



**33rd BIENNIAL
CAO CONGRESS**
EDMONTON
JULY 10-13 2013

Welcome to Edmonton from the Co-Chairs

It is our honor and privilege to be your co-hosts for the 33rd Biennial Congress of the Canadian Association of Optometrists. Edmonton promises to be a memorable and exciting Conference in Alberta's Capital.

The Shaw Convention Centre (SCC) is the main venue for the Congress. The SCC recently underwent a multi-million dollar renovation and expansion of Hall D. It will play host for our dual track of 20+ hours of CE, the Optofair and the President's Banquet and Ball. A great facility to host this national Congress, this 82,000 square feet, 10-story complex is nestled right in the river valley with breathtaking views of Edmonton as well as the North Saskatchewan River. Be sure to take a walking tour of the river valley and maybe take a ride on our very own Ferryboat, the Edmonton Queen.

We start the Congress off with the President's Cup Golf tournament on Wednesday, July 10th, at Northern Bear Golf Club. Northern Bear is a Jack Nicklaus Signature Course located in Sherwood Park, just 30 minutes from downtown Edmonton. Built on Jack Nicklaus' legendary tradition of designing prestigious and spectacular courses – Northern Bear is the latest Canadian addition to the Nicklaus family of outstanding golf courses. The "Bear" is a perfect blend of tree lined fairways, strategic bunker placements, five lakes and USGA

standard greens all designed to offer the ultimate in playability to every golf enthusiast.

After a fun filled round of golf, join us at the Hotel MacDonald for the President's Welcome reception. This "come and go" event gives you a chance to catch up with old colleagues and meet new ones all while enjoying delicious food and drinks!

On Thursday, the opening ceremonies will be held at the Westin Hotel and will feature a mélange of Edmonton culture including food, folk dance and music.

Friday night will be available for you to catch up with classmates and colleagues. Please check-in on the CAO website to see where your classmates will be having their reunion.

The grand finale Saturday night will be the President's Ball in Hall D at the Shaw Conference Centre. We will toast the CAO and welcome our new CAO President. Enjoy the RETROFITZ's kickin' rhythm section, groovin' horns and soulful vocals as they grace the stage! Groove to the best dance music in town! They offer a wide range of funk, disco, old school R&B; from James Brown to Justin Timberlake, from Shakira to the Queen of Soul Aretha Franklin, and from George Michael to Black Eyed Peas. So, from fast to slow, from old school to new, they do it all!

Programming has been arranged for both children and companions and includes a fun-filled trip to Edmonton's world renowned West Edmonton Mall (WEM). WEM is home to more than 800 stores and services including 10 world-class attractions, such as The Waterpark and an indoor amusement park, two hotels, over 100 dining venues, the widest variety of one-of-a-kind retailers, and entertainment for all ages. The kids can take in a canoe trip at Elk Island Park and companions can have a private cooking lesson with wine pairing or enjoy a day of botanical browsing at Lois Hole's new 'Enjoy Centre' in St. Albert. A day at Fort Edmonton Park can help you re-live the life of an Edmontonian circa 1900. Fort Edmonton Park is named for the first enduring European post in the area of modern-day Edmonton and is the largest living history museum in Canada.

Every Canadian has to make a trip to Edmonton once in their life – so there is no time like the present to **"Escape to Edmonton... and Experience it All!"**

We hope to see you all soon in Edmonton, July 10-13, 2013!

– *Dr. Larry Gies and Dr. Femida Visnani*
2013 CAO Congress Co-Chairs



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Escape to Edmonton Experience it all!

EDMONTON, Canada's Festival city is home to over 30 annual festivals. Celebrating sports, culture, music, visual arts and theatre. Edmonton's summer sizzles with its internationally renowned folk, fringe and street performers festivals. Visit Klondike Days – the city's oldest festival, featuring midway rides and games, world-class shows, musical entertainment and trade displays. Edmonton offers all of this and more at affordable prices.

From the magnificent green ribbon of the river valley to North America's largest indoor shopping experience, Edmonton is a magical destination. Some call it the world's best-kept secret, as this surprising metropolis combines urban excellence with the perfect dose of small-town friendliness. The fun starts with Edmonton's crown jewel, its river valley park system, an area 22 times larger than New York's Central Park, beckoning with trails and sights to explore!

Then there's Canada's largest living history museum, Fort Edmonton Park, displaying four different eras in time, including a historical reproduction of a 1920s midway and exhibition.

Named one of Canada's top five shopping districts, Old Strathcona – the city's historical hub dating back to 1891 – is a revitalized neighbourhood with unique shops, heritage buildings and a thriving entertainment scene. West Edmonton Mall, North America's largest shopping and entertainment centre comes with more than 800 stores, 100-plus dining options and 10 attractions.

Edmonton is also proud of its professional sports heritage with the Edmonton Oilers, the Edmonton Eskimos, the Edmonton Rush lacrosse team as well as the Edmonton Oil Kings junior hockey team. Want more? There are more than 84 golf courses within an hour of downtown Edmonton – including Northern Bear, a Jack Nicklaus Signature course.

Head to the Downtown Arts District in the city's core where Edmonton's cultural centre bustles with world-class venues such as the Francis Winspear Centre for Music, the Citadel Theatre and the breathtaking Art Gallery of Alberta. As Alberta's capital city,

the Alberta Legislature Building is an architectural treasure. Built from 1907 to 1912, the province's foremost historic structure is set amidst beautiful gardens and fountains.

You can stroll down tree-lined boulevards in one of Edmonton's most distinctive neighbourhoods, 124th Street, which offers an eclectic blend of one-of-a-kind shops, art galleries and fine restaurants plus the Gallery Walk—the first of its kind in Canada, with over nine galleries within a 12-block radius.

Hungry? World-renowned Alberta beef can be found in a cross-section of Edmonton steak and chop houses, but Edmonton's cuisine scene is much more than great steaks and great steakhouses. Greater Edmonton offers more than 3,500 eating establishments serving every type of international flavour imaginable and often featuring regional cuisine.

Take a scenic drive just outside the city limits where there are many exciting and informative attractions such as Elk Island National Park, Kalyna Country (Canada's largest eco-museum), Devonian Botanic Garden, Ukrainian Cultural Heritage Village and the Canadian Petroleum Interpretive Centre.

The majestic Canadian Rockies are just a few hours' drive from Edmonton. Jasper offers shimmering glaciers, abundant wildlife, crystal clear lakes, thundering waterfalls, deep canyons and evergreen forests surrounded by towering, rugged mountain peaks! Be sure to visit Maligne Lake, along with the pristine natural beauty of Spirit Island, which is not only the oldest attraction in Jasper National Park but also the largest lake in the Canadian Rocky Mountains.

EDMONTON . . . See you here!



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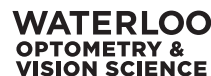
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Congress at-a-glance

TUESDAY, JULY 9

Evening	Congress Attendees Arrive	Hotel MacDonald and Westin Hotel
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WEDNESDAY, JULY 10

10:00 am – 5:30 pm	President's Cup Golf Tournament Shotgun Start – <i>Sponsored by Carl Zeiss Canada</i>	Northern Bear Golf Course Sherwood Park, AB
6:15 pm	Golfers arrive back at hotels	Hotel MacDonald and Westin Hotel
3:00 pm – 7:00 pm	Registration – <i>Sponsored by Bausch + Lomb</i>	Shaw Conference Centre
7:00 pm – 11:00 pm	President's Welcome Reception	The Fairmont Hotel MacDonald Empire Ballroom

THURSDAY, JULY 11

6:15 am – 7:15 am	Morning Run with the Running Room	Meet in lobby of the Westin
7:00 am – 4:30 pm	Registration – <i>Sponsored by Bausch + Lomb</i>	Shaw Conference Centre
8:00 am – 8:50 am	Sponsored Breakfasts and Regular Breakfast	Shaw Conference Centre
9:00 am – 12:00 pm	Optometrist CE Sessions	Shaw Conference Centre
12:00 pm – 1:20 pm	Lunch	Shaw Conference Centre
1:30 pm – 4:30 pm	Optometrist CE Sessions	Shaw Conference Centre
7:00 pm – 11:00 pm	Opening Ceremonies – <i>Sponsored by Johnson & Johnson Vision Care</i>	Westin Hotel, Grand Ballroom

FRIDAY, JULY 12

6:15 am – 7:15 am	Morning Yoga	TBA
7:00 am – 12:00 pm	Registration – <i>Sponsored by Bausch + Lomb</i>	Shaw Conference Centre
8:00 am – 8:50 am	Sponsored Breakfasts and Regular Breakfast	Shaw Conference Centre
9:00 am – 12:00 pm	Optometrist CE Sessions	Shaw Conference Centre
9:00 am – 12:00 pm	Optometric Staff CE Sessions – <i>Sponsored by Hoya</i>	Shaw Conference Centre
12:00 pm – 4:00 pm	OPTOFAIR (Includes lunch) – <i>Lunch sponsored by Essilor</i>	Shaw Conference Centre, Hall A
Evening	Individual Class Reunions	

SATURDAY, JULY 13

6:15 am – 7:15 am	Morning Run with the Running Room	Meet in Lobby of the Fairmont Hotel MacDonald
7:00 am – 4:30 pm	Registration – <i>Sponsored by Bausch + Lomb</i>	Shaw Conference Centre
8:00 am – 8:50 am	Sponsored Breakfasts and Regular Breakfast	Shaw Conference Centre
9:00 am – 12:00 pm	Optometrist CE Sessions	Shaw Conference Centre
9:00 am – 12:00 pm	Optometric Staff CE Sessions – <i>Sponsored by Hoya</i>	Shaw Conference Centre
12:00 pm – 1:20 pm	Lunch with comedian Dr. Rachel Sommer – <i>Sponsored by Nikon Optical Canada</i>	Shaw Conference Centre
1:30 pm – 3:00 pm	CAO Business Meeting	Shaw Conference Centre
3:00 pm – 4:30 pm	Optometrist CE Sessions	Shaw Conference Centre
1:30 pm – 4:30 pm	Optometric Staff CE Sessions – <i>Sponsored by Hoya</i>	Shaw Conference Centre
6:00 pm – Midnight	President's Banquet and Ball – <i>Sponsored by Alcon Canada</i>	Shaw Conference Centre, Hall D

Continuing Education Sessions

The Canadian Association of Optometrists and the Alberta Planning Committee are proud to provide you with an exciting lineup of CE speakers. We have incorporated a wide variety of topics and an all-star cast of world renowned speakers that are your key to excellent educational information!

Sponsored Breakfasts – Everyone has to eat . . . so you might as well get some CE credit while you do it! Each morning there are a variety of sponsored breakfasts for you to learn from. These breakfasts have limited seating, so be sure to register early to get your spot!

OPENING EVENTS – WEDNESDAY, JULY 10

TIME	EVENT	PLACE
10:00 am – 5:30 pm	President's Cup Golf Tournament <i>Sponsored by Carl Zeiss Canada</i>	Northern Bear Golf Course
7:00 pm – 11:00 pm	President's Welcome Reception	The Fairmont Hotel MacDonald Empire Ballroom

OPTOMETRIST SESSIONS – THURSDAY, JULY 11

8:00 am – 8:50 am C.E. – 1 hour <hr/> Dr. Scot Morris	Allergan Sponsored Breakfast Developing the Ocular Surface Disease Practice Learn the strategies and secrets of developing an ocular surface disease practice. Discover the tools, the philosophy and the strategies of developing this integral part of your practice.
8:00 am – 8:50 am C.E. – 1 hour	Carl Zeiss Sponsored Breakfast
8:00 am – 8:50 am C.E. – 1 hour	Novartis Sponsored Breakfast
8:00 am – 9:00 am	General Breakfast
9:00 am – 10:30 am C.E. – 1.5 hours <hr/> Dr. Murray Fingeret	Glaucoma – New Techniques in Diagnosis and in Evaluating Progression New imaging devices objectively analyze the optic nerve, macula and retinal nerve fiber layer in evaluating the eye for glaucomatous damage. Also, recent perimetric advances such as flicker defined form hold the promise of detecting early changes to the visual system. This course will review the different types of instruments, how they work and illustrate their importance in the diagnosis and management of glaucoma.

Please consult opto.ca for Continuing Education Course updates.

OPTOMETRIST SESSIONS – THURSDAY, JULY 11

9:00 am – 10:30 am C.E. – 1.5 hours <hr/> Dr. Matthew Tennet & Dr. Mark Greve	Optical Coherence Tomography – Clinical Review This presentation will provide an overview of optical coherence tomography (OCT) as a tool for retinal assessment in clinical practice. Attendees will gain a better understanding of what retinal and choroidal features can be identified by OCT. Correlation will be made with a large number of clinical cases.
10:30 am – 11:00 am	Coffee Break
11:00 am – 12:00 pm C.E. – 1 hour <hr/> Dr. Karim Damji	Interpretation of Interesting Optic Nerves and Teleglaucoma The objectives of this session will be to illustrate the principles of the optic nerve and retinal exam in the context of glaucoma. A novel teleglaucoma model which provides access to specialized glaucoma care from a distance will also be described.
11:00 am – 12:00 pm C.E. – 1 hour <hr/> Dr. Thomas Freddo	Radiological Imaging for the Practicing Optometrist With the advent of disease management responsibilities for optometrists, comes the need for a better understanding of certain radiological studies that could be required in the medical work-up of a patient with a red eye. This course provides an overview of the most basic radiological methods from X-Ray to CT, to MRI, providing advantages and disadvantages of each in a given clinical scenario. It also illustrates some of the more common findings that would be expected in conditions where an optometrist would want to have imaging done, especially in red eye cases.
12:00 pm – 1:20 pm	Lunch
1:30 pm – 3:00 pm C.E. – 1.5 hours <hr/> Dr. Murray Fingeret	Glaucoma Therapies – What's New, What's Best This course will describe methods used to treat glaucoma, juxtaposing therapy today with where it may be in the foreseeable future. It will describe the concept of risk as well as new medical and surgical interventions. Explain different classes of drugs; identify evolving methods to deliver medications to the eye; recognize new complications of medications; explain new glaucoma surgical techniques; explain new clinical trials that illustrate methods to manage ocular hypertension; describe non-medical approaches to manage glaucoma.
1:30 pm – 3:00 pm C.E. – 1.5 hours <hr/> Dr. Thomas Freddo	Understanding the Clinical Impressions of Common Retinal Lesions The focus of this lecture is to provide the optometrist with an in-depth understanding of the pathobiology of common retinal lesions, including cotton-wool spots, hard exudates, drusen, white centered-hemorrhages and microaneurysms. The goal is to use this information to be able to anticipate and predict why certain lesions occur in certain retinal locations and in certain diseases and not others.

OPTOMETRIST SESSIONS – THURSDAY, JULY 11

3:00 pm – 3:30 pm	Coffee Break
3:30 pm – 4:30 pm C.E. – 1 hour <hr/> Dr. Royce Johnson	Orbital Pain – A Clinical Approach To review the typical causes of ocular and orbital pain, and to present a useful, safe, and novel/unexpected clinical approach for a significant proportion of patients.
3:30 pm – 4:30 pm C.E. – 1 hour <hr/> Dr. Yves Sauvé	Macular Health – Is Something Fishy Going On? The dry form of AMD comprises 90% of all AMD cases and is untreatable. The standard of care for dry AMD consists of a daily intake of anti-oxidants and the omega-3 DHA. This presentation will review the rationale of using this approach to delay dry AMD progression.
7:00 pm – 11:00 pm	Opening Ceremonies <i>Sponsored by Johnson & Johnson Vision Care</i>
	Westin Hotel, Grand Ballroom

OPTOMETRIST SESSIONS – FRIDAY, JULY 12

8:00 am – 8:50 am C.E. – 1 hour	Alcon Sponsored Breakfast New Era in Contact Lenses
8:00 am – 8:50 am C.E. – 1 hour <hr/> Dr. Michael Dorey	Lasik MD Sponsored Breakfast Treatment for Keratoconus and Postoperative Ectasia: Topography-Guided Excimer Laser (TCAT) with Corneal Collagen Cross-Linking (CXL) Discussions on Keratoconus and possible causes of this progressive eye disease. The diagnosis of the disease and common Keratoconus treatments and their limits will also be reviewed, along with the treatment process entitled Corneal Collagen Cross-Linking (CXL): history of the procedure, candidacy criteria, risks and possible side effects, how it can be combined with a topography-guided excimer laser and the advantages of such a treatment. The talk will be closed with an analysis of clinical results of the combined treatment.
8:00 am – 8:50 am C.E. – 1 hour <hr/> Dr. Jeffry Gerson	Optos Inc. Sponsored Breakfast Fundus Autofluorescence and Its Practical Applications This course will discuss the basics of fundus autofluorescence and how it can be used. Examples of patient images will be shown and compared to more traditional forms of imaging including widefield imaging and OCT. Discussions of the findings will demonstrate why this now accessible technology is practical and will change patient management.

OPTOMETRIST SESSIONS – FRIDAY, JULY 12

8:00 am – 8:50 am C.E. – 1 hour <hr/> Ben Szirth PhD	Canon Canada Sponsored Breakfast Fundus Autofluorescence and High Resolution OCT Technology for Novel Detection of Vision Threatening Disease <p>Advances in imaging technologies such as fundus autofluorescence enable more sensitive and accurate detection of vision threatening disease. Fundus autofluorescence measures lipofuscin, a biomarker of aging and some pathologies. Integration of high resolution (HR-) OCT, including HR-OCT registration and color fundus photo overlay, enables precise analysis of the posterior pole.</p>
8:00 am – 9:00 am	General Breakfast
9:00 am – 10:00 am C.E. – 1 hour <hr/> Dr. Lyndon Jones	What's New and Sexy in Contacts? <p>Contact lens manufacturers continue to develop ever more sophisticated lenses and solutions for the contact lens market, with dozens of new products being released each year. However, in order for these products to be accepted by practitioners and patients alike, practitioners have to decide to utilize these products on patients. This presentation will provide an overview of the latest developments in contact lens materials, care systems and designs and update delegates on how best to use these technologies to better serve their patients' needs. It will also provide a brief glimpse of the contact lens practice of the future, to look at the sorts of revolutionary products that practitioners may be dispensing in 2020.</p>
9:00 am – 10:00 am C.E. – 1 hour <hr/> Dr. Yves Sauvé	Ocular Nutrition & AREDS 2 Update <p>Age-Related Eye Disease Study 2 is an ongoing Phase III multi-center trial (up to 100 clinics in the U.S.A.) evaluating the efficacy of lutein, zeaxanthin, EPA and DHA in reducing the risk of progression from dry to wet AMD. This presentation will provide an update of this study.</p>
10:00 am – 10:30 am	Coffee Break
10:30 am – 12:00 pm C.E. – 1.5 hours Cope # 35040-CL <hr/> Dr. Stephen Byrnes	Fitting Beyond the Limbus – Evolving Designs <p>This course presents strategies for fitting rigid lenses that fit beyond the limbus, to include corneo-scleral, mini-scleral and scleral lens designs. Perspective is gained with historic video excerpts of PMMA cast molded and trial fit scleral lens demonstrations. Current lens materials, lens designs and lens fitting strategies are reviewed. Unique complications related to use of these lens designs and steps for remediation are examined.</p>
10:30 am – 12:00 pm C.E. – 1.5 hours <hr/> Dr. Michael Johnson	Optic Neuropathy – When It's Not Glaucoma <p>In this session you will learn how to recognize key features on history, examination and visual field analysis to suggest when an optic neuropathy is not glaucoma.</p>
12:00 noon – 4:00 pm	OPTOFAIR - Lunch included (<i>Lunch sponsored by Essilor</i>)
Evening	Individual Class Reunions

OPTOMETRISTS SESSIONS – SATURDAY, JULY 13

8:00 am – 8:50 am C.E. – 1 hour	Alcon Sponsored Breakfast Current Advancements and Management in the Treatment of Age-Related Eye Disease
8:00 am – 9:00 am	General Breakfast – <i>Sponsored by FYI Doctors</i>
9:00 am – 10:30 am C.E. – 1.5 hours COPE #36238-GL <hr/> Dr. Blair Lonsberry	New Imaging Technologies The following interactive course will review the latest imaging equipment and their application in the diagnosis, treatment and management of glaucoma and other ocular diseases. Case examples will highlight the capabilities and application of these imaging technologies, and enhance the participant's experience.
9:00 am – 10:30 am C.E. – 1.5 hours COPE #36325-AS <hr/> Dr. Ron Melton & Dr. Randall Thomas	Current Trends in Medical Management of Anterior Segment Disease This course presents numerous clinical cases of common and not so common anterior segment disease entities seen in our practices. The differential diagnosis and medical management options will be discussed in a clinical, practical manner. Clinical application of the relevant pharmaceuticals is stressed. <i>Speakers sponsored by Bausch + Lomb</i>
10:30 am – 11:00 am	Coffee Break
11:00 am – 12:00 pm C.E. – 1 hour <hr/> Dr. Lyndon Jones	Contact Lens and Dry Eye – Can We Help? There have been tremendous advances in understanding “dry eye” over the last ten years, including enhanced insights into its impact on the contact lens wearer. Without question, the biggest challenge to wearing contact lenses remains the elusive search for longer “comfortable” wearing times. Historically, practitioners have advised patients who develop end-of-day dryness to either remove their lenses earlier or to instill wetting agents directly into the eye when the lenses feel dry. This presentation will review the differences in approaches used to manage dry eye and will describe the science behind these approaches.
11:00 am – 12:00 pm C.E. – 1 hour COPE # 36327-AS <hr/> Dr. Ron Melton & Dr. Randall Thomas	Lightening Rounds Buckle your seat belts for this “fast-pace” course that presents an array of clinical case presentations which have been selected to be instructive, enlightening, and occasionally entertaining. The differential diagnosis and medical management options of each case will be discussed at a lightening pace. <i>Speakers sponsored by Bausch + Lomb</i>
12:00 pm – 1:20 pm	LUNCH with Comedian Dr. Rachel Sommer <i>Sponsored by Nikon Optical Canada</i>

OPTOMETRISTS SESSIONS – SATURDAY, JULY 13	
1:30 pm – 3:00 pm C.E. – 1.5 hours	CAO Business Meeting
3:00 pm – 3:30 pm	Coffee Break
3:30 pm – 4:30 pm C.E. – 1 hour COPE #34258-AS Dr. Blair Lonsberry	Uveitis: Systemic and Ocular Approaches to Management Diagnosing and managing a patient with a uveitis is much like finding a needle in a haystack. The various presentations of uveitis combined with the numerous underlying etiologies makes the diagnosis and ultimate treatment of the patient a clinical jigsaw puzzle. The following presentation utilizes the latest in interactive technology to examine the various presentations of a patient with uveitis, the diagnosis and management and an exploration of the various etiologies that underlie uveitis.
3:30 pm – 4:30 pm C.E. – 1 hour Dr. Karim Damji	New Surgical Options in Glaucoma The field of glaucoma has seen an explosion of exciting new surgical techniques in the past decade. These are generally referred to as MIGS (micro-invasive glaucoma surgery). Each of these techniques will be reviewed briefly including a short description, efficacy and safety, indications and potential complications. <i>Sponsored by Nikon Optical Canada</i>
6:00 pm – midnight	President's Banquet and Ball Shaw Conference Centre, Hall D <i>Sponsored by Alcon Canada</i>

OPTOMETRIC STAFF SESSIONS – FRIDAY, JULY 12 – C.E. lectures sponsored by Hoya

8:00 am – 8:50 am C.E. – 1 hour	Sponsored Breakfasts – Optometric staff may register for sponsored C.E. breakfasts. See the <i>Optometrists Sessions</i> for more information.
8:00 am – 9:00 am	General Breakfast
9:00 am – 10:00 am C.E. – 1.0 hour <hr/> Dr. Stephen Byrnes	Care and Handling of Large Diameter Rigid Contact Lenses This course examines contact lens care systems and their application with large diameter gas permeable contact lenses and accessory devices. Lens surface examination strategies for the clinician and the patient will be described. In office and home lens surface care will be discussed. Lens application and removal strategies will be discussed and demonstrated. Release of bound lenses will also be discussed. Measurement of lens parameters will be reviewed.
9:00 am – 10:00 am C.E. – 1.0 hour <hr/> Dr. Michael Johnson	Pupil Assessments In this session you will learn about the function of the pupil, including the afferent and efferent pupillary pathways, how to properly assess the pupil's response to light and near stimulation, how to assess anisocoria, and the important causes for pupil abnormalities.
10:00 am – 10:30 am	Coffee Break
10:30 am – 12:00 pm C.E. – 1.5 hours <hr/> Dr. Lyndon Jones	Contact Lens Complications: You Solve the Problem! This presentation uses a quiz-based format to discuss common contact lens complications encountered in clinical practice. It outlines the prevalence, appearance, etiology and management of these complications using case histories, video footage and an interactive discussion format, where the audience form teams to compete with one another for the opportunity to be the most knowledgeable.
10:30 am – 12:00 pm C.E. – 1.5 hours <hr/> Dr. Troy Brady	See What the Doctor Sees This presentation will include a brief review of optometric equipment and anatomy of the eye. The emphasis of the discussion will centre around descriptions of various types of ocular diseases commonly seen in optometric practice with photographs to allow attendees to "see what the doctor sees".
12:00 pm – 4:00 pm	OPTOFAIR – Lunch Included (<i>Lunch sponsored by Essilor</i>)

OPTOMETRIC STAFF SESSIONS – SATURDAY, JULY 13 – C.E. lectures sponsored by Hoya

8:00 am – 8:50 am	Sponsored Breakfasts – Optometric staff may register for sponsored C.E. breakfasts. See the <i>Optometrists Sessions</i> for more information.
8:00 am – 9:00 am	General Breakfast <i>Sponsored by FYI Doctors</i>
9:00 am – 10:30 am C.E. – 1.5 hours Dr. Chris Rudinsky	Complicated Cataract Surgery Although cataract surgery is the most common procedure performed in North America, it's not always routine. Complications can arise due to pseudo-exfoliation, floppy iris syndrome, and small pupils, sometimes leading to posterior capsular rupture. This goal of this lecture is to provide background information to optometric assistants so as to improve downstream patient care.
9:00 am – 10:30 am C.E. – 1.5 hours Dr. Roxanne Arnal	It's Only an Eyeball – Ocular Anatomy This 90 minute lecture is designed to teach you basic ocular anatomy in a fun and entertaining fashion. Through interactive sessions, you will gain a better understanding of the ocular structures, their function, and the impact of contact lens wear. Leave the course, being able to handle the dreaded patient call: "I need to come in right away – my eye is bleeding!"
10:30 am – 11:00 am	Coffee Break
11:00 am – 12:00 pm C.E. – 1 hour Dr. Blair Lonsberry	Low Vision Is Not Slow Vision The management of a patient with low vision is often seen as a challenge requiring special testing equipment and most importantly, a lot of time! This course will assist you in incorporating low vision into your practice going step by step through what constitutes low vision, addressing acuity and visual field measurement, determination of appropriate devices and low vision management.
11:00 am – 12:00 pm C.E. – 1 hour Dr. Roxanne Arnal	The People Your Momma Warned You About This one hour lecture takes a comical look at different behaviour tones. You will learn how to recognize major tones and how you can best interact with them. Turn the scared patient into a loyal consumer! Learn the skills needed to diffuse the angry, belligerent client, and ensure they don't ruin your business.
12:00 pm – 1:20 pm	LUNCH with Comedian Dr. Rachel Sommer <i>Sponsored by Nikon Optical Canada</i>
1:30 pm – 3:00 pm C.E. – 1.5 hours Trudi Charest	Social Media for Eye Care Professionals There is no way to avoid the influence that the internet and social media have on the eye care business. Your patients are online and therefore your eyecare business must be as well. Your competitors may already be involved in online conversations and interactions with your patients. It is time to develop, grow and retain your optometric business by creating online relationships through your website and social media channels. This lecture will discuss website optimization and getting connected online. In today's competitive market it's time to get social and to learn techniques for connecting and conversing with patients. Topics: Overview of internet and online statistics; What happens on my website?; Getting social with Facebook, Twitter, Pinterest & LinkedIn; Eyecare success stories using social media. <i>Speaker sponsored by JOBS4ECP's</i>

OPTOMETRIC STAFF SESSIONS – SATURDAY, JULY 13 – C.E. lectures sponsored by Hoya

1:30 pm – 3:00 pm C.E. – 1.5 hours <hr/> Dr. Nohad Teliani	Advancements in Refractive Surgery This course will provide a template for screening and follow-up care of potential refractive surgery candidates as well as outline advancements in refractive technology. The main objectives will be to recognize who may benefit from refractive surgery, review the principles and types of refractive surgery as well as highlight potential risk factors/complications of refractive surgery.
3:00 pm – 3:30 pm	Coffee Break
3:30 pm – 4:30 pm C.E. – 1 hour <hr/> Dr. Ordan Lehmann	Genes and Sight: Where We Are At and Where Are We Going The genetics field is advancing at an increasingly rapid pace, dramatically increasing our understanding of the cause of visual disorders. The presentation reviews developments with some of the most common ophthalmic disorders, and how this is accelerating design of novel therapies.
3:30 pm – 4:30 pm C.E. – 1 hour <hr/> Trudi Charest	Selling Sunglasses – The Missed Opportunity Sunglasses have become a must have accessory equally as important as the right pair of shoes or handbag. Total sales in the sunglass industry are over four billion and growing. This training session will discuss sunglass statistics and alarming facts that show we are still not educating patients enough on ultraviolet damage to the eye and the need for UV protection. Why do they leave our practice and buy at the sunglass store down the street? At the department store? We will show easy solutions to start conversations regarding eye protection that lead to prescription and plano sunglass sales. Join us to find out how to capitalize on this often missed opportunity to increase sales in your practice and protect your patients' eyes at the same time. <i>Speaker sponsored by JOBS4ECP's</i>
6:00 pm – midnight	President's Banquet and Ball Shaw Conference Centre, Hall D <i>Sponsored by Alcon Canada</i> <i>(This event is not included in registration. Tickets can be purchased separately.)</i>



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Our Speakers



Roxanne Arnal, OD

Dr. Arnal spent the last 17 years in private practice. As a business owner, she learnt first hand what it was like to manage a growing staff of 12 and became proficient in her techniques using common language and demonstration to maximize learning potential. In the 15 years she ran her business she grew a well established practice from 1 doctor to 2.5 doctors and grew revenue 5.5 times! She brings her vast experience from association work, business immersion programs, and speaking engagements to teach you the tricks you need to know for independent practice success. Currently, Dr. Arnal heads up an optometric consulting and coaching business where she helps other offices realize their dreams.



Tory Brady, OD

Dr. Brady graduated from the University of Waterloo School of Optometry in 1999 at which time he began practicing with a large group practice in Edmonton. He has been active in the promotion of Optometry and is currently a council member for the Alberta Association of Optometrists. He has a special interest in ocular disease and family practice.



Stephen P. Byrnes, OD, FFAO

Dr. Stephen P. Byrnes maintains a primary care private practice with specialization in contact lenses in Londonderry, NH. Dr. Byrnes is a consultant for Bausch + Lomb, Blanchard Contact Lens Co., Menicon Co. Ltd, and Viscon Contact Lens Mfg. Ltd. He lectures internationally on RGP Contact Lens topics. Dr. Byrnes graduated from The New England College of Optometry in 1977. He was a member of the clinical faculty at New England Eye Institute for 25 years and was a clinical preceptor at Manchester VA Medical Center for 16 years. Dr Byrnes has been a clinical investigator for numerous contact lens companies. Dr. Byrnes is a Fellow of the American Academy of Optometry, and past president of the New England Council of Optometrists, past president and member of the New Hampshire Optometric Association. He is a member of the American Optometric Association.



Trudi Charest

Trudi is one of the most popular industry speakers in Canada. Her fun, interactive sessions leave participants always asking for more. She has presented keynote speeches and breakout sessions for, optometric buying

groups, optician associations, optometric associations, optical chains, Vision Expo East & West as well as several supplier events. Trudi is currently the Director of Training, HR & Events for Eye Recommend, one of Canada's leading optometric buying groups. Her extensive industry background includes President of JOBS 4 ECP's, President/Trainer for Total Focus Training & Consulting, Clinical Consultant for Optos North America, Territory Manager for Bausch & Lomb and Corporate Training and Recruiting for one of Canada's largest optical chains. Trudi is a Licensed Optician in Canada and is ABO certified in the United States. She also has a Human Resource Management Certificate from the University of Calgary. Her passion is helping eye care practices build their business and her topics are relevant practice management and business workshops.



Karim Damji, MD, FRCSC, MBA

Dr. Damji is a professor at the University of Alberta and Director of Residency Training. He completed his residency at the University of Ottawa and fellowship training in glaucoma at Duke University. He has a passion for developing institutional capacity to enhance quality of glaucoma care in underserved areas within Canada and Africa and is currently developing a model for teleglaucoma. Dr. Damji has authored over 100 peer review publications, contributed to Canadian and Kenyan evidence based guidelines on glaucoma, and co-authored recent editions of Shields' Textbook of Glaucoma. He has received numerous awards for excellence in teaching, research and humanism.



Murray Fingeret, OD, FRCSC

Dr. Murray Fingeret, a graduate of the New England College of Optometry, completed a residency at the Joseph C. Wilson Health Center in Rochester, New York. Dr. Fingeret is Chief of the Optometry Section, Brooklyn/St. Albans Campus, Department of Veterans Administration New York Harbor Health Care System. Dr. Fingeret is a Clinical Professor at the State University of New York, College of Optometry and a fellow of the American Academy of Optometry. He is on the Board of Directors of the Glaucoma Foundation and is a member of the American Glaucoma Society, the American Optometric Association, and the National Academies of Practice and is also a founding member and past president of the Optometric Glaucoma Society. Dr. Fingeret was the recipient of the 2008 Distinguished Service Award Optometric Glaucoma Society, 2005 Carel C. Koch Memorial Medal from the American Academy of Optometry, 1996 Otsuka Glaucoma Educators Award from the American Academy of Optometry and 1999 AMSUS Federal Service Optometrist of the Year award. He sits on the editorial boards for the Journal of Glaucoma, International Glaucoma Review, Glaucoma Today, Primary Care Optometry News, Optometry Times and Review of Optometry. He has authored numerous articles and co-authored the texts "Atlas of Primary Eyecare Procedures" and "Primary Care of the Glaucomas". Dr. Fingeret sits on the advisory boards for Carl Zeiss Meditec, Merck, Topcon, Heidelberg Engineering, Optovue, Pfizer, Alcon, and Allergan. He receives research support from Heidelberg Engineering, Carl Zeiss Meditec, Topcon, Merck, Canon and Optovue.



Mark Greve, MD, FRCSC

Dr. Mark Greve graduated from medical school at the University of Saskatchewan. He continued at the U of S doing his ophthalmology residency. He then completed his retinal fellowship at Louisiana State University under the tutelage of Dr. Gholam Peyman. Dr. Greve later returned to Canada in 1994 to accept a clinical retinal position at the University of Alberta. In 1998, along with Dr. Brad Hinz, they formed Alberta Retinal Consultants which operates in Edmonton, AB. Currently, Dr. Greve is an Associate Clinical Professor at the University of Alberta and Chief of Retinal Surgery – Edmonton Zone.



Michael Johnson, MD, FRCSC

Dr. Michael Johnson was born and raised in Taber, Alberta. He was the valedictorian of W.R. Myers High School in Taber. He completed his Bachelor of Medical Science, Doctor of Medicine and Ophthalmology residency at the University of Alberta. He then completed a fellowship in neuro-ophthalmology at the University of Iowa. He is currently an Assistant Professor

in the Department of Ophthalmology at the University of Alberta. His practice is based at the Royal Alexandra Hospital where he specializes in neuro-ophthalmology and also performs cataract surgery.



Thomas F. Freddo, OD, PhD, FAAO

Before coming to the University Waterloo School of Optometry as Director of the School in 2006, Dr. Freddo served for 25 years as Professor of Ophthalmology and Pathology at Boston University School of Medicine where he also served as Director of the Eye Pathology Service and maintained a hospital-based practice of optometry. He also directed an NIH-funded research program in anterior uveitis and glaucoma for over 20 years. He has served on the editorial boards of several top journals, on several federal and foundation grant review boards and is the Immediate Past President of the International Society for Eye Research. He has won numerous teaching awards at Waterloo and The New England College of Optometry and was the 1992 recipient of the Glenn A. Fry Award for excellence in eye/vision research. He has served on the Board of the American Academy of Optometry and in 2010 was honored by the Academy with the Carel Koch Medal for his contributions to the enhancement of relationships between optometry and other professions. He has received honorary doctorates from the State University of New York and the Université de Montréal and was most recently appointed to the Board of Regents of Beta Sigma Kappa, the international academic optometric honor fraternity.



Royce Johnson, MD, FRCS

Raised in Regina, and still spending vacations in southern Saskatchewan. Dr. Johnson has practiced Oculoplastic Surgery in Edmonton since 1984, having trained in Ophthalmology at UBC (1978-1982) and Oculoplastics at Moorfields Eye Hospital, London, UK (1982-1984). As President of Medical Staff at the Charles Cammell and Royal Alexandra Hospitals, Dr. Johnson was Chief of Ophthalmology at the Royal Alex for the development, design, and implementation of the Regional Eye Center. He has been president of the Canadian Oculoplastic Society, and has been involved with every facet of Ophthalmology in Edmonton and across Alberta. He was the only subspecialist for Oculoplastic, Lacrimal, and Orbit care for Edmonton and northern Alberta for almost 25 years. Dr. Johnson operates at the Royal Alex Hospital and has an extensive cosmetic and reconstructive surgery practice in his operating rooms at his downtown Edmonton office.

Lyndon Jones, PhD, FCOptom, FFAO

Lyndon Jones is a Professor at the School of Optometry and Vision Science, Director of the Centre for Contact Lens Research and holds the position of University Research Chair at the University of Waterloo. He is also cross-appointed to the Departments of Physics, Biology, Chemistry and Chemical Engineering at the University of Waterloo and an Adjunct Professor in the Biomedical Engineering Department at McMaster University, Ontario. He is a Fellow and Diplomate of the American Academy of Optometry (AAO) and the immediate Past Chair of the Research Committee of the AAO. His research interests primarily focus on the interaction of novel and existing contact lens



materials with the ocular environment and ocular drug delivery. He has authored over 250 refereed and professional papers, one textbook and given over 650 invited lectures at conferences worldwide.



Ordan J. Lehmann, MD, PhD

Dr. Lehmann is a clinician-scientist, integrating a glaucoma clinical practice with investigating the molecular basis of inherited ocular disorders. Particular interests include the way that different mutations in the same gene induce a diverse spectrum of congenital and late-onset disease. Dr. Lehmann receives grant funding from the Canadian Institutes of Health Research and Foundation Fighting Blindness, and was awarded a Canada Research Chair in 2004. Dr. Lehmann serves as a reviewer for multiple funding agencies and journals, and at the University of Alberta leads an inter-disciplinary team of vision scientists.



Blair Lonsberry, MSc, OD, MED, FFAO

Dr. Lonsberry obtained his Optometry degree from the University of Waterloo in 1996 after completing a Bachelor of Science and Master of Science in Physiology from the University of Manitoba. He completed his residency in Primary Care Optometry from the Illinois College of Optometry in 1997, then joined the faculty at Southern College of Optometry in Memphis, TN. During his time at SCO, he completed a Masters in Education degree with an emphasis in Post-Secondary Education. Currently, Dr. Lonsberry is a Full Professor and the Clinic Director for the Portland Vision Center associated with Pacific University in Portland, Oregon. Dr. Lonsberry is a Diplomate, American Board of Optometry, a Fellow of the American Academy of Optometry, the Optometric Retinal Society and the Optometric Glaucoma Society, and is on the executive board of the Ocular Surface Society of Optometry.



Ron Melton, OD, FAAO & Randall Thomas, OD, MPH, FAAO

Drs. Melton and Thomas have lectured nationally and internationally on ocular disease and pharmacology at over 300 continuing medical education meetings. They sit on the editorial boards of *Optometric Physician* and *Primary Care Optometry News* and are contributing editors to *Clinical and Refractive Optometry*. Both Drs. Melton and Thomas have each authored or co-authored over 100 papers on optometry and are the co-authors of the popular annual "Clinical Guide to Ophthalmologic Drugs" for *Review of Optometry*. Dr. Melton has acted as an investigator in more than 50 clinical research trials and is currently in a group practice in Charlotte, NC, where he has staff privileges at Presbyterian Hospital. Dr. Thomas is in a group practice in Concord, NC, and is on the hospital staff at Northeast Medical Center, where he serves as the Ophthalmic Consultant to the Diabetes Management Committee, and actively teaches as part of the Cabarrus Family Medicine Residency Faculty.



Christopher J Rudnisky, MD, MPH, FRCSC

Dr. Rudnisky is an Associate Professor with the University of Alberta, Department of Ophthalmology. He completed both his

MD (with distinction) and a residency in Ophthalmology at the University of Alberta. In 2009, he completed a Master of Public Health at the Harvard School of Public Health in Boston. He is co-Director of the University of Alberta Teleophthalmology Reading Centre, and Chair of the Ophthalmology Undergraduate Medical Education Committee. He has published 32 peer-reviewed articles and received awards for surgical teaching in 2011 and 2012.



Yves Sauvé, PhD

Dr. Sauvé is a visual electrophysiologist who obtained a Bachelor in Biochemistry followed by a Master in Neuroscience (under the supervision of the late Dr. Tom Reader), both at Montreal University. Then, as part of his PhD, under the supervision of Dr. Michael Rasminsky at McGill University, he studied optic nerve regeneration. He then did his post-doctoral training on retinal degenerations and related therapies at the Institute of Ophthalmology (London, UK) and at the Moran Eye Center (Utah). He was recruited to the University of Alberta in 2005, where he is an Associate Professor.

Nohad Teliani, OD

Born and raised in Edmonton, Alberta, Dr. Nohad Teliani completed a Doctor of Optometry at University of Waterloo in 2006. Dr. Teliani currently works as an optometrist handling pre- and post-operative care for refractive and cataract patients at the Gimbel Eye Centre. She also spends time in dispensing practices performing routine eye exams, contact lens fittings and treatment of various eye diseases. She has been involved in three recent volunteer trips overseas to provide eyecare for those in need, including dispensing glasses and post-operative care for cataract surgeries. She is currently starting



up a VOSH Alberta chapter and is a board member on various committees including the Eye See Eye Learn Program. In her spare time she enjoys snowboarding, travelling and spending time with her large family including 18 nieces and nephews.



Matthew Tennant, BA, MD, FRCSC, Dip ABO

Dr. Matt Tennant is an associated clinical professor at the University of Alberta. He grew up in Vancouver where he completed Medical School at UBC in 1996. He completed a residency in Ophthalmology at the University of Alberta in 2001, followed by a two-year fellowship in the management of medical and surgical vitreoretinal disease at Wills Eye Hospital in Philadelphia. Dr. Tennant returned to Edmonton in 2003 to join Alberta Retina Consultants. His areas of interest include complex retinal detachments, macular disease, diabetic retinopathy, retinopathy of prematurity, posterior and intermediate uveitis, and teleophthalmology.



Where to Stay

*Hotel Key Cards Sponsored by
CooperVision Canada*

The Fairmont Hotel Macdonald

10065—100th Street,
Edmonton, AB, T5J 0N6

The only Four Diamond-rated luxury hotel
in Edmonton, Alberta!

Standing high on the bank overlooking the
largest urban parkway in North America, the
North Saskatchewan River Valley, the Fair-
mont Hotel Macdonald's charm and classic
elegance have made this Edmonton's place
for every occasion since 1915.

The hotel's distinctive guestrooms are well-
appointed with state-of-the-art amenities.
The Fairmont Hotel MacDonald in Edmon-
ton offers exquisite dining opportunities
that will tempt your palate with Canadian-
style dishes that boast regional influences.
Stroll through the splendid
gardens or visit our well-equipped
Macdonald Health Club for a workout.

Steeped in history, the Fairmont Hotel
Macdonald in Edmonton will become part
of yours.

Reservations can be made by calling
(780) 424-5181 or **1-800-441-1414** or at
<https://resweb.passkey.com/go/cao2013>
Please quote the "Canadian Association of
Optometrists" group. Room block will be
held until June 9, 2013. To book Deluxe
and Executive Suite rooms, please call the
reservation phone number.

Room Rates are:

Fairmont Room	\$219.00
Fairmont View	\$249.00
Deluxe	\$249.00
Deluxe View	\$279.00
Executive Suites	\$469.00

*Rates are based on single or double occu-
pancy. Each extra person sharing a room will
be charged an additional \$20 per night. No
charge for children up to and including the
age of 18 years who share with their parents.
Max. 4 persons per room.*



The Westin Edmonton Hotel

10135—100th Street,
Edmonton, AB, T5J 0N7

The Westin Edmonton Hotel is the perfect
place to relax and unwind in the heart of
downtown Edmonton. Situated in the city
center and connected to the Shaw Confer-
ence Centre, The Westin Edmonton is only
a few steps away from the best shopping,
dining, arts, entertainment, and things to
do in Edmonton.

After a long day of exploring Edmonton,
re-energize in the WestinWORKOUT® Gym
or swim a few laps in our indoor, heated
pool. Then join us for Unwind, a Westin
evening ritual, where you can reflect on
the day, transition into night and enjoy
food, drink and the company of fellow
guests of The Westin Edmonton Hotel.
Each of our smoke-free guest rooms and
suites is designed to provide the utmost
in comfort for our guests, with a generous
workspace and the Westin Heavenly Bed.

Reservations can be made by calling
1-800-WESTIN(937-8461) or at
<https://www.starwoodmeeting.com/>

[StarGroupsWeb/booking/reservation?id=1302193815&key=38803](https://www.starwoodmeeting.com/StarGroupsWeb/booking/reservation?id=1302193815&key=38803)

Please quote the "Canadian Association of
Optometrists" group. Room block will be
held until June 9, 2013.

Room Rates are:

Traditional	\$219.00
Deluxe	\$249.00

*Rates are based on single or double
occupancy. Each extra person sharing
a room will be charged an additional
\$25 per night.*

*Both hotels are 2 minutes walking
distance to the Shaw Conference Centre*

Getting Around

Skyshuttle:

Skyshuttle provides easy and comfortable
travel to and from Edmonton's Interna-
tional Airport. Adult round trip is about
\$30. Trips to and from the airport must be
booked by phone at (780) 465-8515.

Taxi:

Approximately \$55-\$62 one way from the
Edmonton International Airport.

Limousine:

Approximately \$65-\$70 one way
between hotel and airport.
Prestige Limousine – (780) 463-5000

Rental Cars:

Edmonton International Airport is served
by six rental car companies:

Alamo	(800) 222-9075
Avis	(800) 879-2847
Budget	(800) 661-7027
Enterprise	(800) 261-7331
Hertz	(800) 263-0600
National	(800) 227-7368

*All car rental companies are located in the
Airport Parkade, Level P1.*



Shaw Conference Centre

9797 Jasper Avenue,
Edmonton, Alberta, T5J 1N9

Opened in 1983, and managed by Edmonton Economic Development Corporation since 1993, the Shaw Conference Centre (SCC) has established itself as one of Canada's premier meeting, entertainment, and convention venues. The SCC has won recognition for its architecture, and environmental stewardship. Built into the side of the riverbank in the heart of downtown Edmonton, the SCC provides access to over 2,000 downtown hotel rooms plus shopping, entertainment, dining, and North America's largest urban park system. SCC hosts approximately 650 events and attracts over half a million attendees per year.

Fast Facts

- Approximately 70% of the building is built into the hillside above the river, which disguises how very large the building is. It is actually more than 10 stories from bottom to top.
- Built into the side of Grierson Hill, the SCC is supported in place by a "tieback" system. Holes were drilled at 45 degrees along a 225 foot section of the river bank and were filled with reinforced concrete to anchor the structure.
- In 2010, the Shaw Conference Centre created 459,228 lbs of waste and 63.8% of that waste was diverted from the landfill through cardboard and plastics recycling programs and the SCC's compostable waste program.



President's Cup Golf Tournament

Join CAO President, Dr. Lil Linton, for the annual Canadian Association of Optometrists President's Cup Golf Tournament. On Wednesday, July 10th, 2013, The Northern Bear Golf course, a Jack Nicklaus Signature Course, will host this esteemed tournament.

The tournament is open to all, including CAO members, optometric staff, companions and suppliers. The format will be a Texas scramble, which will accommodate both high and low handicappers. The tournament will surely be a memorable way to kick off the 2013 CAO Congress!

The Ultimate Golf Experience

Northern Bear Golf Club, a Jack Nicklaus Signature Course located in Sherwood Park, Alberta, just 30 minutes from downtown Edmonton. Built on Jack Nicklaus' legendary tradition of designing

prestigious and spectacular courses – Northern Bear is the latest Canadian addition to the Nicklaus family of outstanding golf courses.

Northern Bear is Nicklaus' third Canadian Signature daily fee course, preceded by Toronto's Glen Abbey and Whistler's Nicklaus North. The "Bear" is a perfect blend of tree lined fairways, strategic bunker placements, five lakes and USGA standard greens all designed to offer the ultimate in playability to every golf enthusiast.

Despite his stature as a player – Nicklaus designs his courses for players of all skill levels. "Golf is a game of precision not strength" explains Nicklaus. That's why the course offers five sets of tees ranging from 5,800 to 7,400 yards and is designed to entice novices and experts alike.

Golf Itinerary – Wednesday, July 10

8:30 am	Bus leaves for Northern Bear
9:00 am	Arrive at Northern Bear Golf Course, Approx. 30-40 minute bus ride
10:00 am	Shotgun Start
4:00 pm	19th Hole Refreshments, Dinner and Prizes
5:30 pm	Bus leaves Northern Bear Golf Course
6:15 pm	Arrival back at hotels
7:00 pm	President's Welcome Reception

President's Welcome Reception

Join CAO President, Dr. Lil Linton, for a "come-and-go" reception at the Fairmont Hotel MacDonald. Come catch up with old colleagues and meet new ones from across Canada, all while enjoying delicious food and drinks. Step out on to the patio, and view Edmonton's magnificent river valley!

Opening Ceremonies

Join us at the Westin Edmonton for the Opening Ceremonies. Enjoy the traditional flag ceremony and greetings from respective dignitaries. Experience the tastes, smells, sights, and sounds of a diverse array of Alberta's vibrant multicultural heritage! Sample culinary delicacies and see creative performances of Alberta's cultural roots in the company of your colleagues!

Optofair

Friday afternoon, join us for the ever popular Optofair. Come and see all the latest and greatest products and services that the optical suppliers have on display. Optofair is a meeting place for business, making contacts and for discovering new market trends. With over 100 booths, lunch and various prizes, we expect the show floor to be busy as always! Enjoy a beverage and lots of delicious food while browsing around the booths! *Only those in attendance will be eligible for prizes!*

Class Reunions

Friday evening has been reserved for individual class reunions. CAO Congress is the perfect opportunity to visit with fellow alumni. Specific year of graduation/school will be available at the Congress Registration Desk.

President's Banquet and Ball

This elegant black tie event will be celebrated at the Shaw Conference Centre in Hall D. The dramatic glass wall opens this great room to the natural light and the picturesque North Saskatchewan River Valley. Enjoy Edmonton's fine dining as in-

house Executive Chef, Simon Smotkowicz and his staff create a world-class meal for you. After dinner, shake your booty with Western Canada's latest and greatest all-star dance band!! THE RETROFITZ's kickin' rhythm section, groovin' horns and soulful vocals make any event a party worth

having! Groove all night long to the best dance music in town! This funkacious 11-piece crew is jam-packed with some of Edmonton's finest musicians. ***Don't miss out on a great evening to close out the Congress!***



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Companion Off-site Programs

For those who are not attending the continuing education programs — check out these great activities that Edmonton has to offer! If these great activities don't tickle your fancy, feel free to stop by the Edmonton Tourism booth at the Congress to find your interest!

Shop 'Til Ya Drop

**Thursday, July 11th,
9:00am-5:00pm**

Board the Congress Express to the largest shopping mall in North America! West Edmonton Mall remains the ultimate shopping destination with hundreds of retailers ranging from brand name, to

boutique, to one-of-a-kind stores. We are the only place you can shop at the most exclusive stores, all in one day and all under one roof! If shopping isn't your thing, the mall also has Galaxyland, the World Waterpark, Sea Life Caverns, Sea Lion Rock, the Ice Palace, Professor Wem's Adventure Golf, a variety of special theatres, Ed's Rec Room and much, much, more. There is something for everyone!

What's Included:

- Transportation to and from West Edmonton Mall
- WEM Super Saving Coupon Book

Cost: \$20.00

Epicurious and Lifestyle

Friday, July 12th,

9:00am-2:00pm

Want an experience? That's what you will find at the Enjoy Centre: a restaurant, liquor store, bakery and garden centre. Everything you need to reflect, relax and reconnect! Nine-meter-high glass ceilings treat guests to a starlit roof with breathtaking views of the prairie sky. The Enjoy Centre is definitely more than just cool stores – it's a destination!

The day begins with a tour of the centre, followed by a hands-on floral demonstration (each person will take their own unique creation with them). A hot lunch will be served with a wine-pairing to compliment. Everyone will get a small gift and a 10% off coupon...and of course there will be time for shopping!

What's Included:

- Transportation to and from The Enjoy Centre
- Full program of activities as described above

Cost: \$100.00



A Step Back in Time ...

Saturday, July 13th, 9:00am-1:30pm

Fort Edmonton Park is a place where time has stopped and is waiting for you to experience life as it was through four historical periods between 1846 and 1929. Go back in time more than 150 years and walk through the days of the fur trade, and the pioneer years of 1885, 1905 and 1920. Costumed interpreters bring the past to life, answer your questions and invite you to experience the best of the period. Take a ride on a steam train, shop or hit the Midway for rides, games and more fun. Don't forget to get your old-time picture taken at Ernest Brown, see "Northern Light" at the Capitol Theatre or stay for lunch at the Hotel Selkirk. It's all right here waiting for you!

What's Included:

- Transportation to and from Fort Edmonton Park
- Entrance into Fort Edmonton Park

Cost: \$30

Weeeee ... Look At Me Go!

Saturday, July 13th, 10:00am-11:30am, or 11:30am-1:00pm

Segway Edmonton's tour of the Edmonton River Valley is the first of its kind. This all inclusive 90 minute experience begins with a very thorough training program for riders of all experience levels. Upon arrival to Louise McKinney Park you will watch a safety video about the operation of the Segway.



CHRIS SZYDLOWSKI

- One Segway certified guide per group
- Cost:** \$75.00

Chef for a Day

Saturday, July 13th, 12:00 pm-4:00 pm

The best parties always take place in the kitchen! Join passionate foodie, Kathryn Joel, as you "get cooking" with the best and freshest local ingredients available in Edmonton. Seduce your taste buds with the aromatic herbs and spices of Southeast Asia as you learn to cook simple salads, stir-fries and curries for a royal Thai feast you can make at home. You will enjoy 4 hours of professional instruction in Kathryn's purpose-built gourmet kitchen, including a substantial meal as you taste all of the dishes that you have made. And while you eat, you'll get to sample wines selected by the sommeliers at Vines, Riverbend Wine Merchants, to match the menu. You'll take home printed copies of all the recipes that you make, as well as a resource list to help you find the ingredients. Finally, once you're at home trying those recipes by yourself, you can contact Kathryn any time for ongoing advice as you "get cooking" on your own.

Cost: \$105.00

What's Included:

- Segway Training Clinic
- One Segway PT per person
- Helmet
- Photo Op

Other adventures for you to check out are:

The Alberta Art Gallery –
www.youraga.ca

Whyte Avenue – www.oldstrathcona.ca

Edmonton International Street Performers Festival –
www.edmontonstreetfest.com

Muttart Conservatory –
www.muttartconservatory.ca

Edmonton River Queen –
www.edmontonqueen.com

The Francis Winspear Centre for Music –
www.winspearcentre.com

Alberta Legislature Grounds –
www.assembly.ab.ca

Devonian Botanic Garden –
www.devonian.ualberta.ca

High Level Bridge Street Car –
www.edmonton-radial-railway.ab.ca/highlevelbridge

Edmonton Tourism –
www.edmonton.com



TRAVELALBERTA.COM

Children's Activities

Bring the family to the 2013 Congress and keep them busy with these great activities that Edmonton has to offer! All children attending these activities must be accompanied by a parent. A fee will apply to the accompanying parent.

Splash or Play – It's Your Choice

Thursday, July 11th, 9:00am-5:00pm

Board the Congress Express to the largest shopping mall in North America! West Edmonton Mall remains the ultimate shopping destination with hundreds of retailers and home to the world's largest indoor attractions! Receive a Choice Pass and choose your activities!

Your Choice Pass will allow you to do

ONE of the following:

- Day pass to the World Waterpark

This tropical paradise boasts the world's

largest indoor wave pool and tallest indoor permanent bungee tower, as well as more than 17 unique water slides and play features.

- Day pass to Galaxyland

The world's largest indoor amusement park features more than 24 spectacular rides and play areas for all ages

OR any TWO of the following:

- Day pass to the Ice Palace (skate rentals not included)
- Day pass to Marine Life (including Sea Life Caverns and Sea Lions' Rock)
- One Round (18 holes) at Professor Wem's Adventure Golf
- One Round (18 holes) at Putt 'n' Glow
- Two games of bowling (shoe rental not included), or one hour of billiards at Ed's Rec Room
- One admission to Ropes Quest

What's Included:

- Transportation to and from West Edmonton Mall
- WEM Super Saving Coupon Book
- One Choice Pass

Cost: \$30/Child \$35/Adult

Paddle It Up

Friday, July 12th, 8:30am-4:00pm

Let your kids burn some energy. Hop on the bus and head out to Elk Island Park! Here, they will provide you with a unique opportunity to enjoy nature at its best. Enjoy half a day of paddling in a canoe around Lake Astowin. You may have the privilege of encountering bison, white-tailed deer, red-necked grebes, common loons, American white pelicans, double-crested cormorants, great blue herons, and a multitude of ducks. For your second half of the day, enjoy time on the playground, playing field games and doing crafts.



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What's Included:

- Transportation to and from Elk Island Park
- Entrance into Elk Island Park
- Guided Tour in Canoes
- Lifejacket, canoe, whistle, paddles, bailers and throw ropes
- Subway lunch

Cost: \$60/Child \$60/Adult

games and good food while you enjoy your time at the President's Banquet and Ball!

What's Included:

- Child care from 5:30pm-11:30pm
- Supper for your child
- Games, movies and popcorn
- Peace of mind while you enjoy your evening!

Cost: \$45/Child

Other adventures for you to check out are:

Edmonton International Street Performers Festival –
www.edmontonstreetfest.com

High Level Bridge Street Car –
www.edmonton-radial-railway.ab.ca/highlevelbridge

Royal Alberta Museum –
www.royalalbertamuseum.ca

Telus World of Science –
www.edmontonscience.com

Edmonton Valley Zoo –
www.valleyzoo.ca

Jurassic Forest –
www.jurassicforest.com

Ukrainian Cultural Heritage Village –
www.ukrainianvillage.ca

Edmonton Corn Maze –
www.edmontoncornmaze.ca

Edmonton Tourism –
www.edmonton.com/for-visitors.aspx

Travel Alberta –
www.travelalberta.com

A Step Back in Time ...

Saturday, July 13th, 9:00am-2:30pm

Fort Edmonton Park is a place where time has stopped and is waiting for you to experience life as it was through four historical periods between 1846 and 1929. See full event description under Companion programs.

What's Included:

- Transportation to and from Fort Edmonton Park
- Entrance into Fort Edmonton Park

Cost: \$25/Child \$30/Adult

A Kid's Night Out

Saturday, July 13th, 5:30pm-11:30pm

Every child deserves his or her night out! On Saturday, July 13th from 5:30pm –11:30pm, at the Shaw Conference Centre, let your child have an evening of fun,



EDMONTON.COM

What's Included?

Optometrists

Full Package – fee includes all CE sessions, breakfasts, coffee breaks, lunches, President's Welcome Reception, OPTOFAIR, Opening Ceremonies and the President's Banquet and Ball

Thursday Only – fee includes all Thursday CE sessions, breakfast, coffee breaks, lunch for Thursday only, President's Welcome Reception and Opening Ceremonies.

Friday Only – fee includes all Friday CE sessions, breakfast, coffee breaks and lunch for Friday only, OPTOFAIR, President's Welcome Reception and Opening Ceremonies.

Saturday Only – fees includes all Saturday CE sessions, breakfast, coffee breaks and lunch for Saturday only, President's Welcome Reception and Opening Ceremonies.

(The President's Welcome Reception is on Wednesday and Opening Ceremonies are on Thursday)

Optometric Assistants

Full Package – fee includes all CE sessions, breakfasts, coffee breaks, lunches, President's Welcome Reception, OPTOFAIR, Opening Ceremonies

Friday Only – fee includes all Friday CE sessions, breakfast, coffee breaks and lunch for Friday only, OPTOFAIR and President's Welcome Reception and Opening Ceremonies

Saturday Only – fees includes all Saturday CE sessions, breakfast, coffee breaks and lunch for Saturday only, President's Welcome Reception and Opening Ceremonies

Companion/Industry Partners/ Association Staff/Executive Directors

Full Package - President's Welcome Reception, Opening Ceremonies, OPTOFAIR, President's Banquet and Ball, Breakfasts and Lunches

Fees

Congress Fees for: OPTOMETRISTS	Full Package	Thursday Only (July 11th)	Friday Only (July 12th)	Saturday Only (July 13th)
CAO Member – Early Bird (by May 21st)	\$525	\$275	\$275	\$275
CAO Member – After Early Bird (May 22nd - July 10th)	\$575	\$300	\$300	\$300
Non CAO Member	\$1500	\$700	\$700	\$700
Optometry Students (CAO Student Members Only)	\$0	\$0	\$0	\$0
Congress Fees for: OPTOMETRIC STAFF	Full Package	Friday Only (July 12th)	Saturday (July 13th)	
Early Bird (by May 21st)	\$225	\$125	\$125	
After Early Bird (May 22nd - July 10th)	\$250	\$150	\$150	
Congress Fees for: OTHER	Price			
President's Golf Tourney – Early Bird (By May 21st)	\$165			
President's Golf Tourney – After Early Bird (May 22nd -July 1st)	\$180			
Companion / Executive Director / Association Staff / Industry Partners	\$275			

REGISTER ONLINE AT: OPTO.CA

Additional Tickets – À LA CARTE

President's Welcome Reception	\$65
Opening Ceremonies	\$75
OPTOFAIR	\$55
President's Banquet and Ball	\$125

Additional Activities – Companions

Shop Til' Yah Drop	\$20
Epicurious and Lifestyle	\$100
A Step Back in Time ...	\$30
Weeeee ... Look at Me Go!	\$75
Chef for a Day	\$105

Additional Activities – Children

	Children	Parent (s)
Splash or Play	\$30	\$35
Paddle it Up	\$60	\$60
A Step Back in Time	\$25	\$30
A Kid's Night Out	\$45	

(All activities are subject to 5% GST)

Make your 2013 Congress experience one of the BEST!!

If you're attending the CAO Biennial Congress in Edmonton, AB July 10-13, it's a wonderful opportunity to extend your time in Alberta. Why not make the Calgary, Banff, Jasper, Edmonton loop part of your trip?

Consider taking in The Greatest Outdoor Show on Earth—The Calgary Stampede – runs from July 5th to the 14th. Arrive in Alberta in advance and spend a few days celebrating western style. See famous attractions such as the Rangeland Derby, the nightly Grandstand Show, the various shows at Nashville North, or the rides and games for kids and adults alike. Also, the Calgary Zoo and the Calgary Telus Spark Science Centre will keep you and the kids busy for hours.

Nestled amongst the peaks of the Canadian Rockies, 90 minutes west of Calgary, Banff National Park is known as a traveler's Mecca for good reason. As the first national park established in Canada and a UNESCO World Heritage Site, what makes Banff National Park so special is its combination of vast unspoiled wilderness, mountain lakes like Lake Louise, and the gateway to it all – the Town of Banff. With 1,600 kilometres of trails, two gondolas, three ski areas, an exciting heritage and more dining options and activities than you'll have time for, Banff National Park is a premier destination for authentic hospitality and outdoor exploration.

The 290 km drive from Banff to Jasper was rated by National Geographic as one of the top 10 drives in the world. Among the most impressive features is the Athabasca Glacier, near the boundary of Banff and Jasper National Parks. From there north to Jasper, you will be treated to some of the best mountain scenery. Right away you enter Sunwapta Valley, with seven peaks over 3,000 metres high and seven major glaciers coming off them. There are also three waterfalls, each worth a stop to stroll and snap photos.

The Calgary, Banff, Jasper, Edmonton loop may be taken with your own vehicle or with an escorted group tour. Whatever option you choose, the loop is but one of the great options available to Congress delegates. Make your visit a memorable one.



Calgary Stampede

July 5 – 14, 2013

Eight seconds. Hold your breath. Grip the rail. Time stops. Eight seconds is how long the cowboy must stay on the back of the 1,800 pound, seriously annoyed bull, madly thrashing beneath him. The buzzer sounds, the champ leaps clear of the flying hooves and tips his hat to a crowd gone wild. Welcome to rodeo, Alberta style.

Countless rodeos take place throughout the province. The granddaddy of them all is the annual Calgary Stampede, the richest rodeo competition in the world with more than \$2 million in prizes to be won in calf roping, steer wrestling, bronco and bull riding, and barrel racing. Oh and let's not forget the famed chuckwagon races. There is nothing to compare to the thrill of horses, wagons and outriders thundering down the homestretch, dirt flying, the ground literally shaking under your feet.

The biggest rodeo also means Calgary's biggest party. For 10 days, one million visitors get roped into Stampede

fever. So grab your boots and Stetson, 'pardner', and cowboy up! Check out: cs.calgarystampede.com and vacation-scanada.travel for customized Calgary Stampede Packages

Banff National Park

Everywhere you look is a perfect picture from a glossy travel book. The elements that make the Rockies a year-round dream destination – dazzling glaciers, big animals, alpine meadows and emerald lakes – are right here in Banff National Park.

A scenic hour and a half drive west of Calgary leads to one of the most popular national parks in the world. Nestled in superb natural settings, the charming towns of Banff and Lake Louise have all the comforts of the big city. Over 7,500 people call the park home, so you're as likely to encounter the locals as you are the resident wildlife.

After an invigorating day of alpine adventure, nourish your body and soul in the soothing natural waters of the outdoor hot springs. See for yourself why UNESCO declared Canada's original national park a World Heritage Site. Big peaks. Big elk. Big caves. Big festivals. Here's your insider Banff National Park checklist!

Soothing springs – Slip into warm natural hot springs all year at Banff Upper Hot Springs.

Flyin' high – For a bird's eye view of endless peaks and valleys, ride to the top of Sulphur Mountain on the Banff Gondola.



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Fore! – Tee off in the alpine paradise of the Fairmont Banff Springs Golf Resort.

Alpine arts – Take in the Banff Summer Arts Festival, with over 200 events by local and international artists, unfolding over the summer months.

Take a hike – Choose from 1,600 km (1,000 mi) of glorious alpine trails. Local favorites include Plain of 6 Glaciers – Lake Agnes Teahouse, Sunshine Meadows, Larch Valley and Sentinel Pass and Sunshine to Mt. Assiniboine.

Boating in Banff – Cruise Lake Minnewanka, the biggest in the park. Canoe to the far shores of Lake Louise, just as the Aboriginals and early explorers did.

Hit the road – See for yourself why National Geographic rated the Icefields Parkway one of the “10 Greatest Drives in the World”.

Jasper National Park

Picture yourself in a mountain getaway surrounded by towering peaks, untouched wilderness and turquoise lakes tucked into alpine valleys. Jasper National Park is the stuff that postcards are made of.

Blow a farewell kiss to the prairies as you cruise West through rolling foothills and into Jasper’s iconic Rocky Mountains. 370 km (192 mi) west of Edmonton and 404 km (256 mi) northwest of Calgary, the

spectacular drive is an adventure in itself. The town of Jasper is an authentic mountain community where the locals welcome you as a long lost friend. You will find all the comforts you could wish for, from luxury accommodation to charming cabins and fully serviced campsites, to eclectic dining options. Wildlife is abundant, even right in town. Where else will you find a herd of elk napping on the lawn?

The park has its share of secrets. Patricia Lake hides the remnants of an aircraft carrier made of ice! Dive the wreck and see one of WWII’s weirdest top secret projects. Unravel the mysteries of the people and the places, past and present, of Canada’s largest Rocky Mountain national park. Icefields. Glaciers. Famous Islands. Dark Skies. Here’s your insider Jasper National Park checklist!

Nocturnal thrills – Jasper National Park was recently designated a Dark Sky Preserve. See the backbone of the Milky Way appear to rise directly out of the centre of the Athabasca Glacier. Take in the Dark Sky Festival every year in October. Chill out – visit the glaciers of the Columbia Icefield that formed during the last Ice Age. Take a snow coach to the Athabasca Glacier and walk on ice more than 365 m (1,200 ft) deep.

Some like it hot – Ease into Miette Hot Springs, the hottest in the Canadian Rockies.

Top of the world – Discover the alpine tundra with a bird’s eye view of glacial lakes and six mountain ranges on board the Jasper Tramway.

Hit the links – Swing the day away in a fairy tale mountain setting at the **Jasper Park Lodge Golf Course** – See for yourself why SCOREGolf Magazine rated it the #1 Best Golf Resort in Canada.

Take a hike – Wander 1,200 km (746 mi) of alpine paradise. Download the new Parks Canada Jasper Summer Hikes Guide. Favourite trails include the Patricia Lake loop, Mount Edith Cavell Meadows, and Valley of the Five Lakes.

Heavenly highway – No wonder National Geographic rated the Icefields Parkway one of the “10 Greatest Drives in the World.” Start in Jasper, “Mile Zero” of the famous Highway 93.

Boating bliss – Glide through emerald waters on the Maligne Lake boat tour. Snap a picture of Spirit Island, one of the most photographed islands in the world.

Fab falls – Witness the towering waterfalls at Maligne Canyon. Athabasca Falls is one of the most powerful in the Canadian Rockies.