

PRIME TIMERS NANAIMO

- For Mature Gay and Bisexual Men, and Their Male Admirers -


P.O. Box 753, Station A

Nanaimo, BC V9R 5M2

info@primetimersnanaimo.org www.primetimersnanaimo.org



April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 5:00 PM OXY Pub Night	2	3 9:00 AM Country Grocer 1800 Dufferin Nanaimo	4	5 9:00 AM In The Beantime Ladysmith	6
7	8 5:00 PM OXY Pub Night	9	10 9:00 AM McDonald's Rutherford Nanaimo	11	12 9:00 AM Quality Foods Harewood Nanaimo	13
14	15 5:00 PM OXY Pub Night	16	17 9:00 AM Country Grocer 1800 Dufferin Nanaimo	18 1:30 PM Board Meeting	19 9:00 AM In The Beantime Ladysmith	20 11:30 AM FOX & HOUNDS 11 High St Ladysmith
21 	22 EASTER MONDAY NO PUB	23	24 9:00 AM McDonald's Rutherford Nanaimo	25	26 9:00 AM Quality Foods Harewood Nanaimo	27
28	29 5:00 PM OXY Pub Night	30	1 9:00 AM Country Grocer 1800 Dufferin Nanaimo	2	3 9:00 AM In The Beantime Ladysmith	4

BOARD MEETING

The next Board meeting will be on Thursday, **April 18th** at 1:30 PM. Board meetings are open to members.

Contact any Director for the venue.

Minutes of the latest meeting normally appear near the end of these newsletters.

Not all those who wander are lost.
J.R.R.TOLKIEN

NEWSLETTER DEADLINES

* Submissions – **April 25th**

* Publishing date – **April 27th**

Email your submissions to
info@primetimersnanaimo.org

Trivia: MARLON BRANDO
b: April 3, 1924 in Omaha, Nebraska

“Like many men, I too have had homosexual experiences and I am not ashamed.”

PUB NIGHT

Mondays at 5:00 PM (except long weekends)
The OXY Pub
432 Fitzwilliam St. Nanaimo BC
Join us for cold beer, good food, laughs and great conversation.

SOUTH NANAIMO COFFEE HOUR

Every **2nd Friday at 9:00 AM** alternating with Ladysmith Coffee Hour.
Quality Foods Harewood
867 Bruce Ave., Nanaimo BC

CENTRAL NANAIMO COFFEE HOUR

Every **2nd Wednesday at 9:00 AM** in the same week as the Ladysmith Coffee Hour.
Country Grocer
1800 Dufferin Crescent, Nanaimo, BC

NORTH NANAIMO COFFEE HOUR

Every **2nd Wednesday at 9:00 AM** in the same week as Quality Foods Harewood. .
McDonald's McCafe
4725 Rutherford Road, Nanaimo, BC

LADYSMITH COFFEE HOUR

Every **2nd Friday at 9:00 AM** alternating with South Nanaimo Coffee Hour
In the Beantime Cafe
18 High Street, Ladysmith BC
Breakfast is only served until 9 AM.

Bob & George are doing it again!



Sunday, May 5th (2:00 PM)

Register early events@primetimersnanaimo.org

Meditation:

Cello sounds aching sweetness
My Body a cathedral of light
by Judy Hancock

MEMBERSHIP NEWS

Would you like to join us – or – wish to change from being a Friend to becoming a Member? The cost is reasonable at just \$20.00 annually.

Option 1: \$20.00 to any Director or the Treasurer.

Option 2: cheque to: **PRIME TIMERS NANAIMO**, PO Box 753, STN A, Nanaimo, B.C., V9R 5M2

Option 3: Interac eTransfer feature: treasurer@primetimersnanaimo.org

Do not forget to provide the **answer to the security challenge** in order to deposit the money.

Membership benefits are:

1. Covers your PTWW dues, which gives access to the Prime Timers Worldwide newsletter every second month
2. Opportunity to participate in PTWW cruises, conventions and regional gatherings.
3. Opportunity to visit with other PTWW Chapters.
4. Covers operational expenses; (i.e. website, printed materials, post office box, banking charges & Nanaimo Pride registration).

Q: How many career changes should you expect to have by retirement age?

A: *If you've switched careers more times than you've switched barbers, you've had too many jobs.*

LAS VEGAS WESTERN REGIONAL GATHERING

April 28 to May 2nd
Plaza Hotel, Downtown, Las Vegas, Nevada
For more information
<http://primetimersww.net/lasvegas/index.php/cactivities/gathering>

CENTRAL OKLAHOMA PRIME TIMERS

Labor Day Get-a-way 2019 in Oklahoma City
August 28 to September 2, 2019
Details in PTWW February Newsletter (page 13) or
COPT.LaborDay@gmail.com or 405-603-8997

WORLD WIDE PRIME TIMERS CONVENTION

October 29 – November 2, 2019
San Antonio, Texas
Details In PTWW February Newsletter (page 14) or Contact SAPT Worldwide Event Committee
saptnews@yahoo.com

SPECIAL EVENT

A group of **Prime Timers Nanaimo** members is working to select a possible **CRUISE** for sometime in September. As it is early days yet, there are no deals; but, closer to the departure date, there will be. If you may be interested in a cruise at that time, keep open your plans for September. We will be sending out a notification closer to the time when we find a really good deal. As it stands now, we are looking at one (1) week cruises currently priced at close to \$1000 USD. We are not considering booking at that price; but, we are using that price as a base line to compare discounted prices which the cruise lines will offer later.

This offer is open to all members of Prime Timers.

Please contact Bruce directly if you have any comments or suggestions as to cruises or times and to let us know if your interest in possibly going:

events@primetimersnanaimo.org

THE IMPORTANCE OF A SPACE

A secretary got an expensive brand-named pen as a gift from her boss as a Christmas present.

She sent him a 'Thank you note' by e-mail.

The boss's wife read the e-mail and filed for divorce.

The e-mail said: "Your penis wonderful and I enjoyed using it last night. It has an extraordinary smooth flow and a firm stroke. I loved its perfect size and grip. Felt like I was in heaven when using it. Thanks a lot."

Moral: A "space" is an essential part of English grammar as is proof-reading!

Submitted by John W.

DINE OUT for LUNCH

MARK YOUR CALENDARS
The FOX and HOUNDS PUB

11 High Street
Ladysmith, B.C.

Saturday, April 20, 2019

11:30 PM to 1:30 PM

Reserve **NOW:** events@primetimersnanaimo.org



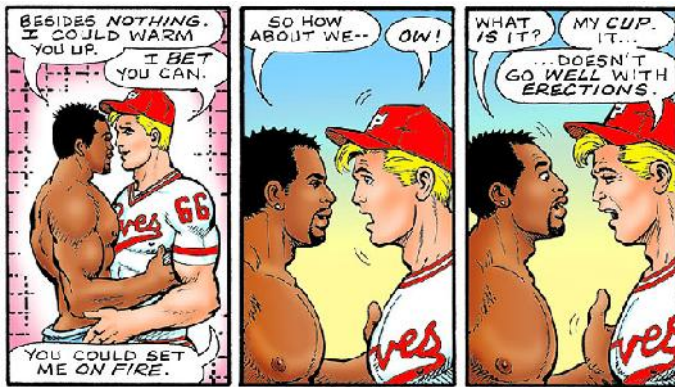
John, Don & Bruce



Micheal



Wiley & Rob



Trivia: WILLIAM RUFUS DE VANE KING
 b: April 6, 1786 Sampson County, North Carolina
 U.S. Senator from Alabama was best friend of James Buchanan.
 Andrew Jackson called him "Miss Nancy".

JAMES BUCHANAN
 b: April 23, 1791 Mercersburg, Pennsylvania
 15th President of the U.S., was the nation's only bachelor chief executive.
 Washington called best friend William Rufus De Vane King "Miss Nancy", they did so implying that Buchanan was himself "Mr. Nancy".



I'm not gay, guys
 That ain't me
 I'm just comfortable with my
 sexuality
 So I can admit, when I see a guy
 Who has a handsome face
 And pretty eyes
 And a rock hard chest
 And ripplin' abs
 (Yeah)

Q; Is there an outdoor sports club for tough guys who have slowed down with age?

A: Try Hell's Anglers.



Someone Warm Beside Me

Creatures who love me
 eat out my heart
 from the inside
 they spread like cancer
 and kill with kindness.

That is why I have haunted
 footsteps going the other way;
 have squandered my passion on the image
 trailing like a balloon behind someone running
 harder than I am.

Him I do not fear,
 Wanting nothing from me
 he is welcome to all I have
 spread on the ground to tempt him
 who already has too much.

Freedom is a narcotic
 that once drunk
 condemns an eternal thirst for more

but my damned healthy body
 deprived
 cries out against such conceit
 that freedom is experienced only in losing it
 in making a choice

and all consequences are equally binding.

So, if I were as clever as I am wise,
 I'd have someone warm beside me
 every night.

By E. Woods

It was raining hard and a big puddle had formed in front of an Irish pub. An old man stood beside the puddle holding a stick with a string on the end and jiggled it up and down in the water. A curious gentleman asked what he was doing. 'Fishing,' replied the old man.

'Poor old fool' thought the gentleman, so he invited the old man to have a drink in the pub. Feeling he should start some conversation while they were sipping their whiskey, the gentleman asked, 'And how many have you caught?' 'You're the eighth.'

An Irish Sense of Humor



Submitted by Rob W

"When I was a boy of fourteen, my father was so ignorant I could hardly stand to have the old man around. But when I got to be twenty-one, I was astonished at how much he had learned in seven years."

MARK TWAIN

LOCAL LIVE THEATRE

BAILEY STUDIO THEATRE

"Diary of Anne Frank" by Frances Goodrich,
Albert Hackett & Wendy Kesselman

(Apr 24 – May 11)

<https://www.nanaimotheatregroup.ca/home>

HARBOUR CITY THEATRE

"Sequence" by Arun Lakra (Mar 29 – Apr 7)

<https://westernedge.org/murder-is-no-jive/>

LADYSMITH LITTLE THEATRE

"Rumors" directed by Gordon McInnis

(Mar 21 – Apr 7)

"Stones in His Pocket" directed by Ellen Paul

(May 23 – Jun 9)

<http://ladysmiththeatre.com/>

VIU MALASPINA THEATRE

"Jakes's Gift" directed by Dirk van Stralen

(Apr 25 – Apr 27)

<https://www.theatreone.org/>

Cedar Community Hall

"Outside Mullingar" (Apr 5 – Apr 20)

www.yellowpointdramagroup.org

V.I.U. Theatre

<https://ah.viu.ca/theatre/upcoming-events-calendar>

THE PORT THEATRE:

<http://www.porttheatre.com>

ON SCREEN

Check out the Operas, Ballets, Stage Productions and Classic Films on screen at the Galaxy Theatre.

<https://www.cineplex.com/Showtimes/any-movie/nanaimo-bc?Date=2/2/2019>

"The years between fifty and seventy are the hardest. You are always being asked to do things, and you are not yet decrepit enough to turn them down."

QUEEN ELIZABETH, The Queen Mother

NEW HIKING GROUP



Chemainus Lake
March 22, 2019

After discussion and a trial hike last Friday (March 22, 2019) after coffee time we have set aside Friday mornings after the coffee to get together to do our walks [Hikes], depending on weather and those who want to participate.

So the way it will work, is that we will decide over coffee and or breakfast if it is a good day to walk or hike and leave from there. Anyone who is interested needs to bring their walking shoes and then we will form the walking group from the coffee group.

Sometimes we may end up with a lunch out or snack someplace and there may be picnics at times but mostly it will be a walk or hike depending on those present who want to go. This will happen every Friday, so Nanaimo Fridays will be in the Nanaimo area; and Cowichan Valley walks on will be on Ladysmith coffee Fridays.

Submitted by Bruce



BY SONG INKOLLO

PRIME TIMERS NANAIMO
PRESIDENT'S REPORT TO THE BOARD
2019.03.21

Status of Event Experiments

We have continued to experience a low turnout for events in February and March. This performance may be due to a failure of one or more of our event experiments – or may just be a result of the unexpectedly cold and snowy weather. Again, it seems too early to make a judgment and my preference is to stay the course for another month and certainly not to expand at this point.

Renewals

I've personally contacted individuals who have not renewed their memberships or converted their friendships to memberships. Some have renewed, some have said they are not renewing and some have not replied. I do not believe any further attempts to contact individuals should be made and we should remove the no's and the no replies prior to sending out the April newsletter.

Mardi Gras

The Mardi Gras celebration , our joint venture with the Unitarian Sponsorship Committee, is complete (March 2nd). This effort brought in around \$800 for the refugee sponsorship.

Next Steps

We have three major events scheduled: Cinco de Mayo, Picnic at Rath Trevor Beach and Pride Day booth. We need to assign overall responsibility for each of these. We also need to be looking at other pride events and some dine-outs, which are normally quite popular.

Respectfully submitted,

Wiley Fargen

President



Minutes of the Prime Timers Nanaimo Board Meeting

Date: March 21, 2019 at 1:30 PM

Venue: Residence of Bruce & Micheal, Ladysmith, B.C.

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Attendance: Wiley F., Don G., Bruce M., Paul T., and Bob H. / George L. (via Skype)

Regrets: none

Guests: none

Call to Order

The meeting was called to order at 1:25 PM by Wiley.

Agenda

- Moved by Bruce/Paul; **to adopt the Agenda – carried.**
-

Minutes of the Previous Meeting

- Moved by Bruce/Paul; **“to approve the minutes of February 21, 2019 board meeting” – carried.**

Business Arising from the Minutes

- Prime Timers Nanaimo’s signage, has been delivered and stored at the residence of Wiley & Don.
- Wiley will set Bob & George up with the interests@primetimersnanaimo.org emails once they return from Palm Springs.
- Wednesday coffee attendance at Country Grocers, 1800 Dufferin Crescent, Nanaimo has been low. So the Board has agreed to continue for another month and review it at the next board meeting.

Correspondence

- Nothing at this time.

Officers’ Reports

President:

- Wiley submitted a written report which was circulated prior to the meeting.

Vice President:

- Bruce submitted a written report which was circulated prior to the meeting. He praised Wiley for being a great President. He also said **“I think our organization is doing just fine and although we are small in number at most events, we have a solid core of guys that enjoy getting together regularly.”**

Treasurer:

- Don submitted a written report which was circulated prior to the meeting.
- Our current financial standing is \$80.00 (cash-on-hand) & \$376.03 (bank balance) = total of \$456.03.
- Invoices for our Nanaimo Pride booth equaling \$30.00 and the invoice for our 4 domain names has been received equaling \$100.80. Don has paid each of invoices with his credit card and will wait until George returns so that Doug and George can sign a cheque to Don for the payment.
- Moved by Bruce/Bob; **“to accept the treasurer’s report as presented” – carried.**

Secretary:

- Don submitted a written report which was circulated prior to the meeting.

Committee Reports

Events:

- Bruce submitted a written report which was circulated prior to the meeting. He expressed his disappointment that only 9 members attended the Mardi Gras event and questioned why not more guys attended.
- There was a request from one of our new Friends to consider an 11 AM event instead of 9 AM coffees which are too early since he is a musician and works late nights. The Board will review this next month along with the Wednesday Coffee venues.
- April dine-out: Bruce will arrange for a Fox & Hounds event in the last half of April.
- Bob and George have booked & confirmed **Cinco de Mayo** at their clubhouse on May 5th (2 to 6 PM).

Minutes of the Prime Timers Nanaimo Board Meeting

Date: March 21, 2019 at 1:30 PM

Venue: Residence of Bruce & Micheal, Ladysmith, B.C.

Page 2

- Rath Trevor Beach picnic is booked for May 25th.
- Nanaimo Pride on Sunday June 9th: the booth for the Pride Festival in the park is booked.
- The Board has decided that we wish to actively participate in other Island Pride events this year, with a booth to make our presence known on the island. Don will contact other Pride organizations in Port Alberni, Campbell River, and Courtenay/Comox.
- September Cruise: it is still too early to firm anything up. The Board decided to re-word the article in our newsletter to stimulate positive responses from Prime Timers rather than negative ones. Interested individuals should contact Bruce at events@primetimersnanaimo.org.

Interests:

- The Board identified that the Interests group should be one that caters to the interests of small groups of men. Rob & Bill would like to see a hiking group organized and Bruce was very keen to take that on. He suggested starting with a hike around Chemainus Lake, and the members who feel that they cannot do the hike then could join the hikers at the Hideaway Restaurant after the event. Details TBA.
- Bob said that he would go back and look at the surveys that he gathered in 2016 and send out a new email to the membership through the secretary asking for updated information.

Membership:

- Don submitted a written report which was circulated prior to the meeting.
- He said that the current number of memberships is 27 compared to the 39 at the end of the 2018.
- Since year-end we have lost 9 members & potentially 4 more that need to confirm by March 31st; with 1 new member being added.
- Don presented a recap of our events from December 1st to March 21st showing the number of each type of event, the total number of participants and the average number of participants at each one.

Newsletter:

- Don is looking for more submissions to fill one page in the newsletter by March 24th.

Webmaster:

- Wiley submitted a written report which was circulated prior to the meeting.
- His report showed that so far this year we have had 1771 unique visitors to our website = 590 per month. This is compared to 6198 unique visitors over 10 months in 2018 = 620 per month.
- Wiley is expecting the number of visitors to the website to grow as we approach Pride Month in June.

Old Business

- Don has contacted Nanaimo Bulletin (Black Press) about including our contact information in their Seniors' Directory. He found out that it is published twice a year (February & August). For just a simple blurb including the organization name, short description and contact information that there is NO charge, but there is also NO absolute guarantee that it will appear. The only way to guarantee that it will appear is to take out an advertisement at the cost of \$200 to \$300 dollars.
- The Board asked Don to prepare the necessary information and submit it prior to the July cut-off for the next issue.

New Business

- Nothing at this time.

Next Board Meeting

- Set for April 18, 2019 (1:30 PM) at the residence of Bob and George.

Adjournment

- Moved by Bruce/Paul; ***"to adjourn the meeting at 2:50 PM" (duration: 85 min.). – carried.***

15 Ways to Live to be 100 When You Have HIV

By Michelle Garcia

An HIV diagnosis was once a death sentence, but that is no longer the case for those of us who stay healthy. In fact, the average HIV-positive person today is expected to live to be nearly 80, roughly on par with the general population. As more and more people reaching the century mark, here's a list of the best things you can do — besides adhering to your medication regimen — that'll help you have a long, healthy life.

1. Keep Your Head in the Game

Depression, stress, and anxiety are tough for people to overcome, but these conditions can also harm your immune system. Psychotherapist Melissa Lopez works with her HIV-positive patients to develop a plan once their moods start to sour. "When you're already working with a compromised immune system, pre-depression or anxiety can bring on a lack of motivation," she says, which can lead to people slacking on their meds. Lopez suggests finding a professional counselor, especially when you're first diagnosed with HIV, to form a plan to deal with anxiety, depression, or other negative feelings. '

'Know the symptoms of depression, know the symptoms of anxiety, so you know what's happening to you,' she says. "You have to be proactive to prevent another, deeper cycle of depression."

2. Beat Back the Blues

Even when things don't seem like they're going your way, looking at things with a positive attitude may be enough to help you get through a tough situation, and even live longer. One study indicated that people in their 20s who used mostly positive, affirmative words to describe themselves were more likely to live into their 80s than those with negative outlooks. Additionally, people with a more positive view of life tend to have fewer strokes, coronary problems, injuries, and colds, and positive-thinking women have healthier pregnancies.

3. Nurture Your Gut

The lymphoid tissues in a person's stomach are filled with T cells. Because HIV affects T cells, many people with HIV have gastrointestinal problems, but a healthy GI tract is crucial to proper absorption of antiretroviral medication. Some anti-HIV meds need to be taken with food to assure this absorption and avoid potential side effects such as diarrhea. Many HIV-positive folks could also benefit from probiotics and a high-fiber diet, APLA's expert Brian Risley says.

4. Shake Your Groove Thing

Exercise helps control your weight, fights cardiovascular disease, and lets you look fantastic in an old pair of jeans, but it can also help boost your T cells. Brian Risley, the manager for treatment education at AIDS Project Los Angeles, says some studies have shown that moderate activity, even in short bursts, spurs an uptick in T-cell counts, even when it doesn't have a serious effect on viral load. Exercise can also help you feel better between your ears.

Says Lopez: "Exercise is beneficial because we produce hormones that help calm us down when we exercise." According to the Mayo Clinic, most people should aim for at least 30 minutes of physical activity each day.

"Walk, go to the gym, dance around your house," Lopez adds. "Anything is good, as long as it makes you feel good."

5. Listen to Your Inner Music

Loss of brain function is often a difficult side effect of both HIV and aging. Galina Mindlin, MD, coauthor of *Your Playlist Can Change Your Life*, has created Brain Music Therapy, a method of converting a person's brain waves into music to help them concentrate, sleep, and deal with stress or depression. But, says Mindlin, your medulla oblongata doesn't need to be the next Mozart to benefit from music. Any song from your playlist that calms you can be Kayne West, Ozzy Osbourne, or Native American flute solos can help you rewire your brain and change your behavior in as little as two weeks if you play it twice a day for five minutes.

6. Get Jiggy With It

Orgasms can be wonder drugs in themselves: They help you sleep, boost your immunoglobulin levels (which fight infections), and reduce stress and depression. So get it on once or twice a week, just don't forget to play safe.

7. Have a Little Faith

No matter if you worship in a cathedral, a temple, or on the sofa, most physicians believe that some form of spirituality can help people better cope with their health problems. Religion can also help you build their social circle and feel generally more positive.

8. Make Friends —Not Just the Online Kind

Having strong relationships with other people can be a matter of life or death. A joint review by Brigham Young University and the University of North Carolina at Chapel Hill of existing research on the topic found that people with

weak social connections were 50% more likely to die in the research's follow-up period "an average of 7.5 years" than their peers with strong social bonds. To fight feelings of loneliness, Lopez encourages joining support groups for people with HIV or finding friends or family members you can depend on to let you vent to every once in a while. "Do not isolate yourself, and don't make [HIV] a secret," Lopez says. "I always think that clients, no matter how long they've been living with HIV, should find other people to talk to."

9. Kick the Habit for Good

It's common knowledge that cigarettes are bad for everyone, but an estimated 60% of HIVers still smoke.

"In the beginning, when people had an AIDS diagnosis and they were given eight to 16 months to live, we overlooked their smoking habit," Risley says. As people are living longer, it's important to remember that smoking may cause mitochondrial infections' mitochondria are an energy-producing feature of human cells. Also, some people with HIV have a heightened susceptibility to cardiovascular disease, and smoking compounds that risk. Plus, of course, there's smoking's association with lung cancer.

10. Take Your Vitamins

Many doctors recommend their patients take a general multivitamin to supplement their diet, but HIVers can also benefit from supplements like selenium, which has been shown to boost immunity in HIV patients while suppressing level of virus in the body. Other helpful supplements include vitamin D and calcium for bone health, and iron to fight anemia, especially for menstruating women. Still, those with HIV should also be careful of some supplements that might have averse reactions to antiretroviral treatment. Risley says Saint-John's-wort, for example, does not mix well with antiretrovirals or some other drugs, like statins, which lower one's cholesterol. Talk with your doctor, then take your Flintstones.

11. Get Testy

People tend to experience a drop in testosterone levels once they advance past the age of 50, but HIV can also lead to a sharper drop in the hormone. Constant fatigue can be an indication that the virus is affecting your testosterone. While some doctors may write you off as just being tired from having the virus, Risley says both men and women should insist on being tested for chronic testosterone loss if fatigue is a persistent problem. If your levels are low, you and your doctor may want to consider testosterone replacement therapy to help you stay alert.

12. Skip the Sushi

When your T-cell count goes below 200, you become more susceptible to bacterial infections. Risley suggests avoiding raw foods like sushi or oysters, which may contain fungi or bacteria. You should also avoid soft cheeses made from unpasteurized milk (Brie, Camembert) and any with mold (Roquefort or other blue cheeses). All meats should be well cooked, and leftovers should be refrigerated immediately or tossed out. Risley also suggests the same cooking method for those who use medicinal marijuana. "I've heard a few doctors who tell their patients who smoke marijuana, to nuke it in the microwave for 30 seconds," he says. "That kills a lot of the trace bacteria or fungus that may remain on the plant."

13. Hose Down Your Veggies Even if thinking about all the hands that have touched your produce from the farm to your table doesn't give you the willies, Risley suggests using a fruit- and vegetable-specific spray to clean raw produce. Even better, you can make your own veggie wash, one part vinegar to three parts water. Wash, rinse, eat —what could be simpler?

14. Build Your Own Dream Team Not everyone can afford a team of celebrity doctors, personal chefs, and expensive therapists, but most HIVers have access to qualified professionals at local HIV clinics and organizations. Consider talking to a nutritionist to find out which foods that are right for your needs as well as seeing a qualified counselor to determine a plan to strengthen your mental health. While professionals at private practices may be unaffordable for some people, many offer a sliding fee scale, with the fee is based on what you can afford to pay. Don't be afraid to ask. Lopez also suggests doing some research to assure that a potential therapist has some understanding of HIV/AIDS, and any community or culture that you may also identify with, like Asian, African-American, Latino, or LGBT.

15. Consider Personalized Meds One of the burgeoning trends in the medical field is personalized medicine for a patient based on their demographic information and genes. "We're going to have a lot more genetic tests for people to specifically tailor medication," Risley says. "We just assume that if you take this one particular medication, your body will absorb it, but not everyone has the same absorption capabilities." While genetically tailored treatment is not widespread, it may be soon. Talk to your doctor about developments regarding ailments such as depression, colorectal cancer, and chronic obstructive pulmonary disease.

Copied from www.HIVPlusMag.com
(March 25, 2019)

2019 PRIME TIMERS NANAIMO CONTACTS

BOARD OF DIRECTORS

President - Wiley Fargen
president@primetimersnanaimo.org

Vice President – Bruce Mason
events@primetimersnanaimo.org

Treasurer - Don Gillett
treasurer@primetimersnanaimo.org

Secretary - Don Gillett
info@primetimersnanaimo.org

Director-at-Large - Bob Harkabus
r1j2h3.b@gmail.com

Director-at-Large - George Loepp
ted70@shaw.ca

Director-at-Large - Paul Tilroe
images@primetimersnanaimo.org

Director-at-Large – vacant

OTHER APPOINTMENTS

Newsletter Editor – Don Gillett
news@primetimersnanaimo.org

Event Coordinator – Bruce Mason
events@primetimersnanaimo.org

Interest Coordinator - Bob Harkabus
r1j2h3.b@gmail.com

Interest Coordinator - George Loepp
ted70@shaw.ca

Webmaster - Wiley Fargen
webmaster@primetimersnanaimo.org

Website Images – Paul Tilroe
images@primetimersnanaimo.org

If you are planning to travel, here are some Prime Timers contacts that you may be interested in:

CANADA

Calgary, Alberta	primetimerscalgary@gmail.com	(587) 351-6582
Edmonton, Alberta	culerguy@gmail.com	(780) 443-1659
Hamilton, Ontario	info@primetimershamilton.com	(905) 518-1953
Ottawa/Outaouais, Ontario	josephbrabant@gmail.com	(613) 406-3964
Toronto, Ontario	president@primetimerstoronto.ca	no listing
Vancouver, British Columbia	primetimersvancouvercanada@gmail.com	(604) 447-4101
Victoria, British Columbia	primetimersvic@gmail.com	(250) 477-2901

U.S.A. – Pacific Coast

Palm Springs, California	webmaster@ptod-ps.org	(760) 424-8014
Sacramento, California	gww71398952@gmail.com	(916) 363-3921
San Francisco, California	president@sfprimetimers.org	(415) 552-6641
Santa Barbara, California	primetimersb@gmail.com	(805) 260-4415
Portland, Oregon	info@pdxprimetimers.info	(503) 465-8079
Seattle, Washington	info@seattleprimetimers.org	no listing

For other U.S.A. States

http://www.primetimersww.com/index.php?option=com_contact&view=category&id=88&Itemid=585