady hand and is a reliable problem solver. As a result, he has extensive experience in negotiation, change management, and crisis response: “There's hardly a Nova Scotian disaster in the last quarter century that I *haven't* been involved in.”

Since 1996 Doug has been presenting seminars on leadership and values. “Values don't just mark the boundary between right and wrong. They shape our priorities and perceptions. They drive us and our organizations. It's foolish to ignore them but generally we do.” He believes that helping people see how their daily activities embody values and contribute to seemingly abstract strategic goals is the best way to bring coherence and cohesion to organizations. “Unless grim compliance is all you want, connecting the grind to the grand is far more effective than imposed processes. People who really understand an organization's goals and share its values come to work every day wanting to contribute their ideas and energy.”

## Evening Reception/Welcome Activities

If you always wanted to be a pirate – now is your *opportunity!* The Jolly Roger and Jolly Tar will welcome you to a pirate's chest of fun and frolic at the Canada Divisions' Conference, Evening of Welcome. Enter the best dressed pirate competition. Brush up on your Nova Scotia and Atlantic Canada trivia; there is a lot more to us than seafood and Peggy's Cove! Get your team together and solve the trivia contest. Meet people you have not met before. Enjoy our hospitality! It's an *opportunity* not to miss! Traditional East Coast music will be provided by *The Plugs*.

# Professional Development

**Friday, May 23, 2008**

## ***Seminar 1 – Business Ethics***

This session will explore the use of ethical decision-making in solving moral dilemmas in the workplace. The following questions will be discussed: Where do our ethics come from? What is the relationship between ethics and values? Are our workplace ethics separate from our individual ethics? We will also consider some specific examples of ethical issues in the workplace and apply one ethical decision-making model to some of these issues.



### ***Dr. Cathy Driscoll***

Cathy Driscoll has been teaching at Saint Mary's University for fourteen years. She received her Ph.D. in organizational behavior and marketing from Queen's University in 1994. Prior to coming to SMU, she worked as a project manager and policy advisor with the National Round Table on the Environment and the Economy in Ottawa.

Currently, she is an associate professor in the Department of Management in the Sobey School of Business. She has published articles in *The Journal of Business Ethics* and *Business and Society*. Cathy is a board member of the Better Business Bureau of the Maritime Provinces and the Saint Mary's Research Ethics Board.

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## ***Seminar 2 – Stress Reduction and Contemplated Meditation***

In this workshop, we will look at why reducing stress is so essential for good health and for creating a healthy workplace environment. We will then explore the underlying principles of Mindfulness Based Stress Reduction that uses mindfulness meditation, yoga and other practices to help people reduce stress. We will also look at how mindfulness practice heightens awareness and intelligence leading us to access our inherent wisdom that enables the skills of effective action. If time allows we can also explore a cross-cultural perspective on the practice of secular spirituality in the workplace as a means towards realizing our full potential as individuals and as organizations.



### ***Timothy Walker, Ph.D., CCC NSSRPC, Counselor, Psychotherapist, Trainer, Consultant***

Trained in Contemplative Psychotherapy, Family Systems and Transactional Analysis, Dr. Walker has more than 25 years of experience integrating a contemplative and human-potential approach into counseling/psychotherapy, coaching/consulting, healthcare, and education. He has worked with the Nova Scotia

Department of Health, taught at Dalhousie University, Acadia University, and the Halifax Counselor Training Institute. For many years, he was on the counseling staff at Saint Mary's University, and in private practice at EastWind Health Associates.

In 1996, Dr. Walker founded the EastWind Stress Reduction Clinic based on the Mindfulness Model developed by Jon Kabat-Zinn. In 1999, he developed with Dr. Rob Rutledge of the Nova Scotia Cancer Centre, the Skills for Healing Weekend Retreats, which continue to help people with cancer and their families in multiple cities across Canada. More recently, he has taken similar work to healthcare providers as The Skills for Wellness Programs.

### ***Seminar 3 – Why Commas Matter or How we Mangle English in an Electronic Age***

The focus of this session will be on the decline of grammar, punctuation and proofreading skills, and why organizations need to pay attention to semi-colons and verbiage. The implications of poor grammar go well beyond “Oops!” Such errors affect an organization’s credibility and its bottom line. Participants will be encouraged to test their own skills; anonymously, of course.



#### ***donalee Moulton, Principal, Quantum Communications***

donalee Moulton has more than 25 years experience in training, professional development and facilitation. She has worked in the private sector, the non-profit sector, and for all three levels of government.

donalee is the owner of Quantum Communications, a full-service public relations and training firm based in Halifax. As a consultant, donalee has provided clients across Canada, the United States and beyond with a wide range of PR and marketing services, including comprehensive training and development. She is also a professional educator and trainer. She has taught communications and business courses at Dalhousie University, Saint Mary’s University and Mount Saint Vincent University. Among the courses she has taught or is currently teaching are business communications; effective email; writing and editing professional materials; grammar and punctuation; writing winning proposals; strategic government relations; oral presentations; and delivering bad news.

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### ***Seminar 4 – The Law of Attraction***

The secret ([www.theseecret.tv](http://www.theseecret.tv)) is out! You’ve seen Larry King, Ellen and Oprah discover how to make it work for you. You may not be aware of it, but there’s a very powerful force that is at work in your life. It’s called a Law of Attraction and right now it’s attracting people, jobs, suppliers, situations and relationships in your life and not all of them are good!

Learn how to use this universal law to attract success, abundance, good health, and successful relationships. In this session you’ll discover how to improve your business relationships and negotiate successfully. From a personal point of view you will discover how to improve your personal relationships, attract wealth and happiness into your life, live a more healthy life, reduce the amount of things that come into your life that you don’t want and enjoy life in the moment. In this session you will also discover the five common mistakes people make when applying the Law of Attraction, how to reduce stress and sleep better, specific techniques that will instantly help you consistently apply the Law of Attraction in your life, how to align your goals with your values and how to tap into a very powerful inner force.

Law of Attraction can be defined as: You attract to your life whatever you give your attention, focus and energy to whether wanted or unwanted.



#### ***Eddie LeMoine***

Eddie LeMoine founder and President of Eddie LeMoine Consulting Inc. is a keynote speaker, seminar leader and executive coach who continually receives high praise for his achievement of excellence.

Combining his professional experience as a senior executive in sales, business development and management with his research-based best practices, Eddie moves organizations from mediocrity to brilliance. His work within such companies as General Electric, IMP Group and MITI allows him to connect with any business audience, capturing and holding participants’ attention with his fast-moving combination of humour, story-telling and real-life situations.

Companies that work with Eddie make a culture of high turnover one of high retention, attract and retain a new generation of employee, connect with employees, align employees’ goals with corporate results, continually and effectively motivate employees, manage four generations of employees, and sell across all generations.

## Hospitality Suite

Follow the signs to our Hospitality Suite where we invite you to participate in a little relaxation, networking and memories.

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## Silent Auction

All proceeds will go directly to the Retirement Trust Foundation. Visit us in our Hospitality Suite to place your bid. Don't miss your opportunity to support our RTF!

To send donations for the auction ahead of time, please contact Yvonne LeBlanc at [yvonne.leblanc@iwk.nshealth.ca](mailto:yvonne.leblanc@iwk.nshealth.ca) to make arrangements.

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## Saturday Night Banquet and Entertainment

The Saturday Night Banquet is a time for IAAP members and their guests to enjoy a lovely evening of great dining, wonderful entertainment and an opportunity to enjoy each other's company on a final evening together.

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## Transportation

**WestJet** is the official airline of the IAAP CDC 2008. To book your flight and take advantage of special discounted fares, simply contact your travel agency of record or WestJet at 1-888-493-7853 and mention our convention number: QC#4833.

Transportation to/from the airport:

- Airporter – Airport Shuttle. Catch the shuttle outside of the arrivals area. \$18 one way. ([www.airporter.biz](http://www.airporter.biz))
  - Airport Taxi or Limousine - \$53.00 one way
- 



### Halifax Marriott Harbourfront Hotel

1919 Upper Water Street, Halifax, NS B3J 3J5  
Phone **902-421-1700** ▪ Fax 902-422-5805 ▪ **1-800-943-6760**  
[www.halifaxmarriott.com](http://www.halifaxmarriott.com)

\$199 per double, harbour view room  
Group Discount Code: ADMADMB

# CANADA DIVISIONS' CONFERENCE 2008

## Oceans of Opportunity Registration Form

*Fill in all applicable fields, one per attendee, and mail with payment*

### Delegate Information (all fields are required for processing)

Title	First Name	Last Name	Certification Designation CPS CAP (mm/dd/yy)		
Suite/Apt Number	Street Address		Home Phone	Business Phone	Fax Number
City		Province (xx)	Postal Code	E-Mail Address	
Employer			Job Title		
IAAP Division Name and Number		IAAP Chapter Name and Number		IAAP Membership Number	

Must Complete (check one only)	Status at Conference (mark and complete all that apply)
<input type="checkbox"/> Division Delegate <input type="checkbox"/> Member <input type="checkbox"/> Division Alternate <input type="checkbox"/> Member-at-Large <input type="checkbox"/> Chapter Delegate <input type="checkbox"/> Non-Member/Guest <input type="checkbox"/> Chapter Alternate <input type="checkbox"/> Professional Merited Member	<input type="checkbox"/> Current International Board Member, Position _____ <input type="checkbox"/> Past International Board Member, Position, Year _____ <input type="checkbox"/> Current International Representative, Position _____ <input type="checkbox"/> Current Division Board, Position _____ <input type="checkbox"/> Past Division Officer, Position, Division, Year _____

Emergency Information	Conference Ticket Information	
Emergency Contact Full Name and Relationship	<p style="text-align: center;"><b>Full Early Bird Conference Registration to April 1, 2008</b></p> <input type="checkbox"/> Members \$210 <input type="checkbox"/> Professional Merited: \$175 <input type="checkbox"/> Students: \$100 <input type="checkbox"/> Non-Members: \$230    \$ _____ <p style="text-align: center;"><b>Full Conference Registration From April 1, 2008 to April 25, 2008</b></p> <input type="checkbox"/> Members \$250 <input type="checkbox"/> Professional Merited: \$200 <input type="checkbox"/> Students: \$125 <input type="checkbox"/> Non-Members: \$270    \$ _____ <p><i>Full Conference Registration includes Thursday Opening Ceremonies &amp; Reception, Professional Development Day, all Business Sessions, and Saturday Breakfast &amp; Banquet</i></p> <input type="checkbox"/> <b>Are you a first time conference attendee?</b> <p><b>Saturday Banquet Meal Choice</b> (choose one):  <input type="checkbox"/> Chicken    <input type="checkbox"/> Beef    <input type="checkbox"/> Fish    <input type="checkbox"/> Vegetarian</p> <p><b>Additional tickets:</b>            Guest Thursday Opening Ceremonies: \$35 X _____ \$ _____</p> <p><b>Professional Development Day only:</b>  <input type="checkbox"/> Members \$135    <input type="checkbox"/> Non-Members \$150    \$ _____  <input type="checkbox"/> Students: \$ 65</p> <p>Guest Saturday Banquet: \$75 x _____ \$ _____            Guest Saturday Banquet Meal Choice (choose one):  <input type="checkbox"/> Chicken    <input type="checkbox"/> Beef    <input type="checkbox"/> Fish    <input type="checkbox"/> Vegetarian            Guest Full Name X _____</p> <p><i>Please note: Space is limited, so registration will be filled on a first-come, first-served basis. Receipt of payment is required before attendee space is reserved.</i></p> <p style="text-align: right;"><b>TOTAL DUE</b> \$ _____</p>	
Phone		Emergency Contact Street Address/City
Enter Contact Info if you are not staying at the Halifax Marriott Harbourfront Hotel		
Any Allergies or Health Concerns?		
Applicant's Signature (Required)		
<p>Total Payable to <b>IAAP-CDC 2008</b>            Mail registration and cheque/money order to:</p> <p>Yvonne LeBlanc            5558 Stoneham Court            Halifax, NS B3K 4A5</p> <p>Phone: 902-470-6958  <a href="mailto:yvonne.leblanc@iwk.nshealth.ca">yvonne.leblanc@iwk.nshealth.ca</a></p> <p><b>A \$35 fee will be charged for NSF cheques.</b></p>		

## Trips and Tours

**Thursday, May 22, 2008**

**Tour 1 – Wine Tour (all day)**

**Dress: Casual**

**Cost: \$95.00**

The bus leaves the hotel at 9:00 a.m. in front of the Marriott Harbourfront Hotel and returns to Halifax at 4:00 p.m. Spend a leisurely day experiencing the wineries of Nova Scotia and scenic beauty of the Annapolis Valley. Your Nova Scotia wine experience includes wine tastings at three of the province's premiere wineries (Sainte Famille, Domaine de Grand Pré and Gaspereau Valley Vineyards) as well as a two-course gourmet lunch with paired wines at Domaine de Grand Pré's celebrated 'Le Caveau' restaurant. After lunch, it is on to the Gaspereau Valley Vineyards for a wine and artisanal cheese tasting featuring products from Fox Hill Farm located in nearby Port Williams. This tasting will also include a sample of an award-winning Icewine. Begin the day a Nova Scotia wine enthusiast, end the day a Nova Scotia wine lover.

**Price Includes:**

- Transportation with designated driver
- Guided winery and vineyard tours
- Wine tastings at two wineries
- Two-course gourmet lunch with paired wines
- Cheese and wine tasting at one winery
- Sampling of an award-winning Icewine
- Experienced NS Sommelier/guide
- Taxes and gratuities



**Tour Guide: Sean Buckland**

Sean Buckland is co-owner of Valley Wine Tours as well as the Sommelier at Halifax's Five Fishermen Restaurant. Since graduating from the Association of Sommeliers of the Atlantic Provinces Sommelier Certification Program in 2004, Sean has become known throughout the province as champion of the best of Nova Scotia wine.

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### **Tour 2 – Walking Tour of Historic Halifax (1 ½ hours) & Maritime Museum of the Atlantic (self-guided)**

**Dress: Casual (Warm jacket and comfortable walking shoes)**

**Cost: \$25.00**

The Walking Tour of historic Halifax is a 1.5-hour walking tour that features tall tales, little known facts and lots of local gossip and typically weaves its way through Halifax's historic downtown streets. Along the way, participants learn about Nova Scotia's rough and tumble past; including the Halifax Explosion, our connection to the Titanic, Joseph Howe, Alexander Keith and more.

The tour will begin at 9:30 am in the lobby of the Halifax Marriott Harbourfront Hotel and finish up at the Maritime Museum of the Atlantic where participants take a self-guided tour.

The Maritime Museum of the Atlantic creates for all an awareness, appreciation and understanding of Nova Scotia's marine heritage through collection, preservation, research, interpretation and exhibition. Major permanent exhibits include the Small Craft Gallery; Halifax Wrecked, the Story of the Halifax Explosion; North Atlantic Convoy, The World War II struggle against German U-boats; *Titanic*: The Unsinkable Ship and Halifax; and most recently, Shipwreck Treasures of Nova Scotia. Smaller exhibits explore the experience of single handed sailors such as Joshua Slocum or allow visitors to step into the moving deckhouse of the coastal schooner *Rayo*. To learn more about the museum you can visit <http://museum.gov.ns.ca/mma/index.html>.

### Tour 3 – Peggy’s Cove (all day)

**Dress: Casual**

**Cost: \$70.00**

**(Warm jacket and comfortable walking shoes)**

A must see when you visit Nova Scotia. The bus will pick us up at the hotel at 8:30 am and take us about 42km (26 miles) southwest of Halifax to the picturesque fishing village of **Peggy's Cove** (pop.



120). Just before the turnoff for the cove, we will make our way to the touching **Swissair Flight 111 Memorial**. This site memorializes the passengers of that flight, which crashed into the Atlantic just off this coast. Once we are finished at this site, we move on to the village of Peggy’s Cove. The village offers a postcard-perfect tableau: an octagonal lighthouse (surely one of the most photographed in the world), tiny fishing



shacks, and graceful fishing boats bobbing in the postage stamp-size harbour. William deGarthe, international marine artist, lived in Peggy’s Cove for many years until his death in 1983. He exhibited throughout Canada, the United States and Europe. This marine artist graced Peggy's Cove with a 30-figure granite carving in honor of the fishermen of Nova Scotia. We will make our way to this carving. This monument is segmented into three sections, the first of which is the fisherman's family with a guardian angel watching over them. The second section depicts Peggy of the Cove, and the third section shows fishermen at work with a dory, nets, a high-flyer and other fishing implements. Next, we will make our way to the Old Red Schoolhouse for a rip-roaring, side-splitting good time with “The Peggy Show”. After the show, we will sit down and relax for a light lunch. After lunch, it is on to the heart of Peggy’s Cove, the famous Lighthouse. Everyone will have an opportunity to take pictures, maybe walk on some of the rocks (only if safe and weather permits – rocks can be very slippery in wet weather). There will be time to sit and relax before making our way back on the bus for our return trip to Halifax. We will be back at the hotel by 4:00 pm.

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### Friday, May 23, 2008

#### Evening with Murphy’s on the Water

**Dress: Casual**

**Cost: \$85.00**

**(Warm jacket and comfortable shoes)**

At 6:00 pm we leave the hotel for a short two minute walk to the boardwalk of adventure. We will embark on a two-hour private boat tour aboard the Harbour Queen 1, a Mississippi style sternwheeler. We get to enjoy the lights of Halifax from the waters of Halifax Harbour and the North West Arm while dining on a scrumptious buffet. The lower deck of the Harbour Queen is fully enclosed and heated for your comfort. When inside the boat, a view to the outside is always fully visible. Our adventure aboard this wonderful boat ends at 9:00 pm where the rest of the evening is yours to enjoy.



*A minimum number of registrations is required for each tour.  
Please book by April 20, 2008, to avoid disappointment.  
If minimum numbers are not met, we will regretfully have to cancel.*

*For more information on Trips & Tours, please contact Wanda Zinck,  
Co-Chair, CDC 2008, at (902) 869-6120 or via email at [wanda.zinck@cdha.nshealth.ca](mailto:wanda.zinck@cdha.nshealth.ca)*

# Trips and Tours Price List and Registration Form

Indicate your preferred tour options below:

## Thursday, May 22, 2008

- Tour 1 Wine Tour of Nova Scotia (7 hrs)** Total Tickets \_\_\_ x \$95.00 = \$\_\_\_\_\_  
Lunch included
- Tour 2 Walking Tour of Historic Halifax (1 ½ - 3 hrs)** Total Tickets \_\_\_ x \$25.00 = \$\_\_\_\_\_  
Lunch not included
- Tour 3 Peggy's Cove (6 hrs)** Total Tickets \_\_\_ x \$70.00 = \$\_\_\_\_\_  
Light lunch included

## Friday, May 23, 2008

- Murphy's on the Water Dinner Cruise (3 hrs)** Total Tickets \_\_\_ x \$ 85.00 = \$\_\_\_\_\_

\*Total payable to IAAP – Halifax-Dartmouth Chapter  
Mail registration and cheque/money order to:  
Yvonne LeBlanc  
5558 Stoneham Court  
Halifax, NS B3K 4A5

*\*Please use a separate cheque for conference registration  
and Trips & Tours registration*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Bus. Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

E-mail: \_\_\_\_\_

**Our Trips & Tours cancellation policy is 50 percent refund  
if cancellation is received in writing prior to May 1, 2008.  
After May 1, 2008, no refunds will be issued.  
A \$35 fee will be charged for NSF cheques.**

# Exploring, Sightseeing, Shopping & Other Activities Halifax and Area Attractions

## Maritime Museum of the Atlantic

<http://museum.gov.ns.ca/mma/>

The Museum is a valuable historical, cultural and educational institution. It is the largest site in Nova Scotia that collects and interprets various elements of Nova Scotia's marine history. Visitors are introduced to the age of steamships, local small craft, the Royal Canadian and Merchant Navies, World War II convoys and *The Battle of the Atlantic*, the Halifax Explosion of 1917, and Nova Scotia's role in the aftermath of the *Titanic* disaster.

## Pier 21 Canada's Immigration Museum

[www.pier21.ca](http://www.pier21.ca)

This newly restored award-winning National Historic Site tells the stories of 1.5 million immigrants, war brides, displaced children and Canadian military service personnel who passed through its doors between 1928 and 1971. Now Canada's last surviving ocean immigration shed, Pier 21 promises a dramatic exploration of a critical part of our heritage through interactive exhibits, multimedia presentations and activities for all ages. A research centre, café and gift shop are located on site.

## Historic Properties

Constructed by Halifax's earlier settlers in the late 1700s and early 1800s, the area has 10 of the city's oldest buildings, including 7 which have been designated National Historic Sites. Few North American cities can boast such a concentration of history and heritage, coupled with world-class shopping and fine dining. What the Historic Properties are all about, however, is letting visitors and locals alike experience Halifax's heritage firsthand. While you're there, shop, dine or enjoy cold beer while listening to live Maritime music, all beside the splendor of one of the world's largest natural harbours. Browse around --- you'll find works by talented artisans, unique gifts, housewares, fine food and frosty beer. Mingle with the crowd and experience historic Halifax at its most inviting.

## Art Gallery of Nova Scotia

[www.agns.gov.ns.ca](http://www.agns.gov.ns.ca)

Open daily from 10am till 5pm and Thursdays till 9pm, the Art Gallery of Nova Scotia strives to provide its guests with the best art experience possible. From our information desk to our daily guided tours, there is always something to be learned at the Gallery. Services offered include a full-service Gallery Shop, the Cheapside Café and Art Sales & Rentals.

## Citadel Hill National Historic Site

[http://www.pc.gc.ca/lhn-nhs/ns/halifax/visit/index\\_e.asp](http://www.pc.gc.ca/lhn-nhs/ns/halifax/visit/index_e.asp)

Experience the Halifax Citadel, where the sounds of a modern, bustling port city are exchanged for the crack of rifle-fire and the skirl of bagpipes. The present Citadel was completed in 1856 and is the fourth in a series of British forts on this site. Today, the restored Citadel is a national landmark, commemorating Halifax's role as a key naval station in the British Empire and bringing history to life in Atlantic Canada's largest urban centre.



The pageantry of the 78th Highlanders and the precision of the Royal Artillery will thrill you as you make the Citadel your first stop when visiting Halifax. Your "living history" experience will introduce you to the best of the Citadel and historic Halifax. Make the Visitor Centre in the Cavalier Building your first stop and find out about the day's events. Don't miss the firing of the noon gun—a daily ritual since the mid-19th century. Stop in at the Army Museum and browse through the collection of British and Canadian militaria. The Citadel also features a restored powder magazine, garrison cells, barracks, a schoolroom and a guard-room. Explore the musketry gallery and defensive ditch. Take in the panoramic view of the harbour from the rampart look-offs.

## Public Gardens

The Public Gardens literally took seed in 1753, when they were founded as a private garden. It was acquired by the Nova Scotia Horticultural Society in 1836, and it assumed its present look in 1875, during the peak of the Victorian era. As such, the garden is one of the nation's Victorian masterpieces. You'll find wonderful examples of many 19th-century trends in outdoor landscaping, from the "natural" winding walks and ornate fountains to the duck ponds and fussy Victorian bandstand.

## Point Pleasant Park

Point Pleasant is one of Canada's finer urban parks, and there's no better place for a walk along the water on a balmy day. This 74-hectare (186-acre) park occupies a wooded peninsular point, and it served for years as one of the linchpins in the city's military defense. You'll find the ruins of early forts and a nicely preserved Martello tower. You'll also find a lovely gravel carriage road around the point, a small swimming beach, miles of walking trails, and groves of graceful fir trees. The park is located about 2km (1 1/4 miles) south of the Public Gardens. No bikes are allowed on weekends or holidays.

## Halifax Shopping Centre

Over 170 shops and services with a unique combination of big box and traditional retail, Halifax Shopping Centre has truly become one of Atlantic Canada's premier shopping destinations. Halifax Shopping Centre and the Annex are one unexpected pleasure after another featuring: Sears and Sears Outlet Store; the largest Walmart and Sobeys in Atlantic Canada; Popular small box retailers such as Winners, Pier I Imports and Coast Mountain; and a unique blend of international retailers and stores with a local flavour.

## Scotia Square Mall

Located downtown, the Scotia Square Mall has an eclectic mix of stores, including clothing stores, a deli, furniture shops, jewelry stores, sports shops and dollar stores. Eateries and pubs are also found within this mega complex. Pedestrian walkways conveniently link this shopping mall to many hotels and major entertainment areas, including the Halifax Metro Centre and the Casino Nova Scotia. Hours are from Mon-Wed, Sat 9:30 a.m. to 6 p.m.; Thu-Fri 9:30 a.m. to 8 p.m.

## Alexander Keith's Brewery

[www.keiths.ca](http://www.keiths.ca)

For a true Nova Scotia good time, take an informative and interactive tour of the Alexander Keith's Nova Scotia Brewery. Actors in period costume will lead you back in time as you learn about the beer, the brewery and life in Halifax in 1863. Visit the Stag's Head Tavern where you will listen to toe tapping music, play games and of course sample Keith's fine ale.

## Casino Nova Scotia

[www.casinonovascotia.com](http://www.casinonovascotia.com)

The casino is actually attached to the Halifax Marriott Harbourfront Hotel via an indoor skywalk. If you fancy a little light gambling while in town, come to the casino and test your luck. The casino offers live entertainment most weekends to enjoy. They also have great dining in the Trapeze Grille and Bar as well as The Paradise Buffet.

## Boulderwood Stables

[www.boulderwood.com](http://www.boulderwood.com)



Located 40 minutes from Halifax in Ardoise, Nova Scotia, Boulderwood is situated conveniently on the scenic Evangeline Trail (Highway #1) between Windsor and Mount Uniacke. Boulderwood is located on one of the highest points in mainland Nova Scotia, offering views over the Bay of Fundy (one can often see the Blomidon Look Off). Also on site are a swimming pool, tennis court, small pond and plenty of room for large tents. An amazing venue with limitless options - much more than just trail rides and pony rides.

## Nearby Restaurants and Nightlife

### **Salty's Restaurant**

[www.saltys.ca](http://www.saltys.ca)

### **The Press Gang Restaurant**

[www.thepressgang.ca](http://www.thepressgang.ca)

### **The Economy Shoe Shop Café and Bar**

[www.economyshoeshop.ca](http://www.economyshoeshop.ca)

### **Sweet Basil Bistro**

<http://www.scanwaycatering.com/SweetBasil>

### **The Seahorse Tavern (Live entertainment)**

[www.theseahorse.ca](http://www.theseahorse.ca)

### **da Maurizio**

[www.damaurizio.ca](http://www.damaurizio.ca)

### **The Lower Deck**

[www.lowerdeck.ca](http://www.lowerdeck.ca)

### **The Split Crow Pub**

[www.splitcrow.com/splitcrow](http://www.splitcrow.com/splitcrow)

### **O'Carroll's Restaurant and Irish Pub**

[www.ocarrolls.com](http://www.ocarrolls.com)

### **McKelvie's Restaurant and Bar**

[www.mckelvies.com](http://www.mckelvies.com)

### **Hamachi Steakhouse Bar and Grill**

[www.hamachihouse.com](http://www.hamachihouse.com)

### **Café Chianti**

[www.cafechianti.ca](http://www.cafechianti.ca)

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