

Prime Times



PRIME TIMERS WORLD WIDE

DECEMBER 2008

SINCE 1987



“Mountain Lodge”— Original Oil Painting by Chicago Prime Timer Artist Haruo Kurokawa

**HAPPY HOLIDAYS AND A
VERY HAPPY NEW YEAR
TO PRIME TIMERS EVERYWHERE**

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BY WOODY BALDWIN, FOUNDER,
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OK, so I'm old, but I am not looking for sympathy; I have had one hell of a good time getting here.

They say happiness is a frame of mind; well, maybe so, but I think it may be the other way around also--that one's frame of mind determines happiness.



Happy thinking begets happy living; negative thinking begets misery. Having been a people person all my life (I can't drive a straight nail), I have observed all kinds. There are people in this world unfortunately who have a mind set that is always looking for what's wrong about a situation, and there are those who are able to see some good in everything. The old empty/full glass syndrome.

I'll let you guess which are happy and which are miserable. And their attitude affects everyone in their presence. Do you think negative thinking is hereditary, or is it absorbed from their surroundings? I only know questions; I don't specialize in answers.

Lincoln said it so well that you can't please all the people all the time; but you can get a long way just by trying. So you don't reach the heights of happiness! You're sure as hell not going to find it by giving up just because a few old soreheads will never be happy no matter what. I wonder if Lincoln could drive a nail!

Membership (and participation) in Prime Timers offers all of us an opportunity to find a lot of happiness no matter what has gone before. Instead of becoming a couch potato and/or a grump in our maturity, we have a good chance to meet some truly nice guys and do a lot of fun things. Happiness, you bet. Let's resolve to share this blessing with those who haven't yet discovered us.

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DOING OUR LAUNDRY

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BY MICHAEL STONE, PRESIDENT, PTWW

Each week I do about two loads of dirty laundry in order to make it clean. I'm sure each and every one of you does the same. It is not necessary for you to see my laundry before or afterwards. In turn I don't need to see your laundry. I am so sorry that you had to see the dirty laundry made public by one of our chapters who took it upon themselves to attempt to tarnish our reputation by sending out accusatory, negative, sensationalist, untrue information regarding communications between our board, at Prime Timers Worldwide, and their (New York City Chapter) board of directors.

A special 'thank you' is in order to our Vice-President of Chapters, Rob Howard, for the letter he sent to each of our chapters in response. Rob wrote this letter because of several emails I received from chapters asking what this accusation was all about. Because New York chose to put the dirty laundry out there you might as well have a look at the whole wash from both sides.

An even bigger 'thank you' goes to the many chapter letters both Rob and I have received giving us their thanks and full support. We are now 73 strong and approaching the 7,000 member mark. There is nothing I want more than to reach 100 chapters and 10,000 members by the year 2010. You, the members, are our very backbone. You are the reason we are all here. We are all here for each other.

Working together is what it's all about. Those of you who know me know that I am a good communicator and an even better mediator. Are we, the members of the Worldwide Board who represent you, to sit idly by and be verbally abused by one of the officers of a chapter? I think we all agree that the answer is 'no'.

We do not dictate (nor do we wish to) the activities of any of our chapters. Each is an autonomous chapter operating on its own under the umbrella of Prime Tim-

ers Worldwide. When negative first hand information is given to us from members and visitors to chapter events we have an obligation to make these known to that chapter. When we see things in print that are harmful and shed a negative light on the entire organization, we have an obligation to our worldwide membership to ask that changes be made in the future.

Your board made several attempts to resolve these issues, and were unsuccessful at doing so. It is important that we uphold the bylaws that have made our organization the strongest ever. I regret that this 'laundry' had to be aired in public.

We have reached a record high membership. We have two Regional Events and a Convention in the year 2009. We will, for the first time, make an even greater impact on society by having a booth and our presence at the annual AARP Convention in Las Vegas in late October. Wherever our members travel they leave people knowing that the name Prime Timers denotes a wonderful social organization.

I know it's that time of year; board members are saying 'good-bye' and chapters are busy recruiting nominees for next year's boards. I've talked with so many of you in the past few weeks. Most chapters are doing well – some have some internal discord. When chapters hurt, I hurt! I'm asking everyone to just step back, get a realistic perspective on problems that may exist in your chapter, take a deep breath and care about each other.

I go by what I saw in our Charlotte chapter in June: when each member cares about one another, they will support, be part of and care about the board and in the end they will care very much about the group. That's what creates the energy and momentum in making a group successful, and that's what I wish for all chapters. Have a happy holiday season, and a great new year.

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. 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.

www.PrimeTimersWW.org

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Here, There, Everywhere and Back! Life is Good!

By Michael Stone, President



I'm still floating in the afterglow of one of the most spectacular and enjoyable trips I've ever taken. I flew to Vienna in late September with the intention of launching a Prime Timer chapter there. Well, it didn't happen but there are few Gay men left in Vienna who don't know about Prime Timers now.

In four days there I only had 2 hours of free time and I liked it that

way. I talked with people about starting a chapter. On several occasions I hung out with our Treasurer from our Chicago Chapter, Robert, who spends five weeks each Fall in Vienna. I do have several men who are working to help us start a chapter there and Robert will be a great help in the future with that work. I know it will happen.

Returning to Rome was like homecoming. As I checked into the Crowne Plaza Hotel I looked around; it was like a convention. Our guys were everywhere and they came running over to hug me as I dragged my 3 pieces of luggage through the lobby. During my 3 days there we all hung out together. We had wonderful times on excursions and exploring restaurants for dinner.

The cruise was the kind of experience that doesn't happen often. The Celebrity Galaxy was beautiful. Our guys mixed beautifully. What a wonderful way to socialize with friends old and new. At cocktails we exchanged ideas and experiences in our different chapters or as Independent members. Many of us had booked excursions together. Our journey took us to Sicily, Athens, Mykonos (loved those rainbow flags everywhere), Ephesus, Turkey (my all-time favorite), Rhodes (second favorite), Santorini and Naples. Walking the streets of ancient Pompeii and seeing recent discoveries was a wonder to behold. My last visit there was in 1970.

Best of all was the opportunity to connect with friends. Two people I had worked with before retiring were there, guys from previous cruises, chapters I've visited and friends who I've talked with on the phone. There were 19 of us on our return flight from Rome to JFK, which really helped break up the ten hours.

This journey allowed my path to cross with a wonderful man named Robert, who also lives in Florida. He loved the camaraderie he encountered with the group

and immediately joined Prime Timers as an Independent member (no chapter near him, yet). We hung out together a lot and realized how much we had in common and how much we love to travel. So, now he's booked our next two cruises. In fact he will be helping me and Joe co-escort the January cruise.

As often happens on our cruises a wonderful man I'd been talking with from Kansas who had booked many months ago, met another nice man who had just booked from Australia. Yes, love has bloomed and now they've booked our upcoming cruise on January 19.

Life is good! It's a simple, yet complicated statement. Our national elections are over. It's great to see life with a glass that's half full. I am blessed as President of our wonderful organization. I have a board I love and deeply respect. I look forward optimistically to a new administration in the White House. I look forward to another exciting year of travel adventures, some of them with Joe, my wonderful travel companion, and some of them with Robert, my new travel companion. We have 3 Regional events to visit (see information elsewhere about them) and I look forward to lots of invitations to visit your chapter. Toast along with me for the New Year! Take that half full glass and fill it up. Be healthy, happy and partake of all that life has to offer.



FINISHING TOUCHES. Prime Timer Rod Hargo adds business cards to the Miami Valley (Dayton) Ohio chapter's tabletop display at a recent LGBT Community Fair here. At the "Meet the Candidates Night" sponsored by the Greater Dayton LGBT Center, Rod distributed educational material and delivered a five-minute briefing about the history, mission and activities of the Miami Valley Ohio Prime Timers. More than 120 people from various gay organizations and gay-friendly churches attended the dinner and program. (MVOPT Staff Photo).

Chapter Activities 5

RGV Prime Timers

The RGV Prime Timers, located in the Rio Grande Valley of Texas, was organized this past July, with the help of PTWW President, Michael Stone. They are located in the heart of the "Winter Texan" market at the Southern most tip of Texas. This is one of the areas where retired people from the Northern United States and Canada come for the winter.

RGV Prime Timers wish to extend an invitation to any Prime Timers member to join our activities when vacationing in South Texas. Please feel free to call any of the officers for information regarding the Rio Grande Valley or the activities of the RGV Prime Timers: Box Brixey, President 956-585-1215; Garrett Henry, Jr., Activities Chairman, 956-563-7380; Lee Evans, Vice President, 817-926-3788.



Rio Grande Valley Prime Timers Board of Directors
Standing L to R: David Hilse, Bob Brixey (President), Garrett Henry, Jr. (Activities Chairman), David Smith, Lee Evans (Vice President), Raul Gonzalez, Michael Reta (General Co-ordinator); Sitting L to R: Ruben Zavala (Secretary), Wayne Harley (Treasurer)



Charlotte Prime Timers Halloween Party

Are You an Active Member?

Are you an active member?
The kind that would be missed?
Or are you just content
That your name is on the list?
Do you attend the meetings?
And mingle with the flock?
Or would you rather stay at home
And criticize and knock?
Do you take an active part
To help the work along?
Or do you feel you've done your part
By saying "I belong?"
Do you work on committees?
To make the committee tick?
Or leave the work to just a few
And talk about the clique?
Please go to the meetings often.
Help out with hand and heart.
Don't be just a member;
Take an active part.
Think it over, ask yourself
(The question isn't long)
Am I an active member
Or do I just belong?

Submitted by Garland Warren,
Fort Lauderdale Prime Timers



The "Annual Family Photo" of Prime Timers – Western Australia

COW TOWN USA



FT. WORTH, TX

APRIL 17—20, 2009

Cross Timbers Chapter invites Prime Timers and their Guests to a Regional Event, in Fort Worth, Texas where the West begins. We think you will find your visit and stay with us an amazing adventure. So put on those cowboy hats, pull up those cowboy boots and join us April 17 thru 20 for some high two stepping fun!

Our host hotel is Hotel Trinity Inn & Suites (www.thetrinityfortworth.com or call them at 800-842-4242 or 817-534-4801). Ask for the Cross Timers Primetimers rate for the discount – rooms are limited, so reserve as early as possible:

Your \$75.00 registration fee includes a welcome cocktail party, Saturday night banquet with entertainment that would appeal to a cattle Baron, cocktails, and dancing. And, we have a welcome packet with lots of goodies.

Friday night Cross Timbers Chapter and our Home Bar, Fort Worth's own Stampede Club will host a buffet where Fort Worth entertainers will perform for your enjoyment. It promises to be a show you won't soon forget. If that doesn't interest you, you may want to check out some of Fort Worth's night life. In downtown Ft. Worth, within walking distance of the host hotel, there are The Main Street Art's Festival, Sun Dance Square, and Best Friends Club (a gay western night club).

In addition you may want to consider the Fort Worth Stock Yards, the Kimbell Art Museum, the Amon Carter Museum, the Japanese Garden, the Fort Worth Zoo, Bass Performance Hall, and the Fort Worth Water Garden. Other sites include Hell's Half Acre, Tarrant County Gay & Lesbian Alliance, and Q Cinema.

For transportation needs: The Fort Worth (T), Trinity Railway Express (TRE), Airporter, Super Shuttle. Cross Timbers can help with some local transportation.

If that's not enough while you are visiting in North Central Texas, our sister city, Dallas, offers many sight-seeing adventures. Some to consider include Cedar Springs (the Dallas Gay 'Hood'); The Sixth Floor Museum, The King Tut Exhibit, Dallas Pioneer Plaza, the West End, the Deep Ellum, the Dallas Zoo and the Dallas Arboretum.

More information, and registration on our Web-Site go to : <http://crosstimberpt.com> and select 2009 Regional Meeting.

For further information contact Frank Manko: francis.manko@att.net (817) 727-7307 or Ray Moore: graycat570@yahoo.com (817) 938-4974

WANT YOUR OWN COPY OF PRIME TIMES?

You can have your own copy of Prime Times delivered right to your door six times a year.

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



One of the great restaurants in the "Gay Village" in Toronto. Toronto is the site of the Prime Timers Worldwide 2009 Convention, and our friends in Toronto are hard at work getting ready to host us.

CONNECTING.... COLORADO JULY 17-18-19, 2009

The Colorado Prime Timers are pleased to invite you to "Connecting COLORADO", July 17, 18, 19, 2009. The three day event begins with a Welcome Cocktail Party at Charlie's Western Bar, with cocktail hour prices and plenty of appetizers to munch on. You able to opt for an all day bus trip on Saturday south to the Colorado Springs area, and on Sunday, an all day trip to the glorious Rocky Mountain National Park area. For you gamblers, there will also be available, trips to Central City casinos on both days. A dinner is planned on Saturday evening.

Go to the Colorado Prime Timer website: info@coloradoprimitimers.com and click on Regional Meeting for a full description and reservation form for the fabulous weekend in "The Queen City of the Plains."

Prime Timers Events

Friday, July 17: Registration at Charlie's Western Bar, 11 am to 7 pm and welcome cocktail party, 5 pm to 7 pm 900 East Colfax, phone 303.839.8890

Saturday, July 18: Buffet breakfast at Charlie's, 9 am to 10 am. Trip to the Central City casinos or Colorado Springs tour. A box lunch will be served on the Colorado Springs tour. A guided walking tour of historic central Denver will leave from Charlie's at 2 pm. Happy Hour at Charlie's, 5 to 7 pm. Dinner at the Ramada, 1150 East Colfax, 7 pm.

Sunday, July 19: Buffet breakfast at The Detour, Colfax and Sheridan, 10 am. Car pooling will be available for those needing a ride. Transportation to the Central City casinos or Rocky Mountain Park tour, will leave from The Detour at 11:00 am. A box lunch will be served on the Rocky Mountain Park tour. Happy Hour at Charlie's, 5 to 7 pm.

Registration Fee \$50.00

Saturday evening's dinner and box lunches are included in the Registration fee. We are also urging our own Prime Timers group to attend, so we hope there will be a lot of Prime Timers attending.

ACCOMMODATIONS

Ramada Inn: 1150 East Colfax, Denver, CO 80218. 303.831.7700

Price: a 2 bed room per night \$90.00 double occupancy

Econo Lodge: 930 East Colfax, Denver, CO 80203. 303.831.8000

Price: a 2 bed room per night \$98.99 double occupancy

Capital Hill Mansion: 1207 Pennsylvania, Denver, CO 80203. 303.839.5221

Price: Call for rates.

Warwick Hotel: 1776 Grant St., Denver, CO 80203. 303.861.2000

Price: a 2 bed room per night \$139.00 double occupancy

You must make your own hotel reservations. Your room is not included in your registration fee or event prices.

All suggested hotels are within walking distance of Charlie's, 900 E. Colfax

GET YOUR PASSPORT NOW



Next years Prime Timers Convention in Toronto promises to be one of the best that we have had in the twenty-one years Prime Timers has been around. BUT, if you are going to fly there you WILL need a passport. New rules go into effect next year that might make the lead time longer. Get yours now. See how: Go to TRAVEL.STATE.GOV, and select "Apply for a Passport."

CHARLOTTE, NORTH CAROLINA: The LGBT Community Center had a late night karaoke as a fundraiser. There was a five-buck admission. If you wanted to sing, you had to pay. If someone asked you to sing, and you didn't want to, you had to pay. If you wanted someone to "please stop singing", you had to pay. Sounds like a good way for the Center to raise money.

TAMPA BAY, FLORIDA: For those that a bridge players, their group meets every Monday from 12-4PM for an afternoon of it. If you'll be in that part of Florida, it's a Monday, and you enjoy a good game of bridge, call John at 727/347-1630, and he'll give you the info.

RIO GRANDE VALLEY, TEXAS: Congrats and welcome to one of our newest chapters! Their website, set up and running, gives a Mission, TX address, the town adjoining McAllen. There are many of you that become Winter Texans for a part of the winter and head down to the Valley. When there, contact them at their website to find out about some of their activities. And, thanks to Bob and Ruben for stepping in to accept the chores of "up and rolling".

TUCSON, ARIZONA: So many of us enjoy Mexico and several of our own members head to Puerto Vallarta each year. The Tucson guys are going down to Alamos, Mexico for the 25th anniversary of the Tirado International Music Festival. Alamos is a charming town with several North Americans having retired there. The Tucson trip is 5days/4nights in late January, 2009. For info on possibly meeting up with their group there, email to events@tucsonprimetimers.org.

CALIFORNIA CENTRAL COAST, SANTA BARBARA: Congratulations to their chapter! They were the top fundraising team for the 2008 AIDS walk. If you'll be on the West Coast, Santa Barbara is a gorgeous laid-back city to visit. State Street, the main drag in the downtown business section, invites strolling from the pier at one end to the library at the other. You'll find tiled patios with shops, and Spanish fountains adjoining several inviting restaurants along the way. Many sidewalk benches to sit and soak in the 'old world' atmosphere. If you're just passing through, you'll like what you see and want to stop. Contact the chapter website at PTCCSB@earthlink.net and meet some of their guys.

ST. LOUIS, MISSOURI: At the chapter's November meeting, the guest speaker will be a gentleman that is working on his PhD. His field is examining the issues facing older LGBT adults, including changing demographic trends, care giving, new social families, sexuality, death and dying. This sounds like it will be a powerful meeting. Their meetings are held at the Lafayette Park United Methodist Church in Lafayette Square. They are at 1pm on the second Saturday of each month. (Great website, guys!)

STOCKHOLM, SWEDEN: For those that may be heading to Sweden this coming season, perhaps to pick up that new Volvo in Stockholm, you'll need to visit their chapter. The Gay-Seniors meet every Wednesday at 3pm for coffee or tea, and good conversation. For more information, contact them at info@gaysenior.se. A friendly group of guys that will be pleased with your visit.

MELBOURNE, VICTORIA: Peter Schulz, their newsletter editor, tells us one of the long-time members of the Melbourne chapter, Ted Bissett, has passed on. Ted had worked for Ford of Australia during his career, and held several offices in the Vintage Men Chapter. We're certain he will be missed by the members. A person like that leaves fond memories.

CHARLOTTE, NORTH CAROLINA: (58 members) The Chapter has adopted the House of Mercy in Belmont to assist with some good wishes along with their charity. At their Thanksgiving Dinner, each one attending is asked to bring an item or two from the list of needs to donate to the House. Reminds of the old adage: it is better to give than receive.

RICHMOND/CENTRAL VIRGINIA: About 45 of their guys took a day's fieldtrip via bus up to the Graves Mountain Inn's Apple Festival, in a particularly scenic area in the mountains. They all came home tired and happy, carrying apples, apple butter, apple sauce, and some craft items. Sounds like it was a fun day. Gee, apple butter sounds good! It's on the next grocery list, for sure.

PHOENIX, ARIZONA: (181 members) The chapter has been asked to volunteer stories, photos, and artifacts to document the GLBT history in the Phoenix area. This will eventually go on display at the Tempe Historical Museum. Knowing Phoenix, it should be an

(Continued on page 9)

interesting presentation. Their chapter meets on the second Monday of each month at the Clarendon Hotel in the Kitchen. Located at 401 W. Clarendon, many will have dinner prior to the meeting. Kitchen opens at 4:30, and the meeting starts at 7pm promptly in the Grand Room. If you happen to be in Phoenix that second Monday, join 'em.

PALM SPRINGS, CALIFORNIA: The chapter has regular theatre parties with reservations being in groups of three plays. The three winter shows at the Palm Canyon Theatre are: December—"The King and I"; January – "Damn Yankees"; February – "The Night of the Iguana". Then spring will have another three shows. If you're in their vicinity, give Prez Russell Schnepf a call at 318-0160, and perhaps you can meet some of the guys at some watering hole after the show. I'm sure they're just like here in that no one goes directly home after the theatre.

Leave the cold behind and come South to the beautiful Rio Grande Valley (avg. Winter Temp 72°F.), located at the Southernmost tip of Texas. Get aboard a luxury "Senda" bus and tour the beautiful interior of Mexico on your way to spend two fun-filled days in Mexico City. From there enjoy the beautiful tropical scenery on your way to Veracruz to take in Mexico's "Carnival", where you will stay in the action filled plaza area. Complete trip arranged and sponsored by Viva Mexico Tours located in McAllen, Texas.

Cost of the South Texas departure trip is \$459.00 per person, double occupancy; \$100 deposit with balance paid two weeks before departure.

Price includes 6 nights First Class hotels, 5 breakfasts, professional tour guide, luxury bus transportation, soft drinks and bottled water plus, special surprises by RGV Prime Timers

For more information or to book this land tour:

Bob Brixey 956-240-1221
bobbrixey@yahoo.com
3000 N. Bentsen Palm Dr.
Mission, TX 78574

All payments made payable to "Viva Mexico Tours"

Itinerary

Day 1 – depart, overnight at the Hotel Real Plaza in San Luis Potosi, including a welcoming cocktail party.

Day 2 – depart San Luis Potosi on the way to Mexico City. Stop in Queretaro to visit the Convento de la Cruz (Convent of the Cross). In Mexico City our home will be the Hotel Century/Mission Reforma for two nights. City tour.

Day 3 – More of Mexico City, as well as a visit to Teotihuacan (Aztec for "Place Where Gods are Made.") This is a great archeological site about an hour north-east of Mexico City, where you will see (and can climb) the Pyramids of the sun and Moon.

Day 4 and 5 – Journey to Veracruz, located on the Gulf of Mexico, to enjoy Mexico's Carnival. The hotel is located on the plaza where all the action will be.

Day 6 – leave Veracruz for El Tajin ruins, a partially restored city of the Totonacs. Overnight in the Hotel Holiday Inn in downtown Tampico

Day 7 – Back to the RGV, crossing the border at 6:00 pm.

Celebrate Carnival in Veracruz, Mexico with the Rio Grand Valley Prime Timers



LOCATION, LOCATION, LOCATION

You probably know that what is referred to as belly fat is the baddest fat in town. Sure, the extra fat will manifest itself with some outward side effects: looks, a lack of energy, self-esteem. But being overweight is threatening your life by focusing on what's happening at your body's inner core. It doesn't matter how you refer to it....omentum, abdominal fat, belly fat, beer gut, a spare tire. By any name, it's the most dangerous kind of body fat.

The problem with fat is like real estate; it's all about location, location, location. The belly fat is a fatty layer of tissue located inside the belly, where it hangs underneath the muscles in your stomach. Because this fat is so close to your organs, it is their best source of energy. The fat released from the belly rapidly and constantly travels to your liver, unlike fat in other areas of your body. Hence, the more fat you have, the less adiponectin you produce. Adiponectin is a stress-and-inflammation-reducing chemical related to the hunger-controlling hormone – leptin. Fat from around your middle will have substances in the blood that can be messing up your organs.

What's most interesting, and encouraging, is that as soon as you make physiological changes to your belly, your body starts seeing the effects. That is,

once your body senses it's losing that fat, your body's blood-related numbers (cholesterol, pressure, sugar) start traveling in a healthy direction. It'll happen within days, even before you start noticing any physical signs. So, if this image is "you", take heed.

Hey! Grab That Mouse

Surfing the internet is great exercise for the aging brain, says a new study. Physicians and scientists have long advocated '*brain exercises*' such as puzzles of all types, and word games to stave off age-related loss of cognitive function. As it turns out, daily Internet searches are a terrific workout for the mind. They demand attention from verbal, memory, and problem-solving areas of the brain. For example, 'Googling' for specific health information, or for a good local restaurant of a specific food, is an excellent way for seniors, especially, to clear the cobwebs from some unused corners of the mind, says Professor Gary Small of the University of California. "*A simple, everyday task like searching the Web appears to enhance the brain circuitry in older adults, demonstrating that our brains can continue to learn as we grow older*", Small says.

(This article was taken from "The Week", Health and Science, October 31, 2008, p. 23.)



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WHY WOULD A 70 YEAR OLD ENTER A MARATHON?

BY ZACH MULLANEY, CENTRAL OKLAHOMA

One of the pleasures of being retired is having the time to do the things you haven't done because of the busy life's work schedule. Many activities popped up you'd never thought of doing before, or you didn't take the time to do what you'd like to someday. My having a partner that is a marathoner has created an encouragement to do an activity I'd never thought of doing before.

Not everyone has the endurance to run 26.2 miles. Lesser distances have been established so that all types, sizes, and ages can compete. In the full marathon, one not only sees the buff, well-honed male and female bodies. Yes, they are there, but being thin can be an advantage. One sees literally all ages, from teenagers to runners well into their 70's. One sees the lithe lopers, but also the heavier pot-bellied plodders, determined to get the satisfaction of having crossed that finish line. One man, 78 years old running the Tulsa marathon, completed his 44th run. He didn't start running until he retired at 58, and has now competed in marathons all over the country.



Competing in the 5K walk is the most fitting for many. Many do it as a social situation, doing it with friends. Many young moms jog while pushing the baby in a pram. Most seniors are in this race as it is short, can be completed in one hour or so.....and they can walk and talk with people they know, or have just met. It is easy to make new acquaintances for the walk just as I did, meeting a senior lady newly moved to Broken Arrow from South Carolina. One can easily find someone walking his pace, and when talking while walking, the time goes much faster.

Why would a 70 year old want to enter a part of a marathon? Because he doesn't want to always have to say, "Oh, I doubt that I can." He wants the satisfaction of knowing he's bettering his health through practice to be able to say "I'm sure I can do it" and then saying "Hey, I did it!" The Little Rock Marathon is this coming March, and Oklahoma City's will be upcoming in April. Daily practice of a mile a day at a brisk pace can easily get you ready for the 5K. Now that the weather is getting cool, your local gym probably has a walking and running track, or treadmills, so use it,

REMEMBERING HARVEY MILK

BY KOBE COHEN

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Now that the media is talking more and more about the new Harvey Milk movie and his life and times, I am more and more reminded about my developing relationship with the man in the months just before his assassination. It has been many years since I've thought about Harvey, but I was definitely affected by the events of that time, up close and personal.

I had moved to San Francisco in September 1975 and was working in the Castro District at a café two doors down from Harvey's camera shop. Harvey was well known, since he had already run for office and he spent a great deal of time in the neighborhood running his business. On occasion I would take business to his shop. We didn't really become acquainted until 1977, possibly after his election to the Board of Supervisors. I lived in the district next to the Castro and decided to volunteer to serve my supervisor, who also happened to be a friend of Harvey's, so we would run into each other at City Hall and then often on the street or at concerts, the theater, etc. After I decided to run in 1978 for a city charter revision commission, which turned out to have some 200 candidates for a few positions, Harvey asked me why I didn't ask him to endorse me officially for the position? I was embarrassed that I hadn't done so. My campaign consisted exclusively of a biographical page in the official election handbook published by the city and mailed to the electorate and a few days of handing out homemade flyers on the street. Needless to say, I didn't win a position on the commission but I did come in the first 100 positions.

Thanksgiving weekend that year I traveled with a friend down to L.A. in his truck which had no radio, so we were totally unaware of what was transpiring in S.F. on Monday, the day we returned, until we actually hit town. Devastated, as was the entire community, I was able to participate in the moving silent candle vigil from the Castro to City Hall that night. My new friend had been snatched from my life by a sick killer. I am anxious to see how the movie relates the history of that dramatic time in our lives in San Francisco.

SEE THE NEW FILM

MILK

STARRING SEAN PENN

THIS MONTH AT A THEATER NEAR YOU

12 From Alaska to Ft. Lauderdale to Copenhagen: Prime Timer Cruises

by Michael Stone and Joe Futch

Well, so as to not confuse anyone we're talking about where our Prime Timers cruises are taking us in the future. Good news: Our **North to Alaska Land and Cruise Tour Package** has had a great price reduction. Now is the time to book this fantastic journey that starts in Fairbanks on June 29, 2009 and ends at Vancouver, BC on July 10. During that time we'll travel as a group from Fairbanks to Denali, to Talkeetna and on to Anchorage. We'll stay in the finest hotels and travel aboard the scenic Alaskan Railway and motor coaches.

From Anchorage we'll travel to Seward for some whale watching before boarding Celebrity's Millennium for a 7 day cruise south through breathtakingly scenic fjords and places including Seward, Hubbard Glacier, Juneau, Skagway, Icy Point Straight, Ketchikan and ending in Vancouver. There our chapter will greet us and we can participate in 2 days of activities with them, our hosts.

All of this starts at only \$1580 per person, plus port charges and taxes. Book it now because it only takes a deposit of \$250 and should things change you have until

FOR MORE INFORMATION on the Alaska Cruise

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www.courtyardvl.com/
1-800 437-9685 and ask for Bobette



mid-April to cancel and get your full refund. Prices at this new lower rate will not last, according to our cruise partners at Courtyard Travel.

If you're thinking ahead then mark your calendars for April 26 through May 14 of 2010. That's right: 2010. We are proud to introduce our **Reunion 5 Repositioning Cruise** during those dates. Courtyard Travel tells us that this will be the best-price cruise yet, for an 18-day cruise. We'll sail aboard MSC's new ship, Magnifica. Port information and prices are still being worked out and as soon as we have that we'll pass it on. As of now the ship will sail from Ft. Lauderdale to New York City, where we have two full days, then on to Bermuda for another 2 days, then across the Atlantic to Spain and the Azores, on to Lisbon, Portugal for 2 full days, another port in the Canary Islands, then on to Dover, England with enough port time to spend the day in London and then ending in Copenhagen, Denmark.



PRIME TIMERS CENTRAL VIRGINIA

The Prime Timers-Central Virginia Members group photo from the Apple Festival Photo by Ed Bradley

About 45 of us had a truly wonderful day at the Graves Mountain Inn Apple Festival. What a beautiful day we had for it, too! The scenic bus ride up was a delight. The lunch was bountiful and many of us came home with apples, apple butter and apple sauce and crafty items! **All of us need to be ever so thankful to Randy Allen and Allen Business Communications for making this memorable trip possible! Thank you, Randy!**