



## November Newsletter 2022

A Chapter of PrimeTimers® Worldwide

### President's Note

November. The cooler weather is with us and momentum is building as we head towards this year's holiday season. And later this month, we celebrate Thanksgiving. Several things I'm thankful for connect- in one way or another- with the Prime Timers. While we maintain a healthy concern regarding COVID, we are not under the same level of fear. More men are coming to our gatherings, and people are more comfortable socializing. I'm thankful for how we've faced some of the bumps in the road. After Ingrid's closed, we have a new home at Woodbridge, and a new fan in our waitress, Renee. I'm thankful for people who- a year ago were acquaintances in Prime Timers- and are now people I consider friends.

As the year closes, I'm also aware of some of life's losses. Ingrid's closed abruptly, and without an opportunity to say 'goodbye and good fortune' to the staff that served us there. We've lost members; some who have stepped back from the group and some who have passed. And again, there might be things unsaid. It reminds me of a quote from William Arthur Ward: "Feeling gratitude and not expressing it is like wrapping a present and not giving it."

You might consider, during this month of Thanksgiving, to let significant people know your appreciation – a text, call, card, sharing coffee (or margaritas). Or share with others the things you are thankful for. Some studies suggest that keeping a Gratitude Journal (writing down 5 specific things each day for which you're grateful) for one month has shown an increase in mood that lasted six months. A much better return than the current stock market!

Hope to see many of you when we gather for our Thanksgiving Dinner on November 20th. (Additional info in this newsletter) We are also planning a toy drive: we'll kick it off at the Thanksgiving Dinner through our Holiday Party in December, with contributions to be given to a local Holiday toy drive from the Prime Timers. More about that in Kobe's weekly updates.

And my thanks for being a wonderful community in my life.

Steve K

## **Know Your Board**

**John L.**

### **Board Member-at-Large**

I probably wouldn't have known about C.O.P.T. if a friend hadn't invited me to attend my first meeting in 2017. That meeting at the Lido was a little unnerving--being in a room full of strangers and not knowing what to expect. As the meeting progressed, it became apparent that the men felt comfortable saying what was on their minds, joking around with one another and enjoying the fellowship (not to mention the cake and ice cream). I learned that some of the guys had been a part of C.O.P.T for many years and was impressed by that. My being there with the group was a positive experience that I hoped to continue.

I've been a Board Member-at-Large since January 2020. The usual elected term is for two years, but because of COVID and our inability to safely spend time together in 2020 as a group, my term was extended through the end of 2022. I like being able to help make decisions on matters that are presented to the C.O.P.T. Board. All members are always welcome to attend the open Board Meetings.

A native Oklahoman, I grew up and attended school in Oklahoma City. After high school, I graduated from college with a major in Accounting and a minor in Business Administration. Since then, I've worked in the Oil & Gas, Retail and Construction Industries for many years throughout my career. Currently, I work for a Non-profit and look forward to retirement in a few years. In my spare time, I enjoy travel, theater, concerts, movies, sporting events and--of course--dining. Don't try to stop me from having a great Margarita or fantastic Mexican Food; it won't happen, unless you're a brave man! (Wink) It's always fun to dine with friends--don't you agree?

My humble introduction to our group in 2017 opened a door to making new friends and acquaintances that I never would have made without becoming a member of Central Oklahoma Prime Timers.

## COPT Monthly Meeting Minutes

**MINUTES OF  
CENTRAL OKLAHOMA PRIME TIMERS  
OCTOBER MONTHLY MEETING  
++  
OCTOBER 23, 2022**

The October 2022 meeting of Central Oklahoma Prime Timers Board of Directors and Members was held at Evolve Church on October 23, 2022, at 1:00 PM, 3208 N. May Avenue, Oklahoma City.

President Steve K. called the meeting to order at 1:04 p.m. Present were Vice President David H., Secretary Kobe C., and at large members Jon L and Kelly P, along with Jim H., Kent D. and Mike C. Treasurer Allen G. was absent due to illness.

Minutes of the September 2022 meeting were read and accepted.

A Treasurer's Report was not available due to illness.

First item of business was the upcoming Newsletter and Jon L. will provide an article for the "Know Your Board" segment.

The On-line Application Form from the website was discussed, with a few changes made to it.

A question was raised with discussion as to whether or not it would be convenient or affordable to collect dues on-line.

An attempt will be made to update the Birthday List by next year.

It seems that members are satisfied with the present Tuesday and Saturday arrangement at Woodbridge Restaurant. However, we are still seeking new possibilities for these days. Steve and Kobe checked out Kamps 1910, which was quite large with ample parking but not a very extensive menu.

A suggestion was made and discussed about the possibility of occasionally scheduling a Thursday Meet & Eat at a later date for those who work.

Thanksgiving Dinner will be held at Black Bear Diner on Memorial on Sunday, November 20th at 3 pm. We will attempt to secure the back room for our group. Nominations for the new Board will be made at that time.

Our Holiday Party will be held on December 11th at the home of Kent D. in Forest Park. We will have it catered and also open to potluck.

As we opened up the floor for Labor Day 2023 discussion we learned that the Hotel had been sold and is deeply under construction. More and more doubt is being raised as to the feasibility of holding this event and further discussion has been tabled until we find a stable setup.

The subject of a possible Christmas toy drive was discussed

The Meeting was Adjourned by Steve K. at 2:45 PM.

Respectfully submitted,

Kobe C., Secretary



**Happy Birthday!**

**NOVEMBER**

1 - David S.

6 - John H.

7 - Gary H.; Karl J.

8 - Homer H.

20 - Jim D.

27 - Dantony C.

# COPT NOVEMBER 2022

		1	2 <u>Early Voting Starts Today</u>	3 Meet & Eat	4	5 Breakfast Woodbridge NW 39 <sup>th</sup> & Tulsa
6	7	8 Lunch Woodbridge NW 39 <sup>th</sup> & Tulsa; Election Day  <b>VOTE</b>	9	10 Meet & Eat	11	12 Breakfast Woodbridge NW 39 <sup>th</sup> & Tulsa
13	14	15 Lunch Woodbridge NW 39 <sup>th</sup> & Tulsa	16	17 Meet & Eat	18	19 Breakfast Woodbridge NW 39 <sup>th</sup> & Tulsa
20 Thanksgiving Dinner at Black Bear Diner, 3015 W. Memorial *	21	22 Lunch Woodbridge NW 39 <sup>th</sup> & Tulsa	23 Meet & Eat	24 <u>Happy Thanksgiving</u>	25	26 Breakfast Woodbridge NW 39 <sup>th</sup> & Tulsa
27	28	29 Lunch Woodbridge NW 39 <sup>th</sup> & Tulsa	30			

\*Note: Please RSVP to Steve K. at 301-318-4133 (text or voice) for this event. Same as last year, dinner is on your own.

**Meet & Eat Locations for November (all locations are in OKC unless otherwise stated)**

NOVEMBER 3: B.J.'S RESTAURANT & BREWHOUSE

2425 W. Memorial Rd., 405-748-6770

<https://www.bjsrestaurants.com/locations/ok/oklahoma-city>

NOVEMBER 10: EL COYOTE NEW MEXICAN BAR & CANTINA

925 W. Britton Rd., 405-849-5218

<https://elcoyoteokc.com/>

NOVEMBER 17: FRANKIE'S ITALIAN RESTAURANT

2724 W. Britton Rd., 405-849-6565

<https://frankies.hrpos.heartland.us/menu>

**NOVEMBER 23:** CHALK SPORTS BAR & RESTAURANT (This event is on Wednesday)

1324 W. Memorial Rd., 405-242-2112

<https://chalkokc.com/>

## **CENTRAL OKLAHOMA PRIME TIMERS**

P. O. Box 12566  
Oklahoma City, OK 73157-2566

### **COPT'S BOARD OF DIRECTORS 2022-2024**

<b>President</b>	Stephen K.	<b>Secretary</b>	Kobe C.
<b>Vice President</b>	David H.	<b>Member-at-Large</b>	John L.
<b>Treasurer</b>	Allen G.	<b>Member-at-Large</b>	Kelly P.

### **Appointed Positions**

<b>Activities</b>	Gene C.	<b>Membership</b>	David P.
<b>Newsletter Editor</b>	Kelly P.	<b>Webmaster</b>	Kobe C.

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[pkpalmer08@gmail.com](mailto:pkpalmer08@gmail.com)

COPT Website: <https://chapters.theprimetimersww.com/centraloklahoma>

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Read PTWW *Prime Times* online at <https://theprimetimersww.com/>

### **Newsletter Editor's Bulletin**

There has been some discussion about replacing one of the weekly Woodbridge events with another venue. If anyone has an alternative location, please contact me.

If anyone has suggestions, comments or corrections, please send them to me, preferably by phone or text. Also, send pictures or announcements and I will try to publish them.

*Kelly P.*