

**Registration is now open!**



# INSTITUTIONAL SOLUTIONS — G R O U P —

...invites you to Cruise "**North to Alaska**"!

Join the **DYNAMIC TRIO**,

**MICHAEL and DR. CHRISTINE BATES  
& GEORGE F. LITTERST**

...on a cruise that will expand your verbal and musical  
communication skills,  
while exciting your senses with unequalled beauty and wildlife!

**7-night Voyage of the Glaciers Cruise**  
aboard the beautiful Diamond Princess  
**June 11 – 18, 2011**

**Board the Denali Express for an *optional* 3-night Land Tour**  
featuring 1-night at Denali Princess Lodge  
& 2-nights at Mt. McKinley Princess Lodge  
**June 18 to 21, 2011**

***Avoid disappointment & Book Early!***

***In addition to The Dynamic Duo, we want to thank:***

**CHRISTINE KASTANOPOLOUS...**

your host on the cruise and President of the Alaska Music Teachers Association,  
for inviting the featured speakers and providing music teachers with this exciting opportunity!

**HAL LEONARD PUBLISHING...**

for their support.

**KEYBOARD CACHE...**

of Anchorage, for conducting an onboard store to offer many of  
the Hal Leonard products used in various presentations.

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As advertised in the **CLAVIER COMPANION** and **MTNA JOURNAL**

***WHY CRUISE ALASKA WITH MIKE, CHRISTINE, & GEORGE?***

There are many different ways to see Alaska and Princess does it best on their Voyage of the Glaciers. Wind through sheltered inlets, coves and forest-covered islands to frontier ports dusted with gold rush lore. Then trace the rugged, mountainous south central coast. Where others turn back, you'll cruise onward to marvels you really should see – Prince William Sound and the mighty Gulf of Alaska. You'll enjoy a full day of scenic cruising in Glacier Bay National Park. Linger in the footprint of shimmering ice sculptures three stories high. Margerie, Pacific and Johns Hopkins carve massive icebergs right before your eyes. And College Fjord takes center stage with 16 performers held over from the Pleistocene Age...all with the narration of the Glacier Bay Ranger Naturalist! *Be sure to have your binoculars and cameras ready!*



### ***Your Onboard Presentations:***

#### **Music for Life**

##### ***Michael Bates & George F. Litterst***

The indefinable benefit of music study, music making and music appreciation and how it affects the human spirit from cradle to grave. Recent research has shown that making music actually affects the human machine on the genomic level....so what? How can we take all that we "know" is true about music and make it into understandable, duplicable, statements to pass on to our students, parents and the community.

#### **Live, from Zimbabwe!**

##### ***Michael Bates & George F. Litterst***

How the miracle of the Internet enables us to access the most intimate musical moments with others a world away. Mike and George will share real time "live" examples from music educator colleagues from around the world during this technology-assisted session. All those who enjoy crossing their fingers are encouraged to attend!

#### **To Boldly Go Where Few Audiences Have Gone Before!**

##### ***Michael Bates & George F. Litterst***

Join Mike and George for a hour of multimedia, musical performances. Enjoy modern technology that brings back artists from the past and which supports the contemporary artist with coordinated visual imagery.

#### **Introduction to the Enneagram**

##### ***Christine A. Bates, Ph.D.***

While we are cruising and exploring the vistas of Alaska, licensed psychologist Dr. Christine Bates will offer an introduction to the **ENNEAGRAM**, a personality model which empowers us to explore the geographies of our own personalities, enabling us to understand ourselves more deeply and those people with whom we live and work. The Enneagram has something to say to us about multiple aspects of our lives: how we communicate, set goals and solve problems; what our deepest motivations are, how we might motivate and mentor others. It can provide us with personality information useful if our positions require us to offer feedback, manage teams, mentor and provide leadership. Primarily, it can point us in the right direction to facilitate our growth, enabling us to break through our self-imposed roadblocks in order to reach our full development as human beings." [www.EnneagramInstitute.com](http://www.EnneagramInstitute.com) Dr. Bates will be available for individual consultations about either the personality model and implementing it, or about other life concerns which you might want to explore.

### ***Learn more about your presenters:***

**MICHAEL BATES** is the senior member of the Institutional Solutions Group in the Keyboard Division of Yamaha. Over the last 28 years with the company, Mike's career has included nine years as the general manager of the Music Education Division. In his long career with Yamaha, he has been responsible for numerous special projects on behalf of both Yamaha and the music industry, including working on the team that developed the music and arts advocacy materials created by NAMM/MENC in the early 1990's. Mike was also on the small team that developed the initial Technology Guidelines for Music Educators, published by MENC and in the area of distance learning he was the lead Yamaha manager for the development of the 2002 International Piano-e-Competition, featuring for the first time a piano competition in which the judging panel was on two different continents, yet judging the competitors "real time" from one performance site. A former public school music educator in the Northwest, Mike is the recipient of the inaugural Lifetime Achievement Award for Music Education from Berklee College of Music in 1998 and similar awards from California MEA, The Young Musicians Foundation of Los Angeles and several other national music education organizations. Most recently he was honored to receive the Lowell Mason Fellow award for his lifetime work in support of public school music education from The Music Educators National Conference. He has also served as a board member or consultant, with a focus on practical music education concepts and teacher training. He has served as a board member with The Pacific Symphony Orchestra, Arts Orange County, LA County Head Start, and as a trainer and consultant to the United States Marine Corps. Recruiting Command, MTNA, and colleges and universities nationwide.

**CHRISTINE BATES, PH.D.** has been conducting a general adult psychotherapy practice in the village of Tubac, Arizona, since 2006. One of the most exciting developments in her professional career has been her introduction to and training in the Enneagram, [www.EnneagramInstitute.com](http://www.EnneagramInstitute.com) Christine has taught this model to individuals, as well as business, community, and family groups, finding it to be a robust and helpful tool for self-knowledge, interpersonal understanding, conflict management, team building, personal development, and spiritual formation, as well as being useful in assisting each of us to actualize our unique potential in any domain. It is ideal for partners, in business or in life; for parents in understanding their children, and children their parents; for business and professional people in understanding the needs and motivations of potential clients; in organizational life for understanding the working styles of our colleagues; and for people on a spiritual path, to understand what gets in the way of our progress in transformation. Its applications are numerous and broad, and is currently being used in some of the most successful corporations, business schools, professional and religious organizations in the nation. After having spent many (15) years as a piano teacher, as well as being wife and mother, Dr. Bates returned to college at the age of 35, and throughout the following 9 years, completed a Bachelors degree, a Masters Degree in Counseling and finally, in 1993 a Doctorate in Counseling Psychology from the University of Southern California in Los Angeles. Christine and her husband Mike have 5 children and 17 grandchildren.

**GEORGE LITTERST** 1953-TBA

George Litterst is a nationally known music educator, clinician, author, performer, and music software developer. A classically-trained pianist, he is a MIDI musician who works extensively with the high-tech Disklavier piano in his performing, teaching, and other professional activities. As a software developer, Mr. Litterst is the co-author of the intelligent accompaniment software program, Home Concert Xtreme, the electronic music blackboard program, Classroom Maestro, and the long distance teaching and performance program, Internet MIDI, from TimeWarp Technologies. [www.timewarptech.com](http://www.timewarptech.com) Author of nearly 100 articles on the application of new technologies in music education, Mr. Litterst is currently technology editor for Clavier Companion and co-technology editor for American Music Teacher. [www.georgelitterst.com](http://www.georgelitterst.com)

<b><u>CRUISE</u></b>	<b><u>NORTHBOUND VOYAGE OF THE GLACIERS</u></b>
June 11	Relax and enjoy the luxury of shipboard living as the Diamond Princess sails from <b>VANCOUVER, British Columbia</b> . Check-in begins at 1:00pm. <b>Be on board ship by 3:00pm</b> for a 4:30pm sailing. Princess offers transfers to the ship today, if your flight arrives at Vancouver Airport no later than 1:30pm. If you would like to arrive in Vancouver a day early, Traveling Together can help you arrange for an early night at the Hyatt Regency Vancouver.
June 12	At SEA with <b>presentations by Mike, Christine &amp; George</b>
June 13	Arrive <b>KETCHIKAN</b> , a bustling town with wooden sidewalks, rustic buildings, and cabins nestled high in the forested hills. As you stroll through the "First City" make sure you visit the former red-light district called Creek Street, now known for its collection of unique shops and galleries. <b>There will be a presentation this afternoon once we set sail and a private cocktail party prior to dinner.</b>
June 14	Welcome to <b>JUNEAU</b> , the enchanting capital of Alaska. Although this friendly community is a gateway to innumerable natural attractions, the town itself is interesting in its own right. Founded on the promise of gold in the latter part of the 19 <sup>th</sup> century, Juneau eventually yielded immense profit before the last gold mine closed during World War II.
June 15	Arrive <b>SKAGWAY</b> , gateway to the great Klondike Gold Rush of 1898. You can board the White Pass Summit Train right at the cruise ship pier. This engineering wonder climbs nearly 3,000 feet over 20 miles of steep grades and cliff-hanging turns. See the original Klondike Trail of '98 worn into the rocks, a permanent tribute to the thousands of souls who passed this way in search of fortune.
June 16	Scenic cruising at <b>GLACIER BAY NATIONAL PARK</b>
June 17	At SEA with <b>presentations by Mike, Christine &amp; George</b> , prior to arriving at COLLEGE FJORD for scenic cruising.
June 18	Arrive at the port of <b>WHITTIER</b> . Approximate 1 to 1 1/2 hr. drive to <b>Anchorage Airport</b> or the hospitality center for those with late flight departures. Flight departures should be no earlier than 11:00am, with a <b>preferred departure time of 1:00pm or later</b> . (Per Princess Cruises) <i>Many flights departing Anchorage may not have you arriving home until the following morning.</i>

<b><u>OPTIONAL EXTENSION</u></b>	<b><u>LAND TOUR ITINERARY—Space is limited for this extension</u></b>  Since you'll already be in Anchorage, consider joining us on the 3-night inland Alaska adventure!
June 18	Whittier/Denali - Disembark in Whittier and board the <b>Denali Express rail</b> directly to <b>Denali National Park</b> . Enjoy the evening at leisure at the <b>Denali Princess Wilderness Lodge</b> .
June 19	Denali/Mt. McKinley - This morning, take an <b>educational tour into Denali National Park</b> . Then, travel by motorcoach to the south side of Denali for a two-night stay at the <b>Mt. McKinley Princess Wilderness Lodge</b> .
June 20	<b>Mt. McKinley</b> - Enjoy a full day at leisure. Choose from a selection of optional excursions or just relax at the lodge.
June 21	Mt. McKinley/Anchorage - This morning, motorcoach to <b>Anchorage Airport</b> for your flight home. Note: <b>Flights must depart after 1:00pm</b> . <i>Many flights departing Anchorage may not have you arriving home until the following morning.</i>



**Don't miss the boat!!**

**CABIN & CATEGORY  
AVAILABILITY IS LIMITED!**

***Balcony cabins sell out quickly!***

**Avoid disappointment!  
Book Early!**

**\*\*This cruise must be booked with Traveling Together  
in order to participate in any of the group activities and classes.**

**Sorry, but there will be no exceptions.**

***Diamond Princess*** is a luxury destination in itself. Wake each morning in anticipation of a new horizon. Take in the view from one of nearly 740 balcony staterooms. Indulge in a hot stone massage at the renowned Lotus Spa<sup>®</sup>, enjoy fine dining in a formal or relaxed atmosphere and make it a cruise to remember. Visit [www.PrincessCruises.com](http://www.PrincessCruises.com) for all of the details regarding this voyage!

**YOUR CRUISE PRICE INCLUDES:**

- Stateroom on the Diamond Princess
- All meals and entertainment on board
- All ports of call & fjord cruising
- All Port charges and government fees
- All presentations with Mike, Christine, & George
- Private cocktail party
- Professional tour escort during the entire cruise

	<b>***CRUISE ONLY***</b> (\$700 per person deposit is required)		
Category & Decks	Description	Cost <i>per person</i> , double occupancy	Single occupancy cabin <b>(Availability limited)</b>
<b>J</b> Caribe Dolphin Emerald	Inside ~ Twin beds that make up into a queen-size bed. Spacious closet and Bathroom with shower. Approx. 168 to 182 square feet.	\$1499	\$2099
<b>JJ</b> Baja Caribe	Inside ~ Twin beds that make up into a queen-size bed. Spacious closet and Bathroom with shower. Approx. 168 to 182 square feet.	\$1549	\$2152
<b>F</b> Emerald	Obstructed oceanview ~ Twin beds that make up into a queen-size bed. Spacious closet and Bathroom with shower. Approx. 183 - 194 square feet.	\$1779	\$2516
<b>EE</b> Plaza	Oceanview ~ Twin beds that make up into a queen-size bed. Spacious closet and Bathroom with shower. Approx. 183 - 194 square feet.	\$2169	\$3199
<b>BD</b> Baja	Balcony ~ Twin beds that make up into a queen-size bed. Spacious closet and desk. Bathroom with shower. Approx. 237 to 307 square feet including balcony.	\$2369	\$4189
<b>BC</b> Aloha, Baja	Balcony ~ Twin beds that make up into a queen-size bed. Spacious closet and desk. Bathroom with shower. Approx. 237 to 307 square feet including balcony.	\$2389	\$4279
<b>BB</b> Aloha, Baja Caribe Dolphin Emerald	Balcony ~ Twin beds that make up into a queen-size bed. Spacious closet and desk. Bathroom with shower. Approx. 237 to 307 square feet including balcony.	\$2429	\$4369
<b>BA</b> Lido Caribe	Balcony ~ Twin beds that make up into a queen-size bed. Spacious closet and desk. Bathroom with shower. Approx. 237 to 307 square feet including balcony.	\$2469	\$4449

**Please note: Government fees & taxes are INCLUDED in the above prices**

Stateroom views are considered unobstructed unless noted otherwise. Obstructions do not include certain nautical items like handrails, dividers or ship hardware. For balcony staterooms, the view is determined from the perspective of the balcony railing

**NOT** included in the price of your cruise:

- Airfare
- Princess offers a transfer from the Vancouver Airport to Canada Place Pier when your flight arrives no later than 1:30pm on the day the ship departs, for \$24.00 pp.
- A Princess transfer from Whittier to Anchorage on the last day of the cruise is \$54 per person. Approximate 1 to 1 1/2 hr. drive to Anchorage Airport or the hospitality center for those with late flight departures. Flight departures should be no earlier than 11:00am, with a preferred departure time of 1:00pm or later. (Per Princess Cruises) Many flights departing Anchorage may not have you arriving home until the following morning.

- On board gratuities for your stateroom and dining staff, casino dealers and spa personnel. Note: A 15% gratuity is automatically added to your bar charges and dining room wine account.
- Any items of a personal nature
- Any optional port tours are at an additional cost and will need to be arranged directly with Princess. You will be notified when you can pre-book these tours, or they can be purchased once you have boarded the ship.
- Dr. Bates will be available for private consultations, and is offering a 25% discount off the cost of her private psychotherapy rates. The charge would be \$90/hour, and she will be available for hour-long sessions, with shorter or longer times being pro-rated.

Princess reserves the right to impose a fuel supplement of up to \$9 per person per day on all passengers if the NYMEX oil price exceeds \$70 per barrel, even if the fare has already been paid in full and is the responsibility of each individual passenger.

### CRUISE WITH DENALI EXTENSION

***Denali Tour Space is limited!***

#### YOUR CRUISE/DENALI PRICE INCLUDES:

- Stateroom on the Diamond Princess
- All meals and entertainment on board the ship
- All ports of call & fjord cruising
- All Port charges and government fees
- Transfers in Vancouver and Anchorage (see restrictions on day-by-day itinerary)
- All presentations with Mike, Christine, & George
- Private cocktail party
- Professional tour escort during the entire cruise
- Denali Express Train from Whittier
- 1-night at Denali Princess Lodge
- 2-nights at Mt. McKinley Princess Lodge
- Natural History Tour



***Avoid disappointment...Book Early!***

***CRUISE WITH DENALI EXTENSION*** (\$700 per person deposit is required)			
Category & Decks	Description	Cost <i>per person</i> , double occupancy	Single occupancy cabin ( <b>Avail. is limited</b> )
<b>J</b> Caribe Dolphin Emerald	Inside ~ Twin beds that make up into a queen-size bed. Spacious closet and Bathroom with shower. Approximately 168 to 182 square feet.	\$2259	\$3299
<b>JJ</b> Baja Caribe	Inside ~ Twin beds that make up into a queen-size bed. Spacious closet and Bathroom with shower. Approximately 168 to 182 square feet.	\$2279	\$3352
<b>EE</b> Plaza	Oceanview ~ Twin beds that make up into a queen-size bed. Spacious closet and Bathroom with shower. Approx. 183 - 194 square feet.	\$2899	\$4399
<b>BD</b> Baja	Balcony ~ Twin beds that make up into a queen-size bed. Spacious closet and desk. Bathroom with shower. Approx. 237 to 307 square feet including balcony.	\$3099	\$5389
<b>BC</b> Aloha, Baja	Balcony ~ Twin beds that make up into a queen-size bed. Spacious closet and desk. Bathroom with shower. Approx. 237 to 307 square feet including balcony.	\$3139	\$5479
<b>AC</b> Dolphin	Mini-Suite ~ Twin beds that make up into a queen-size bed. Separate sitting area with sofa bed and desk. Two televisions. Walk-in closet. Bathroom with tub and shower. Approximately 354 square feet including balcony.	\$3409	\$5999

**Please note: Government fees & taxes are INCLUDED in the above prices**

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**NOT** included in the price of your cruise/Denali tour:

- Airfare
- On board gratuities for your stateroom and dining staff, casino dealers and spa personnel. Note: A 15% gratuity is automatically added to your bar charges and dining room wine account.
- Any items of a personal nature
- Any optional port or land tours are at an additional cost and will need to be arranged directly with Princess. You will be notified when you can pre-book these tours, or they can be purchased once you have boarded the ship.
- No meals once you have disembarked the ship
- Dr. Bates will be available for private consultations, and is offering a 25% discount off the cost of her private psychotherapy rates. The charge would be \$90/hour, and she will be available for hour-long sessions, with shorter or longer times being pro-rated.

Princess reserves the right to impose a fuel supplement of up to \$9 per person per day on all passengers if the NYMEX oil price exceeds \$70 per barrel, even if the fare has already been paid in full and is the responsibility of each individual passenger.

#### **PRINCESS DINING OPTIONS:**

**Traditional Dining** is the classic cruise dining experience, served at set times in an elegant dining room with the same waitstaff and table mates each evening. Diamond Princess traditional dining seating times are: 5:30pm, 6:00pm & 8:15pm. Dining Hours are posted onboard and are subject to change.

**Anytime Dining** offers a flexible dining experience – just like a restaurant would – and gives you the freedom to dine with whomever you wish, at your convenience between 5:30 p.m. and 10 p.m. in elegant, upscale venues.

Whether you select Traditional Dining or Anytime Dining, on any given day you will have the option to eat at any of the Diamond's specialty restaurants, casual dining venues, or have room service delivered to your cabin.

Should you need to change your request, contact Traveling Together no later than three weeks prior to sailing. Requests for preferences and changes are considered on a first-come, first-served basis. It is not always possible to alter dining preferences or seating arrangements once they are reserved. Once onboard and subject to availability, you may attempt to switch preferences with 24 hours notice to the Maitre D'. Princess will do their best to accommodate your preference.

Visit [PrincessCruises](http://PrincessCruises) to learn about cruising with Princess!!

### **A valid passport is required for this cruise**

that does not expire until at least 6 months from the date of your scheduled return to the U.S.

**Once you have booked your trip, you will be notified when it is time to book your airfare**

If at that time you would like assistance with your air travel, please call Northwood Travel at 800-780-0571 or email them at [info@NorthwoodTravel.com](mailto:info@NorthwoodTravel.com)

Go to "**Sign Up Forms**" for *Cruise Terms & Conditions* and *Registration Form*

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