



*"You never have to do things alone
when you are 'Among Friends'"*

**JOIN US ON OUR "Among Friends"
SOUTHERN CARIBBEAN CRUISE
HOSTED BY KEN & LORNA MITCHELL**

Departing Toronto January 18th, 2008

Sailing on the *Crown Princess*



THE BEST SHIPS IN THE CARIBBEAN

More Affordable Balconies • Personal Choice Dining • Big Ship Choice, Small Ship Feel

Among Friends

7-DAY SOUTHERN CARIBBEAN CRUISE

Departing January 18th, 2008

Dr Bill writes:

Our Caribbean Cruise for 2008 will undoubtedly be a wonderful experience for us all. After flying to Puerto Rico for one night there to acclimatize, we board the fabulous Crown Princess for a visit to several island paradises, including St Thomas, Grenada and Aruba. You will enjoy the local excursions as well as the luxurious facilities, hospitality and entertainment that Princess is famous for.

Our group leaders for this cruise will be Ken and Lorna Mitchell, who have given leadership to the Among Friends committee for many years. Dr Bill is not able to participate in this cruise himself this January because he has to start the Winter support groups earlier this year owing to Easter coming early in March this year, making his scheduling more difficult. However, it is good to give others the opportunity to lead these events and who better than Ken and Lorna. So you will be in very good hands.

As always we will try to find those who wish to share a cabin a suitable room mate. You can choose whether you prefer to eat at the early dinner or late, but we will ensure that the group sits together at both sittings. We will endeavor to answer any questions or do whatever we can to ensure that the Among Friends cruise will be a positive experience for you, so please let us know how we can assist you.

Dr Bill

Ports of Call:

San Juan - To stroll the ramparts of historic El Morro Fortress in old San Juan is to step back in history. In fact, you'll feel transported to the Caribbean of Spanish Colonial lore throughout the plaza and cobblestoned streets of the city.

St. Thomas - You'll bask in the selection of possibilities for your day. The Mahogany Run gold course is legendary, as is the helmet diving at Coral World. There is sightseeing by helicopter, kayaking, biking and much more.

St. Kitts - From the Victorian capital of Basseterre to the restored 19th century plantation inns, St. Kitts is one of the Caribbean's most compelling islands. Take a ride on the scenic railway to get a good overview of the island and its sugar industry history.

Grenada - It is here, among the wild nutmeg trees, heliconia and ginger lilies, that name "Spice Island" was born. Take a hike along the glistening shores of Grand Detang Lake or the scenic Seven Sister Falls. Or soak in the purportedly healing waters of the island's sulphur ponds.

Bonaire - Bonaire, in the Netherlands Antilles, is home to a protected marine park of colorful reefs and sealife. Don't miss viewing the salt salinas that are home to the colorful pink flamingos. The clowntown of Kralendijk is worth a visit.

Aruba - Exploring the island on a Harley Davidson motorcycle and diving on coral-covered shipwrecks are but some of the many attractions on this Dutch-influenced island. There are a host of beautiful white-sand beaches to choose from as well.

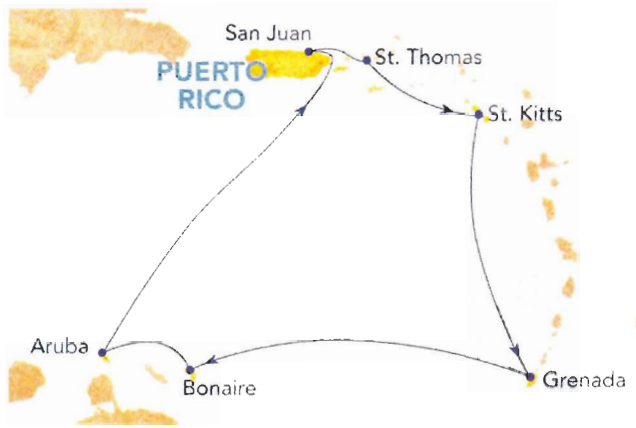


Ken and Lorna write:

Ken and I are thrilled to be leading the January cruise and we will do everything we can to make sure that everyone feels supported and comfortable. We invite you to consider coming on this cruise with us, and we look forward to meeting you all.

Ken and Lorna Mitchell





At the ports of call -

For those who wish to participate local excursions will be arranged. Details will be provided prior to the cruise or at the daily meetings on board ship.

"A great healing experience to be with a group of friends who share a common bond." V.G.

Dinner Seating on Board -

To assist members of the group to get to know one another better, We encourage Among Friends participants to dine together each evening. Accordingly when you book your cruise, our booking agent will ascertain if you wish to dine on the early or late sitting and arrangements may be made to seat you accordingly. Note however that late dining is the choice of the majority.

Date	Port of Call	Arrive	Depart
Fri. Jan. 18	Flight to San Juan <i>Transfer to hotel for 1 night stay.</i>		
Sat. Jan. 19	San Juan, Puerto Rico <i>Transfer to ship</i>		11:00pm
Sun. Jan. 20	St. Thomas, USVI	7:00am	6:00pm
Mon. Jan. 21	St. Kitts, St. Kitts & Nevis	7:00am	3:00pm
Tues. Jan. 22	Grenada	9:00am	2:00pm
Wed. Jan. 23	Bonaire, Netherlands Antilles	11:00am	7:00pm
Thurs. Jan. 24	Aruba	8:00am	5:00pm
Fri. Jan. 25	At Sea		
Sat. Jan. 26	San Juan, Puerto Rico <i>Transfer to airport for return flight home.</i>	6:00am	

For more information, or to book your cabin, call:

This fabulous package includes:

- ✦ Return air transportation from Toronto.
- ✦ Transfers between airport, hotel and ship.
- ✦ All port charges and taxes.
- ✦ 1-night pre cruise in San Juan, *includes breakfast*
- ✦ Half day city tour of San Juan
- ✦ 7-day cruise on Princess' *Crown Princess*.
- ✦ Choice of cabin accommodations aboard ship
- ✦ All meals and snacks aboard ship, nightly entertainment



635 Fourth Line Oakville, Ontario. L6L 5W4
905-338-2077 1-800-361-6688
 email: info@bobscruises.com

475 Howe Street, Suite 212. Vancouver, BC V6C 2B3
604-682-2627 1-866-682-2627
 email: bobscruisesvancouver@telus.net
One of Canada's largest cruise agencies.



Among Friends **7-DAY SOUTHERN CARIBBEAN CRUISE**
Departing January 18th, 2008

CROWN PRINCESS

Crown Princess is the crown jewel of the Princess fleet. Its unique Crown Plaza is an atrium designed in the spirit of an Italian piazza where you can get a bite to eat or just relax and people-watch. Other highlights of this brand new ship include the Crown Grill, modeled after a classic steakhouse, the Sanctuary deck area, reserved just for adults, and Movies Under the StarsSM, Princess' poolside movie theater.

BOB'S *Among Friends* Group Fares

<i>Stateroom Selection</i>	Doubles	Singles
Oceanview Stateroom with Balcony (Cat. BB)	\$2,545	\$3,960
Oceanview Stateroom with Balcony (Cat. BD)	\$2,445	\$3,855
Oceanview Stateroom (Limited Availability)	\$2,345	\$3,115
Oceanview Stateroom (Obstructed view)	\$2,195	\$2,865
Inside Stateroom (Limited Availability)	\$1,995	\$2,735

Terms & Conditions

1. Fares are in Canadian dollars, per person, based on double occupancy.
2. A deposit of **\$400 CAD** per person is required to reserve a cabin.
3. Balances are due **October 18th, 2007**.
4. **BOB'S cruises** recommends **RBC Travel Insurance**.

Cancellation penalties apply within 90 days as follows: 90 - 57 days - *deposit per person*; 56 - 31 days - *50% of total fare*; 30 days to departure - *100% of total fare*. Additional penalties may be applied for air tickets and/or land arrangements. A service charge may be applied by **BOB'S cruises** on all cancellations.

*"Giving yourself permission to laugh and enjoy new friendships
and experiences in this new life journey" M.A.A.*

