

## Woody Baldwin's Own Words For Creating In-Person Social Opportunities for Mature Men

*Excerpted from PTWW founder Woody Baldwin's 2006 letter to Steven Dubois*

"Dear Steven,

"I was deeply closeted because of my profession but felt guilty that others were out there fighting my battles. It was my firm resolution to do something for the gay community when I retired. I also joined a super straight men's retirement group, which included special interest groups for photography, stamp collecting, bowling, travel, etc. They met once a month for breakfast and would have 250-300 men attending. What a wonderful sense of belonging!

"I tell this story, because it had a real bearing on the founding of Prime Timers. Sean (my partner) and I went to New York for a weekend as we often did. To fill in a Saturday evening, we consulted our Damron guide and saw a listing for a dance bar for elderly gay men. It said, "Don't sell these old men short; some of them can really 'boogy' on the dance floor and in social opportunities."

"At the bar we ordered our usual expensive drinks (beer) and before Sean could take a sip, someone asked him to dance. He was so excited that he spilled his beer and before I could get it cleaned up, someone asked me to dance. The bottom line is that we had a great time meeting and socializing in person!

"I got back home and began thinking how nice it would be to have something like that in Boston. I wasn't about to go into the bar business at the ripe age of 67, so I hit on the idea of starting a social club for older gays patterned from the men's retirement club.

"I decided to meet on **Saturday, August 15, 1987**, found a place and advertised the hell out of it. Well, don't you know, it was the hottest, most humid day of the summer. To my complete surprise, 42 men showed up from as far as New Jersey. No words in my limited vocabulary could describe my delight! *continues page 2*



**Happy 35!**  
**Boston Chapter**  
**1987-2022**

**FRI 12-AUG**

11 AM Mixer/Lunch

**SAT 13-AUG**

1 PM Anniversary

**Founders from 1987 to Attend**

Bill Kelloway

Jerry Leone

Jim Norris

### In this issue

Page	Topic
1-2	PrimeTimers® is 35
2-7	From the Board
8-9	From the Chapters
10-11	Informational
11	Paid promotion
12	Travel

# Woody's Story

*continued from the front page*

"We went around the initial room for each person to introduce himself and, if he wanted, to tell a little about himself and why he was there. Before the session ended, I knew I was onto something hot and my resolve to contribute something to the gay movement was realized. Hallelujah!

"I had to find a larger venue because the one we were in held probably 20 persons. Fellows were standing, sitting on the floors and stairs. I gave them as their homework for the next meeting to suggest a name. Fifteen names were suggested. I said, "As temporary chairman, I am using my authority to eliminate 'the gray ladies, the old farts or the wrinkle rockers.' **PrimeTimers® was selected as it was upbeat and didn't have gay or older in the nameplate.**

"**By 1991**, we had enough chapters that Dick Bourbeau asked me if he could plan a "convention" in Provincetown. Almost single-handed, but with some help from the Boston Chapter, **conventions were born.**

"Anyhow, that's the history of Prime Timers and I am thrilled that we now have 65 chapters, two of which are in Australia, one in Sweden, and 6 or 7 in Canada (in 2006). We have independent members from many other countries of the world. We are delighted that new chapters are part of this growing service to the older gay men's scene and local community everywhere."

Affectionately,

**Woody Baldwin**



**Save these dates for our  
18th PTWW Convention  
St. Petersburg FL**

**OCTOBER 1-5, 2023**

Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14

**Dates to add to your calendar:**

### **October 2022 Prime Times**

Fees for both PTWW Chapter Members and Non-members announced.

The 2023 Convention Activities will be published one year in advance.

### **November 2022**

Hotel reservations open online or by direct telephone with the property.

Airline flights can be booked just 331 days out from your travel dates.

EARLY BIRD convention registration starts for online and mail-in fees.

Request open for 2023 vendor booths, sponsorships, and speakers.

### **April 2023**

END of "Early Bird" discounts for all registrations.

### **July 2023**

REGULAR registration fees increase up to 30-SEP-2023.

### **October 2023**

LATE registration fees increase, with at-the-door options to be determined.

# Chapter Building is a Team Effort



Barn-building is still a community activity, supported by its members sharing the same interests and labors and benefits. Each Local Chapter of **PrimeTimers®** requires the same volunteer team to keep activities going and planning for the future, like the following:

1. Offer to plan an outing or restaurant event by making the reservation and greeting attendees.
2. Offer to help at meeting by handing out nametags
- and get to know members and guests.
3. Offer to take images of members willing to be photographed for use in chapters' newsletters.
4. Offer your keystrokes for chapter website updates. We are always looking for a "safe pair of hands" to assist with editing and updating postings.

## Two New Directors / Chapter Care Reps

On behalf of the Board of Directors of The Original PrimeTimers® Worldwide, Inc., please welcome Larry and Joe as Directors-at-Large. Contact information for all PTWW Chapter Care Reps, Leadership, and Operations team are published on page 5.

### North/East Chapters

**Joe Robinson of Kamloops BC** has been appointed Director-at-Large to coordinate chapter care for PrimeTimers® Chapters in the North/East Region zones, effective immediately. He is retired and enjoys traveling frequently with his husband to Mexico and across North America.

Additionally, Joe's experiences will be leveraged in helping develop start-up chapters, as he organized the now 30-man Kamloops Chapter during the pandemic.

### South/East Chapters

**Everett Rosner of Ft. Lauderdale FL**

### Mountain/Pacific Chapters

**Larry Lamoureux of Calgary AB** has been appointed Director-at-Large to coordinate chapter care for PrimeTimers® Chapters in both Mountain and Pacific time zones, effective immediately. He just retired 1-JUN from software consulting, has lots of relatives and family in Nanaimo BC, Arizona and Southern California, and is a stand-up comedian, too. Larry will helping organize an "open microphone" activity or two for next year's Convention activities.

### Central Chapters

**Glenn Bottomly of Minneapolis MN**

## 2022 Chapter Visits and Beyond

Here are chapter updates around “your neighborhood” from May and June.

### Hamilton ON

With 45 members, HPT celebrated its 10th Anniversary with dinner and Proclamations from both The Mayor and a Member of Parliament. Monthly activities include hiking and cycling, pub nights out, and pot luck dinners, movie/cinema viewings.

### Las Vegas NV

Each First Saturday brunch is a great focus of good food and conversation for ~20 friendly men. Some 105 LVPT members participate in weekly games and lunches. The May special event was a weekend trip to down to Henderson NV.

### Palm Beaches FL

Some 45 members (including 8 new members and visitors) attended the June 11 monthly meeting, where the guest speaker from Palm Beach County Senior Services talked about elder abuse and scams. Lunch at the

country club was served downstairs for ~20 Prime-Timers®.

### Ottawa ON

Enhancing the Chapter’s newly updated bilingual (French/English) website, and creating bilingual tools will focus on actively recruiting members at the annual Ottawa Pride Week events in August.

### Palm Springs CA

Over 175 men attend the weekly Monday Mixers of Prime Timers of The Desert! Dine-outs draw up to 50 PTOD members and guests, as many “out-of-towners” visit during winter and holidays.

### San Antonio TX

The 30th Chapter Anniversary had 88 men from a roster of 150+ gathered for a picnic at a private ranch. SAPT recognized its 2019 Convention Team of Jack, Michael, Gene, Joe, Tom, along with many others leading all chapter activities.

### Santa Barbara CA

Potluck dinners are re-energizing the 25+

members of Central Coast California. A PTWW-hosted website will add an online presence and outreach to local and visitors.

### Toronto ON

TPT has the distinction of being located in the most diverse major city of 6.2 million in North America. Despite the challenges of COVID, this Chapter provides its 111 members with weekly and monthly in-person and virtual activities and events.

### Washington DC

WPT’s 25th Anniversary included 72 members and guests socializing over dinner, with music provided by Potomac Fever (a DC Men’s Chorus group), karaoke and a singalong, with dancing! Chapter membership numbers 118 men this month.

### Upcoming visits

**Boston MA**

**Hartford CT**

**Pittsburgh PA**

**Providence RI**

**San Francisco CA**

## “Where are PrimeTimers® in Europe?”

PTWW has received individual requests from our Independent Members and interested men from *A Celebration of Friends* contacts of “When are you organizing a chapter near me across The Big Pond?”

My answer is that organizing a regular chapter starts with about 12~15 friends and other acquaintances meeting to determine if their interests and energy can sustain regular social activities. PTWW can help with a free website and cover limited expenses from The Woody Baldwin Fund.

Below is what is known of possible start-up chapters for

mature gay and bisexual men living across the UK, Belgium, and The Netherlands.



### 1. Blackpool UK

The Gay Capital of the North has many clubs and is a festive home for retired, mature gay men and features themed holidays like Northern Soul music and dance during the year.

### 2. Bournemouth UK

A few friends meet for a dinner out; however I-Guy Rene' is hoping to get a regular PT chapter along the coast.

### 3. Brighton UK

UK's Gay Capital has lots of mature gay men in living there, yet there is not a developed, regular social group. Tim, an ACOF member, is gathering contacts and determining levels of interest in this popular seaside escape from the UK capital city

### 4. London Metro UK

Like any mega-city, the pub is simply an extension of your kitchen. Getting 12-15 men to attend a social event in another part of town is a challenge in any metropolitan area. PTDFW Nick lives in Mayfair and also frequently travels to Spain and Atlantic Islands.

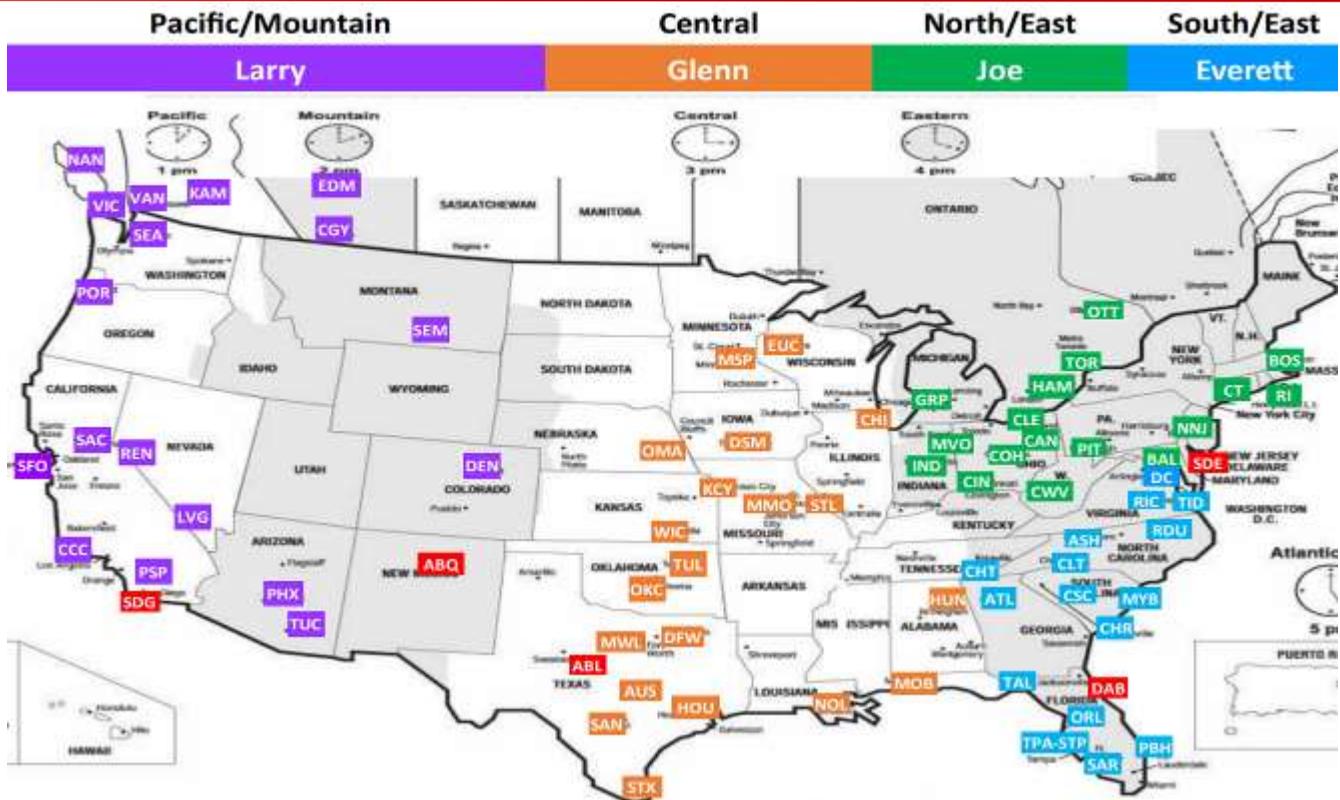
### 5. Brussels BE

Belgian Alexis is eager to start a chapter, as he was visiting his partner at Palm Springs CA Chapter. Alexis is gathering *Bruxelles* contacts now.

### 6. Eindhoven NL

Two I-Guys are asking about Dutch contacts along the way from Rotterdam to Amsterdam to determine local interest on public transport links.

# Regional Zoom Calls Set for September: Dates, Times, and Invites to Follow



## 2022 Mid-Term PTWW Meetings

October is the time when PTWW leaders convene to review the past year and adjust for the next year. This year's meeting will be Zoomed, with several different sessions and groups focused on key topics.



Photo by Marvin Meyer on Unsplash

The tentative sequence that day will include input from the Sept. Regional Zooms:

### Board of Directors

- Chapter Care
- Financials
- Updating By-Laws
- Updating Policies and Internal Processes

### Presidents' Roundtable

- Chapter Presidents
- Board of Directors

### Operations Leads

- Facebook
- Newsletter
- Chapter Websites
- PTWW Website

### Long-term Planning

- Online Presence
- Future Chapters
- Develop Funding and Grants Revenue
- Leadership Continuity
- Archives Management

# PTWW is looking for men interested in meeting to start a chapter in ...

## Mountain/Pacific

Albuquerque NM  
San Diego CA

## Central

Abilene TX  
Temple TX

## North/East

Rehoboth/Lewes DE

## South/East

Daytona Beach FL

**SPREAD THE WORD**

## PrimeTimers® Worldwide Leadership Team

### BOARD OF DIRECTORS and OFFICERS

#### Directors-at-Large for Various Time Zones

**Mtn./Pac. - Larry Lamoureux - Alberta**

*ptww.atlarge1.org@gmail.com*

**North/East - Joe Robinson - Brit. Col.**

*ptww.atlarge2.org@gmail.com*

**Central - Glenn Bottomly - Minnesota**

*ptww.atlarge3.org@gmail.com*

**South/East - Everett Rosner - Florida**

*ptww.atlarge4.org@gmail.com*

#### Chair, Independent Chapter

**Sam Powell - South Carolina**

*ptww-iguys@primetimersww.com*

#### Treasurer

**Walt Donges - Montana**

*ptww.treasurer.org@gmail.com*

#### Secretary

**Carll Cole - Florida**

*ptww.secretary.org@gmail.com*

#### Vice President

**Charles Koehler - Missouri**

*ptww.vicepresident.org@gmail.com*

#### President

**Mark Hatten - Texas**

*ptww-info@primetimersww.com*

#### DIRECTORS EMERITUS

**Michael Stone - Florida**

*ptww.emeritus.michael.org@gmail.com*

**Richard Tobiason - Michigan**

*ptww.emeritus.richard.org@gmail.com*

#### PTWW OPERATIONS TEAM 2022-2023

##### Newsletter Editor

**Adrian Liau - Illinois**

*newsletter.primetimesww@gmail.com*

##### Hosted Chapter Websites

**Brian Minnette - Texas**

*ptwwwebtigers@primetimersww.com*

##### Facebook Administrator

**Errol Waits - Nebraska**

*ptww.facebook@primetimersww.com*

Email:

[ptww-info@primetimersww.com](mailto:ptww-info@primetimersww.com)

Facebook:

<https://www.facebook.com/groups/PrimeTimersWW>

## Colorado PrimeTimers® Turns 35



The Colorado PrimeTimers® Chapter turns 35 this year. The chapter was created in 1987 and joined the Worldwide organization in 1991. As of this writing, we have 160 members.

The activities the Chapter hosts include: every Wednesday Luncheon at the Golden Corral, Night-On-The-Town dinners, Over-Easy Breakfast, participation in the Denver PrideFest for the 18th time, picnics in the park, the Fall outing picnic, the annual Christmas Party, casino trips along with historic tours, and an occasional Beer Bust.

Guide to photos - Top row (L to R): Fall picnic outing; Tuesday in the Park; Wednesday luncheon

Bottom row (L to R): PrideFest beverage booth; annual Christmas party; helpers at a beer bust

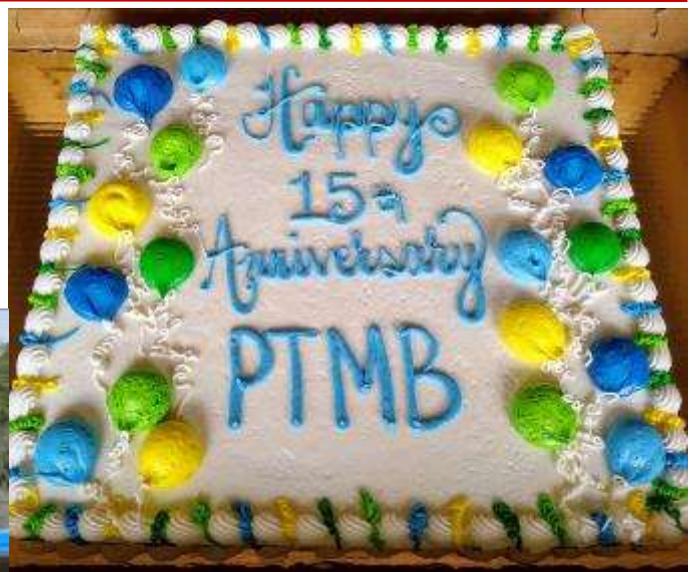
*Dick Moore*

*President*



## PrimeTimers® of Myrtle Beach Turns 15

The PrimeTimers® of Myrtle Beach celebrated their 15th year anniversary at our annual picnic in a pavilion in the Myrtle beach State Park on Monday May 23, 2022. The picnic food consisted of barbeque, potato salad, coleslaw, baked beans, banana pudding, watermelon and a celebratory cake.



We had approximately 50 members present (including 2 of the original members from the first meeting held on 1/4/2007). Also included in our numbers were 9 from the Charlotte Chapter and 2 from the Columbia Chapter.

*Bob Mathews*

*President*



# Happenings with Huntsville PrimeTimers®



Photo courtesy of Dave R. Kwit

Monday evenings during the summer, Arts Huntsville and the City of Huntsville Department of Parks & Recreation offer free performances by local artists called Concerts In The Park. Above is a photo of some members from the Huntsville PrimeTimers® (HPT) enjoying each other's company at the first concert this season.

Also, some of the HPT road-tripped to



Photo courtesy of Ron Hogan

to Birmingham in May to see the Steel City Men's Chorus - Spring Show. Rob, the gentleman with the rainbow tie, is both a member of the chorus as well as the HPT.

*Dave R. Kwit*

*President*



# Charlotte Chapter's Annual Picnic

Seventy-one men, including 16 guests, attended the Charlotte Prime-Timers® (CLTPT) annual picnic on Saturday,



Photo courtesy of Max Carroll

successful due to both beautiful weather and the efforts of many event volunteers from CLTPT. For this annual event, CLTPT

June 18, at the beautiful Park Road Park in Charlotte. Among the guests were attendees from the Myrtle Beach Chapter, the Columbia Chapter, the Asheville Chapter and some past Charlotte members living in Ft. Lauderdale. The picnic was quite

invites all the NC and SC chapters and it was great having as many as six guys from as far away as Myrtle Beach, SC.

*Max Carroll*

*Director of Communications*



# Pain Management for the Older Adult

Do you refrain from talking about your pain? Don't carry the burden by yourself. It's OK to let people know how you really feel, so they can help you to take care of it. Treating pain can help you keep up with daily activities, stay as independent as possible, and feel better mentally and physically. A good approach to reducing pain is using a combination of exercise, physical therapy, medication, cold/heat therapy, relaxation, and/or electrical nerve stimulation unit.

**Exercise:** Choose an exercise that won't put too much strain on yourself. Good options include walking, using an exercise bike, dancing, yoga, swimming, or exercising in the pool, which takes the weight off your joints and increases resistance. Many types of aquatic exercise equipment are available on the internet.

**Physical therapy:** Pain experts often recommend a short course of physical therapy. Therapy for persistent pain can involve manipulation, stretching exercises and pain-relief exercises. Physiotherapists can give you advice on the right type of exercise and activity. Occupational therapists can support you with environmental changes that can help you remain at work and function better at home.

**Medication:** Ask your doctor what non-prescription pain medicines are OK to use, if needed. Acetaminophen may be the safest for mild to moderate pain. Never use more than your doctor recommends because it can cause kidney and/or liver damage and other side effects. Check to ensure that you are not taking other drugs that have acetaminophen as an ingredient. There are also pain relievers that go directly on the skin, such as creams, gels, sprays, and patches. If you have chronic pain, you might need over-the-counter as well as prescription drugs, including daily, extended-release pain

medications and a plan for pain flare-ups.

**Heat:** A warm shower or bath, hot water bottle, or warm cloth can help relax muscles and ease muscle spasms. A heating pad with an automatic off switch is better than a regular heating pad, which can burn skin if left on too long. Be careful with microwavable heating pads as these can have hot spots that burn. Apply heat to the sore area for 20 to 30 minutes every 2 hours. Don't use heat on open wounds.

**Cold Therapy:** Cold can numb pain and ease swelling. Try a cool cloth, cold pack, cold compression wrap, or ice massage. To make an ice pack, put crushed ice in a plastic bag and cover it with a towel. Don't put the bag of ice directly on your skin. Or you can use a bag of frozen peas. Do it for 15-20 minutes at a time, 4-8 times per day. Stop icing when the area feels numb.

**Deep Breathing:** Slow, quiet breathing helps relax the body and mind and ease pain. Lie or sit with one hand on your belly and take a deep, slow breath. Imagine filling a balloon in your belly with air. Then breathe out, as if you're letting all the air out of the balloon. Breathe in and think, "relax." Exhale and think of breathing out stressful thoughts. Aim for six long, deep breaths a minute.

**Electrical Nerve Stimulation Unit:** This small machine uses a mild electrical current to ease pain. It has electrodes that go on your skin and deliver a low-level electrical charge, which can lower pain signals and may help relax muscles and stimulate your body's natural painkillers, called endorphins. You may get a TENS (which is short for "transcutaneous electrical nerve stimulation") at home or in a doctor's or physical therapist's office when recommended.



*Steve Horowitz, Ph.D.  
Sarasota Board Member  
and Newsletter Editor*

## Use QR Codes for Your Chapter!

An increasing number of businesses and organizations are using QR Codes as a quick and easy way to instantly provide useful information to anyone with a mobile phone.

Just point and click and be instantly transported to a website for more info.

Now you too can easily create a customized QR code for your Chapter for free in under 10 minutes to help you recruit new members and keep your current members informed.

Chapters have put QR Codes on their business cards, brochures, banners, flyers,

newsletters, social media and websites to send current and potential members directly to their Chapter's website for more information.

Here is an easy-to-use app that lets you create a QR Code for free: <https://www.qrcode-monkey.com/#url>

Just remember to also provide your Chapter's actual web address on your materials just in case users don't have a mobile phone handy.



*Charles Koehler*  
Vice President

*PrimeTimers® Worldwide*

## Paid Promotion

# No More Neckties

## [Loren A. Olson, MD](#)

*"A writer of extraordinary sensitivity and grace."*

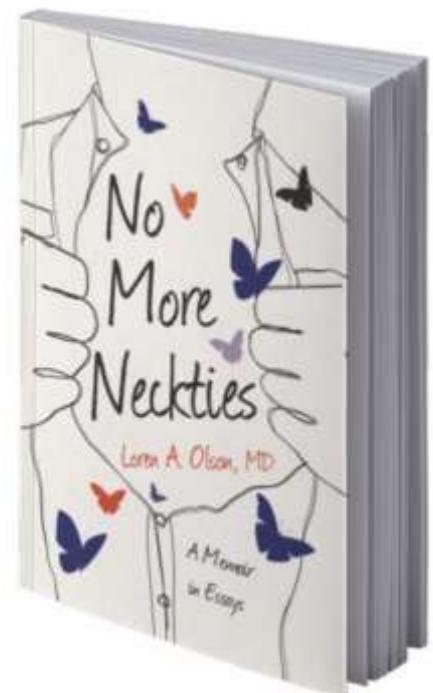
—Norm Goldman, Publisher and Editor, Bookpleasures.com

*"A gifted storyteller."*

—William Dameron, author of *The Lie*

*"A carefree, explosive enthusiasm and talent."*

—Larry Jacobson, author of *The Boy behind the Gate*



To invite Dr. Olson to speak to your local PrimeTimers® chapter, contact:

Javier Perez, Page Turner Publicity: [pgturnerpub@aol.com](mailto:pgturnerpub@aol.com)

# Travel Opportunities

The following items on this page are unpaid promotions not directly sponsored by a recognized PrimeTimers® chapter and are published as a public service announcement of social activities which may interest gay/bi men. The Original PrimeTimers® Worldwide, Inc. does not receive any compensation nor proceeds from these activities below and in no way assumes any liability for claims, errors, or omissions nor negligence arising from these promotions or activities. Activities may be listed up to 36 months in advance and subject to review and approval by the Board of Directors of The Original PrimeTimers® Worldwide, Inc.



**CENTRAL OKLAHOMA PRIME TIMERS**  
**25th LABOR DAY GET-A-WAY 2022**  
**August 31, 2022 - September 5, 2022**

Central Oklahoma Prime Timers Board-of-Directors, announces that the 25<sup>th</sup> C.O.P.T. Labor Day Get-A-Way Weekend celebration has been **postponed until 2023**. Central Oklahoma Prime Timers look forward to seeing all of you in 2023, for a super grand reunion to celebrate the 25th together. Please feel free to call (405) 603-8997 (Landline) or E-mail COPT.LaborDay@gmail.com .

<u>Departs</u>	<u>Destination</u>	<u>Contact</u>	<u>Email/Phone</u>
2022 16-JUL	<a href="#"><u>EverythingAtSea/Indonesia</u></a>	Parker	parker@everythingtosea.com
2022 31-JUL	<a href="#"><u>Northern Europe cruise</u></a>	Ron Camp	614.581.2700
2022 17-SEP	<a href="#"><u>EverythingAtSea/Indonesia</u></a>	Parker	parker@everythingtosea.com
2022 5-NOV	<a href="#"><u>Western Caribbean/Tampa</u></a>	Michael Stone	941.359.8212
2023 3-FEB	<a href="#"><u>Caribbean cruise</u></a>	Ron Camp	614.581.2700
2023 23-JUN	<a href="#"><u>Celebration of Friends / FLL</u></a>	Tom P.	tomcat9722@aol.com
2023 3-JUL	<a href="#"><u>Alaska Cruise</u></a>	Ron Camp	614.581.2700

## PrimeTimers® Worldwide Newsletter

Our priorities focus this newsletter content on:

- Official communication** and news from the Prime-Timers® Worldwide Board on administration or topics of interest to all individual members and all Local Chapter leadership teams.
- Public Service Announcements** may be published when regional/chapter gathering events are Board approved.
- Chapter highlights** on visits or events from local leaders and Directors-at-Large, edited as space allows, with the full content redirected to the website for

continuation of that specific article.

- Human interest or feature content** submitted by an individual from a Chapter (including Independent) in good standing may be published as space allows.
- Distribution and circulation** every other month is by sending an email to each Local Chapter President/Chair, Vice President/Chair, Secretary, Treasurer, Newsletter Editor, and Web Admin role currently on record in the Chapter Profile. All recipients are blind-copied to protect personal privacy of e-addresses of all chapter leaders.

### News, Features in Upcoming Issues:

#### SEP-OCT

Boston 35th Anniversary  
 Regional Zoom Meetings

#### NOV-DEC

2023 Convention Online  
 Presidents' Zoom