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**Photo credits:** This special issue of the Canadian Journal of Optometry focuses on the 30<sup>th</sup> CAO Biennial Congress that will be held in Sunny Saskatoon. All photos on the cover and throughout the issue are generously provided by:  
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 Visit these sites to discover more about what you can see and do in Saskatchewan and Saskatoon!

**Mentions photos :** Ce numéro spécial porte sur le 30<sup>e</sup> Congrès biennal de l'ACO qui aura lieu à Saskatoon. Les photos de la page couverture et du reste du numéro sont une gracieuseté de :  
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 - Tourisme Saskatoon ☺ [www.tourismsaskatoon.com](http://www.tourismsaskatoon.com)  
 Pour savoir quoi faire et quoi visiter à Saskatoon et ailleurs en Saskatchewan, vous n'avez qu'à consulter ces deux sites!

Minister of Health



Ministre de la Santé



As federal Minister of Health, I am pleased to congratulate the Canadian Association of Optometrists on its 30<sup>th</sup> Biennial Congress. Canadians across the country benefit from your professionalism, expertise and dedication to promoting healthy eyesight and to maintaining the highest level of eye care.

As health care professions move towards a collaborative approach to patient care, I would like to acknowledge the front line role of optometrists in achieving this goal. In addition to diagnosing and treating abnormal conditions of the eye over the course of many years, optometrists have served as a gateway for diagnosis of other medical conditions. Physicians and patients have come to rely on your holistic approach to health care and to your collaborative, working relationship with health practitioners.

Canada's New Government believes that prevention is cornerstone to good health, and echoes the importance of regular eye examinations with qualified optometrists. We are also aware that our aging population will require greater access to sight restoration surgeries – such as cataract surgery – in the future. That is why we have placed wait time guarantees for sight restoration surgery, along with four other areas, among our five key priorities.

On behalf of Canada's New Government, thank you for the invaluable contribution that each of you makes on a daily basis to bring quality eye and health care to Canadians. Please accept my best wishes for a productive and successful Congress, as you celebrate this important milestone.

À titre de ministre fédéral de la Santé, je tiens à féliciter l'Association canadienne des optométristes à l'occasion de son 30<sup>e</sup> congrès biennal. Les Canadiens d'un bout à l'autre du pays profitent du professionnalisme, de l'expertise et du dévouement dont vous faites preuve pour promouvoir la santé des yeux et des soins oculaires de qualité.

À l'heure où les professionnels de la santé adoptent une démarche interdisciplinaire pour le soin des patients, je tiens à souligner le rôle crucial des optométristes dans l'atteinte de cet objectif. En plus de diagnostiquer et de traiter les problèmes de vision depuis de nombreuses années, vous dépistez souvent d'autres maladies. Les médecins et les patients ont appris à compter sur votre approche holistique en santé et sur les rapports que vous entretenez avec les professionnels de la santé.

Le nouveau gouvernement du Canada estime qu'une bonne santé repose sur la prévention et insiste sur l'importance de se faire examiner régulièrement la vue par un optométriste compétent. Nous savons également que, dans l'avenir, notre population vieillissante aura de plus en plus besoin de chirurgies de restauration de la vue – comme la chirurgie de la cataracte. Voilà pourquoi les garanties sur les temps d'attente pour une chirurgie de restauration de la vue, tout comme pour quatre autres secteurs, fait partie de nos cinq priorités.

Au nom du nouveau gouvernement du Canada, je vous remercie de la contribution inestimable que vous apportez chaque jour pour offrir des soins oculaires et des soins de santé de qualité aux Canadiens. Je vous souhaite un congrès des plus productifs alors que vous saluez cette date mémorable.

Tony Clement  
Minister of Health / Ministre de la Santé  
Government of Canada / Gouvernement du Canada

## A Message from the Premier of Saskatchewan



Lorne Calvert  
Premier

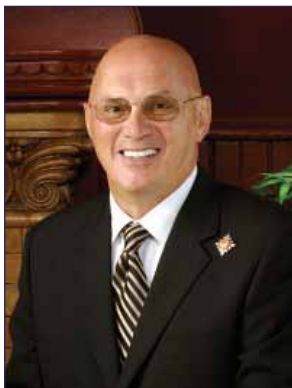
On behalf of the Government of Saskatchewan, I am pleased to have this opportunity to extend my warmest greetings to everyone attending The Canadian Association of Optometrists Biennial Congress.

In addition to providing a forum to learn more about optometry, this Congress presents attendees with an enjoyable opportunity to meet and exchange ideas with their peers. I wish to commend the volunteers and organizers who have worked so hard to make this event possible. And to all visitors, welcome to Saskatoon! It is my hope that you will find time to enjoy the many attractions that our beautiful "City of Bridges" has to offer.

Again, sincere greetings, and best wishes for an enjoyable and productive Congress.

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## A Message from His Honour The Lieutenant Governor of Saskatchewan



Dr. Gordon L. Barnhart  
Lieutenant Governor  
Province of Saskatchewan

It is my sincere pleasure to extend greetings on behalf of Her Majesty Queen Elizabeth II, Queen of Canada, to all of the participants in the 2007 Canadian Association of Optometrists Biennial Congress. I offer a warm welcome to everyone who is visiting Saskatchewan for this exciting national event.

Eyesight is a gift that one often takes for granted until it is threatened. I wish to thank all of the Optometrists and Optometric Assistants for providing such vital services to Canadians. I also wish to acknowledge the Canadian Association of Optometrists and their provincial partners for encouraging excellence and on-going education in this important field.

Please accept my best wishes for an enjoyable and informative gathering in one of Canada's most beautiful and welcoming cities.

A Message from the Honourable Len Taylor  
Minister of Saskatchewan Health



Len Taylor  
Minister of Health

On behalf of Saskatchewan Health, I am delighted to welcome all delegates and their families attending The Canadian Association of Optometrists Biennial Congress in Saskatoon.

Hosted by The Saskatchewan Association of Optometrists, this event will bring together over 300 Optometrists and Optometric Assistants from across Canada to share their knowledge and experiences with the goal of improving their skills and learning better methods for testing and treating patients.

Through the diligence of our health care partners and their participation in events such as this, we can better meet the health care needs of our citizens.

Again, welcome, and please accept my best wishes for a rewarding and enjoyable gathering.

Office of the Mayor, Donald J. Atchison



Donald J. Atchison  
Mayor

As Mayor of Saskatoon, it is my pleasure to extend a warm welcome to all those attending the 2007 Canadian Association of Optometrists Biennial Congress. We appreciate the opportunity to host you in our city and hope you will enjoy our warm prairie hospitality.

I am sure this Congress will offer unique learning opportunities as you collaborate with colleagues from across the country. May your sessions provide a receptive forum for information gathering and discussion of significant issues relating to vision and eye health.

In addition to attending the Congress, I hope you will find some time to enjoy our city. Saskatoon is a vibrant community offering a wonderful variety of entertainment, cultural, and recreational venues, as well as unique shopping and dining opportunities.

On behalf of the citizens of Saskatoon, best wishes for a very successful National Congress.



CAO Congress Co-Chairs



Coprésidents du Congrès de l'ACO



Welcome to Sunny Saskatoon for the rare opportunity for the Optometrists of Canada to uncover one of the best kept secrets in our country. We cordially invite you to join your colleagues for what will be the 30<sup>th</sup> Biennial Congress of the Canadian Association of Optometrists. The Congress will take place at the newly expanded, state of the art, TCU Place & Convention Centre. The local Continuing Education Committee, along with the CAO staff, have assembled a world class faculty to compliment what we believe will be one of the finest Congress's ever held.

Our opening Ceremonies will take you through the history of Saskatchewan and tantalize you with some home cooking, local entertainment and good old fashioned hospitality. For those of you who want to make their experience in Saskatchewan even more memorable, we are pleased to offer Pre-Congress tours offered for those interested in golfing, fishing, traveling Saskatchewan or relaxing at a world renown spa. We guarantee you won't be hungry or at a loss for something to do. The Congress is being held during the "Taste of Saskatchewan", where local restaurateurs serve up their most popular specialties.

For those of you that want peace and tranquility, the City of Bridges offers you one of the most picturesque views you will ever experience and Saskatchewan offers over 161 million acres of other places to discover. We want to show you the best that Saskatoon has to offer and to prove to you that Saskatoon Shines! Plan today to join us July 18-21<sup>st</sup>, 2007!

Bienvenue à Saskatoon où les optométristes du Canada auront la chance unique de découvrir un des secrets les mieux gardés de notre pays. Nous vous invitons chaleureusement à vous joindre à vos collègues pour ce 30<sup>e</sup> Congrès biennal de l'Association canadienne des optométristes. Le Congrès aura lieu au centre des congrès

ultramoderne et récemment agrandi de la Place TCU. Le comité local de formation continue, avec la collaboration du personnel de l'ACO, a réuni un groupe d'enseignants de réputation mondiale pour ce congrès qui sera, selon nous, un des meilleurs jamais tenus.

Nos cérémonies d'ouverture vous raconteront l'histoire de la Saskatchewan et vous séduiront par quelques plats cuisinés-maison, des artistes locaux et un chaleureux accueil à l'ancienne. Pour ceux d'entre vous qui voudraient profiter davantage de leur séjour en Saskatchewan, nous offrirons, avant et après le congrès, diverses activités intéressantes : golf, pêche, visite de la Saskatchewan ou détente dans un spa de renommée internationale. Vous ne connaîtrez ni la faim ni l'ennui, c'est garanti! Le congrès aura lieu en même temps que le festival « Taste of Saskatchewan » de Saskatoon, où les restaurateurs locaux présentent leurs spécialités les plus courues.

Pour ceux qui recherchent la paix et la tranquillité, la ville des ponts vous présente un des paysages les plus pittoresques, et la Saskatchewan vous offre plus de 161 millions d'acres qui regorgent d'endroits pour vous isoler. Nous voulons vous montrer le meilleur de Saskatoon et vous amener à découvrir la Chaleur de Saskatoon! Planifiez dès aujourd'hui d'être des nôtres du 18 au 21 juillet 2007!

Dr D. James Kerr & Dr Dorothy Barrie  
2007 CAO Congress Co-Chairs /  
Coprésidents du Congrès 2007 de l'ACO

## Education, Exploration, & Entertainment

### Éducation, exploration et divertissement

**W**hen I reflect on the history of the CAO Congress, I am pleased that this important event for Canadian Optometry is very much alive and well. During the mid 1990s, there was concern about the feasibility of Congress given reduced attendance and questions about its relevance in a changing optometric community. CAO experimented for several years by holding the Congress in conjunction with provincial meetings and different times of year. Despite some success, there continued to be a call for a CAO Congress based on its historical model, only better!

We heard loud and clear that CAO members want a national venue to meet with colleagues from other provinces, including classmates. We also heard that summer scheduling allows for holiday planning in a region of Canada that can be explored. As well, we were told that CAO needs to offer top caliber continuing education, business and social programs for CAO members, companions, family and staff. CAO also heard from industry supporters, who want a national stage to profile their companies, products and services.

CAO listened and returned to a highly-attended summer Congress in 2003 in Halifax. This was followed by one of the most successful CAO Congress' ever in 2005 in Ottawa. The Planning Committee in Saskatchewan saw this as a challenge to build upon the momentum and make the 2007 Congress the best ever! This issue of CJO provides a glimpse of what to expect. You need to attend, however, to see the

results of a committed and experienced planning team. I am confident it will be a worthwhile and memorable time for all.

As I travel across Canada attending provincial Annual Meetings, there is a definite 'buzz' about the Congress in Saskatoon. I am surprised by the number of people who confess that they have never been to Saskatoon, let alone Saskatchewan. Some will use the Congress as an opportunity to see a very special city and province. Many will extend their visit to explore beyond Saskatoon, or to participate in the Pre-Congress golf, fishing or spa trips. The big prairie sky beckons!

The 2007 Congress will also mark the end of my two years as CAO President. It will surely be an emotional experience for me personally. I look forward to seeing my colleagues, many of whom I had the pleasure of meeting during my Presidency. I urge you to attend the CAO Biennial Congress in Saskatoon and see what the "Congress experience" is all about.

**Q**uand je pense aux congrès de l'ACO, je suis heureuse de constater que cette activité importante pour l'optométrie canadienne se porte à merveille. Au milieu des années 90, la faisabilité du congrès soulevait des préoccupations à cause de l'assistance réduite et de sa pertinence pour une communauté optométrique en pleine évolution. Pendant plusieurs années, l'ACO a expérimenté, fai-



Dorrie Morrow, OD  
President / présidente

# PRESIDENT'S PODIUM

## MOT DE LA PRÉSIDENTE

sant coïncider le congrès avec des assemblées provinciales et différents moments de l'année. Malgré un certain succès, les membres désiraient toujours un congrès à l'ancienne, mais dans une version améliorée!


Les membres nous ont clairement exprimé leur désir de participer à une activité où ils pourraient rencontrer leurs collègues, de même que leurs confrères de classe. On nous a aussi dit que l'ACO devait offrir des programmes de formation continue, d'affaires et d'activités sociales de haut calibre pour les membres, les compagnons et compagnes, les familles et les employés. L'ACO a entendu l'industrie qui souhaitait une scène nationale pour présenter ses entreprises et ses services.

Après avoir écouté, l'ACO a

organisé un congrès à l'été 2003 à Halifax. Celui-ci a été suivi par l'un des congrès les plus réussis, celui d'Ottawa en 2005. À Saskatoon pour 2007, le comité de planification a vu le défi d'organiser, sur la lancée de 2005, le meilleur congrès jamais offert! Ce numéro de la RCO vous donne un aperçu de ce qui vous attend. Mais pour voir les résultats d'une équipe dévouée et expérimentée, vous devrez être sur place. J'ai confiance que vous ne regrettez pas ce congrès mémorable.

Dans les diverses assemblées annuelles provinciales auxquelles j'assiste, le congrès de Saskatoon « bourdonne » fort. Je suis surprise du nombre de gens qui m'avouent n'avoir jamais visité Saskatoon,

et encore moins la Saskatchewan. Beaucoup profiteront pour visiter une ville et une province très particulières. Beaucoup allongeront leur séjour pour explorer au-delà de Saskatoon ou pour profiter des activités organisées. Le vaste horizon des Prairies vous appelle!

Le Congrès 2007 marquera aussi la fin de mon mandat de deux ans à titre de présidente de l'ACO. Ce sera à n'en pas douter une expérience émotive pour moi. J'ai bien hâte de voir à nouveau mes collègues, beaucoup que j'ai eu le plaisir de rencontrer pendant mes fonctions à la présidence. Je vous incite fortement à assister au Congrès biennal de l'ACO à Saskatoon pour expérimenter de première main « *la vie d'un congrès* ». 

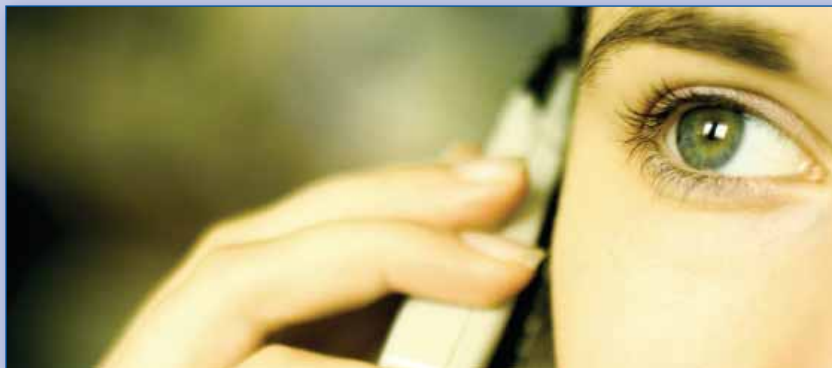
## BUDDY PROGRAM

You can personally help make the 2007 Congress a success by sending a few e-mails or making a few phone calls.

It's easy with the "Buddy" program. If CAO members who commit to attending invite their friends and classmates, we could have a record attendance at the 2007 CAO Congress. Let's get the ball rolling by committing to attend the 2007 CAO Congress, July 17 – 21<sup>st</sup> and by extending your vacation to your family and colleagues.

As you know, the Congress Planning Committee is arranging for holiday activities including golf, fishing and relaxation at a spa PRIOR to Congress and would like to include as many as possible in these activities.

Plan your travel for the Saturday or Sunday BEFORE Congress and join us for a vacation in beautiful northern Saskatchewan or escape with Al Capone to the underground tunnels of Moose Jaw and be pampered at one of the best spa locations in Western Canada (see page 36). Grab your desk reference, make a list of your friends and classmates and send them an e-mail or a fax. Invite them to join YOU for your own Congress vacation. Make your commitment today. [See why Saskatoon Shines!](#)





# Congress at a Glance



## TUESDAY, JULY 17, 2007

8:30 am – 4:00 pm

CAO Council Meeting

7:00 pm – 10:00 pm

CAO Council & Congress Committee Social

## WEDNESDAY, JULY 18, 2007

10:00 am – 7:30 pm

Congress Registration Desk Open (*TCU Place*)

8:30 am – 9:30 am

Golf Registration (*Willows Golf & Country Club*)

10:00 am – 6:00 pm

CAO President's Cup Golf Tournament

7:30 pm – 10:00 pm

President's Welcoming Reception (*Top of the Inn*)

## THURSDAY, JULY 19, 2007

7:30 am – 4:30 pm

Registration Desk Open (*TCU Place*)

7:30 am – 8:15 am

Breakfast (*TCU Place*)

7:45 am – 4:45 pm

Children's Program Open (*Sheraton Hotel*)

8:15 am – 10:15 am

CE Sessions, OD's & Assistants (*TCU Place*)

10:00 am – 4:45 pm

Companion / Teen Program

10:00 am – 5:00 pm

Alternate Golf & Tours (*Dunes / Moon Lake*)

10:30 am – 12:00 pm

CE Sessions, OD's & Assistants (*TCU Place*)

12:00 pm – 1:00 pm

Lunch

1:00 pm – 4:15 pm

CE Sessions, OD's & Assistants (*TCU Place*)

6:00 pm –

Official CAO Congress Opening Ceremonies  
(*Western Development Museum*)





**FRIDAY, JULY 20, 2007**

7:30 am – 4:30 pm	Registration Desk Open ( <i>TCU Place</i> )
7:30 am – 8:15 am	Breakfast ( <i>TCU Place</i> )
7:45 am – 4:45 pm	Children’s Program Open ( <i>Sheraton Hotel</i> )
8:15 am – 10: 15 am	CE Sessions, OD’s & Assistants ( <i>TCU Place</i> )
10:00 am – 4:30 pm	Companion / Teen Program
10:30 am – 11:30 am	CE Sessions, OD’s & Assistants ( <i>TCU Place</i> )
12:00 pm – 1:30 pm	Past President’s Lunch
11:30 am – 4:00 pm	OPTOFAIR & Lunch ( <i>TCU Place</i> )
5:00 pm – 7:00 pm	School of Optometry, UW Reception ( <i>location TBD</i> )
7:00 pm – 10:00 pm	Class Reunions ( <i>on own</i> )

**SATURDAY, JULY 21, 2007**

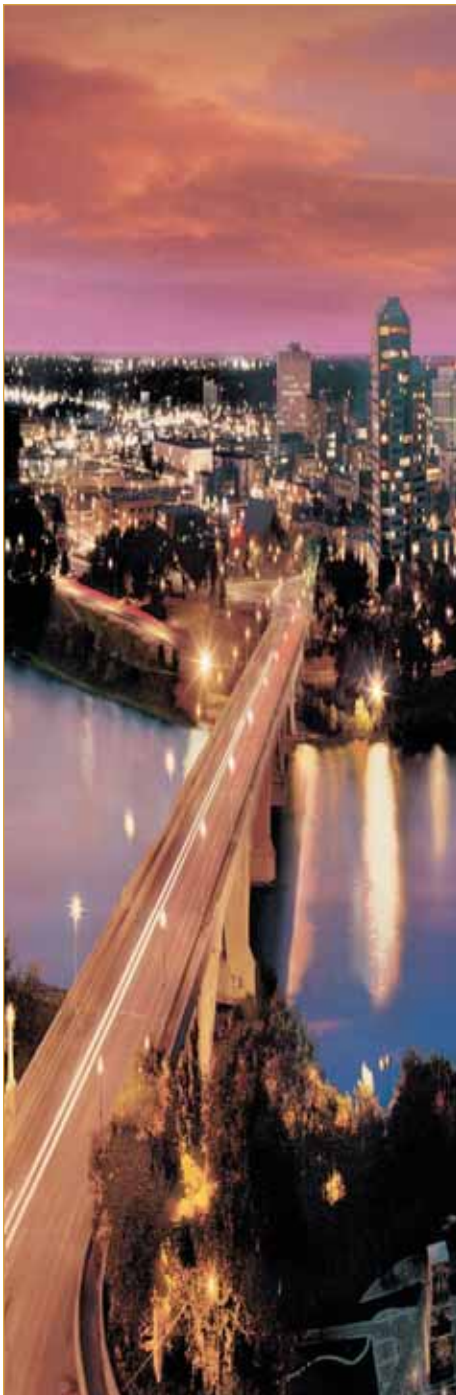
7:30 am – 4:00 pm	Registration Desk Open ( <i>TCU Place</i> )
7:30 am – 8:15 am	Breakfast ( <i>TCU Place</i> )
7:45 am – 10:00 pm	Children’s Program ( <i>Sheraton Hotel</i> )
8:15 am – 10:15 am	CE Sessions, OD’s & Assistants ( <i>TCU Place</i> )
10:00 am – 4:00 pm	Companions / Teen Programs
10:30 am– 12:00 pm	CE Sessions, OD’s & Assistants ( <i>TCU Place</i> )
12:00 pm – 1:00 pm	Lunch
1:00 pm – 4:00 pm	CAO Business Meeting ( <i>TCU Place</i> )
4:00 pm – 10:00 pm	Children’s / Teen Evening Program ( <i>Sheraton Hotel</i> )
5:30 pm – 7:00 pm	VIP, Champagne Reception ( <i>TCU Place</i> )
6:00 pm – 7:00 pm	President’s Reception, Banquet & Ball ( <i>TCU Place</i> )

**SUNDAY, JULY 22, 2007**

Departures  
Ad Hoc Meetings

## Saskatoon at a Glance

*see why it shines*



Saskatoon boasts a laid-back charm that enhances its cosmopolitan hustle and bustle. Sip cappuccino in a café in the trendy Broadway shopping district, check out the latest technology and research advancements, watch Shakespeare under a circus tent or explore 6,000 years of First Nations culture... it's all in Saskatoon.

The 2007 CAO Congress host hotels are situated on the river bank overlooking the South Saskatchewan River. The picturesque landscape is inter-connected with trails of parks, communities and constant activities. The castle-like Delta Bessborough Hotel provides the historical backdrop to the grey stone building of the University of Saskatchewan, the Meewasin Valley Centre, the Ukrainian Museum and the famous Mendel Art Gallery. The Sheraton Cavalier Hotel (host hotel and home base for the children's program) is directly across the street.

Take a guided boat tour and discover the natural and cultural heritage of the area. Or take an evening riverboat cruise and watch the world go by as you enjoy dinner and unparalleled views. Saskatoon is bursting with a lively ambiance with vibrant sophisticated arts and festivals. Delegates at the 2007 CAO Congress will have an opportunity to savor award-winning cuisine during the *Taste of Saskatchewan* being held concurrently with the Congress. This is an absolute "must" food adventure.

Saskatoon also boasts the first and only Synchrotron Facility in Canada. Saskatoon's research and technology sector has always been on the leading edge. Tours are available and are incorporated into the Congress program.

Saskatchewan is the home base of the famous Canadian Snowbirds, but we recommend you



Hosted by The Saskatchewan Association of Optometrists  
108-2366 Ave C North,  
Saskatoon, SK S7L 5X5,  
T: (306) 652-2069  
sao@sasktel.net

# SASKATOON AT A GLANCE

use an alternate airline such as Air Canada or West Jet, arriving daily at the newly expanded John G. Diefenbaker International Airport. Common flying times to Saskatoon from Toronto is 3 hours, Vancouver is 2½ hours, and Calgary, Winnipeg and Edmonton take only 1 hour. Some Congress delegates may also consider flying to/from Regina. The 2½ hour drive to Saskatoon will give you the opportunity to explore Saskatchewan even more!

For those who drive, Saskatoon is located in the heart of the province with easy access from all directions.

Saskatoon has a population of 206,500 people and has all the big city amenities with a small town spirit. And yes, Saskatoon is one of the sunniest spots in Canada. Come join us in 2007 and see why Saskatoon Shines!

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## Ground Transportation:

### TAXI

United Blueline Taxi

(306) 652-222 ☎ united.dispatch@sasktel.net

Saskatoon Radio Cabs

(306) 242-1221 ☎ radiocab@sasktel.net

A ride from the airport to downtown Saskatoon takes about 20 minutes and costs approximately \$30.

Premier Airport shuttle service is also available from:

SLT Limousine Services (*must be pre-arranged*):

(306) 665-0000 ☎ sltlimo@sasktel.net

☎ www.carservice.ca

### RENTAL VEHICLES:

Car rentals are conveniently located at the airport. Companies operating vehicle pick-up and return services are:

National ☎ www.nationalcar.com

(800) 387-4747 ☎ muellerj@nationalcar.com

Thrifty ☎ www.thrifty.com

(800) 847-4389 ☎ thriftyskn@shaw.ca

Avis ☎ www.avis.com

(306) 652-3434 ☎ avisdelta@sasktel.net

Budget ☎ www.budget.com

(800) 844-7888 ☎ lbeaxley@budgetsaskatoon.com

### SHUTTLE SERVICE

There will be a complimentary shuttle service leaving hourly from the Congress hotels to the TCU Place, Saskatoon's Arts & Convention Centre. For those who wish to, it is a pleasant 10 minute walk.

### CAO President's Cup Golf Tournament

Wednesday, July 18 – This is your invitation to participate in the prestigious CAO President's Cup Golf Tournament, which will be held at the Willows Golf & Country Club located just minutes from Saskatoon (see [www.willowsgolf.com](http://www.willowsgolf.com)). Appealing to both low and high handicappers, the tournament is open to all including CAO members, optometric staff, companions and suppliers. The entry fee includes green fees, power cart, return transportation, lunch, drink tickets, taxes, gratuities, an Awards event and prizes for everyone. Register now because space is limited! To register, please see the 'Golf Registration' form enclosed with your copy of the CJO. Fees: \$130 (\$120/ prior to June 25)

### President's Welcoming Reception

Wednesday evening, July 18 – Join CAO President, Dr Dorrie Morrow, at the *Top of the Inn* in one of Saskatoon's finest locations to witness the evening's picturesque view of the river bank. In a come-and-go wine and cheese reception, you will be entertained by local talent and have the opportunity to meet acquaintances from across Canada. The evening promises to be a relaxing and informal introduction to why Saskatoon Shines.

### Congress Opening Ceremonies

Thursday, July 19 – The Congress Opening Ceremony will be held in the heart of Boomtown, the Western Development Museum's representation of a typical Saskatchewan town. Boomtown captures the atmosphere and style of a typical Saskatchewan town in 1910. Over 30 buildings portray community life from the general store, to the blacksmith shop ringing with the sound of the hammer striking the anvil. The 2007 Congress delegates will be transported back to a time when the clip clop of horses filled the air. You won't just visit this museum, you will live it!

Delegates will be treated to real home-style cooking, neighbourly hospitality, good clean fun and be prepared



# SASKATOON AT A GLANCE

to be “Wowed” when the “Saskatchewan Express” take the stage. In their 25-year history, “Saskatchewan Express” has performed for more than two million people and traveled close to 300,000 kilometres. The troupe has proudly been a musical ambassador for Saskatchewan at major events across the country and has represented Canada at events in the United States. The group has traveled extensively in Saskatchewan and has given the people of this province a reason to be proud of our talented young people and of what we can accomplish right here in Saskatchewan.

Young or old, big or small, this evening is sure to be one Congress Opening Ceremonies you won't forget! So muster up your registration and pack your saddle bags and we'll see ya'all in 2007!

## Class Reunions:

Friday, July 20<sup>th</sup>, 2007 has been designated a free evening for class reunions. To assist in coordinating the class activities, Congress registrants will be listed by “Year of Graduation” on the message board located at the registration desk at the TCU Place Convention Centre. Class coordinators are asked to leave their contact information and details regarding their group activity for their fellow classmates and colleagues. Delegates are asked to check the Congress message board for any changes or updates.

## Children's Program

*Signing a liability waiver is a requirement for participation.*

*Parents of children under age 2 will be required to provide their own child care (list of sitters available at SAO office).*

Are you asking yourself if you should bring your children with you to the 2007 Congress? The answer is *absolutely!* Your children will be well cared for by qualified and certified staff. The program was designed to keep the children busy adding educational, fun activities throughout the day including babysitting services during the President's Banquet. The schedule will allow you to drop them off for breakfast, prior to the CE program, and pick them up after CE sessions are over.

The Congress evening programs (*with the exception of the President's Welcome reception and President's Banquet*) were designed to include the entire family. The committee developed both a Pee Wee and Youth program. Children under the age of five will enjoy the company of qualified babysitters and have the opportunity to enjoy the Kinsmen Park, splash in the paddling pool, visit the library for story hour and visit the Saskatoon Zoo and Forestry Farm. There will be stories, crafts and songs – they might never want to leave!

Your children can also join in on the exciting classes in Scottish dancing, taught by one of Saskatchewan's own, Dr Claude Hutton. Bring your dance shoes or try





# SASKATOON AT A GLANCE

it barefoot, it's a great opportunity to learn something new and to have a great time (*see photo page 21*)!

The Junior delegates will tour the Canadian Light Source Synchrotron light research station, experience some native history at the Wanuskewin Heritage Park, challenge their skills at the many attractions at Rucker's, hit the allies to try their hand at glow bowling and the list goes on and on. Just try and keep up!

## Peewee's (2 years - 5 years) \$125 per child

Includes drop off prior to CE sessions for a Full Day of Care.

- Art Program
- Fun Factory Game Centre
- Kinsmen Activity Park
- Library Story Hour
- Gymnastics
- Forestry Farm and Zoo

## Junior's (6 years and older) \$150 per child

- Bus Tour of Saskatoon
- Canadian Light Source
- Art Program
- Bowling
- Rucker's Amusement Centre
- Wanuskewin Park
- Scottish Dancing Lessons

## Companions Program:

Companions will begin their program with a welcoming reception providing an opportunity to meet other spouses. The program was designed with both female and male interests in mind and will include a tour of the city including a stop for a specialty coffee or a pint of the cold stuff in the "Heart of the Art", surrounded by quaint and trendy shops in the Broadway area.

You can also tour the Synchrotron Canadian Light Source and the Wanuskewin Heritage Park. In addition, visiting Saskatoon wouldn't be complete without lunch at a unique riverside eatery and gift shop located in a relaxed country setting minutes from the city. The Berry Barn has walking trails and serves scrumptious Saskatoon Berry Pie and home-style cooked meals. Bring an extra large suitcase; their gift shop merchandise is incredible!

For avid golfers, tee-times will be available throughout the Congress.

## Companions Program (Includes) \$250

- President's Gala and Banquet
- Greet & Meet Reception
- President's Welcoming Reception
- Opening Ceremonies
- Bus Tour of Saskatoon
- Lunches
- OPTOFAIR

## Additional Tours:

- Canadian Light Source (\$10)
- Wanuskewin (\$10)
- Saskatoon Berry Barn (\$20, *includes lunch*)

## Hotel Reservations:

All hotel reservations can be made on an individual basis by calling the hotel directly. Hotel room blocks, with negotiated rates, have been reserved at the hotels listed below. Hotel reservations are made on a first-come, first-served basis. The children's program will be based out of the Sheraton Cavalier Hotel. Please indicate when making your hotel reservation that you wish to be booked under the "CAO Congress Room Block". We encourage you to book early!

Conference room rates will be honored until June 17<sup>th</sup>, 2007. After June 17<sup>th</sup>, hotels will release the conference room block for general sale. Delegates are advised to check directly with hotels regarding late arrival policies.

### SHERATON CAVALIER

- Host Hotel -  
Rates \$159-\$174  
(800) 325-3535  
[www.sheratonsaskatoon.com](http://www.sheratonsaskatoon.com)  
Distance to TCU: 1.3 kms



### THE HILTON GARDEN INN

Recommended for Exhibitors  
located opposite TCU Place  
Rates \$149  
(877) 782-9444  
[www.hiltongardeninn.com](http://www.hiltongardeninn.com)

### DELTA BESSBOROUGH

Rates: \$129-\$149  
(800) 268-1133  
[www.deltahotels.com](http://www.deltahotels.com)  
Distance to TCU: 1.3 kms



# CONTINUING EDUCATION



## CONTINUING EDUCATION PROGRAM

The Canadian Association of Optometrists and the local organizing committee are pleased to provide world class continuing education. A total of 15 hours will be offered for Optometrists and 12 hours for Optometric Assistants.

Hours will be electronically monitored, tabulated and forwarded to you following the Congress.

We guarantee something of interest for everyone. You will have the opportunity to experience both local,

national and international speakers. The lectures will be conducted in the recently completed state of the art TCU Place and Convention Centre, which is located opposite the Hilton Garden Inn. The TCU facility hosts the newest audio visual technological equipment and all the comforts of home. For those not staying at the Hilton, a shuttle service will travel between TCU Place and the Sheraton Cavalier and Bessborough Hotels for your daily convenience.



## Contemporary Treatment Strategies for Primary Care Optometry

Thursday, July 19: 8:15 am - 10:30 am

This course considers important clinical tips and pearls regarding the use of both topical and oral medications in optometry. Topics include ophthalmic sprays for children and adults, a new diagnostic test for Horner's syndrome, use of medications in pediatrics and during pregnancy, selection of and prescription writing for controlled substances, prevention of drug interactions, and many others. Emphasis is placed on utilization of new information that has practical value for treating day-to-day patients.

## New Treatment Strategies for Dry Eye and Ocular Infections

Thursday, July 19: 1:00 pm - 3:00 pm

This course considers new concepts and new medications for treating patients with dry eye, an extremely common condition affecting every optometrist's patients. Novel therapeutic procedures and new delivery devices are discussed including nutritional agents that have recently been shown to have value in treating patients with moderate to severe dry eye syndrome. New medications to treat ocular infection are discussed in some detail, with an explanation of how these newer drugs may have advantages over existing therapies. Emphasis is placed on drugs and procedures that have practical value in primary care optometric practice.

**Jimmy D. Bartlett, O.D.** received his Doctor of Optometry degree in 1974 from Southern College of Optometry. After serving as Chief of the Optometry Service at the Tampa V.A Hospital and Assistant Professor in the Department of Ophthalmology of the University of South Florida College of Medicine, he assumed his present position at the School of Optometry, University of Alabama at Birmingham in 1977. Dr Bartlett is currently Chairman of the Department of Optometry, Professor of Optometry in the School of Optometry and Professor of Pharmacology in the Department of Pharmacology and Toxicology at the University of Alabama School of Medicine.

Dr Bartlett has served as Editor-in-Chief of the *Journal of the American Optometric Association*, Co-editor of *Clinical Ocular Pharmacology*, and he serves on the editorial advisory board for *Ophthalmic Drug Facts* and *Journal of Ocular Pharmacology and Therapeutics*.

Dr. Bartlett has delivered more than 1,000 lectures throughout the world to both clinical and research audiences, and he is the recipient of two honorary degrees. In 2000 he was selected by *Review of Optometry* as one of the most influential Optometrists of the 20<sup>th</sup> Century.



## Retina 2007

Thursday, July 19: 10:30 am - 12:00 pm

## Past, Present and Future of Medical and Surgical Retina

Thursday, July 19: 3:15 pm - 4:15 pm

A comprehensive review of current retinal therapies and surgeries. Dr Erasmus will attempt to cover all areas of interest and recent progress, referencing historical development, current thinking and future directions.

**Murray J Erasmus MD, FRCSC** received his undergraduate medical degree from the University of Cape Town in South Africa in 1983, and moved to Canada in 1985. He spent two years in general practice in rural Saskatchewan before starting a residency in Pediatrics at the University of Saskatchewan. After two years of Pediatric training he changed career direction and completed a residency in Ophthalmology at the University of Saskatchewan. This was followed by medical



and surgical vitreo-retinal fellowship training at the University of Toronto in 1991-1992. In 1992 Dr Erasmus then returned to join the Department of Ophthalmology at the University of Saskatchewan as Assistant Clinical Professor. He has been actively involved in the residency training program in Ophthalmology at the U of S, and served as Director of the Ophthalmology Residency Training Program from 1998 to 2001. He has been active in many University and Departmental Committees. Dr Erasmus has chaired several national surgical retina meetings, and has been a panelist and speaker at numerous medical and surgical retina conferences. He has been a Principal Investigator in several international clinical trials and maintains a keen research interest, particularly in the area of age related macular degeneration, and he also sits on the advisory board for several pharmaceutical companies. Dr Erasmus and his family recently left the prairies and relocated to Victoria BC in 2003. He is currently an Assistant Clinical Professor with the Department at the University of British Columbia, and is also involved in the Island Medical Program with the University of Victoria. He has a busy private vitreo-retinal practice in Victoria.



## Dry Eye Treatment & Management: What you May Be Missing

*Saturday, July 21: 8:15 am - 10:15 am*

Significant numbers of patients in primary care offices complain of or exhibit clinically significant dry eye. Recent studies confirm that patients expect relief from dry eye symptoms in the form a solid treatment plan. Patients are leaving offices due to indifference of the professional toward their dryness issues. This course evaluates the pathophysiology of dry eye and sorts out the latest in diagnostic technology. The full compliment of treatment modalities is covered with an emphasis on new technology and what really solves your patient's complaints and concerns. Anti-inflammatory treatments will be extensively covered along with the real word on nutritional supplements. Punctal occlusion is changing with new intracanalicular plugs, which can simplify the insertion process and ensure the dislodging/loss are kept to a minimum. We close with a practical look at the finances of the dry eye patient and ensure that you know what you may be missing. Practices are specializing in this area and finding great success at developing a strong patient loyalty.

## It's Not Just Cataract Surgery Anymore!

*Saturday, July 21: 10:30 am - 12:00 pm*

Technology is rapidly expanding and providing new options to achieve optimal outcomes for our patients. Cataract surgical procedures have changed dramatically over the past twenty-years leading to the realization that these are truly refractive procedures with highly predicable endpoints. Learn the latest in cataract care and the options that you should expect when you guide a patient through this process, make the referral and provide the pre and post-operative care. New and exciting IOL options include astigmatism correction, multifocal/accommodative and aberration reducing implants to provide improved functional vision and satisfaction. This seminar promises to arm you with the latest cataract care and management technology that you can use to gain higher levels of patient satisfaction.

**John W. Lahr, OD, FAAO** is based in Minneapolis, Minnesota and has served in a number of leadership positions in the American Optometric Association and has served as a member of the Clinical Practice Guidelines Committee to develop practice standards for optometry. He was the AOA's first representative to the American Medical Association's CPT coding Health Care Professional's Advisory Committee. He is a well known lecturer nationally and internationally. Dr. Lahr is an Editorial Board member for *Optometric Management* and currently serves as the Director of Primary Eye Services for STAAR Surgical, Inc. and Director for Professional Services for EyeMed Vision Care.





### Just Hype or the Holy Grail? Wavefront-guided LASIK

Thursday, July 19: 1:00 pm - 3:00 pm

With the advent of wavefront-guided LASIK, there was the expectation that we would be seeing many people with 20/10, or so called super vision. While this has not been the case, there are some definite advantages to the wavefront-guided technique, and these will be discussed. In addition, current limitations to wavefront-guided treatments will be discussed, and new developments in the near future that we can expect to see will also be mentioned. *(one hour)*

### Careful With That Thing Or You'll Lose An Eye! LASIK Complications

Thursday, July 19: 1:00 pm - 3:00 pm

While LASIK has been extremely well received by many individuals, it doesn't take long when searching the internet to find many dissatisfied patients, who have unfortunately, experienced some of LASIK's complications. In this lecture, we will discuss the common and rare complications of LASIK, both with the microkeratome and Intralase, and will discuss their frequency, as well as their treatment and expected outcomes. We will also put LASIK complications in context, by comparing them with the complications of contact lens wear.*(one hour)*

**Dr. James H. Underhill** received his medical degree from the University of Saskatchewan and his ophthalmology training at Queen's University in Ontario. He subsequently performed a corneal surgery subspecialty fellowship at the University of British Columbia in Vancouver, and holds a fellowship from The Royal College of Physicians and Surgeons of Canada. He is also a Fellow of the American Academy of Ophthalmology and the American Society of Cataract and Refractive Surgeons. He has a particular interest in refractive, corneal and cataract surgery, and has been in practice in Saskatoon since 1989. He has presented papers at meetings in Australia, Italy, Spain and throughout North America.



### Appreciative Teamwork (Joint, ODs & Optometric Assistants)

Thursday, July 19: 10:30 am - 12:00 pm

Appreciative Inquiry is a process that offers a positive, strengths-based approach to organization development. Appreciative Teamwork starts with the premise that aligned teams are more powerful than individuals working alone. This workshop will coach participants to create a team vision of success and a written plan to make it happen. Participants will be challenged to think, to dream, and to create a written plan of what they really, really, really, really want. What does the ideal future look like? What is working right now? What are the collective strengths of the practice? What challenges exist? What opportunities exist? What resources are available? Who needs to do what by when? Participants will leave with their own appreciative teamwork action plan.

**Cheryl Dougan** has diverse experience working with entrepreneurs, including coaching workshops in Dallas and Los Angeles. Recent engagements have included the Canadian Leadership Conference, the Credit Institute of Canada (Saskatchewan Chapter), the University of Saskatchewan (Business and Leadership Program, Effective Executive Program), the Instrumentation Systems and Automation Society (ISA), the Urban Municipal Administrators Association of Saskatchewan, Canadian Society of Club Managers, Alberta Rural Extension Services, Women Entrepreneurs of Saskatchewan, and Community Futures. As a coach, Cheryl's goal is to connect her audience to their own wisdom. She has been described as a "community booster", "professional optimist", and, given her witty and entertaining style, a "toddler with no fear".



## Contact Lens Solutions Overview

*Thursday, July 19: 3:15 pm - 4:15 pm*

This lecture will review the development of modern care systems, describe in detail their compositional differences and review how clinicians can maximise the performance of these systems to obtain the best clinical results with their patients. Course Objectives include: to understand the differences in deposition patterns that exist between conventional and silicone hydrogel lens materials; to understand the differences in composition between modern care regimens; to understand the potential for abnormal corneal staining patterns that occur when various combinations of lens materials and care regimens are used; and to better understand the importance of selecting an appropriate care regimen to improve subjective lens performance.

## If you Want to Win, You've Got to Stay in the Game

*presented by Dr L. Jones and Dr Keir (see Dr Keir's biography below)*

*Saturday, July 21: 10:30 am - 12:00 pm*

As a result of the rapidly expanding demand worldwide for silicone hydrogel contact lenses, many new lenses and designs incorporating these revolutionary materials are being developed and marketed. This interactive presentation will provide the latest information on the clinical performance of this new generation of contact lenses in an imaginative and engaging format. The audience will be able to take part in a "game" in which a series of conditions and cases related to silicone hydrogels will be discussed. Interactive keypads will be employed allowing instantaneous feedback from participants. This entertaining approach is certain to add value and relevance to this topic and to enhance the overall learning experience.

**Dr Lyndon Jones** is a Professor at the School of Optometry and Associate Director of the Centre for Contact Lens Research at the University of Waterloo (UW), where he is responsible for teaching contact lenses and anterior segment disease management. He is also cross-appointed to the Departments of Physics, Biology, Chemistry and Chemical Engineering at UW and an Adjunct Professor in the Chemical Engineering Department at McMaster. He graduated in Optometry from the University of Wales, UK in 1985 and gained his PhD from the Biomaterials Research Unit at Aston University, UK in 1998. He holds three of the higher awards granted by the British College of Optometrists, is a Fellow of the American Academy of Optometry, in which he is a Diplomate in Cornea and Contact Lenses, and is also a Fellow of the International Association of Contact Lens Educators. He is a former partner in a three-times award winning private practice in London and has been the recipient of numerous awards, including the 2005 UW's "Distinguished Teacher Award", and 2002 BCLA "Irving Fatt Memorial Lecture".



## If you Want to Win, You've Got to Stay in the Game

*presented by Dr L. Jones and Dr Keir (see lecture description above)*

*Saturday, July 21: 10:30 am - 12:00 pm*

**Nancy Keir, BSc, OD** is currently a Clinical Scientist at the Centre for Contact Lens Research at the University of Waterloo in Ontario, Canada, where she is responsible for conducting clinical research in the areas of contact lenses and refractive surgery. She graduated with honours in Optometry from the University of Waterloo and is currently working towards her PhD Degree in Vision Science. Nancy also works as an associate optometrist in Waterloo on a part-time basis.



**99 Marketing Techniques for Your Practice (JOINT)**

*Friday, July 20: 8:15 am - 10:15 am*

**Motivating and Retaining Staff**

*Friday, July 20: 10:30 am - 11:30 am*

This course provides tools for the learner to use in retaining employees. Statistics are presented showing the need for keeping employees happy. Management theory, motivation tactics and a plan for keeping employees are applied to a case study and exercise. The audience will share ideas for motivating and retaining staff. Upon completion, the learner should be able to determine what motivates their employees, list strategies to use in retaining employees, and develop management plans for keeping employees happy.

**Peter G. Shaw-McMinn, OD** is a 1978 graduate of the Southern California College of Optometry where he is presently an Assistant Professor responsible for coordinating and teaching the practice management courses. He is currently the chairman of the ASCO special interest group, the Association of Practice Management Educators and the AOA Practice Management Committee. He is a member of the AOA Membership Services Executive Committee, the AOA Practice Management University Task Force, and serves on the Board of Directors of the Vision West Inc. Buying group. He is one of three optometrists appointed to the Better Vision Institute's Advisory Committee. He is the senior partner of Sun City Vision Center, a group practice including four optometrists and one ophthalmologist in Riverside County, California. He writes and lectures extensively on practice management topics. Dr. Shaw-McMinn is a consulting editor to the AOA News Practice Strategies.



**Prescribing Prism for Strabismus - Everything You Wanted to Know But Were Afraid to Ask**

*Friday, July 20: 8:15 am - 10:15 am*

Clinical guidelines for vertical and horizontal strabismus, for comitant and noncomitant deviations, and for functional and cosmetic purposes are presented and illustrated using case reports. Implementation of prism is included.

**Differential Diagnosis of Headaches in Children**

*Friday, July 21: 10:30 am - 11:30 am* Presents a strategy for the differential diagnosis of headaches in children with special emphasis on differentiating between visually-related, migraine, tension, & organic headaches.

**Susan Cotter OD, MS** is a pediatric optometrist who received her OD from the Illinois College of Optometry and completed a residency in Children's Vision at the Southern California College of Optometry (SCCO). Currently, she is a Professor at the Southern California College of Optometry and a Research Professor in the Department of Ophthalmology at the University of Southern California's Keck School of Medicine. Dr Cotter is a Diplomate and a past Chair of the American Academy of Optometry's Binocular Vision, Perception, & Pediatric Optometry Section. She is a member of the Executive Committee of the Pediatric Eye Disease Investigator Group and serves on the American Optometric Association's Council on Research. Dr Cotter is a recipient of the American Optometric Foundation's Ezell Fellowship and editor of the textbook, *Clinical Applications of Prisms*. At present, Dr Cotter is an investigator for several studies funded by the National Eye Institute. She is Vice Chair and the SCCO principal investigator for the Convergence Insufficiency Treatment Trial, SCCO principal investigator for the Collaborative Longitudinal Evaluation of Ethnicity and Refractive Error and the Amblyopia Treatment Studies (ATS), and co-principal investigator for the Multi-Ethnic Pediatric Eye Disease study at USC.





## Be a '10' in Serving EXTRA-Ordinary Patients

Thursday, July 19: 1:00 pm - 2:30 pm

Every day, optometric offices have patients that present with problems and conditions that are NOT routine, that are 'out of the ordinary'. Whether they be partially sighted, physically challenged, chronically late, specialty contact lenses, acute conjunctivitis or refractive surgery candidate, is your office prepared for those EXTRA-ordinary patients? Follow these patients through the office from their first telephone contact, to their arrival at Reception, on to ancillary testing and in to the dispensary. Be a '10' at serving the EXTRA-ordinary patient!

**Dr. R Myles McMorris** is a member of the Board of Directors and Chair of the Planning Committee of the Saskatchewan Division of the Canadian National Institute for the Blind (CNIB). He was the founder of the SAO's Official Web-Site and Web-Master for 5 years. He was Editor of the SAO's Official Newsletter for 5 years. He is proud to have received the SAO's 'Optometrist of the Year' Award in 2000. He is on the Board of Directors of the renowned 'Temple Gardens Mineral Spa and Resort Hotel'. Dr McMorris is a partner in Primary Eye Care which was founded by Dr Myles McMorris and Dr. Jacqueline John in 1982.

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## What Every Parent Should Know About Their Children's Vision Before They Leave Your Office

Friday, July 20: 10:30 am - 11:30 am

The presentation will address demystifying the optometric eye examination and effectively communicating the benefits of optometric care to the parents of young patients. Dr Ross will include a summary of current optometric thinking on refractive, eye alignment, eye movement and visual processing disorders and their potential effects on children. A summary of key messages for parents as well as methods and styles of effectively communicating these messages will be presented. A lighthearted look at how to interact with our most honest patients will be the central theme.

**Dr Jim Ross** graduated from the University of Waterloo School of Optometry in 1978. Dr Ross has served on many professional and clinical committees of the Saskatchewan Association of Optometrists and is a past president and past registrar of the Saskatchewan Association of Optometrists. Dr Ross is one of five optometrists who practice at Cityview Optometry in Regina. He frequently provides vision care services to children who have been identified as having a vision problem that may interfere with their academic performance. Dr Ross lives in Regina with his wife Brenda and their two university age children. He is an active golfer, squash player and photographer.

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## Appreciative Teamwork (JOINT)

Thursday, July 19: 10:30 am - 12:00 pm

Presented by Cheryl Dougan. See page 29

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## 99 Marketing Techniques for Your Practice (JOINT)

Friday, July 20: 8:15 am - 10:15 am

Presented by Peter G. Shaw-McMinn, OD. See page 31

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### Words, Words, Words

Thursday, July 19: 3:15 pm - 4:15 pm

Confused about the terminology that the Optometrist uses on files, and especially in those letters you have to type? Dr. Hansen will enlighten all as to what many of these terms mean and how to spell them.

**Dr Joan Hansen** an optometrist in private practice in Tsawwassen, British Columbia, was elected President, Canadian Association of Optometrists effective July 1, 2004. Serving Tsawwassen for 21 years, Dr Hansen is active in service to optometry at a provincial and national level. She served as a Board member, BC Association of Optometrists, from 1984 to present and has held various positions. She was active in public relations work, serving as a media spokesperson for the BCAO and hosted a weekly open line radio show in Vancouver. She served as President, BCAO (1995 – 1997) and was appointed BCAO Councillor to CAO in 1997. She also served the BC Board of Examiners in Optometry, including as its Discipline Chair. Dr Hansen, originally from Manitoba, earned her Doctor of Optometry from the School of Optometry, University of Waterloo, 1979.



### Back-to-School: Don't Forget you Contact Lenses

Saturday, July 21: 8:15 am - 10:15 am

Increasing numbers of tweens (8 to 12 years) and teens are wearing contact lenses. Very often these patients have diverse expectations and demands for their visual correction and eye care practitioners must offer them the widest possible choices for their individual personalities and needs. This lecture will explore the most appropriate contact lens options for this group of patients including daily disposables, silicone hydrogels and cosmetic tinted lenses. A practical approach to the prescribing, evaluation and management of contact lenses for tweens and teens will be given.

**Nancy Keir, BSc, OD** is currently a Clinical Scientist at the Centre for Contact Lens Research at the University of Waterloo in Ontario, Canada, where she is responsible for conducting clinical research in the areas of contact lenses and refractive surgery. She graduated with honours in Optometry from the University of Waterloo and is currently working towards her PhD Degree in Vision Science. Nancy also works as an associate optometrist in Waterloo on a part-time basis.



### Paediatric Vision

Saturday, July 21: 10:30 am - 11:30 am

This course for optometric staff will cover the development of vision, risk factors for normal development, methods of examining infants and pre-school children and common ocular presentations and complaints. The aim of the course is to help optometric staff triage the pediatric patient and encourage a better understanding of the ocular abnormalities faced by this section of the population.

**Deborah Jones BSc FCOptom DipCLP FAAO** is currently the Clinic Director and head of the Paediatrics & Special Needs Clinic in the School of Optometry at the University of Waterloo, Ontario, Canada. Debbie graduated in Optometry in

1986 from City University in London, she became a member of the British College of optometrists in 1987 and attained Fellowship of the British College of Optometrists in 1992. She completed her Diplomate in Contact Lens Practice in 1993 and became a Fellow of the American Academy of Optometry in 1995.

She is formerly a partner in an award-winning private practice in London, has published articles in optometric journals, presented posters at conferences in Europe and North America and has presented at Canadian Optometric Continuing Education meetings. She is a past Clinical Tutor in binocular vision and contact lenses at the Institute of Optometry in London, a former Clinical Research Co-ordinator for Bausch & Lomb in the UK and is a recipient of one of the first Canadian Foundation for Innovation (CFI) grants awarded to new faculty in Canada.

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### Ocular Emergencies

*Thursday, July 19: 8:15 pm - 10:15 pm*

Optometric staff are the first point of contact for patients telephoning the clinical practice. Patients present with symptoms which they believe to be of an urgent nature. The aim of this course is to provide information on appropriate triaging of patients to decide if their “ocular emergency” is indeed an emergency. Examples of common presentations will be presented and management decided upon in an interactive quiz format. Learning objectives include: how to triage a patient presenting with an ocular emergency - the appropriate questions to ask; how to decide if an apparent ocular emergency really does need emergency care; and identification of some of the more common ocular emergencies. (1 hour)

### What's New & Sexy in Contact Lenses *Thursday, July 19: 8:15 pm - 10:15 pm*

This course will review the latest trends and developments in contact lens materials, care systems and designs and update delegates on how best to use these technologies to better serve their patient's needs. (1 hour)

**Dr Lyndon Jones** is a Professor at the School of Optometry and Associate Director of the Centre for Contact Lens Research at the University of Waterloo. His research interests primarily focus on the interaction of novel and existing contact lens materials with the ocular environment and he has given over 300 invited lectures worldwide.

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REGISTER NOW

See the Congress Registration form enclosed with this special issue of the CJO. Once completed, please fax to (613) 235-2025.

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GOLF ANYONE?

Those interested in the CAO President's Cup Golf Tournament, please refer to the separate Golf Registration form enclosed.

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CONTACT THE CAO

234 Argyle Ave., Ottawa ON K2P 1B9. Fax: (613) 235-2025.  
Tel: (888) 263-4676, (613) 235-7924. E-mail: info@opto.ca.

# PREPOSTCONGRESS ACTIVITIES

## ORGANISED PRE-CONGRESS TOURS

### Golf trip to Waskesui

The trip begins in Saskatoon at Dakota Dunes on Saturday, and Riverside GCC on Sunday. The group travels next to Waskesui to play outstanding courses on Monday and Tuesday. Those that sign up for the tour will return in time for the President's Cup at the Willows on Wednesday morning. Space is limited so call early. Contact Dr Bob Gulka c/o the SAO at [sao@sasktel.net](mailto:sao@sasktel.net).



## Northern fishing experience

Dr Russ Schultz is coordinating the Pre-Congress fishing expedition to Jan Lake Lodge. Space is limited so please call early to reserve a spot. You will need to arrive in Saskatoon on Saturday or Sunday for the short drive up to Jan Lake. Contact Russ for details c/o the SAO office at [sao@sasktel.net](mailto:sao@sasktel.net).

## Spa Luxury, Pre-Congress Package

For those of you that want to escape, relax and enjoy a luxury spa experience, you'll want to register for the Pre-Congress Spa package. You will be transported on Monday to the heart of downtown Moose Jaw where the exquisitely designed and luxurious Temple Gardens and Mineral Spa resort hotel is located (see [www.templegardens.sk.ca](http://www.templegardens.sk.ca)). It captures the spirit, history, and charm of Western Canadian hospitality and features one of Canada's largest natural geo-thermal mineral water pools.

The rejuvenating, mineral-rich, geo-thermal waters are drawn from porous rock more than 1,350 meters below the earth's surface. The pool is situated on the top floor of the Spa Resort, adding "tree top" views of beautiful Crescent Park from the outdoor section of the pool.

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*To register and for details about any of the activities listed above, please contact The Saskatchewan Association of Optometrists at (306) 652-2069 or [sao@sasktel.net](mailto:sao@sasktel.net).*

*Please note that all costs for the Pre-Congress tours are on a cost recovery basis and individuals are responsible for their own charges.*

## ON YOUR OWN

### Ideas for Pre & Post Congress Activities

Whatever your interests are, Saskatchewan is sure to provide you with unique

opportunities and warm memories. Whether on your own, with family, friends and/or colleagues, following are some ideas to assist you in planning your trip to Canada's golden core.

You may not know that Saskatchewan offers some of the most spectacular camping locations in Canada. Services are available for you to organize your camping experience by renting a trailer, a cabin by the lake or catching a ride on one of many tour buses.



You may also want to consider adding Jan Lake Lodge to your itinerary. It offers activities the whole family can enjoy including fishing, bird watching, berry picking, basketball, horseshoes, nature trails, fire pits, beach and playground equipment, canoes and golf. Visit [www.janlakelodge.com](http://www.janlakelodge.com). For other destinations in Northern Saskatchewan visit [www.northern.sask.info](http://www.northern.sask.info).



With over 250 golf courses, a Saskatchewan Golf Tour is definitely worth considering. You won't want to miss the opportunity to golf at some of the finest courses in Canada! Visit [www.saskgolfer.com](http://www.saskgolfer.com) to find out more.

For more ideas for what there is to see and do in Saskatchewan, visit Tourism Saskatchewan at [www.sasktourism.com](http://www.sasktourism.com), or Tourism Saskatoon at [www.tourismsaskatoon.com](http://www.tourismsaskatoon.com). See Canada, See Saskatoon Shine!