

Dear Circle of Friends Members,

Each year, as the Thanksgiving holiday approaches, people take time to consider what they are thankful for. As Director of Circle of Friends, I am grateful for all the wonderful Circle of Friends Members who have become such an important part of my life. It is a pleasure coming to work at our chapter offices and be greeted by a special group of volunteers who take great pride in every aspect of running Circle of Friends. On a personal note, I am so grateful for all your messages of support for my husband during this last year, he is much improved and doing very well. My hope is that you too have much to be grateful for, good health, happiness, surrounded by good friends and family and that you want for nothing. We are so fortunate to live in beautiful Southern California, to have access to excellent medical care, have moderate winters and many opportunities to enhance retirement including Circle of Friends.

Sadly, there are many in our communities less fortunate than us and Circle of Friends Members can make a difference in their lives. Every year, in the spirit of Thanksgiving, the National Coalition for the Homeless and the National Student Campaign Against Hunger and Homelessness co-sponsor National Hunger and Homelessness Awareness Week, one week prior to Thanksgiving. During this week, schools, communities and cities throughout the nation endeavor to bring a greater awareness to the issues of hunger and homelessness. There are nearly 456,000 people at risk of hunger every month in Orange County. Hunger touches people of every age, race, ethnic group and neighborhood. In some families, hunger occurs when a sudden emergency or crisis hits, but for most low-income families, hunger has become a long-term condition of poverty. Among the vast majority of hungry people who live in Orange County, hunger is a hidden problem. It strikes individuals and families with children, as well as the elderly poor. Many of the people who need food assistance have full or part-time jobs. However, in a county where housing costs are among the highest in the nation, a full-time job does not guarantee that a family will be able to make ends meet. Low-income people are constantly making difficult choices among food, health care and rent; food is often the first thing to go.

In support of National Hunger and Homelessness Awareness Week, the Boards of each Circle of Friends Chapter have selected a local organization to support (Huntington Beach, Orange County Food Bank and West Anaheim, Grateful Hearts Storehouse) at their respective November General Meetings. Representatives will be at the meetings to accept our donations. Please choose from the following list of acceptable donations and please make sure item IS NOT date expired. Acceptable items are easy open food pop tops (canned meats, tuna, spam, Vienna sausage, ravioli, chili. Canned Fruits, Canned Meats, Canned Vegetables. Dry foods; beans, rice, pasta, macaroni & cheese, cup-o-soup, cereal, oatmeal, pancake mix. Personal care items, deodorant, diapers, toothbrush, toothpaste, shampoo and soap. Snacks: energy bars, granola bars, fruit roll-ups. Drinks: juice, bottled water, coffee and tea.

In the spirit of Christmas, we will be accepting at the December General Meetings, unwrapped, non-food items or gift cards to donate to local charitable organizations for their clients. We thank you for giving to those less fortunate.

On behalf of the Board of Directors of Circle of Friends, I would like to wish each and every one of you continued good health, happiness, a Happy Thanksgiving, Happy Holidays spent surrounded by family and friends and we look forward to seeing you as you travel with Circle of Friends or at our many local programs and events.

Sincerely,

Candace Bartsch

Director Circle of Friends

Regional Coordinator Senior Programs



Orange County Circle of Friends Member Information

Huntington Beach Chapter

Mailing 17772 Beach Blvd.

Address: Huntington Beach, CA 92647

Location 17772 Beach Blvd.

Address: Huntington Beach Hospital Lower Level
Telephone Number (714) 843-5061

Office Hours for HB Chapter are:

Monday through Thursday 9:00 a.m. - 4:00 p.m.

Closed for lunch 12:00 a.m. - 1:00 p.m.

Closed on Fridays and days of special events.

West Anaheim Chapter

Mailing 3033 West Orange Avenue

Address: Anaheim, CA 92804

Location: West Anaheim Medical Center

3033 West Orange Avenue
(1st Floor - Follow the Signs)

Telephone Number (714) 229-4077

Office Hours for WA Chapter are:

Monday through Thursday 8:00 a.m. - 4:00 p.m.

Closed on Fridays and days of special events.

Travel Team Office Hours

Monday - Thursday 8:00 am - 12:00 noon

Tuesday - 12:00 - 4:00 pm

**Closed on Fridays and during special events/meetings
and days of travel. Call 714-229-4077**

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

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

Call or mail your Chapter "Office" to:

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

Sunshine Needs

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

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!**

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

Monthly General Meetings

Most months the Orange County Circle of Friends Chapters host a General Meeting open to their Chapter Members. Some meetings may be open only to that chapter due to accommodation limits. Several times yearly we offer combined meetings which are open to members from both chapters. These 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.

Both Offices Continue to Collect

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

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

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

www.gardengrovehospitalmedicalcenter.com; www.hbhospital.com;

www.lapalmaintercommunityhospital.com; www.westanaheimmedicalcenter.com

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

A Little Bird Told Me



A Little Birdie Told Me...*In Our Thoughts and Prayers, Get Well Wishes for Improved Health for our WA Friends go to Mollie C., Charles F., Mary G., Jane H., Mabel H., Nancy J., Sandra K., Clara L., Marie L., Marjorie M., Martha M., Stevie R., Paul W. and Mel W. HB Friends go to Katherine K., Ray F. and Irene S.* Our condolences to the family of Ruth Cayer.

Two Recipes for the Season

Ingredients:

- 1 can (14oz) Artichoke hearts, quartered
- 1 can(4oz) Green chilies, diced
- 1 C Best Foods Mayo
- 1 C Parmesan cheese, grated

"Artichoke Dip"

Directions:

Preheat oven to 350°. Drain water from artichokes and chop artichokes into small pieces. Place in small oven-proof casserole dish. Add mayo, Parmesan cheese and green chilies; stir to combine. Bake for 20 minutes until golden brown. Serve with Fritos or tortilla chips. Serves 4 to 6.

"If you want to gather honey, don't kick the beehive"

"Holiday (Beau Monde Spice) Dip"

- 1 TB Beau Monde seasoning | Mix | all
- 1 TB Dill Weed | ingredients
- 1 TB Parsley } well,
- 1 TB Instant onion | and
- ½ C Mayo | serve
- ½ pt Sour cream | chilled

"OLD" is when :

Dale Carnegie
 You're told to slow down by your Dr. instead of the police.
 "Getting a little action" means not taking any fiber today.
 "Getting Lucky" means finding your car in the parking lot.
 An "All nighter" means not getting up for the bathroom.

"Tart words make no friends; a spoonful of honey will catch more friends than a gallon of vinegar." Ben Franklin



Miracle at a Gas Station !.....Sister Mary, who worked for a home health agency, was out making her rounds visiting homebound patients when she ran out of gas. As luck would have it, a gas station was just a block away. She walked to the station to borrow a gas can and buy some gas. The attendant told her that the only gas can he owned had been loaned out, but she could wait until it was returned. Since the nun was on the way to see a patient, she decided not to wait and walked back to her car. She looked for something in the car that she could fill with gas and spotted the bedpan she was taking to the patient. Always resourceful, she carried the bedpan to the station, filled it with gas, and carried the full bedpan back to her car. As she was pouring the gas into her tank, two men watched from across the street. One of them turned to the other and said, "If it starts, I'm converting!"
 (Contributed by Rosalie Pascoe)

An Optomist ... is a person who starts a new diet on Thanksgiving Day.

It's curious how after a delicious Thanksgiving dinner, in the early evening you can find room for a piece of Pumpkin pie. Then there's a woman who's such a lousy cook, Thanksgiving dinner at her house is a time of sorrow



The Post-Holiday Truth:

("I'll be home for Christmas")
*I'll be slim for Christmas,
 You can count on me.
 I pass up chips and chunky dips
 And ham and Spam and Brie.
 Christmas night will find me
 Where the fridge light gleams.
 I'll be slim for Christmas,
 But then comes Krispy Kremes.*



"In case you can't make it down the chimney, here's the key to our front door."

Health likes to be appreciated while it's here, not when it's gone!

Random Acts of Kindness...Your car is a place where you can make many courteous gestures with little effort: Smiling at the person in the car next to you, or waving "Hello" to a neighbor sitting on their front porch, or a person on the side of the road can really lift that person's spirits, and your own.

"Out of the Mouths of Babes" ... During dinner on a near-Christmas night, little Tommy asked a question with a very serious tone: "Mommy, Daddy, why do they call it Christmas Eve and not Christmas Adam?"
 A little girl asked her mother, "What does Santa do when it isn't Christmas?" The mother asked her, "What do you think Santa does, honey?" The daughter replied, "I think he goes to Disneyland."

More !! ...Little Jimmy went to his dad and asked if he would join him playing a new game he got for Christmas. The dad told Jimmy. "I will, in just a minute." Jimmy then said to his dad, "I know how that 'minute' thing goes; it's just a figure of speech, not really 60 seconds." The dad made sure they started playing in less than a minute!

Dates to Remember:.....

- November 1 Daylight Savings Ends
- November 3 Election Day
- November 11 Veteran's Day
- November 26 Thanksgiving Day
- December 7 Pearl Harbor Day
- December 12 Hanukkah Begins
- December 21 1st Day of Winter
- December 24 Christmas Eve
- December 25 Christmas Day
- December 26 Kwanzaa Begins
- December 31 New Year's Eve



"I'll promise to behave if you'll promise to not bring the underwear like last year!"

You can't be a smart cookie with a crummy attitude!

John C Maxwell

An Irish Christmas Blessing
The light of the Christmas star to you Live Simply
The warmth of home and hearth to you ---
The cheer of good will and friends to you Love Generously
The hope of a childlike heart to you ---
The joy of a thousand angels to you Care Deeply
The love of the Son of God's peace to you ---
Speak Kindly

Lord, hold our troops in your loving hands. Protect them... as they protect us. Bless them and their families.

Happy Holidays to all!

Have a blessed Christmas and a Happy New Year! Irene

Huntington Beach Chapter Programs

Legal Services Offered

Nov. 20 or Dec. 18, 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 (714) 828-2897 for more information and he will let you know where to meet.



Knotty Crafters

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

Walk the Park - Tuesday & Thursday

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

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

Nov. 6 - Carrows, 16931 Magnolia, Fountain Valley
Nov. 13 - Polly's Pies, Brookhurst & Adams, H.B.
Nov. 20 - Coco's Bolsa, 6886 Bolsa Ave., H.B.
Nov. 27 - No brunch (day after Thanksgiving)

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

Dec. 4 - Carrows, 16931 Magnolia, Fountain Valley
Dec. 11 - Marie Calender's, 16390 Beach Blvd., Westminster
Dec. 18 - Mimi's, 18461 Brookhurst, Fountain Valley
Dec. 25 - No brunch (Christmas Day)
Jan. 1, 2010 - No brunch (New Years Day)

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

Nov. 3 - Sunny's Waffle House, 17148 Edinger (at Goldenwest)
Nov. 10 - Market Broiler, 20111 Brookhurst HB (Adams)
Nov. 17 - Applebee's, 18279 Brookhurst, FV (Ellis)
Nov. 24 - Mangia, Mangia, 16079 Golden West (at Edinger)

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

Dec. 1 - Chili's, 17071 Beach (at Warner)
Dec. 8 - Claim Jumper, 18050 Brookhurst, FV (Talbert)
Dec. 15 - Olive Garden, 16811 Beach Blvd., HB (Warner)
Dec. 22 - Lazy Dog, 16310 Beach (Target shop-ctr., WM)
Dec. 29 - Rodrigos, 15101 Goldenwest (at Bolsa-Westminster)

November 11, 2009 1:00pm

NIGHTS IN RODANTHE

2008/Runtime: 1 hr. 37 min. • PG-13 some sensuality
• Romance. Adrienne Willis (Diane Lane), a woman with her life in chaos, retreats to the tiny coastal town of Rodanthe, in the Outer Banks of North Carolina, to tend to a friend's inn for the weekend. Here she hopes to find the tranquility she so desperately needs to rethink the conflicts surrounding her—a wayward husband who has asked to come home, and a teenaged daughter who resents her every decision. The only guest at the inn, Dr. Paul Flanner (Richard Gere), is not on a weekend escape but rather is there to face his own crisis of conscience. Now, with a major storm closing in, the two turn to each other for comfort and, in one magical weekend, set in motion a life-changing romance that will resonate throughout the rest of their lives. **Cast:** Richard Gere, Diane Lane, Christopher Meloni, Viola Davis, Becky Ann Baker.

NO Movie in December



Huntington Beach Chapter Programs



Monday, November 16, 2009, 1:30 p.m.

Doors open at 1:00 p.m.

Business Meeting at 1:30pm~Speaker 2pm~Entertainment 2:15pm

Entertainment by Tony Odell Rogers

A native of St. Petersburg Florida, Tony came to Southern California 20 years ago. Last year he performed for eight months at the Orange County Pavilion Theater in Santa Ana, in a show call "50 Years of Rock and Roll", produced by Bill Medley of the Righteous Brothers. Currently he entertains at Frisco's Restaurant in Long Beach every Thursday, Friday, and Saturday Night.

National Day of Thanksgiving

**Speaker: Judith Sobel, Official Huntington Beach Ambassador of Donate Life California
Organ and Tissue Donor Registry, You have the power to donate life.**

National Hunger and Homelessness Awareness Week November 15-21, 2009

Orange County Food Bank: Please bring a donation of food and receive ticket into special drawing.

November Birthday's Recognized!

Refreshments, prizes and fun!

Reservations are required. Please cancel if unable to attend.

RSVP Huntington Beach Chapter office at (714) 843-5061

No later than November 9, 2009

Monday, December 14, 2009, 1:30 p.m.

Note: Meeting being held second Monday of December

Doors open at 1:00 p.m.

Business Meeting at 1:30~ Presentation 2:00pm~ Entertainment 2:30pm

Special Chapter Volunteer Recognition

"Surf City Singers" Holiday Show

Huntington Beach Academy of the Performing Arts

Comprised of students who study advanced musical theatre and perform

Throughout the community in a touring show

Enjoy a special holiday performance

December Birthday's Recognized!

Refreshments, prizes and fun!

*****Please bring an unwrapped, non-food item or gift card to be
donated to local charitable organization.**

Reservations are required. Please cancel if unable to attend.

RSVP Huntington Beach Chapter office at (714) 843-5061

No later than December 7, 2009



Special thanks to all my Circle of Friends who sent me the Lovely cards on my 90th Birthday.
What a nice surprise, I received 100 cards. Love to ALL Bernice

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



November 17 and 18, 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.

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.



Line Dancing

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

Dine Out for November / December 2009

November 13 - 9:30

Knott's Berry Farm

8039 Beach Blvd., Buena Park, Ca. - 714-220-5080

note: please bring exact amount of \$7.20 with you because we can't get separate checks.

Be there at 9:30 AM for breakfast.

December 11 - 1:00

Brown Rice

4139 Ball Road, Cypress, Ca. - 714-828-9898

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

November 3, 2009 12:00

Pay It Forward

2000/ Runtime: 2 hr. 2 min. • PG-13 • Inspirational Drama. In response to a challenge by his teacher (Kevin Spacey), an 11-year-old (Haley Joel Osment) proposes an idea for individual deeds to change the world. **Cast:** Kevin Spacey, Helen Hunt, Haley Joel Osment, Jay Mohr, James Caviezel. **Director:** Mimi Leder

December 1, 2009 12:00 am

Night at the Museum

2006/ Runtime: 1 hr. 48 min. PG mild action, language and brief rude humor. A night watchman (Ben Stiller) at a museum of natural history makes a startling discovery. Thanks to the unleashing of an ancient Egyptian curse, the museum's animals, birds, bugs and other exhibits spring to life after the building closes. Former President Teddy Roosevelt (Robin Williams) is among those the hapless guard encounters. Based on the book by Milan Trenc. **Cast:** Ben Stiller, Carla Gugino, Dick Van Dyke, Mickey Rooney, Bill Cobbs, Jake Cherry, Ricky. **Director:** Shawn Levy



West Anaheim / La Palma Chapter Programs

West Anaheim General Meetings

Meetings held at UFCW Union Hall

8530 Stanton Ave. Buena Park (South Corner of Crescent and Stanton)

Please park in the back on the East side of the building

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

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



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

Doors open at 1:30 p.m.

Business Meeting at 2:00pm~Speaker 2:30pm~Entertainment 3:00pm

Entertainment by Tony Odell Rogers

A native of St. Petersburg Florida, Tony came to Southern California 20 years ago. Last year he performed for eight months at the Orange County Pavilion Theater in Santa Ana, in a show call "50 Years of Rock and Roll", produced by Bill Medley of the Righteous Brothers. Currently he entertains at Frisco's Restaurant in Long Beach every Thursday, Friday, and Saturday Night.

National Day of Thanksgiving

Speaker: Judith Sobel, Official Huntington Beach Ambassador of Donate Life California Organ and Tissue Donor Registry, You have the power to donate life.

National Hunger and Homelessness Awareness Week November 15-21, 2009

Grateful Hearts Storehouse: Please bring a donation of food and receive ticket for special drawing.

November Birthday's Recognized!

Refreshments, prizes and fun!

Reservations are required. Please cancel if unable to attend.

RSVP West Anaheim Chapter office at (714) 229-4077

No later than November 2, 2009

Thursday, December 3, 2009, 1:30 p.m.

Note: Meeting being held first Thursday of December

Doors open at 1:30 p.m.

Business Meeting at 2:00~Presentation 2:30pm~Entertainment 3:00pm

Special Chapter Volunteer Recognition

"Surf City Singers" Holiday Show

Huntington Beach Academy of the Performing Arts

Comprised of students who study advanced musical theatre and perform throughout the community in a touring show

Enjoy a special holiday performance

December Birthday's Recognized!

Refreshments, prizes and fun!

*****Please bring an unwrapped, non-food item or gift card to be donated to local charitable organization.**

Reservations are required. Please cancel if unable to attend.

RSVP West Anaheim Chapter office at (714) 229-4077

No later than November 23, 2009



2010 Huntington Beach Circle of Friends Chapter Executive Board Ballot

In August and September, nominations were accepted for 2010 Executive Officers. The Nominations Chairperson Harvey Waldron, contacted each nominee to accept or decline the nomination. The parties below accepted nominations for the 2010 ballot. Please mark your ballot to accept or decline the slate of officers presented and return to Circle of Friends NO LATER THAN December 3, 2009. If two members live at the same address, each of you may vote using one ballot. Each ballot must have a signature and legible printed name and one ballot per member. The 2010 Officers will be installed at the January 2010 General Meeting. Thank you to all the nominees and congratulations to those who have agreed to run for office.

Candidate Statements

Dorothy Dupont, President

I joined Circle of Friends in 2003 and have been traveling with them ever since. I have made many new friends and great traveling companions. I have enjoyed serving as a Travel Hostess and on the Board. I am running for president again this year. I have enjoyed the past year very much. I appreciate your vote. Thank you.

Betty Lewis, Vice President

Being part of HB Circle of Friends has been a great experience. A native Californian I grew up in the Los Angeles area. My career experience has given me skills in public speaking, organizing events and meeting new people. As Vice-President, I will continue to help our club maintain a successful outreach to new members.

Kathy Smaw, Treasurer

I have been a member of Circle of Friends since I retired in 2004. I currently hold the position of Treasurer. I belong to the Park Walk group and am a past chairperson for that group. I am a member of the office staff. My number one priority in life (besides having fun, in general), is my family. I have 3 children and 7 grandchildren. They are located in Oregon and New Hampshire, as well as California, so I travel to see them often.

Barbara Girard, Secretary

I have been a member of Circle of Friends since Feb. 2007. I have enjoyed volunteering for Health Fairs, Flu Clinics, Visitation and anywhere I can help. I currently volunteer in the office on Tuesday afternoons. My husband Ed and I enjoy traveling with COF whenever possible. I am also a three-year member of the Silver Anchor Auxiliary and Chairperson for the Ways & Means Committee. I am confident I will do a good job as Secretary if elected.

Cut here and return signed ballot. You may only vote for officers of membership chapter. Drop in the ballot box in the HB Circle of Friends Office or mail to the Chapter Office, which holds your membership.
Huntington Beach Circle of Friends, 17772 Beach Blvd., Huntington Beach, CA 92647

Huntington Beach BALLOT FOR MEMBER #1

Slate of Officers	
PRESIDENT	Dorothy Dupont
VICE PRESIDENT	Betty Lewis
TREASURER	Kathy Smaw
SECRETARY	Barbara Girard
_____ Accept	_____ Decline

Member #1 Signature - REQUIRED

Printed Name

Huntington Beach BALLOT FOR MEMBER #2

Second member's nomination (s) if living in same household

Slate of Officers	
PRESIDENT	Dorothy Dupont
VICE PRESIDENT	Betty Lewis
TREASURER	Kathy Smaw
SECRETARY	Barbara Girard
_____ Accept	_____ Decline

Member #2 Signature - REQUIRED

Printed Name

2010 West Anaheim Circle of Friends Chapter Executive Board Ballot

In August and September, nominations were accepted for 2010 Executive Officers. The Nominations Chairperson Fran Guerena contacted each nominee to accept or decline the nomination. The parties below accepted nominations for the 2010 ballot. Please mark your ballot to accept or decline the slate of officers presented and return to Circle of Friends NO LATER THAN December 3, 2009. If two members live at the same address, each of you may vote using one ballot. Each ballot must have a signature and legible printed name and one ballot per member. The 2010 Officers will be installed at the January 2010 General Meeting. Thank you to all the nominees and congratulations to those who have agreed to run for office.

Candidate Statements

Claire Reinhardt, President

I am a native Californian, a single mother of two, and I live in Cypress. Prior to retiring, I was in banking for 40 years. Now, I live my life enjoying my children and grandchildren, traveling in and out of the country, and gardening. I joined Circle of Friends 11 years ago and enjoyed being your President this last year and look forward to your continued support during the upcoming term.

Nancy Creason, Vice President

I am a California native, born in Paradise Valley, which is now National City. I have lived in Lakewood for 47 years; have 3 children, 2 sons, a daughter, and 3 grandsons. Locally I am involved in the Neighborhood Watch, Care and Project Shepherd programs. I have been a member of Circle of Friends for about 13 years.

Sigrid Cochran, Treasurer

I was born and raised in Berlin, Germany. I came to the United States in December of 1959 and worked for Bank of America for 26 years. I retired 20 years ago and I love it! I can finally do what I want to do, travel, play golf, garden and volunteer. I have been a member of Circle of Friends since 1991 enjoy volunteering and making new friends. I served one year as Circle of Friends Treasurer in the past. As a candidate for election to this post again, I look forward to serving again.

Nancy Moyer, Secretary

"In 1991 I joined Circle of Friends and have enjoyed meeting and interacting with all my fellow members. For a couple of years I was in charge of what was known then as the Supper Club and then was asked to work on the Board as Secretary. It has been a pleasure working with all the volunteers and I have agreed to continue as Secretary for the coming year. It looks to be a very positive year for all of us and I am looking forward to participating in the many activities that have been scheduled."

Cut here and return signed ballot. You may only vote for officers of your membership chapter. Drop in the ballot box in the Circle of Friends Office or mail to the Chapter Office, which holds your membership.
West Anaheim Circle of Friends, 3033 West Orange Avenue, Anaheim, CA 92804

West Anaheim BALLOT FOR MEMBER #1

Slate of Officers

PRESIDENT	Claire Reinhardt
VICE PRESIDENT	Nancy Creason
TREASURER	Sigrid Cockran
SECRETARY	Nancy Moyer

_____ **Accept** _____ **Decline**

West Anaheim BALLOT FOR MEMBER #2

Second member's nomination (s) if living in same household

Slate of Officers

PRESIDENT	Claire Reinhardt
VICE PRESIDENT	Nancy Creason
TREASURER	Sigrid Cockran
SECRETARY	Nancy Moyer

_____ **Accept** _____ **Decline**

Member #1 Signature - REQUIRED

Printed Name

Member #2 Signature - REQUIRED

Printed Name

CIRCLE OF FRIENDS & PREMIER WORLD DISCOVERIES PRESENT

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 Motor coach 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 **Final Payment is due Nov 20, 2009**

9 days - Western Caribbean Cruise with New Orleans Stay March 6-14, 2010

Fly to **New Orleans** and spend **one-night in the French Quarter**. While in New Orleans, enjoy a **welcome dinner** at one of the **French Quarters** most famous restaurants, **Court of Two Sisters**. Enjoy a **French Quarter Walking Tour** featuring **Bourbon Street** and a visit to **Café du Monde**. Board the **Norwegian Cruise Lines Spirit** for a **seven-night Cruise of the Western Caribbean**. While cruising, enjoy the ports of **Costa Maya, Mexico** with its pristine white sand beaches, **Santo Tomas De Castillo, Guatemala, Belize City, Belize** with dramatic **Mayan Ruins** looming out of untouched jungle, and **Cozumel, Mexico**, the largest island in the Mexican Caribbean. Aboard the ship, **enjoy 12 dining options, 10 bars/lounges, fitness center, casino, and theater**. Tour includes Roundtrip airfare, sightseeing per itinerary, admissions per itinerary, hotel transfers, All Port Charges & Gov't Taxes (\$215) All Air and Departure Taxes Comprehensive Travel Protection Plan \$2,249 pp/dbl +\$800 single – Cat K(Inside) 2,449 pp/dbl +\$1000 single – Cat D (Ocean view) \$2,549 pp/dbl +\$1100 single – Cat BD (Balcony) **Final Payment is December 2, 2009**

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

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

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

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

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

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

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

CIRCLE OF FRIENDS & PREMIER WORLD DISCOVERIES PRESENT

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

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

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

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

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

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

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

Fly to New York and enjoy 1 night in the NYC area. Board the NCL Jewel and enjoy a wonderful cruise through Canada and New England. Cruise stops include Newport, Rhode Island, home to rustic natural beaches and the playground for some of America's wealthiest families, Halifax, Nova Scotia with its beautifully restored waterfront and home to the most photographed lighthouse in the world, Quebec City, Quebec, the only walled city north of Mexico and great French ambiance, Corner Brook, Newfoundland, with beautiful fjords and thick forest. Visit the Captain Cook Monument or step back in time at the Corner Brook Museum. Sydney, Nova Scotia, located on Cape Breton Island where you can explore quaint shops and cafes or visit Fortress Louisbourg and St. Patrick's church. The Norwegian Cruise Lines Jewel was built in 2005 and features 12 restaurants, 11 bars/lounges, a casino, and a theater for nightly entertainment. Return home from New York City. \$2575 pp double / \$3475. pp single Cat KK (inside); \$2975 pp double / \$4275. pp single Cat DD (ocean view); \$3375 pp double / \$4975. pp single Cat BB (ocean view w/balcony) **Final ???**

9 Days - Heritage Highlights October 5-13, 2010

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

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

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

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

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

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

If there's a destination you don't see listed, but would like to travel there?

Let us know and we can offer group prices for your review. Call the Travel Team at 714-229-4077

CIRCLE OF FRIENDS TRAVEL

Viejas Casino – November 24, 2009

Enjoy a relaxing motor-coach ride down to Viejas Casino in **Alpine California**. Located about 30 minutes from San Diego, the casino has 250,000 sq feet of gaming space. The **Viejas Outlet Center** is located across the street from the casino. The center is home to over **60 national brand name stores offering discount prices**. Must have valid government issued photo ID (driver's license). Viejas 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: Nov. 12, 2009 ~ Depart approx. 7:30 a.m. ~ Return approx. 6:00 p.m.

“Christmas in Laughlin at the Riverside Hotel and Casino”- December 16-18, 2009

Celebrate the holidays with friends during a two-night stay at the Riverside Resort Hotel & Casino. You'll spend two nights at the exciting Riverside Resort Hotel & Casino Hotel. Your stay includes **one breakfast buffet, one buffet of choice** at the Riverside, admission to the **Christmas Party** in the Starview Room with **live entertainment** and a holiday buffet & driver gratuity. *Our June trip sold out two buses so gets those reservations in early! First come first served!!!*

Cost: \$90 (sgl \$20) ~ Deadline: Nov. 4, 2009 ~ Depart approx. 8:00 a.m. ~ Return approx. 6:00 p.m.

“Las Vegas Deluxe Tour”- January 19-21, 2010

Come to **Las Vegas** – with its mega-resorts, neon casinos, spectacular entertainment and some of the finest dining anywhere! Day or night, **Las Vegas** has plenty of activity to keep anyone busy. Stay **two-nights** downtown at the **Golden Nugget Hotel and Casino** (one breakfast buffet & one welcome cocktail per guest. One Golden Value Coupon Book per room (casino incentives)). Deluxe transportation, room taxes, porter age, printed itinerary & Driver gratuity included.

Cost: \$150 (sgl \$55) ~ Deadline: Dec. 16, 2009 ~ Depart approx. 8:00 a.m. ~ Return approx. 6:00 p.m.

“Harrah’s Casino” – January 28, 2010

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

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

“Circle of Life Tour- February 8-9, 2010

Overnight at the **Sandcastle Inn** in **Pismo Beach** with a **continental breakfast, a Danish smorgasbord luncheon, lunch and Millhouse tour at the Apple Farm Restaurant**, dinner at **Steamers Restaurant**, a guided tour of the **Miniature Horse Farm**, the **Butterfly Grove**, the **Ostrich Land** and view the **Elephant Seals** on the beach with a **naturalist**. Includes a printed itinerary, deluxe transportation, room taxes, driver and Step-on Guide Gratuity.

Cost: \$255 (sgl \$60) ~ Deadline: Dec. 22, 2009 ~ Depart approx. 8:00 a.m. ~ Return approx. 6:00 p.m.

Mystery Tour – February 18, 2010

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

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

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

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

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

REMEMBER TO GET YOUR RESERVATIONS IN EARLY!

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

CIRCLE OF FRIENDS TRAVEL

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

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

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

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

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

Our 2010 casino trips added as they become available.

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



Circle of Friends Volunteer to Work Huntington Beach Flu Drive



Margarita enjoying the picnic



Lets Line Dance



Kathy Smaw, Margaret Walker & Director Candace Bartsch Huntington Beach Council on Aging Senior Saturday

November/December 2009

TRAVEL RESERVATION FORM

CALL (714) 229-4077

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

TRIP NAME	DATE	PRICE PER PERSON	#OF PERSONS	AMOUNT ENCLOSED	DEADLINE TO SIGN UP
Viejas Casino (no refunds) (Member #1) ① Casino Card# _____	11/24/09	\$14 _____	X _____	\$ _____	11/12/09 Birth Date _____
Laughlin Holiday	12/16-18/09	\$90 (sgl +\$20) _____	X _____	\$ _____	11/4/09
Las Vegas Deluxe	1/19-21,10	\$150 (sgl+\$55) _____	X _____	\$ _____	12/16/09
Harrah's Casino (Member #1) ① Casino Card# _____	1/28/10	\$14 _____	X _____	\$ _____	1/07/10 Birth Date _____
Circle of Life	2/8-9/10	\$255 (sgl +\$60) _____	X _____	\$ _____	12/22/09
Mystery Tour	2/18/10	\$65 _____	X _____	\$ _____	1/27/10
Sony Pictures/Wheel of Fortune Meal choice Member 1) ① Turkey__ Chicken Salad__ Roast Beef__	3/5/10	\$75 _____	X _____	\$ _____	2/10/10 Member 2) ② Turkey__ Chicken Salad__ Roast Beef__
Sacramento	4/21-25/10	\$750 (sgl \$180) _____	X _____	\$ _____	3/11/10
Candlelight Pavilion	5/08/10	\$85 _____	X _____	\$ _____	4/2/10

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

① NAME _____ CHAPTER _____

ADDRESS _____ Space or Apt. # _____

CITY _____ ZIP _____ PHONE _____ PICK-UP POINT: WA _____ HB _____

② NAME _____ CHAPTER _____

ADDRESS _____ Space or Apt.# _____

CITY _____ ZIP _____ PHONE _____ PICK-UP POINT: WA _____ HB _____

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

Name badges and emergency cards are required for all trips.

SIGNATURE OF EACH TRAVELER IS REQUIRED:

I, (we) _____ in exchange for transportation being furnished to and from any of the above mentioned events, on the above noted dates, 2009/2010, as part of an Orange County Circle of Friends outing (the "Event (s)"), release and forever discharge the Garden Grove Hospital, Huntington Beach Hospital, La Palma Intercommunity Hospital and West Anaheim Medical Center and their Circle of Friends Chapters as well as their respective officers, directors, employees, affiliates, agents, representatives, successors and assigns, of all liabilities, claims, actions, damages, costs or expenses which I may have against them arising out of or in any way connected with my participation in the Event (s), including any liabilities, claims, actions, damages, costs or expenses that may arise out of the transportation provided as a part of the Event (s), and including injuries which may be suffered by me before, during or after the Event (s). I understand that this waiver includes any claims based on negligence, action or inaction of any of the above parties. I understand that Orange County Circle of Friends, reserves the right to decline or accept any person as a member of the tour, or to require any participant to withdraw from the tour at any time when such action is determined by the tour manager to be in the best interests of the health, safety, and general welfare of the tour group or of the individual participant. Additionally, I allow permission for, and authorize the use of, my name and photograph to be used for promotions by any of the above parties. Your original signature is required to complete travel arrangements.

① _____
Signature (required)

Date

② _____
Signature (required)

Date

* Please note: Membership Increase affected Jan. 1, 2010

Orange County Circle of Friends Membership Enrollment Form

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

or

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

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

Member 1:

First Name _____ Middle Initial _____ Last Name _____

Mailing Address _____ Apt/Space # _____

City _____ State _____ Zip Code _____ Telephone (_____) _____

Date of Birth ____/____/____ 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 After Jan.1, 2010 One-year \$20 Two-year \$35

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

After Jan.1, 2010 Two 1 -year memberships \$35 Two 2-year memberships \$60

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)

(Office use only)

Date Processed _____

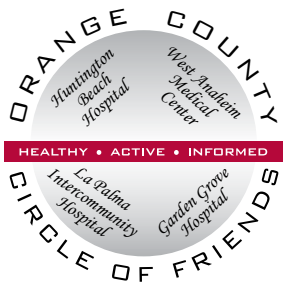
Initials _____

Signature if dual membership (Required)

(Office use only)

Date Recv'd _____

Initials _____



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

Postmaster:
 Please deliver by
 October 23, 2009

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

Or Current Resident

Announcement from your Chapter Board of Directors:

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

We Listen - We Care - We Act

Leadership
Candace Bartsch
 Director, Circle of Friends

HB Chapter 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

November / December 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!