

Dear Circle of Friends Members,

Here we are approaching the warmer days of summer and already this year, members, have traveled from Santa Barbara to San Diego to see the sights of this wondrous state we live in. Members have visited Salt Lake City and some will be off to Cape Cod in a few weeks. You can join us as we visit Lake Arrowhead for Oktoberfest or Cruise the Panama Canal, knowing you will have the time of your life with friends. Circle of Friends is very proud of it's over twenty-three years of providing travel opportunities for 50+ seniors. We pride ourselves in making sure your needs are met from the minute you board a bus or a shuttle to your last step at the end of the trip. Don't forget that all this is possible due to the hard work of volunteers who work in the chapter offices.

I would be remiss if I did not remind you of the fantastic General Meetings and special events held by each chapter monthly. Circle of Friends volunteers coordinate these as well. For the cost of your membership, you are invited to enjoy entertainment, refreshments, attend picnics or party bingo and spend an afternoon laughing and having a great time. Your membership entitles you to so much more and I hope that you will take advantage of everything we have to offer. We have Chairpersons waiting to welcome you to our numerous programs. Please review the newsletter for upcoming events.

This last month Circle of Friends was a sponsor of the Westminster Health Expo and the Fountain Valley Senior Expo. In July, we are happy to be part of the Cypress Resource Fair and Buena Park Super Senior Saturday. Then in September, we will once again be a Platinum Sponsor of the Huntington Beach Council on Aging Senior Saturday Community Festival. Please stop by and say "hi" we would love to see you at any of these wonderful events.

If you are attending the HB 4th of July Parade, look for the Huntington Beach Hospital float. Several Circle of Friends members will be joining us as we celebrate the HB Centennial with a float highlighting the year the hospital opened, 1967.

On behalf of the Joint Board of Directors of Circle of Friends, I wish each of you a happy and healthy summer enjoying the wonders around you.

Sincerely yours,
Candace Bartsch
Director Circle of Friends



Tom greets Vincent, a Circle of Friends member, at the Westminster Health Expo



Ed and Barb volunteer at the Circle of Friends Booth at the recent Westminster Health Fair

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 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. Please let the office know if you no longer need a mailed copy of the newsletter.

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.

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
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 suppertime. Must wear current badge. Please note addition of California sales tax.

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: 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.

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. Donate cell phones, eyeglasses, magazines and pop top tabs.

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.

Travel Team Office Hours

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

Monday – Thursday 8:00 am – 12:00 noon
Closed on Fridays and during special events/meetings and days of travel. Call 714-229-4077

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!

Watch Out For Scams

There is always news about someone being hurt from scams. Everyone must remain alert and be aware of potentially dangerous offerings. Some of the scams that are lurking about are: tricking you into buying fake antivirus software, scams to access your online passwords and account number, placing phony parking tickets on your automobiles in parking lots to have you send your fee to the scammer. There are many websites that you should be wary of-watch for dotcom cons. All police and other official agencies end in ".gov." We encourage all members to be aware.

CIRCLE OF FRIENDS "DAY of FUN"

Prospective Members are invited too!

"PARTY BINGO" and ROOT BEER FLOATS

Thursday August 13, 2009

2:00 PM

Ticket Sales: \$10.00 per person
Entrance by advanced ticket sales only

UFCW Union Hall

8530 Stanton Ave.

Buena Park

Park behind the hall on the East side of the building

Ticket Sales no later than August 6, 2009

Tickets will not be sold at the door.

All sales are final....sorry, no refunds.

Let's have FUN! A day of playing "Party Bingo". Everyone can play. All you need to know are the suits of a deck of cards, we will teach you the rest. If you wish to sit with someone, you may not enter the hall until all of your party is present (maximum of 4 in a group). However, you do not need partners. **NO ONE will be allowed to save seats.** You will be seated as you enter. Sorry, **NO EXCEPTIONS.** This is the only way we can seat everyone and make the games run smoothly for everyone. THANK YOU for your cooperation! The cost is \$10.00 per person. Sponsored by West Anaheim Circle of Friends. **Guests are welcome. GOOD LUCK EVERYONE!**

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To Purchase Tickets-mail in request or come by the office

Number of Tickets Requested for Party Bingo _____

Name _____

Name _____

Name _____

Name _____

Address to mail tickets: _____

Make checks payable to Circle of Friends. Amount enclosed: \$ _____

Mail to: Circle of Friends

3033 W. Orange Ave.

Anaheim, CA 92804

Request Must be in Office no later than August 6, 2009

NO HB GENERAL MEETING ON August 17, 2009

Huntington Beach Chapter Programs

Legal Services Offered

July 24 or August 28, 2009

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.

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.

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 - July - 9:00 a.m.

July 3 - Carrow's - 16931 Magnolia Ave., FV
July 10 - Coco's - 6886 Bolsa Ave., HB (Golden West)
July 17 - Mimi Cafe' - 18461 Brookhurst Ave., FV
July 24 - Sunny's Waffle House - 1748 Edinger Ave., HB
July 31 - Mile Square Clubhouse - 10401 Warner, FV

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

Aug. 7 - Carrow's - 16931 Magnolia Ave., FV
Aug. 14 - I Hop - 18782 Beach, HB
Aug. 21 - Coco's - 18782 Brookhurst Ave., FV
Aug. 28 - Mile Square Clubhouse - 10401 Warner, FV

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

July 7 - Applebee's - 18279 Brookhurst, FV (Ellis)
July 14 - Olive Garden - 16811 Beach Blvd., HB (Warner)
July 21 - Lazy Dog - 16310 Beach Blvd (Pavilions) West.
July 28 - Chili's - 17071 Beach Blvd HB (Warner)

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

Aug. 4 - Rodrigo's - 15101 Goldenwest West. (Bolsa)
Aug. 11 - Claim Jumper - 18050 Brookhurst, FV (Talbert)
Aug. 18 - Mimi's Café - 18461 Brookhurst Ave., FV
Aug. 25 - Sizzler's - 16122 Edinger, HB (Goldenwest)

HB Movies

July 8, 2009 1:00 p.m. - Slumdog Millionaire
2008 - Runtime: 2 hr. - R some violence, disturbing images and language. Jamal Malik, an 18 year-old orphan from the slums of Mumbai, is just one question away from winning a staggering 20 million rupees on India's "Who Wants To Be A Millionaire?" Police arrest him on suspicion of cheating. Each chapter of his story reveals the key to the answer to one of the game show's questions. **Cast:** Dev Patel, Freida Pinto, Madhur Mittal, Anil Kapoor, Irfan Khan. **Director:** Danny Boyle

August 12, 2009 1:00 p.m. - The Secret Life of Bees
2008 - Runtime: 1 hr. 50 min. PG-13 thematic material and some violence. Haunted by memories of her late mother, 14-year-old Lily Owens (Dakota Fanning) runs away with her friend and caregiver Rosaleen (Jennifer Hudson) to the South Carolina town that holds the key to her mother's past. There, Lily meets the Boatwright sisters (Queen Latifah, Alicia Keys, Sophie Okonedo), who take her in and teach her about beekeeping, honey and the Black Madonna. **Cast:** Dakota Fanning, Jennifer Hudson, Queen Latifah, Sophie Okonedo, Alicia Keys, Paul Bettany **Director:** Gina Prince-Bythewood

Huntington Beach Chapter Programs

Huntington Beach Chapter General Meeting

Meeting held at the Huntington Beach Elks Lodge
7711 Talbert, Huntington Beach (West of Beach Blvd.)

Reservations are required! Please cancel if unable to attend.
Non-members welcome with a \$5.00 fee payable at the door.
(Fee waived if you become a member at the meeting)



Monday, July 20, 2009

1:30 p.m.

(Doors open at 1:00 p.m.)

A Tribute to Hollywood

Presenting Jaxx and Jacobson



They will take you on an unforgettable journey down a star-studded memory lane. Highlighted by their singing and vocal impressions, you will relive magical moments from your favorite performers, movies and TV shows.

PLUS

White Elephant Gift Extravaganza. Bring any item that you no longer desire to keep, in a paper bag and the members may buy them (sight unseen) for \$1.00 each. Let the laughs and fun unfold before your very eyes.

This will be a club fundraiser.

Refreshments and fun * July Birthdays Recognized!

Please wear your name badge! Reservations are required.
(714) 843-5061 to R.S.V.P. * No later than July 14, 2009.

See you there!

NO AUGUST GENERAL MEETING DUE TO PARTY BINGO

The Park Walkers extend a cordial invitation to all Circle of Friends Members to join the group. We meet at the picnic shelter in HB Central Park (Edwards and Central Park Drive) on Tuesday and Thursday mornings at 8am. After doing some gentle warm up exercises, we walk around the Park for about 45 minutes. Members walk at their own pace and there is no pressure to "keep up" with anyone. After walking we do several cool down exercises-again very gentle. The Group members are friendly, and newcomers are always made to feel welcome. Everyone knows the importance of exercise and walking is one of the best. For more information, or if you need a map showing the meeting place, call the Circle of Friends Office. Look forward to seeing you soon!

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



July 7 and 8, 2009

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.



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



Class has been cancelled until further notice. Regrettably the instructor sustained a broken ankle. We wish her a speedy recovery and will resume class upon her return.

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.



Dine Out for July / August 2009

July 10 - 1:00

Chili's

10643 Valley View St., Cypress, Ca. 90630
714-229-0478

July 24 - 1:00

Fish in a Bottle

10205 Valley View St., Cypress, Ca. 90630
714-821-3400

August 7 - 1:00

Don Jose

2681 W. La Palma Ave., Buena Park, Ca.
714-995-2661

August 21 - 1:00

Golden Steer

11032 S. Beach Blvd., Stanton, Ca.
714-894-1208

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

Tuesday, July 14, 2009 - 11:30 am

Madagascar: Escape 2 Africa

2008 Runtime: 1 hr. 29 min. PG some mild crude humor. Alex, Marty, Melman, Gloria, King Julien, Maurice and the penguins and the chimps find themselves marooned on the distant shores of Madagascar. Africa seems like a great place--but is it better than their Central Park home? **Cast:** Ben Stiller, Chris Rock, David Schwimmer, Jada Pinkett Smith, Sacha Baron Cohen, Cedric the Entertainer, Andy Richter. Director: Eric Darnell

August 11, 2009

Australia

2008 Runtime: 2 hr. 45 min. PG-13 some violence, a scene of sensuality, and brief strong language. An English aristocrat inherits an Australian ranch the size of Maryland. When English cattle barons plot to take her land, she reluctantly joins forces with a rough-hewn cattle driver to drive 2,000-head of cattle across hundreds of miles of the country's most unforgiving land, only to still face the bombing of Darwin by the Japanese forces that had attacked Pearl Harbor only months earlier. **Cast:** Nicole Kidman, Hugh Jackman, David Wenham, Bryan Brown, Jack Thompson. Director: Baz Luhrmann

Please feel free to bring your lunch and drinks.

The Community room is not Handicapped Accessible.

West Anaheim/La Palma Chapters July General Meeting

Thursday, July 9, 2009

2:00 p.m.

Doors open at 1:30 p.m.

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.

“Hawaiian Luau”

Alohi’s Polynesian Dancers are a professional entertainment group who will perform dances from various Polynesian Islands.

Wear your flowered shirt or Mumu and enjoy beautiful Hawaiian music and performance.

Refreshments and fun.

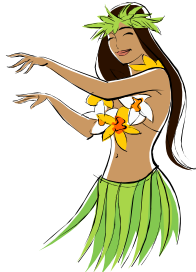
Reservations are required.

Non-members welcome with a \$5.00 fee payable at the door.

(Fee waived if you become a member at the meeting)

Call West Anaheim Chapter at (714) 229-4077

No later than July 3, 2008.



Duane getting ready for the crowds at Health Expo



Fumie and Virginia enjoying the Volunteer Appreciation Luncheon

West Anaheim & Huntington Beach Circle of Friends

Picnic & Bingo in the Park

(At Twila Reid Park, across from West Anaheim Medical Center)

Monday, September 21, 2009

11:00 a.m. - 3:00 p.m.

We will be located at the Picnic Shelter, additional shade, tables and chairs will be provided for your comfort. We will eat at 12:00 noon.

Tickets \$12.00 advance sale by September 10th

This catered picnic will include...

BBQ Hamburgers/Hotdogs/Veggie Burgers

**All the trimmings...Baked Beans, Potato Salad, Chili, Cheeses,
Sauerkraut, Chips, Condiments, Onions, Lettuce, Tomatoes**

Desserts: Cookies, Brownies, Watermelon, Fresh Fruit

**The picnic will replace September General
Meetings for both Chapters.**

Advance Ticket Sales—\$12.00 per person

Make check payable to Circle of Friends

Amount enclosed \$ _____

Name _____ Name _____

Address to mail your tickets:

**Bring to your Local Chapter Office or mail to
West Anaheim Circle of Friends
3033 West Orange Ave. Anaheim, CA 92804
no later than September 10, 2009.**

A Little Bird Told Me



Our Thoughts and Prayers and Get Well Wishes for Improved Health for our WA Friends go to **Oscar D., Nancy F., Charles F., Mary G., Dorothy H., Bob H., John J., Robert M., John M., Clarence S., Doris S., Jerry V. and Rose Marie W.** Our Sympathy to the family of **Clara Prytz** who passed away on April 4th and to **Marie Mangano**, who's sister **Josephine** In Pennsylvania, passed away on May 5th. HB Friends: **Priscilla C, Carolyn F., Ray F., Marilyn K., Howard S., Mary W.** Our thoughts and prayers are with the family of **Bob Huntley**.

On a happier note, **Marie** and **Sam Mangano** celebrated their 57th Wedding Anniversary on May 17th. May you have many more.

Recipe of The Month

Ingredients:

- 1 jar Old English Cheese
- 1/2 tsp Garlic
- 1/4 tsp Mrs. Dash
- 1 stick Butter, melted
- 1 Tbsp Mayonnaise
- 1 can Crabmeat, drained
- 1 pkg English Muffins

"English Crabbies" (Simple to make; great hors d'oeuvres, from Irene)

Directions:

Pre-heat oven to 350. Mix all ingredients together and spread evenly on all halves of the split muffins. Bake for 10-15 minutes. Cut halves into 6 pieces.

We need to understand more about the passing years; how to live them, and not just accumulate them.

Getting older is to live long; going from passion to compassion.



The Sneeze They walked in tandem, each of the 92 students filing into the already crowded auditorium. With their rich maroon gowns flowing and the traditional caps, they looked almost as grown up as they felt. Dads swallowed hard behind broad smiles and Moms freely brushed away tears... This class would NOT pray during the commencements - *not by choice, but because of a recent court ruling prohibiting it.* The principal and several students were careful to stay within the guidelines allowed by the ruling. They gave inspirational and challenging speeches, but no one mentioned divine guidance and no one asked for blessings on the graduates or their families. The speeches were nice, but they were routine until the final speech. He stood still, proud and silent for just a moment, and then it happened!! All 92 students, every single one of them, suddenly SNEEZED !! The student on stage... simply looked at the audience and said, "GOD BLESS YOU, each and every one of you!" And he walked off the stage. The audience EXPLODED into applauseThe graduating class had found a unique way to invoke God's blessing on their future, with or without the court's approval. This is a wonderful true story that happened at the University of Maryland.

"I want my children to have all the things I couldn't afford. Then I want to move in with them." Phyllis Diller

From TheHeart (Irene's Aunt Gladys McDonnell, March 1991)

The children are gone, Your spouse is dead. Things have changed from the life you've led. You can stay at home and live a lonely life, Sad and bewildered, a one time wife. But you have a choice if you want to try. These golden years go quickly by. Join a club, make friends. Come change your style. Take a trip, do something worth while. Good friends, good times are hard to find. Go out, do good and have peace of mind.

"Mothers want their sons to grow up to be president, but don't want them to become politicians in the process." John F. Kennedy

"As long as there are tests in school, there will always be prayers in school. "

"Experience! The most brutal of teachers. BUT, you learn. By golly, you do learn. " (Both by Mary Louise Con)

"The most remarkable thing about my mother is that, for 30 years, she served the family nothing but 'leftovers.' The original meal has never been found."

The best way to keep children home is to make the home atmosphere pleasant... and let the air out of the tires."

Dorothy Parker

What torments me most about my youth is not the foolishness and crazy things I have done the fact-that I can't go back and do them all again.

Don't cry because it's over; smile because it happened! Some mistakes are too much fun to only make once!

You'd better laugh if you know what's good for you Laughter ... increases respiration, heightens our muscular activity, and contributes to better-functioning cardiovascular and sympathetic nervous systems! Laughter ... reduces stress, hypertension and depression! YES, Laughter ... breaks down barriers, mends fences, establishes perspective, and sure makes your day brighter just for the health of it!!

Just think about it..there's no danger of developing eyestrain from looking on the bright side of things. If we fill our hours with regrets of yesterday and with the worries of tomorrow, we have no memories of today to be thankful for. So keep dancing. Life's music never stops!

Dates to Remember!

July 1 Canada Day

July 4 Independence Day

August Planet MARS closest to Earth than in 5,000 years. On the 27th it appears the same size as the MOON

Aug 15 Assumption

Aug 19 National Aviation Day

"The initiative of youth and the experience of the older each have equal value!"

Please remember our military men and women in your prayers

Have a great summer, Irene

CIRCLE OF FRIENDS TRAVEL

“Harrah’s Casino” – July 29, 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. 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: July 9, 2009 ~ Depart approx. 7:30 a.m. ~ Return approx. 6:00 p.m

“Del Mar Racetrack”-August 20, 2009

Come to where the “surf meets the turf” at exciting Del Mar Race Track! It was back in the summer of 1937 when Bing Crosby and his Hollywood pals put the finishing touches on their getaway spot down by the sea. And it hardly took any time at all for a tradition to be born and carried on, one that, to this day, echoes the relaxed idea that “nobody’s in a hurry but the horses.” In 1993, the track unveiled its fully completed \$80-million reconstruction, a bit of work that allowed the past to linger among modern-day amenities. Closed circuit television monitors are located throughout the infield area for optimum race viewing. All are convenient to the wagering windows, cocktail bars and concession stands. Join us for a fun, relaxed afternoon at Del Mar this summer! Clubhouse seating and \$20.00 food/beverage voucher for lunch on own. Includes racing program/driver’s gratuity!

Cost: \$80 ~ Deadline: July 6, 2009 ~ Depart approx. 10:00 a.m. ~ Return approx. 8:30 p.m.

“Barona Valley Ranch Resort and Casino” – August 27, 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: Aug. 12, 2009 ~ Depart approx. 7:30 a.m. ~ Return approx. 6:00 p.m.

“Tibbie’s Great American Cabaret “Forever 50’s” Aboard the Queen Mary - September 13, 2009

Get ready for an afternoon full of fun, frolic and fantastic food! Step out to **Tibbie’s Great American Cabaret aboard the Queen Mary** and see. It’s more than dinner. More than just entertainment. It’s a toe tappin’, finger-snappin’, electric show built around one of the best meals in town! Malt shops to sock hops! The music of the 1950’s returns in a brand new revue! “Twist The Night Away” under the stars as we relive “Those Magic Moments”! From the *King of Rock and Roll* to the *Queen of Soul* - all of your favorites will be there! Relive the days of Elvis Presley, Chubbie Checker, Fat’s Domino, and Connie Francis. Revisit the beautiful melodies once sung by the greatest vocalists of our time, Frank Sinatra, Paul Anka, and Bobby Darin, to name a few. So get in the Chevy and take a ride back in time to the good ol’ days! “*Orange Coast Magazine*” rates it one of the best dinner theatres in the Southland, and **Tibbie’s** own song and dance company make it delectable. Your **four-course dinner** includes each individual’s choice of entrée – Dazzlin’Duet Platter (Prime Rib and Chicken Florentine combo), Salmon Dill Buerre Blanc or Vegetarian Pasta. All entrees are served with Caesar salad, freshly baked bread with butter, fresh vegetables, oven-roasted potatoes, Tibbie’s famous dessert and coffee, tea or soda served by your own **singing and dancing waiters and waitresses**. After dinner, your servers will jump on stage and entertain you in a dazzling variety show backed by a live band that’s sure to bring out your applause! **Tibbie’s** presents four new shows every year, so even if you’ve been before, there’s always a good reason to return to **Southern California’s hottest show in town!**

Cost: \$95 ~ Deadline: Aug. 1, 2009 ~ Depart approx. 12:15p.m. ~ Return approx. 6:30 p.m.

Travel Information

It may seem that we pick on our single travelers. We would like to explain our reasons for charging a single supplement for our travelers without a partner. Of course, our day trip passengers NEVER need a partner. It is the room charges for our overnight stays that cause the increase fees for single rooms. Tour agencies are bound by an increase in motel charges for twin room fees. That means that 1/2 the room is charged to each person when there are roommates. A single passenger without a roommate would have to pay “double”; however, the room charge is not charged double but does have an additional fee for a single passenger. Please know that Circle of Friends is pleased to help keep costs at a minimum for all of our passengers whenever possible. If you would like to have a partner, add a note on the “special request” section of the reservation form. If we are able to help find you a partner, we will contact you and have each of you meet prior to departure to see if you feel you are compatible. Many of our members have made good friends with this policy. If you have any questions, please call a member of the travel team at 714-229-4077. We hope to see you soon! The Travel Team ☺

CIRCLE OF FRIENDS TRAVEL

“The Great Grape Stomp September 25-27, 2009

Kick off your shoes and join the fun at the **Pahrump Valley Vineyard’s Annual Grape Stomp!** If you like good jazz, good Blues, good wine and good food, this is the place to be! Stomping grapes is a juicy tradition at wineries throughout the world. That’s not all on this fun weekend adventure. You’ll also experience **Pahrump’s Fall Festival** where as many as 50,000 people are expected to attend. This popular event includes a down-home parade, arts and crafts, entertainment and the Rotary Club’s famous Saturday night BBQ. All this, plus a visit to the strange, but wonderful **Amargosa Opera House in Death Valley**. Join us on this fun fall trip to Nevada’s best-kept secret! **TOUR HIGHLIGHTS:** Deluxe motor coach transportation, Two-night stay at the **Saddle West Hotel & Casino**. All guest rooms come with coffee makers and are just steps from restaurant and casino action, **Two breakfast buffet coupons per guest**, A full day at the **Pahrump Fall Festival**, Admission to the **Pahrump Valley Winery’s annual Grape Stomp**, Guided tour of The **Amargosa Opera House in Death Valley**. Price includes Driver’s Gratuity and Step-on Guide Gratuity

Cost: \$215 (sgl \$35) ~ Deadline: Aug. 13, 2009 ~ Depart approx. 8:00 a.m. ~ Return approx. 6:00 p.m.

San Manuel Indian Casino – Sept 30, 2009

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: September 14, 2009~ Depart approx. 7:30 a.m. ~ Return approx. 6:00 p.m.

“Lake Arrowhead Oktoberfest”- October 4, 2009

For eight weekends every fall, the Lake Arrowhead Oktoberfest sets up at Lake Arrowhead Village and offers visitors a fun and memorable experience! You will listen to the sounds of oompah-pah bands direct from Germany; see German Dancers, Polkas as well as Landlers. From reserved seats, you will enjoy the free concerts, cheer on your friends in contests or participate yourself. Get up and dance the Chicken Dance. Lunch will be on your own where you can choose to enjoy authentic German Cuisine at any of the fabulous food booths or eat in one of restaurants in the Village. Escape to the mountains with us for a fun day! **TOUR HIGHLIGHTS:** Deluxe motor coach transportation Reserved table seats in the Lake Arrowhead Village to enjoy the Bavarian Bands, dancing and free entertainment Free time for shopping and sightseeing in Lake Arrowhead. Price includes Drivers gratuity.

Cost: \$59 ~ Deadline: September 17, 2009 ~ Depart approx. 8:30 a.m. ~ Return approx. 6:00 p.m.

“The Spirit of Hollywood”- October 27, 2009

Gather up your ghosts and ghouls and join us this October for a fun look at Hollywood’s spirited history! You’ll be joined for the day by your very own “Ghostbuster guide.” See the haunted Valentino statue at De Longpre Park and search for filmdom’s famous phantoms at Mann’s Chinese Theatre. Ward off the vampires by stopping for lunch in Beverly Hills at everyone’s favorite place for gourmet garlic cuisine, the Stinking Rose! Dine in “Dracula’s Grotto” banquet room where you’ll enjoy a garlic laden luncheon. The three-course feast begins with Bagna Calda (garlic cloves oven roasted in extra virgin olive oil and butter) and the Stinking Rose House Salad. The main course includes each guest’s choice on arrival of entree including 40 Cloves Garlic Chicken, Lemon Baked Salmon, Italian Meatloaf, Neon Ravioli with garlic basil Alfredo sauce, or Vegetarian Lasagna, all prepared with as little or as much of the pungent herb as you would like. The final course is the homemade fresh frozen Kustard Ice Kream and coffee or tea. Continue your tour of haunted Hollywood with a visit to the “Forever Hollywood” Cemetery, now listed on the National Register of Historic Sites. Visitors come from all over the world to pay respects Cecil B. DeMille, Jayne Mansfield, Rudolph Valentino, Douglas Fairbanks, and hundreds more of Hollywood’s greatest stars. Your tour will continue to the Hollywood Bowl and Griffith Park. It’s a fun trip you won’t want to miss! Price includes Driver’s Gratuity and Step-on Guide Gratuity

Cost: \$75 ~ Deadline: October 1, 2009 ~ Depart approx. 8:45 a.m. ~ Return approx. 6:00 p.m.



CIRCLE OF FRIENDS TRAVEL

“Yosemite Fall Tour”- November 3-5, 2009

Experience **Yosemite National Park** in all of its splendor and after the crowds have gone home. There is no prettier or more peaceful time to visit Yosemite than in the late fall and winter. You will check in for two nights at **the Yosemite Lodge at the Falls**. The closest property to Yosemite Falls, the lodge is an idyllic spot for venturing into the park. In 1998, the lodge redesigned with an emphasis on glass and wood detailing to blend with the spectacular natural beauty of Yosemite Valley. You will spend a full day in **Yosemite** with its colossal landscape carved by glaciers and streams from the western slopes of the **Sierra Nevada Mountains**. This region of unusual beauty and grandeur is even more spectacular in the fall when the trees burst into hues of red, yellow and orange. You will explore the park via the fully narrated **Valley Floor Tour** and enjoy **lunch at the elegant Ahwahnee Hotel**. The crown jewel of Yosemite dining, this award-winning restaurant is both magnificent and cozy. **TOUR HIGHLIGHTS Deluxe motor coach transportation** Two night stay at the **Yosemite Lodge at the Falls, located in the heart of Yosemite National Park. A full day in Yosemite National Park** including a guided tour of the Valley Floor aboard one the park's eco-friendly trams. Enjoy an **elegant lunch at the historic Ahwahnee Hotel**. Plenty of **free time in the park** to explore at your leisure. There are evening ranger programs and other ongoing activities from which to choose. Price includes Driver's Gratuity
Cost: \$350 (sgl \$110) ~ Deadline: Sept. 29, 2009 ~ Depart approx. 8:00 a.m. ~ Return approx. 6:00 p.m.

“Palm Springs Follies with Lunch at the Hilton”- November 10, 2009

Nineteen years and better than ever! The Fabulous Palm Springs Follies celebrates happy days with our newest edition entitled Let the Good Times Roll! . . . and that is exactly what we are going to do! All season long, we're bringing back the greatest good-time music of the '40s, '50s and '60s. We'll dance! We'll sing! We'll laugh . . . and we promise you'll want to do the same! From Big Bands and Swing to Doo-Wop, Motown and Pop, we played these songs on the jukebox, listened to them on our Hi-Fis, and watched them performed on TV, always in glorious black-and-white. Special Guest Star Susan Anton. You'll enjoy a sit down served luncheon at the **Hilton** in downtown **Palm Springs** that will include salad, Pot Roast & Chicken Florentine, rice pilaf, vegetables, dessert and beverage. Then it is off to your reserved seats inside the historic **Plaza Theater**. “After the show, you'll have a chance to shake hands with the cast before returning home. Your evening will include a special stop at **Hadley's Fruit Orchard** in **Cabazon** on your way home. You'll discover a variety of dried fruits, nuts and gift packs featuring Coachella Valley products. Price includes Driver's Gratuity
Cost: \$107.00 ~ Deadline: October 10, 2009 ~ Depart approx. 8:30 a.m. ~ Return approx. 7:30 p.m.

“Architectural L.A.” November 19, 2009

The architectural heritage of Los Angeles is rich and varied. This day-long pilgrimage takes you on a broad sweep of the Southland from the towering skyscrapers of downtown Los Angeles to the art deco buildings along the Miracle Mile! These structures represent a microcosm of California's unique and diverse architectural styles. You'll be joined by a local guide for the day as you explore some of these magnificent engineering feats. You'll begin with a tour of the Music Center complex, including a visit to the Walt Disney Concert Hall, the new home of the Los Angeles Philharmonic Orchestra. A special treat is in store for lunch as you dine at McCormick & Schmick's Restaurant, located inside downtown's tallest skyscraper. This award-winning restaurant has the ambiance of an exclusive club and offers each guest their choice of entrée from a list that includes fresh fish, chicken, beef or pasta. Each entree is accompanied by McCormick & Schmick's famous clam chowder or a house salad, and a chocolate truffle cake for dessert. After lunch, you'll spend the afternoon downtown where you'll see a number of historic landmarks, including Angel's Flight, the Biltmore Hotel, and the 1925 Central Library, which recently went through a major restoration. You'll also look at downtown from a more futuristic point of view with a drive by the Staples Center. You'll end the day with a visit to the spectacular Cathedral of Our Lady of the Angels, which stands in the midst of downtown Los Angeles. It's a fun and fascinating day you don't want to miss! Price includes Driver's Gratuity and Step-on Guide Gratuity
Cost: \$89.00 ~ Deadline: October 28, 2009 ~ Depart approx. 8:30 a.m. ~ Return approx. 6:30 p.m.

Premier World Discovery –Travel Slide Presentation

2010 Extended Tours

Tuesday, August 25, 2009— offered at two locations

10:00 A.M. West Anaheim Medical Center-Community Room

Coffee and pastries, will be served

RSVP to West Anaheim Office – 714-229-4077

OR

1:00 P.M. Huntington Beach Hospital –Lower level classroom 3

Please bring your lunch, cookies and beverages, will be served

RSVP to Huntington Beach Office – 714-843-5061

CIRCLE OF FRIENDS & PREMIER WORLD DISCOVERIES PRESENT

Please call or stop by your chapter office for a complete itinerary of these trips.

6 Days – Washington DC & Williamsburg Holiday December 4-9, 2009

Arrive in the Washington DC area and check into your hotel for a 3 night stay. Many of our famous landmarks take on a new look during this festive time of year. **Welcome Dinner.** 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, Korean & Vietnam War Memorials, Capitol Hill, the Supreme Court & Embassy Row.** Visit the **White House Visitor Center** to view exhibits about history, architecture, furnishings, first families and social events. Tonight enjoy **DC Twilight Illumination Tour.** Visit the estate of George Washington, **Mount Vernon. Tour the house and gardens and the resting place of our first President.** Visit the world's greatest and largest museum the **Smithsonian Institution.** You will drive to Richmond to see **Virginia's capitol**, once the capitol of the Confederacy. On to **Williamsburg** for a two-night stay to explore incredible Colonial highlights and Williamsburg's famous holiday decorations. You will spend the day at Virginia's largest historical attraction, **Colonial Williamsburg**, 173-acre living history museum. During the holidays each building is adorned with outstanding 18th century decorations. In the evening, enjoy a **traditional Colonial Farewell Dinner.** **Tour includes:** Roundtrip airfare, sightseeing per itinerary, admissions per itinerary, hotel transfers, 8-meals (5-breakfasts 3- dinners) Professional Tour Director, Motorcoach transportation, baggage Handling, Cancellation waiver and post departure plan.

\$1,889. pp double/ \$2339.pp single. Call for space availability. Final payment due June 24, 2009

6 Days – Lone Star Holiday December 28, 2009-January 2, 2010

Enjoy 2 nights by the **San Antonio Riverwalk** and area sightseeing. **San Antonio City Tour**, visits **San Jose Mission**, view the famous **Rose Window.** Wander through the colorful **El Mercado Marketplace.** Onto IMAX Theatre to the docudrama "**The Price of Freedom**" which recounts the battle of the Alamo. Then visit the **Shrine of Liberty, the Alamo** to see the chapel and wander through this historic landmark. Complete your day with a **San Antonio Riverwalk Cruise.** Travel north for an **Austin City Tour** with visits to the Governors Mansion, the Federal Building, the Court House and the State Capitol. Visit the **LBJ Museum** and the **University of Texas.** Journey to the **Gaylord Texan Resort** for a three-night stay in the Dallas area. **Dallas City Tour** including FairPark, **JFK Memorial**, Downtown Dallas, **Sixth Floor Museum, Fort Worth Stockyards National Historic District.** **Ring in the New Year with a Texas sized New Year's Eve Dinner and Party at the Gaylord Texan Resort.** Enjoy a day of leisure and enjoy the resort's amenities complete with a **Farewell Dinner.** **Tour includes:** Roundtrip airfare, 8 meals, motorcoach transportation, professional Tour Director, hotel transfers, admissions and sightseeing per itinerary, baggage handling, cancellation waiver and post departure plan. Complete itinerary available in Chapter office.

\$2,089.pp double/\$2689. pp single Call for space availability. Final payment due June 24, 2009

9 Days – Natural Wonders of Costa Rica February 17-25, 2010

Arrive San Jose. Costa Rica is Central America's greatest hidden gem, a haven for eco-tourism. Welcome Dinner. San Jose – **Poas Volcano National Park** Area Enjoy the scenery of the Central Valley, surrounded by soaring mountains, strawberry plantations and flower farms. Later enjoy a **Coffee Plantation Tour.** Visit Poas Volcano National Park. Experience a **Cano Negro Jungle Cruise on the Rio Frio** through the world famous Cano Negro Wildlife Refuge. Watch for caimans, crocodiles, spider monkeys and web-footed water-walking lizards. Monteverde Visit the **Arenal Volcano National Park.** Arrive in the **Monteverde Cloud Forest** area for a two night stay. **Cloud forest conservation project at Selvatura Park.** A morning nature walk to discover the natural beauty of the majestic Monteverde Cloud Forest Reserve. Stroll through the **Butterfly Garden** and witness a spectacular air show in the **Hummingbird Gallery.** Santa Lucia **Visit an Orchid Garden.** Later visit the **Carara Biological Reserve, a tropical bird and wildlife sanctuary.** Later arrive at the **All Inclusive Eco-Resort Hotel, the Villa Lapas.** – Enjoy a day at leisure in Santa Lucia. An optional excursion will also be available. Santa Lucia – San Jose Morning at leisure. Later visit **Sarchi Artisan Village.** Arrive San Jose. Farewell Dinner & Folklore Show. **Tour Includes Roundtrip Airfare • 19 Meals – 8B, 3L, 8D Sightseeing per Itinerary • Deluxe Motorcoach Admissions per Itinerary • Hotel Transfers Professional Tour Director • Baggage Handling 8 Nights Hotel Accommodations: 1 Night – Ramada Herradura, San Jose, 2 Nights – Arenal Paraiso, La Fortuna, 2 Nights – Hotel El Establo, Monteverde, 2 Nights – Villa Lapas Resort, Santa Lucia, 1 Night – Ramada Herradura, San Jose, hotel transfers, admissions and sightseeing per itinerary, baggage handling, cancellation waiver and post departure plan.**

\$2,539 pp double/\$3,139 pp single including Round trip air and taxes, Cancellation Waiver and Post Departure Plan.

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)

We are offering three variations on tours that include the **Oberammergau Passion Play** that is re-enacted every 10 years. First started in 1634, it depicts the tragic and moving chronicle of Christ's final passion.

Alpine Resorts and Oberammergau	June 26 – July 5, 2010	\$6499.pp double \$7599. pp single
Eastern Europe and Oberammergau	July 13- July 22, 2010	\$6299.pp double \$7399. pp single
Classical Italy and Oberammergau	September 19-30, 2010	\$7099.pp double \$8449. pp single

If you would like to receive a complete itinerary, please call the office. Save \$350.00 early booking disc.

When you travel with Circle of Friends...you travel with "FRIENDS"!

July/August 2009

TRAVEL RESERVATION FORM

CALL (714) 229-4077

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.

Table with 6 columns: TRIP NAME, DATE, PRICE PER PERSON, #OF PERSONS, AMOUNT ENCLOSED, DEADLINE TO SIGN UP. Rows include Harrah's Casino, Del Mar Racetrack, Tibbie's Cabaret, The Great Grape Stomp, San Manuel Casino, Lake Arrowhead Oktoberfest, The Spirit of Hollywood, Yosemite Fall Tour, Palm Springs Follies, and Architectural LA.

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, 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 _____

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
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 ____/____/____ 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? _____

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 ____/____/____ 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)

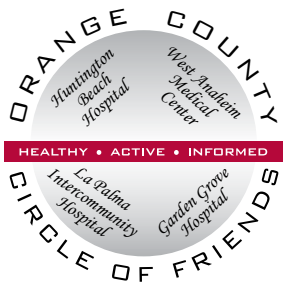
Signature if dual membership (Required)

Date Processed _____

Date Recv'd _____

Initials _____

Initials _____



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

Postmaster:
 Please deliver by
 June 26, 2009

HUNTINGTON BEACH
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Or Current Resident

We Listen - We Care - We Act

Leadership
Candace Bartsch
 Director, Circle of Friends

HB Chapter 2009 Executive Board
 President - Dorothy Dupont
 Vice President - Tony Soumakian
 Treasurer - Kathy Smaw
 Secretary - Doris Dailey

WA Chapter 2009 Executive Board
 President - Claire Reinhardt
 Vice President - Fran Guerena
 Treasurer - Grace Brown
 Secretary - Nancy Moyer

Travel Department
 (714) 229-4077

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

July / August 2009

Letter From Director	Cover
Membership Information	Page 2
Watch Out For Scams	Page 3
Party Bingo	Page 3
HB Chapter Info.	Page 4
HB General Meetings	Page 5
Park Walkers	Page 5
WA Chapter Info.	Page 6
WA General Meetings	Page 7
Picnic	Page 8
HB July/August Calendars	Page 9-10
WA July/August Calendars	Page 11-12
Little Birdie/Sunshine	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 \$15.00 for a one-year membership.* Make your life happier, healthier and more active! Call your local chapter today!