



CMEatSEA

Alaska 2010

July 10–17, 2010
Up to 18 CME Hours

Geriatric & Palliative Care
Update 2010



CMEatSEA Exclusives

- ✓ Escorted by CMEatSEA
- ✓ Up to 18 CME Hours

Itinerary Highlights

- ✓ Ketchikan
- ✓ Skagway
- ✓ Juneau
- ✓ Glacier Bay (Cruising)
- ✓ Tracy Arm (Cruising)

Cruise Highlights

- ✓ State-of-the-art ship
- ✓ Culinary Arts Center, presented by *Food & Wine Magazine* – the state-of-the-art demonstration kitchen offering interactive gourmet cooking lessons taught by our own Master Chefs or culinary guests.
- ✓ Explorations Café, powered by *The New York Times* – a comfortable, coffee house environment where you can browse through an extensive library, surf the Internet and check email or simply read the morning paper.
- ✓ Greenhouse Spa & Salon – features heavenly beauty and wellness rituals. Enjoy a facial, hot stone massage, steam in a thermal suite and have your hair and nails done for a special evening.
- ✓ Pinnacle Grill – This intimate reservations-only venue offers an elegant, sophisticated dining experience. Featuring premium Sterling Silver beef, inspired seafood dishes and many select wines rated "Excellent" by *Wine Spectator* – as well as distinctive Bvlgari® china, Riedel® stemware and Frette® linens
- ✓ Youth Program – Kids of all ages will be treated to two exclusive venues. Both feature a variety of activities and select family events, ensuring the kids have as much fun as their parents, if not more.

Itinerary

Drink in the splendor of the Alaskan wilderness as you sip cappuccino from your veranda on your Alaska cruise. Catch sight of a humpback whale or wolf pups frolicking in the snow. From the breathtaking sights of Glacier Bay to the pioneering spirit of Juneau, the gold-rush spirit of Skagway and the totem poles of Ketchikan, Alaska is as rustic and romantic as one could ever imagine.

Day 1 Vancouver / Embark the Zuiderdam

Embark the Zuiderdam in the early afternoon and have time to register for CMEatSEA, settle into your stateroom and join us for our Welcome Aboard Cocktail Party before dinner onboard later in the evening . The ship will set sail at 6pm.



Day 2 At Sea

Take a day to enjoy shipboard life: relax poolside, watch the majestic scenery pass by, play some table tennis, or read up on our next port at the Reading Gallery.



Day 3 Tracy Arm (Cruising) / Juneau

Amidst the pure silence, you'll sail past translucent blue icebergs silhouetted against a most dramatic backdrop of waterfall-laced rock walls ascending thousands of feet into the sky. This classic fjord, Tracy Arm extends over 30 miles and once seen, it is never to be forgotten.



Where Earl Grey meets Eddie Bauer® would be a good way to describe the charms of Alaska's capital city. Here the pioneering spirit lives on in an interesting mix of cosmopolitan chic and frontier ruggedness. Visit the Alaska State Museum and its exquisite collection of Russian Orthodox and Gold Rush relics.

Day 4 Skagway

It's doubtful you'll succumb to gold fever, but if any place on earth can summon up the thrill of prospecting, it's Skagway. By embracing its gold-rush past, Skagway has managed to preserve a frontier spirit complete with saloons and dance-hall revues. If the spirit does overtake you, passage on the White Pass & Yukon Railway or a ride on the Klondike Highway will take you to places where you can roll up your sleeves and do some prospecting of your own



Day 5 Glacier Bay

As Biosphere Reserve and UNESCO World Heritage Site, Glacier Bay National Park; protects a unique ecosystem of plants and animals living in concert with an ever-changing glacial landscape. How does it feel when a monumental chunk of ice splits off a glacier and crashes into the sea? The sound is like thunder. The impact shoots water hundreds of feet into the air. You hold your breath as you catch the moment on film. Then you wait for it all to happen again. And it does. Glacier Bay has more actively calving tidewater glaciers than anyplace else in the world.



Day 6 Ketchikan

In addition to being the jumping-off point for seaplane excursions into the Misty Fjords National Monument and its 2.2 million acres of wilderness nirvana, Ketchikan is also the ancestral home of the Tlingit tribe. Another "must-see" here is the world's largest collection of totem poles. You can learn what motivates someone to turn a piece of lumber into a towering work of art at the Saxman Native Village and Totem Bight and Totem Heritage Center.



Day 7 Inside Passage (Cruising)

This is one of the most famously beautiful passages in all the world. It features virtually everything you came to Alaska hoping to see, including rain forests, glaciers, fjords and white-capped peaks. All of which create a setting that's perfect for viewing whales and sea lions.



Day 8 Vancouver (Disembark)

This morning you will disembark the Zuiderdam in the home of the Vancouver 2010 Winter Olympics. For those who have the time to spend in this incredible city, there is much to see and do.





Cruising With Holland America

What do you call a place that offers world-class restaurants, Broadway-style shows, a luxurious spa and amenities that rival the grandest hotel on land? We call her the *Zuiderdam*; you'll call her magnificent. To sail on the *Zuiderdam*, the first of the Vista-class ships, is an experience that cannot be expressed in words. Enjoy the exhilarating shore excursions that highlight the majestic beauty of the area; indulge in the spa or just relax on board.

WHY THE ZUIDERDAM?

At the heart of the *ms Zuiderdam*, suspended in a three-story atrium, a Waterford Crystal Seahorse sets the mood for exquisite pieces of art to be seen throughout this elegant ship. Other notable pieces include a painting of Queen Beatrix by pop culture artist and icon, Andy Warhol, medallions by Frank Lloyd Wright, cast aluminum elevator doors inspired by the art deco work of the New York Chrysler Building, and a massive floral painting by Charles Ben. You will also discover a large collection of antiques and centuries-old paintings throughout the ship.

Staterooms: Holland America Line ships are known for graceful mid-sized ships with a generous amount of personal space. All staterooms have a bathtub & shower (except the inside staterooms), bathrobes, hair dryer, TV, personal safe, a mini-bar and more! Select staterooms can accommodate three and four guests. Suites are available with upgraded amenities. Please ask for details.

Dining: Let Holland America tantalize your palate with our award-winning cuisine. Prepared by world-renowned chefs, our culinary delights are made from scratch using only the finest, fresh ingredients.

From casual eateries like the Lido Café to specialty restaurants, there are choices sure to please those with even the most discerning tastes.

The Vista Dining Room

Features impeccable service and an extensive wine list. Five-course menus include continental cuisine, vegetarian and low-carb options

Pinnacle Grill Restaurant

This intimate reservations-only venue offers an elegant, sophisticated dining experience. Featuring premium Sterling Silver beef, inspired seafood dishes and many select wines rated "Excellent" by *Wine Spectator* – as well as distinctive Bvlgari® china, Riedel® stemware and Frette® linens

Spa & Wellbeing: The Greenhouse Spa & Salon features heavenly beauty and wellness rituals. Enjoy a facial, hot stone massage, steam in a thermal suite and have your hair and nails done for a special evening.

Fitness: Exercise your options in our Fitness Center with Lifecycles, treadmills, Stairmasters and weight machines.



Entertainment: On any evening, pulses run high in the Casino. Or when refreshments are in order, Crow's Nest; Ocean Bar; Piano Bar or the Northern Lights Night Club provide a fun relaxing environment.

- Crow's Nest:** offers sweeping 270° views during the day, and a hip, fashionable nightclub at night
- Casino:** Try your hand at lady luck at a wide variety of gaming tables and machines
- Ocean Bar:** Enjoy a before dinner drink while watching the world go by
- Piano Bar:** Enjoy a sing-along each evening
- Vista Lounge:** Discover some of the best entertainment at sea, with both contemporary performances and Las Vegas-style revues.
- North Lights Nightclub:** Let the modern rhythms of this state-of-the art scene move you

Youth Center: Kids of all ages will be treated to two exclusive venues. Both feature a variety of activities and select family events, ensuring the kids have as much fun as their parents, if not more.

Club HAL®: our dedicated youth facilities and activities for kids ages 3 – 12; activities are supervised and age appropriate

The Loft: designed exclusively for teens (13 – 17) to have fun, socialize and hang out with people their own age

STATEROOMS and SUITES

Balcony Stateroom



- ✓ Features floor-to-ceiling sliding glass doors, sitting area with sofa, 32" LCD TV, vanity, bathtub & shower, verandah

Stateroom including the Verandah: approximately 254 sq. ft.

Ocean View Stateroom



- ✓ Features window, sitting area with sofa, 32" LCD TV, vanity, bathtub & shower

Stateroom: approximately 185 sq. ft.

Inside Stateroom



- ✓ Features sitting area with sofa, 32" LCD TV, vanity, verandah, shower

Stateroom: approximately 170 - 200 sq. ft.

All staterooms come standard with the following:

- Luxurious beds featuring Sealy® Premium Euro-Top mattresses and finely woven cotton linens
 - Deluxe waffle weave and terry cloth bathrobes for use during your voyage
 - 100% Egyptian cotton towels
 - Premium massage showerheads
 - 5X magnifying make-up mirrors and salon-quality hair dryers
 - Direct Dial telephone
 - two lower beds convertible to a queen (except where note)
 - Fragrant soaps, lotions, shampoo and other bath amenities from Elemis *Aromapure*
 - Complimentary fresh fruit on request
 - Elegant ice bucket and serving tray for in-stateroom beverages
 - Flat-panel TV and DVD player
 - Ice service, shoeshine service and nightly turndown service
 - Complimentary 24-hour room service
-

Luxury Suites are available upon request.

SPEAKER PROFILES

GERIATRICS / PALLIATIVE CARE UPDATE 2010

ALASKA: JULY 10-17, 2010

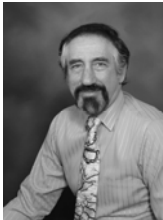


Dr. Lynne Beattie

Geriatric Medicine

Professor Emeritus, Division of Geriatric Medicine, Department of Medicine, UBC

Dr Beattie graduated from the UBC Medical School and has specialty qualifications in Internal Medicine and Geriatric Medicine. She has been active in development of the specialty of Geriatric Medicine in Canada, and is the past President of the Canadian Geriatrics Society and the American Geriatrics Society. In addition to teaching, clinical and administrative duties, Dr. Beattie has participated in a number of research studies over the years and has related publications. She has participated in the peer review process for the CIHR, the Alzheimer Society of Canada and other organizations.



Dr. Melvyn Sterling

Palliative Care Medicine

Melvyn Sterling is a Master of the American College of Physicians, a Fellow of the American Academy of Hospice and Palliative Care Physicians, a Clinical Professor of Medicine at the University of California Irvine and the Medical Director of the Palliative Care Team at St Joseph Hospital.

He was named the Outstanding Voluntary Clinical Teacher of 2006 by the American College of Physicians.

He was the Founding Chair of the Palliative Care Task Force at UC Irvine, where he established one of the first programs in palliative care in an American medical school. He is board certified in internal medicine and hospice and palliative medicine.

He was one of the first to be certified as an Instructor in the Education of Physicians in End of Life Care.

He served as Chair of the End of Life Care Curriculum Committee of the California Medical Association when it developed its program to respond to the state mandate on Pain and End of Life Care education for physicians.

Dr Sterling spent four years as an enlisted man in the US Navy.

He received his undergraduate degree in electrical engineering from Northrop University. He spent the next five years at the University of Chicago working on mathematical models of biological systems and analog computer programs to assist in medical research and clinical applications.

He attended medical school at the University of Chicago and, after graduation, moved to the University of California, Irvine, for postgraduate training. He subsequently spent 5 years there as the Chair of Emergency Medicine and Director of the Poison Center before leaving to establish his private practice.

From 1991 – 2005, he also served as the Medical Director of the Orange County Visiting Nurse Association's Hospice Program.

Doctor Sterling has held many posts in professional organizations. He is the Immediate Past President of the California Chapter of the American College of Physicians and Past Chair of the American Medical Association's Council on Science and Public Health. He continues to Chair the Internal Medicine Section of the California Medical Association's Council on Scientific Affairs where he also serves on its Pain Section. He represented the California Medical Association on the American Medical Association's National Summit on Pain in 2009.



Dr. Erica Frank

Physician's Health

Erica Frank, MD, MPH, is a Professor in the Departments of Health Care and Epidemiology and Family Practice at the University of British Columbia in Vancouver, and a Tier I Canada Research Chair. She is also Founding Director of Health Sciences Online (creating a virtual health sciences university), President of Physicians for Social Responsibility, and the Research Director for the Annenberg Physician Training Program in Addiction Medicine.

Following a transitional internship at the Cleveland Clinic, she was residency (Yale, 1990) and fellowship (Stanford, 1993) trained, and also board certified, in preventive medicine. Her major research theme is physicians' personal and clinical prevention habits. She is Principal Investigator of the Women Physicians' Health Study, a national questionnaire-based study of 4,501 women M.D.s, and the first large study of their personal and professional characteristics, yielding more than fifty publications. Dr. Frank is also Principal Investigator of the "Healthy Doc – Healthy Patient" project, a national (17 medical school) study of the effect of encouraging medical students' healthy behaviors on their personal and clinical prevention habits.



Dr. Benjamin Burko, MD

Practice Management

Dr. Burko is a Pediatrician at Montreal Children's Hospital/McGill University Health Centre. He is currently active in the Emergency Department on a part-time basis. He is also Pediatric Medical Director, and President of Tiny Tots Medical Centre, the largest privately held pediatric ambulatory care facility in Canada. His responsibilities include Practice Manager for 26 physicians and overseeing the e-business strategy for the center. In addition, Dr. Burko is the VP of Research and Software Development for the Timing Software Corporation, creating innovative, integrated self-serve healthcare administration tools.



Gregory Hilderman CFP, CLU, CHFC

(Wealth Management)

Greg Hilderman has been a partner in G2 Financial Partners since 1989. A Certified Financial Planner, Chartered Life Underwriter and Chartered Financial Consultant, Greg has practiced comprehensive financial planning since 1981. He has been a specialist in retirement, tax and estate planning since 1987.

Greg is a founding member of the Conference for Advanced Life Underwriting (CALU) and is the past president of the local organization of the Canadian Association of Insurance and Financial Advisors. He has also served as a member of the Retirement Planning Steering committee in Ottawa.

Greg has been instrumental in reshaping how numerous physician groups are compensated, focusing on improving their current and future lifestyles. He has worked on formulating changes to provincial, federal and corporate pension plans to provide enhanced benefits to members. Some of the groups Greg has worked with include neo-natologists, radiologists, thoracic surgeons, neurologists and oncologists in Western Canada, Ontario, Quebec and New Brunswick.

TESTIMONIALS

This was a well planned, well executed CME. I'll recommend it to colleagues.

Dr. E. Udoeyop, Cornwall ON

At CMEatSEA you really are treated as 'family'.

Dr. Bob Thompson, Drayton Valley AB

Such care and thoughtfulness was taken when considering the family members of the doctor involved in CME. All events were done with excellence and Judy & Gwen always put fore their best. Much appreciated for all their hard work. Truly felt we belong to an extended family.

Dr. Wilson & Kathrin Leung, Niagara Falls ON

Well worthwhile. Refreshing approach to CME.

Dr. Peter Methven, Langley BC

My wife and I were overwhelmed by your hospitality, efficiency and excellence on this trip. We want to thank everybody that made this trip such a super experience. We will definitely see you on a future program! Thank you again!

Dr. Fanie De Nysschen, Cabri SK

I really enjoyed the CMEatSEA and our 1st cruise. It was a very good balance of life, vacation and education. The CMEatSEA was very well organized.

Dr. Dennis Dahl, Moose Factory ON

You have a high caliber of speakers. I usually don't expect to have this much new information from most seminars.

Dr. Anthony Lam, Calgary AB

This is our 2nd CME with CMEatSEA. Quality speakers, advance course materials, good schedule onboard, social events and excellent service of the CME staff onboard contribute to an excellent CME event with a vacation.

Dr. S. Kalaichandran, North York ON

I wish to use this to thank Judy, Gwen and the other organizers for all the hard work that went into making the whole program a huge success. This was my first cruise and I loved it. It was so nice getting the gifts every night and I couldn't wait to see what the gift of the day would be. Your hard work is greatly appreciated. Keep up the good work. I will surely attend another CMEatSEA program and recommend it to my friends.

Dr. Victoria Udoeyop, Cornwall ON

This was the best organized of the 3 cruises that I have presented at. Your attention to detail was amazing. Family felt part of the experience.

Dr. Roman Jovey (presenter), Mississauga ON

We continue to be amazed at how CMEatSEA assembles and executes their adventures in education. We have developed such complete trust in Sanjay & Gwen to make each day unfold as it should. Amazing

Dr. Bob Fairbairn, Chatham ON



**July 10-17, 2010 - Alaska
Geriatric & Palliative Care Update 2010
Zuiderdam
Companion Travels FREE**

Accommodation Rates:*	Delegate	Companion
Non-Ocean View Stateroom	From \$2299	FREE
Partially Obstructed Ocean View Stateroom	From \$3199	FREE
Unobstructed Ocean View Stateroom	From \$3399	FREE
Balcony Stateroom	From \$4199	FREE
3rd/4th Guest in Stateroom	From \$549	
CME Fee **		
Delegate	\$795	
Partner Program	\$495	
Cruise Taxes/Gratuities:		
Per person	\$269	
Children 12 and under	\$199	
Payment Information:		
Deposit	\$800	

***Pricing Subject to Availability and Change

Cancellation Fees:

- 90+ days in advance \$0
- 89-65 days in advance Deposit
- 64-45 days in advance 50%
- 44-0 days in advance Non-Refundable

* Stateroom prices include all on board accommodation, meals, activities and events; and are cruise only.

Luxury Suites including butler service are available upon request. Call for details.

**CME Fees subject to 5% GST at time of Final Payment

Final Payment is due 90 days prior to departure.

All funds stated in CAD dollars.

CMEatSEA reserves the right to change or cancel course content, speaker or topics for cause.

**Reserve Today
1-888-523-3732**



ALASKA 2010 CAD

GENERAL INFORMATION:

Dr. _____ Date of Birth (mm/dd/yyyy) _____ Shirt Size (S, M, L, XL) _____
First Name Surname (complete name as it appears on your passport)

Professional Degree: _____

Would you like designations to appear on your name badge? Yes No Clinic Name: _____

Street Address: _____

City: _____ Province: _____ Postal Code: _____ E-mail: _____

Telephone Bus.:(____) _____ Telephone Home:(____) _____ Fax: :(____) _____

Partner Name: Dr. Mr. Mrs. Ms. _____ Date of Birth (mm/dd/yyyy) _____

Partner Program: Yes No Shirt Size (S, M, L, XL) Will you be traveling with any other family or friends? Yes No

REGISTRATION RATES (circle your choice):

July 10-17, 2010

Destination:	Alaska	
Conference:	Geriatric & Palliative Care Update 2010	
Accommodation Rates:*	Delegate	Companion
Non-ocean view stateroom	From \$2299	FREE
Partially Obstructed Outside Stateroom	From \$3199	FREE
Unobstructed Outside Stateroom	From \$3399	FREE
Balcony Stateroom	From \$4199	FREE
3rd/4th Guest in Stateroom	From \$549	FREE

CME Fee:**	
Delegate	\$795
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Payment Information:	
Deposit***	\$800

*Stateroom prices include all on board accommodation, meals, activities and events as described
 **CME Fees subject to 5% GST at time of the Final Payment.
 Final Payment is due 90 days prior to departure.
 All funds stated in CAD
 CMEatSEA reserves the right to change or cancel course content, speaker or topics for cause.
 We cannot invoice for payment. Registration will not be completed without payment.

Payment Method
____ Visa ____ MasterCard ____ Cheque (Payable to Cruise Connections Canada)

TOTAL DEPOSIT _____
 I hereby authorize Cruise Connections Canada on behalf of CMEatSEA to charge the credit card provided for the fee indicated.
 I am aware that all charges are subject to applicable taxes.
 Card Number: _____ Expiration Date: _____
 Cardholder's Name: _____ Cardholder's Signature: _____

Fax 1-604-689-9283