

PRIME TIMES

**A BIMONTHLY NEWSLETTER FOR MATURE GAY AND
BISEXUAL MEN**

OCTOBER 2019

2019/Issue 5

VISIT US ONLINE AT WWW.PRIMETIMERSWW.COM



IT'S ALMOST HERE! SAN ANTONIO WORLDWIDE CONVENTION

October 29-November 2, 2019

An exciting, affordable convention in a beautiful city! Our hotel is right on San Antonio's famed "River Walk".

See [here](#) for updates. And check out the next couple of pages for coordinator Gene Poole's latest article on the convention.

2021 & 2023 CONVENTION HOST CITY SEARCH

BY MARK HATTEN, JIM O'BRIEN & SAM POWELL, CONVENTION SEARCH
COMMITTEE, PRIME TIMERS WORLDWIDE

NOTE: ANY city is eligible to host the 2021 or 2023 convention, even if NOT attending this workshop in San Antonio.

Interested in learning about what it takes to host a future showcase PTWW event? Attend the **PTWW Convention Planning Workshop on Thursday, October 31, 4:00 - 5:00 PM.**

Workshop materials will be distributed to ALL interested chapters after 11-NOV-19. Contact us: info@primetimersww.com

Things to consider:

1. Workshop topics to include;
2. Dates on when to hold the event:

- **2021** date range of 15-SEP to 17-OCT
- **2023** date range of 15-SEP to 21-OCT
- **Holidays:** MON 11-OCT-21/09-OCT-23 impacting Columbus Day/Canadian Thanksgiving
- **Saturday-Sunday** events to enable working members more options

PTWW will provide support on

- Planning for hotel and logistics
- Budget and Financial Reporting
- Online Registration and Website
- Local Committee and Organizing



**PRIME TIMERS WORLD-
WIDE SINCE 1987**

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Emeritus

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The views expressed by individual con-
tributors in this newsletter do not neces-
sarily reflect those of the Board of Direc-
tors of Prime Timers Worldwide.



SAN ANTONIO, UNDERRATED SPANISH COLONIAL CITY

GENE POOLE, VICE PRESIDENT, SAN ANTONIO PRIME TIMERS

The Mission



San Antonio, TX is the 7th largest city in the United States. Was it not for the sheer size of Texas (which lays claim to not one but *three* top-tier cities including Dallas, Houston, and Austin), San Antonio might have landed itself a top spot on first-time visitors' to-do lists? The notion isn't so far-fetched when you consider the city's tri-fecta of history, culture, and food. After checking off the Alamo, head to the UNESCO-listed [San Antonio Missions](#), which protects four other 18th-century Spanish Colonial mission churches built along the San Antonio River. The [US mint](#) released a 2019 Missions quarter on September 5th. For stellar barbecue, shops, and people-watching, The Pearl District is a pedestrian-friendly pocket home to the [River Walk](#), a waterway lined with old-world taverns and riverfront restaurants that's become known as "The American Venice." Lately, the city has even added stylish hotels such as Hotel Emma to the mix.

During the PTWW convention October 29th to November 2nd 2019, you can sign up for a tour of the [UNESCO World Heritage San Antonio missions](#). These are one of three urban world heritage sites in the US, with the other two being the Statue of Liberty and the Liberty Bell. You will also have a choice to take a narrated tour on a River Barge or get a three-day bus pass included in your registration. We will have a hospitality suite with free food and alcohol. You/We can take coolers with non-glass containers to the pool area and during

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Founder

Woody Baldwin
(1920-2016)

PTWW BOARD (2017-2019)

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the costume ball on the 31st you can take drinks from the hospitality suite into the hotel. Your convention badge will get discounts at many River Walk restaurants if you show it to them. Check here for [Restaurants](#) that participate. On the evening of the 29th I will lead a walking tour to see the laser light show displayed on the front of San Fernando Cathedral. It depicts the history of San Antonio. HIV testing will take place on the 30th.

A buffet lunch and a banquet along with a Halloween Costume party are other amenities afforded to convention registrants. Each year San Antonio celebrates Dia de los Muertos, (Day of the Dead) or as we know it, All Saints Day during the same time our convention is scheduled. The city and especially La Villita, the city's oldest core is decorated for the event with street vendors and celebrations. There is usually a show at the Arneson River Theater, an open-air venue on the river near La Villita. To help you know what is going on in the city just before, during and just after the convention, one of our san Antonio members has created a [data sheet](#) that you can see on our web site. We'll have a San Antonio member manned concierge table to answer your questions about how to get to places in the city.

For those of you living farther north, San Antonio has a most agreeable semi-tropical climate with weather in late October and early November being mild and warm. In most years, San Antonio averages a daily maximum temperature for October that's between 80- and 84-degrees Fahrenheit (27 to 29 degrees Celsius). The minimum temperature usually falls between 58 and 63 °F (14 to 17 °C). Tropical plants are in abundance in the micro climate of the River Walk where the hotel is located. The outdoor pool in the hotel will be open for swimming and splashing if you so desire. The hotel also has an extensive fitness center with lots more equipment and weights than average.

As of September 25, there were 62 of the 275 rooms in the hotel remaining. Those 213 rooms were reserved for 347 registrants. You should register for the convention and make your room reservation as soon as possible to make sure you don't wind up in a satellite hotel. You'll get a daily breakfast buffet at the El Tropicano as well as the ability to socialize early and late without having to go anywhere except back and forth from your room. We look forward to hosting you in what we think will be an exceptional convention experience.



Alamo



Casa Rio



Cathedral Light Show

THE HONOR OF SERVING

BY JACK NIMMO, PRESIDENT, PRIME TIMERS WORLDWIDE



As the Worldwide Convention approaches along with its scheduled election, it is a time to reflect on the term of this Board of Directors. Like chapter Boards, all of us serve as unpaid volunteers with a common affection for the organization we call

Prime Timers Worldwide. The organization is built on a foundation of ideas brought forth by our founder, Woodrow (Woodie) Baldwin, who saw a need for older gay and bisexual gentlemen to have social opportunities and ways to gain information about our community and aging. Little did he know in 1987 that his vision would expand beyond his beginning group in Boston to include chapters throughout the United States and Canada along with members from around the world.

My personal experience of serving as a Director-at-Large, Chairman of Independents and President of this organization has provided the opportunity to meet Prime Timers in many chapters on their home turfs and others at Regional and Worldwide Conventions. The common thread I've observed has been the friendliness and respect our members have toward each other and the opportunity to get out of the house and have some fun. I've been honored to visit many chapters as they celebrated milestone anniversaries as chapters or for simple meetings or social events. Thank you for the warm receptions.

Any of you who have served on a chapter's Board will know there is more work to sustaining a chapter than most Prime Timers know. Dedication to the organization and vision of Prime Timers encourage many of you to work behind the scenes without expectation of recognition.



Those who take on those responsibilities are a blessing to all within a chapter and the organization. There is satisfaction in serving and an appreciated gift of service to the friends you've made in Prime Timers. No chapter President can perform all the duties of a Board. It is a joint effort by all who hold office. Presidents are dependent on their Boards.

Term limits in the Worldwide bylaws, retirement and health issues always produce change in Prime Timers leadership. That is good for the organization as new ideas and approaches to doing the work of Prime Timers result from change. And, so it will be with the election to be held on Thursday, October 31st. We celebrate the

dedication of Gary Payne, Richard Tobiason and Vinnie Primerano as they leave this Board. Without their help, we would not have had the success we've had. Several of our current Board are nominated for continued service – Jim O'Brien, Sam Powell and Mark Hatten bringing continuity to the organization. And, Michael Stone and Richard Tobiason will serve as resources in an Emeritus status. Diverse ideas will come from new nominees to the Board – Don Gillett, Lee Linkous, Henry McMorris, Gene Poole, and Michael Sinn. These men have or will have memorable experiences and contribute greatly to Prime Timers. Adrian Liau's newsletter editor work will continue to bless us with interesting chapter news and information.

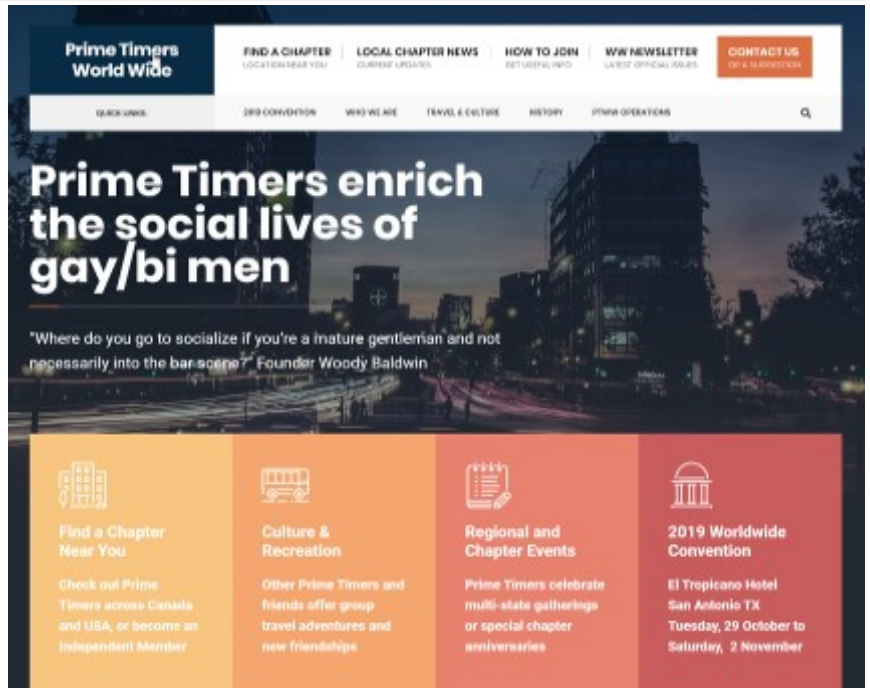
As for me, I am grateful for the experience gained while serving as our president. I plan to remember my term with affection and gratitude as I continue in Prime Timers in my home chapter in San Antonio. I thank all of you I've met along the way and will look forward to seeing you again at a Prime Timer event.

TWO ARTICLES BY MARK HATTEN, DIRECTOR- AT-LARGE AND INTERIM WEB-COORDINATOR, PRIME TIMERS WORLDWIDE

1. NEW PTWW WEBSITE COMING JANUARY 1

PTWW is focusing web functionality and design for guys using mobile devices. We want quicker searches for info seekers and current Prime Timers checking out just Who We Are, What We Do, and How to Contact Us for more details.

Local chapters will be featured in the Chapter News and Regional/Special Events sections, a click away from our PTWW home page.



Contact details will be edited to reduce spam, spoofing attempts, and improve privacy of chapter-specific data and email.



primetimersww.com

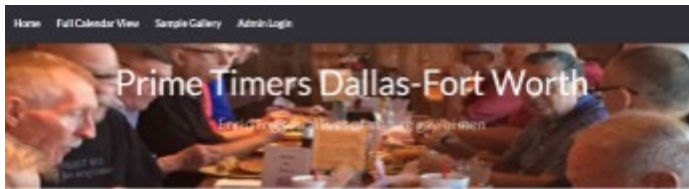
2. REFRESHING CHAPTER WEBSITES

PTWW is committed to business continuity and providing support for a local chapter to affordably maintain its website going forward. For 40+ chapters hosted by PTWW:

Release #1 reviews existing page content is condensed into a paragraph focusing on the vital information. Less content and images = faster response time. Too many outdated photos or minutes will slow down a website.

And, the “focused format” works FAST on a mobile phone - both Apple and Android! PTWW Web Tigers are still providing existing functions used by current local web admins.

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Welcome

Who we are

Organized in 1990, Prime Timers of Dallas/Ft. Worth (PTDFW) is a social organization for mature gay and bisexual men, along with their admirers. Our group provides opportunities to enjoy social, educational, and recreational activities in a supportive atmosphere. PTDFW is a non-profit, non-political social organization and a chapter of [Prime Timers Worldwide](#).

Monthly Meeting and Activities

Meet us the First Tuesday each month at 11:30 AM at Golden Corral, 3312 Forest Lane in Dallas 75234. We gather in the private room for lunch and conversation, then stay and play Texas 42, Uno, and party bridge. See our [calendar](#) for a complete list of PTDFW activities each month.

Contact Us and Membership

If you need more information or would like to attend a social event before joining our chapter, we have several convenient ways to reach us:

Call/text: 214-218-0912

Email: primetimersdfw@gmail.com

Facebook: [New Prime Timers of Dallas-Fort Worth](#)

Want to join right now?

Click on our [application](#) and follow the instructions regarding membership fee and mailing.

Be patient as the new WWW addresses may change for your chapter links. We are doing in 7 months what occurred over 7 years.

Release #2 is planned for March 2020 to allow time for web guys to get used to the new look-and-feel of WordPress. Additional chapters may be added to the program.

Archivists and Librarians Wanted for Project

PTWW is actively seeking experienced volunteers to advise on options how local chapters and WW content should be preserved with authorized access. Email: ptwwwwebtigers@gmail.com

IS IT A SENIOR MOMENT OR A TASTE OF THE FUTURE?

BY MICHAEL STONE, DIRECTOR EMERITUS, PRIME TIMERS WORLDWIDE



Has this ever happened to you? You get in your car heading out to a specific place? As you drive along you pass places that are not familiar to you and, yet, you know you've been there before.

You arrive at Trader Joe's and pull into a parking spot. Then you ask yourself this: why am I going to Trader Joe's? Where's my shopping list? Then I look down at the seat next to me and focus on the list of blood work tests my doctor has ordered! Oh, no, why am I not at the lab? Why am I at Trader Joes?

So, I've come to blame it on my car, when this happens to me. I rationalize that the car sometimes has a mind of its own. It has taken me someplace I go to but not on the right day or the right time. Is this my fault? No way. This car knows me too well.

How many times each week do I set out across my house to get or do something? I get to the bedroom and can't, for the life of me, fig-

ure out why I'm there. Usually, I retrace my steps back to where I started. Often I find a task I started and now I know what I was going to get. I'm certain I put in several extra miles of walking each month doing exactly this. I've decided it happens because my body has a mind of its own and is taking me where it wants to be. A friend tells me that there's a rule: once you walk through a doorway your memory gets left in the other room. I like that theory!

I talk this over with friends and loved ones. It seems most of them (some much younger than me) are saddled with this same affliction. Some say it's a senior moment and others subscribe to the theory that by this age we're one sensory overload and our memory bank are just full. I schedule a series of cognitive skills test. The medical office tells me that the results came in and I don't have dementia or Alzheimer's disease. However I should stop by to go over things with the doctor.

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Several weeks go by and I set out for my doctor's office. Again, the surroundings don't look right and I seem to be on the wrong end of town. I get there and park. Why was I coming here, anyway? The office gave me the test results. Then I glance down to the paperwork on the seat next to me. I'm in the wrong place; it's my Trader's Joe shopping list. I guess this is what the future has in store for me!

CHAPTER SPOTLIGHTS

ATLANTA PRIME TIMERS

BY STAN KALISCH, PRESIDENT, ATLANTA PRIME TIMERS



Atlanta Prime Timers (APT) celebrates its 30th anniversary in 2019. APT is the third affiliate of PTWW. So, we have been around a fairly long time. Some things have changed; some things have remained much the same; and earlier things have taken on a new perspective.

A Little History

In 1989, a few guys got together to discuss the idea of a mature gay men's group. APT's first president, Sam Cummings, met Woody Baldwin, probably through their "Texas connections." By word of mouth, a meeting of interested men materialized. About 25 men showed up in a theater in Atlanta. Some "administrative-type" meetings followed with a core group of members creating the Constitution and Bylaws. Monthly member meetings followed. Activities such as potlucks, board games/cards, cooking, and gardening began.

The First Twenty-Five Years

Membership increased slowly but steadily. Monthly meetings typically included a speaker. Topics addressed included: health, exercise, restaurants, Medicare, wills and estate planning. Occasional one-day "away" trips were popular.

The Past Five Years

Membership has increased, hovering around 175 members. In the past year, the APT Board instituted a Social and Outreach Committee. The Committee started the APT Ambassador Program, which provides each new visitor with a one-on-one meeting with a Board member and follow-up introductions to the members at the general meeting. Membership has reached 185 members.

Activities currently offered are more extensive and diverse than in earlier years. We offer more cultural opportunities (sometimes at very much reduced prices) to the Atlanta Symphony and theatre events. We offer historical opportunities—with the Atlanta area and Georgia, both rich in history. In the last year, we offered an opportunity to attend a drag show, bowling, potlucks, monthly dinners, and a "Member Appreciation" cookout (hosted completely by the Board). APT had scheduled a cruise to Cuba, but it was cancelled due to the travel ban. In order to meet the interests in potlucks and game nights, we are now featuring them in combination as part of two of our monthly member meetings. And, in expanding its creative

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ideas, APT is now offering a zipline event! Wow!! How daring!

What Works in APT

Among our 185 members we have extreme diversity in interests. Each year, our most well-attended event is the Holiday Party, which draws up to 70 individuals. In 2019, we had two other equally well-attended events--one of our potlucks and our "Member Appreciation" event. We have a weekly lunch attended by around 20 men, followed by going to two members' home for coffee, cookies, and chatter. (And once a month, celebrating birthdays.) We have a non-hosted Kaffee Klatch (coffee and conversation) each Wednesday morning, attended by 15 to 20 men. We started a spin-off of the event on Saturdays. We recently started a "Cocktails and Dinner" at a local restaurant that is an advertiser in our monthly newsletter. APT also participates each year in the Atlanta PRIDE Festival by hosting a booth. For a full look at what we offer, we invite you to view our [website](#) and select "Join Us." (You won't have to join APT, but you can see what APT is all about.)

We have an attractive, informative monthly newsletter, *Aptitudes*. (Check it out on the APT website.) The newsletter serves well in attracting prospective members. Additionally, in December 2018, we moved to a new membership/

event database and communication software system. It provides our members with more timely notices of membership renewals, our advertisers with their renewal notices, event announcements, member registrations for events, and a way for prospective members to see what APT offers, including an on-line membership application with credit card dues payment.

There is no Easy Road

Keeping a Prime Timers' chapter alive and well is no easy task. From our experience, it takes some dedicated members trying new things, maybe resurrecting old ideas in new ways. It also requires a proactive approach in welcoming prospective members and keeping members feeling welcomed.

We do have our challenges. We face a significant challenge each year in getting members to run for the Board. Over the 30 years of operation, this has been an ongoing challenge, even to the point that the chapter might be dissolved.

We feel that APT is a success. We attribute it to adaptability, open-mindedness, flexibility, creativeness, a welcoming environment, and a core group of members who actively work to promote activities.

CHATTANOOGA PRIME TIMERS

BY RANDY GRESHAM, FOUNDING MEMBER, ATLANTA PRIME TIMERS

Our group, Chattanooga Primer Timers, known locally as Nooga Prime Timers, a member chapter of Prime Timers Worldwide, celebrated its fifth anniversary on September 21st. Forty-five members and guests came together to enjoy hearing the history of the chapter, wonderful food and delightful fellowship. Carl Cole was awarded the *Volunteer Of The Year* Award for his excellent service as the chapter's secretary. Dave Kwit, founder of the Huntsville Prime Timers and longtime member in Chattanooga was awarded the *Outstanding Member* Award for his excellent work with the chapter's website and outstanding commitment to both Chattanooga and Huntsville Prime Timers.

With over forty members at present, our chapter is a force in the gay community of Scenic City and Southeast Tennessee.

The group, founded in September, of 2014 as a result of several happy coincidences, by a collection of five charter members, all of whom reached out at the time to expand social circles of Chattanooga.

Wayne Hartman and his husband Glenn Waters-Hartman, well known personalities who had been active in the Chattanooga social scenes took bold steps. After a period in which their social life had slowed down, they decided it was time to get back in the flow and

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Welcome Home Hospice was represented by Sherry Cunningham, founder and Executive Director, who thanked the Nooga Prime Timers for their many of years of service and support. Ms. Cunningham told of the many good deeds Prime Timers performed; everything from painting, to food, to fulfilling a monthly shopping wish list for household supplies needed by Hospice.

Photo courtesy of Ed Harding

reestablish ties with friends, and bring new people together. Wayne began searching the Internet and happened on Prime Timers Worldwide. Pleased with his research, he decided Prime Timers was exactly what Chattanooga needed.

Wayne contacted a friend, Leland, and asked for his help organizing and getting the group off the ground. Wayne also called current VP Jim Samples. Jim founded Chattanooga Cares and is a board member of 4 Paws. Involving both Leland and Jim involved guaranteed success because Leland was able to help shepherd the group to a healthy start and Jim is well known and very respected in town.

Ritch Shepherd, another founding member, had also been active in the community. After a while he decided he wanted to step up his involvement in the community, meet new people, and while searching also ran across information about Primer Timers Worldwide which interested him enough to contact Wayne.

Randy Gresham, and his partner Earl McDonald, had recently moved to Chattanooga

from Chicago. They had been members of both the Chicago and Atlanta Prime Timers and had enjoyed the fruits of membership for years. Richard Rhodes, the president of the Atlanta chapter at the time, contacted Randy and indicated there was an interest in starting a branch of the group. Randy called a delighted Wayne who immediately set up a time and a place to meet and discuss the founding of the new social group. All met within the next week at Wayne and Glenn's house, known as Wynwood Hills Resort. The date was early September 2014. History would soon be made!

The group launched and officers were immediately elected to the board. Invitations were sent out to potential members who immediately expressed an interest. A website and Facebook site providing information was created and the response was positive.

Monthly meetings which were always well attended, included updates from the board, pot-lucks, and gathering support to begin. Some of the lottery money won went to local charities such as 4 Paws, Welcome Home Hospice, and Chattanooga Cares. This generosity was sup-

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Photo courtesy of Wayne Hartman

plemented by a substantial gift left to each chapter by the estate of Woody Baldwin, founder of Prime Primers Worldwide.

The group grew steadily; within a year membership swelled to 25 members. Members were delighted to share their experience of the group with friends. Visitors were, and are, always welcome.

The group brags on the many talents of its members including artists, musicians, chefs, business people, authors, nurses, doctors, lawyers and several bitchy queens with HOT GLUE GUNS! Nooga Prime Timers enjoys a membership with an abundance of diverse skills.

Over the next year the group offered several monthly activities including the 3rd Saturday of the month dine out, games, pool parties, theater nights, field trips to various points of historical and other interest in the Tennessee, Georgia and Alabama region. For many of those unfamiliar with the beauty and history of the surrounding area, these trips are a special delight. The field trips are the highlight for many members.

The group originally met at The Bear House on Tuxedo. Outgrowing these quarters the group met for a couple of years at Wayne and Glenn's delightful residence. Wynwood provided many an idyllic evening as well as being the location of the group's summer pool party, an event much anticipated and enjoyed each

year. Outgrowing these quarters, the next meeting place was Pilgrim Church. Primer Timers currently meets here at Saint Elmo United Methodist Church. All locations have been warm and welcoming hosts of Nooga Prime Timers.

Nooga Prime Timers attended Chattanooga Gay Pride for the first time in 2014, and again in 2015 and 2016. Prime Timers disseminated brochures and information from its Pride Fest booth and membership grew as a result.

The Nooga chapter receives donations for the two charities that it supports. We collect pet food for *4 Paws Pet Food Pantry*. We also collect household goods for the *Welcome Home Hospice*.

In addition to its influence on Chattanooga, Nooga Prime Timers is influential in inspiring other chapters to organize. These included a startup groups in Knoxville, and Huntsville, begun by our beloved member, strong advocate, and supporter David Kwit. Huntsville Prime Timers was begun in March 2018. The Huntsville chapter is thriving and we are so delighted to have been a part of their growth.

New members continue to join and are attracted to Chattanooga due to our presence. Let us all lift a toast to our founders, members, guests, and our future! To our NEXT 5 YEARS! Cheers!

CHAPTERS' EVENTS

MID-MISSOURI PRIDE

BY RAD FOUNTAIN, PRESIDENT, PRIME TIMERS MID-MISSOURI



Mid-Missouri Pride was held Saturday, August 24. Columbia being a college town (home of The University of Missouri, two other colleges and numerous junior colleges and online universities), it was decided several years ago to hold Pride in August to offer a free and safe place for students to come out without fear of doing so in their hometowns. This year was the largest event we ever held in 15 years. The official count was over 3,600 people with over 70 booths consisting of vendors, clubs, and groups. Once again, Mid-Missouri Prime Timers was a sponsor and had two booths, one for the chapter's member recruitment and the other a photo booth accepting donations which went to the Rainbow House, a safe home for abuse kids and a place for young adults to live when kicked out of their homes for being LGBT. Several Prime Timers Mid-Missouri members were present to pass out mini pride flags, rainbow heart stickers, and multicolored party beads, as well as answer questions about Prime Timers. We handed out approximately 10 applications which is also a record number. The photo booth raised \$160 in donations.

This year's headliner was Monica Beverly Hillz from RuPaul's drag race (season five). Her biological brother, Chris, is the adopted son of two Prime Timers Mid Missouri members, Tony and Don Fife-Patterson, so it was an extra special day for them.

The Fourth Saturday is our normal meeting date; however, as Pride was held on that date, we had our monthly meeting at a local restaurant which serves one of the best Sunday brunches in town. We had an attendance of 27 members and guests.



All photos courtesy of Rad Fountain

ASHEVILLE PRIME TIMERS SPONSORS AGING WITH PRIDE MEN'S HEALTH PROGRAM

BY JERRY CONNER, ASHEVILLE PRIME TIMERS

When contacted by Dr. Ryan Terlecki about doing a special program, similar to one presented to the Charlotte Prime Timers, it was decided to create an even more in-depth health program and outreach to the community. "Woody money", set aside for community Prime Timer visibility and promotion, was used for printing and the venue. A theme for the evening was created entitled: "Aging With Pride -Dignity-Empowerment-Action For Gay Men". With this theme, local inclusive agencies that serve seniors were invited to be a part of the program.

We began with a presentation from our local Program Manager of the Alzheimer Association who discussed issues like memory loss, Alzheimer signs and what can be done to recognize them. Next on the program was a discussion by a local Education Specialist on Hepatitis C and its testing and treatment and why it is important for older men to recognize.

The main speaker, Dr. Ryan Terlecki, who is a men's health specialist from Wake Forest

Baptist Health, provided the evening with a lot of information on urological conditions, prostate cancer, and survivorship and how older men can enjoy the aging process.

In addition to the more than 50 men attending were representatives from other agencies dealing with senior health who had set up tables of information. The picture shown below is a portion of those in attendance and Dr. Terlecki speaking. The com-

ments have been overwhelmingly positive and complimentary to Asheville Prime Timers for making this program possible. An added plus from the program was the signing up of four additional members to our chapter, who had recently moved to the area.

Asheville Prime Timers also set up a second program in this series for September which is entitled "Aging With Pride II - Everything You Always Wanted to Know About Wills, Trusts and Nursing Home Protection". Our speaker was Jeffrey Cooper, whose knowledge and expertise is widely known among other lawyers and estate planners.



Photo courtesy of David Bailey

ANNIVERSARY: CROSS-TIMBERS PRIME TIMERS

BY RANDY CRENSHAW, SECRETARY & NEWSLETTER EDITOR, CROSS-TIMBERS PRIME TIMERS

On July 27th, Cross Timbers Prime Timers celebrated their 20th Anniversary. With a core group of members over the years, our chapter has continued to be a social outlet for gay and bi men in the North Central Texas area. The 38-county area reaches from Fort Worth to Abilene and Wichita Falls to Hamilton.

Considering the distance between members, the main event of the month is a Saturday afternoon potluck held in members' homes. If a host isn't available, we meet in local restaurants. Occasionally, nearby mem-

bers will meet informally for lunch or dinner. Familiar gathering spots in the Cross Timbers region include Lake Leon, Granbury, Fort Worth,

Chalk Mountain, Rising Star, Stephenville, Hudson Oaks, and Abilene.

The July gathering was held at a member's home on Chalk Mountain, about 65 miles Southwest of Fort

Worth. With scenic views all around, members and guests enjoyed meeting old friends and making new ones. Before lunch was served a brief meeting was called. The chapter's history was read to mark the significance of our gathering and to thank the ones that pioneered the beginning and the ones that kept it going.



Photo courtesy of Randy Crenshaw

GATHERING: INDIANAPOLIS PRIME TIMERS

BY EDMOND TALUCCI, PRESIDENT, INDIANAPOLIS PRIME TIMERS



The Indianapolis chapter met on July 25 at the Burgherhaus in Carmel, Indiana. It is a typical gathering for us with lots of good food and conversation. We meet a little more than once a month at various area restaurants.

Photo courtesy of Dave Booher

ANNIVERSARY: BOSTON PRIME TIMERS

BY HARRY FULLERTON, PRESIDENT, PRIME TIMERS

The Boston chapter recently celebrated their 32nd Anniversary with a wonderful dinner and party at Club Café in Boston. Members George Wright, Jim McCloskey and Frank Lapiana were recognized for their contributions to the club over the years. We hope that Woody is smiling down upon us, proud of the brotherhood he founded.



Above: Inside Club Café at the start of the anniversary dinner

Left: Members enjoying hor d'oeuvres

Lower left: Members recognized for their contributions to the chapter

Lower right: Entertainers Andy Lantz and Frankie Campofelize

All photos courtesy of Harry Fullerton



ROLE MODELS: PRIME TIMERS OTTAWA-OUTAOUAIS

BY JOE BRABANT, NEWSLETTER EDITOR, PRIME TIMERS OTTAWA-OUTAOUAIS

Our annual Pride celebrations spark memories in all of us, some glorious, some tragic. Yes, as a community, we have been there, we have done that, and now we are doing better, much better. We thank those past role models who have paved the way for the life we enjoy today.

One of the great things about being a Prime Timer is the abundance of current role models who inspire us. And we don't need to look far. They are here in our chapters.

By chance, our Pride picnic coincided with the birthdays of two members and they were asked to cut the cake. The snapshot shows David and Ron (both four score plus) and Jeff in the middle. Here are their stories.

Ron

Ron came to Ottawa from the Maritimes where he enjoyed a successful career. He married and raised his family. A longtime involvement in his community was expanded to embrace eldercare issues as he became his late wife's caregiver and advocate.

Several years after settling in Ottawa, Ron met his partner John. When John became ill, Ron was once again called to be a caregiver. Eventually, there were long hours at the hospital. Ron's caring devotion impressed the medical staff who welcomed Ron into their fold.

Currently, Ron brings his life-long volunteer and social activism to the service of our LGBT community. He is especially involved with Bruce House, which helps to provide support and hous-

ing to those impacted by HIV in our area.

He is very active in our Prime Timers chapter and is currently leading our discussions to identify the impact of social isolation

Photo courtesy of Joe Brabant



on our community and to propose and develop effective responses. Ron is an accomplished artist and photographer. He is also a gourmet cook and shares that talent with friends at monthly dinners.

David

His friendly smile is the first thing people notice about David. It's only later that folks notice the wheelchair.

David is one of those men who is rewriting the book on successful aging. He is a dynamo who confronts problems head-on and when he's in action, it's best to stand clear or join the party. He is focused on helping our community live up to its potential. His preferred methods are education and personal involvement. He is active in our Institute for the Blind as well as an organization that works to improve living conditions for those in need. He strives to improve accessibility in our city and today many disabled citizens benefit from his work. He authored a policy to improve accessibility for all Canadians. That policy was presented and adopted at a recent national convention of the governing party and adopted as part of their platform and is headed to parliament.

(continued next page)

In his spare time, David and his partner Jeff live an active life. He also sings with two choirs that perform at local nursing homes and has adopted Jello an elder rescue cat.

Jeff

Jeff is one of our younger members, or as we say someone not receiving an Old Age Pension. He spent a few decades as an expatriate world traveler. Eventually, he returned to his roots and settled in his home town a short distance from Ottawa. He looked forward to a quiet leisurely life. Then he met David (see above). It was a life change for both of them.

Jeff is talented and enjoys boundless energy. Along with Keith, another Prime Timer, he helped David make adjustments to his home to make it more comfortable. He also exposed David to the “internet of things” so that a mere voice command could make magical things

happen. Jeff changed his own car to a model more accessible for David. And then, as their mutual commitment deepened, Jeff enrolled in a Community College to train as a Personal Support Worker so he would have the necessary tools to provide the best care when needed. He graduated several months ago. Jeff is now employed as a PSW and is also our go-to guy for Personal Support ideas.

And that’s not all

Ron, David, and Jeff would be the first to say they are just everyday folks and that they have their own role models in our chapter. They would be right. When we gather for a social or meeting the room is filled with men whose lives inspire and will continue to do so. After all, we are in our prime and our stories are still being written.

UPDATE: PRIME TIMERS CLEVELAND

BY JIM W., PRESIDENT, PRIME TIMERS CLEVELAND

The Cleveland chapter of Prime Timers has seen a disturbing shift in membership over the past decade, but it appears that we have stabilized and begun to grow during the 2018-2019 biennium. The new members are younger and finding us online. They have moved to the greater Cleveland area and many have been members of other chapters. This membership growth has produced several positive results:

1. Attendance at the monthly dinner meeting is robust;
2. A new host was found, and these means another meeting can be in a private home rather than a restaurant.

The Cleveland Chapter’s social and educational outreach has improved as a result of three factors. We now have added an hour to the front end of the meeting so that members can socialize and network before eating. When our monthly meeting is held at a member’s home, we frequently invite members from other

gay organizations in the area. The third improvement is that due to the generosity of one of our members,

free tickets to plays, concerts, and musicals in local theaters have been made available to many productions. A dinner is scheduled after the event so that members can discuss what they saw. The response to this start-up grant has been so successful, that the chapter intends to continue the effort without free tickets in 2020. Cleveland is fortunate to have the most theater seats outside of New York City.



GATHERING: SACRAMENTO'S RIVER CITY DINE OUT REACHES MILESTONE

BY CHARLIE BUTLER, PRESIDENT, PRIME TIMERS OF SACRAMENTO

In September of 2017, then Chapter Secretary, Peter Rolita, thought Prime Timers needed a standing event, something always in the same place at the same time where members and guests could relax and converse with one another. River City Brewing Company (RCBC), Sacramento's oldest continuously operating brew pub (founded in 1993) had recently moved from downtown Sacramento to a new location near Peter's home in the suburb of Carmichael. So Peter set up a Dine Out which would occur on the Thursday following the second Sunday of every month.

The Dine Out turned out to be a big success and on September 12 we celebrated our 25th consecutive month and our second anniversary at River City. The Dine Out is now the longest running standing event in Sacramento Prime Timers' history, and this month, 11 members came to celebrate with happy hour drinks and appetizers.

RCBC has been very cooperative with Prime Timers. In addition to always excellent service, they have been providing us with a long table away from the noise of the central floor area so that our conversations can more easily take place. When told it was our second anniversary, shift manager Carole said



"When you have your three year anniversary, I want flowers." She may have been joking but she'll probably get her wish since the event remains so popular.

To celebrate this milestone Peter decided to have a drawing and award a free meal to one of the participants. The prize was won by Tom Wheeler, who now holds Peter's old job of Club Secretary.

I personally did not start attending until the third Dine Out in November of 2017. That evening, I sat across the table from then Club Vice President Chuck Schepel. Sitting next to Chuck was newcomer Gary Waterhouse. They naturally struck up a conversation and quickly discovered how much they had in common. Both had been recently widowed after long relationships, Chuck's of 46 and Gary's of 50 years. Both liked to travel but hated traveling alone. Things progressed nicely and in December of 2018 Chuck moved into Gary's home. Gary says "What were the chances of two 80 year old men finding each other?" Well, it actually happened at the River City Dine Out, a place to find new friends and make memories of a lifetime.



Top picture: Tom celebrates winning a free dinner. Photo courtesy of Charlie Butler.

Middle picture: Peter with shift manager, Carole. Photo courtesy of John Golemon.

Bottom picture: Chuck and Gary. Photo courtesy of Charlie Butler.

2019 CENTRAL OKLAHOMA PRIME TIMERS LABOR DAY GET-A-WAY SURPRISED BY MOTHER NATURE!!!!

BY STEVEN DUBOIS, CENTRAL OKLAHOMA PRIME TIMERS

As people began to check into Hotel Habana for Central Oklahoma Prime Timers' (COPT) Labor Day Get-A-Way Weekend 2019 August 28 - September 2nd, they discovered on August 26th a severe storm blew through Oklahoma City, knocking out power. Hotel staff and the power company were working frantically to restore full service. Some guests were asked to accept a different room than they had booked, because full service was not restored to their room yet. They could see that there were more people than in the past. Indeed, they were right. By the time the festivities started, many rooms were shared by two people.

Some scheduled events included: Continental Breakfast, Hospitality Room, Happy Hours, Welcome Party, BBQ dinner, Randy Lunsford entertaining beside the pool all weekend long, Box Lunch both days, two days of city tours, Saturday night banquet with entertainment, a couple of brunches, and bridge. Hotel Habana provided a Drag Show this year. There was also fun by the pool, whether in the pool or just sitting, visiting, and watching others.

The 135 attendees were free to decide what to participate in or to go with friends to do whatever they wanted in Oklahoma City. Participants came from nearly every state in the US, Canada, and Australia. They sat at tables under umbrellas or around the pool catching up with friends about their lives. New friendships begin with forming bonds that will be strengthened with phone calls, emails, and visits. Several participants described the annual Labor Day Weekend in OKC as their best value for the money of any such gathering.

COPT wish to thank the many volunteers and participants who came together to make Labor Day 2019 and remembering the 50th anniversary of Stonewall a success.

The owners and Management are in the process of a major renovation of the hotel and expect to have more improved services.

Hotel Habana is welcoming COPT Labor Day Get-A-Way guests for 2020. See you next year. Join the party!



All photos courtesy of Jim Houk

VISIT: BALTIMORE PRESIDENT VISITS COLORADO PRIME TIMERS

BY DICK MOORE, PRESIDENT, COLORADO PRIME TIMERS

From L to R: Dick Moore, Ralph Welsh, Rafael De Jesus



Photo courtesy of Joe Saman

Ralph Welsh, President of the Baltimore Prime Timer Chapter made a short visit to Denver and with the Colorado Prime Timers' "Discussion Group" at the Trade on Wednesday afternoon, August 7th. Ralph has been President for a number of years with a group of 47 Prime Timers or so, strong.

Ralph was in Denver to attend a conference on the performing arts sponsored by the Lincoln Center for the Performing Arts in New York City. Ralph's position in this organization is to support sight impaired people in describing the actions of a play or musical. This gives them an insight on what the show or play is all about.

Ralph met a few members from the Colorado Prime Timers and would have joined the

Wednesday luncheon group but due to a communication flap, he was only able to attend the group at the Trade. Those Prime Timers who got to meet Ralph had great and meaningful conversations with him. Thank you, Ralph!

We talked to him about the Baltimore chapter and their many activities. The chapter is really involved with a lot of cultural events in Baltimore. Might be well for the Colorado Prime Timers to use their play book for future activities.

We all hope that he will return so we can show him some real Colorado Prime Timer hospitality.

We always look forward to Prime Timers from other chapters who visit us.

VISIT: NEIGHBOURING CLUBS MEETUP

BY TONY KIMBLE, PRESIDENT, PRIME TIMERS VANCOUVER



Photo courtesy of Ron Kidd

Two Canadian Prime Timers clubs recently met up for the third time. Prime Timers Vancouver hosted Prime Timers Nanaimo at lunch on August 28. Nanaimo is located on Vancouver Island, off the coast of British Columbia. Although these clubs are separated by some 30 nautical miles, travel between them is fairly easy as BC Ferries offers free weekday fares to senior citizens who are residents of British Columbia. We take full advantage of this by scheduling many of our excursions during weekdays.

Seven Prime Timers Nanaimo members crossed the Strait of Georgia on a morning ferry to Horseshoe Bay. Thirteen Prime Timers Vancouver members travelled from Vancouver to Horseshoe Bay to meet them for lunch at C-Lovers Fish & Chips. Horseshoe Bay is a small picturesque community with many restaurants and shops catering to those travelling through the ferry terminals. These gatherings provide an opportunity to socialize and to exchange ideas, as well as a pleasant outing for participants. We look forward to such future activities.

HERE AND THERE

BY ADRIAN LIAU, NEWSLETTER EDITOR. PRIME TIMERS WORLDWIDE

CANADA

EDMONTON, AB: The chapter is back to their regular monthly meetings after the summer hiatus (with two very nice cookouts during that period)/. Andy E. was the guest speaker for the September monthly meeting, talking about some of the pitfalls and dangers to seniors about frauds and scams. On the last Saturday of September, members visited the Royal *(continued next page)*

Alberta Museum which is currently hosting a special exhibit of The Vikings.

HAMILTON, ON: On September 14, chapter members explored the Chedoke Radial Recreational Trail and the Bruce Trail within the city of Hamilton. This hike was 2 hours long and 4 km (2.5 miles) in length. The day after, on Sunday, another event, a bike ride from Brantford to Mt. Pleasant. Bikers stopped at Mt. Pleasant to have lunch at the Windmill Country Market. Finally, on September 22, members Bob & Gerald hosted a trip to the St. George Applefest, followed by a BBQ/Potluck at their farm.

U.S. WEST

SAN FRANCISCO, CA: San Francisco Prime Timers meets on the first Sunday of each month at The Sequoias. The Board meeting starts at 2:00 pm on Level A in the Sequoia room and is followed immediately by the general membership meeting. There is also at least one dine-out each month at different restaurants in the San Francisco area. Also, outings take place on the third Sunday of each month.

PORTLAND, OR: Club members and friends meet for dinner in NE Portland every Saturday late afternoon near the river, with familiar faces and a friendly, fun atmosphere. There's also the Second Wednesday Lunch where members meet at different restaurants throughout the city. Last but not least, the chapter usually has potlucks on the Fourth Sunday of the Month. It is held at a church where the MCC conducts its services.

U.S. MID-WEST

GRAND RAPIDS, MI: The chapter, which serves all of West Michigan, has monthly member meetings on the first Thursday of the month starting at 6:30 p.m. with a social period from 6 – 6:30 p.m. They also organize a lunch social on the second Tuesday of each month, a dinner social on the third Thursday of each month, and a breakfast social on the fourth Saturday on the month. The current times and locations for these socials, which vary month-to-month, are listed on the chapter's website events calendar.

KANSAS CITY, MO: PTKC had its annual fall picnic on September 14 at Renner-Brenner

Park in Riverside. The park is an archeological site first occupied by people about 7,000 years ago. The well-preserved site is listed on the National Register of Historic Places. Many researchers have come to the park to learn about the past from the site's archaeological deposits.

U.S. SOUTH

CHARLESTON, SC: Monthly General Meeting and Pot Luck for this chapter occurs on the Fourth Sunday of each month, from 5 to 7 pm. They meet at Lance Hall at the Circular Congregational Church on Meeting Street in downtown Charleston.

COLUMBIA, SC: Columbia SC, Prime Timers holds its Monthly Meetings on the fourth Sunday of every month. According to their website, monthly meetings are the highlight of the chapter's activities. They are wonderful times of fellowship and getting to know each other. There is always plenty of food, camaraderie, and fun. The chapter also holds a monthly dinner outing on a Saturday in the middle of the month.

NASHVILLE, TN: The Greater Nashville chapter has a monthly dining out every first Thursday at different restaurants in the local area. The evening after, on the first Friday of every month, is a movie night outing. There are also monthly events, such as dinner outings on Wednesdays, breakfasts on the second Saturday of each month, and pot lucks on the fourth Saturdays of each month.

U.S. NORTHEAST

WASHINGTON, DC: On August 4th, a group of nine Prime Timers of DC attended a concert featuring a band called "1964 The Tribute" at the Birchmere. The Birchmere, which is located near Washington in Alexandria, is one of the oldest music venues in the area. In a later event, 15 members of Prime Timers of DC and guests, enjoyed a "Day Trip" to North Beach in Calvert County in Southern Maryland on Monday, September, 16. The North Beach boardwalk features six or so small deck areas that overlook the Chesapeake Bay, and a fishing pier that extends over 460 feet in the Chesapeake Bay itself.

UPCOMING REGIONAL EVENTS



October 13, 2019 - PIG ROAST

Join us at: Laurel Ridge Farm
2062 Franklin Laurel Rd.
New Richmond OH 45206



1:00 pm Social Time
2:30 pm Corn Hole Tournament
4:30 pm Dinner

We will also have: Our split the pot raffle
Our Adult Book/DVD/VHS free exchange table
Card games

ALL FOOD AND SOFT DRINKS PROVIDED
You are welcome to bring your adult beverages of choice.

A great meal and good time for only \$20.00!

Please RSVP by 09/30/2019 on our website at
TriStatePrimeTimers.com
Or call 513-956-4398.



Boston Prime Timers

Is happy to announce that plans are being made for our annual Halloween bash in Provincetown MA.

Place: Provincetown Inn Date: November 1, 2, and 3, 2019

Room rate:

**\$130.00 per night double or single occupancy: Ocean view ____
Harbourside__Breakwater__**

If you desire additional nights, the same rate will apply. Please add \$20 per person above. Only 2 per room.

**Includes: tax gratuity and continental breakfast Cheese & crackers social Friday
Dinner Saturday, November 2nd at the Inn includes: beverage, dessert and tip.**

Meal Choices:

Fresh Native Salmon	\$32.00
Chicken Florentine	\$32.00
Prime Rib	\$39.00
Vegetarian	\$32.00

**Send check to: Boston Prime Timers
566 Columbus Ave.,
Boston, MA 02118-1181**

For more info call (6857) 544-3630

**Make check payable to: Boston Prime Timers If you are joining us,
please let us know how many nights
you are staying and your dinner choice for Saturday night.**

Help us make this a special weekend and enjoy the company of so many men.



ANNOUNCING...

MIDWEST REGIONAL GATHERING



AUGUST 5-9, 2020

Chicago Prime Timers is sponsoring its second **Midwest Regional Gathering** in - "that toddlin' town. . .that Billy Sunday could not shut down."

This Gathering is happening on August 5-9, the weekend of Halsted Market Days - a GREAT Boystown Street Festival that takes place every year.



http://chicagoprimetimers.org/2020_Gathering

Halsted Market Days



... largest street festival in the Midwest ~ Chicago's hottest summer celebration

Workshops



... workshops especially designed with Prime Timers in mind

Crowne Plaza Hotel



... deluxe accommodations ~ close proximity to top Chicago attractions

Windy City Sight-Seeing



...so much to do and see ~ add a day or two to take it all in

MORE INFO: phone: 872-216-4278 ~ email: info@chicagoprimetimers.org

UPCOMING CRUISES (IN CHRONOLOGICAL ORDER)

**7 DAY CRUISE FOR – \$339????
HOLLAND AMERICAN
VEENDAM**

	Arrive	Depart	Inside -	From: \$339.00
Jan. 15 2020 Ft. Lauderdale		5:00PM	Outside -	From \$439.00
Jan. 16,2020 At Sea			Balcony -	From \$1,039.00
Jan 17,2020 Grand Turk& Caicos	8:00AM	3:00PM	Suite -	From \$1,139.00
Jan 18 2020 San Juan	1:00PM	11:00PM	Port Tax	\$173.00
Jan 19 2020 St. Thomas,U.S.V.I.	8:00AM	5:00PM	Government Tax	\$170.00
Jan 20, 2020 At Sea			Deposit	\$350.00
Jan. 21, 2020 Half Moon Cay.	8:00AM	4:00PM	All rates are based on double occupancy.	
Jan 22, 2020 Ft. Lauderdale	disembark	7:00AM	Rates are subject to change and can be withdrawn at anytime	



THIS REPLACES THE CUBA CRUISE

SHIPBOARD MONEY? ---SHIPBOARD MONEY?--- SHIPBOARD MONEY?
Indoor and Ocean View \$50 per person, **Balcony \$75** per person, **Suite \$150** per person

LOOKING FOR CABIN MATE? CALL MICHAEL STONE 941-359-8212

No charge for cancellation policy before Oct. 19, 2019. Final Payment Due Oct. 19, 2019
 For information and reservations

COURTYARD TRAVELS
 1010 NORTHERN BLVD, SUITE 228
 GREAT NECK, N.Y. 11021

BOBETTE AT COURTYARD
 1-800-437-9685
MICHAEL STONE 941-359-8212



March 2nd - 13th, 2020

Serenade of the Seas

11-night South Caribbean Cruise

Fort Lauderdale; Puerto Limon, Costa Rica; Colon, Panama; Cartagena, Columbia; Oranjestad, Aruba; Willemstad, Curacao; Fort Lauderdale

SHIP HIGHLIGHTS

Ohio Prime Timers would like to invite all Prime Timers and friends to share the comradery of a Caribbean cruise. Get the group up close and personal with gorgeous shoreline views onboard Serenade of the Seas. Wide expanses of glass and elevators facing the sea make this ship one of the most panoramic ships in the fleet. On deck, three pools, a rock climbing wall, a mini golf course and a running track will turn breaktime into fun time. And there's no shortage of options for recharging- perhaps among cascading waterfalls at the adult-only Solarium, or in the tranquility of Vitality Spa. Plus, with eleven dining options, Broadway-style entertainments, Casina Royale and exciting nightlife venues, it's not hard to see why this action packed ship will make this trip the best yet.

ACCOMMODATIONS

Interior Cabin - \$1059 - per person (based on double occupancy)

Ocean View - \$1229 - per person (based on double occupancy)

STEPS

1. Simply choose your accommodations on board the beautiful Serenade of the Seas.
2. Email travel agent Cynthia: cynthia@caribbeanweddingtravel.com or call 614-783-4180.
3. No deposit is required to make your reservation. 30 days after making your reservation, \$900 will be due. Pay your final payment before 12/03/2019.

FOR MORE INFORMATION

Ronald Camp 614 581-2700

<https://www.caribbeanweddingtravel.com/primetimerscaribbeancruise>



June 18th - 28th, 2020

Jewel of the Seas

10-night North European Cruise

**Copenhagen, Denmark; Berlin, Germany; Tallinn, Estonia; St. Petersburg, Russia;
Helsinki, Finland; Visby, Sweden; Riga, Latvia; Stockholm, Sweden**

SHIP HIGHLIGHTS

Ohio Prime Timers would like to invite all Prime Timers and friends to share the comradery of a European cruise. Recently revitalized and loaded with onboard attractions, Jewel of the Seas® offers countless ways to spend your days between ports, or after a thrilling day onshore. Catch a dive-in movie on the poolside screen. Scale the Rock Climbing Wall. Go all-in at Casino RoyaleSM. Savor dry-aged steaks at Chops GrilleSM and embark on a varietal adventure at Vintages. From the robot mixologists at Bionic Bar® to the FlowRider® surf simulators, and the tallest slide at sea, Ultimate AbyssSM, to hit Broadway musicals like Grease, whatever thrills you seek, you'll find all sorts of ways to fill your days onboard Royal Caribbean®. Each day and night brings something new to do, see and explore.

ACCOMMODATIONS

Guaranteed pricing for Ocean View - \$1679 - per person (based on double occupancy)
Other cabin categories may be available.

STEPS

1. Simply choose your accommodations on board the beautiful Jewel of the Seas.
2. Email travel agent Cynthia: cynthia@caribbeanweddingtravel.com or call 614-783-4180.
3. No deposit is required to make your reservation. 30 days after making your reservation, \$900 will be due. Pay your final payment before 12/03/2019.

FOR MORE INFORMATION

Ronald Camp 614 581-2700

<https://www.caribbeanweddingtravel.com/prime-timers-european-cruise>



Asheville Prime Timers is getting ready for the Greatest Halloween Party ever with a 5-Day Cruise out of Charleston, SC to Nassau and Half Moon Cay, Bahamas.

Sailing on Carnival's newly Transformed Sunshine, the new specialty features including a 3-deck, adults only Serenity Lounge area. What makes this cruise so fabulous is that Carnival and Great Expeditions are ready to celebrate not just for one night; but the entire cruise. So much will take place during your trip, from costume and Thriller dance contests, to scary movies on the large poolside theater screen. There will even be trick-or-treating throughout the ship for adults.

The cruise is booked through Great Expeditions Travel; a knowledgeable company, and serving the gay community since 1994. The cost of the cruise is as follows:

Inside Cabins \$359; Oceanview Cabins \$429; and Balcony Cabins \$562

Per person Double Occupancy plus taxes and fees of \$112.52 per person.

Your reservation deposit of \$50 per cabin will reserve your place at these rates. Send it in anytime. Full first full deposit isn't due until July 1, 2020.

The ship is already filling up and our group allotment will go fast, so we suggest that if you would like to join Asheville Prime Timer, get in your reservation deposit as soon as possible.

For more information on the cruise, the ship, and a reservation form visit

<https://greatexpeditions.net/> or ashevilleprimetimers.com

EARLY BIRD SPECIAL NCL - GETAWAY



Michael & Robert,
Family and Friends, and COURTYARD TRAVEL
Presents

**WINTER EASTERN CRUISE 2021 ON NCL GETAWAY
SATURDAY JANUARY 23-SATURDAY JANUARY 30, 2021**



	Arrive	Depart	PRICES
Sat. Jan. 23 Miami		4:00 PM	Inside Cabins From \$ 569.00
Sun. Jan. 24 At Sea			Ocean View. From \$. 799.00
Mon. Jan. 25 Roatan, Honduras	8:00 AM	5:00 PM	Balcony. From. \$1,019
Tues Jan. 26 Harvest Cay, Belize	8:00 AM	5:00 PM	Single Cabin
Wed. Jan. 27 Costa Maya, Mexico	8:00 AM	5:00 PM	Mini Suite From \$1,049
Thurs. Jan 28 Cozumel, Mexico	8:00 AM	5:00 PM	
Fri. Jan. 29 At Sea			Port Charges \$260.00
Sat. Jan. 30 Miami	7:00 AM		Govt. Taxes \$188.71

Deposit \$250.00 Balance Due Oct. 23, 2020

No Penalty For Cancellation until Oct. 23, 2020

Need a Room Mate?? Call Michael Stone 941-359-8212

AMMENITIES

- 1-ULTIMATE BEVERAGE PKG. (GRATUITY IS \$138.60.)
- 2-DINING PKG. (GRATUITY(\$15.80).)
- 3- INTERNET PKG.250 FREE MINUTES
- 4- \$50 SHORE EXCURSION PER PORT PER CABIN

- Studio and Inside
CHOOSE ONE
- Ocean View and Balcony
CHOOSE TWO

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1-800-437-9685

MICHAEL STONE
941-359-8212
ROBERT ROSENTHAL
561-969-6859

MUSCLE CRAMPS AT OLD AGE

BY LES HARRIS, BOARD MEMBER-AT-LARGE, CROSS-TIMBERS PRIME TIMERS



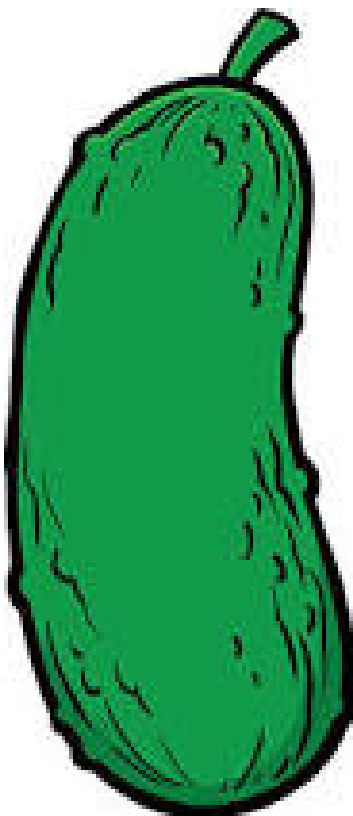
During my long life, I have been given a lot of advice, so one has to filter all advice and determine what is good and relevant and what is poor and trash. When we are young, most of the advice goes in one ear and out the other ear, not retaining any of it for future use.

In my Golden Years, I have started to listen and pay attention to what people are saying to me. I recently attended the Oklahoma Prime Timers gathering at the Habana Hotel in Oklahoma City. Each day during the gathering we were given a box lunch for our noon meal. We had a choice of turkey or ham sandwich and each box contained a sandwich, bag of chips, a cookie, and a slice of dill pickle. I would eat most of everything but ignore the dill pickle.

On Sunday just after lunch, I suddenly had a cramp appear in my upper left leg muscle. It was almost in my groin area. Cramps in the muscles are definitely not new to me because they appear regularly, especially when I am stretching in bed in the morning. Cramps come in different strengths and they seem to be more frequent as we age.

About ten years ago, I was in bed and I had a cramp in my leg muscle so strong that I started getting sick at my stomach. When it struck me, I immediately knew that I had better get to the bathroom in case I should vomit. As I rolled out of the bed, I became entangled in the top sheet which delayed my effort to stand up. I might add that cramps in the leg muscle needs to be attended to immediately. I finally got free

of the bed and entered the bathroom and I immediately black out. I woke up a few minutes later, and I was lying on the floor with my head up against the wall and a cut on my chin. When I fell, I hit my chin on the commode. As I regained consciousness the muscle cramp subsided. When I was back on my feet, I could not believe how horrible that muscle cramp was and how much it had hurt.



In Oklahoma City, this muscle cramp was very uncomfortable, so I was limping around and a friend asks what was wrong with me. I stated that I had a muscle cramp in my upper thigh of my leg. Immediately, a voice in the crowd said very loudly, "eat your pickle". I sort of shrugged it off and then the voice from the group shouted louder, "Eat your pickle. I mean it. You have one with your lunch". I sat down, opened my lunch box, and came up with the dill pickle slice. I started eating the pickle. On the third bite, I suddenly felt the muscle cramp slowly diminish. I could not believe what had just happened. I commented that the cramp had just faded away and the voice said, "See, I told you to eat the pickle. You need to eat a dill pickle every day or two". Guess what? I am now a great believer in eating a dill pickle on a regular basis.

I have told this story to many people, mostly older people, and they all say, "I have never heard that before. I am going to try that". I guess that our doctors don't believe in giving us old timers advice on what we should include in our meals. It appears that the body needs a little acidic acid (vinegar) on a regular basis to prevent muscle cramps. No, I don't want to take another pill. I am presently a great believer until proven otherwise.

EDITOR'S NOTE: Peter Borgemeister's second article on depression is unavailable for publication at the moment. We hope to publish it in a future issue.

KEEP CONNECTED TO NATURE WITH A TERRARIUM

BY RICK STACY, SECRETARY AND TREASURER, PITTSBURGH PRIME TIMERS



It's early October, and in many parts of the U.S. people are putting their gardens to bed for the long winter ahead. Don't let the fact that the soil outdoors will soon be frozen keep you from enjoying dense greenery even on the coldest winter days. A terrarium lets you keep nature by your side regardless of the weather.

Terrarium gardening is seeing a surge in popularity, and for good reason: With a terrarium you have a low maintenance, lush microcosm where plants do not just thrive, they're unaffected by snow or drought or any of the other climatic perils that can adversely influence an outside garden. Plus, a terrarium looks great almost anywhere.

Easy to care for, these miniature, fascinating worlds add interest to any room. More important, though, is the connection to nature they provide. Some of us may find that, even in good weather, we're just not equal to the physical exertion required to tend to an outdoor garden -- or maybe maintaining balance on uneven garden surfaces poses a problem. You'll find that having a terrarium will keep you connected to nature regardless of the season.

Finding a container is easy. Take a look at just about any retail store, from the Home Depot to Target to Pier 1 and so many more, and you'll

find something charming to use as a terrarium. Resale shops are likely to have a perfect container too. Just about any waterproof glass vessel would work. And it need not be airtight, either. In fact, succulents and cacti will die in an airtight container. Whether Wardian case, apothecary jar, cloche, tureen or bell jar -- they're all good prospects.



The author's Wardian case in his office

Photo courtesy of Rick Stacy

Planting a terrarium doesn't require any special skills. Just use your favorite potting soil on the top and pebbles or gravel beneath, for drainage. If there is no drainage hole in your container, be sure to add a third element, charcoal. It will sweeten the soil and prevent stagnation.

Small house plants and mosses are good choices to populate your new garden. Cuttings from existing plants work well, too. I have had good luck lately with "vivarium" plants sold for reptile habitats. They are bug- and disease-free and are especially well suited for growth in a terrarium.

Even if your terrarium is a high-humidity mini-jungle, remember it will need some fresh air from time to time. And never place your terrarium in direct sunlight. Check the soil occasionally and water lightly just when the soil appears to have dried out.

I hope this brief article has sparked some interest. For a step-by-step guide, follow this [link](#). And remember, it's easy and fun to bring the outdoors in!

THE BACK PAGE

BY ADRIAN LIAU, NEWSLETTER EDITOR. PRIME TIMERS WORLDWIDE

ANNIVERSARIES FOR OCTOBER AND NOVEMBER



150 YEARS AGO: Collapse of the Hennepin Island tunnel ceiling

The Hennepin Island tunnel was a 2,500-foot-long (760 m) underground passage in Saint Anthony, Minnesota, (now Minneapolis) dug beneath the Mississippi River riverbed between 1868 and 1869 to create a downstream spillway for hydro plants, milling and lumber business located upstream of St. Anthony Falls.

During construction of the tunnel, the river broke through the thin layer of limestone separating the river's bed from the tunnel. The rushing river scoured the tunnel, caving in parts of Hennepin Island and causing the earth supporting St. Anthony Falls to collapse upstream. Within a few weeks, dams were built to divert the river and stop St. Anthony Falls from being washed away. By late 1870, the riverbed and banks were stabilized and a wooden apron capped St. Anthony Falls to stop the upstream progression of the collapsing falls. (Wikipedia)



50 YEARS AGO: Mets defeat Orioles to win 1969 World Series

The Mets beat the Orioles, 5-3, at Shea Stadium to win their first World Series title when the final out was squeezed by Cleon Jones in left field after a drive off the bat of Davey Johnson.

The Mets had never won more than 73 games during the first seven years of their existence. Then 1969 happened, when they overtook the Cubs late in the season and won the NL East. After a 100-win regular season, the Mets swept the Braves in the best-of-5 NLCS.

The Orioles were heavily favored in the World Series, but after losing Game 1 in Baltimore, the Mets reeled off four straight wins to hoist the trophy... after some absolute bedlam on the field. (SportsNet New York)



30 YEARS AGO: Fall of the Berlin Wall

In the years between 1949 and 1961, about 2.5 million East Germans had fled from East to West Germany. Their loss threatened to destroy the economic viability of the East German state. In response, East Germany built a barrier to close off East Germans' access to West Berlin and hence West Germany. That barrier, the Berlin Wall, was first erected on the night of August 12–13, 1961. The original wall, built of barbed wire and cinder blocks, was subsequently replaced by a series of concrete walls that were topped with barbed wire and guarded with watchtowers, gun emplacements, and mines. By the 1980s, that system of walls, electrified fences, and fortifications extended 28 miles (45 km) through Berlin, dividing the two parts of the city, and extended a further 75 miles (120 km) around West Berlin, separating it from the rest of East Germany. The Berlin Wall came to symbolize the Cold War's division of East from West Germany and of eastern from western Europe.

East Germany's hardline communist leadership was forced from power in October 1989 during the wave of democratization that swept through eastern Europe. On November 9, the East German government opened the country's borders with West Germany (including West Berlin), and openings were made in the Berlin Wall through which East Germans could travel freely to the West. (Britannica)

TV ANNIVERSARIES IN OCTOBER & NOVEMBER:

First aired 60 years ago: Dennis The Menace, The Twilight Zone, The Untouchables

First aired 50 years ago: Monty Python's Flying Circus, Sesame Street