

PTWW 2023 Convention, St. Petersburg, Oct 1-5

Register Now!

PTWW is using the website **Table Top Events (TTE)** to handle both your registration application, scheduling, communications and purchases all in one place.

Registration Fees

\$250 from
Mar-Jun

\$270 from
Jul-Sep 15

\$290 from
Sep 15-On

Option A: **ONLINE** <https://tabletop.events/conventions/2023-biennial-convention>

1. Click on the link **above** to go to the Convention Home Page or type it into your web browser.
2. Click on the **Buy Badge** button to register.
3. Click on **Buy** as a Non-Member Guest or as a Prime Timer Chapter Member.
4. Create a TTE account for yourself with a user name and your email address.
5. Then enter your credit/debit payment details and other required information.
6. **PTWW Non-Members pay \$335** at the door.



| Buy | Name | Price | Available |
|-----|--|----------|-----------|
| Buy | NON-MEMBER / GUEST NON-MEMBER - not currently paying dues with a Local PrimeTimers Chapter or The Independent Chapter as of time of applying for registration. Does not include the hotel room or souvenir shirt. | \$335.00 | 100 |
| Buy | PrimeTimers Chapter Member MEMBER of a Local PrimeTimers Chapter or The Independent Chapter as of time of applying for registration, which will be verified with Chapters. Does not include the hotel room or souvenir shirt. | \$290.00 | 588/420 |

Need help? Leave a voice mail at 727.386.6383

Option B: **MAIL-IN**

Print the attached PDF found [here](#). Complete the form and mail with a check/money order by 15-SEP to:

PTWW Convention
P.O. Box 191101
Dallas TX 75219-8101

Remember to book your hotel room in St. Petersburg, FL:

\$166/night with tax

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

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Your Suggestions Needed for 2023 Convention Workshops

Last year, the PTWW Board Directors-At-Large (with other Board Members) personally visited a total of 42 Chapters located throughout the US and Canada as part of the PTWW Chapter Care Program.

This year, nearly two dozen Chapters will be visited by our Directors-At-Large Joe Robinson (NorthEast Region), Glenn Bottomly (Central Region) and Larry Lamoureux (Mountain-Pacific Region, plus planned visits to SouthEast Chapters.

The purpose of these in-person Chapter Care visits is to acknowledge and celebrate their accomplishments and to learn firsthand and document their needs, challenges, future plans and targeted goals.

If it is welcomed and appropriate, we also offer support and share appropriate Best Practices recommendations, based on what we learned from scores of other Chapters.

We are also exploring additional ways to support Local Chapters by updating the content of select PTWW Convention Workshops, based in part on what we learned from our Chapter Care visits.

So far, **potential** Chapter-focused topics that might be included in some Convention Workshops are:

- Directors Liability Insurance – availability, cost and potential need.
- Considerations for Chapters that supply alcohol at their events.
- Should US Chapters consider applying for 501(c)(3) or 501(c)(7) status?
- Ways to increase member participation on committees.

Fundraising ideas to help meet a Chapter's financial needs.

Surprising benefits of periodic Chapter website "audits".

Ways to build more inclusive, welcoming and diverse Chapters.

Proven ways to recruit new members and increase membership.

Fun and engaging Chapter activities & events (that don't involve food).

Easy-to-use Budgeting templates tailored to meet your Chapter's needs.

Ways to recruit and retain qualified and outstanding Board Members.

Importance of recruiting and retaining younger Chapter members.

Holding activities and events with "Neighboring" Chapters.

The power of partnering with other LGBT and allied organizations.

Low-Cost/No-Cost ways to increase Chapter visibility and membership.

So, **what additional topics do YOU want to see included in the upcoming Convention Chapter Workshops?**

Let us know by [sending](#) YOUR suggestions to me by May 30.

We hope to see you soon at the upcoming Regional Zoom Meetings and also at the 2023 PTWW Convention!

Charles Koehler

Vice-President/

Chapter Care Coordinator

PrimeTimers® Worldwide

PrimeTimers® Worldwide Leadership Team

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Mtn./Pac. - Larry Lamoureux* - Alberta

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

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Central - Glenn Bottomly* - Minnesota

ptww.atlarge3.org@gmail.com

South/East - interim SE Chapter Care

representative for 2023 is **Mark Hatten**

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The following chapters participated at the Fall Regional Zooms and are now entered in a Spring drawing for one FREE individual registration for the 2023 PTWW Convention:

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

*Board of Directors

Age Old Disease Ravages Prime Timers

Within most of our lifetimes, we have seen a number of viruses sweep through our communities. Your parents and grandparents may have talked about the “Spanish” ‘flu of 1918. For those a few years older than I, you may remember the polio outbreak of the 1950’s. HIV/AIDS decimated our community in the 1980’s and 90’s. And of course, we are living through the last days of COVID-19, and mourning it’s victims. There is another disease that can easily spread and is ravaging many Prime Timers Chapters - the disease of APATHY.

Apathy, like so many other diseases, is very hard to diagnose in the early stages of infection. There is no blood or urine test that can detect it, and the people who have become infected probably don’t even realize they have the disease. Apathy can be masked by other conditions like fatigue and chronic busyness.

As we age, and like it or not, we are all aging, fatigue creeps into our lives. We just do not seem to have the same energy we used to. As paradoxical as it may seem, the best treatment for fatigue is not pampering yourself at home, but rather to stay active. But if you are also suffering from apathy, you have even less desire to be active.

On the flip side, being so busy you don’t have time for friends and social interaction, can also be related to apathy. As apathy takes hold of you, the number of things you want to do begins to shrink, and often, so does your circle of friends.

We saw with COVID-19 that it was not just the person actually infected with the virus that suffered, but many small businesses were forced to shutter their doors permanently as well. As I walk around Hamilton, I see many stores with for rent or for sale

signs in their windows. The entrepreneurs failed despite government assistance for small businesses. Whether we like it or not, many of our Prime Timers Chapters are facing the same dilemma, hanging on by a thread!

Even in larger cities, there are Chapters operating with one person running the whole show. In a few cases, these “one-man operations” have seen that one man drain the bank accounts and leave town with the cash. Other Chapters have been reduced to holding just a monthly restaurant meal as the sum total of their programming. Some of our “landmark Chapters” are struggling to survive. This is all traceable back to one thing – APATHY.

Apathy is often coupled with another insidious disease, SELFISHNESS. Selfishness shows up in our Chapters by members who have gained much from their involvement in Prime Timers, being unwilling or just too selfish to ensure that Prime Timers is there for the men following behind us. There has been lots of talk over the years about the need for gay focused retirement centres. But I submit there is a greater need for community based social and recreational activities for our constituents. Bottom line: Prime Timers needs to be there for the future!

How to we ensure that Prime Timers survives and stays vital? We know very well; the various levels of government are not going to be very helpful. All of us within this big bi-national (at this point) community called Prime Timers need to adopt the attitude, “If it’s to be – it’s up to me!” Throw off the bonds and shackles of apathy and selfishness and do something to ensure the longevity of Prime Timers!

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Apathy

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Within our Prime Timers community, there are men with banking or accounting experience. I urge you to step up and put yourself out there for election as Treasurer of either a local Chapter, or Prime Timers Worldwide. There are men with administrative skills either from business or from the non-profit arena. If that is you, step up and run for President! Do you like to write and keep records? Why are you sitting at home with your feet up? Step up and run for secretary. Do you have skills in social interaction, problem solving and such? A local Director-at-Large or PTWW Director-at-Large may suit you very well. So, what are you waiting for? Let us borrow the Nike trademark – “Just Do It”. The rewards you reap will astound you!

Make your local Chapter vital and the sort of group men will want to be a part of. Let us fill all those Board positions sitting emp-

ty right now. We all need to be actively involved in our local Chapter not just a name on the roster.

If you're up for a real challenge, seriously look at putting yourself forward as a candidate for election to the PTWW Board of Directors. From an executive position to a Director-at-Large, there are exciting positions waiting for you to step up.

We all need to commit ourselves afresh and take our Prime Timers back from the twin diseases of apathy and selfishness. In memory of Larry, the Cable Guy, let's “git -R-done”!

David Gunton

About the author:

David is currently the President of PrimeTimers Hamilton® (Ontario, Canada) and has served that Chapter for 7 years in various roles. He previously worked in the HIV/AIDS field for 13 years, following 10 years of pastoral ministry for MCC.

Newsletter Exchange Program

The Newsletter Exchange Program was established in 2020. Prior to this program, Prime Timers Worldwide (PTWW) would accept any local chapter newsletters and post them to the PTWW website. Due to privacy concerns, the PTWW Board then decided to create a Newsletter Exchange Program for chapters who wish to receive each other's newsletters.

How this program works: A chapter will inform the current PTWW Newsletter Editor that the chapter wishes to participate in the program. The chapter then provides up to 2 email addresses to which other chapters can send their newsletters to. All email addresses are compiled in a spreadsheet by the PTWW Newsletter Editor. When updates occur, the PTWW Newsletter Editor sends out the updated spreadsheet to all

participating chapters. When a new issue of a local chapter's newsletter is available, the person in charge of distributing the newsletter will use the compiled list of email addresses to send it out to the participating chapters. Individual members of the participating chapters can request newsletters from other chapters by asking their President or local Newsletter Editor.

Currently, there are 32 participating chapters in this program. Note that not all participating chapters have their own newsletters. Also, some chapters use an e-newsletter format or an e-blast system to send out information on upcoming activities by email. If you are not one of the current 32 participating chapters of the exchange program and wish to take part, email [here](#).

Feeding The Homeless

Prime Timers is all about having fun. And as Prime Timers, we can have fun in anything that we do.

For years now, Wichita PrimeTimers® has, like other chapters, been giving back to the community in a variety of ways including feeding the homeless. Every winter, many homeless men and women frequent the local Emergency Homeless Shelter to eat and keep warm from the frigid temperatures. According to the Williams Institute, 43% of clients are served by drop-in centers, 30% are street-outreach clients, 30% of clients utilize housing programs and 43% of homeless youth identify as LGBTQ+ (<https://nationalhomeless.org/issues/lgbt>).

As in years past, Wichita PrimeTimers® responded with making dinner and breakfast for the homeless on Sunday, January 15th. And as in recent years, our goal was to feed one hundred persons.

Our first step in the process was to identify volunteers and establish a menu. We have many members who volunteer to help cook, transport and serve; oftentimes, we have more volunteers than what we need. The dinner menu, which has varied in the past, included serving goulash, garlic bread, a side of green beans, and desserts. The breakfast menu was a variety of breakfast sandwiches, a fruit cup, and a snack. The shelter provides the drinks, flatware, napkins and Styrofoam divided covered plates. The response was great with volunteers and donations of food and money to help defray the costs. In fact,

the balance of the food costs was underwritten by George and Jim.



In the past, we had relied upon the use of Table of Hope's kitchen to cook the meal and provide transportation from there. Unfortunately, this year, their food distribution apparatus prevented us from utilizing their kitchen. Thankfully, our member, George R., offered his large kitchen as well as his skill as a caterer.

The day before, a small group of us prepared the food which was then cooked the next day by more volunteers. The food was loaded into a few cars where it was unloaded at the shelter by a crew of eight who were serving that evening. It was assembly line work with all hands on deck. We have not had as many guests as we had that evening but it was the largest group that we have ever served in recent memory. We ran out of some food, but had plenty of goulash so no one went hungry. We left the breakfast foods for the shelter staff to serve the next morning.

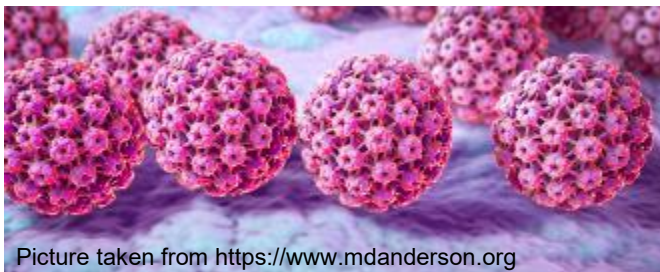
I want to thank everyone who contributed in whatever way to make this annual event a success. We enjoyed and had fun in making and serving the food. And the shelter was appreciative of our service. We look forward to doing it again next year.

*Martin Mendoza,
Activities Coordinator
Wichita PrimeTimers®*

Gay Men and HPV (Human Papilloma Virus)

Did you know that HPV (Human Papilloma Virus) infects men? This is particularly true for Men who have Sex with Men (MSM)

and even more so for guys who are HIV positive (POZ). There are effective ways to prevent HPV infection, and to prevent it from turning into **anal cancer**.



Picture taken from <https://www.mdanderson.org>

HPV Types in your mouth, anus, penis, and the skin anywhere on your pelvis.

HPV infections are the most common sexually transmitted infections in the United States. The CDC states that “HPV is so common that nearly all sexually active men get the virus at

some point in their lives.”

This article will focus on HPV in MSM and HIV POZ men. Anal cancer happens more often in gay and bisexual men, and particularly in POZ guys. Almost 10,000 Americans will develop anal cancer each year, and that number just keeps growing. Over 1,600 will die from this cancer, while the survivors face possible side effects and complications including pain or scarring from chemo-radiation treatments.

Preventing all this **misery** could be as **simple** as **getting vaccinated** against HPV and having **regular checkups**.

You can think of the family of viruses called Human Papilloma Virus as being like a human family with over 150 members. Each of these HPV “relatives” is known by a Type number. Most of these Types do not cause problems and are called “Low Risk.” But about a dozen Types are definitely vicious guys (“High Risk”) that can be dangerous to your health. These vicious Types can infect any genital area. HPV Types 16 and 18 are real villains, and unfortunately, they are also the most common Types that cause anal HPV infections. These two Types are also the most likely to progress into anal cancer. You can chronically carry High-Risk

Unfortunately, you can be infected with multiple different HPV Types at the same time, and unless you have genital warts, you will probably never know that you have become infected. You can transmit HPV when you have no symptoms and no visible signs of infection, even through intact skin and any exposed internal membranes. MSM and POZ men have the highest rates of infection with both the Low-Risk and High-Risk HPV Types. Although perhaps half of all HPV anal infections will spontaneously clear within a year, the High-Risk Types are the least likely to disappear on their own.

The goal is to catch dangerous HPV infections before they happen or before they can progress to cancer and while they are still easily curable.

POZ MSM are **twenty times** more likely to develop anal cancer than HIV negative MSM!! An HPV vaccine called Gardasil-9 was developed almost ten years ago to prevent High-Risk HPV infections. It’s proven to be safe and effective in preventing the 9 most serious High-Risk HPV Types that cause anal, penis, throat cancer

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HPV

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as well as genital warts. The CDC now recommends Gardasil-9 for every child by age 12, and for men up to age 45. So, go get your Gardasil-9 immunizations started (3 shots over 6 months), because this will either prevent you from becoming infected both with High-Risk HPV Types, or possibly help your body clear out High-Risk HPV infections you already have. Although some insurance plans may expect you to cover part of the cost, this is a great investment in your and your partners' futures. Gardasil-9 is officially only approved for men under 45, though it can certainly be used "off label" in men over that age. Physicians may be able to arrange "pre-approval" for coverage of older men by explaining that you have an increased risk of serious HPV infection.

At least consider using condoms until you get vaccinated. If you are still HIV negative, take PrEP (pre-exposure HIV prophylaxis) regularly so that you stay HIV negative. Get any visible genital warts treated to prevent progressive local spread, and to reduce your chance of passing on the infection.

If you ever had anal-receptive sex before receiving your Gardasil-9 vaccinations, go get tested for anal infection with High-Risk HPV Types NOW. The test is called an anal "PAP test". It is painless, takes less than a minute, and provides lots of important information.

If your PAP test comes back "negative," yet for some reason you decide not to get the Gardasil-9 vaccine, you and your doctor should discuss how often you need to be screened, based on your likely number of potential new exposures. And if you're POZ, have your anal PAP test repeated **every year**.

If your anal PAP test comes back "positive," don't panic! Your test results will determine if a High-Risk HPV Type is present. It will also determine how much damage the virus may have already done to the cells lining your anus. Chronic High-Risk HPV infection can cause cells to lose their normal form and function. Symptoms of full blown anal cancer might be none, or might include anal bleeding, a small open sore that won't heal, or a lump that you might see or feel.

If the cells from your PAP test look more than a little abnormal, the next step is to figure out how big an area is affected inside your anal canal, and to take additional samples for examination. You will need a High Resolution Anoscopy (HRA) examination.

You **can stop** new High-Risk HPV infections. Or if you are already infected with a High-Risk HPV Type, even after moderately abnormal cells have developed, you **can stop the progression** of ongoing HPV damage to anal cells and reduce your risk for cancer.

Remember, anal cancer happens more often in men who have sex with men, particularly in men who are HIV positive. But with planning, Gardasil-9 vaccination, regular checkups, and simple treatment, you can greatly reduce your risk of developing anal cancer. POZ guys must be particularly vigilant.

Please spread the news: **Go get vaccinated now and get a screening anal Pap test done.**

Dick Geist, MD

Member

Tucson PrimeTimers®

Member Appreciation Dinner

The Connecticut PrimeTimers® held their annual Member Appreciation Dinner on February 1st in East Windsor at the Nutmeg Restaurant. We had a great turnout with 47 members, including four new members! Members ate for free with the payment of their 2023 dues. We also cele-



Photo courtesy of Paul Brady

brated one of our member's birthdays and held a 50/50 raffle to raise funds for our scholarship fund.

Paul Brady
Vice President
Connecticut
PrimeTimers®

Dementia: Symptoms & Prevention

What Is Dementia?

Dementia is a blanket term for chronic, progressive loss of mental function. It's not a disease, but a group of symptoms with various causes. There are two main categories for dementia, Alzheimer and non-Alzheimer. Alzheimer's disease is the most common cause of dementia. The second most common cause is vascular dementia. Some other non-Alzheimer's dementias are Lewy body dementia, Parkinson's dementia, and Pick's disease.

Dementia Signs And Symptoms

In its early stages, dementia can cause symptoms, such as:

- **Not coping well with change.** Someone may have a hard time accepting changes in schedules or environment.
- **Subtle changes in short-term memory making.** Someone can remember the events of 15 years ago like it was yesterday, but they

can't remember what they had for lunch.

- **Reaching for the right words.** Word recollection or association may be more difficult.
- **Being repetitive.** Someone may ask the same question, complete the same task, or tell the same story multiple times.
- **Confused sense of direction.** Places someone once knew well may now feel foreign. They may also struggle with driving routes they've taken for years because it no longer looks familiar.
- **Struggling to follow storylines.** Someone may find following a person's story or description difficult.
- **Changes in mood.** Depression, frustration, and anger are not uncommon for people with dementia.
- **Loss of interest.** Apathy may occur in people with dementia. This in-

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Dementia

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cludes losing interest in hobbies or activities that they once enjoyed.

- **Confusion.** People, places, and events may no longer feel familiar. Someone might not remember people who know them.
- **Difficulty completing everyday tasks.** A person in the early stages of dementia may have trouble recalling how to do tasks they've done for many years.

Prevention of Dementia

Some types of dementia are due to things beyond your control. But there are some things you can do to lower your risk of developing dementia and maintaining overall good health.

Do regular aerobic exercise, which is good for weight control, circulation, heart health, and mood. If you have a serious health condition, talk to your doctor before starting a new exercise regimen. And if you haven't exercised in a while, start small, maybe just 15 minutes a day. Choose easy exercises and build up from there. Twice a week, add some resistance activities to work your muscles, such as push-ups, sit-ups, or lifting weights.

Incorporate better nutrition in your diet. This includes eating more whole grain starchy foods in most meals, such as whole grain bread, rice, and pasta. **Eat more fruits, vegetables**, beans, peas, lentils, nuts, and seeds. **Eat less** beef and lamb, and especially, processed meats, such as sausages and bacon. **Eat fish regularly**, particularly oily types like salmon and mackerel. However, try to limit eating battered or breaded fish, which is high

in unhealthy fat. **Try to choose lower-fat dairy foods** where possible. **Use vegetable and plant oils** for cooking and dressing, e.g., olive and rapeseed oils. Try to avoid solid fats like butter or lard. **Limit the amount of salt in your diet** by eating less than 6g (about a teaspoon) a day. **Try to eat sugary foods**, such as pastries, sweets, biscuits, cakes, and chocolate **only occasionally.** **Consume alcohol in moderation** (ideally with food). If you don't drink alcohol already, try not to start.

Engage in mental or social activities.

Find activities you enjoy that challenge your brain and do them regularly. Anything that engages your mind, processes information, and develops your thinking skills is good for the brain and reducing your risk. For example: enroll in adult education classes; do arts and crafts (especially in groups); start or continue playing a musical instrument or singing; volunteer (e.g., with the [Alzheimer's Society](#)); do puzzles, crosswords or quizzes; play card games, chess or board games; read books or join a book club; do creative writing or keep a diary; and learn a new language.

If you use a smartphone or tablet (for example an iPad), you might enjoy apps that can provide mental stimulation. These include puzzle, memory, or board game apps. **Engaging in social activities** are also good for the brain. Try to interact with other people online, by phone, as well as in person. Keep in touch with the people who matter to you, such as friends and family.

Steve Horowitz
President

PrimeTimers® Sarasota

Chapter Event Promotion



YOU'RE INVITED -- RACE WEEKEND DINNER PARTY

HOSTED BY: PRIMETIMERS® INDIANAPOLIS

INVITEES: All Prime Timers in Indianapolis for the Big Race (Memorial Day Weekend)

WHEN: Saturday May 27 from 5pm-8pm (Dinner at 6pm)

WHERE: Clubhouse located at 4902 Oakwood Trail, Indianapolis, IN

Food and non-alcoholic beverages will be provided by PrimeTimers® Indianapolis
Come socialize after the parade and meet Prime Timers from Indy and across the nation

RSVP to SteveHamilton55@aol.com by May 15, 2023

Paid Promotion

No More Neckties

[Loren A. Olson, MD](#)

"A writer of extraordinary sensitivity and grace."

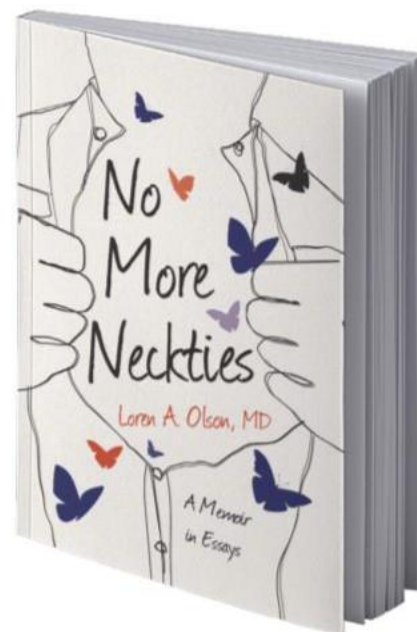
—Norm Goldman, Publisher and Editor, Bookpleasures.com

"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: pgtturnerpub@aol.com

PrimeTimers® Worldwide Calendar for the Rest of 2023

Date/Event

APR-MAY Regional Zoom Meetings for Central, M/P, NE, SE Chapter Leaders

18-29-MAY North/East Region Chapter Visits

Hamilton, Pittsburgh, Richmond, Norfolk, Washington DC, Rehoboth Beach and North Jersey

31-MAY **\$40 off Advance Discount PTWW Convention Registration ends**

JUL Central Chapter Visits

Chicago

AUGUST Regional Zoom Meetings for Chapter Leaders by Central, M/P, NE, SE

15-SEP **\$20 off General Discount PTWW Convention Registration ends**

1-OCT PTWW Biennial Convention, St. Petersburg FL



Social Activities

The Original PrimeTimers® Worldwide, Inc. (PTWW) does not receive any compensation nor proceeds from these events or activities below and in no way assumes any liability for claims, errors, or omissions nor negligence arising from these promotions or activities listed.

Beginning January 2023, only activities and events sponsored by an organization or group recognized by the PTWW Board of Directors may be published.

Paid advertising may be available upon request and approval by the PTWW Board. Contact the Newsletter Editor.

Activities of potential interest to members include:

Activity/Event

Organizer

Contact Info

Cruises

Ron Camp

614.581.2700

Cruises

Michael Stone

941.359.8212

Event - A Celebration of Friends

Tom Pence

tomcat9722@aol.com

Official PTWW Fundraising Cruise

to be determined