

Dear Circle of Friends Members and future Friends,

A new year, a new decade and since 1987 "Friends" continues to offer opportunities for friendship, wonderful travel and a variety of special events from which to choose. All you have to do is make the decision to become a member and get involved. If you have not been to an event lately, I invite you to visit us soon.

Membership renewals are going well and new memberships are on the rise for both chapters. This is due in great part to a devoted volunteer force that puts heart and effort into all they do. Your Board of Directors continue to offer value for your membership which includes monthly General Meetings with entertainment & refreshments, community events open to members and non-members in addition excellent lectures provided by the hospitals. The January General Meetings are not to be missed, as we will share with you all the wonderful travel opportunities we have arranged for 2010 as well as the installation of our new Board of Directors. Please join me in celebration of the great job they are doing.

A special "thank you" to all the members who donated food and non-food items at the November and December General Meetings in support of local agencies providing for those less fortunate. (See photos below). The organizations we supported appreciated your generosity. I quote from a thank you letter we received, "What a blessing it is to see so many wonderful seniors who care about the needs of others. Your group truly is an inspiration". You are indeed!

Happy New Year to all, Candace Bartsch, Director Circle of Friends



# Orange County Circle of Friends Member Information

## Huntington Beach Chapter

Mailing 17772 Beach Blvd.  
Address: Huntington Beach, CA 92647  
Location 17772 Beach Blvd.  
Address: Huntington Beach Hospital Lower Level  
**Telephone Number (714) 843-5061**

### Office Hours for HB Chapter are:

Monday through Thursday 9:00 a.m. - 4:00 p.m.  
Closed for lunch 12:00 a.m. - 1:00 p.m.  
Closed on Fridays and days of special events.

## West Anaheim Chapter

Mailing 3033 West Orange Avenue  
Address: Anaheim, CA 92804  
Location: West Anaheim Medical Center  
3033 West Orange Avenue  
(1st Floor - Follow the Signs)  
**Telephone Number (714) 229-4077**

### Office Hours for WA Chapter are:

Monday through Thursday 8:00 a.m. - 4:00 p.m.  
Closed on Fridays and days of special events.

### Travel Team Office Hours

**Monday - Thursday 8:00 am - 12:00 noon**  
**Tuesday - 12:00 - 4:00 pm**

**Closed on Fridays and during special events/meetings**  
**Call 714-229-4077**

The travel team is ready to assist you with any questions, or sign you up for any of the Circle of Friends trips.

Reservations can be mailed to the West Anaheim chapter or taken to your local chapter office. If you have a special request or tour suggestion, please let us know. All suggestions are reviewed. See you soon!

### **Call or mail your Chapter "Office" to:**

RSVP for an event, General Information, Inquiry regarding an event, Membership Card, change of name, address or phone, notification of a deceased member.

### Sunshine Needs

Notify your chapter office to report members' illnesses, deaths, and special events such as after 50th+ Anniversaries.

## Membership

Membership is so exclusive, it takes 50 years to join. Membership fees are \$20.00 per person, per year. Make check payable to Circle of Friends, complete enrollment form inside this publication, and mail or bring check and form to Circle of Friends Chapter you wish to join. **Welcome!**

### Membership Benefits

Stop by the Office for Literature.

- One free meal daily for spouse or significant other staying with patient at HBH or WAMC. HB Chapter - stop by office M-T, see cafeteria cashier F,S & S.  
WA Chapter - see PBX Operator
- Educational seminars ● Social events ● Travel

### Discounted Meals

Enjoy dining in the Huntington Beach Hospital cafeteria or the West Anaheim Medical Center cafeteria. Members are entitled to discounted dinner meal. Must wear current badge. Please note addition of California sales tax.

### Monthly General Meetings

Most months the Orange County Circle of Friends Chapters host a General Meeting open to their Chapter Members. Some meetings may be open only to that chapter due to accommodation limits. Several times yearly we offer combined meetings which are open to members from both chapters. These meetings may be held in various locations. Watch the newsletter for announcements and sites. Please RSVP according to the announcement for that event paying particular attention to the office you need to call.

### Medical Seminars/Health Fairs

Watch the newsletter for information on local seminars, health fairs, and/or physician or community guest speakers.

### Both Offices Continue to Collect

- Used cell phones
- Used eye glasses
- Pop top tabs for Ronald Mc Donald House in support of community organizations
- Gently used magazines are appreciated for use in the hospital waiting rooms.
- Stop by the office to browse our books shelves to trade or borrow current paperback books.

## Help us go green ... and save a tree!

Please join the growing number of members who are accessing their Circle of Friends Newsletter on the web. You will find the latest information on travel, upcoming meetings and events. Print mailers for use to send your reservation forms to the Travel Dept. using our Business Reply mail. Each Prime Hospital has a senior section.

**[www.gardengrovehospitalmedicalcenter.com](http://www.gardengrovehospitalmedicalcenter.com); [www.hbhospital.com](http://www.hbhospital.com);**

**[www.lapalmaintercommunityhospital.com](http://www.lapalmaintercommunityhospital.com); [www.westanaheimmedicalcenter.com](http://www.westanaheimmedicalcenter.com)**

Please advise your Chapter Office that you no longer require a hard copy newsletter. Thank you!

# Legal Seminar

## Presented at Huntington Beach Hospital

### Wednesday, February 24, 2010

(Repeat presentation to West Anaheim Chapter on Thursday, May 20, 2010)

### Financial & Healthcare Power of Attorney

You will learn:

- What is a Power of Attorney
- What is the difference and how they work
- Why you need one
- Various types of accounts
- How to provide for your needs

#### Presented by Dennis L. Jensen, Attorney at Law

Mr. Jensen is a specialist in Elder Law, providing legal services for senior citizens, their families, and elder caregivers.

Senior citizens today are living longer than in the past. With a longer life, seniors face new and difficult challenges. Some of the legal questions and problems that arise are new and confusing. Nursing homes, Medicare, Medi-Cal, long term care planning and estate planning are issues with which the average person is not familiar. An Elder Law Attorney can provide valuable services to seniors and their families.

Mr. Jensen has been an attorney for over 20 years. He is a member of the National Academy of Elder Law Attorneys, the California Advocates for Nursing Home Reform, a member of the Estate Planning Section of the Orange County Bar Association and was Chairman of the Elder Law Section of the Orange County Bar Association in 2004. Among many other things, in 1980 he managed the successful campaign to qualify an initiative to abolish the inheritance tax in California. He donates his time to Circle of Friends assisting members with legal questions.

**When:** Wednesday, February 24, 2010

**Time:** 11:30 a.m. Lunch served; Lecture begins at 12 noon

**Where:** Lower Level Classrooms, Huntington Beach Hospital

**RSVP:** Call Circle of Friends Office 714-843-5061 by Feb. 15, 2010

Non-Members are welcome.



Chapter volunteers received hospital orientation



Enjoying entertainment



HB Chorus Line

# Huntington Beach Chapter Programs

## Attorney Services Offered

Jan. 22 or Feb. 26, 2010

Dennis Jensen, Attorney At Law, is available to assist you with legal questions. There is **NO** fee for the initial 15-minute consultation; if further legal services are needed, fees will be determined. To schedule a required appointment, call the HB Chapter at 843-5061.

## Bowling League

League bowling is available at Westminster Lanes on Mondays at 10:30 a.m. at a cost of \$6.00 per week. To sign up, call the Circle of Friends office.

## Bridge Players

**1st, 2nd, 3rd, and 4th Fridays** of every month at 9:30 a.m. at Coco's Restaurant on the corner of Golden West St. & Bolsa Ave. All members of Circle of Friends are welcome, but we need to schedule players each week. So first timers, please call the office and ask staff to give your name and phone number to the chairman, so that he can contact you and arrange a partner for you. If you have a partner, fine, but he still needs to schedule you into a table, please call before attending.

## Bunco

Do you love to play games? Join the Bunco group on the 1st, 2nd, and 4th Mondays. Meet at Huntington Beach Hospital in the Cafeteria area from 3:00 - 5:00 p.m. Check Calendar.

## Crafts and Special Projects

"Crafts" meet every Tuesday morning at 9:00 a.m. to learn and create various craft projects. "Special Projects" meet the second Wednesday of the month at 9:00 a.m. to make tray favors for hospital patients. Both classes meet in the hospital on the lower level. Everyone is welcome.

## Golf

Men and women golfers play on the 2nd and 4th Tuesday of every month. They play at David Baker. Call Stan Ault (714) 828-2897 for more information and he will let you know where to meet.



## Knotty Crafters

If you are interested in knitting or crocheting projects such as lap robes for patients or helmet liner beanies for the troops then this is your group. No meetings but instructions and yarn are available. Please call the office and we will forward your name to the chairperson who will contact you.

## Walk the Park

**Tuesday & Thursday**

Huntington Central Park at 8:00 a.m. Enter via Central Park Drive and meet at the picnic shelter.

## Brunch Bunch - January - 9:00 a.m.

**Jan. 8** - Coco's, Brookhurst Ave., F.V.

**Jan. 15** - Mimi's Cafe, 18461 Brookhurst Ave., F.V.

**Jan. 22** - Polly's Bakery, 9791 Adams, H.B.

**Jan. 29** - Mile Square Clubhouse, 10401 Warner, F.V.

## Brunch Bunch - February - 9:00 a.m.

**Feb. 5** - Carrows, 16931 Magnolia Ave., F.V.

**Feb. 12** - Coco's, Brookhurst Ave., F.V.

**Feb. 19** - Mimi's Cafe, 18461 Brookhurst Ave., F.V.

**Feb. 26** - Mile Square Clubhouse, 10401 Warner, F.V.

## Supper Club - January - Tuesday - 3:30 p.m.

**Jan. 5** - Olive Garden, 16811 Beach - North of Warner

**Jan. 12** - Chicago Ribs, 9901 Yorktown at Brookhurst

**Jan. 19** - Market Broiler, 20111 Brookhurst at Adams  
by Target

**Jan. 26** - Sunny's Waffle, 17148 Edinger - East of  
Golden West

## Supper Club - February - Tuesday - 3:30 p.m.

**Feb. 2** - Manga, Manga, 16079 Golden West at Edinger

**Feb. 9** - Claim Jumper, 18050 Brookhurst at Talbert

**Feb. 16** - Rodrigos, 15101 Goldenwest at Bolsa

**Feb. 23** - Lazy Dog, 16310 Beach - Pavillion/Target  
shop Center

## Movies Wednesdays at 1:00 P.M.

**January 13, 2010 - The Boy in the Striped Pajamas**  
Drama 2008, 1 hr. 34 min. PG-13 mature thematic material involving the Holocaust. Through the lens of an eight-year-old boy largely shielded from the reality of World War II, we witness a forbidden friendship that forms between Bruno, the son of a Nazi commandant, and Shmuel, a Jewish boy held captive in a concentration camp. Even though a barbed wire fence separates the two physically, their lives become inescapably intertwined. The imagined story of Bruno and Shmuel sheds light on the brutality, senselessness and devastating consequences of war from an unusual point of view. Together, their tragic journey helps recall the millions of innocent victims of the Holocaust. **Cast:** Asa Butterfield, Jack Scanlon, Amber Beattie, David Thewlis, Vera Farmiga  
**Director:** Mark Herman

## **February 10, 2010 - The Proposal**

Romantic Comedy 2009, 1 hr. 47 min. PG-13 sexual content, nudity and language. A book editor is forced to marry her male assistant in order to stay in the country. When they travel to Alaska to meet his family, the new couple has to fake their way through a surprise wedding thrown by his parents. **Cast:** Sandra Bullock, Ryan Reynolds, Mary Steenburgen, Craig T. Nelson, Betty White  
**Director:** Anne Fletcher

---

# Huntington Beach Chapter Programs

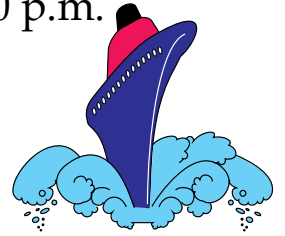
---

## Huntington Beach Chapter Circle of Friends January & February General Meetings

Meetings held at Huntington Beach Elks Lodge  
7711 Talbert, Huntington Beach (West of Beach Blvd.)  
Meetings start at 1:30 p.m. and Doors open at 1:00 p.m.



Monday, January 18, 2010, 1:30 p.m.  
"Annual Travel Preview"



- Circle of Friends Projected Travel Booklet for 2010 for those in attendance.
- Hear from representatives of our travel vendors
- Day trips, overnight trips, extended trips, and more
- Learn about the requirements and procedures for all trips

**Plus...Recognition of outgoing 2009 Board Members  
Installation Ceremony for 2010 Board**

**Refreshments, Prize Drawings and Fun \* January Birthdays recognized  
Members only, please! \* Reservations are required \* No Guests in January**

**RSVP (714) 843-5061**

**No later than January 11, 2010**

**Office closed for the holidays please leave a message!**

**See you there!**

---

Monday, February 15, 2010, 1:30 p.m.  
"President's Day"



### Entertainment

### Joe Gandelman & Friends, Comic Ventriloquist

Joe has opened for national music groups, entertained on Navy Ships, performed at Camp Pendleton, on ABC World News Tonight. Joe and his dummy, John Raven, have appeared on NBC's SPY TV & "The Cho Show." He and his wooden dummies and cartoon-like latex puppets have also appeared at San Francisco's Palace of Fine Arts, San Jose's Civic Auditorium, Oakland's Paramount Theater, and the Anaheim Convention Center. His act features comedy, music and lots of audience interaction.

**Refreshments and Fun \* February Birthdays Recognized  
Reservations are required. \* Members \* Guest fee \$5.00**

**RSVP (714) 843-5061 \* No later than February 8, 2010**

**See you there!**

# West Anaheim / La Palma Chapter Programs

## AARP Safe Driving Program

Two days with four-hour sessions taught by an AARP trained instructor. **Fee \$12.00** AARP Members, show card. **\$14.00** Non-AARP Members



**January 16 and 17, 2010**

9:00 a.m. - 1:00 p.m.

**West Anaheim Medical Center**

Community Room (above the Emergency Room)

**This room is not handicapped accessible.**

**Must enter through the lobby.**

Space is limited. To register, call (714) 229-4077. You must attend both sessions to qualify for a completion certificate.

## Arts and Crafts

The craft group meets on the first and third Tuesdays of the month at 2:00 p.m. at Circle of Friends Visitors Room. They prepare wonderful tray favors for patients, table decorations, and special projects. Bring scissors with you. Ideas and samples are always welcome.



## Attorney Services Offered

January 13 or February 10, 2010

Dennis Jensen, Attorney At Law, is available to assist you with legal questions. There is NO fee for the initial 15-minute consultation; if further legal services are needed fees will be determined. To schedule a required appointment call WA Chapter at (714) 229-4077.

## Bowling

League bowling is available at Westminster Lanes on Mondays at 10:30 a.m. at a cost of \$6.00 per week. To sign up, call the Circle of Friends office.

## Cards and Games

**Wednesdays at 2:30 p.m.**

Members meet and play games in the cafeteria area of West Anaheim Medical Center.

## Golf

Men and women golfers play on the 2nd and 4th Tuesday of every month. They play at David Baker. Call Stan Ault and he will let you know where to meet.



Call Stan at (714) 828-2897 for more information.

## Line Dancing

Join a fun group of friends and learn line dancing from Sandra, a Circle of Friends Member. Select Mondays at 9am in the WAMC Community Room. (see calendar) RSVP to 229-4077.

Open to both chapter memberships.

## Dine Out for January / February 2010

**January 8 - 1:00**

**Black Angus**

7111 Beach Blvd., Buena Park 714-670-2012

**January 22 - 1:00**

**Maderas**

3642 Katella Ave., Los Alamitos 562-598-0401

**February 12 - 1:00**

**Macaroni Grill**

12380 Seal Beach Blvd., Seal Beach 562-598-5979

**February 26 - 1:00**

**Gourmet Restaurant**

5350 Katella Ave., Los Alamitos 714-995-8930

**To reserve your space, call (714) 229-4077. If there are changes, we will let you know IF you called to RSVP.**

## West Anaheim Movies

Tuesdays at 12 Noon

### **January 12, 2010 - Gran Torino**

2008, 1 hr. 56 min. Psychological Drama, R language throughout, and some violence. Walt Kowalski is an iron-willed veteran living in a changing world, who is forced by his immigrant neighbors to confront his own long-held prejudices. **Cast:** Clint Eastwood, Bee Vang, Ahney Her, Christopher Carley, Brian Haley **Director:** Clint Eastwood **Genres:** Drama, Urban Drama

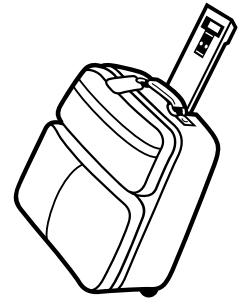
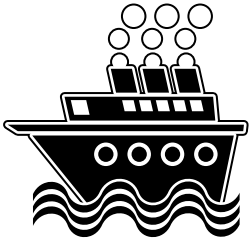
### **February 9, 2010 - Confessions of a Shopaholic**

2009, 1 hr. 52 min. Comedy, PG some mild language and thematic elements. Rebecca Bloomwood is a sweet and charming New York City girl who has a tiny, little problem that is rapidly turning into a big problem: she's hopelessly addicted to shopping and drowning in a sea of debt. While Rebecca has dreams of working for a top fashion magazine, she can't quite get her foot in the door-that is, until she snags a job as an advice columnist for a new financial magazine published by the same company. Overnight, her column becomes hugely popular, turning her into an overnight celebrity. But when her compulsive shopping and growing debt issues threaten to destroy her love life and derail her career, she struggles to keep it all from spiraling out of control-and is ultimately forced to reevaluate what's really important in life. **Cast:** Isla Fisher, Hugh Dancy, Joan Cusack, John Goodman, John Lithgow

**Director:** P.J. Hogan

# West Anaheim / La Palma Chapter Programs

## West Anaheim Chapter Circle of Friends January & February General Meetings Meetings held at UFCW Union Hall 8530 Stanton Ave. Buena Park



South East Corner of Crescent and Stanton  
Please Park in back on the East side of the building.  
Meetings start at 2:00 p.m. & Doors open at 1:30 p.m.

Thursday, January 14, 2010, 2:00 p.m.

### “Annual Travel Preview”

- Circle of Friends Projected Travel Booklet for 2010 for those in attendance.
- Hear from representatives of our travel companies.
- Day trips, overnight trips, extended trips, and cruises.
- Learn about the requirements and procedures for all trips.

**Plus...Recognition of outgoing 2009 Board Members  
& Installation Ceremony for 2010 Board**

**Refreshments, Prize Drawings and Fun \* January Birthdays recognized  
Members only, please! Reservations are required. No guests in January!**

**RSVP (714) 229-4077**

**No later than January 7, 2010**

Office closed for the holidays please leave a message!

**See you there!**



Thursday, February 11, 2010, 2:00 pm



### “President’s Day Salute to George Washington”

Gary Beard, a retired United Methodist Pastor has portrayed George Washington for more than 30 years at events and venues all over the nation from Washington State to Williamsburg, Virginia.

His vast display of artifacts is always hands on and authentic. He has appeared at the Nixon Library each President’s Day and 4<sup>th</sup> of July for the past 10 years. His uniform display, memorabilia and artifacts are always fascinating.

For the past six years, he has been involved with the reenactments at Ventura Harbor on the weekend before Presidents Day, arriving into the harbor on a Coast Guard Cutter. He participates in the Forest Lawn yearly program “A Visit with the Great Presidents” which draws schoolchildren from across Southern California.

**Refreshments and fun \* February Birthdays Recognized**

**Members Reservations are required ~ Guest fee \$5.00 ~**

**(714) 229-4077 to R.S.V.P. No later than February 4, 2010**

**See you there!**

**Medical Seminars**  
**West Anaheim Medical Center ~ 3033 West Orange Ave ~ Anaheim**  
**Falls in the Elderly**

**When:** Tuesday, January 26, 2010  
**Time:** Noon to 2:00 p.m. Speaker begins promptly at 12:30 p.m.  
**Where:** Community Room, West Anaheim Medical Center  
This room is not handicapped accessible. Enter through main lobby.  
**RSVP:** Call Circle of Friends Office 714-229-4077 by January 18, 2010  
A light lunch will be served. Non-Members are welcome.

- Statistics/epidemiology
- What are some causes of falls?
- Complications
- Risk Factors: Falls
- How to reduce your risk of falls.
  - Prevention: Assistive Devices
- How can I protect myself at home?
  - Prevention: Modify home environment
  - What can my family do to help me prevent falls
- Where can I get more information?
- Questions and answers session

**Presented by Yousef Ireifej, MD – Family Medicine**

Dr. Ireifej completed his internship and residency training in family medicine at New York Medical College at Saint Joseph's Hospital. He also speaks Spanish and Arabic.

---

## OSTEOARTHRITIS

**When:** Tuesday, February 16, 2010  
**Time:** Noon to 2:00 p.m. Speaker begins promptly at 12:30 p.m.  
**Where:** Community Room, West Anaheim Medical Center  
This room is not handicapped accessible. Enter through main lobby.  
**RSVP:** Call Circle of Friends Office 714-229-4077 by January 18, 2010  
A light lunch will be served. Non-Members are welcome.

This program covers all aspects of Osteoarthritis.

- Epidemiology / Etiology
- The Person who is more susceptible
- The Symptoms
- The Complications
- Diagnostic Testing
- Treatment
- Questions and answers session

**Presented by Natalie Kaouk Bittar, MD – Family Medicine**

Board Certified in Family Medicine, Dr. Bittar completed her internship and residency training at the University of Montreal in Canada. She also speaks French and Arabic, and her staff speaks Spanish.



Our Thoughts and Prayers and Get Well Wishes for Improved Health to our **WAMC friends** Diana A., Hilda A., Stan A., Ronald B., Wayne B., Jackie E., Charles F., Mary G., Margarita H., Nancy J., Sandra K., Linda M., Robert M., Eleanor S., Virginia S. and Paul W. to our **HBH friends**, Dee B., Robert C., Diana E., Joan H., Patricia W. We lost dear WA Circle of Friends; **Marie Lipoma, Mary Louise Corl, & Shirley Jones.** Our sincere condolences to their families!

**Recipe of The Month**

**“Baked Garlic Chicken”**

(Contributed by Nancy Creason and Irene Jensen)

Ingredients:

8–10 Chicken legs/thighs  
40 Garlic cloves  
4 Celery stalks  
2/3 C Olive oil  
2 tsp Salt  
1/4 tsp Pepper  
1 ‘Dash’ Nutmeg

More Ingredients:

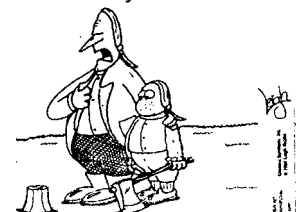
6 ‘Sprigs’ Parsley, OR  
2 tsp Parsley flakes  
3 Qt Casserole dish  
---- Aluminum foil  
---- Hot toast, OR  
---- Pumpernickel bread

Directions:

Preheat oven to 375°. Rinse chicken in cold water & pat dry. Peel garlic cloves, leave whole & cut celery strips. Dip chicken in olive oil, sprinkle with the salt, pepper & nutmeg. Put chicken in casserole, with residue of oil. Add the garlic, sliced celery & parsley. Seal casserole top with foil & cover tightly with lid. Bake for 1 ½ hours. Do NOT remove lid during baking period. Best served directly from casserole. Invite your guests to spread the casserole-softened garlic on the bread; the strong flavor is gone, leaving a wonderful buttery taste.

**Life is short, so break the rules, forgive quickly, love truly, laugh uncontrollably, & never regret what made you smile.**

**The Good Old Days: Life in the 1500’s:** Most people got married in June. They took their yearly bath in May and still smelled ok by June. But they *started* to smell, so brides carried flowers to hide the B.O. For baths, the man of the house was first in the nice hot tub, then all the sons, then all the women, finally, all the children. The water was then so dirty you could actually lose a person in it. Hence: “Don’t throw the baby out with the bath water.” Houses had thick, straw thatched roofs. It was where the dogs and cats kept warm with the rats and varmints of all kinds. When it rained the roof was so slippery the animals would slip and fall off the roof. Hence: “It’s raining cats and dogs.” At any time, the small bugs would find their way through the straw ceilings of the house and their droppings would make a mess on the beds. That problem was solved when the people made 4-poster beds with canopies. The floors were dirt! Only wealthy people had something other than dirt. Hence: “Dirt poor.” Some wealthy had slate floors. In winter, and when it rained, the floor would be cold and wet. Folks then spread ‘thresh’ on the floor to keep from slipping. As the winter wore on they kept adding more thresh until an opened door would cause the thresh to start slipping outside. To stop that, a piece of wood was placed at the doorway. Hence: “Threshold.” (More “Life in the 1500’s” facts.....next time.)



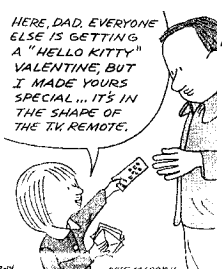
“While I admire your honesty, George, you must realize, of course, that this could seriously damage your chances of ever getting the environmentalist vote”

**Foolish Statements:** I was at the airport after my Christmas trip home, checking in at the counter, when the airport employee asked, “Has anyone put anything in your luggage without your knowledge?” I said, “If it was without my knowledge, how would I know?” The employee smiled and nodded knowingly, “That’s why we ask.” The stoplight on the corner buzzes when it’s safe to cross the street. I was crossing with an intellectually challenged co-worker of mine, when she asked what the buzzer was for. I explained that it signals to blind people when the light is red; all cars are stopped and pedestrians can safely cross the street. She responds, “What on earth are blind people doing driving?” At a New Year’s lunch for an old and dear co-worker who is leaving the company due to “downsizing,” our manager spoke up and said, “This is fun. We should have lunch like this more often.” Not another word was spoken. We just looked at each other like deer staring into the headlights of an approaching truck. I worked with an individual who plugged her power strip back into itself and for the life of her she couldn’t understand why her system wouldn’t turn on. When my husband and I arrived at the automobile dealership to pick up our car, we were told that the keys had been accidentally locked in it. We went to the service department and found a mechanic working feverishly to unlock the driver’s side door. As I watched from the passenger’s side, I instinctively tried the door - and it opened! “Hey,” I said to the mechanic, “It’s open!” “I know,” answered the young man, “I already got that side.”

**Everything I need to know about life, I learned from Noah’s Ark!..** Don’t miss the boat. - Remember that we’re all in the same boat. - Plan ahead. It wasn’t raining when Noah built the Ark. - Stay fit. When you’re 600 years old, someone may ask you to do something big. - Don’t listen to critics; just get on with the job that needs to be done. - Build your desires on high ground. - For safety sake, travel in pairs. - Speed isn’t always an advantage. The snails were on board with the cheetahs. - When you’re stressed....float a while. - Remember, the Ark was built by amateurs; the Titanic by professionals.

**Dates to Remember in 2010:**

January 1 New Year’s Day  
January 18 M.L.King Jr. Day  
February 2 Groundhog Day  
February 14 Valentine’s Day  
February 15 President’s Day  
February 17 Ash Wednesday



**“You cannot help the poor by destroying the rich. You cannot strengthen the weak by weakening the strong. – You cannot bring about prosperity by discouraging thrift. – You cannot lift the wage earner by pulling the wage payer down. – You cannot further the brotherhood of man by inciting class hatred. – You cannot build character and courage by taking away people’s initiative and independence. – You cannot help people permanently by doing for them, what they could and should do for themselves.” Abraham Lincoln**

**Remember our Military Men and Women, Always !!**

**We wish you all a Happy, Healthy New Year!!..... Irene**

# CIRCLE OF FRIENDS & PREMIER WORLD DISCOVERIES PRESENT

## **Panama Canal Cruise Featuring 14 nights aboard the Celebrity Infinity April 11-25, 2010 (15 days/14 nights)**

Spend 15 days aboard the **Celebrity Infinity** cruising through the Panama Canal visiting the ports of **Cabo San Lucas, Acapulco, and Huatulco, Mexico, Punta Arenas, Costa Rica, Cristobal Pier, Panama, Cartagena, Columbia,** and finishing in **Fort Lauderdale, Florida.** You will spend an **entire day sailing through the Panama Canal** and learning about this modern marvel of engineering. Also, enjoy spectacular dining and entertainment aboard one of the finest ships in the world. Please join Circle of Friends on this exciting journey. **Board the ship in San Diego** and fly home from Fort Lauderdale. This cruise package **includes your ship transfers, all port and government taxes, air and air taxes, comprehensive travel protection plan, baggage handling, and all meals aboard the ship.** \$3,169 pp double, \$4,469 single Cat. II. (Inside) \$3,669 pp double, \$5,469 single Cat. 7. (Outside) \$4,169 pp double, \$6,469 single Cat. 2B. (Outside/Balcony) **Final Payment is due January 8, 2010**

## **9-Days Rhine, Romantic Road, and Bavarian Highlights featuring 2010 Oberammergau Passion Play - June 23-July 1, 2010**

Overnight flight to Europe. Arrive in **Frankfurt**; meet your **Tour Director** and motor coach into the picturesque southern end of the **Rhine Valley** for a 3-night stay in **Rudesheim**, a wonderful city filled with narrow cobblestone streets featuring restaurants, shops & wine bars. **Welcome Dinner.** After breakfast, enjoy a scenic **Rhine River Cruise** to and visit **St. Goar** in the central **Rhine Valley** and **Wine Tasting** of the local Riesling & others. After Breakfast travel to **Heidelberg**, Germany's oldest university town where you will visit the red-walled **Heidelberg Castle**, enjoy gorgeous views of the **Neckar Valley**. Return to **Rudesheim** and enjoy the remainder of the day at leisure. After breakfast off to **Rothenburg** located in the **Franconia Region** of **Bavaria** and well known for its **well-preserved medieval old town**. Enjoy an orientation **Rothenburg Tour** and the remainder of the day is at leisure to explore its pedestrian only areas on your own. Breakfast and travel along **Germany's Romantic Road**, visit the fairytale **Neuschwanstein Castle** built on a mountaintop in southwest Bavaria. Later check into your **Bavarian Alps hotel** for an exciting 2-night stay in **Bad Kohlgrub**, one of the local villages hosting passion play accommodations. In addition to hosting the **Passion Play** the **Village of Oberammergau** known for a long tradition of woodcarving and for its frescoes of traditional Bavarian themes found on many homes and buildings. Tonight dinner with fellow travelers. Today breakfast, lunch and dinner provided. You have reserved seating to witness one of the most poignant and moving stories ever told. The **Passion Play** depicts the tragic and **moving chronicle of Christ's final passion**. Local history stems from 1632 when Oberammergau was gripped by a deadly plague, which killed almost half of the town's population. In a final, desperate act of faith, the village elders pledged that if the village was spared, it would **reenact the passion of Christ every 10 years**. Miraculously the village was spared and the villagers planned the **very first Passion Play in 1634**. Tradition dictates that the play's cast is drawn from all walks of life from within the village. The coveted role of Christ could be the village postman, butcher or schoolteacher. The **cast spend two years painstakingly rehearsing every detail of the story for the performance of a lifetime**. Next day after breakfast, travel to **Munich** and enjoy a **Munich City Tour** featuring **Olympic Park, the Glockenspiel, the Marienplatz** and other highlights of this great city. Enjoy a **Farewell Dinner**. Next morning fly home filled with wonderful memories of your Rhine, Romantic Road & Bavarian Highlights Tour.

\$4,399 pp/dbl +\$800 single ~ \$500. Deposit required ~ **Final payment due April 9, 2010**

## **7 Days - South Dakota Adventure featuring Mt. Rushmore July 14-20, 2010**

Arrive in **Rapid City** enjoy a **Welcome Dinner**. Spend all **6 nights at Radisson Hotel**, Rapid City while your tour some of the most beautiful and historical sites in the region. Visit the **Rushmore-Borglum Story Museum** and onto **Mount Rushmore** featuring sculptures of Washington, Jefferson, Roosevelt and Lincoln. Continue onto **Crazy Horse Memorial**, still in progress. In the afternoon visit **Custer State Park**. Experience a **thrilling Buffalo Jeep Safari**. Dinner at the famous **State Game Lodge**. Journey to **Wyoming's Devil's Tower National Monument**. Return to South Dakota to visit **historic Deadwood**, the **1876 gold and gambling town** where Wild West legends were made with a drive through beautiful **Spearfish Canyon**. Today depart for **Hot Springs** to visit **Mammoth Site, Black Hills Wild Horse Sanctuary** and the site of the **Crazy Horse** movie set. Next day visit **Badlands National Park, Wall Drug Store** and **Fort Hays Dances with Wolves Movie Set**. Enjoy a fun filled **Chuck Wagon Supper** and **Cowboy Show**. Today you board the **1880 Train** an **authentic narrow gauge railroad** dating back to the Black Hills Gold Rush. Visit the **Journey Museum, Sioux Indian Museum** and the **Black Hills Gold Factory**. **Farewell Dinner at the K-Bar S Ranch** followed by **Mt. Rushmore at Night**. Tour includes: roundtrip airfare, 6-night accommodations Radisson Hotel, Rapid City, 10 meals, daily sightseeing, Professional Tour Director, baggage handling, hotel transfers, cancellation waiver and post departure plan.

\$1999.000 pp double / \$2459. pp single \$450. Deposit required. ~ **Final Payment due May 1, 2010**

## **9 Days - Colorado Rockies and Rails August 14-22, 2010**

Arrive Denver – Welcome Dinner! Today visit **Rocky Mountain National Park**. Stop in **Estes Park** to explore the unique shops and fine galleries then enjoy a panoramic **Denver City Tour** to learn more about the “Mile High City.” Journey through the **Rocky Mountains** on the historic and scenic **Georgetown Loop Railroad**. Travel to **Vail** and later arrive in **Grand Junction**. Board the **Durango & Silverton Narrow Gauge Railroad** for a **spectacular coal-fired steam locomotive ride** to scenic **Durango** for a two-night stay. Visit **Mesa Verde Nat'l Park** home to the largest and best-preserved **Anasazi Indian cliff dwellings** in the Southwest. Travel aboard the **Royal Gorge Train** along the Arkansas River through the **scenic Royal Gorge**. Later motor coach to **Colorado Springs** and enjoy a **western cookout at the Flying W Ranch**. Visit the **U.S. Air Force Academy**, Colorado's most frequently visited man-made attraction and home to cadets participating in the officer-training program. Later visit the luxurious & historic **Broadmoor Hotel for a Tour & Lunch**. Today board the **Pikes Peak Cog Railway** in specially designed cars, which **take you to the summit** for unparalleled views of this amazing area. Visit the famous **Garden of the Gods**. **Farewell Dinner**. Fly Home. **Tour Includes** • Roundtrip Airfare • 13 Meals – 8B, 1L, 4D• Sightseeing per Itinerary • Deluxe Motor coach• Admissions per Itinerary • Hotel Transfers• Professional Tour Director • Baggage Handling• 8 Nights First Class Hotels: 2 Nights – Denver, 1 Night – Grand Junction, 2 Nights – Durango, 3 Nights – Colorado Springs

\$2,499 pp double / \$3,199 pp single. ~ \$470.00 Deposit required~ **Final Payment due May 31, 2010**

**When you travel with Circle of Friends...you travel with “FRIENDS”**

**Please call or stop by your Circle of Friends Chapter Office for complete itineraries!**

# CIRCLE OF FRIENDS & PREMIER WORLD DISCOVERIES PRESENT

## 12 Days - Canada and New England Cruise September 20- October 1, 2010

Fly to New York and enjoy 1 night in the NYC area. Board the NCL Jewel and enjoy a wonderful cruise through Canada and New England. Cruise stops include Newport, Rhode Island, home to rustic natural beaches and the playground for some of America's wealthiest families, Halifax, Nova Scotia with its beautifully restored waterfront and home to the most photographed lighthouse in the world, Quebec City, Quebec, the only walled city north of Mexico and great French ambiance, Corner Brook, Newfoundland, with beautiful fjords and thick forest. Visit the Captain Cook Monument or step back in time at the Corner Brook Museum. Sydney, Nova Scotia, located on Cape Breton Island where you can explore quaint shops and cafes or visit Fortress Louisbourg and St. Patrick's church. The Norwegian Cruise Lines Jewel was built in 2005 and features 12 restaurants, 11 bars/lounges, a casino, and a theater for nightly entertainment. Return home from New York City.

\$2575 pp double / \$3475. pp single Cat KK (inside); \$2975 pp double / \$4275. pp single Cat DD (ocean view);  
\$3375 pp double / \$4975. pp single Cat BB (ocean view w/balcony)      **Final payment due June 18, 2010**

## 9 Days - Heritage Highlights October 5-13, 2010

**Flight to Buffalo, NY** – Arrive **Niagara Falls** for a two-night stay... **Niagara Falls Area Tour:** Floral Clock Horticultural Center, **Niagara on the Lake, Welland Canal & Maid of the Mist Boat Ride.** Arrive, **Lancaster County**, the heart of the Pennsylvania Dutch Country for a two-night stay. Visit the **Gettysburg National Military Park.** Visit an **Amish Farm & House.** Traditional Amish Family Style Dinner. Arrive **Philadelphia** to see the Most Historic Square Mile in America featuring **Independence Hall & the Liberty Bell.** Continue to **Washington D.C.** area for a two-night stay at the new 2,000-room **Gaylord National Resort.** Visit **Arlington National Cemetery** to see the **Kennedy Grave Sites** and famous **Changing of the Guard at the Tomb of the Unknown Soldier.** **Washington D.C. City Tour: World War II, Iwo Jima & Vietnam War Memorials, Capitol Hill, Supreme Court, Embassy Row, Smithsonian Institution, White House Visitor Center & Twilight illumination Tour.** Visit **Mount Vernon** overlooking the Potomac River, drive to **Richmond**, Virginia's capital and once the Capital of the Confederacy. Arrive in **Williamsburg** for a two-night stay. Visit Virginia's largest historical attraction, **Colonial Williamsburg. Colonial Farewell Dinner.** Flight Home **Tour Includes:** Roundtrip Airfare • 12 Meals – 8B, 4D • Sightseeing per Itinerary • Deluxe Motor coach • Admissions per Itinerary • Hotel Transfers • Professional Tour Director • Baggage Handling • 8 Nights First Class Hotels: 2 Nights – Doubletree Fallsview Hotel, Niagara Falls, Canada, 2 Nights – Lancaster Area, 2 Nights – Gaylord National Resort, Washington DC Area, 2 Nights – Marriott Residence Inn, Williamsburg

\$2,599 pp double / \$3,149 pp single ~\$470. Deposit required~      **Final payment due July 19, 2010**

## 8 Days – Heart of Europe November 2-9, 2010

**Overnight Flight Arrive Amsterdam** – Meet your Tour Director and after a brief **Amsterdam City Tour** drive to the quaint resort town of **Valkenburg** for your **6-night stay** at the **four-star Park Hotel Rooding.** **Valkenburg** is a perfect location to discover the Heart of Europe just minutes away from Belgium, Germany, and Luxembourg. **Welcome Dinner.** Visit **Monschau**, Germany for time to enjoy the picture perfect medieval town with beautiful half-timbered houses. Stop at the **Henri Chapelle US Cemetery** where many WWII American Soldiers are laid to rest. Visit the oldest town in the **Netherlands, Maastricht**, founded over 2000 years ago by the Romans. Enjoy time in **Luxembourg and Bastogne**, site of the famous **WWII Battle of the Bulge.** Visit Bruges; known as the “**Venice of the North**” filled with cobblestone streets beautifully preserved buildings. Enjoy a day at leisure in **Valkenburg** to enjoy the resort town and maybe partake in its great spa facilities. Also visit Brussels for a wonderful tour of one of Europe's grandest cities. Return home from the **Netherlands.** Tour includes: **Amsterdam City Tour, Bruges City Tour and Canal Cruise, Windmills & Wooden Shoes Visit, Battle of the Bulge Area, Bastogne Historical Center, Castle Dinner, Brussels City Tour, Grote Market /Grand Palace, Luxembourg, Netherlands, Belgium and Germany.**

\$2899. pp double / \$3399. pp single ~\$690. Deposit required ~      **Final payment due Aug. 16, 2010**

**Please call or stop by your Circle of Friends Chapter Office for complete itineraries!**

*If there's a destination you don't see listed, but would like to travel there? Let us know and we can offer group prices for your review. Call our Travel Department at 714-229-4077*



Tibbies Music Hall



Gathering for a day trip

# CIRCLE OF FRIENDS TRAVEL

## “Harrah’s Casino” – Thursday, January 28, 2010

Enjoy a pleasant ride to Harrah’s Casino, **located near beautiful San Diego**, for a day of gambling and fun Harrah’s Rincon Casino. The bus will depart Harrah’s at 2:30 pm. Rincon Casino requires your name, birth date and casino card number. You are allowing Circle of Friends permission to release this information to Rincon Casino when you sign the reservation form.

**Cost: \$14 ~ Deadline: January 7, 2010 ~ Depart approx. 7:30 a.m. ~ Return approx. 6:00 p.m.**

---

## Mystery Tour – Thursday, February 18, 2010

Enjoy roundtrip motor-coach transportation as we take a **Mystery Tour somewhere in Southern California**. This trip includes **lunch with beverage and dessert, several guided tours and wonderful surprises**. Something to offer both guys and gals. Rest assured you will come home well fed, intellectually and visually stimulated and **amazed at what Southern California has to offer. No need to ask, we won’t tell!** Includes Driver gratuity a printed itinerary for each passenger plus a fun mysterious day spent with friends. Wear your walking shoes.

**Note: 38-passenger maximum. This tour does involve a considerable amount of walking and some stair climbing.** **Cost: \$65~ Deadline Jan. 27, 2010 ~ Depart approx. 8:00 a.m. ~ Return approx. 6:00 p.m.**

---

## “Barona Valley Ranch Resort and Casino” – Wednesday, February 24, 2010

Enjoy an exciting one-day gaming tour to the spectacular **Barona Casino**. Located just 30 minutes outside of San Diego, Barona Valley Ranch Resort and Casino is one of the leading resort destinations in California. It offers visitors the peace and tranquility of a sprawling mountain escape, as well as the best casino action in California.

Barona Casino requires your name, birth date, and casino card number. You are allowing Circle of Friends permission to release this information to Barona Casino when you sign the reservation form.

**Cost \$14~ Deadline February 9, 2010 ~ Depart approx. 7:30 a.m. ~ Return approx. 6:00 p.m.**

---

## Sony Pictures Studio Tour and Wheel of Fortune Taping – Friday, March 5, 2010

Situated on one of **Hollywood’s most famous studio lots**, a **walking tour of Sony Pictures Studios** offers a glimpse into Tinsel Town’s glory days. The Culver City lot, formerly **MGM Studios**, is now home to **Columbia Pictures** and **TriStar Television**. During your two-hour tour you will visit the area where artists paint scenic **backdrops for feature films**, and **sound stages of popular TV shows**. From glory days to today’s high-tech world, this is an experience not to be missed. Then enjoy a pre-selected **boxed lunch on the lot**, which includes a sandwich, chips, cookie and soda from **Wolfgang Puck’s** before taking your **reserved seat for a live TV taping of “Wheel of Fortune”** with Pat Sajak and Vanna White. It is the second longest running game show in history. End the day with a **no-host dinner stop** on the way home. Includes roundtrip motor-coach transportation, guided tour, box lunch, driver gratuity and a printed itinerary for each passenger. **Note: 43-passenger maximum. This tour involves a considerable amount of walking.**

**Cost: \$75~ Deadline Feb. 10, 2010 ~ Depart approx. 8:00 a.m. ~ Return approx. 6:00 p.m.**

---

## San Manuel Indian Casino – Wednesday, March 24, 2010

Located in **Highland, California**, **San Manuel Indian Bingo and Casino** has been in the inland Empire since 1986. A slot lover’s dream, the casino has **2000 of the “hottest, most exciting games around”**, including **5¢ to \$25.00 machines**. Must have a valid government issued photo ID (drivers license). San Manuel Casino requires name, address, and birth date. You are allowing Circle of Friends permission to release this Information when you sign the reservation form.

**Cost: \$14~ Deadline: March 11, 2010~ Depart approx. 7:30 a.m. ~ Return approx. 6:00 p.m.**

---

## All American Melodrama Theatre and Music Hall – Sunday, April 11, 2010

Start our day at **Shoreline Village in Long Beach** where you will enjoy lunch at **Parker’s Lighthouse** with your choice of Chicken or Salmon, salad, starch, dessert and beverage. The **All American Melodrama** offers old-fashioned fun! **Ragtime piano tunes** fill the air of the **Victorian style theater** that features comfortable seats and cozy cabaret tables. You’ll be doubled over with laughter as the comical troupe of **professional actors present classic melodramas, movie satire and improv comedy**. Olio’s are **vaudeville revues full of song, dance, comedy and lots of audience participation**. *Cheer for the hero, boo the nasty villain and sing along.* Includes roundtrip motor-coach transportation, driver gratuity, all-inclusive lunch and a printed itinerary for each passenger

**Cost: \$75~ Deadline March 18, 2010 ~ Depart approx. 8:00 a.m. ~ Return approx. 6:00 p.m.**

---

**REMEMBER TO GET YOUR RESERVATIONS IN EARLY!**

**When you travel with Circle of Friends...you travel with “FRIENDS”**

# CIRCLE OF FRIENDS TRAVEL

## Capitol City Experience in Sacramento - April 21-25, 2010

Spend five days in the city of Sacramento for a Capital Experience. On this exciting tour, you'll explore the Sacramento River by train and boat, take a walking tour of historic Old Sacramento and enjoy some of the finest dining the Golden State has to offer. Trip includes **Welcome Progressive Diner** at five downtown restaurants, **four-nights at the Hawthorn Suites Hotel with breakfast every morning**. Enjoy a **guided tour of the State Capitol building**, a tour of **Old Sacramento with a costumed guide** and guided tour of the **Stanford Mansion**. Spend an evening at the **Cosmopolitan Cabaret Dinner Theater**. **Sacramento River Train with a BBQ lunch**, admission to the **California Railroad Museum** and the **Crocker Art Museum**, lunch at the **River City Saloon**, with a **Dinner cruise on the Sacramento River**, visit **Sutter's Fort** and the **California State Indian Museum**, lunch at **Esquire Grille**. Deluxe motor-coach transportation, driver's gratuity, 4 breakfasts, 3 lunches, 3 dinners and a printed itinerary for each passenger.

**Cost: \$750 (sgl \$180) ~ Deadline March 11, 2010 ~ Depart approx. 8:00 a.m. ~ Return approx. 8:00p.m.**

## Mother's Day at Candlelight Pavilion Dinner Theatre - Saturday, May 8, 2010

Invite your family to join you for this **Mother's Day weekend, luncheon matinee performance at the beautiful Candlelight Pavilion in Claremont**. "Everything today is thoroughly modern..." with innovative songs and dazzling tap numbers to illuminate the wildly popular **Thoroughly Modern Millie**. Set in 1922 New York City, young Millie discovers a new life for herself amid the vibrant and invigorating ways of the Roaring Twenties". With the **zany tunes of "Not for the Life of Me" and "Forget about the Boy"**, Millie will have you whistling a tune and dancing the Charleston all the way home. Your **gourmet luncheon includes your choice of entrée on arrival, beverage, tax and tip**. In honor of Mother's Day, non-member family members (over 18 yrs.) may join you for this special outing. Includes roundtrip motor-coach transportation, driver gratuity and a printed itinerary for each passenger. **Cost: \$85~ Deadline April 2, 2010 ~ Depart approx. 9:30 a.m. ~ Return approx. 5:30p.m.**

## Red Car Revival - Friday, May 21, 2010

Relive the days of the Red Cars! **The Pacific Electric Red Cars**, prominent electric trolleys in Southern California from the early **1900's to the 1940's**, linked sparsely populated towns. When the *Waterfront Red Car Line* was inaugurated in 2003, it marked the first time in more than 40 years that Red Cars had run anywhere in Los Angeles *using a historic Red Car route*. This fun day begins with a stop for lunch at the **Red Car Brewery & Restaurant**, dedicated to the history of the Red Cars and brewing fine ales. Upon arrival, **Brew Master and co-owner Bob Brandy will explain how they create their beers** and answer any questions you may have about the brewing process. Later take a seat in the restaurant to enjoy **your choice of luncheon specialties** including the **Red Car Club**, a **Pulled Pork Sandwich**, the **Motor Bacon Cheeseburger** or a fresh **Cobb Salad**. (Please indicate choice on reservation form) Enjoy a triple chocolate brownie for dessert. After lunch, it is off to **Sand Pedro** to visit the **Fire Station Museum**. Housed in one of the oldest buildings still standing in San Pedro, the **Old Station 36 includes** some remarkable **LAFD apparatus and artifacts from some of the most famous fires in this part of the city**. A small store offers a variety of goodies, ranging from **authentic LAFD merchandise** to memorial bracelets. Finally, **you will board a replica of one of the historic Red Cars** for a ride back in time. You'll experience all that **Los Angeles** had to offer during the **early 1900's** as you ride the trolley with its *open air, California-style windows* and *vintage product advertisements*. You'll **travel the waterfront route past museums, art galleries and bustling Ports O' Call Village**. Trip includes roundtrip motor-coach transportation, lunch w/beverage tax & tip included and tour of brewery. A docent led tour of Fire Station Museum, 80- minute ride on Red Car, driver gratuity and a printed itinerary for each passenger. Join us for our Red Car Revival!

**Cost: \$ 66 ~ Deadline April 15, 2010 ~ Depart approx. 9:30 a.m. ~ Return approx. 6:00p.m.**



Circle of Friends enjoying lunch prior to Follies



Good Times at Tibbies

January / February 2010

TRAVEL RESERVATION FORM

CALL (714) 229-4077

Please mail completed Travel Reservation Form with a SEPARATE CHECK made out to Circle of Friends for EACH TRIP. Mail to: West Anaheim Medical Center, Circle of Friends, 3033 West Orange Avenue, Anaheim, CA, 92804. Attention: Travel. Incomplete forms will be returned. Name badges, emergency cards, and a current Circle of Friends Membership are required for all passengers.\*\*

Table with columns: TRIP NAME, DATE, PRICE PER PERSON, #OF PERSONS, AMOUNT ENCLOSED, DEADLINE TO SIGN UP. Rows include Harrah's Casino, Mystery Tour, Barona Casino, Sony Pictures/Wheel of Fortune, San Manuel Casino, All-American Melodrama, Sacramento, Candlelight Pavilion, and Red Car Revival.

\*\* Please indicate if "guest" on the Candlelight Pavilion Trip ONLY. Signature required.

1 NAME \_\_\_\_\_ CHAPTER \_\_\_\_\_

ADDRESS \_\_\_\_\_ Space or Apt. # \_\_\_\_\_

CITY \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_ PICK-UP POINT: WA \_\_\_\_\_ HB \_\_\_\_\_

2 NAME \_\_\_\_\_ CHAPTER \_\_\_\_\_

ADDRESS \_\_\_\_\_ Space or Apt.# \_\_\_\_\_

CITY \_\_\_\_\_ ZIP \_\_\_\_\_ PHONE \_\_\_\_\_ PICK-UP POINT: WA \_\_\_\_\_ HB \_\_\_\_\_

\*Special Requests based on need will be considered on an individual basis by the Travel Dept. Please be specific. \_\_\_\_\_

Name badges and emergency cards are required for all trips.

SIGNATURE OF EACH TRAVELER IS REQUIRED:

I, (we) \_\_\_\_\_ in exchange for transportation being furnished to and from any of the above mentioned events, on the above noted dates, 2010, as part of an Orange County Circle of Friends outing (the "Event (s)"), release and forever discharge the Garden Grove Hospital, Huntington Beach Hospital, La Palma Intercommunity Hospital and West Anaheim Medical Center and their Circle of Friends Chapters as well as their respective officers, directors, employees, affiliates, agents, representatives, successors and assigns, of all liabilities, claims, actions, damages, costs or expenses which I may have against them arising out of or in any way connected with my participation in the Event (s), including any liabilities, claims, actions, damages, costs or expenses that may arise out of the transportation provided as a part of the Event (s), and including injuries which may be suffered by me before, during or after the Event (s). I understand that this waiver includes any claims based on negligence, action or inaction of any of the above parties. I understand that Orange County Circle of Friends, reserves the right to decline or accept any person as a member of the tour, or to require any participant to withdraw from the tour at any time when such action is determined by the tour manager to be in the best interests of the health, safety, and general welfare of the tour group or of the individual participant. Additionally, I allow permission for, and authorize the use of, my name and photograph to be used for promotions by any of the above parties. Your original signature is required to complete travel arrangements.

1 Signature (required) \_\_\_\_\_

2 Signature (required) \_\_\_\_\_

Date \_\_\_\_\_

Date \_\_\_\_\_

Please indicate if "guest" on the Candlelight Pavilion Trip ONLY

# Orange County Circle of Friends 2010 Membership Enrollment Form

To join HB Chapter Mail or Bring to: 17772 Beach Boulevard, Huntington Beach, CA 92647  
(Beach Boulevard at Newman, Lower Level of Hospital) - Telephone: (714) 843-5061

or

To join WA Chapter Mail or Bring to: 3033 West Orange Avenue, Anaheim, CA 92804  
Beach Boulevard at Orange Avenue. 1st Floor - West Anaheim Medical Center

**For Single Membership:**  New  Renewal  Huntington Beach Hospital Chapter  West Anaheim Medical Center Chapter

**Member 1:**

First Name \_\_\_\_\_ Middle Initial \_\_\_\_\_ Last Name \_\_\_\_\_

Mailing Address \_\_\_\_\_ Apt/Space # \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ Telephone (\_\_\_\_\_) \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_\_ Gender:  Male  Female

E-mail Address \_\_\_\_\_

First name desired on membership badge \_\_\_\_\_

Emergency Contact: Name \_\_\_\_\_ Relationship \_\_\_\_\_ Telephone (\_\_\_\_\_) \_\_\_\_\_

Are you interested in volunteering?  Yes  No

How did you hear about us? \_\_\_\_\_

## Signature Required Below

**For Dual Membership:** (must be at same address as member above)  New  Renewal

**Member 2:**

First Name \_\_\_\_\_ Middle Initial \_\_\_\_\_ Last Name \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_\_ Gender:  Male  Female

E-mail Address \_\_\_\_\_ Telephone (\_\_\_\_\_) \_\_\_\_\_

First name desired on membership badge \_\_\_\_\_

Emergency Contact: Name \_\_\_\_\_ Relationship \_\_\_\_\_ Telephone (\_\_\_\_\_) \_\_\_\_\_

Are you interested in volunteering?  Yes  No

How did you hear about us? \_\_\_\_\_

**Single Membership**  One-year \$20  Two-year \$35

**Dual Membership** (members must be at the same address)  Two 1-year memberships \$35  Two 2-year memberships \$60

**Gift Membership**  One year \$20.00 Given by: \_\_\_\_\_

Enrollment processing and receipt of membership materials may take 4-6 weeks. Membership is non-refundable and non-transferable. Circle of Friends reserves the right to cancel any event, offer, or membership. In exchange for participating in a Circle of Friends Event, I release West Anaheim Medical Center, La Palma Intercommunity Hospital, Huntington Beach Hospital, Garden Grove Hospital and their Circle of Friends Chapters of all liabilities, which I may have against them in any way connected with my participation in the Event. Additionally, I allow permission for, and authorize the use of, my name, photograph, voice, or quotes, to be used for promotions by any of the above parties.

\_\_\_\_\_  
Signature (Required)

(Office use only)

Date Processed \_\_\_\_\_

Initials \_\_\_\_\_

\_\_\_\_\_  
Signature if dual membership (Required)

(Office use only)

Date Recv'd \_\_\_\_\_

Initials \_\_\_\_\_



**Huntington Beach Hospital**  
 17772 Beach Blvd.  
 Huntington Beach, CA 92647

Postmaster:  
 Please deliver by  
 December 18, 2009

HUNTINGTON BEACH  
 PRESORTED STANDARD  
 U.S. POSTAGE PAID  
 HUNTINGTON BEACH, CA  
 PERMIT #213

Or Current Resident

**Announcement from your Chapter Board of Directors:**

Effective January 1, 2010 the Boards voted to increase individual membership fees to \$20.00 per year. This is the first increase since we started over 20 years ago. This increase is due to overall increases in printing, mailing, entertainment and rental fees. You will continue to realize a savings if you join for multiple years or as a couple, living at the same address. We look forward to your continued support and participation in our wonderful Circle of Friends chapter programs, events and travel destinations.

*We Listen - We Care - We Act*

**Leadership**  
**Candace Bartsch**  
 Director, Circle of Friends

**HB Chapter 2010 Executive Board**  
**President - Dorothy Dupont**  
**Vice President - Betty Lewis**  
**Treasurer - Kathy Smaw**  
**Secretary - Barbara Girard**

**WA Chapter 2010 Executive Board**  
**President - Claire Reinhardt**  
**Vice President - Nancy Creason**  
**Treasurer - Sigrid Cochran**  
**Secretary - Nancy Moyer**

**Travel Department**  
 (714) 229-4077

**Newsletter**  
 (714) 229-4077 or (714) 843-5596

**January / February 2010**

From The Director	Cover
Membership Information	Page 2
Legal Seminar	Page 3
HB Chapter Info.	Page 4
HB General Meeting Jan/Feb	Page 5
WA Chapter Info.	Page 6
WA General Meeting Jan/Feb	Page 7
HB Jan/Feb Calendars	Page 9-10
WA Jan/Feb Calendars	Page 11-12
Birdie	Page 13
Travel	Page 14-17
Travel Reservation Form	Page 18
Membership Form	Page 19

Circle of Friends mission is to provide programs and opportunities that will encourage members to be active, healthy, and informed. We are an organization so exclusive that it takes 50 years to join. *Enrollment to Circle of Friends is only \$20.00 for a one-year membership.* Make your life happier, healthier and more active! Call 714-843-5061!