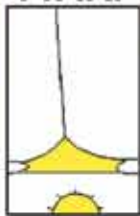


TTARP

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# *C50Q*

ISSUE NO. 1, 2015



*Carolyn Ali*  
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**Contributors** - Michelle Nunes, Denise Joseph, Mayling Younglao, Brenda Buffong, Reeanna Harrilal, Martin Bazil, Andre Walker, Vitas House, Yvonne Knights, Nadia Ali, Patti-Ann Ali, Carolyn Ali, Dr. LA James and Nicole Jules.

For Advertising and Content placement, please contact:

Sapphire Consultants Limited - Michelle Nunes  
 PO Box 1821  
 #92A Wrightson Road, Port of Spain  
 Trinidad W.I.  
 Mobile: 868-681-1816



Email: [sapphire.consultants.ltd@gmail.com](mailto:sapphire.consultants.ltd@gmail.com)  
 OR  
 Nicole C. Jules, Advertising Consultant,  
 Mobile: 487-3298 Email: [nphillipsbrowne@gmail.com](mailto:nphillipsbrowne@gmail.com)

### TTARP's Offices

**North:** #45 Tragarete Road, Port of Spain  
 Tel: 622-9223 / 222-7912 / 221-7771  
 Fax: 628-8842

**South:** c/o M&M Insurance Co. Ltd -  
 Room 303, Cross Crossing, Shopping Centre,  
 San Fernando Tel: 657-2256 / 2343

**Tobago** - c/o MEGA Insurance Co. Ltd - Bacolet  
 Street, Scarborough - Tel: 639-2849/3845

**Email:** [ttarp@tstt.net.tt](mailto:ttarp@tstt.net.tt)  
**Website:** [www.ttarp.org](http://www.ttarp.org)

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050Q Magazine is available at no cost as an integral part of TTARP membership.

**MEMBERS ARE INVITED TO ATTEND MEETINGS AT A ZONAL GROUP CONVENIENT TO YOU.**

## ZONAL GROUPS MEETING SCHEDULE

### ARIMA "Angels"

Meeting Place - Arima Tennis Club – Robinson Circular Road, Arima  
 Meeting Date and Time  
 - 1st Friday of each month - 4:00 p.m. (official meeting)  
 -Every Friday from 12 noon (casual/fun evening)  
 Chairman - Norma CLARKE, 643-4118 / 687-4929  
 Vice Chairman- Lynette MAULE, 306-5050 / 709-0777  
 Email - [nccla911@gmail.com](mailto:nccla911@gmail.com) Colour T-shirt - LIME GREEN

### BELMONT "Bees"

Meeting Place - TTARP Bldg., 167-169 Belmont Circular Rd., Belmont  
 Meeting Date and Time- 4th Tuesday of each month - 5:00 p.m.  
 Chairman - Gloria JONES, 620-1596  
 Vice Chairperson - Paulina LAWRENCE, 629-2442 / 753-1860  
 PRO - Patricia CROSSLEY, 751-0977 / 625-0592  
 Email - [patcrossley95@yahoo.com](mailto:patcrossley95@yahoo.com) or [franlaw@hotmail.com](mailto:franlaw@hotmail.com)  
 Colour T-shirt - GOLD

### CHAGUANAS "Central Pride"

Meeting Place - Chaguanas Seniors Activity Centre  
 #24, Max Murphy Street, Chaguanas  
 Meeting Date and Time - Every other month @ 2:00 pm.  
 Vice Chairman - Janet RAWLINS, 665-5112  
 Secretary - Yvonne KNIGHTS, 665-7315 / 687-1062  
 Email - [y.knights59@yahoo.com](mailto:y.knights59@yahoo.com)  
 Colour T's shirt - ORANGE

#### CHAGUANAS SENIORS ACTIVITY CENTRE

#24 Max Murphy Street, Chaguanas  
 Tel: 221-5891 Coordinator: Mrs. Ann L. Brown

### DIEGO MARTIN "Western Pearls"

Meeting Place - Central Diego Martin Community Centre, Diamond Vale  
 Meeting Date and Time - 2nd Saturday of each month @ 3-5 p.m.  
 Chairman - Derek PATY, 678-4139  
 Email - [derekpaty@yahoo.com](mailto:derekpaty@yahoo.com), [barbieanfrancis@hotmail.com](mailto:barbieanfrancis@hotmail.com)  
 Colour T's shirt - BURGUNDY

### FYZABAD "Evergreen"

Meeting Place- Fyzabad Regional Community Complex  
 Meeting Date and Time - 3rd Thursday of each month @ 10:00 a.m.  
 Chairman - Bernice JEFFERS Vice Chairman - Neville NAVARRO, 387-9217  
 Email - [nevillea.navarro@yahoo.com](mailto:nevillea.navarro@yahoo.com) Colour T-shirt - GREEN

### LA BREA "Nightingales"

Meeting Place - La Brea Community Centre  
 Meeting Date and Time - 3rd Thursday of each month @ 5-7 p.m.  
 Chairman - Ezra VAUGHN - 389-8346 / 648-8270  
 Email - [ezra54@hotmail.com](mailto:ezra54@hotmail.com) Colour T-shirt - LILAC

### PRINCES TOWN/RIO CLARO

Meeting Place - Princes Town Presbyterian School  
 Meeting Date and Time - 3rd Saturday of each month @ 2:00 p.m.  
 Chairman- Margaret RAMPERSAD, 731-0236 / 656-2831  
 Email - [shammi.rampersad@gmail.com](mailto:shammi.rampersad@gmail.com) Colour T-shirt- WHITE

### SANTA CRUZ "Cruizers"

Meeting Place - Bourg Mulatresse Parish Hall, Santa Cruz  
 Meeting Date and Time - 4th Friday of each month - 5:30 p.m.  
 Chairman- Andre WALKER, 675-4264  
 PRO - Brigid TELFER, 676-7353  
 Email - [gowinso@tstt.net.tt](mailto:gowinso@tstt.net.tt) Colour T-shirt- TURQUOISE

### SAN FERNANDO "Purple Diamonds"

Meeting Place - Masonic Lodge – Ruth Avenue, San Fernando  
 Meeting Date and Time - 1st Tuesday of each month @ 10:00 a.m.  
 Chairman - Brenda MILLET-BUFFONG, 763-6300  
 Secretary - Lisa MAHABIR, 350-1306  
 Email- [brendabuffong@yahoo.com](mailto:brendabuffong@yahoo.com) or [lisamahabir24@gmail.com](mailto:lisamahabir24@gmail.com)  
 Colour T-shirt - WHITE/PURPLE

### TOBAGO (Happy Haven)

Meeting Place- Happy Haven School - Signal Hill, Tobago  
 Meeting Date and Time - 2nd Saturday of each month @ 3:00 p.m.  
 Chairman - Miriam EDWARDS, 635-0924 / 750-9351  
 Secretary - Zilpah EDWARDS-MOORE, 758-0853  
 Email- [maredwards@hotmail.com](mailto:maredwards@hotmail.com)  
 Colour T-shirt- BLUE/YELLOW

### TOBAGO (Pembroke)

Meeting Place - Pembroke Community Centre, Todd Street  
 Meeting Date and Time - 2nd Monday of each month @ 3:30 p.m.  
 Chairman - Merle ROMEO, 660-4960  
 Email - [feisty\\_fiona@hotmail.com](mailto:feisty_fiona@hotmail.com) Colour T-shirt- ORANGE



# Comments from the Board

Today, TTARP is one of the largest, if not the largest organization in Trinidad and Tobago, with a financial Membership of over 35,000 members and has been successful with the many issues on the national level as it related to benefits and services in Trinidad and Tobago for Senior Citizens. TTARP's membership represents nine communities in Trinidad and two in Tobago. The Chaguanas Senior Activity Center is one such community that serves senior citizens in Chaguanas and environs.

The Chaguanas Activity Centre located at 24 Max Murphy Street, Chaguanas is a programme conducted with the Ministry of the People and Social Development and is partly funded through a Government Subvention provided by that Ministry. It is therefore very necessary to raise funds through fund raising events and seek support from Corporate Citizens to offset operational cost.

The facility, is open Mondays to Fridays from 9:00 am – 3:00 pm to all Senior Citizens in Chaguanas and Environs, and manages a wide range of activities and lectures on issues relating to their well being. Field trips and classes in Ballroom Dancing, Aerobics, Yoga, Tai Chi and Information Technology are examples of some of the activities. Additionally, the Centre provides a venue that members consider their own space allowing them the opportunity to participate in any course conducted by the various Ministries that peaks their interest.

It is our hope to form the nexus that changes the stereotyping of our aged citizens as frail, ailing and dependent to one of resourceful, dependable, experience and reliable.

I therefore, invite you, our members to please visit the Centre to see its operations and I am sure you will be eager and excited to participate in this programme that enhances the lives of the many senior citizens who attend daily.



Central Activity Centre - Members chit chatting before the aerobics session.

## TTARP's Prayer

Heavenly Father, we thank You for bringing us together this day. Be with us as we come in fellowship to discuss, plan and implement our projects and events. We thank you for allowing us to enjoy our Golden Years together as we ask You for health, strength, wisdom, peace and a grateful heart so that we can assist our fellowman. At the end of our activities today, take us home safely to our loved ones to continue to love and serve You. We praise and thank You. AMEN




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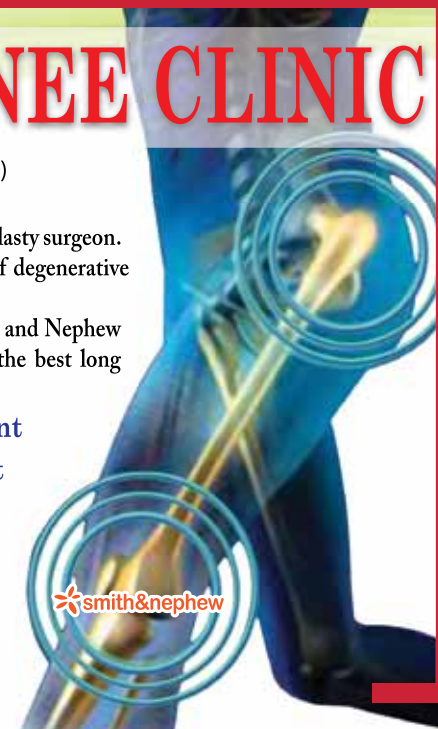
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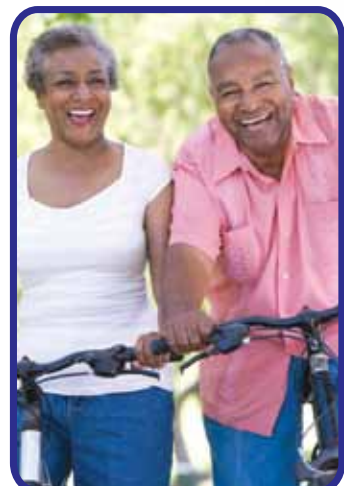
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## The Santa Cruz "Cruzers"

The Santa Cruz "Cruzers" ended the year 2014 enjoying a day of fun, games, and food, at "Playa del Este" in Salybia.

Some members of the group received certificates and a token of appreciation for serving as Executive Officers in previous years. It was a very pleasant and relaxing day by the sea and all enjoyed themselves immensely.

The management as a gesture of goodwill and appreciation sponsored vouchers for accommodation at the resort, one of which was won by our indefatigable Executive Secretary Mrs Mayling Younglao.



Santa Cruz "cruzers" joined with members of the Church for carnival celebrations at the MIQU RC Church Bourg Mulatresse:

Members took part in the "OLD MAS BAND" titled "Whaaaaat!!!"

They displayed placards reading :-  
 "Room 213.....Whaaaaaat!!!,"  
 "Way he Gorn.....Whaaaaat!!!,"...  
 "Life Sport on Life drips.....Whaaaaat!!!"  
 among many others, much to the delight and humour of those in attendance.



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# South Zone On The Move

South Zone On The Move - On 11th November TTARP'S Executive met with San Fernando, Princes Town, Fyzbad, and La Brea Executive Members. A history as to the formation of TTARP was delivered by The Honorary Secretary and guidelines were given on how to increase our membership and the implementation of a mentoring programme was discussed.



South Chairperson, Mrs. Brenda Buffong presents a contribution for the Building Fund to the Honorary Secretary Mrs. Mayling Younglao.



Mrs. Brenda Buffong and the secretary, Mrs. Lisa Mahabir represented the zone at TTARP's Head Office Christmas Luncheon, (L to R) Mrs. Lisa Mahabir, Chairperson, Mrs. Brenda Buffong and specially invited guest, Mrs. Alitha Scott.



Our Old Years lime was a grand affair. We catered for 70 persons and we also celebrated all birthdays which took place in the latter period of the year. We can proudly boast of our live entertainment by two (2) members of Divine Echoes, and our group's Karaoke. Our menu included corn soup, buffalo wings, geera pork, baked fish, savory rice, salad, cake and ice-cream and a variety of drinks. This was truly a momentous occasion and was enjoyed by all.

Mrs Cynthia Hoyte among members in the background



In December, His worship The Mayor of San Fernando, Mr. Kasim Hosein, hosted an event to celebrate Seniors in the community within the Borough week. Thirteen (13) members of South TTARP were invited. This day took the form of musical interludes, breakfast, lunch, with spa like treatment, and a gift bag of goodies for all.

In February, we held an Ole Mas competition among members and prizes were distributed to the top five (5) competitors.

First Prize winners, Annette George and Meena Seeraj in their portrayal of 'Ebola On the Rise'.

On 28th February, the San Fernando Group visited the Santa Cruz Green Market, where members bought lots of ground provisions and ate some of the Spanish and local dishes offered while being serenaded by live Colombian musicians which was truly delightful. From there, the group went to the agricultural shops to purchase plants, and then onto Mount St. Benedict.



At our March meeting we hosted Mrs Suzanne Roach and her colleague, Mrs. Deborah Esdell from The Office Of The Financial Services Ombudsman. They presented to us on "Sharpening Our Skills as Retirees in Society". Gift bags were given to all members and we expect to host the second part, later in the year.

Also we welcomed two honorary members, Mrs. Cindy Dickson and Mrs. Karen Butcher. This initiative was instituted by the Executive Board at the last zonal heads' meeting which serves a dual purpose of increasing the awareness of the Association among younger people and facilitating the influx of new ideas and perspectives to the existing membership.

Picture reflects from left to right, (front row) honorary member Mrs. Karen Butcher, Chairperson Mrs. Brenda Buffong, Secretary Mrs. Lisa Mahabir, Trustee Mrs. Molly Shah and honorary member Ms. Cindy Dickson. In the back row Alternate Trustee Joycelyn Ramsaran, Trustee June Thompson, Assistant Secretary Joyce Blendman.

Submitted by Chairperson, Brenda Buffong

# IMPROVED MEETING PLACE FOR ARIMA ZONE



Craft time with Victoria

For the past few months the TTARP Arima Zone (The Eastern Angels), has been operating out of newly improved and expanded facilities at the Arima Tennis Club where we gather every Friday afternoon.

Floor space is now more than doubled with a second bathroom added and the old one refurbished.

If you are a TTARP member and you live in the east you are welcome to join us for a relaxing and enjoyable time every Friday afternoon. You will have music for dancing fun games, such as all-fours, scrabble and dominoes. You can join our choir, learn a craft or play table-tennis. You can enjoy our several functions during the year and tour our beautiful country with us. All that and more will be yours along with the many benefits of your TTARP membership.

If you are not yet a TTARP member and you are over age 50 feel free to visit us. We will be happy to take care of your registration and welcome you into our wonderful fellowship.



Sing a happy song

Up-coming events at Arima Zone include our annual Mothers/Fathers Day function and a six day tour to Grenada both in the month of May.



Jennifer asks 'what generation gap?'



Man to Man



Draughts anyone



Norma and Justin 'i wanna hold your hand'

# The Voice of Lupus Foundation (VLF)

LUPUS IS A CHRONIC AUTO-IMMUNE DISEASE; A TYPE OF SELF-ALLERGY WHEREBY THE PATIENT'S IMMUNE SYSTEM CREATES ANTIBODIES WHICH, INSTEAD OF PROTECTING THE BODY FROM BACTERIA AND VIRUSES, ATTACK THE PERSON'S OWN BODY TISSUES. THIS CAUSES SYMPTOMS OF EXTREME FATIGUE, JOINT PAIN, MUSCLE ACHES, ANEMIA, GENERAL MALAISE, AND CAN RESULT IN THE DESTRUCTION OF VITAL ORGANS. IT IS A DISEASE WITH MANY MANIFESTATIONS AND EACH PERSON'S PROFILE OR LIST OF SYMPTOMS IS DIFFERENT. LUPUS CAN MIMIC OTHER DISEASES, SUCH AS MULTIPLE SCLEROSIS AND RHEUMATOID ARTHRITIS, MAKING IT DIFFICULT TO DIAGNOSE.

The Voice of Lupus Foundation (VLF) is a non-profit organization established to foster greater awareness about lupus in Trinidad and Tobago. The Voice of Lupus Foundation was founded by Reeanna Harrilal, a broadcast journalist whose extensive media career spans print, radio and television.

Ms. Harrilal is a lupus survivor who has been living with Systemic Lupus Erythematosus (SLE) for more than five years. She started this foundation in November 2011 to use her experience of living with this debilitating disease, to encourage and motivate others in providing hope for those who feel isolated and misunderstood.

This group is for the grandmothers, mothers, daughters, sisters, aunts, nieces, sons, brothers and fathers who lost the battle against this dreadful disease. It is also for those who continue to fight and those who have won the battle against Lupus!

We work to provide hope, compassion, support, empowerment, independence and dignity to those living with lupus and their families. Together as one we can make a difference!

It is our hope that over the next five years, this foundation through our programmes of education and advocacy, will lead efforts to bring national attention and resources to shine a light on this largely medically unrecognized disease. We hope to build support for the needs of those affected by lupus and to elevate lupus to a place of prominence on the nation's health care agenda.

Awareness of Lupus is the main objective of the Voice of Lupus Foundation. In 2012, The Foundation

conducted a historic photo shoot entitled "Faces of Lupus Project" at Saith Park in Chaguanas. The objective of this photo shoot was to showcase those living with lupus in Trinidad and Tobago and have persons identify with the local Caribbean faces. There are also plans to film a documentary called "Faces of Lupus Foundation", for which shooting has already begun. In 2013, we filmed our first infomercial at San Fernando Hill where we brought together over 12 patients to share intimate details of their personal struggle with lupus.

We have successfully created our own website, a lupus community whereby lupus patients in Trinidad and around the world can communicate and share their experiences with one another. This will help with creating that support that is much needed for those who have lupus.

Through the VLF, we have successfully branded World Lupus Day which is observed on May 10th worldwide. This year we will be hosting our annual candlelight vigil at the Space La Noruba Car Park, La- Romaine, to honour those who have lost the battle to Lupus and those who continue to fight. This year we are doing things a bit different. A Zumbathon hosted by Dickie's Charity Drive will be held on May 9th at 3pm to 6pm followed by the candlelight vigil. The foundation is urging members of the public to come on out and POP for lupus- PUT ON PURPLE. This year's theme is "Let's keep the light on Lupus!" Registration for the Zumbathon is \$100.00 which will go as



a donation to the work of the foundation. Persons interested can call: Allan- 3236644 Britney - 3673646 Charmaine - 3140708.

Office Line: 868-221-9677 Website: [www.thevoiceoflupus.com](http://www.thevoiceoflupus.com) Email: [contact@thevoiceoflupus.com](mailto:contact@thevoiceoflupus.com)

# CENTRAL PRIDE

The Central Pride held its Christmas Function at the Radisson Hotel, Wrightson Road on December 9th 2014. Two hundred and forty persons attended the event, and were treated to a delicious lunch, dessert and entertainment by the members themselves. The pictures below capture some of the memories....



Mr. Ellis Peters receives his Door Prize of a Senior Card (compliments HealthNet Dental and Medical Clinics) from Ms Merle Sandiford.



(L to R) Amoy Harlow, Kissoondaye Bassarath, Eileen Chrysostom, Janet Rawlins, Gloria Stubbs and Ann Williams pose for a picture after doing a congo dance.



Some members of the Golden Voices entertaining the residents. (L to R) Daisy George, Anita King, La Verne Corneal, Yvonne Knights and Merle Sandiford.



On Dec 12th 2014, members of the Central Zone visited the Beckles Street Home for the Aged in Chaguanas.

Mr. Reginald Williams, Treasurer of the Zone, presenting a token to one of the residents at the home.

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We are a group of people dedicated to caring for terminally ill cancer patients. The belief that “no-one should die alone” is an important part of hospice care and one embraced completely by Vitas House Hospice personnel. Patients are supported by a staff that makes sure all their requirements are met, whether physical, emotional or spiritual, and that their stay is as comfortable as possible. Our staff ensures that all our patients’ needs are taken care of and that Vitas House Hospice continues to operate at an optimal level. We are also fortunate to have a group of volunteers who dedicate their time and effort to patient care, fundraising and marketing.

*You matter because of who you are. You matter at the last moment of your life, and we will do all we can, not only to help you die peacefully, but also live until you die - Dame Cecily Saunders*

Vitas House Hospice was a dream of Dr. George Laquis for many years before it became a reality. Trinidad and Tobago Cancer Society’s Chairman had been inspired by the works and words of two women who cared about the terminally ill: Elizabeth Kubler-Ross, who wrote the groundbreaking book on Death and Dying, and Cicely Saunders, a British nurse who recognized that too many people were dying in pain and who were ignored by the medical establishment. At age 47, Kubler-Ross became a doctor and dedicated her life and knowledge to humanizing the system. She is the founder of the modern hospice movement. From a dream came the reality that is Vitas House Hospice. It is run by an independent group of people and funded by generous donations from individuals, businesses, families of patients, funeral collections, etc. The ultimate funding aim is to strive to attain corporate sponsorship in an attempt to continue the important work that we do at Vitas House Hospice.

### VITAS HOUSE OPERATION

Vitas House Hospice is a subsidiary of the Trinidad and Tobago Cancer Society but is, however, governed by its own Board of Directors. It is a free service offered to and accessible to all terminally ill cancer patients who have exhausted medical resources and have a life expectancy of six (6) months or less, keeping in mind that medicine and prognostic factors are not an exact science. Vitas House Hospice opened its doors in a completely renovated building made available by NWRHA at the St. James Medical Complex in October 2009. It is a twelve (12) bed facility that

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## What does your Grandchild call You?

By Nadia Ali (TTARP Member)

Our grandchildren accept us for ourselves, without rebuke or effort to change us, as no one in our entire lives has ever done, not our parents, siblings, spouses, friends - and hardly ever our own grown children. ~Ruth Goode

Being a grandparent is a joy many of us want to live long to enjoy. It’s one of life’s stages as we find ourselves graduating from being a parent to a ‘Grand Parent.’ It’s a milestone that lets you relive parenthood all over again but from a joyful distance - able to hand back the baby at the end of the day! As you hold your grandchild for the first time you remember how small your own child was, that signature scent of a newborn baby, the feel of that velvet smooth baby skin and relish how precious a gift of a grandchild really is.

Do you know what happens next? Those around you start asking you what you want your grandchild to call you. Is it going to be Nana or Nani? Mama or Papa? Grandma or Grandpa? Mamey? Gramps? or the more formal option of Grandmother or Grandfather? Admit it, it’s something you didn’t give much thought to, but now that your grandchild is here it’s definitely got you thinking.

My sister, Shireen was a grandparent at 50yrs and insisted there was no way she wanted her grand daughter to call her Grandma –“I’m too young for that!” she laughed. My brother-in-law, Ansari simply sat there bewildered as his daughters joked about the numerous names his newborn grandson could call him. We are still waiting for the day both of these grandchildren refer to their grandparents by name.

What about other people? Sheldon from the popular TV series ‘Big Bang’ calls his grandmother ‘Meemaw’ – a title I

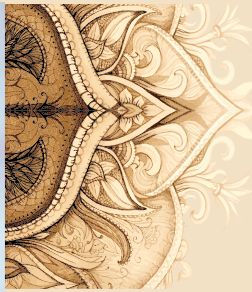
had personally never heard before. Celebrity grandmother Goldie Hawn says her grandchildren calls her “Glamma” because she is a glamorous grandma.

Nowadays, the options are much more than you realize. That said, the truth is your grandchild is not going to say an identifiable word for at least another year, yet alone say, “Grandparent.” When the moment arrives you will probably accept whatever your grandchild decides to call you. One grandmother by the name of Kathy, was trying to get her grandchild to say ‘Grama Kathy.’ The grandchild tried and tried but just couldn’t pronounce it and called her ‘Appy’ the name stuck and is presently still used with affection.

You may even find yourself being the one who decides what your grandchild calls you, by saying things like, “come to Papa or come to Mama.” My own daughters only distinguish between the grandfathers. They call my husband’s dad ‘Grandpa’ and my dad is ‘Grand-dad.’ But both grandmothers are referred to as ‘Grandma.’

Even though we are part of the baby boomers generation who can’t wait for a grandchild to arrive, we are also the generation who can’t imagine ourselves as being grandparents with those wrinkly old terms. My own memories of my grandparents conjure up images of my grandmother wearing an ohrini on her head with a full dress to the ground and my grandfather wearing his signature hat. So, whatever name your grandchild calls you, the important thing is that you get to be a part of defining your legacy and creating the relationship you want with your own grandchild.





# "Indian Dancer" takes the Spotlight"

Carolyn Ali is the mother of four daughters, Jo-Ann, Tammy, Patti and Judi, and grandmother of Liam, Izabel and Abigail. She has been teaching and writing for over forty years, and still teaches part time.

Over the years, she has written seven books as well as hundreds of short stories which were published in both the Express and the Guardian. In 2000 (2nd quarter), one of her stories was actually featured in the TTARP magazine. The title of the story was "Symphony in Sea". That story won a prize in the EMA short story competition.

In 2011, the Author expanded the traditional appeal of her work to include adult readers with the creation of "Stories and Recipes from the Egg Lady". Each original story was accompanied by a range of delicious family recipes, as well as original art-work from the internationally renowned Trinidadian artist, the late Ian Ali. Published by Hansib Publications, London, UK, the book generated much interest, locally, regionally and internationally.

In 2014, Carolyn Ali challenged herself to expand the scope of her work even further and so Stories and Recipes from The Indian Dancer was born. Like its predecessor, this book is a unique entity that unites words, recipes and images taking the reader on yet another inspiring and unforgettable journey.

Through the initiatives of Safari Publications, "Stories and Recipes from the Indian Dancer" was submitted to this year's Caribbean Advertising Federation (CAF) Awards for the Book design category, and it won the Silver Addy Award.

"The Caribbean Advertising Federation (CAF) is the first and only non-American member of the American Advertising Federation (AAF) and represents thousands of advertising companies in the United States and the Caribbean. The ADDY Awards are sponsored by the AAF and are the advertising industry's most comprehensive and prestigious competition recognizing creative excellence in numerous categories of various media types."

She recalls that the first time she ever won a prize for story writing was as a student at Mausica Teachers' College. The prize was dinner for her family at the Hilton. Carolyn is very excited for this recognition and is particularly proud that this book was produced by a local publishing company. Her hope is that the reader will enjoy the stories, try the recipes and view the art work of a truly gifted artist – Ian Ali, her late husband.

Illustrated stories carry a further insight into the written word, and she is happy to share Ian's legacy of art of his powerful, creative and stimulating work. There is this saying, "An artist or writer never dies. As long as the work is read or seen, the artist or writer remains alive." This is her way of keeping his memory alive.

The recipes came from many countries, and she encourages readers to journey with the Indian Dancer to many corners of the world and enjoy the delicious offerings of friends and family. The ingredients are easy to get, so go ahead, be adventurous!

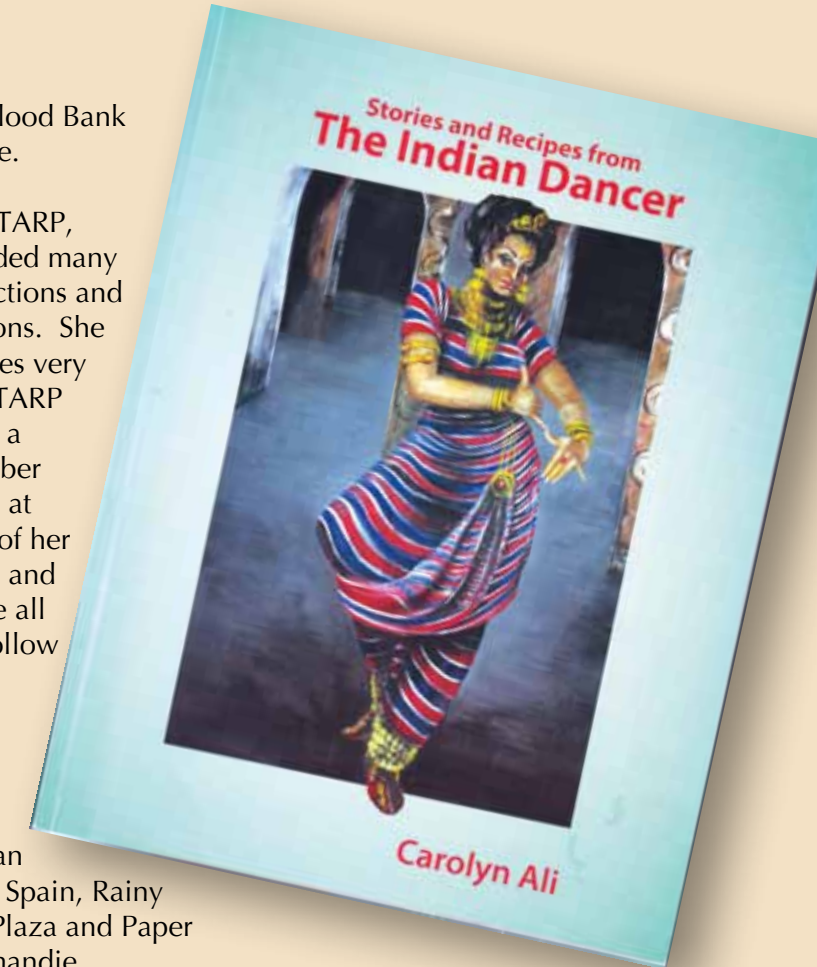
As a member of the Reading Association, she has attended many International Conferences, travelling to California, Tampa, Minnesota, Toronto, Bermuda and Jamaica. The benefit gained from those experiences has been tremendous, since to breathe the same air as some of the successful writers who attended, was considered quite a privilege. Her other interests are travelling, the theatre and playing board games such as Scrabble, Mexican Train and Rummikub.

She is also involved in the Inner Wheel Club of St. Augustine, which is made up of close female relatives of Rotarians, who at the moment

are assisting the Blood Bank with a Blood Drive.

As a member of TTARP, Carolyn has attended many Mothers' Day functions and Christmas luncheons. She adds that she makes very good use of her TTARP discount card. As a loyal TTARP member for \_\_\_ years, we at TTARP are proud of her accomplishments, and want to encourage all our members to follow your dreams.

The books are available at Charran's Book stores, Metropolitan Book store Port of Spain, Rainy Days at Ellerslie Plaza and Paper Based at the Normandie.



PHOTOS: RENE BOATSWAIN



# PEMBROKE ZONE



MEMBERS OF THE TTARP PEMBROKE ZONE WORSHIPPED AT THE SIGNAL HILL SEVEN DAY ADVENTIST CHURCH WITH SISTER WILMA REID A LIVEWIRE OF THE GROUP. THE SERVICE TOOK PLACE ON THE 28TH JUNE.



TWO MEMBERS OF PEMBROKE ZONAL GROUP WERE INVITED TO THE GALA OPENING OF THE AQUATIC/SWIMMING FACILITY AT ARGYLE IN JANUARY 2015.



MS. WILMA REID WON THIS PIECE OF GYM EQUIPMENT ON THE LAST DAY OF HER CHURCH'S CRUSADE FOR INVITING THE MOST PERSONS.



ABOVE: MEMBERS TRAVELLED TO TRINIDAD TO ATTEND THE TTARP ANNUAL GENERAL MEETING IN SEPTEMBER, 2014.



BELOW: MEMBERS POSE FOR A PHOTOGRAPH AFTER THE SERVICE

# The Holy Land Experience

In March of this year, a group of 22 members visited the Orlando Theme Park – The Holy Land Experience. This is a living, biblical museum and park that brings the world of the Bible to life!

It combines the sights and sounds of the biblical world in a unique and interactive way. At the Theme Park, you will find the Garden of Eden, Noah's Ark, The Garden of Gethsemane, Bethlehem, Calvary's Garden Tomb (where Jesus' body was laid to rest before His glorious resurrection) and other significant places, all magically and realistically constructed as the authentic places in the Middle East.

As true Trininis, before, during and after the tours, much focus was placed on personal shopping. It was certainly a wonderful experience.



## A's Travel Service Limited Cruise Sale

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# Events Programme 2015

## SAN FERNANDO "Purple Diamond"

Meeting place – Masonic Lodge, Ruth Ave.

For more info contact 763-6300

- May.....Celebration of Birthdays
- June.....Visit to a Seniors Aged Home
- July.....Parents Day
- August.....Trip to Tobago
- September.....Trip to St. Lucia

## BELMONT "BEES"

Meeting place – TARP Bldg. Belmont

For more info contact 620-1596

- May 30th – Games Evening
- June 7th - Mothers & Fathers Celebration
- June – Meeting Day: AGM & Election
- June - 10th Anniversary Celebration

## Head Office

For more info contact 622-9223 or 221-7771

- May 3rd - Mothers Day Tea Party  
Normandie Under the Trees
- May 30th - All Inclusive Trip to Cuba
- Jun (TBA) - Father's Day Cooler Fete
- Aug (TBA) - BINGO
- Sept 12th - Annual General Meeting
- Sept 26th - 12th Annual 5k Walk/Run
- Oct 17th - Mediterranean Cruise
- Nov 29th - Christmas Luncheon

## CENTRAL

Meeting place – Central Senior Activity Centre  
46, Max Murphy St. Chaguanas

For more info contact 221-5891

- May 12th – Interactive Meeting / Lecture – 1:00 pm
- May 20th – Play Del Este
- May 23rd – May Merriment Lime
- June 27th – Mothers & Fathers Day Celebration
- Jul 9th – Interactive Meeting / Lecture – 1:00 pm.
- Jul 25th – BBQ Fundraiser
- Aug 3rd – 14th – Centre Closing
- Aug 28th – Big People Party / Independence Lime
- Sept 10th – Interactive Meeting / Lecture – 1:00 pm
- Sept 23rd – Clifton Hill Beach Facility
- Oct – International Day of Older Persons
- Oct – Cultural Appreciation Day Celebration
- Nov 17th – Interactive Meeting / Lecture – 1:00 pm
- Dec – Christmas Luncheon
- Dec – Centre Closing

## TTARP TOBAGO Pembroke,

### "CULTRUAL STARS"

Meeting place – Pembroke Community Centre

For more info contact 660-4960

- May 3rd – Worship at St. Edward's Anglican Church
- May 6th – Sick Visit
- May 11th – Mothers' Day Celebrations
- May 25th - Visit to Geriatric Ward – Fort King George
- June 3rd – Sick Visit
- June 8th – General Meeting & Handwork
- June 22nd – Fathers' Day Celebrations
- Jul 8th – Sick Visit
- Jul 13th - General Meeting & Indoor Games
- Jul 27th – Walkathon on Play Field
- Aug 3rd – 13th – Trip to St. Vincent
- Sept 2nd – Sick Visit
- Sept 12th AGM – Trinidad
- Sept 28th – Lecture Discussion by District Nurse

## FYZABAD "Evergreen"

Meeting place – Fyzabad Regional Community Centre

For more info contact 387-9217

- May 21st – Monthly Meeting
- May (TBA) – Visit to Dow De Island/Chaguaramas Boardwalk
- May 28th – Games Day
- June 20th – Monthly Meeting
- June (TBA) – Visit to Grenada
- June – Beach Lime/ Picnic
- July – Monthly Meeting
- July (TBA) Tobago Heritage Festival

## ARIMA "Angels"

Meeting place – Arima Tennis Club

For more info contact 687-4929 / 306-5050

- May 1st - Horticulture Course / Monthly Meeting
- May 7th -13th - Trip to Grenada
- May 15th - DVD Movies
- May 20th - Field Trip
- May 21st - Executive Meeting at Arima Town Hall.
- May 22nd - Visit from Fyzabad Zone
- May 29th - Health Fair at Arima Tennis Club
- Jun 5th - Monthly Meeting at Arima Tennis Club.
- Jun 7th - Mothers'/Fathers' Day Function
- Jun 18th- Executive Meeting at Arima Town Hall.
- Jun 26th- DVD Movies at Arima Tennis Club
- Jun 28th - 1st Birthday Club Function at Arima Tennis Club

## About CarSearch

ISSL/CarSearch is a technology based security company providing stolen vehicle recovery since 2001. We have four Customer Service Centers strategically placed nationwide to offer our wide range of services to the public. Since our inception, ISSL/CarSearch has managed to expand our services by introducing new services to our customers such as GPS Tracking, Fleet Management, Personal Security Services, 24/7 Camera Surveillance, Stolen Computer Recovery and Random Patrols. We have maintained the best recovery rate in Trinidad and Tobago for stolen vehicles and continue to provide excellent service to our customers.



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- \* A 24/7 island-wide roving, monitoring and Tracking/Recovery Team.



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Property Alarm Monitoring



Random Patrols



Personal Security Services

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686-628-0044  
868-653-4873  
868-299-0616

### HOTLINE NUMBERS

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800-4SOS 627-3463  
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Website: www.carsearchtt.com

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Note:

- No Medical check-up required
- No age restrictions
- Six months waiting period from acceptance before claiming
- Standing Order payment advised

Co ordination of Benefits allow an Insured person who has more than one Medical Coverage Plan to claim from both Plans, thereby maximizing benefits.

For more information, ask for Denise at TTARP's Office 622-9223

Lifetime Maximum **\$75,000.00**

### Limits to Coverage

Pre-Confinement	\$750.00
Room and Board	\$175.00 per day
Maximum No. of Days per ailment	31
Hospitalisation Miscellaneous Services	\$1,500.00 max. per ailment
Surgical Maximum (Limited by Surgical Schedule)	\$3,000.00
Anaesthetic	25% of Surgical Allowance
Specialist Maximum	\$80.00
Maximum visits per ailment	10
Reinstatement of utilized Benefits	\$7,500.00

ANNUAL RATE FOR COVERAGE - \$500.00

# Flatfeet

Can you be affected by flatfeet in your silver years? The unfortunate answer to this question is yes. An individual is said to have flatfeet when they lose the normal support along the inner aspect of the sole of their feet. Flatfeet is one of the most common foot and ankle conditions affecting women over the age of 40 years but men are not immune.

The first thing a person with flatfeet might notice is a change in the shape of their feet. This may lead to abnormal wear of their shoes or difficulty in getting properly fitting shoes. Individuals may also experience pain in the inner or outer aspect of their feet. It is widely felt in the orthopaedic community that flatfeet may play a role in an individual developing bunions (hallux valgus).

Outside of the expected symptoms in the foot and ankle region, individuals may also experience pain in their knees, hips or lower back. This is thought to be due to the overall alignment of the person being thrown out of whack. Individuals can also experience functional impairment such as struggling or being unable to stand on their toes.

The most common reason for acquired flatfeet in the non-paediatric age group is dysfunction of one of the main supporting structures of the foot called the tibialis posterior tendon. Predisposing factors for acquiring the condition include diabetes, obesity and hypertension.



Your surgeon can typically diagnose the condition by performing a clinical examination. S/He will inspect the foot to assess the severity of the deformity and determine if there is any functional

impairment. An investigation in the form of x-rays is usually performed. Depending on the clinical findings, more specialized investigations such as an ultrasound scan or a CT/MRI scan may be required.

The treatment options are varied and dependent on the clinical findings. The non-surgical options include: accommodative shoes with wide toe box; orthoses (insoles) to support medial arch; weight loss and exercises; Achilles tendon (heel cord) stretches. The surgical options include: Achilles tendon lengthening; Calcaneal osteotomy to realign the hind foot; Tibialis posterior tendon reconstruction; Triple fusion of the foot; Subtalar arthroereisis.

At the FAOC, trained orthopaedic specialists would be able to assess your feet and determine what is the most appropriate management strategy for your individual condition.

L A James FRCS Tr&Orth  
Consultant Orthopaedic surgeon



## NEED MEDICAL COVERAGE?

TTARP has paid out over \$11,000 to members since the plan's inception in 1996. To join, please collect the Hospitalisation Plan Application Form at TTARP office, complete and submit together with your annual payment of \$500.

# Belmont Bees




"Each year the Belmont Bees close off our usually hectic year with a lavish Dinner where we relax and enjoy a sumptuous meal. On this occasion we were entertained by the beautiful renditions of Reverend Patricia Morris and of Claudia

John of the Picton Performing Arts Company. This year we also enjoyed the debut performance of our own Belmont Bees Chorale who led us in a lively medley of traditional Christmas songs and Parang.

Bravo to our songsters!"



"For the past four years Belmont Bees has hosted over 100 children from the Belmont area aged 0 to 12 at a Christmas party. This year as usual the children had a grand time. They were entertained by a face-painting clown, a Bouncy Castle and music. They took part in a number of entertaining games, ate sumptuously and were given gifts by our very own Santa Claus."



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# THE HEALTH BENEFITS OF PEANUT BUTTER

## Source of Protein

2 tablespoons of peanut butter are what you should consume if you want to stay on the healthy end of the peanut butter consumption scale. These 2 tablespoons pack in 7 grams of protein. This is why peanut butter on toast makes for a great breakfast or mid morning meal choice.

As a protein-rich food, when you eat peanut butter you feel fuller for longer. Additionally the protein is also good for building and repairing muscles, which is especially important if you work out a lot.

## Heart Friendly

Someone like you and me, who clearly loves their peanut butter, asked the Harvard Medical School if the health benefits of peanut butter extended to heart health. And despite your misgivings, the answer is yes! Peanut butter has its share in saturated oil food, but like olive oil, it also has a high percentage of unsaturated helping it qualify itself for the healthy camp.

When consumed in moderate amounts, eating a high quality peanut butter like this can actually improve your heart health, especially when compared to those who seldom or never eat nuts.

## More Potassium

Most of us have way too much sodium in our diets and as you probably already know, sodium can wreak havoc on your cardiovascular system. Peanut butter acts as an excellent source of potassium, and potassium can go a long way towards countering the dangers of sodium.

## Healthy Fat

A common worry about eating peanut butter is the fat content. However, as mentioned above peanut butter contains more unsaturated fat than saturated fat. This means, it is actually a great source of "healthy fats". A healthy body needs a good supply of healthy fats and like olive oil and avocado, peanut butter is a friendly fat food.

## Energy Booster

As already discussed, peanut butter contains good amounts of healthy fats and protein. This means it contains plenty of calories that will give you lots of energy for your activities. Again, perfect for a morning meal as it gives you an energy hit for the day.

## Fiber Rich

Your 2 tablespoon serving of peanut butter not only packs in lots of protein but also gives you 2 grams of fiber. Adequate consumption of fiber is important for the healthy functioning of your body and of course you can get more fiber from other meals but peanut butter can help supplement this.

## Aids Weight Loss

Okay yes, this one sounds crazy but it's not. Despite all it's fat and sodium content, we have already established peanut butter is actually good for you. Due to its protein and fiber content, when you eat peanut butter you actually feel fuller for longer. This means, you're less likely to crave junk food and unhealthy snacks. This means you eat less overall, and voila weight loss made simpler.

## Packed With Nutrients

Protein, fiber, healthy fats, potassium and now antioxidants, magnesium and others too. The list of good things about peanut butter just go on. One serving of peanut butter will give you at least 3 mg of the antioxidant Vitamin E. Additionally, you will also get magnesium (about 49g) which is excellent for bone building and muscle recovery and a small but still important amount (0.17 mg) of vitamin B6 that will help boost your immunity.

You can also find a small amount of zinc in peanut butter and this too can act as a good immunity booster.

<http://www.healthambition.com/health-benefits-of-peanut-butter/>



# Recipes...

## Peanut Butter Swirl Chocolate Brownies

### INGREDIENTS

Nonstick cooking spray  
1/4 cup butter  
3/4 cup granulated sugar or sugar substitute blend\* equivalent to 3/4 cup sugar  
1/3 cup cold water  
3/4 cup refrigerated or frozen egg product, thawed, or 3 eggs, lightly beaten  
1/4 cup canola oil  
1 teaspoon vanilla  
1 1/4 cups all-purpose flour\*\*  
1 teaspoon baking powder  
1/4 cup creamy peanut butter  
1/2 cup unsweetened cocoa powder  
1/4 cup miniature semisweet chocolate pieces

### DIRECTIONS

Preheat oven to 350 degrees F. Line a 9x9x2-inch baking pan with foil, extending foil up over the edges of the pan. Lightly coat foil with nonstick spray. Set aside. In a medium saucepan, melt butter over low heat; remove from heat. Whisk in sugar and the water. Whisk in egg, oil, and vanilla until combined. Stir in 1 cup of the flour and the baking powder until combined. (Batter will be thin at this point.) Place peanut butter in a small bowl; gradually whisk in 1/2 cup of the batter until smooth. Set aside. In another small bowl, combine the remaining 1/4 cup flour and the cocoa powder. Stir into the plain batter; stir in chocolate pieces. Pour chocolate batter into prepared pan. Drop peanut butter batter in small mounds over chocolate batter in pan. Using a thin metal spatula, swirl batters together. Bake for 20 to 25 minutes\* or until top springs back when lightly touched and a toothpick inserted near the center comes out clean. Cool completely in pan on a wire rack. Cut into bars.

## Healthy Peanut Butter Banana Muffins

### INGREDIENTS

2 - ripe bananas  
1/3 - cup honey  
1/3 - cup natural peanut butter  
2/3 - cup plain Greek yogurt  
1 - teaspoon vanilla extract  
1 - teaspoon baking soda  
1 - teaspoon baking powder  
1/4 - teaspoon salt  
1/2 - teaspoon cinnamon  
1 - tablespoon ground flax seed  
1/4 - cup regular sugar or  
2 - tablespoon Truvia Baking Blend  
1 - cup all purpose flour  
3/4 - cup whole wheat flour  
cinnamon sugar

### DIRECTIONS

Preheat the oven to 375 degrees. Line muffin tins with baking cups or lightly spray with canola oil. Mix the wet ingredients together, mashed banana, honey, peanut butter, yogurt, and vanilla.

In a separate bowl, combine the dry ingredients (flours, salt, baking powder, baking soda, flax seed, Truvia baking blend, and cinnamon). Add the wet and dry together and stir until just combined.

Using a large ice cream scoop or spoon, add the batter into the muffin tin until the cups are 3/4 full, sprinkle with a bit of cinnamon sugar on each muffin and bake on the middle rack of the oven for 15 - 20 minutes.

## Peanut Butter And Oatmeal Cookies

### INGREDIENTS:

1/3 c. peanut butter  
1/2 c. brown sugar, packed  
1/4 c. honey  
1/4 c. canola oil  
2 eggs  
1 3/4 c. oats  
1 c. flour  
3/4 tsp. baking soda  
2 tbsp. chia seeds  
1/4 tsp. salt  
1/2 tbsp. cinnamon

### DIRECTIONS:

Preheat oven to 350 degrees. Line cookie sheet with parchment paper or spray with non-stick cooking spray. Mix peanut butter, brown sugar, honey, canola oil and eggs together until fully combined. In a separate bowl, combine oats, flour, baking soda, salt and cinnamon. Slowly mix flour mixture into peanut butter mixture. Stir in chia seeds. Drop dough by rounded tablespoons onto cookie sheet and bake for approximately 8 minutes or until sides of cookies begin to brown slightly. Cool and enjoy.

## Peanut Butter Pancakes

### INGREDIENTS:

serves 2  
3/4 c. flour  
1/4 c. wheat bran (optional)  
2 tbsp. brown sugar  
1 tsp. baking soda  
1 egg  
2 tbsp. peanut butter (Melted a bit in the microwave)  
3/4 c. milk

### DIRECTIONS:

Combine all ingredients and stir until completely combined. Spray heated griddle or warmed skillet with non-stick cooking spray. Pour batter onto griddle or skillet, cooking the pancakes until the tops begin to bubble slightly. Flip and cook the other side until light brown. Top with syrup and desired toppings (fruit, powdered sugar) and enjoy!





# ANNUAL ALL-INCLUSIVE CARNIVAL FETE

This is probably one of the best value for money, all inclusive fetes that one can go to during the carnival season. Food, drinks, entertainment and great company. If you missed it, we hope to see you next year!



One of the entertainers commanding the crowd.

TTARPlins also came out to enjoy our annual carnival fete. I bet we are going to see even younger TTARPlins next year!



A member gets in the groove.



Ms. Woods didn't know she was on camera...We caught her enjoying herself.



Ms. Wheeler on the floor



At TTARP fete you enjoy all types of music. This couple was having a ballroom dance.



Mr. & Mrs. La Fleur...loyal and longstanding members enjoy a dance.



Who say TTARP members cannot enjoy themselves?



Even the young at heart came out to enjoy TTARP's fete.



Ms. Glenda Solomon dancing to the beat.

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# THE HYATT CHRISTMAS LUNCHEON

Our first Hyatt event – The Annual Christmas Luncheon was beautifully organized in November of last year. Our guests, members and entertainers flowed and floated through the exquisite Grand Ballroom enjoying the grandeur of the surroundings.



The self-service buffet was absolutely delicious, and our patrons enjoyed the melodies of music veteran Kenwyn Hutchins, and younger artistes – Sheldon Reid and Skinny Fabulous. As tradition would dictate, a full parang band serenaded our members, the music was quite infectious and encouraged many to stand and sway or to ball room dance. DJ Himraj also did a wonderful job of getting many on their feet.

The service meted out was exceptional. We were surrounded by pleasant and efficient hospitality staff who quite willingly attended to the needs of our members.

To be quite honest, the turnout was less than anticipated, maybe it was because of the slightly higher ticket cost at the Hyatt, but whatever the reason, those who attended had a fabulous time, as I am sure you would have heard. By popular demand, we will be returning to the Hyatt and look forward to our membership full support.

We look forward to another wonderful Christmas at the HYATT in 2015 !!



**Attention!**  
**All TTARP Members**  
 Get your family and friends to join TTARP and receive \$10 for each person that is required to pay the Admission Fee.



**KEEP IN TOUCH**  
 In moving with the demand of society and technology, please ensure that we have your email address and mobile numbers. You can also find TTARP on Facebook.



Caring • Supporting • Protecting

## EXPRESSION OF INTEREST to become a Foster Parent

The Children's Authority of Trinidad and Tobago is a specialised agency with responsibility for the care and protection of all children in Trinidad and Tobago, especially those at risk of abuse or harm. One of the Authority's mandated functions is the management of a Foster Care System which is intended to provide temporary care to children in a family setting.

The Authority is seeking to build a preliminary database of persons who are willing to foster children in their homes. We are therefore inviting persons to apply to be considered as foster parents.

**Interested individuals should:**

- Have a strong desire to nurture and care for children.
- Have adequate /appropriate housing.
- Have experience/ skills in dealing with children.
- Be willing to undergo training together with members of their household.

The Authority will offer the support of its Foster Care Unit to all approved foster parents.

**The Expression of Interest is not an application. Submissions should include:**

- A brief description of yourself and your family environment.
- An expression of your motivation to become a foster parent.
- Full Name, Address and Contact Information.
- An indication of the number and category of children that you are willing to foster, e.g. age, short or longer-term care, emergency care, special needs child.

Submissions should be addressed to:  
 Children's Authority of Trinidad and Tobago  
 #35A Wrightson Road  
 Port-of-Spain  
 TRINIDAD  
 Tel: 627-0748 ext 2012 or 2132  
 Email: fostercare@ttchildren.org

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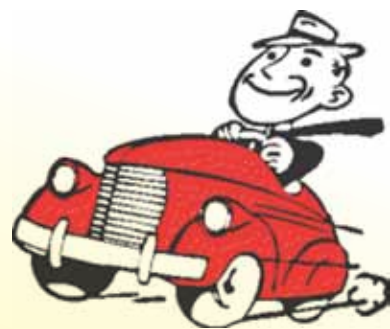
**CALL: 369-4466**



# LAUGHTER

## SPEEDING SENIOR CITIZEN

A senior citizen drove his brand new Corvette convertible out of the dealership. Taking off down the road, he floored it to 80 mph, enjoying the wind blowing through what little hair he had left. "Amazing," he thought as he flew down Churchill Roosevelt Highway, pushing the pedal even more. Looking in his rear view mirror, he saw a traffic police vehicle behind him, lights flashing and siren blaring. He floored it to 100 mph, then 110, then 120. Suddenly he thought, "What am I doing? I'm too old for this," and pulled over to await the police officer's arrival. Pulling in behind him, the officer walked up to the Corvette, looked at his watch and said, "Sir, my shift ends in 30 minutes. Today is Friday. If you can give me a reason for speeding that I've never heard before, I'll let you go." The old gentleman paused. Then said, "Years ago, my wife ran off with a Policeman. I thought you were bringing her back." "Have a good day, sir," replied the officer...



## A MENTAL TEST

Jim and Edna were both patients in a mental hospital. One day while they were walking past the hospital swimming pool, Jim suddenly jumped into the deep end. He sank to the bottom of the pool and stayed there. Edna promptly jumped in to save him. She swam to the bottom and pulled Jim out. When the medical director became aware of Edna's heroic act, he immediately ordered her to be discharged from the hospital as he now considered her to be mentally stable. When he went to tell Edna the news he said, "Edna, I have good news and bad news. The good news is you're being discharged, since you were able to rationally respond to a crisis by jumping in and saving the life of another patient. I have concluded that your act displays sound mindness. The bad news is, Jim, the patient you saved, hung himself with his bathrobe belt in the bathroom. I am so sorry, but he's dead." Edna replied "He didn't hang himself, I put him there to dry."

## ISLAND TALK

A Canadian Highway Patrolman pulled a car over and told the Guyanese driver that because he was wearing his seat belt he had just won \$5,000 in the Province safety competition.

'What are you going to do with the money?' asked the policeman

'Well, I gonna get a driver's license,' he answered.

'Oh, don't listen to him,' yelled the Trini woman in the passenger's seat... 'He's a smart ass when he drunk.'


This woke up the Bajan guy in the back seat, who took one look at the cop and moaned, 'I knew we was not gonna get far in dis thief -in car.'

At that moment, there was a knock from the trunk and a Jamician voice said in patois, 'Yow!, I man mek it crass di barder yet?'

The Canadian Higway Patrolman smiled and handed the \$5,000 cheque to the driver, 'I always loved the island talk, but I could never understand it. Have a nice day.'



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