

FNSS Music Tour 2013

Sun Peaks, BC

April 7 – 15, 2013

FINAL ITINERARY

Mr. Johnstone's Cell: 250-775-0854

Mr. Scott's Cell: 250-500-3794

Mrs. Peace's Cell: 250-500-3206

Ms. Wheelan's Cell: 250-321-3051

STUDENTS: Please read-through this package carefully and be sure to keep it on you at all times. It contains everything you need to know about the trip and more. **DO NOT** ask what we are doing next and when we need to be there! Chaperones will tell you to look at your itinerary (after they give you a disapproving glare). It is your responsibility to make sure you know when and where you need to be at all times. If you can't find it in this package, and you've asked a friend and they don't know either, then and only then can you ask. A PDF version of this document can be found on the music department website - if you have a smartphone I'd suggest downloading it so you can view it on your phone. Those who are really advanced might even want to create a trip "calendar" that has all our schedule.

PARENTS: You can follow our progress by visiting the FNSS Music Department website. We will be updating our "Twitter" feed and posting on Facebook as we travel!

Website: www.fnssmusic.ca

Twitter: @fnssmusic

Friday, April 5 – Packing

3:20pm Ensure that your instrument and necessary accessories are in the band room and ready to be loaded on Sunday morning. Your name, school, home address and phone number must be clearly visible on the outside of your instrument case. Please double check that you have all the required music:

Tour Band: Falcon Fanfare, Fate of the Gods, As Summer Was Just, Gadget, Cartoon, Where the Mountains Touch the Sky, Hall of Fame, Scale and Chorale Sheet

Sr. Jazz: Respect, I Got You, St. Thomas, You're Simply Wonderful, Lady is a Tramp, Jazzers Warm-up, Start Your Engines.

If you play in both Tour Band and Sr. Jazz band make sure you have both instruments! Don't be the one person who forgets something....

Percussionists: Confirm that **all** required mallets, auxiliary percussion, and instruments are packed up and ready to go. We will need to pack the following large instruments:

Snare drum/stand, bass drum/stand, crash cymbals/stand, suspended cymbal/stand, wind chimes, bells, xylophone, vibraphone, 3 timpani, drum kit, gong

Be sure to get together as a group and go through each piece **IN DETAIL** to make sure we have everything. Please also make sure everything we are bringing has FNSS written somewhere on it.

Sunday, April 7 – Fort Nelson to Edmonton

- 6:15am Arrive at FNSS to load bus.
- 7:00am Depart from Fort Nelson to Edmonton. We will stop somewhere for lunch.
- 11:00pm Estimated arrival time into Edmonton, unload luggage and check in at the **Coast Edmonton Plaza**. Depending on the outside temperature, instruments may be able to stay on the bus. Students are to proceed directly to their rooms (no visiting time tonight!).
- 11:30pm Room check and lights out!

Monday, April 8 - Edmonton

- 6:30am Wake-up call!! You **DO NOT** need your uniform today. If you wish to go swimming at West Edmonton Mall please be sure to bring your bathing suit and a towel with you on the bus.
- 7:00am Hot buffet breakfast at the hotel.
- 8:15am Load the coach bus and depart for **University of Alberta**.
- 9:00am Arrive at UoA and proceed to workshop location in the Fine Arts Building.
- 9:30am Concert Band workshop with **Angela Schroder**.
- 11:00am Workshop ends. Load the bus again and depart for **West Edmonton Mall**.
- 12:30pm Arrive at **West Edmonton Mall**. Time to purchase lunch on your own. Students will be provided with a choice pass that allows entry into the World Waterpark, Galaxyland, OR Ropes Quest. Please note there is a \$7 fee for all day locker rental that can be paid by credit card or cash. If you don't bring a towel, the cost is \$3 to rent one.
- Students may also choose to use their choice pass to enter any two of the following attractions: Sea Life Caverns, Ice Palace (skate rentals extra), One Round of Golf at Professor Wem's Adventure Golf, One Round of Golf at Putt 'n' Glow, or two games of bowling or one hour of billiards (shoe rental not included) at Ed's Rec Room. Students may also choose just to shop!!
- 6:20pm Meet outside **Jungle Jim's Restaurant** (located on Bourbon St in the mall).
- 6:30pm Dinner at **Jungle Jim's**.
- 7:30pm Meet bus and return to hotel.
- 8:00pm Arrive back at the hotel for free time. Work on term 3 band project. This would be a great time to work on some of that homework you need to get done!
- 10:30pm Room Checks!
- 11:00pm Lights Out!

Tuesday, April 9 – Edmonton to Calgary

- 7:15am Wake-up Call!! You **WILL** need your uniform today so be sure to have it on the bus with you (you don't need to wear it on the bus but can if you so choose).
- 8:00am Hot buffet breakfast served in the hotel.
- 8:45am Room checks (we are checking out of the hotel – nothing can be left behind!)
- 9:15am Load Bus.
- 9:30am Depart for **Red Deer, AB**
- 11:30am Arrive in **Red Deer**. We will find a place to stop for a lunch break.
- 12:30pm Arrive at **Joseph Welsh Elementary School** and set-up for performance.
- 1:00pm Performance begins!
- 2:00pm Performance ends. Load bus and continue on the road to Calgary.
- 4:15pm Arrive at the **Calgary Tower** and check-in for our visit.
- 4:30pm **Calgary Tower Observation Deck!!** (200m above the ground)
- 5:30pm Board bus and transfer to hotel.
- 6:00pm Arrive at **Sandman Hotel Calgary West**. Unload and check into rooms.
- 7:00pm Group dinner at the hotel – Pasta Bar Buffet.
- 8:00pm Remainder of the evening is free time. Work on term 3 band project. How is that homework coming along?? Done yet?
- 10:00pm Room Checks
- 10:30pm Lights out!

Wednesday, April 10 - Calgary

- 6:00am Wake-up Call!! Please be in **FULL uniform** today when you board the bus!
- 6:45am Breakfast at hotel
- 7:45am Load bus
- 8:00am Depart for performance
- 8:30am Arrive at **St. Elizabeth Elementary School** and set-up.
- 9:00am Performance begins!

- 10:00am Performance ends. Load bus. We have another performance in the afternoon, so you may wish to leave your 'blacks' on and just take off the tie and vest.
- 10:30am Depart to **Market Mall**
- 11:00am Arrive at Mall – Time to shop and purchase lunch.
- 12:30pm Board the bus and depart for **University School**
- 1:00pm Arrive at school and set-up for performance. Be sure you are in **FULL** uniform.
- 1:30pm Performance beings!
- 2:30pm Performance concludes. Load bus and change out of uniform.
- 2:45pm Depart for **SpacePort** at Calgary International Airport.
- 3:30pm Visit Calgary SpacePort: a unique education and entertainment facility focusing on space and aeronautics.
- 3:45pm Watch **Living in Space Stageshow**
- 4:30pm Show ends. Time to explore other hands-on exhibits in groups.
- 5:00pm Load bus and depart for dinner.
- 6:00pm Group dinner at **Salt and Pepper Restaurant**.
- 7:15pm Load bus and depart for hotel.
- 7:30pm Remainder of the evening is free time. Work on term 3 band project. Seriously – how can you not be done your homework yet?? DO IT!!
- 10:30pm Room Checks
- 11:00pm Lights Out!

Thursday, April 11 – Calgary to Banff

- 7:00 am Wake-up call!! We are checking out of the hotel this morning so room must be spotless. Please also make sure you have your bathing suit in your bus carry on as we will be heading to the hot springs before we unpack at the next hotel.
- 8:00am Breakfast at hotel.
- 9:00am Room checks and check-out.
- 9:30am Load bus
- 10:00am Depart for Banff
- 12:00pm Arrive in Banff National park. Time to purchase lunch and do some shopping.

- 2:00pm Board bus and depart for **Banff Upper Hot Springs**.
- 2:30pm Arrive at hot springs (towel and locker rental is included).
- 5:00pm Finish swimming. Load bus and transfer to hotel.
- 5:30pm Check into **Banff Aspen Lodge**, unload bus
- 6:45pm Meet in the lobby of the hotel and walk to the restaurant
- 7:00pm Group dinner at the Old Spaghetti Factory.
- 8:30pm Return to the hotel and enjoy the rest of the evening. Work on term 3 band project. Homework still?!? If I have one teacher tell me that a student didn't complete their homework, I will RAGE PANDA!
- 10:00pm Room checks!
- 10:30pm Lights out!

Friday, April 12 – Banff to Sunpeaks

- 6:00am Wake-up call!! No uniform required today! Make sure room is spotless as we are checking out of this hotel today.
- 6:45am Breakfast at hotel
- 7:30am Room checks, checkout
- 8:00am Load bus
- 8:15am Depart for Sun Peaks, BC. We will stop for lunch along the way.
- 4:00pm Arrive in Sun Peaks and check-in at the **Delta Sun Peaks Resort**.
- 5:30pm Meet in the hotel lobby and walk to the restaurant.
- 5:45pm Group dinner at **Masa's Restaurant**
- 6:45pm Walk as a group to the **Bento's Day Lodge** to attend **Student Social**. Here we will get to meet some other band members and participate in a 45 minute Improv Show with actors from the New Vintage Theatre in Kelowna.
- 8:30pm Return to the hotel for the evening. Work on term 3 band project. If you aren't done your homework by now, I give up. I really do.
- 10:30pm Room Check
- 11:00pm Lights out!

Saturday, April 13 – Festival Day

- 7:00am Wake-up call.
- 8:00am Breakfast at the hotel in **Mantle's Restaurant**.
Note: WE MUST arrive as a group for this breakfast – it is not 'at your leisure'.
- 9:00am Relaxation time – Sr. Jazz members need to be in **FULL** uniform.
- 9:45am Meet in hotel lobby to walk to Sr. Jazz performance location.
- 10:15am Arrive at **Bento's Day Lodge**. Note: There is no warm-up room at this venue... we must warm-up on stage as soon as the previous group exits so please be organized and ready to move quickly.
- 11:00am **Sr. Jazz Band Performance / Workshop**. Tour band members are in the audience.
- 12:30pm Group BBQ lunch at **Masa's Restaurant**.
- 1:30pm Arrive at Delta Sun Peaks Ballroom to watch performance by Forest Lawn Concert Band.
- 2:00pm Return to hotel to change into uniform.
- 2:30pm Group photos! Be sure you have your instrument. (Tentative time)
- 3:30pm Meet in hotel lobby in **FULL uniform** with instruments and music.
- 3:50pm Tour Band Warm-up
- 4:30pm Tour Band Performance and Workshop
- 5:30pm Return to rooms and change out of uniform, store instruments.
- 6:00pm Group dinner at **Mantle's Restaurant** in hotel.
- 7:00pm Remainder of the evening is free time. Work on term 3 band project. Do I need to say it?
- 10:30pm Room Checks!
- 11:00pm Lights Out!

Sunday, April 14 – Sun Peaks to Prince George

- 7:00am Wake-up Call!! No uniform required today, but you do need your instrument and massed band pieces.
- 8:00am Breakfast as a group in the **Mantle's Restaurant**.
- 9:00am Room checks! Load everything you don't need for the massed band performance onto the bus.

- 9:30am Massed band rehearsal and performance. Percussion you must bring the following: snare drum/stand, cymbals/stand, mallets, beaters, sticks and auxiliary percussion instruments required for the two pieces.
- 10:30am End of rehearsal. You **MUST** hand in Hall of Fame as the school will be charged for any parts not returned. Where the Mountains Meet the Sky is a photocopy.
- 10:45am Load bus with instruments and xpercussion equipment.
- 11:00am Free time for shopping / lunch.
- 1:00pm Depart for **Quesnel**. We may stop on the way if required.
- 7:00pm Arrive at **Boston Pizza** in Quesnel for group dinner.
- 8:00pm Depart Quesnel for Prince George.
- 9:45pm Arrive in **Prince George** at check-in at the **Sandman Hotel**.
- 10:30pm Room Checks!
- 11:00pm Lights Out!

Monday, April 15 – Prince George to Fort Nelson

- 5:30am Wake-up Call.
- 6:15am Breakfast at the hotel.
- 7:00am Room checks and board bus.
- 7:30am Depart for Fort Nelson, with a stop for lunch.
- 6:00pm Arrive in Fort Nelson! Unload bus and go home to sleep.

Now that you're back home, here are some reminders:

- Tuesday, April 16 is a PE Day! Please go to school - you are not excused and have already missed 6 days of instruction right before term three end.
- There will be NO am rehearsals for the rest of the week.
- YES there will still be tour band, but I will let you know the exact dates once we return.
- I will be at school in the morning, but will be leaving at lunch time with the RLA students on their trip in the afternoon. (Why, oh why did the schedule work this way??)
- Your term 3 project is due no later than Friday, April 19. You will have class time to finish it on Wednesday as I will still be FSJ.

General Information

Keep a copy of the itinerary with you at all times. You will be notified of changes to the itinerary by chaperones themselves.

Your consideration and respect involving curfew and hotel etiquette will allow everyone to rest up for each full day.

A. Expectations / Rules & Regulations

While on this trip you will be on public display and representatives of your city, school, and music department. It will be your responsibility and duty to conduct yourself so that you will be above reproach and a credit to FNSS and Fort Nelson. Good taste, moderation, and common sense should be your guide at all times. The above comment is a sufficient reminder for most students, but in the event that you are led to temptation, here are a few specific rules:

1. No drinking or possession of alcoholic beverages at any time or place.
2. No consuming of drugs for any reason other than medicinal purposes. This includes no smoking at any time! Please inform chaperones of any medications you have with you.

Any student in violation of #1 or #2 will be sent home at their own expense immediately.

3. You shall be courteous and considerate at all times. This includes free time at the hotel, where we are not the only guests. Curfew and lights out **MUST** be followed without exception.
4. You shall take careful note of instructions given by chaperones.
5. When you are given free time, you must travel in groups of no less than three people. Please report to a chaperone on exactly where you are going and the time you plan on being back.
6. To be 'on time' is to be late; to be early is to be 'on time'.
7. Students are responsible for any damage to public or private property. Everyone must refrain from bringing back ANY "souvenirs" from the hotel (towels, ashtrays, coat hangers, etc.)
8. Students are not permitted to purchase and consume 'energy' drinks such as Monster while on the trip. They are really bad for you and will throw off your sleep schedule!

B. In case of Emergency

Contact a chaperone ASAP and dial 911 in most cities for emergency – Fire, Ambulance, and Poison Centre.

C. Weather

As we are traveling through a variety of climates, be sure to pack clothes that will work in all condition. Layers are your friend! Alberta could be +20 or -20 depending on the day.

E. Clothing

Don't pack too many clothes, but remember you will be away for 8 days. Clothes should be casual and comfortable, but nice (no inappropriate logos, etc).

F. Uniforms and Music

Keep your uniform clean, and wear it only to, from, and during performances. Make sure that your uniform is complete and perfect! I strongly suggest taking a piece of masking tape and writing your name on the inside of your uniform so you can easily identify it from others. Any student who does not return their uniform at the end of the year may be charged a \$100 replacement fee.

Please also make sure you have a black music folder; it looks unprofessional to walk onstage clutching a handful of sheet music. There are extras in the band room if you do not have one.

G. Spending Money

Don't carry too much money with you; it could be lost or stolen. The only spending money you will need is for meals, incidental expenses, and any gifts or souvenirs you wish to purchase. **If you plan on using a bank or credit card, be sure to contact your bank first to find out any limits or restrictions you may have.**

H. Cell Phones

Many students now have their own cell phones and they are a great tool to help everyone stay in contact during the trip. All students who do have a cell phone are asked to make a contact in their phone for each of the chaperones on the trip so they can easily call us if any issues arise. I also ask that students provide their own cell phone number so I have a master list if I need to quickly get in touch with them.

As we are traveling out of BC, students are reminded to make sure they understand their phone plan and any long distance fees they may have to pay when making calls.

J. RBC Travel Insurance Company

If you require medical treatment during your trip, you must contact Assured Assistance Inc. IMMEDIATELY at the above phone number. Failure to contact may result in compensation declined or substantially reduced.

Contact: Assured Assistance Inc. (after departure)

Phone: 1-800-387-2487 (Canada or USA) or call collect 905-816-2561

POLICY#: G00058025

TYPE OF INSURANCE PURCHASED: YOUTH STUDENT PACKAGE

SUGGESTED TRAVEL CHECKLIST

Required Items

- bank and/or credit card
- insurance information
- personal medication (clearly labelled in original container)
- required documentation – valid passport or other ID for U.S.A. when travelling outside Canada – keep it safe, but handy

Suggested Items

- suitable clothing – **good walking shoes (2 pairs)**
- cosmetics and toiletries
- all-weather jacket and folding, lightweight umbrella
- travel alarm clock and watch
- sunglasses, sunscreen and hat, if applicable
- itinerary, maps, brochures for reference on trip
- camera and accessories (should be labelled with name, address and telephone number)
- spare batteries for camera, other electronic devices
- travel diary and pen
- reading material
- copy of itinerary and telephone numbers to leave at home with relative or friend
- addresses of those to whom you wish to send a postcard
- small sewing kit
- plastic bags
- medication for motion sickness (Gravol)
- first aid kit
- emergency numbers
- suggest customs card for valuable objects – digital cameras, lap tops, etc
- purchase a local calling card, if needed

****Do not carry valuable jewellery**

311 Main Street, P.O. Box 1990
Exeter, ON, Canada N0M 1S7
Tel: 519-235-2000 Fax: 519-235-2061
TICO #2392471

Suite #303 - 267 West Esplanade
North Vancouver, BC, Canada V7M 1A5
Tel: 604-983-2470 Fax: 604-983-2471
BPCPA Registration #37951

www.ettravel.com

**FORT NELSON SECONDARY SCHOOL
EDMONTON, CALGARY, BANFF & FEATURING THE
CON BRIO SUN PEAKS FESTIVAL
APRIL 7 – 15, 2013**

FAMILY CONTACT SHEET

ACCOMMODATION:

Coast Edmonton Plaza Hotel (April 7 – 9)
10155 – 105 Street
Edmonton, AB T5J 1E2
Phone: 780-423-4811

Delta Sun Peaks Resort (April 12 – 14)
3240 Village Way
Sun Peaks, BC V0E 5N0
Phone: 250-578-6000

Sandman Calgary West (April 9 – 11)
125 Bowridge Drive N.W.
Calgary, AB T3B 3R6
Phone: 403-288-6033

Sandman Prince George (April 14 – 15)
1650 Central Street
Prince George, BC V2M 3C2
Phone: 250-563-8131

Banff Aspen Lodge (April 11 – 12)
401 Banff Ave
Banff, AB T1L 1A9
Phone: 403-762-4401

RBC Travel Insurance Company
6880 Financial Drive, West Tower
P.O. Box 97, Station A
Mississauga, Ontario L5N 7Y5

Contact: Assured Assistance Inc. (after departure)
Phone: 1-800-387-2487 (Canada or USA)
or call collect 905-816-2561

If you require medical treatment during your trip, you must contact Assured Assistance Inc. IMMEDIATELY at the above phone number. Failure to contact may result in compensation declined or substantially reduced.

POLICY#: G00058025
TYPE OF INSURANCE PURCHASED: YOUTH STUDENT PACKAGE

**For further details (i.e. rules and regulations), please see the RBC Insurance brochure or call your group agent listed above.

Ellison Travel & Tours Ltd. (Vancouver office)
Phone: 1-866-983-2470 or 604-983-2470
Fax: 604-983-2471
Office Hours: Mon to Fri, 8:30am – 5:00pm PST
Contacts: Cheri Ewaskow Cell: 778-874-1245
Erika Korstrom Cell: 604-617-3443