

## Boston PT Prez Ed Ford Wins Commonwealth Award

Ed Ford, President of Boston Prime Timers was one of 28 seniors who received a Distinguished and Dedicated Service Award from the Executive Office of Elder Affairs of The Commonwealth of Massachusetts. Ed's husband Gilbert Arenaza, his daughter Sarah Downing-Ford, members of Boston Prime Timers and other friends were present at the State House on Monday, May 19th, when Ed received this award from Mike Festa, the Secretary of Elder Affairs, and Sandra Albright, Undersecretary of Elder Affairs:

**The Commonwealth of Massachusetts  
Executive Office of Elder Affairs  
In honor of Older Americans Month presents the  
Distinguished and Dedicated Service Award  
To  
Ed Ford**

**In appreciation of your sustained and unselfish commitment to improving the lives and well being of seniors in your community and throughout the Commonwealth of Massachusetts.**

Secretary Festa noted Ed's achievements in the following remarks to the guests:

Ed Ford has been a member of **Boston Prime Timers** for over 16 years, a Board member for 14 years, and is serving his tenth year as President. Boston Prime Timers is a social, educational and support network for gay and bisexual, senior, men. "The purpose of the club" according to Ed, "is to provide safe, open space for social relationships to form and thrive, and to build a healthy, senior, gay community that is highly functioning and highly visible. For the past three years, Boston Prime Timers has been very visible and has won top awards for "best float" in the Annual Boston Pride Parade.

Since being invited to join the community at **United South End Settlements** in 2005, Ed has forged a solid relationship between Boston Prime Timers and the community, collaborating with USES to produce "**Gay Stories of the South End**" in October 2005, a panel that he moderated. In October, 2007, Boston Prime Timers, The History Project and USES collaborated on a follow up session, "**More Gay Stories in the City**".

Prior to moving to USES, Boston Prime Timers' monthly gatherings lasted 2-1/2 hours. Now, members are lined up at the door and some socialize for almost 5 hours each month, which certainly makes a case for a Gay Community Center in a City so vibrant.

For the past five years, Ed has been on the steering committee of the **LGBT Aging Project** and is currently Treasurer. The Project works to ensure that LGBT elders and their caregivers have equal access to the benefits, pro-



**Ed's Daughter Sarah Downing-Ford, Ed Ford, Secretary Mike Festa, and Ed's Husband, Gilbert Arenaza  
(Photo: Roy Brown)**

tections, and aging programs, services, and institutions that their heterosexual neighbors rely on, and take for granted.

Boston Prime Timers is a founding member of the Pride Senior T Dance, which continues to be the only official senior event during Pride Week!

Three years ago, Ed was part of the team at **Ethos** that organized the first LGBT weekly meal site each Thursday, at Emmanuel Church on Newbury Street.

In June, 2006, Ed was invited to participate with 30 other LGBT leaders for the inaugural National LGBT Aging Roundtable. The historic meeting, convened by the **National Gay and Lesbian Task Force**, marks the first time advocates from across the United States have gathered to discuss aging issues and their impact on the nation's aging lesbian, gay, bisexual and transgender population. Ed attended his second session in January, 2008.

For the past three years Ed was on the Board of the **Boston Partnership for Older Adults**, as an openly gay man, and hosted the monthly cable news program **Agewise Boston-Bridging Generations**, on BNN-TV which informed the community of the work of the Partnership.

Ed is a life-long resident of Boston and currently resides in the West End with his partner of 19 years, and now his husband, Gilbert Arenaza. He has two adult daughters, Sarah and Jessica who live in ME and CO, respectively, and two grandchildren, Elijah 5-1/2 and Marli, 1-1/2.

Article courtesy of Boston Prime Timers

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## PRIME TIMERS WORLDWIDE BOARD

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BY WOODY BALDWIN, FOUNDER,  
PRIME TIMERS WORLDWIDE

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One of the magazines that I read has a monthly column in which celebrities of one kind or other tells what he or she has learned. Since I am not a celebrity, I have chosen to talk about what I have NOT learned.

After several years as octogenarian, I still don't understand American politics. Now that we are immersed in an election of major importance, it is politics as usual. It seems we still do not select our government officials on a basis of what they can do for the lives of us ordinarys, but instead select them because of whom or how many they slept with, their physical makeup (sexual components, skin color, etc.), friends of thirty years ago, which church they attended in the past or present, and the list goes on. Instead of focusing on issues, the party leaders are busy trying to see how many "negatives" they can find on the other party's candidate and how to respond to the accusations against their own party. Why is it that when a politician of one party suggests something, the other party is automatically against it regardless of its effect on us? Perhaps I'm a slow learner.

And while I'm in this optimistic mood (joke), I have not learned why human beings are prejudiced against other bona fide, card-carrying human beings because of their race, sexual orientation (I cringe when they use the word "preference"), gender, nationality, religion, or whatever. There are good and bad individuals among all these classifications, but the good in all far outnumber the bad. And we all have our own definition of good and bad. OK, if you must hate, hate so-called bad individuals, but don't focus your hatred on the entire classification. I haven't learned.

And I have not learned why we cannot find a better way of settling differences between nations (or even within them) than taking the precious lives of innocent human beings. Depression comes easily to me when I think of my wonderful, promising young friends who died in wars. Why not me, God? Is my life any more precious than theirs? I don't think so yet theirs was snuffed out by war.

Enough of these rants and raves; I should be using this time to suggest ways of righting these wrongs. Procrastination. I'll write that letter tomorrow.



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## J. David (Dave) Miller June 29, 1926 – July 1, 2008

It is with a truly heavy heart and great sadness that I report the passing of our dear friend, Dave Miller. For me Dave has always been an integral part of Prime Timers. I joined the Worldwide Board in October of 2003. Sometime in that first year our Treasurer resigned. Then Secretary Kendall Cabe told us about Dave and said he was willing to fill the term. Dave stayed with us for another 2-year term and left that position last October in Reno.



His work on the board always went above and beyond what was expected of him. His reports, statements and budget projections reflected that strong work ethic and he continued working with current Treasurer Pat Karr to smooth the transition, long after he was out of office. You could always reach Dave at any time on his cell phone, usually hard at work. Dave was one of a kind.

Dave had to be one of the kindest, most supportive, thoughtful individuals I've ever met or had the privilege to work with. He was a hard worker both on and off the board. I heard that he was still employed full time when he died, suddenly, on July 1. Study his picture well because you'll see that sly little smile always hiding in the background. He had a keen sense of purpose mixed with a wonderful sense of humor.

I always relied on Dave's sense of purpose and fairness, long after he left the board. This organization is the stronger for what he gave to it. Men like Dave are to be treasured; they are part of the fabric Prime Timers is made of. He will be sadly missed. Michael Stone, President

## Labor Day Getaway Oklahoma City August 28—September 1 Still Time to Register

Every year Labor Day weekend in Oklahoma City just gets better and better. It is the entertainment bargain of all the Prime Timer events—just \$139 for two dinners with professional entertainment, three other meals, continental breakfast everyday, and open bar happy hour Friday, Saturday and Sunday.

Held at the famous Habana Inn in Oklahoma City, the Southwest's largest Gay Resort, you can't help but have a good time in Oklahoma City over Labor Day Weekend.

**For more information and a registration form, send an email to [PTLaborday@AOL.com](mailto:PTLaborday@AOL.com), or call Rob at (405) 946-1377.**



**PRIME TIMES is the Newsletter of Prime Timers Worldwide, Inc., a social organization for mature gay and bisexual men. It is published six times a year in the odd numbered months. Subscription rates are \$15 for a year. To subscribe, write your check to PTWW, and mail to Prime Times, c/o Rob Howard, Editor, 4436 NW 59th St., Oklahoma City OK 73112.**

**To submit a story, tell other Prime Timers about your chapter events, write a letter to the editor, or to reprint a story from Prime Times, contact Rob Howard at the address above, or at [robhowar@aol.com](mailto:robhowar@aol.com). Prime Timer chapters are welcome to copy editorial content from Prime Times without further permission. Please give credit to Prime Times, and to the original author and chapter if it is noted. Articles can be sent to you electronically to clip into your newsletter by emailing Rob Howard at [robhowar@aol.com](mailto:robhowar@aol.com).**

**[www.PrimeTimersWW.org](http://www.PrimeTimersWW.org)**

A wonderful pattern has begun to form (finally) and it's happening as a result of my visits to our many wonderful chapters and events. I take something with me from each visit, put it into some narrative notes and then go back and look over them. From these the pattern continues to emerge.

My four days helping our Charlotte Chapter celebrate their 15th Anniversary helped give shape to that pattern. What? Only four days? I felt as though I was an integral part of their group and always had been. It was 101F on Saturday, June 7 and we all spent 6 hours outside under or around the picnic shelter where the anniversary was held.

I was privileged to put faces and personalities on names I had spoken with. It was great that so many men from our Myrtle Beach chapter drove the long distance to attend. We'd worked together to start the chapter but had never met. I knew Harrison and Tom and a few others in Charlotte from conventions, cruises and phone calls. They took me under their collective wings from the moment I stepped off of the plane until the time I left.

On Sunday afternoon I was asked to speak at their monthly meeting. I spoke and looked around and listened very carefully and this is what I saw, heard and felt: CARING AND PRIDE. Every one cared very much about one another and about their chap-

ter. When someone didn't show for an event a member would be right on the phone making sure he was all right. Pride comes from inside the members; they are 49 strong but energy and enthusiasm radiates from each and every man.

Now I realize that when I see chapters succeed and grow it's because of these two elements. We all need to work together and in order to do that we need to, first, care very much about each other. Next we need to care very much about what we are doing and, most importantly, we need to care very much about our group. With that caring comes support and energy and success and, in the end, pride. It's like a wonderful circle because the pride leads us right back to the caring and the caring produces pride.

Did I mention the food? Well, some of you have

*(Continued on page 5)*



Michael Stone  
President  
Prime Timers Worldwide



What Michael is talking about—Here he talks to PrimeTimers at the Charlotte Picnic

*(Continued from page 4)*

faulted me for often saying "Prime Timers is about food and eating". Of course I don't mean exactly that but so many of our wonderful events include food. The Charlotte anniversary picnic could have easily fed 200 hungry men. I had to ration myself after going through the food line 3 times. The Sunday meeting had a great pot luck. I always ask to speak to groups before they eat. I figure if they're hungry they'll listen. Well, the Charlotte guys proved me wrong. We all ate and then I spoke to a thriving, interactive, listening group.

From June 26 through 30 I spent four wonderful days at the annual Celebration of Friends gathering in Miami Beach. Among the 660 Gay men attending most of us were Prime Timers. Thanks to my right hand man, Rob Howard, for the materials and banner. Our display was the busiest one there and most of the newsletters and flyers were snapped up. I talked to the few who were not yet Prime Timers and, hopefully, they'll return the applications I gave them. I see this as a wonderfully supportive extension of what we do and look forward to next year's gathering. Nice job, TomCat!

So, am I sitting still? Only long enough to get these articles written. Friday July 11, I fly to McAllen, Texas to meet the great guys I've talked and worked with during the past year. On Sunday, July 13, we plan to kick off our Rio Grande Valley, Texas chapter. These men have worked hard to distribute 1,000 invitations in the area (which includes McAllen, Harlingen, Mission and surrounding areas). I'm grateful to them for including me on this very special day.

The 'magic carpet' takes me back to Miami 2 days after returning from Texas, to enjoy the gathering of Gay Choruses there. On July 26 I only need to drive about 50 miles to attend and speak at the annual dinner and meeting of our Tampa Bay Chapter. Two and a half weeks later it's on to help celebrate Founder's Day at our Wichita Chapter, then on to Oklahoma City for a great Labor Day Event, Vienna, Austria, Rome and so it goes. I'm starting to love all of this travel. Why wouldn't I? What a wonderful opportunity to meet so many wonderful Prime Timers and participate with each chapter in celebrating wonderful events.

## Charlotte PrimeTimers host Myrtle Beach, Raleigh/Durham and Michael Stone for 15<sup>th</sup> Anniversary

By Tom Hendricks  
Vice President Charlotte NC Chapter

Primetimers of Charlotte, NC held their Annual Picnic on Sat. June 7th. which continued the celebration of its 15th. anniversary. This years special guests were President of Primetimers Worldwide Michael Stone, the Myrtle Beach, SC and the Raleigh/Durham, NC Chapters. Over 50 guys celebrated a day filled with great food, laughter and enjoying the wonderful (but Hot) weather.

The following day a large group attended our monthly meeting. Michael Stone gave a very interesting talk on Prime Timers, what we are and where we are going. In celebration of Judy Garland's birthday on Tuesday June 10th. a large cake was shared. Thanks to our own Judy G. (Jim T) for the cake and thanks to Michael Stone for being our weekend guest.



Harrison, Tom, Bobby and David, Charlotte Picnic June 08

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## WESTERN REGIONAL PRIME TIMERS GATHERING IN LAS VEGAS

by Ralph Sanderson, Cleveland Prime Timers

I returned to Cleveland from five days in Las Vegas Friday evening, May 2nd. My stated reason for going was the Regional Gathering, but I also really wanted to see Las Vegas, as the last time I was there was just overnight when helping a friend move from California to Dayton in 1994.

How Las Vegas has changed in the last fourteen years! It was astounding, even though I'd seen much of it on television and the movies -- the WOW factor really came into play time and again!

I arrived on Sunday evening, April 27th and checked into the Imperial Palace Hotel, the Gathering site and registered for the events. The Imperial Palace is one of the older hotels in Vegas and has a great location. My room was large and comfortable and clean -- the hotel was a little worn, much like an old, comfortable pair of shoes; but, the price was right and I really liked it.

On Monday evening there was an opening reception in the famed Auto Collection showroom at the hotel. It was kind of a meet and greet time and I met a number of folks from different parts of the country as well as Las Vegas - there were about 100 attendees at the Gathering and we were all Prime Timers. An easy group of guys to be around.

On Tuesday morning there was a breakfast gathering at the Imperial Buffet in the hotel which was quite good. There actually was not a lot of 'conferring' that went on as the gathering was more of a social event which permitted quite a lot of free time to see the sights -- primarily the absolutely opulent hotels: *The Bellagio*, with its thousand fountains and indoor conservatory and fine art gallery; *Caesar's Palace*, which covers five acres; *The Venetian*, with its canals and gondolas and singing gondoliers (especially); *the Wynn* with beautiful inlaid marble floors; and the *Luxor*, built in the shape of an Egyptian

pyramid, and containing a replication of King Tut's tomb. I've never seen anything quite like the hotel lobbies!

On Wednesday evening, there was a happy hour and banquet at the Imperial Palace which was really a lot of fun as by then I'd gotten to know several of the guys. Afterward, there was a show in the Imperial Theater called *Legends in Concert* which was excellent. The show featured Dolly Parton, Janet Jackson, The Temptations and of course Elvis Presley all actually singing, live, their well known songs -- I remembered every one of the



PTWW President Michael Stone Presents Las Vegas' Chapter Charter

songs -- the performers really made you believe you were seeing the actual person being portrayed! I especially thought Dolly Parton was good (I've been a fan for many, many years).

On Thursday I was pretty much on my own as the Gathering had ended the previous evening. I went to see one of the Cirque du Soleil performances at MGM Grand, *Ka*, which was absolutely incredible and much enjoyed by the whole audience. By the time Friday arrived, I was ready to head back to Cleveland with many good memories of many good times. A good time was had by one and all!



# ASSISTANT ATTORNEY GENERAL, KEYBOARD MUSICIAN, BEAD ARTIST, PRIME TIMER

# 7

## MEET KOBE COHEN

Growing up the son of an attorney in Lewiston, Maine, Kobe has small city roots. Having an ear for music helped, as he played classical piano at a young age. Along with the piano, he also sang on a local radio station. He mentioned being a soloist at several churches. He continued with music in high school, playing saxophone in the high school band. While attending Bowdoin College in Brunswick, Maine, Kobe was still involved with music. There, he was one in a group of nine male voices that toured Europe, he being a soloist of several numbers. He graduated from Boston University with a degree in law, and became an Assistant Attorney General for the state of Maine. During his younger years, he experienced many adventures: starring in many musical comedies in community theatre; sang with the New York Philharmonic; did choral work with the American Ballet Company; even was a waiter in a posh French restaurant in Hyannis Port out on Cape Cod.

To add to his adventures, Kobe moved to Venice Beach, in Southern California, living on the famed boardwalk. In Venice, he came out socially. He took classes in jazz piano, and learned how to write his own music. Kobe felt there would be greater opportunities to write music and be creative in San Francisco, hence he headed north to the Bay Area. There he had his own band, playing keyboard, often using his own music. He waited tables at the old Bakery Café on Castro as a day job. He attended law school in San Francisco, and was office manager for the Legal Aid Society. While in the Bay Area, he lived in Marin County, Oakland, and in the City in the Haight-Ashbury. The not-for-profit agency he was working with transferred him to Oklahoma City, and we are glad he is now a Primetimer.

While attending law school in San Francisco, a friend introduced him to beading as a hobby. It was an aesthetic interest in the early days. He'd hit yard sales on the weekends, picking up beaded objects to start his collection. Even as a hobby, his creations be-

came very much in demand. Since retiring, he's now working with the beads, but not simply as a hobby. He has many thousands of beads of all imaginable shapes and sizes, designs and colors: African trading beads, Swarovski crystal beads, furnace glass beads,

pearls, turquoise, semi-precious, stylistic beads from around the world, even beads from snow tires. Many of his designs involve leather, or sterling silver. It depends on his mood at the moment as to what design he creates. He designs elegant necklaces, bracelets, anklets.....or whatever else you wanted to have something wrapped around. Check out Kobe's



**Former Lawyer, now Bead Artist and Prime Timer  
Kobe Cohen works on some bead art in his  
Oklahoma City Studio**

website: [www.kobekraft.com](http://www.kobekraft.com)



**Just one of Kobe's  
stunning necklaces**



**Just because you are "retired" doesn't mean that you can't have a satisfying second, third, or even fourth career. Find something you enjoy, and work at that!**

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# HERE AND THERE

BY ZACH MULLANEY, CONTRIBUTING EDITOR, CENTRAL OKLAHOMA PRIME TIMERS

**EDMONTON, CANADA:** The Edmonton Prime Timers meet at the Unitarian Church (10804 – 119<sup>th</sup> St.) on every second Sunday of the month, September through June. Doors open at 2:30pm. During July and August, there are so many functions, so regular meetings aren't necessary on regular meeting dates. Good newsletter with a lot of good fotos, guys. Love the muscleman in the kilt! Was he true to tradition?

**MELBOURNE, VICTORIA:** 68 members – The special speaker at the June meeting was Janet Cribbes, the mayor of the city. She made several very positive comments of the Vintage Men, which were good to read. Beside speaking on gay issues, she commented on the needs within the city, and hey, guess what. Their needs are very similar to the needs we have.

**PERTH, WESTERN AUSTRALIA:** Hey, everybody, most of the PrimeTime cruises involve the Caribbean, Mediterranean, and Mexican Riviera. The Perth chapter is planning a cruise around Southeast Asia. Read the article on the cruise elsewhere in this newsletter.

**CHICAGO:** Many of the chapters now have reading groups, Chicago included. Last month's read was the book by Gore Vidal: The City and the Pillar. There are always refreshments, this time raspberry pie. The group meets at 7:30pm on the fourth Wednesday of the month at the Center on Halstead, second floor. There are discussions regarding the monthly book, and points of view are shared.

**TORONTO:** Saturday, August 23, the chapter will be holding their yearly bar-b-q in Ashbridges Bay Park Picnic Area #1. You can get there at 3pm, and food will start being

served at 5:30pm. You'll need to bring your own lawn chair, and ten bucks for the dinner. So, if you'll be in Toronto latter August, consider going to this fun feast.

**SAN DIEGO, CALIFORNIA:** A change has been made since we last mentioned the chapter. They used to meet at David's for coffee on Saturday mornings, but that has changed to 10am at the Urban Grind. It's on Park Blvd. across from The Flame. I don't know anyone that doesn't like San Diego, so on your next visit, get with their group Saturdays mornings at the Urban Grind.

**SAN GABRIEL VALLEY/PASADENA:** Good to read that Dr. Cenicerroz has the chapter rolling along. If you'll be in the LA area, this newer chapter is worth a visit. Email to [Primetimerssgv@yahoo.com](mailto:Primetimerssgv@yahoo.com). If you're already in SoCal, call Ray at 626/793-2920.

**HARTFORD, CONNECTICUT:** If you are planning a trip to New England this Fall to see the leaves in all their brilliance, plan on being in Hartford the third Sunday of the month for their general meeting. It is a brunch meeting, 11:30am, at the Marco Polo Restaurant. They'll be happy you stopped by.

**SAN FERNANDO VALLEY, CA:** If you find yourself in the LA area, but out in the Valley, the chapter meets every Thursday at noon for lunch at the Four'n 20 Restaurant, 5530 Van Nuys Blvd, in Sherman Oaks.

**COLUMBUS, OHIO:** The chapter is contemplating the 'Adopt a Highway' program. Each organization adopts a 2 mile stretch, and it does not have to be an interstate. The State provides the required orange vests and equipment. It requires a minimum commitment of four outings a year for two years. A sign would be posted on the highway crediting the Columbus Prime Timers. Great idea!

**CROSSTIMBERS, GRANBURY, TEXAS:** This chapter has grown by leaps and bounds since inception. They now have over 100 members. They credit the leadership of James Allen, owner of the Stampede-Ft Worth for what he's done. If you're in the Ft. Worth area, stop by the Stampede at 621 Hemphill. Good chance a Prime Timer or two will be there.

**BALTIMORE-WASHINGTON, DC:** The two chapters are discussing a joint trip to Atlantic City in August. There will be a bus reserved, gambling vouchers, some credit playing money, and a voucher worth X number of bucks for dinner. For those that don't gamble, there's the famed boardwalk to cruise and pretend to be Miss America of 1969. Sounds like a fun day!

## WANT YOUR OWN COPY OF PRIME TIMES?

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Send a \$15 check made to PTWW, along with your name, address, phone number and email to

Rob Howard, Editor  
4436 NW 59th St.  
Oklahoma City OK 73112

# SAN ANTONIO PRIME TIMERS HOST AIDS FOUNDATION HOSPITAL PARTY

BY PAUL WALTHALL, SAN ANTONIO PRIME TIMERS

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The Charity Fund Committee of our San Antonio Prime Timers' chapter strives to make a difference at our principle charity, the San Antonio AIDS Foundation Hospital. Our latest effort was a huge success.

In mid-June Al Carrillo and Paul Walthall visited the hospital to explore the idea of our taking a meal and having a party with the patients. They met with Theresa, the kitchen manager, and Tracy, the morning kitchen supervisor who jumped on the idea. Then they chose July 4th. We would provide the meal, ask members to join in and eat with patients, and bring cheer and show interest in and support for the pa-



San Antonio Prime Timer Larry Victor helps feed a patient at the San Antonio AIDS Foundation Hospital party on July 4

tients. From several choices Theresa and Tracy chose fried chicken, potato salad, fresh fruit and lots of ice cream and cake – especially chocolate. Your Charity Committee was delighted and all were anxious to help.

The week before the 4th notice of the event went to all PT members. Early in the week of the 4th, food items were bought and were ordered to be picked up on Thursday afternoon and Friday morning. On the morning of July 3RD, eight committee members met to prepare the cantaloupe, honeydew, watermelon and pineapple. That took a couple of hours and was followed by a pre-party celebration of pizza, pecan pie and ice cream.

On the morning of the 4th, 16 Prime Timers plus two guests took the party to the AIDS Hospital. Colorful 4th of July tablecloths were put on the tables to give a festive look. Lunch was first served to seven

bed bound patients then to 14 ambulatory patients. Of those, several needed help eating and Prime Timers went right to their aid. One of the patient's



families had come to the hospital from Crystal City to be with their loved one. They ate at the round table. All thanked us for being there.

When the resident patients had finished eating, around 25 non-residents, who were waiting, were invited into the dining room and fed. They were expected so there was plenty of food. The hospital daily feeds a number of HIV positive people who are not in-house patients. They, too, thanked us.

The event was genuinely appreciated and enjoyed by all. Those of us Prime Timers who were fortunate to participate felt genuine gratitude that we had, in a small way, made a bright day in the lives of our less fortunate friends. This was one of our chapter's finest hours.

All the hospital staff were very enthusiastic and expressed hopes we would do it again. We will!



San Antonio Prime Timers help prepare food for the July 4 Party. L to R: Tommy Pehl (their Treasurer), Phil Taman, and (with his back to the camera, Jerry Trimble



## YOGA

Central Oklahoma Prime Timer Joe LaRocca is “70-something” but has adopted a physical fitness regimen that has him feeling years younger. He works out five days a week at the Pacer Fitness Center in Oklahoma City.



Joe also does the Central Oklahoma Prime Timers Calendar and Month at a Glance each month



Three of those days, he takes a Yoga class. “You know,” Joe says, “a year ago I could not have assumed any of these positions—and look at me now!”

Staying healthy, and a good fitness program, whether it is light exercise, “mall-walking,” yoga, swimming—whatever you can do to keep your muscles in tone, your body relaxed, and your weight and blood pressure down—is key to feeling good about your body and yourself.

## YOU WANT THOSE POUNDS TO DROP?

Trying to lose a few? Who isn't?! You'll lose even more if you set out a plate of this before each meal: apple wedges. Eating a bit of high-fiber fruit – like a small apple or pear – before each meal is a proven weight-loss booster.

You've seen those ads for weight-loss pills that promise to help you lose even more weight when you diet. It's possible that apple wedges could give those pills a run for the money. In a recent study where people were divided up into fruit-before-meals and no-fruit-before-meals groups, the fruit group lost more weight – even though they all followed the same reduced-calorie diet. The key to it is to choose a fruit that is high in fiber, but low in calories with high water content, like apples.

Serving suggestion: we always seem to like to try foods that look attractively displayed. Don't we always get turned on by our eyes? Give the apples a visible flourish. Slice, core, and arrange them on a plate with some low-fat vanilla yogurt in the center as a dip. Sprinkle a wee bit o' cinnamon on the apples. Enjoy, and watch the pounds drop.



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Do you have a profile on MySpace, FaceBook, SilverDaddies or other online systems?

Put Primetimers in your profile and direct anyone interested to [www.primetimersww.org](http://www.primetimersww.org)

# Hurry, Hurry, Hurry!

By Joe Futch

# 11

Joe Futch in Alaska



Now that I, hopefully, have your attention, let me proceed. Can you imagine the panic during the Ice Age when the glaciers began melting and the Bearing Strait started flooding? Can you imagine the headlines in the Hard Rock Gazette? "If the current trend in flooding continues, all future tours to the Land of the Rising Sun will possibly be suspended. Is our Planet in Peril??"

Well, let me now encourage you to see the glaciers of Alaska before they disappear. Having visited Mendenhall Glacier near Juneau, AK some 25 years ago, then returning a couple of years ago, I found that it had actually receded over half a mile. Upon visiting Glacier Bay and seeing the chunks of ice the size of a ten story building calve into the ocean,



one wonders how long it will be before we visit "The Bay" since there may possibly be "No Glacier" at all. The pictures accompanying this article were taken by me, a non-professional photographer. With such beauty, you can be assured to come away with fantastic pictures, not to mention the memories.

Now is your chance to take in the fantastic sites of Alaska by joining us on our Tour/Cruise. Michael Stone and I made this same itinerary with another company previously and are really looking forward to having the opportunity to "put our special spin" on the activities planned for this trip. The cruise is aboard our favorite ship, Celebrity's Millennium. Fantastically affordable rates are available for this Tour/Cruise and we encourage you to act now in obtaining space before the better rates are sold



out. Talk it up with your friends and have them join you on June 30 in Fairbanks for the start of this trip. The escorted cruise and escorted land tour (including Alaskan travel, hotels, escorts and guides) starts at only \$1,780 plus port charges and taxes.

Of course, we are also offering a cruise to the Southern Caribbean, aboard Celebrity's Galaxy, on January 19 of '09, which promises to have very different scenery but equally exciting activities. This 11-day cruise begins in San Juan, PR and encompasses some ports not normally included in the regular itineraries of cruises in that area. Courtyard Travel has been able to obtain great rates for this cruise as well. This is the best-priced cruise we've ever offered. Call Marc, Michael or Bobette right away to get early-bird prices, while they're avail-

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able.

So, now you have a choice. However, for those of you who have problems in making such choices, we will entertain the possibilities of having you join us on BOTH cruises. We have many "repeaters" from previous cruises who have already booked. If you have never experienced one of our cruises, I promise you that you will never regret becoming a part of the Courtyard Family. For those of you who are already members of the Courtyard Family, let me say I look forward to seeing you again with great excitement.



## Prime Timers 7-Day Alaska Cruise and 4- Day Pre-Cruise Land Tour

On Celebrity's Millennium  
Seward, Hubbard Glacier, Juneau,  
Skagway, Icy Strait Point,  
Ketchikan, Inside Passage,  
Vancouver, BC

**Prices start at \$1,780  
for 11 Fun Filled Days**

Plus port charges, taxes and fees, and fuel  
surcharge of \$373.17 per person

**Deposit of \$250 is fully refundable until  
April 20, 2009**

## Price Includes Pre-Cruise Four Day Land Tour

- Day 1 Jun 29 Fairbanks, Sophie Station Hotel
- Day 2 Jun 30 Fairbanks, El Dorado Gold Mine  
Tour, Riverboat Discovery tour. Sophie  
Station Hotel
- Day 3 Jul 01 Fairbanks & Denali Rail Am-Fai to  
Denali. Tundra Wilderness Tour. Pm De-  
parture McKinley Village Lodge
- Day 4 Jul 02 Denali & Talkeetna Motorcoach to  
Talkeetna. Talkeetna Alaskan Lodge
- Day 5 Jul 03 Talkeetna and Seward. Transfer  
Seward to Ship

## FOR MORE INFORMATION OR TO BOOK THESE CRUISES

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1-800 437-9685 and ask for Bobette