

The memberships of Huntington Beach and West Anaheim / La Palma Circle of Friends Chapters have elected their new Board of Directors. Each Chapter will be installing their new officers at the January General Meeting. We may not have the pomp and circumstance as the Presidential Inauguration being held for our new President on January 20th but we will have a nice installation ceremony for our new Board Members.

Huntington Beach

President Dorothy Dupont
Vice President Tony Soumakian
Treasurer Cathy Smaw

West Anaheim/La Palma

President Claire Reinhard
Vice President Fran Guerena
Treasurer Grace Brown

Our January General Meetings will also be our Travel Fair when we announce the projected travel for 2009. We will have speakers from several travel companies and drawings for those in attendance. The 2009 schedule offers wonderful opportunities to travel with your Circle of Friends. I look forward to seeing you at the General Meetings.

As we enter the New Year, we have time to reflect on the previous year's accomplishments and journeys. Collectively Circle of Friends Members have volunteered thousands of hours in support of each Chapter's activities and Chapter Offices. Without our wonderful Volunteers, Circle of Friends could not exist. Let your new years resolution be to get more involved with Circle of Friends where life long friendships can be nurtured and grown. We have members who have become best friends, travel companions, even a few marriages are due to Circle of Friends. Take time to view the calendar of events and the wonderful programs offered. Brunch Bunch, Park Walk, Crafts, Exercise, Golf or Bowling just to name a few groups that meet weekly or monthly. You too may meet your new best friend. Members have traveled to Greece, Ireland, traversed the Great Atlantic, toured the Great Lakes, traveled by rail in New England & Europe as well as viewed the Terra Cotta Warriors right here in Orange County. Try it you may like it.

UPCOMING TRIPS - SEE INSIDE FOR DETAILS

Upcoming Circle of Friends Trips

- * Chocolate Covered LA * Down By the Seashore * Jet Propulsion Laboratory *
- * Cookin' & Crusin' in Santa Barbara * Barona * Pechanga * Croatia *
- * Red Cliffs, Utah * Branson * Cape Cod & the Islands *
- * Idaho Resorts & Rivers * plus many more!

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.

Go Green We're on the Web!!!

To learn more about the Prime Hospitals
Or to view the current newsletter please
Go to www.primehealthcareservices.com
On the top click on Prime Hospitals and
Scroll to your community hospital site.
To go directly to your community hospital select
www.gardengrovehospitalmedicalcenter.com
www.hbhospital.com
www.lapalmaintercommunityhospital.com
www.westanaheimmedicalcenter.com
once there click on Seniors and you will see on the
lower half of the page newsletters and calendars.

Membership Benefits

Dental, Vision, Pharmacy. 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
WA Chapter - See cashier or PBX Operator
- Educational seminars
- Social events

Discounted Meals

Enjoy dining in the Huntington Beach Hospital cafeteria or the West Anaheim Medical Center cafeteria. Members are entitled to discounted meals at supertime. Must wear current badge.

Membership

Membership is so exclusive, it takes 50 years to join. Membership fees are \$15.00 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!**

West Anaheim Chapter

Mailing 3033 West Orange Avenue
Address: Anaheim, CA 92804
Location 3010 West Orange Avenue #500 Medical
Address: Office Building. Beach Boulevard at
Orange Avenue, Anaheim
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.

Call 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.



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 meeting 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.

Sunshine Needs

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

Volunteer News

Volunteers donate many valuable hours. What would we do without our Volunteers? If you wish to volunteer, call your chapter office.

2008 Circle of Friends Chapter Programs



JoAnne & George having a good time at the General Meeting



Dorothy, Ayako, Jennie and Marge enjoying Party Bingo



Anna, Lillian and Marie - West Anaheim Office



HB Chapter celebrates the September Birthdays

We are accepting donations of the following items:

Cell phones to donate for low income seniors - Pop tops to donate to Ronald McDonald house

Magazines (no older than 3 months) for patients - Eye glasses to donate to local charity.

Please bring to your local Chapter Office

EXERCISE YOUR WAY TO HEALTH

Circle of Friends offers several opportunities to get the exercise you need to improve your health. Exercise strengthens your bones, reduces stress, helps with balance to prevent falls, improves sleep, lowers cholesterol and blood pressure.

West Anaheim Chapter offers exercise classes adapted to your current level of participation. Held weekly in the Community Room of West Anaheim Medical Center. Huntington Beach has a Park Walk group that meets two times weekly at Huntington Central Park. Call your Chapter Offices for additional details.

Huntington Beach Chapter Programs

Legal Services Offered

Jan. 23 or Feb. 27, 2008

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.

Game Night - 6 p.m.

A fun way to spend an evening and get to know other members of Circle of Friends. Come join the excitement the 2nd and 4th Fridays of each month in Café B.

Walk the Park

Tuesday & Thursday

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

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.



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.

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

- Jan. 9 - Carrows - 16931 Magnolia Ave., FV
- Jan. 16 - Coco's - 18380 Brookhurst Ave., FV (New)
- Jan. 23 - Sunny's Waffle House - 1748 Edinger Ave., HB
- Jan. 30 - Mile Square Clubhouse - 10401 Warner, FV

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

- Feb. 6 - Carrows - 16931 Magnolia Ave., FV
- Feb. 13 - Coco's - 6886 Bolsa Ave., HB (Golden West)
- Feb. 20 - Sunny's Waffle House - 1748 Edinger Ave. HB
- Feb. 27 - Mile Square Clubhouse - 10401 Warner, FV

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

- Jan. 6 - Lazy Dog - 16310 Beach Blvd., Westminster
- Jan. 13 - Chili's - 17071 Beach Blvd., HB
- Jan. 20 - Mimi's Café - 18461 Brookhurst Ave., FV
- Jan. 27 - Rodrigo's - 15101 Golden West (By Bolsa), Westminster

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

- Feb. 3 - Sizzler's - 16122 Edinger Ave. (By Golden West), HB
- Feb. 10 - Applebee's - Brookhurst/Ellis, FV
- Feb. 17 - Claim Jumper - 18050 Brookhurst Ave. (By Talbert), FV
- Feb. 24 - Stonefire - 18727 Brookhurst, FV

HB Movies

January 14, 2009 1:00 PM

Miss Pettigrew Lives for a Day

2008 - PG-13 some partial nudity and innuendo. In 1939 London, Miss Guinevere Pettigrew (Frances McDormand) is a middle-aged governess who finds herself once again unfairly dismissed from her job. Miss Pettigrew is catapulted into the glamorous world and dizzying social whirl of an American actress and singer, Delysia Lafosse (Amy Adams). Cast: Frances McDormand, Amy Adams, Lee Pace, Ciarán Hinds, Shirley Henderson
Director: Bharat Nalluri

February 11, 2009 1:00 PM

Made of Honor

2008 - PG-13 sexual content and language Romantic Comedy For Tom (Patrick Dempsey), life is good: he's sexy, successful, has great luck with the ladies, and knows he can always rely on Hannah (Michelle Monaghan), his delightful best friend and the one constant in his life. When Hannah asks Tom to be her "maid" of honor, he reluctantly agrees to fill the role... but only so he can attempt to woo Hannah and stop the wedding before it's too late. Cast: Patrick Dempsey, Michelle Monaghan, Kevin McKidd, Kathleen Quinlan, Sydney Pollack
Director: Paul Weiland

Huntington Beach Chapter General Meetings

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

Monday, January 19, 2009 1:30 p.m.
“Annual Travel Fair”

- Circle of Friends Projected Travel Booklet for 2009 for those in attendance.
- Hear from representatives of our travel companies.
- Meet members of the Circle of Friends Travel Team.
- Day trips, overnight trips, extended trips, and cruises.
- Learn about the requirements and procedures for all trips.

Plus...Recognition of outgoing 2008 Board & Installation Ceremony for 2009 Board
Refreshments and Fun * January Birthdays recognized!
Reservations are required. * Members only, please!

RSVP (714) 843-5061

No later than January 12, 2009

See you there!

Monday, February 16, 2009, 1:30 p.m.
Huntington Beach Elks Lodge

“President’s Day”

Entertainment
The Perry Lambert Show

Perry Lambert is an accomplished, Singer, Actor, Comedian and Impressionist who has performed all over the world. A successful career in Musical Theater, he has held major roles in over 50 theatrical productions.

Refreshments and Fun * February Birthdays Recognized!
Reservations are required. * Members only, please!

RSVP (714) 843-5061 * No later than February 9, 2009

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 \$10.00.**



Call Office For January Dates

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 Activities Room. They prepare wonderful tray favors for patients, table decorations, and special projects. Bring scissors with you. Ideas and samples are always welcome.



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.

Exercise Classes

Thursdays at 8:30 a.m.



Exercise classes, taught by a qualified instructor, are held every Thursday morning in Community Room at West Anaheim Medical Center. Classes are free.

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.



Legal Services Offered

Jan. 15, 2009 at 10:00 a.m.

David Buxbaum, Attorney At Law, is available to assist members 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 Circle of Friends office.

Lunch Bunch for January/February 2009

1/09/09 - **Claim Jumper** - 714-523-3227

1:00 p.m. - 7971 Beach Blvd., Buena Park

1/23/09 - **Olive Garden** - 714-894-1330

1:00 p.m. - 6874 Katella Ave., Cypress

2/13/09 - **Marie Callendars** - 714-522-8930

1:00 p.m. - 5960 Orangethrope Ave., Buena Park

2/27/09 - **Hofs Hut** - 562-799-9552

1:00 p.m. - 10900 Los Alamitos Blvd., Los Alamitos

To reserve your space, call (714) 229-4077.

If there are changes, we will let you know

IF you called to RSVP.

A Day at the Movies

January 12, 11:30 a.m.

Mamma Mia!

Donna (Meryl Streep), an independent hotelier in the Greek islands, is preparing for her daughter's wedding with the help of two old friends. Meanwhile Sophie, Donna's spirited daughter, has a plan of her own. She secretly invites to the wedding three men from her mother's past in hopes of meeting her real father and having him escort her down the aisle on her big day. **Cast:** Meryl Streep, Pierce Brosnan, Colin Firth, Stellan Skarsgard, Julie Walters. **Director:** Phyllida Lloyd - 2008 Musical Comedy, PG-13, some sex-related comments

February 9, 11:30 a.m.

Casino Royal

After receiving a license to kill, British Secret Service agent James Bond (Daniel Craig) heads to Madagascar, where he uncovers a link to Le Chiffre (Mads Mikkelsen), a man who finances terrorist organizations. Learning that Le Chiffre plans to raise money in a high-stakes poker game, MI6 sends Bond to play against him, gambling that their newest "00" operative will topple the man's organization. Based on Ian Fleming's novel. Staring Daniel Craig, Eva Green, Mads Mikkelsen, Giancarlo Giannini, Caterina Murino. 2008 Action Thriller PG-13 sequences of violent action, a scene of torture, sexual content and nudity

Please feel free to bring your lunch and drinks.

The Community room is not

Handicapped Accessible.

Active

West Anaheim & La Palma Chapter 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.

Doors open at 1:30 p.m.

Thursday, January 8, 2009 2:00 p.m.
“Annual Travel Fair”

- Circle of Friends Projected Travel Booklet for 2009 for those in attendance.
- Hear from representatives of our travel companies.
- Meet members of the Circle of Friends Travel Team.
- Day trips, overnight trips, extended trips, and cruises.
- Learn about the requirements and procedures for all trips.

Plus...Recognition of outgoing 2008 Board & Installation Ceremony for 2009 Board

Refreshments and Fun * January Birthdays recognized!

Reservations are required. Members only, please!

RSVP (714) 229-4077

No later than January 4, 2009

Office closed for the holidays please leave a message!

See you there!

Thursday, February 12, 2009 2:00 p.m.

(Union Hall see address and directions above)

“President’s Day”

“Robert K. Fields”

Born in El Paso, Texas and raised in Orange County.

A pianist since 1965 he brings over 43 years of experience for your entertainment pleasure. Enjoy patriotic and sentimental favorites.

Refreshments and fun * February Birthdays Recognized!

Reservations are required. Members only, please!

(714) 229-4077 to R.S.V.P. * No later than February 2, 2009.

See you there!



In Our Thoughts and Prayers, Get Well Wishes for Improved Health to our WA Friends **Janet B., Phyllis B., Jack B., Arlene C., Inez C., Doris C., Robert C., Joan D., Agnes F., Charles F., Mary G., Rose G., Clara L., Marie L., Stevie R., Helen S., Barbara T., Florence T., and Nan & Wilmer W.** To our HB Friends **Bob H., Betty W.** Our Heartfelt sympathy to **Sigrid C.** on the passing of her husband **Robert** on November 19. (WA), to **Gaye T.** on the passing of her husband, **Harry.** (HB), and **Helen A.** on the passing of her long time companion **Chuck S.**(HB). *Special congratulations* to **George & Marie Kalde** (HB) on their 60th Wedding Anniversary.

Recipe of the Month "Crazy Cake" (Contributed by Nancy Creason)

Ingredients:	More Ingredients:	Frosting Ingredients:	Directions:
1. Sift Together.....	2. Add.....	3. Mix Together.....	Pour all "sifted" and "added" ingredients into 13x9x2 pan and bake at 375° for 30 minutes or until done in center. While cake is still hot: spread frosting over cake and bake 5 minutes more.
3 C Flour	2 Tblsp Vinegar	¾ C Brown Sugar	
2 C Sugar	½ C Oil	¼ C Coconut	
1 tsp Salt	2 tsp Vanilla	½ C Melted Butter	
6 tsp Cocoa	2 C Water	¼ C Milk or Cream	
2 tsp Baking Soda			

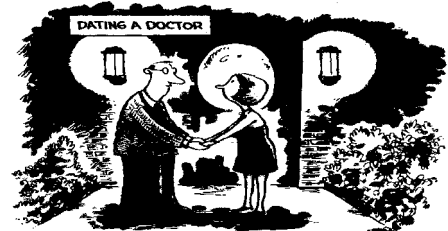
(Note: Preheat oven to 375 °) **What word starts with an E, ends with an E, and has one letter.....?**
(Envelope)

New Year's Resolutions!..... (Life's Easy Instructions) Pick at least one....and stay with it!

Treat everyone you meet like you want to be treated. Sing in the shower. Watch a sunrise at least once a year. Men, return the toilet seat to the down position. Never refuse homemade brownies. Strive for excellence, not perfection. Plant a tree on your birthday. Learn three clean jokes. Return borrowed vehicles with the gas tank full. Compliment three people every day. Never waste an opportunity to tell someone you love them. Leave everything a little better than when you found it. Keep it simple. Think big thoughts but relish small pleasures. Become the most positive and enthusiastic person you know. Floss your teeth. Ask for a raise when you think you've earned it. Over tip breakfast waitresses. Be forgiving of yourself and others. Say "Please" ...a lot, and say "Thank you" ...a lot. Avoid negative people. Buy whatever kids are selling on card tables in their front yards. Wear polished shoes. Remember other people's birthdays. Commit yourself to constant improvement. Carry jumper cables in your trunk. Have a firm handshake. Send lots of Valentine cards; sign them, "Someone who thinks you're terrific"! Look people in the eye. Be first to say "Hello." Use the good silver. Return all things borrowed. Make new friends, but cherish the old ones. Keep a few secrets. Sing in a choir. Plant flowers every spring. Have a dog, or a cat. Always accept an outstretched hand. Stop blaming others. Take responsibility for every area of your life. Wave at kids on school busses. Be there when people need you. Feed a stranger's expired parking meter. Don't expect life to be fair. Never underestimate the power of love. Drink champagne for no reason at all. Live your life as an exclamation, not as an explanation. Don't be afraid to say, "I made a mistake." Don't be afraid to say, "I don't know." Compliment even small improvements. Keep your promises, no matter what. Marry for love. Rekindle old friendships. Count your blessings. **Call your Mother.**

Paddy O'Connell was staggering home with "a pint" in his back pocket when he slipped and fell heavily. Struggling to his feet, he felt something wet running down his leg. "Please, God," he implored, "let it be blood!"

*As children bring their broken toys with them.... for us to mend,
I brought my broken dreams to God...because He was my friend.
Soon...I snatched them back and cried, "How can you be so slow?
"My friend, "He said; "What could I do?... "You never did let go."*



"I had a great time tonight, and I'd like to see you in four to six weeks"

Just when you think you've got your ducks in a row, life changes the line-up. Stay flexible.

Age-does not protect you from loving. Love-protects you from aging!

Having children: It is to decide forever to have your heart go walking around outside your body. Cleaning your house while your kids are still growing... is like shoveling the walk before it stops snowing.

I went to get my driver's license renewed... and our local motor vehicle bureau was packed. The line inched along for almost an hour until the man in front of me finally got his license. The man inspected his photos for a moment, then commented to the clerk, "I was standing in line so long, I ended up looking pretty grouchy in this picture." The woman behind him peered over his shoulder, then reassured him, "It's okay. That's how you're going to look when the cops pull you over anyway."

Dates to Remember:

January 1	New Year's Day	Have you ever considered the color BLUE? Where would the world be without it? We have blue skies, blue moons and the deep blue sea. There are blue eyes crying in
January 19	Martin L. King Jr. Day	the rain, blue Spanish eyes, my baby has blue eyes and Elvis' blue suede shoes.
February 2	Groundhog Day	We can be feeling blue, crying the blues or win a blue ribbon. Then
February 12	Lincoln's Birthday	royal blue, periwinkle blue, azure blue, peacock blue, Navy blue
February 14	Valentine's Day	and, of course, the boys in blue. We can wear our blue jeans
February 16	President's Day	while walking along the blue lagoon, listening to the Blue Danube
February 22	Washington's B'day	Waltz. And how about Babe, the blue Ox? (Submitted by Elena Cleveland)
February 25	Ash Wednesday	

Remember our Military Men and Women, Always !!

Stay dry, warm and well..... Irene Cantrell

Orange County Circle of Friends

From the Travel Department

In consideration of your fellow travelers we ask that you limit the use of perfume and after shave cologne.

Wait Lists: Used when trips are full, you will be notified if you are put on a wait list. Should you be on a Wait List you will be notified if a seat becomes available. It is imperative that we have your current contact information. Please DO NOT show up at the bus unless you have been personally called and given a seat assignment.

Seat assignments: Approximately two weeks prior to a trip you will receive your seat assignment which includes departure time. Please arrive in a timely manner since boarding can be time consuming. We ask that you take your assigned seat when boarding the bus, this will assist the hostess in verifying all travelers are present. This is especially important since we pick up at two locations.

Food/Beverages: You are welcome to bring snacks and beverages on our trips. A bottle of water is provided on all trips. Should we provide food it will be listed on the trip description.

Gratuities: Driver gratuities are included on all our trips. Meals that are part of the trip will also include tax and tip as part of your initial fee. If we have a Step-On Guide we will include that gratuity as well. You certainly are welcome to give an additional gratuity if you feel you received exceptional service but rest assured we provide handsomely for those who provide a service on Circle of Friends trips.



Circle of Friends recently visited the Ronald Reagan Presidential Library in Semi Valley. After a wonderful luncheon, members had small group docent tours of the museum. Highlights of the tour were a collection of Christmas Trees, personal memorabilia of President and Mrs. Reagan and going aboard Air Force One used when President Reagan was in office. It was a wonderful day.

CIRCLE OF FRIENDS TRAVEL

TO BEIJING AND BACK – January 23, 2009 - Spend a magical afternoon halfway around the world on this fantastic tour to **Chinatown** with everyone's favorite guide, John Daugherty! He'll first introduce you to historic **Union Station** with its Art Deco architecture and on to **Chinatown** for a fascinating **easy walking tour** of one of L.A.'s most popular cultural districts, including a peek inside the **Chinese American Museum**. Your adventure to the Orient continues with a Chinese feast at the **Golden Dragon Restaurant** featuring all your favorite dishes. Then, as the tea is poured and fortunes from cookies are read, a host of Chinese **acrobats and dancers** will take center stage to bring you an enchanting afternoon of entertainment. After the show, you'll have time to do some browsing in the Chinese import shops that line **Gin Ling Way, the "Street of the Golden Palace."** Experience all that China has to offer without having to travel around the globe! Gratuities included. **Cost: \$70 ~ Deadline: Jan. 5, 2009 ~ Depart approx: 8:30 a.m. ~ Return approx: 4:00 p.m.**

HARRAH'S CASINO - January 27, 2009 - Enjoy a pleasant ride to Harrah's Casino, located near beautiful San Diego, for a day of gambling and fun Harrah's Rincon Casino. You will receive a \$5.00 gaming coupon from the casino upon your arrival. Add to the fun and visit their world class Spa which is open daily. For reservations and additional prices, please call 760-751-7709. 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: Jan. 8, 2009 ~ Depart approx. 7:00 a.m. ~ Return approx. 6:00 p.m.**

CHOCOLATE COVERED L.A. TOUR! - February 5, 2009 - Join tour director and self-professed chocoholic *Marlene Gordon* on a decadent chocolate covered tour of L.A. Throughout the day Marlene will share the history, mythology and joys of chocolate. Our journey begins with a stop at the charming Chado Tea Room in Pasadena. Here **you'll be treated to a spot of perfectly brewed chocolate chai tea and Chado's delicious chocolate cake.** (The chocolate tea is just one of 300 teas from Chado's "Wall of Tea.") Next stop is at **Leonidas Chocolatier** where imported Belgium chocolate is delivered weekly. You'll sample **freshly made hot chocolate and savor a delicious chocolate truffle.** You'll also have time to buy their fresh chocolates just in time for Valentine's Day. Next **you'll dine sublime at the Renaissance Restaurant**, located inside a 1920's replica of a 17th century French Normandy Chateau. The menu includes salad, chicken, potatoes or rice, vegetables, coffee or tea, with a decadent chocolate dessert prepared by an award winning French chef. After lunch, it's off to the **Monastery of the Angels in Hollywood** where cloistered Dominican nuns sing their prayers at exactly 10 minutes past two. Here, you can buy their chocolate fudge and chocolate covered marshmallows, made from scratch by the nuns, simply divine! A final stop will be made at **Compertes**, a 56 year old small chocolate factory and chocolate boutique, where chocolate and fruit items are made the old fashioned way . . . by hand. It has been the chocolate of choice for celebrities from Frank Sinatra to Bruce Springsteen, to name a few. Gratuities included. **Mmmmmm . . . Chocolate! Cost: \$89 ~ Deadline: January 20, 2009 ~ Depart approx: 7:30 a.m. ~ Return approx: 6:30 p.m.**

BARONA CASINO - February 17, 2009 - 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: Feb. 5, 2009 ~ Depart approx. 10:00 a.m. ~ Return approx. 5:00 p.m.*

A DAY AT THE HUNTINGTON LIBRARY – February 26, 2009 - The Huntington Library is an oasis of art and culture set amidst 150 acres of breathtaking gardens located in San Marino. Docents from the Library will lead you on a **one hour guided walking tour of the Estate**, where you'll learn how Henry and Arabella Huntington turned their Ranch into this world famous cultural landmark. The Gallery contains the most comprehensive collection of British 18th and 19th century art outside of London. Like a French impressionist painting, the broad lawns, arbors and pathways at the Huntington Library evoke a feeling of tranquility. The gardens are enormous – 130 acres with 14,000 varieties of trees and plants. It is home to the **largest public collection of camellias and azaleas in the world**, which are especially beautiful from late winter until early spring. The Rose Garden with more than **1,200 varieties, trace a thousand years of rose history.** At noon it's off to the **Rose Garden Tea Room**, overlooking three acres of roses, the perfect setting for a **buffet luncheon tea.** You'll enjoy a pot of brewed tea and a basket of freshly baked scones served to each table. From a central buffet, you may choose from an array of savory finger sandwiches, fresh strawberries and cream, seasonal fruit, imported cheeses and crackers, and freshly baked miniature pastries. Best of all, you can return to the buffet as often as you like! After lunch, the remainder of the afternoon is at your leisure to explore the collections and gardens on your own. Gratuities and printed itinerary included. **Cost: \$89 ~ Deadline: Feb. 3, 2009 ~ Depart approx: 8:45 a.m. ~ Return approx: 4:00 p.m.**

CIRCLE OF FRIENDS TRAVEL

"IN THE MOOD" – March 1, 2009 - Travel to the **Cerritos Center for the Performing Arts**, the Southland's premier performing arts center and enjoy a special **matinee performance of "In The Mood"**. During a time of war, this was the music that united a nation. This jazzy, spirited tribute to the 1940s Swing era **features singers, dancers, a Big Band orchestra**, and tunes from icons of the time, including Artie Shaw, Duke Ellington, Tommy Dorsey, and Benny Goodman. Much more than a concert, it's an authentic and inspiring celebration of American history and culture. **Cost: \$89~Deadline: January 22, 2009~ Depart 1:00 p.m. ~ Return approx. 6:30 p.m.**

"DOWN BY THE SEASHORE"—March 18, 2009 - Spend the day exploring a spectacular stretch of Southern California coastline from the artists' colony of Laguna Beach, south to Dana Point. Laguna Beach has long been a haven for artists and, in the 1940s, became a popular retreat for Hollywood stars like Humphrey Bogart. Spend the morning shopping in the charming downtown area of Laguna. Next stop is for lunch in Dana Point. Nestled in a natural cove, with the white cliffs towering behind, is a 2,500-slip harbor, the pride of Dana Point and Mariner's Village. The Wind & Sea Restaurant is located at the water's edge in the village offering diners a spectacular view of the azure cove. Your included seafarer's lunch comes with choice of sandwich, (see reservation form) coleslaw, fruit, dessert and beverage. Afterwards some free time to relax and enjoy the view before boarding the "Dana Pride" for a 2-hour whale watching adventure. This fully narrated cruise aboard a comfortable 100-passenger vessel guarantees that you will see sea lions, dolphins and/or whales or your next cruise is free! March is the perfect time to witness for your self the rare sight of the majestic, endangered Grey Whale. The boat is equipped with indoor and outdoor seating and a snack bar. Gratuities included. Printed itinerary upon boarding. **Cost: \$85~Deadline: February 24, 2009~ Depart 9:30 a.m. ~ Return approx. 5:00 p.m.**

PECHANGA CASINO – March 25, 2009 - Enjoy a relaxing motor-coach ride down to Temecula and explore the Pechanga Casino. Must have valid government issued photo ID (driver's license). Pechanga Casino may require name, address, and birth-date. You are allowing Circle of Friends permission to release the information when you sign the reservation form. **Cost \$14~Deadline: March 12, 2009 ~ Depart approx. 7:30 a.m. ~ Return approx. 6:30 p.m.**

"JET PROPULSION LABORATORY (JPL)"—April 21, 2009 - Trailblazing has been the business of the Jet Propulsion Laboratory since established by the California Institute of Technology in the 1930's. On this exciting day trip, you have a chance to go behind the scenes to see rocket scientists at work at one of our country's premier space labs! This fascinating day begins with lunch in Pasadena at McCormick & Schmick's Restaurant. You will have a choice of entrée Top Sirloin or Chicken Breast Picatta, mixed baby greens salad, apple pie for dessert and a beverage. Your 2-1/2 hour guided tour of Jet Propulsion Laboratory begins with a media presentation entitled "Welcome to Outer Space," an overview of the Lab's activities and accomplishments. From there embark on a walking tour that takes you to the von Karman Visitor Center, the Space Flight Operations Facility, and the Spacecraft Assembly Facility. Considerable walking and stair climbing required. **SPECIAL NOTE: We MUST provide your name and citizenship 30 days prior to trip. JPL requires that all U.S. citizens, 18 years of age or older, present official, government issued photo identification (driver's license or passport) before being allowed entry. All non-U.S. Citizens 18 years of age or older must present a passport or resident visa (green card) before being allowed entry. Individuals without proper identification will not be admitted to the Laboratory. Gratuities included. Cost: \$69~Deadline: March 16, 2009~ Depart 9:00 a.m. ~ Return approx. 5:00 p.m.**

"COOKIN' & CRUISIN' IN SANTA BARBARA"—May 13, 2009 - The day begins with a leisurely drive north to the seaside town of Santa Barbara for lunch at Santa Barbara City College's Culinary School, a world-renowned school of cooking. Take a seat in the Gourmet Dining Room as future chiefs show off their newfound skills by preparing a grandiose gourmet luncheon. Your choice of menu includes Salmon Buerre Blanc, Beef Tenderloin or Chicken Mediterranean. After lunch sit back and relax as you make the trek over San Marcos Pass to Lake Cachuma, this lake is a unique habitat for many species of fish, migratory birds, wildlife, trees and plants. You'll be met by a local naturalist who will be your captain and guide for the next two hours aboard the "Osprey". While on your "wildlife cruise" you will spot does with their young fawns, wild turkeys, and elusive big cats like mountain lions and bobcats. The lake is also the residence of numerous birds and waterfowl including great blue herons, osprey, mallard ducks, quail and red-tailed hawks. The captain's informative, entertaining narration and "eagle eye" for spotting the wildlife, is sure to keep you on your toes. Don't forget your binoculars! There is both outside and covered seating on board. Gratuities included. **Cost: \$92 ~ Deadline: April 22, 2009 ~ Depart 8:30 a.m. ~ Return approx. 7:30 p.m.**

CIRCLE OF FRIENDS & PREMIERE WORLD DISCOVERIES PRESENT

11 Days – Splendors of Croatia - March 2-12, 2009

Zagreb – City Tour: St. Stephen’s Cathedral, St.Marks Church, Jelacic Square & Mirogoj Park Cemetery **Zadar** City Tour: Roman Forum, the People’s Square. **Trogir** –Walking Tour: see palaces, churches & towers. **Dubrovnik** City Tour: Drive the spectacular **Dalmatian Coast** to Split two night stay **Split**, a picturesque ancient town built by the Roman Emperor Diocletian. Split City Tour: Visit **Diocletian’s 3rd Century Palace**, a Unesco World Heritage site & visit the Cathedral, **Plitvice National Park** Korana Canyon & Tomicevo Pogledalo; Plitvice Boat Excursion. Travel to **Rastoke**. Farewell Dinner. **Tour Includes:** Roundtrip transfer to/from West Anaheim/Huntington Beach, to/from airport with tip to driver • Roundtrip Airfare • 16 Meals – 9B, 7D • Sightseeing per Itinerary • Deluxe Motor coach • Admissions per Itinerary • Hotel Transfers • Professional Tour Director • Baggage Handling • 9 Nights Accommodations: 1 Night – Zagreb, 2 Nights – Zadar, 2 Nights – Dubrovnik, 2 Nights – Split, 1 Night – Plitvice, 1 Night – Zagreb plus so much more! \$3,149 pp double/\$3,699 pp single. Call the COF office for details.

7 Days – Red Cliffs Adventure - April 18-24, 2009

Salt Lake City Tour: State Capitol and Temple Square. Travel to scenic **Moab** filled with red cliffs & painted canyons. Arrive at the **Red Cliffs Lodge** for a 4-night stay. Nestled high on the banks of the Colorado River, the lodge is surrounded by magnificent Red Rock Cliffs. Visit **Canyonlands National Park**, **Dead Horse Point State Park** both offer breathtaking views of canyon country and the Colorado River. Visit scenic **Monument Valley**, the most filmed area in the west. Later experience a Monument Valley Scenic Drive Tour aboard a four wheel vehicle. Tour **Arches National Park** one of our country’s great national parks. Visit **Park City** the home of the Sundance Film Festival. Visit the Utah Winter Olympic Park, one of the main venues of the 2002 Salt Lake City Winter Games. **Tour Includes:** Roundtrip transfer to/from West Anaheim/Huntington Beach, to/from airport with tip to driver • Roundtrip Airfare • 10 Meals – 6B, 1L, 3D Sightseeing per Itinerary • Deluxe Motor coach Admissions per Itinerary • Hotel Transfers • Professional Tour Director • Baggage Handling • 6 Nights Accommodations: 1 Night – Hilton Hotel, Salt Lake City, Utah, 4 Nights – Red Cliffs Lodge, Moab, 1 Night – Marriott, Park City, Utah plus so much more! \$2,089 pp double/\$2,689 pp single Call the COF office for details.

9 Days – Branson, Memphis & Nashville - May 6-14, 2009

St. Louis City Tour: Gateway Arch & Union Station. Arrive in **Branson**, the show capital for 3 nights. See **Shoji Tabuchi**, **Silver Dollar City**, **Showboat Branson Belle**. Branson City Tour: **College of the Ozarks** & the new **Branson’s Landing**. See the **Jim Stafford Show**; visit the **Clinton Presidential Library in Little Rock** featuring a replica of the Oval Office. In **Memphis** visit **Elvis Presley’s famous Graceland**. In **Nashville** stay 2 nights **Gaylord Opryland**, see **Grand Ole Opry Show**. Nashville City Tour: Parthenon, the Old Ryman Auditorium & Music Row. **Country Music Hall of Fame Tour** **Includes:** Round trip transfer to/from West Anaheim/Huntington Beach, to/from airport with tip to driver • Roundtrip Airfare • 13 Meals - 8B, 5D Sightseeing per Itinerary • Deluxe Motor coach • Admissions per Itinerary • Hotel Transfers • Professional Tour Director • Baggage Handling • 8 Nights Accommodations: 1 Night – Drury Plaza Hotel, St. Louis, 3 Nights – Branson, 2 Nights – Gold Strike, Tunica, 2 Nights – Gaylord Opryland Resort plus so much more! \$2,359 pp double/\$2,909 pp single. Call for itinerary!

7 Days – Cape Cod & the Islands - July 12 -18, 2009

Upon arrival transfer to the Radisson Hotel Hyannis in **Hyannis, Massachusetts** for a leisurely six night stay. Visit **Plymouth Plantation**, an accurate re-creation of the Pilgrim’s 1627 village. Later visit **Sandwich**, the oldest town on Cape Cod, take a **Hyannis Harbor Cruise** featuring views of the Kennedy Compound. Later “All Aboard”, begin a two-hour train journey via the **Cape Cod Central Railroad**. Then tour Hyannis to learn about the history of this seaside resort. Travel through **Hyannis port** and see St. Francis Church. **Boston** City Tour, ferry to **Martha’s Vineyard**. Tour the colorful Victorian cottages of **Oak Bluffs**, **Edgartown** visit **Aquinnah Lighthouse and Gay Head**. **Newport, Rhode Island** City Tour. The **Breakers Mansion**, the Vanderbilt’s lavishly decorated turn of the century mansion. Follow “Ten-Mile-Drive” along the magnificent rocky coast **Tour Includes:** Roundtrip transfer to/from West Anaheim/Huntington Beach, to/from airport with tip to driver Roundtrip Airfare • 9 Meals – 6B, 3D Sightseeing per Itinerary • Deluxe Motor coach Admissions per Itinerary • Hotel Transfers Professional Tour Director • Baggage Handling • 6 Nights First Class Hotel: Radisson Hotel Hyannis–Hyannis, MA plus so much more! \$2,139 pp double/\$2,689 pp single.

8 Days – Idaho Resorts & Rivers June 6-13, 2009

Boise Sun Valley Board the Boise Tour Train for a relaxing narrated tour of the historic and downtown areas. Enjoy a tour of Sun Valley and Ketchum including stops at Guyer Hot Springs Sawtooth – McCall Sawtooth National Forest & Recreation Area. Payette River Float Trip. Hells Canyon – Lewiston Canyon Jet Boat Ride Coeur D’Alene former frontier outpost and lakeside resort area of Coeur D’Alene, Check into the famous lakeside Coeur D’Alene Resort for a two-night stay. Enjoy a scenic Lake Cruise exploring the shores. Tour Includes Roundtrip transfer to/from West Anaheim/Huntington Beach, to/from airport with tip to driver. • Roundtrip Airfare • 11 Meals – 7B, 1L, 3D • Sightseeing per Itinerary • Deluxe Motor coach • Admissions per Itinerary • Hotel Transfers • Professional Tour Director • Baggage Handling • 7 Nights Hotel Accommodations: 1 Night – Boise, 2 Nights –Sun Valley/ Ketchum, 1 Night – McCall, 1 Night – Lewiston, 2 Nights – Coeur D’Alene \$2189 pp double/\$2889 pp single. Call office for itinerary! Call the COF office for details.!

Please mail completed Travel Reservation Form and a **SEPARATE check for EACH TRIP** made out to Circle of Friends.
 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.

TRIP NAME	DATE	PRICE PER PERSON	#OF PERSONS	AMOUNT ENCLOSED	DEADLINE TO SIGN UP
To Beijing and Back	1/23/09	\$70 _____	X _____	\$ _____	1/5/09
Harrah's Casino (no refunds) (Member #1) Card# _____	1/27/09	\$14 _____ BD _____	X _____ (Member #2) Card# _____	\$ _____ BD _____	1/8/09
Chocolate Covered LA	2/5/09	\$89 _____	X _____	\$ _____	1/20/09
Barona Casino (no refunds) (Member #1) Card# _____	2/17/09	\$14 _____ BD _____	X _____ (Member #2) Card# _____	\$ _____ BD _____	2/5/09
Huntington Library	2/26/09	\$89 _____	X _____	\$ _____	2/3/09
In The Mood	3/1/09	\$89 _____	X _____	\$ _____	1/22/09
Down By The Seashore Choice of Meal	3/18/09	\$85 _____	X _____	\$ _____	2/24/09
		Hawaiian Chicken Sandwich x _____	Roast Beef Sandwich x _____		
Pechanga Casino (no refunds) (Member #1) Card# _____	3/25/09	\$14 _____ BD _____	X _____ (Member #2) Card# _____	\$ _____ BD _____	3/12/09
Jet Propulsion Laboratory Choice of Meal	4/21/09	\$69 _____	X _____	\$ _____	3/16/09
		Top Sirloin Steak x _____	Chicken Picatta x _____	Citizenship _____	Use full legal name below.
Cookin' & Cruisin' Santa Barbara Choice of Meal	5/13/09	\$92 _____	X _____	\$ _____	4/22/09
		Salmon Buerre Blanc x _____	Beef Tenderloin x _____	Chicken Mediterranean x _____	

① NAME _____ CHAPTER _____
 Name badges and emergency cards are required for all trips. I need a **Name Badge**. Yes No **Emergency Card**. Yes No
 ADDRESS _____ Space or Apt. # _____
 CITY _____ ZIP _____ PHONE _____ PICK-UP POINT: WA _____ HB _____

② NAME _____ CHAPTER _____
 Name badges and emergency cards are required for all trips. I need a **Name Badge**. Yes No **Emergency Card**. Yes No
 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. _____

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, 2009, 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 to accept any person as a member of the tour, or to require any participant to withdraw from the tours 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 groups 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)

 Date

② _____
 Signature (required)

 Date

TAPE HERE

TAPE HERE

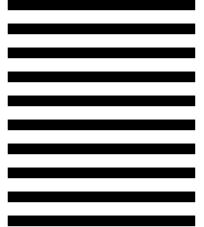
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PLEASE FOLD HERE



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UNITED STATES

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3033 W. ORANGE
ANAHEIM, CA 92804-9983

Travel



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PLEASE FOLD HERE FIRST

Orange County Circle of Friends Membership Enrollment Form

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

3033 West Orange Avenue, Anaheim, CA 92804
(3010 West Orange Avenue, Suite #500, Medical Center Bldg.
(Beach Boulevard at Orange Avenue) - Telephone: (714) 229-4077

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 ____/____/____ E-mail Address _____

Age _____ Gender: Male Female

First name desired on membership badge _____

Emergency Contact: Name _____ Relationship _____ Telephone (____) _____

Are you interested in volunteering? Yes No

How did you hear about us? _____

Do you wish to receive newsletter via website? No Yes (provide e-mail address above)

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

Member 2:

First Name _____ Middle Initial _____ Last Name _____

Date of Birth ____/____/____ E-mail Address _____

Age _____ Gender: Male Female 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 \$15 Two-year \$25

Dual Membership (members must be at the same address) Two 1-year memberships \$25 Two 2-year memberships \$45

Gift Membership One year \$15 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)

Signature if dual membership (Required)

Date Processed _____

Date Recv'd _____

Initials _____

Initials _____



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

Postmaster:
 Please deliver by
 October 23, 2008

HUNTINGTON BEACH
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 PERMIT #213

Or Current Resident

We Listen - We Care - We Act

Happy New Year!

Leadership
Candace Bartsch
Director, Orange County Circle of Friends

HB Chapter 2009 Executive Board
President - Dorothy Dupont
Vice President - Tony Soumakian
Treasurer - Cathy Smaw

WA Chapter 2009 Executive Board
President - Claire Reinhard
Vice President - Fran Guerena
Treasurer - Grace Brown

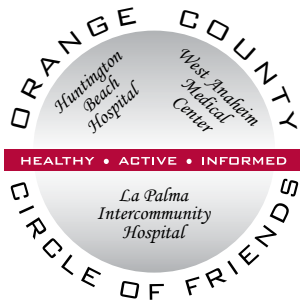
Travel Department
(714) 229-4077

Newsletter
(714) 843-5061 or (714) 843-5596

January / February 2009

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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 \$15.00 for a one-year membership.* Make your life happier, healthier and more active! Call your local chapter today!



West Anaheim Medical Center
 3033 W. Orange Avenue
 Anaheim, CA 92804

Postmaster:
 Please deliver by
 October 23, 2008

WEST ANAHEIM
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 PERMIT #32

Or Current Resident

We Listen - We Care - We Act

Happy New Year!

Leadership
Candace Bartsch
Director, Orange County Circle of Friends

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Vice President - Tony Soumakian
Treasurer - Cathy Smaw

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