



TALL SHIP DEPARTS

Sydney Harbour Cruise - Canapes & Drinks

What a wonderful, relaxing way to unwind after a stimulating week of conferencing! Join friends and colleagues and savour the **ULTIMATE SYDNEY HARBOUR EXPERIENCE** aboard the historic Tall Ship 'Svanen' (Southern Swan) on Friday evening 2 October 2009 for our three hour harbour cruise at sunset. We have chartered the vessel for the evening so you can experience our beautiful harbour under sails as you eat, drink and make merry on this magnificent sailing ship. If you are feeling up to it, you may lend a hand hauling on the ropes to set sail, alas only the crew can go aloft. Just sit back, relax with the harbour breeze on your face - enjoy a glass of wine and light supper (evening dinner canapés).

This is our (optional) final closing event for the 35th International Conference Mind to Care 2009 Australian College of Mental Health Nurses.

Departs: Campbells Cove, The Rocks

Time: 6pm (must arrive at the dock by 5.45pm)

Cost: \$110 includes food & drinks package (seats limited to 70)

Conditions: Bookings limited to registered conference delegates and one accompanying guest

Bookings: You can only book this event at our on-line conference registration webpage:

www.astmanagement.com.au/acmhn9

The Southern Swan is typical of sailing vessels that traded off the Australian coast during the 19th Century. She was designed to withstand the icy conditions of the North Atlantic before sailing from England to Australia and is massively built of Danish Oak - 40 metres long, weighing 220 tons.

For general information on these cruises: www.sydneytallships.com.au

Mind to Care International, Sydney
Friday 2 October 2009

www.astmanagement.com.au/acmhn9



MENU

Satay Chicken Cocktail Skewers - Skewered chicken thigh marinated in a mild satay. *Contains nuts*

Sesame Prawn Toast - Flavour explosion combining king prawn with toasted sesame seeds on crispy toast

Mini Spinach Quiche (Veg) - Tasty mini spinach quiches in a delicious light pastry case

Marinated Hand Made Beef skewers - Lemon & Pepper - Juicy grain fed cubed rump marinated in lemon and pepper. Large serve (150g)

Cocktail Samosas (Veg) - Crispy pastry triangle filled with Asian greens and tumeric. Mild flavour

Savoury Vol-au-Vents (Part Veg) - Light handmade puff pastry cases with four different flavoured fillings. These delicious beef, seafood mornay, vegetable and spinach filled vol-au-vents are perfect for appetisers and cocktail parties

Savoury Profiteroles - Available in salmon mornay, ham and cheese and curry chicken

Quiche Cocktail Lorraine - An old fashioned favourite made with bacon, cheese and onion in a classic quiche mixture. These delicious cocktail sized quiche lorraine are handmade with light pastry and are perfect for any occasion

Chicken Drumettes - Lightly seasoned oven roasted chicken drumette. Large portion size

Spinach & Cheese Triangles (Veg) - Spinach with a feta and parmesan cheese mix encased in a crisp filo pastry

Honey and Soy Prawn Skewers - Six hot skewered king prawns marinated in a honey and soy sauce

Grilled Chorizo Pieces - Tasty slices of spicy chorizo sausage made with pork, paprika, onion and garlic

$E = MC^2$

Watch them disappear with the wine, beer & soft drinks package!