



RCMA's 8th Annual

"Cruisin' Thru CME"

Scotland & Ireland Land Tour

July 6-17, 2012

Join us on our 8th Annual "Cruisin' Thru CME". Earn up to 15 hours of CME while enjoying the tour with your family, friends and colleagues.

RCMA's Package Price Includes:

Rates are per person based on double occupancy

- Air & Land Per Person \$4810.00 from LAX
Other departure cities available at additional cost
- Land Only Per Person \$3330.00
Single Supplement: \$650.00
- All local taxes, hotel service charges & portorage for one suitcase per person

**Space is very limited –
don't delay in signing up!**



TO REGISTER: Go online to <http://www.gtborientholidays.com>

In cooperation with GTB Destination Travel

2012 CME Program “New Twist on Old Topics”

Join us on our 8th Annual “Cruisin’ Thru CME” Tour. While enjoying a tour through Scotland & Irelands with your colleagues, family and friends, you can earn up to 15 hours of CME.

Topics will include:

Prevention & Monitoring of Chronic Diseases
Cardiometabolic syndrome: pathophysiology and treatment.
Integrating the Management of Risk Factors during the Patient Visit.
Enhancing Patient Communications & Compliance
Preventing and Managing Sports Injuries

Course Objectives: Upon completion of this course, participants should be able to:

Define the components of Cardiometabolic Syndrome
List various techniques for integrating the management of risk factors in a patient visit
Explain the importance of improving patient communications and techniques for gaining compliance
Describe the new criteria for sports physicals and traumatic brain injury

CME Course Fee: \$250 for members of RCMA, a County or State Medical Association, \$500 for nonmembers

The CME course fee, payable to RCMA, is also due at time of booking. RCMA CME Fee will be billed separately. RCMA staff will contact you for credit card information.

Who Should Attend: This program is open to all physicians, nurses, dentists and other healthcare providers.

The presentational method will be lecture and Q&A period, which will be accompanied by pre course reading material and will be evaluated by each participant using an evaluation form especially designed for this presentation. The activity content is geared toward all physician specialties. This activity has been planned and implemented in accordance with the Institute for Medical Quality and the California Medical Association’s CME Accreditation Standards (IMQ/CMA) through the Riverside County Medical Association (RCMA). The RCMA is accredited by the Institute for Medical Quality/California Medical Association (IMQ/CMA) to provide continuing medical education for physicians. The RCMA takes responsibility for the content, quality and scientific integrity of this CME activity.

RCMA designates this educational activity for a maximum of 15 (fifteen) *AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity. This credit may also be applied to the CMA Certification in Continuing Medical Education.

Tax Deductibility: The RCMA is not permitted by law to offer advice and suggest you consult with your tax consultant.

ITINERARY

Day 1 – Jul 06: Los Angeles to Glasgow

Depart your North American gateway city and travel through the night to Glasgow. Land only tour starts on day 2.

Day 2 – Jul 07: Glasgow Arrival

Land in Glasgow Airport and, if traveling on the group air) take a group transfer to your hotel in Edinburgh City. In the evening, dine in the Heights Restaurant, a rooftop eatery affording panoramic views of Edinburgh Castle. Then head down to street level for a fun walking tour with a local guide to discover the haunts of Edinburgh's many colorful characters. (D)

Day 3 – Jul 08: Edinburgh City Tour

This morning an Edinburgh city guide will point out the principal sights of this interesting capital city. Drive along the bustling Princes Street and through the gracious, wide streets of the 200-year-old Georgian New Town. See the compact medieval section along the Royal Mile where some houses reach 11 stories tall. Visit Edinburgh Castle, which dominates the city center and contains the Scottish Crown Jewels and the Stone of Scone. The balance of the day is free for further sightseeing, shopping and dining. (B)

While at Edinburgh we will have our 1stCME program. Topic: *Prevention & Monitoring of Chronic Diseases*

Day 4 – Jul 09: Edinburgh / Inverness

Visit the Culloden Visitor Centre to learn about the Battle of Culloden where Bonnie Prince Charlie was defeated by the British army in 1746, changing the traditional way of Highland clan life forever. Drive south through the Grampian Mountains to visit Blair Athol Distillery to see how whisky is distilled and sample some. Continue to Nairn where your hotel was a favorite summer residence of Charlie Chaplin. This evening a Scottish Highland cabaret will feature haggis and other traditional foods and lots of bagpipe music, song and dance. (B, D)

Day 5 – Jul 10: Inverness / Glasgow

Visit Urquhart Castle to see the ruins of what was once the largest castle in Scotland and enjoy scenic views over the loch. Depart for Glasgow and travel alongside the famous Loch Lomond, renowned in song for its unsurpassed beauty. Travel across the haunting Rannoch Moor and through the deep valley of Glen Coe, notorious for the Campbell massacre of the Clan Macdonald in 1692. Continue through Fort William and stop at the Spean Bridge Woollen Mills before driving beside Loch Ness to enjoy delightful scenery and keep an eye out for “Nessie”. This evening a Scottish Highland cabaret will feature haggis and other traditional foods and lots of bagpipe music, song and dance. (B, D)

Day 6 – Jul 11: Glasgow / Dublin

Depart Glasgow early this morning and drive along the coast. At Stranrear take a ferry ride to Belfast. Take a panoramic tour around Belfast's city center including Victorian buildings, the Harland and Wolff Shipyards, where the Titanic was built and areas around the Shankill and Falls Road. Drive south to Dublin and check in to your hotel, located in the Georgian section of the city, where the evening is at leisure for independent dining. (B)

While at Dublin we will have our 2nd CME program. Topic: *Cardiometabolic syndrome: pathophysiology & treatment.*

Day 7 – Jul 12: Viking Dublin & Taylor's Three Rock Pub

This morning tour central Dublin in the company of a local guide. Pass stately public buildings; tranquil parks; Dail Eireann, where the government meets; and rows of Georgian houses with gaily-colored doorways. Walk through the campus of Trinity College to view the Book of Kells, an illuminated manuscript of the gospels dating from the 8th century. Enjoy the afternoon at leisure or use your vouchers for an independent open-top bus tour and a visit to Guinness or Jameson. In the evening drive to Taylor's Three Rock Pub for a great dinner of Irish specialties, which is followed by a lively show of Irish songs and step-dancing. (B, D)

While at Dublin we will have our 3rd CME program. Topic: *Integrating Mgmt. of Risk Factors during the Patient Visit.*

Day 8 – Jul 13: Blarney Castle & Killarney

Depart Dublin and travel through the center of Ireland, stopping to view the stately Rock of Cashel. Continue your drive south to visit Blarney Castle and kiss the famous “Stone of Eloquence.” Also visit the Blarney Woollen Mills where you can find quality Irish-made goods. Drive into the mountainous countryside of County Kerry to Killarney, picturesquely set beside lakes and mountains. Check in to your downtown hotel and relax before dinner. Afterwards you may like to explore some of Killarney's famous “singing pubs.” (B, D)

Day 9 – Jul 14: Ring of Kerry & Skellig Experience

Today embark on the Ring of Kerry drive - a winding route with breathtaking sights of mountains and coastal views. Meet a local farmer for a taste of farm life with a sheepdog demonstration of herding flocks. Cross to Valencia Island by bridge to visit the Skellig Experience which describes the austere lives of early Christian monks on the nearby islands. Drive through Waterville and stop in Sneem to admire brightly-painted houses. Pause at Moll's Gap for stunning views before returning to Killarney in time to relax before dinner. (B, D)

Day 10 – Jul 15: Cliffs of Moher & Bunratty Castle

Drive to Tarbert for a ferry ride across the River Shannon Estuary. Continue to the Cliffs of Moher, a spectacular wall of limestone that reaches 700 feet above the Atlantic Ocean. Drive to Bunratty to check into Bunratty Castle Hotel, close to Bunratty Castle and Folk Park. If you wish, you may visit the Folk Park, have a drink in the 200-year-old Dirty Nelly's Pub or shop at the Bunratty Mills. In the evening head to Bunratty Castle for a memorable medieval-style feast. Throughout the banquet the lords and ladies will serenade you with song and harp music, evocative of the Middle Ages. (B, D)

While at Bunratty we will have our 4th CME program. Topic: *Enhancing Patient Communications & Compliance*

Day 11- Jul 16 Limeric to Dublin

Visit the Connemara Marble Factory and enjoy tea and scones. Located in the village of Moycullen, the Connemara Marble Factory is owned and managed by the Joyce family. Their factory produces many fine products from the green Connemara marble, unique to this area of Ireland. The marble is brought here for cutting, processing and polishing and is used mostly for decorative items, like jewelry and memento's. Visitors are given a behind the scenes tour of the factory and a history of the uses of marble in the area. There is a retail store attached to the factory.

While at Dublin we will have our 5th, and final, CME program. Topic: *Preventing and Managing Sports Injuries.*

(Day 11 continued on next page...)

(Day 11 continued...)

Enjoy an orientation tour of Galway City. Galway, the largest county in Connaught, is celebrated in song and story throughout the world and takes centre stage on Ireland's western seaboard. A spectacularly beautiful county, it is a medley of contrasts - the wildest and remotest of Connemara teamed with one of Europe's most vibrant and popular cities. Galway City at the mouth of Galway Bay is both a picturesque and lively city with a wonderful avant-garde culture. The city has many relics of its medieval past and is worth taking time to explore. It has changed considerably over the last number of years and features a fascinating juxtaposition of new and ancient architecture. The centre of the city is conveniently compact enough to ramble around comfortably. Return to Dublin . (B)

While at Dublin we will have our 5th, and final, CME program. Topic: *Preventing and Managing Sports Injuries.*

Day 12 – Jul 17: Depart Shannon Airport

Take a group transfer to nearby Shannon Airport where your tour concludes at 10:30 am. After check-in, you'll have time to shop at the duty-free stores before boarding your flight for the journey home. (B)

YOUR HOTEL ACCOMMODATIONS

Thistle Hotel, Glasgow (1 night): Features 300 rooms and all of the comfort and style one could expect.

The Newton Hotel, Nairn (1 night): A beautiful old castle style hotel set in secluded grounds with magnificent views.

Marriott Dalmahoy Hotel, Edinburgh (2 nights): Breathtaking scenery, incredible sunsets and views of Edinburgh Castle.

Burlington Hotel, Dublin (2 nights):

Killarney Avenue Hotel, Killarney (2 nights): Well-appointed rooms provide guests with an aura of a country retreat.

Bunratty Castle Hotel, Bunratty (1 night): A Georgian Hotel named for the nearby Bunratty Castle.

Radisson Blu St Helens Hotel: One of Ireland's most important historic houses, meticulously restored to its old grandeur.

RCMA'S Package Price Includes:

Rates are per person based on double occupancy

- Air & Land Per Person \$4810.00 from LAX. Other departure cities available at additional cost
- Land Only Per Person \$3330.00 Single Supplement: \$650.00
- All local taxes, hotel service charges & portorage for one suitcase per person

NOT INCLUDED: Tips to guides and drivers. Overweight baggage.

SPECIAL FEATURES & HIGHLIGHTS:

- Group transfers on arrival and departure
- Ferry from Scotland to Ireland
- Dublin open-top bus tour with visit and a drink at Guinness Storehouse or Old Jameson Distillery
- Sightseeing by luxury coach throughout
- Services of a professional English speaking tour director and English speaking guides
- Superior first class hotels with private bath/shower for 9 nights
- Full Scottish & Irish breakfast daily (B)
- 7 dinners (D) including
 - Scottish Highland Cabaret dinner/show in Nairn
 - Heights Restaurant with views of Edinburgh Castle
 - Dinner and traditional Irish entertainment at Taylor's
 - Three Rock Pub Evening with Music
 - Medieval banquet and entertainment in Bunratty Castle
- Welcome get-together drink
- Tours of Glasgow, Edinburgh, Belfast and Dublin
- Whisky tasting and tour of Blair Athol Distillery
- Evening walking tour of Edinburgh
- Sheepdog trials on Ring of Kerry
- Ferry ride across the River Shannon
- Visits and admissions to Kelvingrove Art Gallery & Museum, Spean Bridge Woollen Mills, Urquhart Castle, Culloden Battlefield Visitor Centre, Edinburgh Castle, Book of Kells in Trinity College, Blarney Castle, Blarney Woollen Mills, Skellig Experience and Cliffs of Moher
- Culloden Battle Field
- Cliff's of Moher
- Dublin Open-Top-Bus
- Tea and Scones at Connermara.
- Blair Atholl Distillery
- Spean Bridge Woolen Mills
- Trinity College
- Kissane Sheep Farm
- Rock of Cashel
- Skellig Michael, a UNESCO Heritage site.



Scotland & Ireland CME Tour July 6-17, 2012



MAKING YOUR RESERVATION for "CRUISIN' THRU CME 2012"

Please complete this Reservation Form and send it along with your per person deposit. If you plan to attend the CME Program be sure to fill out the box at the bottom of the page. You can also register online at: www.gtborientholidays.com

Please print legibly and completely – Legal names only

Person 1 Name _____ (DOB) _____ m/f Person 2 Name _____ (DOB) _____ m/f

Person 1 Passport Number _____ Person 2 Passport Number _____
Passport Date of Issue _____ Passport Date of Issue _____
Passport Expiration Date _____ Passport Expiration Date _____
Nationality _____ Nationality _____

Address _____ City _____ State _____ Zip _____

Phone (H) _____ (W) _____ E-mail _____

Do you have any medical conditions or dietary needs we should know about? _____

Reservation for Land Tour INCLUDING Air Reservation for Land Tour ONLY

Deposit amount (\$350.00 per person) x number of people = \$ _____ (enclosed)
(Please note: If paying by credit card there will be a service fee, charged by the credit card companies, which will be added. If paying by check, please make check payable to GTB- Global Travel Bureau, Inc.)

Method of Payment: Visa MasterCard American Express Check

Card Number: _____ Expiration date: _____

Name on card: _____ Signature: _____

Credit Card Billing Address: _____ City _____ State _____ Zip _____

Reservation Conditions:

- 1) Completed booking form, with deposit, must be received by GTB as soon as possible. A separate confirmation will be issued directly upon receipt of payment.
- 2) Full payment must be received by GTB on or before April 6, 2012
- 3) A cancellation fee equal to 50% of the total cost will be levied for any cancellation received 59 days prior to departure. There will be no refunds for any cancellations received within 30 days of tour departure. Deposits are non-refundable
- 4) A handling fee of (USD) \$50 will be charged for any reservation amendments.

MAIL, SCAN OR FAX FORM AND PAYMENT TO: GLOBAL TRAVEL BUREAU, INC.
16629 Tulsa Street, Granada Hills, CA 91344
TEL: 888-720-1628 FAX 818-363-4439 EMAIL Joseph Chan, joe@gtborientholidays.com
Go online to register at www.gtborientholidays.com

RCMA'S CME PROGRAM REGISTRATION

CME PROGRAM YES _____ NO _____

CME Seminar Fee: \$250.00pp for members of RCMA or members of sponsoring County/State Medical Association
\$500.00pp for non-members.

Number of CME Participants _____ Total \$ _____ Method of Payment: Visa MC American Express Check

Name of CME Participant(s) _____

Card # _____ Exp Date: _____ Sec # _____

Name on Card _____ Signature _____

(Seminar fee may be paid by Visa, MC, or AMEX or check payable to Riverside County Medical Association) Your credit card will be billed by the RCMA for the CME Program. If by check mail to: RCMA, 3993 Jurupa Avenue, Riverside, CA 92506