

**CAPB 2010 COMPANIONS PROGRAM
AUGUST 18 – 21, 2010
SAINT JOHN, NEW BRUNSWICK**

WEDNESDAY, AUGUST 18 2010 – PRE-CONFERENCE OPTIONS

1030HRS – 1700HRS CAPB GOLF TOURNAMENT, ROCKWOOD PARK GOLF CLUB
Rockwood Park Golf Club is one of the most challenging public courses in the region. The 18-hole course offers all the amenities of a world-class club, plus the only aquatic driving range of its kind in Atlantic Canada.

1300HRS – 1700HRS ROCKWOOD PARK FOR NON-GOLFERS (OPTIONAL)
We invite CAPB delegates who are not golfing to spend the afternoon in Rockwood Park. Rockwood Park is situated in the heart of Saint John. It is one of Canada’s largest municipal parks with 26 km (16 mi.) of trails in an 890-ha (2,200-acre) park of natural beauty. There are over 10 freshwater lakes within Rockwood Park. Lily Lake and Fisher Lake have beautiful sandy beaches for swimming. There’s also a children’s play park, hiking and jogging trails, wagon and horseback rides, canoeing, kayaking, paddle boats, rock climbing and orienteering programs, geo-caching, horticultural gardens and an interpretation centre. Visit the Cherry Brook Zoo and Vanished Kingdom Park, home to over 35 species of exotic animals. Rockwood Park has been a part of the city of Saint John for over a hundred years. It goes all the way back to the mid-1800s, when it was designed by architect Downing Vaux, a member of the architectural team responsible for New York City’s Central Park.

1700HRS – 2000HRS BBQ DINNER & FUNDRAISING RAFFLE – LILY LAKE PAVILION

2030HRS – 2230HRS COPS FOR CANCER CONCERT – SAINT JOHN HIGH SCHOOL

**THURSDAY, AUGUST 19 2010 | ST. ANDREWS-BY-THE-SEA
WHALE WATCHING, SITE SEEING IN A NATIONAL HISTORIC DISTRICT**

0700HRS – 0800HRS GET ACQUAINTED BREAKFAST – HILTON SAINT JOHN

0820HRS BUS DEPARTURE FROM HILTON

1000HRS – 1300HRS WHALE WATCHING WITH

ISLAND QUEST MARINE

1300HRS – 1500 HRS ST. ANDREWS-BY-THE-SEA

1500 HRS – 1600 HRS BUS RETURN TO HILTON &

DELTA



Experience the sea air with a drive along the Fundy coast and a story teller to keep you entertained. You will follow the rugged coastline to Chance and Dipper Harbours and Maces Bay. Welcome to St. Andrews, Atlantic Canada

St. Andrews is one of Canada’s oldest seaside resort towns, and is a designated Canadian National Historic District. Situated in the southwest section of New Brunswick, its position in the scenic Passamaquoddy Bay offers stunning ocean views and an array of oceanic activities such as charter fishing, whale watching and kayak tours. Discover the town’s abundant history with tours to the Dock House Museum and The Blockhouse, the last of 12 coastal structures erected during the War of 1812. Other attractions include Kingsbrae Garden, voted one of Canada’s top 10 public gardens, and the Atlantic Salmon Interpretive Centre, which offers educational information on the history of one of Atlantic Canada’s greatest resources. A bit of old New England waits as you delightedly explore the shops on Water Street.

**1900HRS - 2130HRS SPECIAL EVENING AT THE HISTORIC IMPERIAL THEATRE
WITH PHIL FONTAINE, LIEUTENANT GOVERNOR GRAYDON NICHOLAS AND
PERFORMANCES BY ABORIGINAL ARTISTS.**

FRIDAY, AUGUST 20 2010| AFTERNOON AND EVENING OF FREE TIME!

FREE DAY – COMPANIONS AND DELEGATES CAN MEET UP AT NOON AND SPEND THE AFTERNOON AND EVENING EXPLORING EVERYTHING SAINT JOHN HAS TO OFFER



SATURDAY, AUGUST 21 2010| HISTORIC GUIDED TOUR OF SAINT JOHN INCLUDING LUNCH AT THE UNION CLUB

1000HRS – 1500HRS

The morning includes a guided tour of Saint John including Irving Nature Park, Martello Tower, Reversing Falls, Mount Pleasant Avenue, Rockwood Park/Lily Lake and Loyalist House. There will be frequent stops to visit attractions, take photos and hear stories. You will step back in time strolling the streets of historic uptown Saint John. Stately buildings, intricate brickwork and stylish carvings tell the story of Saint John's past. Colourful characters come to life, turning a simple stroll through Trinity Royal Preservation Area into one of Canada's best Victorian experiences. The gong of Trinity's clock tells you just how long you can linger over the sights and sounds before its time to give in to the tantalizing aromas of nearby bistros and pubs. Guests will walk from Loyalist House to City Market, Burying Ground, Fire Station/firemen's museum, Kings Square, and Trinity Church.

After lunch at the Union Club you will have free time in Brunswick Square, Market Square to shop or you can explore the New Brunswick Museum.

1800HRS – 2130HRS CAPB MARITIME KITCHEN PARTY & LOBSTER BOIL – HMCS BRUNSWICKER

2100HRS HOSPITALITY SUITE