
NEWSLETTER OF
PITTSBURGH PRIME TIMERS

JANURARY 2008 ISSUE

Top 10 PRIME TIME New Year's Resolutions

1. Journal/Blog

Don't go down the bitter highway; Release all of your baggage from the previous year by blogging or journaling. If you're dear to the old school like I am, grab a decorative notebook and write your thoughts freestyle every day. Don't worry about grammar or spelling. This journal is for you. For the tech kings or queens, create a personal blog. It is also a good place to keep a monthly calendar with appointments and events. Make good use of the Prime Timers Calendar for a page.

2. No More Drama

Must all gay men and drama go hand in hand? This New Year, gays around the world are making a pact to eliminate the nasty rumors, lost friendships and petty arguments that spice up our everyday lives. Try a new approach for the New Year: forgiveness. A more peaceful life can lead to better health by releasing any internalized anger and resentment. Give others room to make mistakes and trust in the positive aspects of your relationships.

3. Mentor LGBT Youth

Why let your life lessons go to waste when you can help guide a young LGBT adult? There are more out pop culture figures than ever, but nothing beats an in-person role model. Career guidance to life coaching, there are many ways you can help LGBT youth. Start by volunteering for a youth group at your local gay community center or with online groups.

4. Fight for Gay Rights

Even if you're not the flag waving type, there is still an opportunity to help further gay equality. Prime Timers Worldwide and other groups have projects to advance and enhance the lives of the gay and gray.

5. Get Tested

The anxiety of getting an HIV test and the fear of a life-changing result is overwhelming, but the freedom that comes along with knowing your status is worth the tension. Why leave your health up to chance?

6. Come Out to Yourself

Coming out is a process that unfolds at your own pace. This may be the year for you to be free! The first step to understanding your sexuality is self-reflection. Don't skip this important step on your way out of the closet. Get to know yourself this New Year and create the life you desire.

7. Shed Bad Influences

Bad influences come in many forms:: drug and sex addiction or even that cute guy who tells you he can't have sex while wearing a condom. You don't have to be a victim. Besides, doing drugs and barebacking is so last year! Create a brand new you in a brand new year by kicking an old habit and knowing your boundaries. Recognize your own addictions and test your safe sex practices.

8. Actually Workout at the Gym

While some vow they will finally get a gym membership this upcoming year, other veteran gym bunnies resolve that they will actually workout at the gym instead of cruising boys and talking to their friends. Lift a bar bell or two and work on that V. Just make sure you do it for you and not because you want to join the parade of shirtless guys at the club. We tend to exercise when we do it with a supportive friend. Call a fellow PPT member and go to the gym together. . The two of you may want to start a PPT Gym Interest Group.

9. Volunteer

Volunteering is not only fun; it's an opportunity for you to give back to something greater than yourself. You can also meet other gay people with similar interests. Volunteering begins at home. Volunteer to help with some PPT event. You don't need a special talent to volunteer, just your dedication. Attend a PTT board meeting and find out how you can help or alert a board member that you are willing to help. The PPT Board is looking for a Dine Out Coordinator but there are other activities to volunteer for if Dine Out does not interest you.

10. Put Your Financial Papers in Good Order

In the event of a long illness or your death, will your wishes be observed? Living wills, wills, power of attorney and financial papers should be established, updated, and placed where they can be found by the person you want to execute them in your absence.



THE **T I M E S** is the official newsletter of the **PITTSBURGH PRIME TIMERS**. Members are encouraged to submit articles and letters to the editor by the due date posted on the calendar to horseNunicorn@aol.com. All other communication should be directed to:

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Tuesday January 8 Board Meeting

Our January board meeting will be Tuesday Jan 8, 2008 at :7:00 PM. It will be held at the Gay and Lesbian Center in Squirrel Hill. If you have any items to be added to the agenda, please let Joe know as soon as possible. This meeting will be for planning events for the next two months.

Thursday January 17

RSVP to the movie on Saturday, the 19th.

Friday January 18

RSVP to Sunday Potluck Social

January 19 Saturday Afternoon Movie Group

The Saturday Afternoon at the Movies interest group will have its first movie of the new year on January 19. The movie will be "Locked Up" - a controversial German film about life in prison. Please register by Jan 17 to the PPT number 412-519-4320.

The Movie group had a great end of the year movie and dinner on Sat. Dec.15. The movie was chosen by one of the members and called "Kinky Boots". After the movie, the group moved to a local Italian eatery for more conversation and good food. Everyone had a great time and expressed hope that next year's movies and restaurants will be just as much fun.

Sunday January 20

FIRST 2008 Pot Luck and Social at 4:00 PM At the Allegheny Unitarian Universalistic Church. 416 W. North Avenue, Northside
Bring a dish. Program to be announced.

Monday January 21

- ❖ RSVP for Jewish Community Center visit and pot luck dinner on January 27.
- ❖ FEBRUARY NEWSLETTER DEADLINE. Send articles or information to Horsenunicorn@aol.com

Monday January 28

Jewish Community Center Exhibit of Nazi Treatment of Homosexuals at 3:00 PM
This exhibit has been brought to Pittsburgh from the Holocaust Museum in Washington, DC. The JCC is at **5738 Forbes Avenue, Pittsburgh, PA** (Squirrel Hill). To register for this event or general information call PPT hotline 412-519-4320 by January 21.

Following the 3:00 visit, the group will retire to Jim S.'s home in Highland Park. Directions from JCC to Jim's home will be provided. Bring a pot luck dish.

Tuesday January 29

RSVP for January 31 Dine Out.

January 31 DINE OUT WITH PPT

This month's Dine Out will be at Big Jims in the Run. For additional information call the number above. **Register for the Event by January 29, 2008 at 7PM.** We are looking for someone to coordinate this event.

January's PPT New Years' News

January Birthdays

Ken C. Jan 8
John R Jan 10
Ralph P Jan 30

January Anniversaries

Chuck C and Terry F Jan 17

Conti is NEW Coeditor

The TIMES is happy to welcome Harlan Conti to its staff as co editor. Conti has recently moved to Pittsburgh. As the present TIMES staff is eager to add his view points to the publication.

Samuels to serve as Membership Chairperson

Jack Samuels, founding board member of PPT, will serve the board in the coming year as Membership Chairperson.