



Individual registration will be available 1-JAN 2023, with optional add-on excursions, souvenir shirts, and merch.

CHAPTER MEMBER DISCOUNTS

Early Bird

1-JAN to 28-FEB

\$290 - 60 = **\$230**

Advance

1-MAR to 31-MAY

\$290 - 40 = **\$250**

General

1-JUN to 15-SEP

\$290 - 20 = **\$270**

Late / At the door

16-SEP to 1-OCT

Full \$290

2023 St. Pete Convention Hotel Reservations Available today!

Step 1: Book a room

- Click the link below to select a King or two Double bed. *Limit of 200 rooms/night for PTWW.*
- Edit your ACTUAL hotel dates between **1-6 OCT 2023**.
- There is a credit card required for this reservation.
- Free cancellation before Friday, 28 SEP 2023.

<https://www.hilton.com/en/attend-my-event/primetimersoftampabayblock/>

Book Your Room

Event dates: October 1, 2023 - October 6, 2023

Book by: September 2, 2023



Hilton St. Petersburg Bayfront



333 1st St SE, Saint Petersburg, FL 33701-4342 USA



+1727-894-5000

Rooms & Rates

2 Double Beds - **\$149.00**

1 King Bed - **\$149.00**

Individual Registration Opens 1-JAN-2023

Non-members fees are \$40 more than Local or I-Guys Chapter members.

Yep. It's in the Bylaws.

Join a PrimeTimers® chapter before you register and save \$40!

Save OCT dates

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

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Survey on Convention Events

Share your interests and help plan the convention

- Share your input and help plan excursions, tours, and future Biennial Convention activities and socials.
- Click <https://forms.gle/zUrZY4nzEMNUvgAt5>
- Indicate your preferred group gatherings activities for the convention. The Host Committee will work on getting the most-requested activities on the Schedule of Events.

Vote 'Yes/No' on 20 Activities at Our St. Pete Convention

- 01 - Art Museums - Dali, West, and Chihuly (walking tour)
- 02 - Bocce Ball courts
- 03 - Botanical & Sunken Gardens tour (half day)
- 04 - Canasta/Hearts/Spades (afternoons and evenings)
- 05 - Dolphin Cruise w/ Greek Lunch (half-day)
- 06 - Ferryboat to Tampa Lunch (day-trip)
- 07 - Golfing 9-18 holes (bring your own clubs)
- 08 - Golf Miniature
- 09 - Health and Wellness
- 10 - Housing Options for Senior Men
- 11 - Kubricks Magic Show (private 90-seat)
- 12 - Finance and Legal Guardianship
- 13 - Local Tampa Bay History Lectures
- 14 - MX Trains Dominoes (evenings)
- 15 - Party bridge (afternoons or evenings)
- 16 - Ringling Bros. Museum/Lunch/Mansion, Sarasota FL
- 17 - Storytelling, Open Microphone (evenings)
- 18 - Walk AM Daily
- 19 - Workout at hotel gym
- 20 - Yoga / Tai Chi

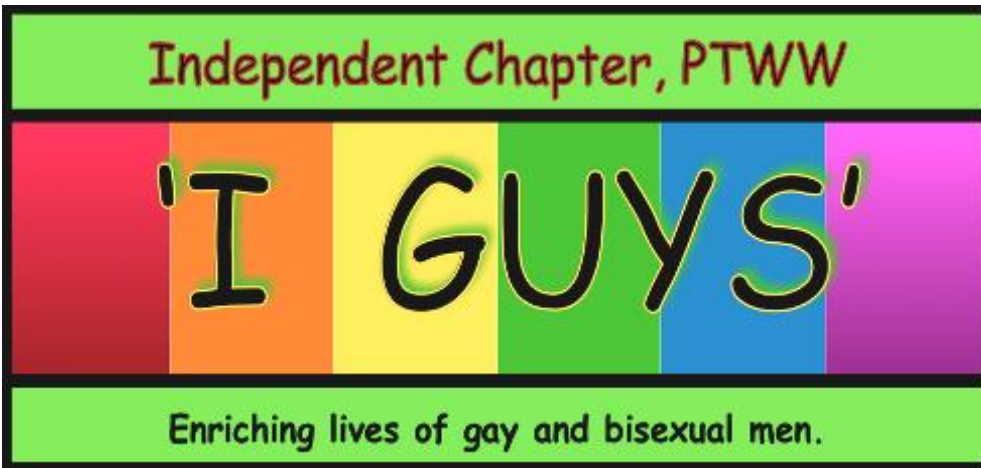


Chapters Earn Chance for Free 2023 Convention Registration

The following chapters participated at the Fall Regional Zooms and are now entered in a Spring drawing for one FREE individual 2023 fee.

Asheville	Huntsville
Atlanta	Kamloops
Baltimore	Mobile
Billings	Myrtle Beach
Calgary	Nanaimo
Charleston	New Jersey
Charlotte	Omaha
Chicago	Palm Springs
Cincinnati	Phoenix
Cleveland	Ral-Dur-ChHill
Columbia MO	Rhode Island
Dallas/Ft.Worth	Sacramento
Denver	Santa Barbara
Des Moines	Tallahassee
Grand Rapids	Tampa Bay
Hamilton	Toronto
Hartford	Victoria

Plus, all Local Chapters earn an **ADDITIONAL** chance in this drawing by attending the Regional Chapter Care Zooms being scheduled in April and May 2023.



Independent Chapter Will Convene on MON, 2-OCT at the St. Pete Convention

Remembering travel restrictions in 2021, most Canadians and non-US PrimeTimers® in the Independent Chapter missed out attending our Chattanooga TN convention.

Continuing PTWW's mission and a tradition that started in 2019 at San Antonio, the Independent Chapter will have a special Monday 2-OCT 'members only' event to reconnect in-person through Zoom meetings.

You can recognize our I-Guys from their name badges and special T-shirts. Welcome them and thank each one for their attendance at St. Pete convention!

A "**Meet the I-Guys Mixer**" is also scheduled, open to all convention attendees.

An "**All Canada Mixer**" is being planned for our PrimeTimers® living in Canada.

“What if I’m just looking for a travel mate, not “Friends With Benefits”?”

You found a great land tour trip to see The Northern Lights, but would enjoy another traveler to split room expenses. Or maybe two of your friends are exploring that exotic excursion on a camel in Giza, Egypt. And you want a compatible, roommate you have vetted to fill out your reservation.



It's good to have someone along to take that picture. Yet many PrimeTimers® are ready for adventures around the world, but do not have local cabin mates.

PTWW is exploring a monthly Zoom for PrimeTimers® interested in traveling with like-minded men to various destinations, *NOT* including any existing group cruises.

Maybe other PrimeTimers® can travel along with you!



Sign up your next trip on the Travel Desk mailing list!

<https://forms.gle/Q27mAFXyBRB4ysm79>

Chapter Visits and Beyond

At the 2019 San Antonio Convention, the Presidents' Roundtables proposed that each chapter receive an in-person visit by a PTWW Board member. The Board agreed and the budget was approved in 2021.

To help cover expenses, Local Chapters would provide meals, transportation and hosted housing, if available. PTWW would cover travel and other costs.

Then-VP Sam created our Chapter Care Manual. The visits began in FEB 2020 with 5 Texas Chapters, but they were halted during the pandemic until OCT 2021.

VP Charles set up a way to track input from ongoing contacts and 2022 visits to Local Chapters by Board representatives.

Asheville (AVLPT)

This new haven for retirees in the hills of NC has 62 members identifying as friends enjoying wine-and-cheese tastings, concerts and dine outs. Past leaders from Houston and Charlotte have helped reorganize to keep the PrimeTimers® spirit going.

Charlotte (CLTPT)

Located in the near-center of The Carolinas, the PTWW Medal of Recognition was presented to both Max Carroll and Sam Powell for their work in establishing the NC-SC "Carolina PRIME" neighborhood. Regular monthly activities provide the 125 members with opportunities to socialize.

Columbia SC (COLPT)

New COLPT members are regularly recruited at the Columbia Pride festival, as many recent retirees have discovered the easy central South Carolina lifestyle. Dan and Rick lead the way with the 26-member chapter enjoying dine outs and Taco Tuesdays, along with potluck picnics and road trips.

Charleston SC (PPT)

Now renamed **Palmetto Prime** continues its popular 2nd Thursday happy hour and various Low Country dine outs. Road trips to both Columbia and Myrtle Beach provide great social opportunities for 37 members and potentially more members from Savannah GA.

Des Moines (PTCI)

Celebrating 10 years with PrimeTimers®, PTCI is refreshing its website and newsletter to focus on more weekend and daytime non-food events to attract more men. Jim and Mike anchor the leaders, with David stepping up for the web refresh.

Kansas City (PTKC)

Celebrating its 20th Anniversary, PTKC featured founder Don McVay and his experience meeting Woody over Labor Day Weekends. The potluck event had 50 men attending, from a total of 72 members. PTKC has also refreshed its website.

Myrtle Beach (PTMB)

Dine outs, 5 Crowns rummy, bocce ball, canasta and golf and a monthly happy hour keep these 78 members socializing and active on Grand Strand beaches in SC. President Bob and partner Rich are consummate organizers for many PTMB activities. PTMB always welcome new-to-town visitors and traveling PrimeTimers® all year long, snow birds, or potential new residents.

Omaha (MOPT)

Metro Omaha is hosting the 2025 Convention, with great excitement. Its 52 members are already planning extraordinary excursions to the SAC and Union Pacific Museums, plus the world-renown indoor desert and zoo. Twice-a-week coffee gatherings keep members in communication, along with dine outs and games nights. “Don’t underestimate Omaha. We’ll surprise you.” It has a busy 12-lane highway!

Raleigh-Durham-Chapel Hill Prime Timers

President John is reorganizing using its Meetup base and also formally inviting those on its mailing list to join RDUCH now. Balancing driving and traffic around the 3 cities surrounding the NC Research Triangle challenges scheduling events during the week. More weekend events are being proposed to the new members.

Sacramento (PTS)

62 men anchor this group of friends, that reside 50+ miles around the city. President Charlie keeps the website going, along with dine outs, the monthly meeting, and other ac-

tivities to keep members socializing as friends as well as PrimeTimers®. PTS members are planning to attend the San Francisco Chapter monthly dine out. (see below)

San Francisco (SFPT)

Celebrating 25 years as a PrimeTimers® chapter, the SFPT was actually founded in 1972 as a men’s dinner group. So in 1998, they joined with PTWW. Today, the group is reorganizing after the pandemic closed its regular site. SFPT now meets the 3rd SUN at 5:00 PM at The Sausage Factory in The Castro. SFPT also proposed a 2024 PTWW fundraising cruise and a 2023 day-trip Amtrak trip up to Sacramento Chapter for sightseeing, socials, and museums.

The new SFPT leaders are pictured below at The Sausage Factory.

Chapter Visit Scoreboard

2020 (6) Austin, Houston, McAllen, Mineral Wells, San Antonio, Temple TX

2021 (3) Asheville, Chattanooga, Huntsville AL

2022 (26) Asheville, Boston, Charlotte, Columbia MO, Columbia SC, Des Moines, Hamilton, Hartford, Kansas City, Las Vegas, Myrtle Beach, Omaha, Raleigh-Durham-Chapel Hill, Sacramento, San Francisco, Santa Barbara, Oklahoma City, Ottawa ON, Palm Springs, Pittsburgh, Providence, St. Louis, St. Petersburg, Toronto, Tulsa, Wash. DC, and Wichita.

Eleven (11) more 2022 visits in Mountain/Pacific (CLG, EDM, KAM, NAN, VAN, VIC) and North/East (CIN, CLE, GRP, IND) will appear in Jan-Feb 2023 issue of *Prime Times*.



SFPT Photo courtesy of B. Minnette

PrimeTimers® Worldwide Leadership Team

PTWW OPERATIONS TEAM 2022-2023

Newsletter Editor

Adrian Liao - Illinois

newsletter.primetimesww@gmail.com

Hosted Chapter Websites

Brian Minnette - Texas

ptwwwwebtigers@primetimersww.com

Facebook Administrator

Errol Waits - Nebraska

ptww.facebook@primetimersww.com

PTWW Business

- Update your newly-selected chapter leaders online at:
<https://theprimetimersww.com/contact-us/>
- PTWW 2023 Dues notices will be sent out 1-JAN to Chapter Presidents and Treasurers:
 - \$2/member as of 31-DEC, **due by 28-FEB.**
 - If PTWW hosts your website **with a domain**, there will also be an ICANN fee. Otherwise PTWW hosting services are free of charge for ALL chapters.

Email: ptww-info@primetimersww.com

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

Chapter Care Contacts by 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 - interim SE Chapter Care representative for 2023 is Mark Hatten

Chair, Independent Chapter 'The I-Guys'

Sam Powell* - South Carolina

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*Board of Directors

Columbia SC's annual picnic

The Columbia SC chapter had their annual picnic on 25 Sept.

Our Annual picnic was a huge success. We had members from the Charlotte NC, Charleston SC, and Myrtle Beach SC chapters join us for a day of good food and camaraderie between the four chapters. The weather was perfect for the picnic. We played Bingo which was fun and also gave out some great door prizes.



Richard McCray
Vice President, Treasurer,
Website and Communications



All photos courtesy of Columbia, SC PrimeTimers®



2023 Milestone Anniversaries

<u>Chapter</u>	<u>Years</u>	<u>Date</u>
Charleston WV	15	1-Jan
Phoenix AZ	30	1-Jan
Richmond VA	20	1-Jan
Asheville NC	20	19-Feb
Huntsville AL	5	19-Mar
Charlotte NC	30	18-Apr
Tucson AZ	30	1-Aug
Tulsa OK	30	21-Aug
Austin TX	35	1-Oct
Ottawa ON	25	1-Oct
Omaha NE	30	1-Dec

Colorado PrimeTimers®: 1987- 2022.

Thirty-five years & still going strong!

Thirty-five years ago, a handful of middle aged men gathered in a church basement. Their reason, to form a group of men who wanted to form a social group, for gay men with similar interest. An alternative to the choices of bars, parks, porno theaters, street cruising, and the HI/AIDS epidemic at the time.

Lots of ideas were whirling around for a name. Some good, some not so good and some just plain awful. But much was eventually settled upon as a base. The name proposed was The Prime Timers.

That small group worked very hard to come up with activities and social events to keep the members (approximately 45) connected. Many friends grew as well as a few relationships.

On January 1, 1991, the organization joined with the PrimeTimers® Worldwide, and the group became known as the Colorado PrimeTimers® (CPT).

Through the years. its membership has grown. At one time, it was almost 180, was reduced significantly during the

COVID pandemic but has since started to uptick, currently at 147.



With our many monthly activities, the highlight is our weekly Wednesday luncheon at the Golden Corral. Usually, 40-45 members attend each week. CPT also has the great distinction of being the second longest running organization to work and participate in the Colorado/Denver PrideFest every year

As with many organizations, the CPT Chapter has had its ups and downs, but with good leadership and loyal members, it has survived.

The CPT Chapter has been serving the Denver Gay community for the last 35 years and will continue doing so into the future. 2023 will be another banner year for our Chapter. As the organization moves forward, there will definitely be changes in the operation of CPT.



Dick Moore

President (since 2004, with no intention of giving up at age 84)

Phoenix's Activities!



PTOP attended the 2022 Phoenix Pride on October 16th. It was a lot of fun and we expected to see more people next time!

Our Fall Picnic was also a great success, with 68 attending Rio Vista Park and excellent food catered by Dillons. We had pulled pork, pulled chicken, baked beans, coleslaw, a variety of chips and two large sheet cakes: one chocolate and one

vanilla!! Lots of Corn Hole players and a truly beautiful day for a picnic!



Daniel Pereira

Newsletter Editor

All photos courtesy of Daniel Pereira, Mark Willis, Dennis Hill, Tim Gyurich & Huck Fitterer



Tour of the Carrie Furnaces Site

A contingent of Pittsburgh PrimeTimers® recently took a guided tour of the Carrie Furnaces site, which is a National Historic Landmark located near Pittsburgh. The original facility was a collection of seven blast furnaces on the north shore of the Monongahela River that provided molten iron for the Homestead Steel Works, which was located directly across the river. It sat on 168 acres of land and operated continuously from 1884 to 1982. Only two of the seven furnaces survived demolition before the site was declared a National Historic Landmark in 2006. We toured those two remaining furnaces.

The trip was fascinating for a couple of reasons. First, we learned some cool technical details about the iron-making process. Each furnace was a massive cylinder about 100 feet tall and 15 feet in diameter. Workers continuously dumped a mixture of crushed iron ore, coke (pure carbon), and limestone into the top of the furnace, and blew superheated air up from the bottom. The mixture slowly descended, interacting with the rising superheated air. By the time the mixture reached the bottom of the furnace 10 hours later, it was transformed into molten iron and a waste byproduct called "slag". The slag was carried away by rail, dumped into giant "slag heaps", and later used to provide fill for things like roadways, shopping centers, and housing developments. The molten iron was poured into insulated "bottle cars" and transported by rail across

a specially constructed "hot metal bridge" to the Homestead Works, where it was then turned into steel. This process went on 24 hours a day, 7 days a week, 365 days a year.

Photo courtesy of Mike Madeya



Second, we learned that the site has been transformed into a valuable community resource, hosting numerous concerts, drive-in movies, weddings, and art festivals, as well as serving as a palette for muralists and iron sculptors from around the world. It has also become a wildlife sanctuary for deer and other animals.

The tour also was horrifying because we learned about the work environment that Andrew Carnegie and his henchman Henry Clay Frick imposed on their workers in the pursuit of profits. Although mill jobs were considered well-paying with good benefits, the workers were subjected to horrific working conditions, including terrific heat and noise, noxious fumes, constant danger with little regard for safety, crushing 12-hour shifts, and no job security. Many workers were killed in accidents, and many died premature deaths. There was no union representation until shortly after WWII, after which things began to improve.

All in all, we really enjoyed our tour of the Carrie Furnaces and appreciated learning about an important part of Pittsburgh history.

Pittsburgh
PrimeTimers®

David O'Hallaron
Member

Back to Basics

Most people have back pain at some point in their lives. It's one of the most common medical problems and you're more likely to experience back pain as you get older. Many people hurt their backs when they lift, push, or pull something that's too heavy. You may also be at risk for back pain if you:

Have poor posture (don't stand and sit up straight)

Aren't physically active

Are overweight

Fall or have an accident

Have a health problem that can cause back pain (like arthritis or cancer)

Smoke

Back pain can be acute (short-term) or chronic (long-term) and can feel like a sudden, sharp pain or a dull, constant ache. Acute back pain lasts from a few days to a few weeks. It is often caused by an accident, fall, or lifting something that's too heavy. Acute back pain usually gets better on its own without any treatment. But there may be times when you need to seek medical care. Chronic back pain lasts for more than 3 months. It is much less common than acute back pain and most chronic back pain can be treated without surgery.

Physical activity can make your back stronger and lower your risk of back pain. If you have an injury, health condition, or disability, ask your doctor or nurse which types of activity are best for you. Follow these steps to help protect your back and prevent back pain:

Do muscle-strengthening and stretching exercises at least 2-4 days a week.

Try a yoga class. Yoga can help stretch and strengthen muscles and improve your posture.

Stay active. Regular physical activity can help keep your back muscles strong. Aim for at least 150 minutes a week of moderate-intensity aerobic activity.

Stand and sit up straight. Try not to slouch when standing and sitting. Sit up straight with your back against the back of your chair and your feet flat on the floor — if possible, keep your knees slightly higher than your hips. • Stand tall with your head up and shoulders back.

If you can, switch regularly between standing and sitting so you're not in the same position for too long.

Find out how to have good posture while sitting at a computer.

Avoid heavy lifting. If you do lift something heavy, bend your knees and keep your back straight. This way, your leg muscles will do most of the work.

Get active and eat healthy. Being overweight can strain your back. Getting regular physical activity and choosing healthy foods can help you stay at a healthy weight. A healthy lifestyle is not only good for your heart but it can prevent most back injuries and help you recover faster.

Steve Horowitz, Ph.D.

Board Member & Newsletter Editor

Sarasota Prime Timers

Paid Promotion

No More Neckties

Loren A. Olson, MD

“A writer of extraordinary sensitivity and grace.”

—Norm Goldman, Publisher and Editor, Bookpleas-

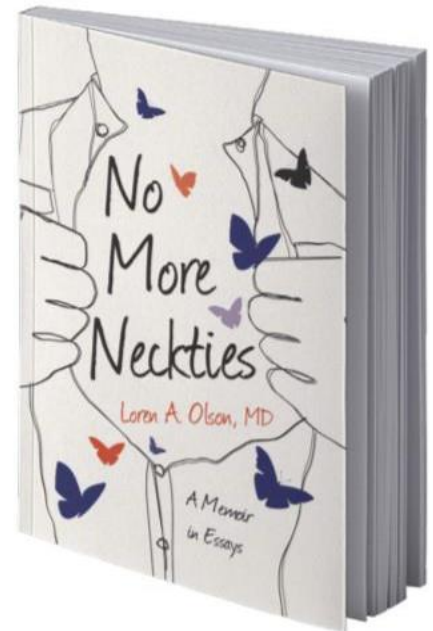
ures.com

“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

Travel Opportunities - A New Listing Policy

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 that may interest gay/bisexual 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.

Beginning January 2023, only group travel sponsored by a PTWW chapter or a PTWW Board recognized and reciprocating organization will be accepted.

Paid advertising will be available.

<u>Departs</u>	<u>Destination</u>	<u>Contact</u>	<u>Email/Phone</u>
2023 3-FEB	<u>Caribbean Cruise</u>	Ron Camp	614.581.2700
2023 13-MAY	<u>Caribbean Cruise</u>	Michael Stone	941.359.8212
2023 23-JUN	<u>Celebration of Friends / FLL</u>	Tom P.	tomcat9722@aol.com
2023 3-JUL	<u>Alaska Cruise / Seattle</u>	Ron Camp	614.581.2700
2023 27-OCT	<u>Transatlantic/Rome-FLL</u>	Michael Stone	941.359.8212
2024 TBD	LA to SF to Vancouver	Official PTWW Fundraising Cruise	