

## 300+ Prime Timers Registered for 17th Biennial PTWW Convention in St. Pete 1-5 OCT



**MON 2-OCT** Opening Lunch  
**TUE 3-OCT** Beach Barbecue  
**THU 5 OCT** Closing Banquet

PrimeTimers® will make a strong statement in support of our Local Chapters and Independent Members in Florida, with a full hotel reservation and program. **Nadine Smith, Executive Director of Equality Florida** will speak at our Opening Lunch and **St. Petersburg Police Major Markus Hughes** will speak at the Thursday Closing Banquet.

Social activities and optional excursions are available each day (featured on page 3). During evenings, hotel tables are provided for relaxing and socializing, or playing Train Dominoes or Party Bridge. Starbucks is onsite and The Dali Bar in the lobby will open from 5:00 PM until late.

### Presentations and topics include:

- Improving chapter operations, membership interests, and sharing successes
- Personal interest seminars by medical doctors affiliated with Boston Scientific on sexual health
- Tips on living alone situations from The Manhattan and KeySeekers Realty
- Coming Out later in life
- Cruising today: Royal Caribbean Cruises

### REGISTRATION FEES:

**\$270 from Jul 1 - Sep 15**

**\$290 from Sep 16 - at door**

### PAY ONLINE via TableTop

<https://tabletop.events/conventions/2023-biennial-convention>

### MAIL IN / print and send

<https://theprimetimersww.com/2023-mail-in-convention-registration/>

### In this Issue (16 pages)

- 1-3 Biennial Convention
- 4-8 WW Business and Elections
- 9-15 Chapter News & Articles
- 16 Official PTWW Benefit Cruise

### RESERVE YOUR HOTEL ROOM:

**\$166/night with tax**

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

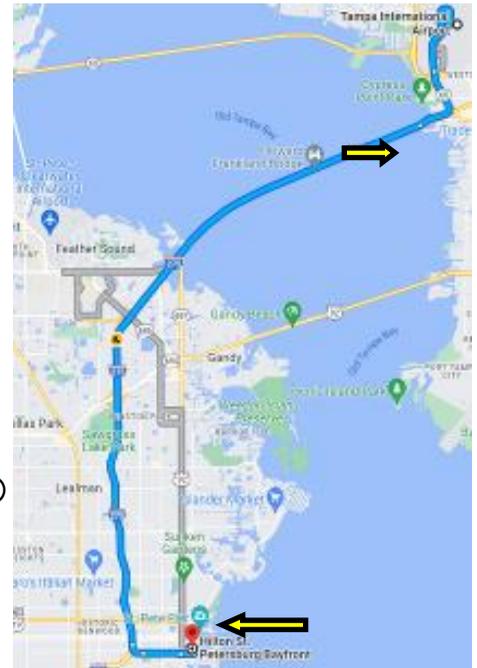
# Tampa International Airport Arrival Info

## Transportation Tips From / To Tampa Airport



Some 200 PrimeTimers® will arrive at Tampa International Airport at many different times on SUN 1-OCT. After you pick up luggage, look for signs directing you

to the 3RD LEVEL in both Terminals Red and Blue for the Ride Share pick-up points. Elevators to 3RD LEVEL are located at baggage claims. Exit the elevator and take a short walk to the Express Pick-Up escalator and platform. Once on the Pick-Up platform, ask if any other PrimeTimers® are going to the Hilton St. Petersburg Bayfront Hotel to share a taxi, Lyft or Uber ride.



## Beach Day Bus Info

TUE 3-OCT is our half-day tour to Fort DeSoto Beach for a barbecue under pavilions, with nearby restrooms. Time is 30 minutes each way to and from our host hotel, with 2 hours to enjoy a delicious catered lunch in a tropical setting, with views of the iconic Skyway Bridge in the distance.

Each conventioneer will be assigned to a GOLD/1st or BLUE/2nd group, with seating provided for 150 passengers in three buses.

*Chapter delegates attending the PTWW Business Meeting will be specifically assigned to the BLUE/2nd group.*

Bus Captains will help you board buses load from the South Foyer on Tuesday.



Changes to 1st or 2nd group buses can be made at the Concierge Desk, if seats are available.

## FREE Looper Bus for Downtown STP



Hop on outside the hotel ★ for Pier/Dolphin Cruise, and restaurants, ★ and then a short walk to the Zubrick Magic Show. ★

## Optional Excursions - 1st Come, 1st Seated

Pay in advance by online/mail-in or wait in line ...

### Private Performance on TUE for PTWW!



**TUE 3-OCT 8 PM only! 90 seats!**

Zubrick Magic Theatre is 15-minute walk from our host hotel, featuring gay illusionists and couple Chris & Ryan staging a private show just for us PrimeTimers®!

They conjure up an exhilarating blend of sleight-of-hand, family-friendly comedy and a breathtaking grand-scale extravaganza in a 70-minute performance that will capture your hearts and imaginations for all.



### Ringling Bros. Circus & Museum Day Trip

On **WED 4-OCT**, join our charter bus to Sarasota FL to see the magnificent Art Museum, Ringling Palace, lush Gardens, and Ca' d'Zan Home beside the Gulf waters.



*Photo by carlos aranda on Unsplash*

### 2-hr Dolphin Cruise on **WED & THU**

**Cost is \$55/man**, which includes all non-alcohol beverages onboard. The cruises are an easy 15-minute walk from the Hilton Bayfront hotel. Or ride the Looper Bus and take the St. Pete Pier shuttle to the dock. Noontime sailings are scheduled for both **WED 3-OCT** and **THU 4-OCT**.

## 2024 - 2026 Elections for Board of Directors *continued 5-7*

*Candidates listed in Alphabetical order of Last Name*

### **David Gunton** Hamilton, ON

*Candidate for President*

#### **PrimeTimers® Experience**

Founding President of PrimeTimers® Hamilton and served over 6 years as President; Served 14 months as Treasurer; Attended both 2017 Chicago and 2021 Chattanooga Biennial Conventions; PTWW At-Large Board member 2021.

#### **Details and Prime Accomplishments**

Founding member of Chapter; Drafted first set of By-Laws for Chapter and Initial Policies & Procedures (ongoing); Webmaster for Chapter (ongoing); Served as newsletter editor; Liaise with Ottawa and Toronto Chapters here in Ontario.

#### **Related life experiences**

Dialogue with city and community groups

#### **Skills and Achievements**

LGBTQ+ advisory committee for City of Hamilton; LGBTQ+ police liaison committee; Liaison with LGBTQ+ Committees, local gay bar managers, and community, and drag organizations.

#### **What accomplishments do you hope to achieve if elected?**

Increase relevance to local Chapters; Internal review of PTWW for efficiency, strengths & weaknesses; Advocate for older gay, bisexual and trans men.

### **Mark Hatten** Dallas TX

*Candidate for Treasurer*

#### **PrimeTimers® Experience**

Western At-Large Director 2018-2019, PTWW President, 2019-2023; also Chapter President of Dallas/Ft. Worth Chapter since 2016; Attended Biennial Conventions for Houston 2003, Chicago 2017, San Antonio 2019, and Chattanooga 2021.

#### **Details and Prime Accomplishments**

Leader for 2019-20 website migration to Word Press platforms for Local Chapters and PTWW MAIN; Main website admin 2019-23; Biennial Convention Manager for 2021 and 2023.

#### **Related life experiences**

Federation of Gay Games Board of Directors; President, North American Gay Volleyball Association; Founding President, Kansas City Cave Bears, and Philadelphia Lesbian & Gay Community Center.

#### **Skills and Achievements**

Project Management Professional®; Certified ScrumMaster®, and Life Master with American Contract Bridge League; Journalism, Desktop Publishing, and IT and MS SharePoint administration.

#### **What accomplishments do you hope to achieve if elected?**

My goals for 2024-25 are to solidify PTWW accounting processes and provide more transparent reporting and business continuity, dues/domains invoicing and collections.

**2024 - 2026 Elections for Board of Directors** *continued 6-7*

**Charles Koehler** St. Louis MO *Candidate for Vice President*

<p><b>PrimeTimers® Experience</b>                  Founding President of PrimeTimers® St. Louis 2007-2017; PTWW Vice-President 2022-Present; PTWW Secretary 2020-2022; and a Director-At-Large 2013-2015.</p>	<p><b>Details and Prime Accomplishments</b>                  Established and led a thriving local Chapter for 9+ years; administered and developed procedures for PTWW Chapter Care Visit Program, reaching 90+% of Chapters; updated PTWW Nondiscrimination and Conflict of Interest Policies.</p>
<p><b>Related life experiences</b>                  Governor’ Appointee, IL Commission on LGBTQ Aging 2022-Present; Co-Chair, NAMES Project St. Louis Chapter 1989-1997; Founding Board Member – SAGE Metro St. Louis 2008-present.</p>	<p><b>Skills and Achievements</b>                  Development and support: Helped establish local organizations supporting LGBTQ seniors and raising HIV/AIDS awareness; Collaborate to craft legislation supporting older LGBTQ adults.</p>
<p><b>What accomplishments do you hope to achieve if elected?</b>                  Work to increase number of Chapters and membership levels; increase frequency of phone/virtual contacts with Chapters; develop new virtual and in-person PT workshops.</p>	

**Jack Nimmo** San Antonio TX *Candidate for At-Large*

<p><b>PrimeTimers® Experience</b>                  San Antonio PrimeTimers® 2013-present, including various terms as Membership Chair and Chapter President; PTWW Board: 2015-2017 Chair of The Independent Chapter; 2017-2019 PTWW President; and Director-at-Large 2023</p>	<p><b>Details and Prime Accomplishments</b>                  Chapter membership increased from 124 men to 200+; Implemented name badge system and member interest inventory. San Antonio hosted the 2019 PTWW Convention with 377 attendees and supported by a wonderful SAPT team.</p>
<p><b>Related life experiences</b>                  Federal Aviation Administration ATC Manager; Chickasaw Nation LLC Manger for Army Dental Command; Served on numerous boards of directors for community development, charities and churches.</p>	<p><b>Skills and Achievements</b>                  Air traffic controller, supervisor, instructor and facility manager where leadership and interactive skills were used daily; Apply rules/regulations and compliance; Support group decisions and work to implement for the good of the organization.</p>
<p><b>What accomplishments do you hope to achieve if elected?</b>                  I can contribute a historical perspective to PTWW, as through visits to many chapters as I saw unique methods used by chapters to enhance leadership and activities.</p>	

## 2024 - 2026 Elections for Board of Directors *continued 7*

**Joe Robinson** Kamloops BC

*Candidate for At-Large*

### PrimeTimers® Experience

Social coordinator, PrimeTimers® of Victoria; Founding President of Kamloops BC in 2018; PTWW Director-At-Large for the North/East Region 2022-present.

### Details and Prime Accomplishments

Joined PrimeTimers® in 2008. Moving to Kamloops, helped to organize a new chapter in a city of 90,000 during the pandemic and now have 36 members. Visited 13 N/E 13 chapters in the US and Canada, plus helping to start a new chapter in Rehoboth Beach Delaware.

### Related life experiences

Volunteered for several not-for-profit groups over the years; teaching in public schools for 31 years.

### Skills and Achievements

Giving back to community. Excellent organization and communication skills. Personable, energetic, enthusiastic, knowledgeable, responsible, and accountable.

### What accomplishments do you hope to achieve if elected?

Continue working to lead PTWW and make decisions. I would also like to continue supporting all Local and new chapters in whatever way we decide to do so moving forward.

**Jay Tremont** Omaha NE

*Candidate for Secretary*

### PrimeTimers® Experience

PTWW Secretary 2022-present; Metro Omaha PrimeTimers® (MOPT) Chapter Secretary 2015-2020; also served as MOPT Chapter Events Coordinator and Activities Calendar 2015-2021.

### Details and Prime Accomplishments

Established and continue to maintain MOPT's membership database. Oversee MOPT's annual Board Election procedure; Established and continue to maintain PTWW Roll of Chapters and oversee the e-distribution of official communications.

### Related life experiences

Volunteer roles with Metro Omaha arts and humanities performances and museums.

### Skills and Achievements

Served on the Steering Committee that established Omaha's first LGBT Resource Center; Chaired its Bylaws Committee, later Board Treasurer, and later as Board Secretary; BA-English, BS-Accounting; Certified Managerial Accountant (inactive).

### What accomplishments do you hope to achieve if elected?

Continue performing the duties of PTWW Secretary as assigned, including maintaining the Roll of Chapters Database, preparing the Board Minutes, conducting official votes.

**2024 - 2026 Elections for Board of Directors** *end*

**Ron Worth** Kansas City, KS *Candidate for Chair, Independents*

<p><b>PrimeTimers® Experience</b> Assisting the Kansas City Chapter Events committee and eventually Chairing it this year, previously a 20-year member of PrimeTimers® of Washington DC (now the National Capital Area Chapter).</p>	<p><b>Details and Prime Accomplishments</b> The chapter had struggled to get members' involvement, so the development of a strong Events Committee has enabled the chapter to survey the members for what they like, want, and what they don't like for the long term of the group.</p>
<p><b>Related life experiences</b> Architectural Degree from Kansas Univ. and MS from Bradley University; 20+ years in corporate roles as Vice President of Business Development; Considerable travel in Asia, Canada, Europe, and US.</p>	<p><b>Skills and Achievements</b> I am a builder. Every position I have had during my work life has been to build the organization I represent to be better for the clients/members, financially stronger, and always with a plan to move forward.</p>
<p><b>What accomplishments do you hope to achieve if elected?</b> Build "support" and strength within both the Independent Chapter and WW leadership, by creating a firm plan of what and how we will do this "together", such as regional events.</p>	

**ON TUESDAY, 9:00 AM, October 3, Original Prime-Timers® Worldwide, Inc. will convene in-person to vote on the following three items on the agenda for 2024-25 period.**

*Voting is by authorized chapter representatives only - one (1) vote per chapter.*

**1. ELECTIONS:** Candidates for the PTWW Board of Directors approved through the Nominations Committee and current Board are listed below:

<b>President</b>	<b>David Gunton</b>	<i>Hamilton ON</i>
<b>Vice President</b>	<b>Charles Koehler</b>	<i>St. Louis MO</i>
<b>Secretary</b>	<b>Jay Tremont</b>	<i>Omaha NE</i>
<b>Treasurer</b>	<b>Mark Hatten</b>	<i>Dallas TX</i>
<b>Chair, Independent Chapter</b>	<b>Ron Worth</b>	<i>Kansas City KS</i>
<b>At-Large #1</b>	<b>Joe Robinson</b>	<i>Kamloops BC</i>
<b>At-Large #2</b>	<b>Jack Nimmo</b>	<i>San Antonio TX</i>

**2. BUDGET:** Review/approval of the 2024-2025 PTWW operating budget.

**3. PRESIDENTS' ROUNDTABLES:**  
Open Forum for interaction/input for Chapter Care and communications.

## 2023 PrimeTimers® Worldwide Leadership Team

### 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 - Jack Nimmo\* - Texas**

*ptww.atlarge4.org@gmail.com*

### Chair, Independent Chapter 'The I-Guys'

**Sam Powell\* - South Carolina**

*ptww-iguys@primetimersww.com*

### Treasurer

**Walt Donges\* - Montana**

*ptww.treasurer.org@gmail.com*

### Secretary

**Jay Tremont\* - Nebraska**

*ptww.secretary.org@gmail.com*

### Deputy Secretary (Archive & History)

**Adrian Liau - Illinois**

*newsletter.primetimesww@gmail.com*

### Vice President

**Charles Koehler\* - Missouri**

*ptww.vicepresident.org@gmail.com*

### President

**Mark Hatten\* - Texas**

*ptww-info@primetimersww.com*

\*Board of Directors

### DIRECTORS EMERITUS

**Michael Stone - Florida**

**Richard Tobiason - Michigan**

## 2023 Operations Team

### Newsletter Editor

**Adrian Liau - Illinois**

*newsletter.primetimesww@gmail.com*

### Hosted Chapter Websites

**Brian Minnette - Texas**

*ptwwwwebtigers@primetimersww.com*

### Facebook Administrator

**Errol Waits - Nebraska**

*ptww.facebook@primetimersww.com*

### Original PrimeTimers Worldwide, Inc.

#### Proposed Operations 2024-2025 Budget

*Presented for approval at the Biennial General Business Meeting  
October 3, 2023 in St. Petersburg FL*

Income	OPS 2024	OPS 2025
inc_DUES	12,000	13,000
inc_I-GUYS	600	600
inc_other/Cruise Donations	2,000	0
<i>sub inc =</i>	14,600	13,600
Expense		
exp_LocalWebs/plugins	1,500	1,500
exp_WW/Hosting/Online	250	250
<i>3-year web hosting contract</i>	0	1,200
exp_Chapter/Anniversary Visits	10,000	7,000
exp_ADMIN/OPS		
<i>Insurance: General, Board</i>	850	850
<i>Zoom Room 2 licenses/postage</i>	350	350
<i>Prof. Fees, accounting</i>	500	500
exp_WW other/MISC		
<i>Biennial Convention 2025</i>	0	2,000
<i>sub exp =</i>	13,450	13,650
<i>Net gain/loss =</i>	1,150	-50

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

# PrimeTimers® of Central Florida Celebrates 28 Years

They came, they socialized, they ate and then socialized some more before going home.

Sixty-one members of PrimeTimers® of Central Florida gathered on Saturday, August 12, 2023 at the International Drive Golden Corral in Orlando to celebrate the club's 28th anniversary.

The club was founded in July 1995 by 11 men as a chapter of PrimeTimers® Worldwide. The club has 106 members today.

Attendees included 90-year-old Chuck S., the only founding member still active in the club.

Five members – Andrew H., N Jay H., Bob P., Eric S. and Jeter W. – were presented with certificates of appreciation for achieving 10 years of continuous membership.

The dinner was the deadline for members' donations of toiletry items, such as soap, body wash, shaving cream or gel, razors, deodorants, shampoo, toothpaste and toothbrushes for the club's first Good Deeds project of 2023. The toiletry items were destined for the Hope & Help Center of Central Florida, a local non-profit organization that provides a variety of services for people affected by HIV/AIDS. Prime Timers have donated toiletries to Hope & Help for nearly a decade.

*Ron Bush*

*Secretary and Newsletter Editor*

*PrimeTimers® of Central Florida*

Top and center photos courtesy of Ron Bush; bottom photo courtesy of Ken Barnard



**10-Year Members:** N Jay H. (left), Eric S., Bob P. and Andrew H. were presented with certificates of appreciation for their 10 years of continuous membership in Prime Timers of Central Florida. Also receiving a certificate was Jeter W. who did not attend the dinner.



**Social time:** Sixty-one members attended the club's 28th anniversary dinner.



**Good Deeds project:** Bags and boxes full of personal toiletry items are ready to be delivered to Hope & Help of Central Florida, a non-profit that serves those affected by HIV/AIDS.

# Wichita PrimeTimers® 24th Anniversary

Every year, no matter how early we start planning, it always seems that it comes down to a lot of worry and trepidation about the success of our chapter's anniversary that we call our Founders Celebration. And this year was no different. I began to wonder if our founding brothers had any idea as to how far we would get from where we came. I find it unusual that

our local founder, Dale, was a retired American Baptist minister who came out after he had children and grandchildren and his wife passed away. He found, what Woody Baldwin found, that there was very few, if any, resources for socialization of older gay men. He put out a notice for other older men and interested persons about the possibility of starting such a group. I think at that first meeting, there were a few likeminded and interested men, but others soon followed.

About three years later when I was asked to join, it was a pretty good-sized group of all kinds of men. I remember when a younger friend asked me if I wanted to go to a meeting of Prime Timers and my answer was probably the same as many of yours, "I'm not old enough" (Famous Last Words). But, I went, had a great time, met many of my friends, and made many new friends, and I joined!

In my twenty so or years of membership we had some growing pains, hurtful, but that was to be expected. To my knowledge of our history, we have missed only one

month of activities, April 2020, and that was due to Covid. But we were bound and determined not to let that stop us, so we continued to meet, face to face, when most groups were doing zoom. Of course, we practiced our safety precautions, which we still do today and while some of us contracted Covid, I don't know of anyone who contracted Covid as the result of our get-togethers.

And now we have eighty members, through many gains and dearest losses. Our founder, Dale, only asked that we do not serve alcohol at our activities due to liability issues. We have kept that practice, and everyone seems to enjoy our get-togethers without missing alcohol, although we do have a monthly bar night, Guys Night OUT. And we have had great success in recruiting members from AA and other recovery programs.

Another reason that I'm so proud of our chapter is that I owe our great success to the many volunteers and voluntary contributions, so we're able to host activities without having to charge a fee but simply a donation for food and drink.

For this year's anniversary, we catered fried chicken, paid for by the board, and barbecue as well as an entire buffet of mixed foods and desserts donated by our members. For entertainment, we had a local magician, Christian Manahl, who entertained us with his tricks. I'll leave that to your imagination. Next,

(continued)



Photo courtesy of Wichita PrimeTimers®

## 24th Anniversary

(continued)

we had our awards ceremony, like the coveted Clyde Mason Award which is given to the member who has done so much for our chapter and community. This year's recipient was Tom Smiley, a long-time member and of many past office holder. Speaking of long-time members, Certificates of Membership were given to men who celebrated five, ten, fifteen and twenty years of participation. Finally, we had our memorial service for those members who have passed since our 20th anniversary. I wish I could thank everyone by name who contributed to the myriad of ways to make our

anniversary a success; however I'm afraid that I would miss someone. I do want to extend my thanks and acknowledgement of our brothers who attended, from Kansas City, Oklahoma City, and Tulsa chapters.

Now, all I need to worry about is how we are going to top it next year for our 25th anniversary? Wait and see!

*Martin Mendoza*

*Activities Coordinator*

*Wichita PrimeTimers®*

## Update from Sacramento, CA

COVID really did a number on all of us. Kudos to our previous board for getting through all that! Slowly, our chapter has been doing more and more each month. What used to be two and occasionally three events a month has morphed into 15-19 events EACH month, with something for everyone (we hope). At the end of 2022 we thought we might belly up. NO ONE wanted to be on the board. Thanks to the President at that time (Charlie Butler) and a previous Board member (Peter Rolita), they managed to twist some arms. We are now Board Lite with 4 members. A President (Dr. Bob Vizzard), Treasurer (Tom Wheeler), Secretary (John Bennett) and one member at large, John Hunter.

Just my opinion, I believe being a small Board helps us get stuff done. We meet at someone's home each month after a call for agenda items/suggestions from not only dues paying members but also those who have shown interest from our Facebook and meetup.com accounts. What a good idea it was of the previous Board, to

establish those accounts.

New members each month say they first heard of us via meetup or Facebook. We now have business cards with our contact info, to make it easy to refer a friend. It was a steep learning curve for us to learn to navigate the official website and Facebook but we succeeded! It was a godsend that we've kept the same meetup host since the beginning (Lee Lasley). As a previous boss of mine would say "looks good on your resume". I'm 74, retired twice, ain't going back to work! Currently we've secured a venue for our 2023 Holiday Party and hired a caterer. Wow, a year will have gone by then!

So if you are in the Sacramento area, please check out our events. You are always welcome!

*John W. Bennett*

*Secretary*

*PrimeTimers® of Sacramento*

## Tucson's Goings-On

For chronicles of our events and dozens of photos of them – check out our Facebook page > Prime Timers Tucson TPT. Our Wednesday lunches are the most popular event with our members with almost 40% of our members attending the weekly festivities. We are actively seeking ways to expand the experience for our members – as some restaurants are beginning to have issues with our large numbers. As the heat of summer hits us here in southern Arizona, several pool parties have been popular events in July and those planned for August are likely to be just as popular. Conversely, the Front Runners, a group outside TPT – but which has a large cross-over membership, is curtailing the number of hikes because of the hotter weather.

Our Book Club had a special event in July – the author of the book attended the discussion. Carlos Valenzuela's memoir of growing up gay in the largely Hispanic border towns of Douglas-Agua Prieta, about 100 miles southeast of Tucson was the book of the month. The books for Septem-

ber and October have been chosen and announced in our newsletter.

Our newsletter has started a new feature – all about fur. Members are submitting photos for publication of them with their pets. The August newsletter featured Teddy and Mister. Our Directory has also started including photos of members as we are getting so large, it is difficult to put names and faces together sometimes. We are blaming our increase in members rather than our ages for that issue. LOL! Camera-shy members have a saguaro, the emblem of Tucson, in lieu of their mugshot.

In a new joint venture with another local group – TPT members have been invited to join in *GAYME DAY*. The Southern Arizona Senior Pride organization has a monthly afternoon event of board and card games. Fun for all.

*Stephen Stillwell*

*Board Member*

*Tucson PrimeTimers®*

## PrimeTimers® Walk In Stanley Park

Four members of Vancouver PrimeTimers® (and three future members) enjoyed a 'forest bath' in the woods and byways of Stanley Park this afternoon. Along the way we were caressed by gentle breezes in the dappled shade of ancient conifers as we made the short as-

cent to Beaver Lake. Thence to the famous Rose Garden and a visit to the shrine of William Shakespeare (aka The Bard in the



Park). As we skirted the shore of Lost Lagoon, a wise decision was taken to proceed to the Stanley Park Brewpub for refreshment. The ~4 1/2 km walk, not including pub time, took us about 1 1/4 hours - time well spent, we all agreed.

*Chris Bates*

*Member*

*Vancouver PrimeTimers®*

# The Financial Legacy of Woody Baldwin and His Chapter Development Monies

Many of you are 'newbies' to the organization and are probably not familiar with this fund. At the Reno Convention in 2007, Woody was honored at the 20th anniversary of his founding the group.

As a way of permanently recognizing Woody, Denny Weigel (then President of the Minneapolis-St. Paul Chapter) proposed this to me. We worked together to kick it off by asking members and chapters to donate to the **Woody Baldwin Chapter Development Fund (WBCDF)**. It would support the work with the development of new chapters and helping chapters in need. The funds could only be used with the approval of the Board of Directors of PrimeTimers® Worldwide.

In the early years some WBCDF funds were used to cover costs for board members to visit cities to help local organizers to kick off new chapters, as it does today.

Over the years donations have come from individuals and chapters. Woody passed away on April 16, 2016 at the ripe age of 96. Those of us who knew Woody felt enriched by his work and vision.

**In a separate action**, Woody also bequeathed his estate to the organization he loved best, PrimeTimers®. His executor distributed his money to all Local Chapters active at that time. Many chapters still have it in their treasuries and I have been asked how it is to be used.

My question is **“How has your chapter used the money from Woody?”**

Over the years, it was proposed that it could help offset costs for chapters to send one or two representatives to our biennial conventions.



Photo courtesy of Michael Stone

I know a few chapters have used it to help defray costs for annual Holiday Parties.

Now I'd like to hear from you so we can share ideas and not let these funds sit idly by in chapter treasuries. I promise to share your ideas in an upcoming article.

*Michael Stone*

*Director Emeritus*

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## Providence, RI's 17th Anniversary

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Providence Rhode Island Chapter met in August to celebrate the beginning of our 18th year. We met at Davenport's in East Providence and had a record turnout, with four new members for a total of 41 members in all. We had a fun time!

It was announced that we would join Boston and Connecticut for the annual Spooky Bear Halloween Weekend in Provincetown October 27-29.

Contact [helder28@aol.com](mailto:helder28@aol.com) for details.

*Steve Kagan*

*President*

*Rhode Island PrimeTimers®*

# Secrets to Losing Weight After Age 50

You have often been told about needing to lose weight and the best ways go about it. Here are some simple steps for a person over 50 to reach their goal and maintain that loss.

***Always get checked out by your physician before beginning any exercise program!***

**1. Move more:** A sedentary lifestyle has been linked to increased risk of heart disease, [obesity](#), and poorer health in general. A lot of sitting, whether it's working at a job or watching TV for hours can expand one's waistline. Walking is great exercise for your heart and waistline. You don't need to walk for hours. Instead of trying to walk three miles from the start, break it into smaller increments, e.g., ¼ mile every other day for two weeks, then ½ mile for several weeks, etc. Plan to exercise at least 3 – 5 days a week for 30 – 45 minutes. *Don't push too hard or too fast to achieve your goals because you may either injure yourself or get discouraged.* Focus on the amount of time you exercise. If your goal is to walk 30 minutes, break it into 6 x five-minute sessions or 3 x 10-minute bouts. Vary the intensity of the exercise with the duration to develop a more personalized program. Remember, it's the TOTAL time x intensity of exercise that determines how many calories you lose.

**2. Get enough sleep:** There is a strong relationship between short-sleep duration and/or poor-quality sleep to an increased risk of developing obesity.

**3. Do not skip meals:** Believe it or not, your body burns calories when you eat because it revs up your metabolism. So, by not skipping meals you boost your metabolism more often. When you skip meals, your blood sugar drops, which makes you hungrier at your next meal. Try eating 5 – 6 small meals per day rather than two or three larger ones.

**4 Eat Smarter:** Eating more protein when trying to lose weight can help older adults lose more fat and keep more muscle mass. Eat less red meat and more chicken and fish. Eat more complex carbs such as fruits and vegetables. Not only are fruits and vegetables low in calories, but they also contain many essential nutrients to help the body function better. Avoid simple carbs like cake, cookies, chips, and bread. Rather than opting for processed foods, choose whole grains, which can significantly reduce overall energy intake and body weight in overweight adults. Practice reading the ingredients and calories per serving on packages to choose more wisely.

**5. Eat mindfully:** Do you often eat while doing other things? Whether eating while at one's desk or watching television, concentrating on something else while eating can cause you to overeat. You are not concentrating on how full you are feeling, so you continue to eat, even after you feel full. When you feel full, stop eating!

**6. Eat out less often:** It is difficult to know what's in a meal when you eat out. Restaurant dishes may contain hidden ingredients and extra fats and sugars. Restaurants tend to provide large helpings and, not wanting to waste food, we eat it all. When served, immediately divide your meal in half and ask for a box to take half home for another day. When you cook at home, you can be sure of what goes into your body.

**7. Switch snacks:** Instead of reaching for sugary foods when you are hungry, reach for healthier snacks, like nuts, fresh fruits, or crunchy veggies. If you find yourself craving something sweet, have it, but be careful not to overindulge. Put that snack

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## Losing Weight

(continued)

in a cabinet or fridge so it's out of site and will not tempt you further. It's a good idea not to keep delicious temptations in your home. Carbonated drinks such as soda, or even *healthy* drinks, such as store-bought smoothies and Gatorade, contain a lot more sugar than one may be aware of. By the way, this also includes drinking alcohol. Most standard alcoholic drinks (beer, wine, cocktail) are also about 150 calories or more.

**8. Keep your distance:** When you go to the store, don't drive around and around looking for the closest available space. Park at the far end of the parking lot (if it's safe). You will burn extra calories just as part of your daily chores. Each *extra* activity helps with your weight loss.

**9. Enjoy exercise:** Find an exercise/activity you enjoy. Whether that be [yoga](#), Tai Chi, weight training, tennis, Pickleball, or water aerobics. Enjoying it will make it feel less like work and more like fun. Vary your exercises so you don't get bored.

**10. Buddy up:** Enlist a friend who enjoys the same goals. Adding the social aspect often helps one stick to a plan and maintain weight loss. Form a *Buddy Group* so if one partner is unavailable, you are less likely to take a day off.

**11. Set realistic goals:** It is *VERY* important not to push yourself to reach unrealistic goals. Not reaching ambitious goals may discourage you. Work up to these ideal goals by setting [more realistic goals](#) along the way. One good estimate of how much you should eat is *10 calories x DESIRED body weight*. For example, my desired body weight is 180 pounds so I should eat no more than 1800 calories. Ideally, if one is sedentary, eat less and if

one is active, eat more. Make adjustments as necessary. Goals may be inches lost, smaller clothing size, pounds lost, time or distance walked, or counting steps. Before you start your program, take baseline measurements. Total inches = sum of neck, upper arms, chest, waist, hips, thighs, and calves; starting weight; or distance walked. How many steps did you do the first day? I encourage you to take all these measurements because weight loss alone, is not always the best measure of success. You may periodically gain weight or stop losing it. **Don't give up!** This is normal and it will eventually drop.

**12. Lift weights:** The aging process leads to muscle mass and strength loss. Weight lifting can counteract this effect. The more muscle you have, the higher your metabolism will be, and the more calories you will burn. Weight lifting also promotes bone strength, which can help prevent injuries.

**13. Hire a personal trainer:** Lack of motivation may prevent you from losing weight after the age of 50, but hiring a personal trainer may help. Personal trainers can keep you accountable and on track. However, hiring a personal trainer can also be expensive. If this is not an option, try to find a video coach on YouTube and follow those instead. Such videos are usually free.

**14. Get tested:** If you are still finding it difficult to lose weight after several months, it may be worth consulting a healthcare professional for a checkup.

Steve Horowitz

President

PrimeTimers® Sarasota

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### **MORE TRAVEL INFORMATION:**

**Airports** – Houston Hobby for Southwest and Delta Airlines with IAH Intercontinental for America, United, and other airlines.

**Hotels** – Galveston Island has several deluxe options, including the exotic

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