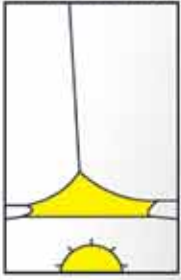


TTARP



ISSUE #1 2017

Permit Post
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In this issue:

- Fear Of Aging
- Herbal Medicines
- Adult Colouring Books

50Q

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050Q is published three times a year by TTARP

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DISCLAIMER

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Comments from the Board

It appears that we, Senior Citizens, have been left at the mercies of the powers that be. Our Central Zone was forced to close the "Senior Activity Centre" due to lack of adequate and timely funding from the Government of Trinidad and Tobago. The senior citizens are now left with no option but to stay at home and bore themselves until the "Master is ready" instead of spending quality time with their fellow seniors.

The banks have been very creative in reducing our spending power by the introduction of increased and new charges. This has a very serious impact on our low, fixed pensions. It is more hurtful when the Central Bank says that there is nothing that they can do about it.

I think it may be the time for our Association to start agitating for its rightly space.



In Memoriam of JOYCE WONG SANG

An exceptional sense of style, very committed and determined, extremely loyal yet very humble are some of the attributes of our beloved Joyce Wong Sang.

TTARP was honoured to have had Joyce serve as an Executive Board Member for over fifteen years. One of her main desires was to increase the TTARP membership and she sought to this single-handedly.

As we all know, TTARP members are scattered throughout Trinidad and Tobago, but Joyce wanted unity and comradery among fellow seniors, and so she took up the task of going to various communities where she encouraged them to form Zonal groups of TTARP.

Over the years, she formed several vibrant independently managed Zonal groups. These groups are still in existence in areas such as - San Fernando, Fyzabad, La Brea, Princes Town, Central, Arima, Santa Cruz, Belmont, Diego Martin, Pembroke (Tobago) and Lowlands (Tobago).

Her passion for TTARP was quite evident, as much as her love for Best Village. It will be fair to say that Joyce became a national icon when under the auspices of Trinidad and Tobago's first Prime Minister, the late Dr. Eric Williams she was commissioned to take the lead in creating "Best Village".

The concept of Best Village arose, when Dr. Eric Williams visited 239 village communities in ten months between 1963 and 1964. He was searching for a way for the country to embrace all its cultures to forge this newly independent society, looking for home-grown solutions to develop the new state, fragmented by class, colour, creed and race. The tour is now famously referred to as "Meeting the People."

Mrs. Best Village soon became known also as Mrs. TTARP. The success of TTARP was gained from Joyce's



ability to identify the strength of the various Zonal groups, and by enhancing and empowering the elected committees.

Today we are empowered Senior Citizens and can confidently compete on any level of Trinidad and Tobago culture – such as cuisine, sports, national instruments, music, song and dance.

The Executive Board of TTARP, the Zonal Committees, Members and Staff are profusely thankful for Joyce's selfless contribution in leading us to identify our role in society.

Heartfelt condolences are extended to all her family, friends and loved ones.

Joyce has left this earth but her legacy will live on in every community in Trinidad and Tobago. Thank you and Farewell our friend. May you Rest in Peace.



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FEAR OF Aging



by Dr. Varma Deyalsingh
Secretary of Association of
Psychiatrists of
Trinidad and Tobago

It took three words to make a 62-year-old retired teacher go into major depression. It all started while she was vacationing in Barbados.

The hotel was offering timeshares and as she went into the conference room she saw a lot of "gray haired" people. Her thoughts were 'Am I in a geriatric meeting?' Her thoughts were to get out and go to the beach.

She never saw herself belonging to this category. She never felt herself aged, in fact she simply carried on as she did when she was 35 years, not thinking about age and just carrying on with life.

As she hurriedly left the room a young man almost collided with her and said, 'excuse me granny'. She was taken aback, was the person speaking to her? She felt insulted, angry, and shocked.

It could have ended there but she went into her hotel room and looked in the mirror, examining each

wrinkle, thinking to herself "do I look old?" Her mind kept repeating his words. She had problems sleeping that night and her appetite had diminished. This continued for more than 3 months, resulting with her having to seek medical treatment at a clinic.

Gerontophobia is a fear of aging. This phobia can exist at any age, even in young persons who fear getting old. In this case it was the underlying fears that exist in normal individuals, which was allowed to fester thereby creating mental distress. The Anxiety about Aging Scale (AAS) is a psychological test used to measure such fears or anxiety, it was found that men were significantly more anxious about aging than women. The most common fears encountered are:-

1. Loss of independence

The fear that other people will control your life and make decisions for you.

2. Loss of memory

The inability to recognize

people and self, and to lose who you are.

3. Safety fears (vulnerability)

Safety and security are concerns many ordinary citizens face, imagine when you are older and physically weaker, you may not be able to fend off bandits or have the speed to escape.

4. Falling and getting hurt

Brittle bones and poor balance contribute to this.

5. Declining Health

Ailing health leads to a lower quality of life, cataracts, frailty, hearing loss, lifestyle diseases.

6. Poverty

Rising prices, loss of earning potential, and medical expenses. Wondering if CDAP drugs will be available, or if the old age grant would be taken away.

7. Loss of familiar environment (not living at home)

A familiar environment like home, work, social affiliations and family is a source of comfort for many.

8. Not being able to drive

Having the freedom and independence to take yourself places.

9. Stranger care

Debilitating diseases like stroke and paralysis, and having a stranger to change your adult diapers can be a frightening loss of dignity.

10. Loneliness

The death of a spouse or a beloved family member. These facts should be considered when planning health policies of the nation, preparing the future of our parents, as well as for our own future.

The presence of fear is normal and experiencing fear about aging is natural. It is our response that matters.



by Barbara Andall Francis

ANNUAL GENERAL MEETING

On January 14th TTARP Western Pearls (Diego Martin Zone) held their Annual General Meeting and election of Officers.

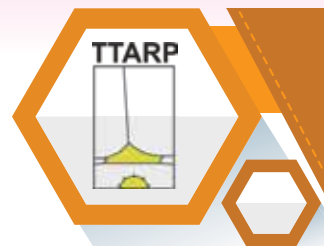
The New Executive Members elected were:

- | | |
|-------------------------------|-----------------|
| Mr. Derek Paty | Chairman |
| Mrs. Marlene Griffith | Vice Chairman |
| Mrs. Barbara Andall- Francis | Secretary |
| Mr. David Hoyte | Asst. Secretary |
| Mrs. Veronica Kathleen Nelson | Treasurer |
| Ms. Donna Sidney- Murray | Asst. Treasurer |
| Mr. Neville Smith | Trustee |
| Mr. George Padia | Trustee |



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SANTA CRUZ ANNUAL GENERAL MEETING



The new Santa Cruz executives were sworn in by Executive Board member Mr. Cecil Paul on 28th October 2016.

Front Row (left to right) : Naomi Mc Lean- Trustee, Joan Davis - Asst Treasurer, Brenda Sydney - Treasurer.

Back Row (left to right) : Yvette Wright - Chairperson, Charmain Maule - Secretary, Euphemia Durant - Trustee and Loama Warner - Communication Officer.

Missing are: Mrs. Cynthia Sifonis - Vice Chairperson and Ms. Brenda Agard - Asst. Secretary.



The opportunity was taken to thank the out going Executives and to welcome the newly elected Executives.

Tokens of appreciation were also presented to outgoing members.



Mr. Martin Bazil, former Assistant Secretary was presented with a token of appreciation from member Ms. Berna John.



Mrs. Irma Gialta, the outgoing Secretary received her token from member Mrs. Rebecca Edmond.

CHRISTMAS CHEER



The Cruzers hosted their annual Christmas Dinner on 9th December 2016, which was very well patronized. Members enjoyed a delicious meal with great music supplied by member Mr. Martin Bazil.



HOW YOU CAN PREVENT COLORECTAL CANCER

By Dr Alan A. De Freitas, Endoscopist and General Surgeon – Laparoscopic, Vascular, Wound Care

Centra Med Surgical & Endoscopy Center Ltd
(285-4650/285-4651 info@centramed.co.tt)

Colorectal cancer is a highly preventable cancer! It is also the second leading cause of death by cancer.

Prevention of Colorectal Cancer is as easy as having a Screening Colonoscopy every 5-10 years, which according to the American Society of Clinical Oncology (ASCO), should be done by all of us, once we are 50 years and older. If, however, you have had a family member who has been diagnosed with Colorectal Cancer or has died because of it, your screening age may be even earlier, as in 5 years before the age at diagnosis of your relative (if this relative was younger than 50), since you may have a genetic predisposition to the Cancer. A

Colonoscopy is an internal view in real time of your large intestines (Caecum, Colon and Rectum). The doctor who specializes in this field is called an Endoscopist, and is specially trained. During your Colonoscopy, the Endoscopist will have views of the condition of your intestines, be able to accurately diagnose Haemorrhoids (Piles), Inflammatory Bowel Disease (IBS), Diverticular disease and most importantly Colorectal Cancer.

Once your Colonoscopy is in progress, the Endoscopist will also be looking for polyps. A polyp is a pre-cancerous bulbous growth which over time may mature to become Cancer. So that during your Colonoscopy, the Endoscopist is able to remove these polyps with a special tool and prevent them from growing to Cancer. If however the polyp is too large to be removed during the procedure, the Endoscopist will refer you to a General Surgeon who will consult with you for removal by Surgical Intervention at a later time. The advantages of having a Colonoscopy far outweigh the stigma associated with it.

Having your Screening Colonoscopies can prevent you from developing Colorectal Cancer.

Colonoscopies are also needed to diagnose conditions associated with the following signs or symptoms:

- ⇒ Rectal bleeding, bright red or very dark blood in stool
- ⇒ Change in bowel habits, or feeling that the bowel does not empty completely
- ⇒ Constipation
- ⇒ Unexplained Diarrhoea
- ⇒ Unexplained Weight Loss
- ⇒ Bloating



Tel: 285-4650/51

Dear TTARP Member,

To help us better serve you, we would like for you to take a few minutes of your time to complete this survey. Your answers will help us in making decisions on our way forward.



Please complete and return to the TTARP office before July 31st for a chance to win one plane ticket to either Trinidad or Tobago.

Thank You.

SURVEY

- 1. Kindly tick your Gender Male Female
- 2. How would you rate TTARP's Customer Service? Excellent Good Fair Poor
- 3. How can TTARP improve its service? _____
- 4. What would you say is your MAJOR benefit as a TTARP member?
 - Discounts Social Activities Hospitalization Plan HealthNet Senior Card
 - Lobbying Efforts O50Q Magazine Other, (please explain): _____
- 5. Which plans are you enrolled in? TTARP's Hospitalization Plan HealthNet's Senior Card Assuria's Term Insurance Plan None
- 6. How can TTARP improve any of these Plans? _____
- 7. Do you have any suggestions on how we can improve the life of a Senior in T&T? _____
- 8. Would you like to become more actively involved in the Association? YES NO
- 9. In what ways? _____
- 10. Do you have any recommendations, remarks, compliments or complaints? _____

Thank you for your participation from the Board and Management of TTARP.

Name: _____ TTARP # _____ Tel # _____



HAPPY VALENTINES



For several years now, Valentine's Day has been very very special to us. Each year our February meeting is filled with impromptu items of entertainment by individual Members; February 2017 was no exception, as some of our colleagues regaled us with songs, jokes, poetry and prose..

One of our Members entertaining us at our Valentine's meeting with a poem composed by her.



FELIZ NAVIDAD



Newly elected Zone Chairman Mr. Selby Cole, presenting a plaque to outgoing Chairlady, Ms. Miriam Edwards, at the Christmas Luncheon

At the Annual Christmas Luncheon, over seventy – five (75) members and guests had a fabulous time, celebrating the yuletide season. The current Executive also took that opportunity to present plaques of appreciation to outgoing Committee Members who had served for many years.



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PURPLE DIAMONDS South Zone

By Eulalie Colthrust

The Adventures of The Purple Diamonds



In October 2016, members of Purple Diamonds, South Zone were in a relaxed mood at the Rancho Quemado Estates in deep south, as they listened to lectures on the cultivation of cocoa and the products derived from its bean and pods, the rearing of bees and Talipia fish. Samples of the natural cocoa beans were tasted, and each member received a cocoa pod to cultivate at home. Members were given a tour of the fish ponds and the cocoa house, strolling between the cocoa trees which provided a generous shade while a variety of caged birds and other animals were admired. Members left the Estate with a wealth of knowledge.



Some members of the Purple Diamonds posed for a picture at Trincity Mall in December 2016. They were fortunate to be entertained with music from a live group performing. Members shopped, enjoyed lunch, and admired the lovely Christmas decorations.



Two members beautifully dressed at the Christmas Luncheon at Vey La Cou Restaurant in San Fernando.

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Our loyal driver, Ian, is seen above receiving a token of appreciation from a member of Purple Diamonds at Mt St Benedict in February 2017. He has safely transported our group throughout the length and breadth of Trinidad and Tobago for over a decade.



The Green Market in Santa Cruz, offered members a variety of items like fresh fruits, vegetables clothing, and jewelry to purchase during a visit in February 2017. Above, a handful of members are seen in a happy mood relaxing. Many left with bags filled with market products.



The Undercover plant and garden shop in Santa Cruz was explored in February 2017. There was such a wide array of beautiful plants and flowers that members had a task of selecting their purchase. The Diamonds enjoyed their visit to this awesome place as they discovered beauty at its best.

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Herbal Medicines

in the Treatment of Diabetes and its Complications – Part 1



Philip A. Franco
Medical Herbalist - Naturopathic Doctor

It is sad to know that in Trinidad we have an average of 365 amputations a year due to diabetes, and that the Diabetes is the leading cause blindness.

Causes of Diabetes

Diabetes is a complicated disease where many factors exist that cause and contribute to its progression and complications. Type 1 is an auto-immune disease where the Beta cells of the Pancreas are destroyed by our body's own immune system and results from the body's total failure to produce insulin. This requires the person to inject insulin.

Type 2 DM - is the result of Insulin Deficiency or Insulin Resistance. In insulin deficiency the Beta islets of the Pancreas does not produce sufficient insulin and in Insulin resistance the Insulin itself is not able to assist Glucose to enter our cells.

There may be genetic influences that are involved in some cases; however we know that nutrition and exercise play a huge role. Without the correct nutrients in our diet we cannot make healthy cells or healthy Insulin. Eating excess sugars in any form even what we may consider healthy carbohydrates and fruits can be problematic.

Herbal Medicines

Galega officinalis -French lilac - Goat's Rue - was used for diabetes treatment in traditional medicine for centuries. In the 1920s, guanidine compounds were discovered in Galega extracts. Animal studies showed that these

compounds lowered blood glucose levels by slowing down the production of Glucose in the liver. After the discovery of insulin it was forgotten for the next several decades. Today this herb is once again being used for diabetes to slow down the production of Glucose in the liver. Goat's Rue also helps to fight off infection and prevents fatal blood clots from forming.

Gynmema – Aruvedic herb used for Diabetes for over 2000 years. It strengthening and rejuvenates the Beta islet cell in the Pancreas. Chewing the leaves or 10 drops of the extract on the tongue suppresses the desire for sweet for several hours. It also helps prevent adrenal hormones from stimulating the liver to produce glucose thereby reducing blood sugar levels.

Cinnamon - activates essential enzymes in the body thus stimulating the receptors in the cells so they will respond more efficiently to insulin and inhibits the enzymes responsible for causing insulin resistance. In a study published in the "Journal of Diabetic Medicine," participants given cinnamon supplements experienced greater improvement in blood sugar levels than participants given standard diabetes drugs.

Bitter Lemon - studies have demonstrated a hypoglycemic effect of concentrated bitter melon extracts. This works best when consumed raw or juice form.

St Mary's Thistle - helps regulate blood sugar levels through its effects on the liver.

Globe Artichoke - Supports the kidneys and has a

hypoglycemic effect in diabetes. Used for arteriosclerosis, hyperlipidemia, and diabetes. Globe artichoke is indicated for arteriosclerosis, jaundice, dyspepsia, anorexia, gallbladder, obesity, liver insufficiency and chronic liver disease, and kidney disease. It increases excretion and decreases synthesis of total cholesterol.

Plant Omegas (Fish do not make Omega Oils) – helps with insulin production as well as cellular sensitivity to insulin.

It is recommended that each person be accessed individually so a specific treatment regime can be prescribed and followed, which would also include dietary modifications and exercise, as well as regular testing. It is also important to emphasize that all herbal products are not of the same quality.

In the next magazine (due in August), we will look at Herbal remedies for cardiovascular complications.

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- Cinda Smith, 58

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Big People Party

On September 22nd 2016, we held our Big People Party at the Centre, with a theme 'Trini People' during which the various peculiarities of Trinbagonians were portrayed- e.g. 'Trini Doh Like to wait in Line', 'Trini Like a Congo Line' etc. Ms Beulah Walcott gave us her own composition entitled 'Trini Talk' in which she fully utilized the Trini Dialect in front of a very appreciative audience.

At left, Beulah Walcott doing her rendition of "Trini Talk"



On December 02nd the Golden Voices led by Mr. Francis Bruzual, our Guitarist, provided some entertainment at the Youth Training Centre. The occasion was hosted by the organisation Vision on Mission.

At right is a group picture of the Golden Voices after their performance.



L to R – Mrs. Janet Rawlins, Chairman of the Chaguanas Zone, Dr. Rouse, Director of Ageing and Mrs. Mayling Younglao, Honorary Secretary, TTARP.

On Dec 08th members of the CSAC/ TTARP (Central), their well wishers and friends joined together to have their Christmas Luncheon at Radisson Trinidad. The entertainment was good and the sumptuous meal enjoyed by all. At the end of the formalities, persons danced to the sweet music supplied by our In-house DJ, Michael Lawrence. Our Guests included Dr. Jennifer Rouse, Director, Division of Ageing, Mrs. Mayling Younglao, Honorary Sec TTARP and Mr. David Cameron, 1st Vice President TTARP.



On December 14th members of the Board and the Golden Voices paid our annual visit to the Beckles Street Home for the Aged during which the residents were given a delicious Christmas Lunch and tokens. The residents were also entertained by members of the Golden Voices.

Left: Mrs. Kissoondaye Bassarath gives a token to one of the residents.

On January 26th 2017, members paid a visit to Mrs. Rosa Jennings, one of our members who had lost her leg in a vehicular accident. We took with us a basket of fruits and entertained her in song.

Right: L to R (standing) are: Yvonne Knights, Jennifer Sealey, Faith Calliste, Cheryl Roberts and Eileen Chrysostom. Seated is Mrs. Rosa Jennings.



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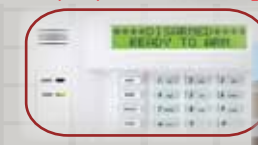
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Rose Blossoms Far from Home

Fresh as a Rose, this vibrant 76 year old Queen has a hectic schedule that can make most wither. Celebrating her recent win at the French Grammys on February 10th, she blossomed "Far from Home".

Born on April 27th 1940, Linda McCartha Monica Sandy-Lewis was one of eleven children brought up in a humble one bedroom home in Bethel, a small village on the island on Tobago. Her father was a leader of the Spiritual Shouter Baptists, and at age 9, she was sent to Trinidad to live with an uncle and aunt who offered

to "adopt" one of the kids. She recalls missing her siblings terribly but she adjusted and eventually accepted her new family life.

She began writing calypso songs in 1955 at the age of 15. Her first composition was titled "Glass Thief" after seeing a man steal the spectacles off of a lady's face in the Croisée, San Juan. It was the first calypso which denounced the inequality between men and women. She started singing at the Original Young Brigade calypso tent under the stage name Crusoe Kid with much objection from her uncle who was a

Seventh Day Adventist and her father, since during this era it was not customary for females to sing calypso.

However, there was no stopping her, and to date this Calypso Legend has written more than 800 songs and recorded more than 20 albums.

Later she adopted the stage name "Calypso Rose" which she attributes to the late Eric Williams who saw her performance at a reception, and later told her that he felt she would bloom like a rose, which is the mother of all flowers.

Her personal life has not always been a bed of roses, in a documentary titled "Calypso Rose, Lioness of the Jungle", she revealed being sexually

abused as a teenager. She also had to fight and conquered cancer and two heart attacks. These adversities have shaped this little lady into a heroine whose experiences and viewpoints are shared with the aim to create awareness and change.

Through her music, she expresses her innermost feelings about social justice. In a recent interview with Annie O in NYC, she stated "I have fought all my life. Being a woman in calypso was not easy, and calypso at that time was seen as the tool of the devil. By my own father! I always fight for what I find is not right. For instance, my (1969) song "No Madam" was written to show the world the terrible life of the house servant at the time. After an Italian

journalist wrote about the song in her paper, the cabinet of the government of Trinidad and Tobago passed a law to bring a minimum wage to any workers, including house workers."

Likewise, in "Abatina" she condemned domestic violence, "I am Africa" encompassed the fate of the black person, sung with the same passion as the late Bob Marley, who was her close friend. Her composition "Human Race" expresses hope in humanity despite the unrest and violence in today's world.

Calypso Rose's Life Awards and Achievements.

- **1963:** Her first performance outside of T&T was in Grenada and St. Thomas, where she won the "Calypso King" contest with her first recorded song "Cooperation". This was the first time that a woman won the title.
- **1967:** She performed with Bob Marley and the Wailers at the Grand Ballroom in New York City.
- **1970 :** The year of the Birth of Soca, rhythmically very close to Calypso but with more melodic bass lines and less sophisticated lyrics. Calypso Rose wrote her first soca tune "Action is Tight "
- **1974 :** She won the title of "Calypso Queen" with

"Do Them Back" (her first gold record), and retained the title for 5 years through to 1978.

- **1977 :** Calypso Rose was the first woman to win Trinidad's prestigious "Road March" competition with her song "Gimme More Tempo".
- **1978 :** The "Calypso King" competition was renamed "Calypso Monarch" in honour of Calypso Rose, who won the competition with "I Thank Thee".
- **1986 :** Calypso Rose received the title of "Ambassador at Large of Liberia" with her song "Pepper Soup " for her efforts to support the improvement of life in the West African nation.
- **1991 :** Calypso Rose received the award for "Most Outstanding Woman" by the National Action Committee for Women in Trinidad and Tobago.
- **1999 :** Calypso Rose received the International Award of Caribbean Music at the Caribbean Music AWARDS.
- **2016:** She released the compilation 'Calypso Soundsystem' and also released a new album titled "Far From Home".
- **2017:** On February 10th at the Victoires de la Musique (French 'Grammys'): Calypso Rose wins the award of

Best Album in the World category.

No Caribbean artist has ever received this prestigious award, so one can imagine the feeling of euphoria she would have felt when her name was announced as the winner. After her acceptance speech she performed "Abatina" and "Leave Me Alone" to an enthusiastic and passionate audience. The "Leave Me Alone," remix for Carnival 2017, featured Manu Chao and Machel Montano, and became a big hit for a women's group who has taken the track as an anthem for their campaign to protest violence against women. Manu Chao is a French-born musician of Spanish origin. He sings in French, Spanish, English, Italian, Arabic, Catalan, Galician, Portuguese and occasionally in other languages. Chao and Rose met during Carnival 2015 and instantly hit it off, and started a series of collaboration on a few of her tracks.

Calypso Rose currently lives far from home, in 1983, she migrated and currently resides in Queens, NYC. However the life of a successful musician is always on the road, and the Queen of Calypso has tours scheduled in France for two months, then she heads to South America for two weeks, before heading back to France at the end of August for shows all over Europe, Morocco, and Tunisia.

After the album Far From Home was released in France, it became a gold record in a few months and will soon be platinum. In June, the album will be released in the USA, Canada, and South America. Since the award and the famous speech for the ceremony, where she thanks the Government of T&T and her fans for her success, Calypso Rose is now the Queen of France! Her extroverted, cheeky, endearing and vibrant nature is expressed on these 12 tracks, be sure to pick up your copy soon.

Happy 77th Birthday, our Queen of Calypso and Queen of France from all at TTARP !

NOTE:

Victoires de la Musique is an annual French award ceremony delivered by the French Ministry of Culture since 1985 to recognize outstanding achievement in the music industry for the best musical artists of the year. The awards are the French equivalent to the Grammy Awards and the Brit Awards for music, and it is one of the major awards in France.

80a



by Michelle J Nunes with the kind permission of Jean Michel Gilbert, Manager of Calypso Rose.

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sudden fascination is
nothing new to the public.
In 1962, this excited
interest was much like
the fashion now. Where
today's titles offer
consumers a neat package
of therapy, escape and
nostalgia, in 1960 the
colouring books were
both genuinely novel and
subversive. They ridiculed
pill-popping executives,
hipsters, communists-
hunters and conspiracy
theorists.

There were colouring
books such as Mort

Drucker's JFK Colouring
Book; The Executive
Colouring Book for
businessmen; John
Birch Society Colouring
Book, 1961; The Hipster
Colouring Book.

Captions were used as
instructions in the books
but the intention was to
really read the message
and take a stand: they
were more like a specific
form of political cartoon to
look at and to laugh. Pages
from these 1960's books
can be viewed on line at
"Radical History of 1960s
Adult Colouring Books"
by LAURA MARSH,
December 28, 2015.

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patterns are used as
anxiety and stress relievers
, a form of self-therapy with
a calming effect , reliving
childhood fantasies or a
desire for grownups to
relive childhood objects
and experiences and also
development of interest in
artsy pastime!

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a book. The titles are
numerous and varied-
colour by numbers,
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favourite classics such as
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The Enchanted Forest.
Fashions and Tattoos are
also some others to suit
ones preference.

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couple and feel its calming
rewards.

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doctor's visit and it will be a
long wait but I will have my
adult colouring book with
me to keep me occupied.

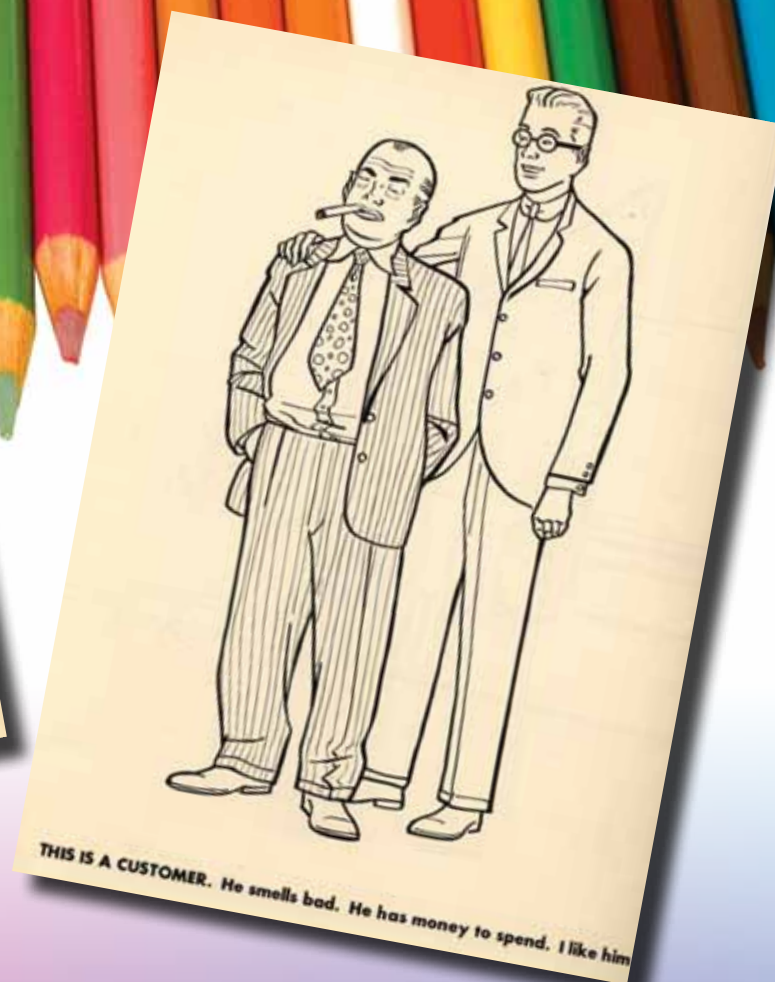
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Submitted by
Margaret Remy
(TTARP Member)

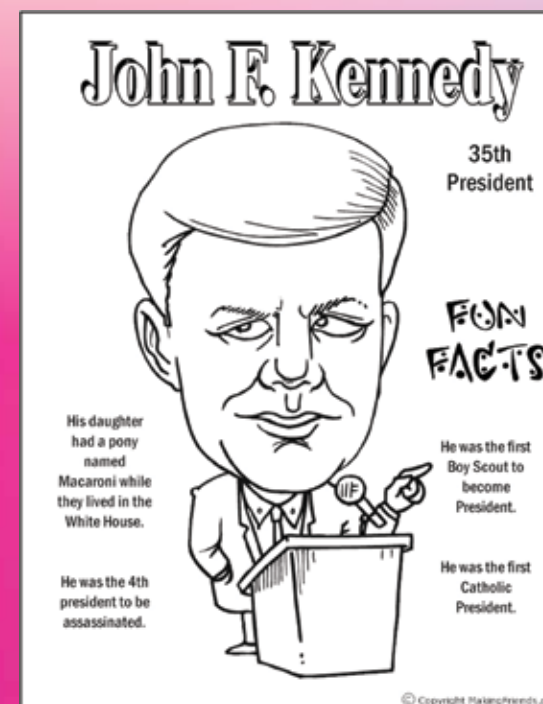


THIS IS MY ELEVATOR. It takes me way up high. People who are not
executives stand right next to me in my elevator. They are all right,
but I would not want my daughter to marry one of them.

Executive Coloring Book Samples



THIS IS A CUSTOMER. He smells bad. He has money to spend. I like him



His daughter
had a pony
named
Macaroni while
they lived in the
White House.

He was the 4th
president to be
assassinated.

35th
President

FOUR
FACTS

He was the first
Boy Scout to
become
President.

He was the first
Catholic
President.

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A page from JFK Coloring Book



This is an angry young man.
Color the angry young man red.
Color the stubborn girl any color.
No one likes a spoilsport.

Image from Hipster Coloring Book

CARNIVAL 2017

On Friday 24th February 2017 TTARP...Eastern Angels Arima Zone (EAAZ) held its Carnival event which included the parade of three bands and individual characters at the Arima Tennis Club.

The crowd consisted of an audience of over two hundred members and visitors who enjoyed themselves immensely.

1. AH DREAMING THE IMPOSSIBLE with portrayals:

Ah Making U S Greate Again
Keet De Ass Make Ah Jail
De C.O.P. Resign
I Am De Press E Dent Wife
Ah Going World Cup
Ah Is A Wall Builder
Ah Getting Married To Trump
Row Lee: Careful With Yuh Choice
Ah Dreaming Ah Ho-Ing On George Street
Ah Could Beat Penny, Wendy and Giselle Anytime
After Meh Viagra Vitamin Ah Could Make a Rounds De Savannah
Band Leader: Margaret George

2. CALYPSO AND SONGS OF YESTERYEAR with portrayals:

Miss 2 Wrist
Flag Woman
Penny: Queen Of The Universe
Base Man From Hell
Late Again
Lady In Red
Mi 2 Knee Hotting Meh
Born To Shine
Black Is Beautiful
Ah Cah Wine
Dancing Queen / Sugar Boom Boom
Old Lady Walk A Mile
Band Leader: Lynette Dalzine



3. MAN'S BEST FRIEND – DOGS OR CATS

- (i) DOGS:
Hot Dog
All Dogs Lick Its Own Balls
Dog With Pups
Dog Bite Me
Mail Dog
Lap Dog
Pot Hound
Real Pot Hound
Sexy Bitch
Bitch In Heat
- (ii) CATS:
Tight Cat
Full Brazilian Wax
Hell Cat
Fat Pussy
Band Leader: Victoria Williams



INDIVIDUALS:

- Sugar Boom Boom
- My Valentine Gift
- Shag Aram Ass
- Mall Hopping

At the end of our Carnival event the results were as follows:

BANDS:

- 1st place: MAN'S BEST FRIEND – DOGS OR CATS with a score of 267
- 2nd place: DREAMING THE IMPOSSIBLE with a score of 252
- 3rd place: CALYPSO AND SONG OF THE YEAR with a score of 216

Passing the Baton SEA Function

The Arima Eastern Angels showed recognition to a few SEA students from the community by awarding them with special prizes and awards. It was a function to honor the students who succeeded in their exams.



In this photo, the Eastern Angel's Chairperson presents a token to one of the Top Students.



In the above photo, a 2015 student presents a prize to a 2016 awardee.



Entertainment was provided by a student from the "Kids Play Alumni".

INDIVIDUALS:

- FEMALE:**
1st place: SUGAR BOOM BOOM with a score of 214
- MALE:**
1st place: MY VALENTINE GIFT with a score of 206
- 2nd place: SHAG ARAM ASS with a score of 194
- 3rd place: MALL HOPPING with a score of 189



MRS. CYNTHIA ALLEYNE TIMOTHY



On Thursday 2nd March 2017, we said farewell to our beloved member MRS. CYNTHIA ALLEYNE TIMOTHY.

About seven (7) years ago Cynthia and her husband Beresford Timothy joined TTARP... Eastern Angels Arima Zone (EAAZ) when the organization held its meetings upstairs the Arima Town Hall. From then, until the very last day she was present, Cynthia remained an active and vibrant member.

Cynthia was a choir member and performed in every one of their shows. Being tall and well built, she was quite an attractive model in the various modelling shows that took place. Cynthia was an ever present figure in our Easter Bonnet Parade displays, Mother's and Father's Day functions and our Carnival Bands, she also had her outfit for Carnival 2017. She loved to play draughts and go on tours and outings to several places. She was good at marketing TTARP and was known and appreciated for the charm she demonstrated as one of our Customer Service Representatives while on duty at Massy Stores Broadway in Arima.

Cynthia's ability to charm enabled her on numerous occasions to sell many tickets to non-members and guests to our Zone's special events. She attended regularly monthly meetings and Head Office's Annual General Meetings.

At the Church of the Holy Spirit, Subero Street, Malabar, Arima, one hundred plus (100+) EAAZ members dressed in our green jerseys paid tribute to Cynthia. The choir rendered appropriate hymns while member Joyce Malco asked all EAAZ members to stand and hold hands as everyone sang "Tell Cynthia we love her"

We at TTARP... Eastern Angels Arima Zone are certainly going to miss Cynthia Alleyne Timothy. We extend deep condolences to her entire family.

Lynette Maule
SECRETARY



FUN SPLASH 2017

There is something wonderfully therapeutic about water; water flowing, water gushing, water spouting, water cascading. There's therapy in the sound of rain beating on the roof; in the steady rhythm of waves crashing on the shore; in wide expanses of quiet water; in a refreshing glass of cool water. If hydrotherapy is what the members of TTARP, Eastern Angels Arima Zone (EAAZ) were seeking in their trip to Fun Splash in Debe on March 09, 2017, they were not disappointed – all 100 of them.

Two party buses, 'Emmanuel' and 'Exodus', arrived promptly at 8.00 am at the bus shelter in Arima, and were loaded quickly with anxious "angels".

The drivers avoided the C.R. Highway traffic as much as possible, and those on board 'Emmanuel' enjoyed the wit and humor of Mrs. Allison Johnson-Parks.

Along the way, we stopped at roadside shops which offered sahana, doubles, phoulorie and other Trini delicacies for which Debe is famous, arriving at the "Fun Splash" about 11.00 am.

We had the place to ourselves, so under several tents you saw a sea of green polo t-shirts, coolers and picnic bags. For many it was an opportunity to enjoy a few hours of 'R&R' beside the lake; good company, lively conversation, much laughter and, of course, a never ending supply of eats and drinks. Several spot checks during the afternoon showed that Shirley King and the 'Corner Spot Posse' had the most popular tent.

Many ventured into the water, mostly choosing the shallow pool. There they lolled or enjoyed the cascade and the shower and the less challenging slides. But those who were more confident of their athleticism and swimming skills frolicked in the deep pool. At one point Mr. Grant accompanied by two women, deserted the all-fours tent and headed for the paddle boats. Did the women entice Mr. Grant or was it the other way around? We don't know but together they seemed very happy paddling that craft around the lake for more than half an hour.

As the hours passed the pools were abandoned, swimsuits were replaced by jeans and polos, picnic bags



were depleted, the ice was all melted in the coolers and thoughts were reluctantly turned to the journey home. Another wonderful TTARP, EAAZ event saved to memory.



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CHARLES BONNET SYNDROME



by Cheron Faustin-Holder

“The Blind Woman Who Sees”

“Leave my house!” This was the cry of a 78 year old visually impaired woman called Eudora. Eudora had lost her vision due to cataracts and glaucoma and started “seeing” strange people appearing in her house.

Around two o'clock one morning, Eudora called out frantically to her son complaining that strange people had entered her house. Her son immediately rushed over to her place only to realize that his mother, Eudora, was actually home alone. There were no strangers in sight.

“Ask them to leave!” she shouted, but her son saw no one. He knew at that moment that something was wrong.

Why would a lucid and intelligent woman as his mother, make claims of

seeing people that just were not there? Later that morning he approached his mother again hoping that by then the confusion in her mind of seeing these strangers would have cleared up, but he was wrong.

In fact she said to him that two of the strangers were actually standing behind him. Goose pimples rose all over his body and an eerie feeling of being in the presence of something supernatural then came over him. He wondered for the first time whether his mom had possessed some supernatural powers to see things beyond the human realms. Could he be right?

As the days went by the situation intensified.

According to Eudora, these people had started moving her furniture out of the house and had begun constructing a brick wall around her. Sometimes hundreds she said would appear wearing gigantic

hats on their head and be seen running up and down stairs that never existed. Animals, birds, and children also became frequent visitors. Fear panic and confusion stepped in when gargoyles and grotesque creatures would loom up to her face holding weapons in their hands as though ready to inflict bodily harm on her.

These were the moments when her screams for help would awake the entire household. Eudora believed that she was truly living in Hell and wondered when it would ever end.

It may be easy to come to the conclusion that Eudora had a mental problem, however throughout these ordeals, Eudora remained psychologically sound in mind.

What then was happening to Eudora? Eudora was in fact suffering from a condition by the name of Charles Bonnet Syndrome (CBS).

What is Charles Bonnet Syndrome?

According to the Royal National Institute of Blind People (RNIB), Charles Bonnet Syndrome is a condition which causes people who have lost their sight to see things that aren't really there, otherwise known as visual hallucinations.

Persons suffering from conditions such as aged related macular degeneration, cataracts, glaucoma, diabetic eye diseases, eye tumors or any other retinal problems could be at risk of experiencing CBS. In an interview with BBC early in 2016, Dr. Dominic ffytche, lead expert in visual hallucinations at the Institute of Psychiatry in UK referred to Charles Bonnet Syndrome as an Orphan Syndrome which fell between Ophthalmology and Psychiatry.

There is no cure for CBS but it is suggested that education prior to onset of a hallucination may help reduce negative outcome.

The late Oliver Sacks, M.D., Neurologist and author of the book entitled “Hallucinations” referred to Charles Bonnet Syndrome as “The Silent Multitudes.” According to Dr. Sacks, Charles Bonnet Syndrome is “still little recognized even by doctors, and there is much to suggest that many or most cases may have been often overlooked or misdiagnosed.”

A Press release from The Royal College of Ophthalmologists and the Macular Disease Society

in U.K have been jointly calling on eye doctors to warn patients with macular degeneration that they might develop visual hallucinations. It is also thought that up to 60% of patients with severe eye loss may develop Charles Bonnet Syndrome.

With an ageing population and in particular persons who are at risk, the Trinidad and Tobago Society for Charles Bonnet Syndrome emphasizes the importance of regular visits to eye care providers. Charles Bonnet Syndrome is not a mental illness.



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Putting Cataracts in the Shade

Cataract refers to the clouding of the natural lens of the eye which obstructs the passage of light and results in reduced or blurred vision. The natural lens is made up of water and proteins stacked in layers like that of an onion and is responsible for changing the focusing ability of the eye to perform our daily tasks.

Some signs and symptoms of cataract include blurred vision, desaturation of colours, issues with glare, poor night vision and double vision. Cataracts do not only affect you; it also affects the ability of the medical practitioner to examine the back of the eyes for the detection and management of any existing conditions caused by diabetes, hypertension and glaucoma, to name a few. Remember, "If you can't see out, we can't see in!"

A new spectacle prescription, brighter lighting, anti-reflection coatings, magnifiers are some ways in relieving the symptoms caused by cataracts. The only medical treatment for cataract is surgical extraction by which the natural lens of

the eye is removed and replaced with an artificial lens.

Cataracts may occur through ageing, radiation damage, inflammation, trauma, metabolic or nutritional defects such as diabetes as well as, congenital factors. As the natural lens continues to grow with age, there is compression of the lens fibres forming a nuclear sclerotic or age-related cataract. This type of cataract has a distinct brown colour change compared to the natural lens of the eye.

The growth of cataract can be accelerated with uncontrolled diabetes (high glucose level). When glucose levels are high in the aqueous humour of the eye, the glucose enters the lens and breaks down into sorbitol which accumulates in the lens, forming a cataract. This affects the focusing ability of the lens resulting in short-sightedness.

Secondary cataract may be a result of inflammatory diseases such as uveitis, in which steroidal medication is used to manage the inflammation. The use of steroids, whether topical or

oral, can contribute to the formation of a cataract.

The eyes are constantly exposed to UV rays from sunlight. The natural lens of the eye filters the UV radiation to prevent damage to the retina. This UV radiation results in damage to the proteins in the lens causing them to cluster, hence forming cataract. This cluster of proteins scatters light in the eye leading to glare issues rather than transmitting the light to the retina where images are formed. Therefore, UV rays are a contributing factor to cataract growth.

When managing or preventing cataract, polarized sunglasses with UV blocking are highly recommended when outdoors for recreational activities such as sports, hiking, driving, daily commute to work, gardening, vending or any other activity of your daily lifestyle that may involve being in sunlight. Polarized sunglasses with UV blocking can filter the harmful UVA and UVB rays from the sun, preventing it from reaching the eye and reducing the likelihood of cataract formation. Other precautionary methods

include the use of hats or sun-visors which shield the eyes from the UV rays.

One must always be mindful that being based in the Caribbean and having a tropical climate, there is greater exposure to UV radiation. Hence there is a higher risk of developing cataract at an earlier age. In cooler climates such as Europe, cataract develops at a much later age in life. It should also be noted that cataract is a leading cause of blindness which unlike other eye diseases, is reversible via surgical intervention.

Ultimately, a simple act of continuously wearing polarized sunglasses with UV blocking or hats can prevent the occurrence of cataract.

Your eyes are your best assets; accessorize with sunglasses!

By Kareem Marcelle BSc. Optom & Naftali Bastien BSc. Optom, FBDO, ABDO, CLDip



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SWEEP KAISO

The B's zone held its annual Calypso Competition of enthusiastic member contestants who performed in front of a lusty and cheerful audience.

Allan Shallow, the reigning 2016 King, gave a very creditable performance with his "Hands in the Air", mocking some of the current crop of soca music. He however had to relinquish his crown to a new member, Mr. Obioma Bankole, who blew the competition away with his rendition, "Let them talk", which humorously lambasted the mauvais-langue,

which Trinis are so well-known for.

Second place winner, Marcia Hall-Johnson, won hearts with her rendition, "Tribute to Mrs. Joyce Wong Sang", which highlighted the history of our group, the Belmont B's and how instrumental Mrs. Wong Sang was in getting the Zone up and running.

After the competition, Bankole led us in a lively medley of well-known calypsoes which ended the evening on a high.

Members are certainly looking forward to next year, since we are sure we will be able to give the national performers at Dimanche Gras a run for their money!





BETTER SEX AS YOU AGE

Sex can be a powerful emotional experience and a great tool for protecting or improving health, and it's certainly not only for the young. Sex over the age of 50 can present challenges, and you may feel discouraged by issues connected with the aging process, but these problems are not insurmountable. With better understanding and an open mind, you can continue to enjoy a physically and emotionally fulfilling sex life—it's not a question of age, but of desire.

Good sex at any age

The need for intimacy is ageless. And studies now confirm that no matter what your gender, you can enjoy sex for as long as you wish. Naturally, sex at 70 or 80 may not be like it is at 20 or 30—but in some

ways it can be better. As an older adult, you may feel wiser than you were in your earlier years, and know what works best for you when it comes to your sex life. Older people often have a great deal more self-confidence and self-awareness, and feel released from the unrealistic ideals of youth and prejudices of others. And with children grown and work less demanding, couples are better able to relax and enjoy one another without the old distractions.

For a number of reasons, though, many adults worry about sex in their later years, and end up turning away from sexual encounters. Some older adults feel embarrassed, either by their aging bodies or by their "performance," while others are affected

by illness or loss of a partner. Without accurate information and an open mind, a temporary situation can turn into a permanent one.

Benefits of sex as you age

As an older adult, the two things that may have brought the greatest joy—children and career—may no longer as prevalent in your everyday life. Personal relationships often take on a greater significance, and sex can be an important way of connecting. Sex has the power to:

Improve mental and physical health. Sex can burn fat, cause the brain to release endorphins, and drastically reduce anxiety.

Increase lifespan. Through its health-

improving benefits, a good sex life can add years to your life.

Solidify relationships. Sex is a chance to express the closeness of your deepest relationship.

Give refuge. Sex gives you a chance to escape from the sometimes harsh realities of the world.

Good sex as you age is safe sex as you age

As an older adult, you need to be just as careful as younger people when having sex with a new partner. You may not be able to get pregnant, but you're still susceptible to sexually transmitted diseases. Talk to your partner, and protect yourself.

Excerpts courtesy www.health.com



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Apr 20th - 7 Days Caribbean Cruise
May 7th - Mothers Day Show
June 1st - Annual Health Seminar
July - TTARP Grand Event
Aug - BINGO
Sept 14th - 23rd Annual General Meeting
Oct - 14th Annual 5K Walk/Run
Nov - Trip to Dubai
Dec 3rd - Christmas Luncheon

BELMONT “B’s”

Meeting Place: Colm Hall - Belmont Circular Road, Belmont
Contact Person: Gloria JONES (Chairperson) 620-1596
Meeting Date and Time: 4th Tuesday of each month @ 5:00 pm.

Apr 25th - Lecture
May 23rd - Lecture
May 30th - Visit to Rancho Quemado
June 10th - Mothers & Fathers Day Celebrations
June 24th - Visit to Gasparee Island
June 27th - Monthly Meeting / AGM
July (TBA) - Caribbean Cruise
July 25th - Monthly Meeting Emancipation Celebrations
Aug 4th - Visit to Aripo Heights (subject to change)
Aug 15th -17th – Tobago Weekend
Aug 22nd - Monthly Meeting / Independence Celebrations
Sept 24th - Republic Day Lime
Sept 26th - Monthly Meeting
Oct 24th - Monthly Meeting
Oct 28th - Chinese Tea Evening
Nov 21st - Monthly Meeting
Nov 25th - Senior Day of Love & Care
Dec 3rd - Children Christmas Party
Dec - B' Christmas Luncheon

DIEGO MARTIN “WESTERN PEARLS”

Meeting Place: Diego Martin Central Community Centre, Diego Martin
Contact Person: Derek PATY (Chairperson) 678-4139 or Bardara ANDALL-FRANCIS (Secretary) 637-8954
Meeting Date and Time: 2nd Saturday of each month @ 3-5 pm.

Apr 28th - Games Evening
May 13th - Monthly Meeting 3-5 pm
May 26th - Games Evening

June 10th - Mother's / Father's Day Celebration
June 30th - Games Evening

FYZABAD “FOREVER GREEN”

Meeting Place: Fyzabad Regional Community Complex
Contact Person: Monica NELSON(V/Chairperson) 649-1866 or Kay FRANCIS (Secretary) 742-0229/389-9180/649-5761
Meeting Date and Time: 3rd Thursday of each month @ 10:00 a.m.

TBA - 10th Anniversary Function

Apr 20th - Monthly Meeting
Apr 27th - Birthday Club
TBA - Laptops & Cell Phone Basic Literacy
May 18th - Monthly Meeting
May 25th - Games Day
TBA -Visit to Valencia Resort
June 22nd - Monthly Meeting

SAN FERNANDO “PURPLE DIAMOND”

Meeting Place: - San Fernando Creative Art Centre, #97C, Circular Road, San Fernando
Contact Person: Eulalie COLTHRUST (Chairperson) 360-9608 or Maureen TAYLOR-STEPHENSON (Secretary) 652-6797
Meeting Date and Time: 1st Tuesday of each month @ 10:00 a.m.

Apr - Easter Celebration @ Creative Arts Centre, San Fernando
May - Mothers/Fathers Day Celebration
June - Health Fair
July - Visit to Tobago
Aug - Know Your Country Tour (PTSC)
Sept - Fund Raiser

SANTA CRUZ “CRUZERS”

Meeting Place: - Bourg Mulatres Parish Hall, Santa Cruz
Contact Person: Yvette CUPIDORE-WRIGHT (Chairperson) 386-7350 or Charmain MAULE (Secretary) 784-6934
Meeting Date and Time: 4th Friday of each month @ 5:00 p.m.

May - Trip to Tobago
June - Community Outreach Programme
July - Group Tour - Gasparee/Eco Resort
Aug - Break
Sept - Anniversary Thanksgiving Service

Tobago “CORALS”

Meeting Place: Information Technology Centre – Signal Hill Main Road, Signal Hill, Tobago
Contact Person: Selby COLE (Chairperson) 753-2760 / 390-0142 or Carol QUASHIE (Secretary) 781-8828
Meeting Date and Time: 2nd Saturday of each month @ 3:00 pm.

Apr 29th - Cake Sale
May 13th - Mother's Day Brunch
June 10th - Fathers Day Outing - Pigeon Point
June 22nd - Visit to Wild Fowl Trust, Pointe-A-Pierre
July 8th - Community Activity
Aug 12th - Monthly Meeting
Aug 26th - Zone's Annual Concert
Sept - Tobago Outing (TBA)
Oct 14th - Monthly Meeting - Fun & Games
Oct - Trip to a Caribbean Island (TBA)
Nov 11th - Monthly Meeting - Dutch Auction.
Dec 17th - Christmas Luncheon

Tobago “Pembroke cultural stars”

Meeting Place: Pembroke Community Centre – Todd Street
Contact Person: Lennox TROTMAN (Chairperson) 789-9836 or Carmen CHARLES (Secretary) 759-4244
Meeting Date and Time: 2nd Monday of each month @ 3:30 pm.

Apr 24th - Fun Evening
May 2nd - Sick Visit
May 7th - Church Visit
May 8th - Annual General Meeting
May 21st - Lecture- Social Services
June 6th - Sick Visit
June 10th - Church Visit
June 12th - General Meeting
June 19th - Mothers/Fathers' Day Celebration
June 24th - Fun Evening
July 4th - Sick Visit (Geriatric Ward)
July 10th - General Meeting
July 24th - Activity Evening
Aug 7th - General Meeting
Aug 9th -19th – Holiday in Guyana
Aug 28th - Fun Evening

Recipe



CARAILLE SALT-FISH

Ingredients

- 2 regular sized Caraili
- 1/4 cup of salt fish
- 2 tbsps olive oil
- 2 cloves garlic chopped
- 1 medium onion sliced
- 1 small hot pepper
- Salt (to taste, if necessary)

Directions

- Cut off the ends of the Caraili and discard, cut in half and gut the inside to remove all seeds etc. Slice very thin.
- Sprinkle with salt to help remove bitterness and let stand for 45mins.
- Place the saltfish in a bowl of boiling water and leave to cool. Then rinse with cool water, squeeze dry and shred.
- Take the Caraili and squeeze out as much liquid as you can before rinsing with cool water, then squeeze to remove water.
- Heat oil in a frying pan, adding garlic, onion and hot pepper. Stir for a few minutes.
- Add the shredded salt fish and cook for about 5 minutes
- Put the sliced Caraili in the pan and stir occasionally for about 20mins until the edges get brown.

This dish can be served with dumplings, bake, potatoes or just about any carbs you may enjoy.

Health benefits of Caraiilli

Caraiilli, also known as cariley, bitter melon or bitter gourd is a vegetable that is widely available at our markets, but quite unpopular presumably because of its bitter taste.

Bitter gourd is loaded with essential nutrients, minerals and vitamins which are essential to live healthy life. It is found beneficial in diabetes, different cancers, fungal infections, hemorrhoids and many other diseases.

1. Helpful in Diabetes.

Research concluded that the fruit can considerably decrease blood glucose concentrations. Bitter melons might encourage the release of insulin when needed the most.

2. Fight head, neck cancer

Research found that bitter melon extract, suppressed the head and neck cancer cell growth, reducing the growth of the tumor.

3. Fungal Infections

Antibacterial and antifungal features of bitter melon make it perfect for fighting off numerous fungal infections such as psoriasis and ringworm.

4. Hemorrhoid Relief

Make a paste from the root of the bitter melon plant and apply it topically to decrease the inflammation and relieve pain and bleeding.

5. Immune System Health

With bitter melon in your diet, you can defend serious diseases, like kidney damage, liver failure and heart attack.

6. Prevention of breast cancer

Research conclude that Bitter melon extract, a common dietary supplement, exerts a significant effect against breast cancer cell growth and may finally become a chemopreventive agent against this form of cancer.

7. Lowers Risk of Gout

Bitter gourd is essential for lowering the risk of gout as it is loaded with Vitamin C.

8. Mental and Emotional Disorders

Bitter gourd is supportive in treating numerous mental and emotional disorders. Anxiety and depression are two of the most common mental health problems which are cured with regular consumption of Vitamin B9 Rich foods like Bitter gourd.

9. Blood Pressure

Potassium present in bitter gourd is helpful in reversing the role of sodium in unbalancing normal blood pressure. Apart from that it helps to decrease the chances of hypertension as well as heart diseases.

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Laughter



DIALOGUE - TRINI TALK

Speaker 1: Aye Beulah, wah de scene? Like yuh now come from foreign.

Speaker 2: Yeah man. Ah went to de Big Apple fuh Labour Day.

Speaker 1: So how was it?

Speaker 2: Same difference. Trinis everywhere. Yuh tink yuh home. Buh guess who I meet in the J'ouvert band. We eye meet four. Mavis from High School. Yuh remember Mavis?

Speaker 1: How yuh mean. Who doh remember Mavis. She had three chirren. One had bhud foot, one had bobo foot and de las boy, they call him broko foot.

Speaker 2: Girl, yuh doh have cover for yuh mouth.

Speaker 1: Ah hear Mavis gone New York wid dem chirren and eating de bread de devil knead.

Speaker 2: Dat ent true. De chirren an dem doing real good. Ah eh asking yuh. Ah telling yuh.

Speaker 1: Yuh mean dem chirren who use to wear flood pants and dry weather shoes? Papa yo!

Speaker 2: Yes and de little boy, like God rest de dead, is ah big Accountant in some big firm.

Speaker 1: Jeeszan ages! After one time is two. Girl, ah hear Mavis doing servant work and taking night to make day.

Speaker 2: Now who tell you dat?

Speaker 1: Big mouth Louise nuh, who else? Yuh know dey send she home packing because she din fix she papers.

Speaker 1: So yuh bounce up meh ole spark on de Parkway?

Speaker 2: Which one is dat?

Speaker 1: Girl ah mean Barry, dat ole dog. He say he gone up dey to make it, but dat an a green donkey yuh'll never see.

Speaker 2: Watch it. Barry is meh pumpkin vine cousin. Geh him a break and it never too late fuh jackass to gallop.

Speaker 1: Huh, yuh have high hopes. But is only fowl see shit an tink is egg.

Speaker 2: So why yuh flaring up like a kerosene stove? Jus so, jus so?

Speaker 1: All rite, buh yuh was telling me 'bout Mavis.

Speaker 2: Yuh know when one door close five window does open? Dat happen to Mavis. She mudder take she in.

Speaker 1: Dat mudder who she treat so bad?

Speaker 2: Well, chile will eat mudder, buh mudder cyar eat chile. Mavis mudder mind the grandchirren and Mavis went to school. Now she have education and all she chirren doing well.

Speaker 1: An yuh shop plenty?

Speaker 2: Of course, yuh have to shop till yuh drop when yuh in the Big Apple.

Speaker 1: Buh ah hear things expensive.

Speaker 2: Well yuh cyar eat de money. Anyway, under all de ole talk and la heying, ah have to dust it. Ah have to check out de chirren.

Speaker 1: So now yuh back, we cud buss a lime one of dese days.

Speaker 2: Yea, we cud go on de Avenue.

Speaker 1: Me... Ah cyar lime in dem high places. Cockroach eh have no place in fowl party.

Speaker 2: Ah give in. You win. Nice seeing yuh. We go pick up.

*Composed by Beulah Walcott
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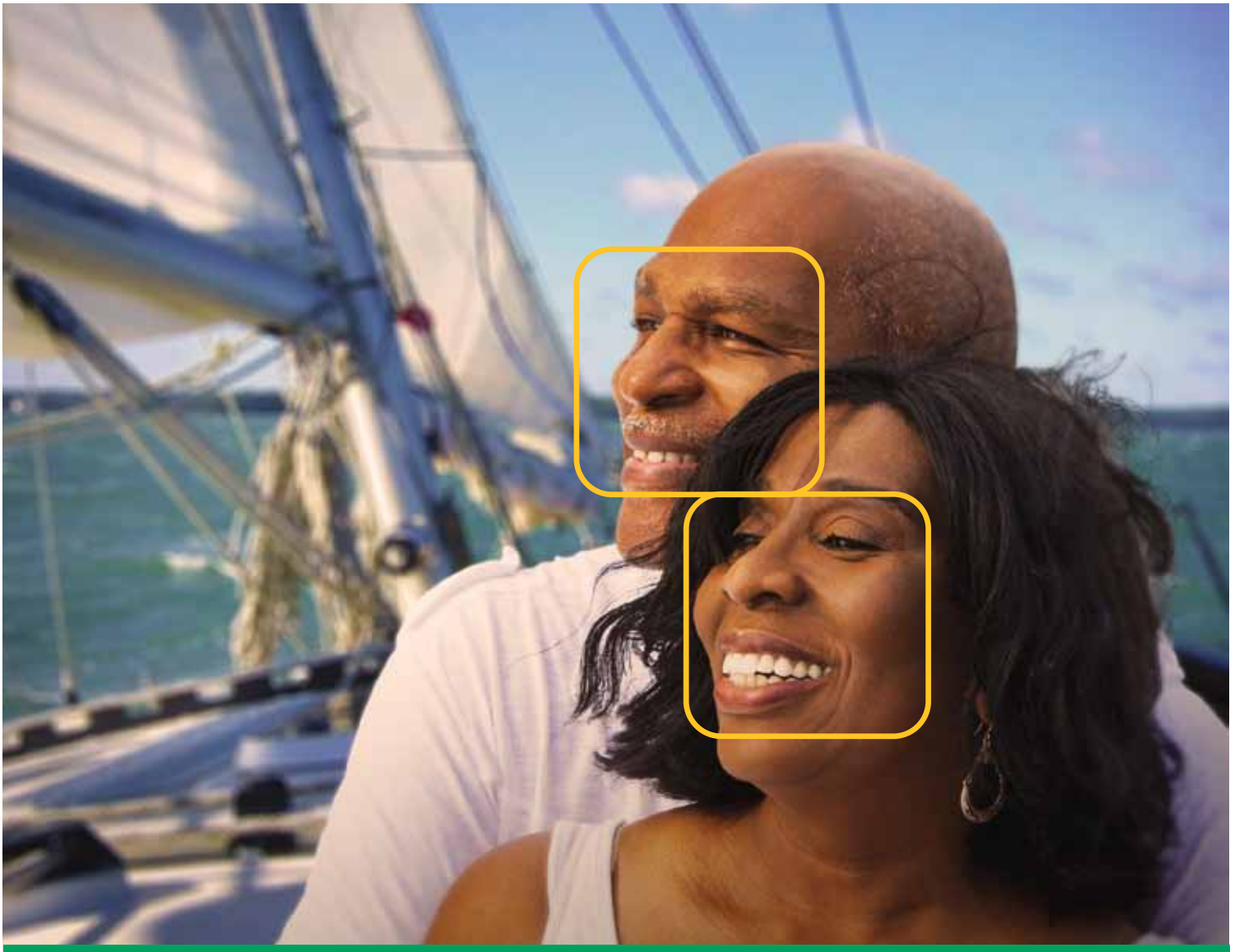
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