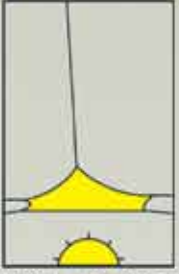


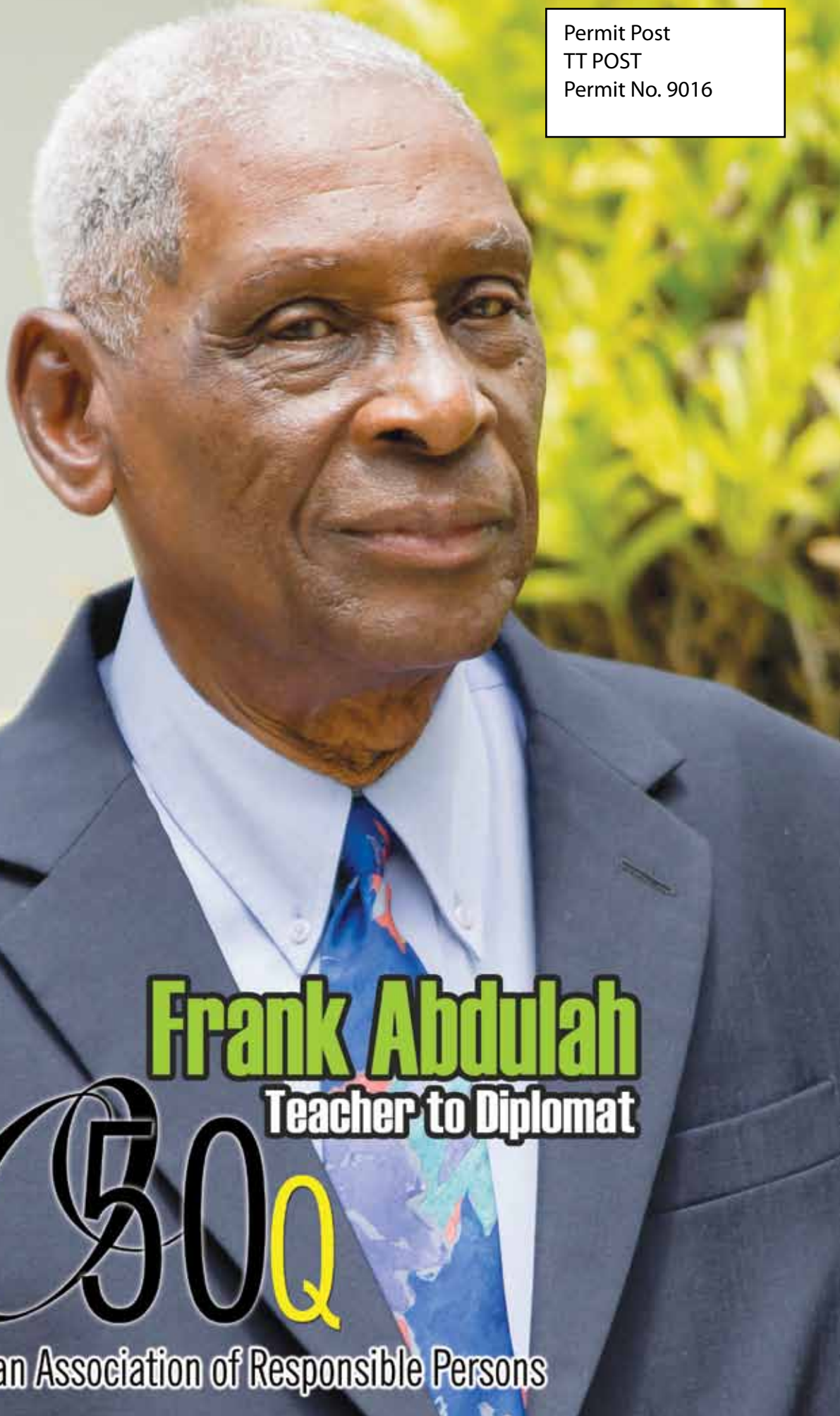
TTARP



ISSUE #2 2017

TTARP

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Frank Abdulah
Teacher to Diplomat

50Q

TTARP... an Association of Responsible Persons

TTARP ZONAL GROUPS

ARIMA "Eastern 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 - Peter NOCK, 718-9571 / 310-5929
 Secretary - Lynette MAULE, 709-0777 / 306-5050
 Treasurer - Louis Caraballo, 686-1354
 Email - louistheultimate@yahoo.com or harrypetes@yahoo.com
 or annette_d55@yahoo.com
 Colour T's shirt - LIME GREEN

BELMONT "Bees"

- Meeting Place - St. Andrews Home, Belmont Circular Rd., Belmont
 Meeting Date and Time - 4th Tuesday of each month @ 5:00 p.m.
 Chairman - Gloria JONES, 620-1596
 Vice Chairperson - Genevieve HOLDER, 348-5051 / 629-0932
 PRO - Patricia CROSSLEY, 751-0977 / 625-0592
 Email - patcrossley95@yahoo.com or quaminolouise@yahoo.com
 Colour T's shirt - GOLD

CHAGUANAS "Central Pride"

- Meeting Place - Central Indoor Sports Arena – Manic Street, Chaguana.
 Meeting Date and Time - Every other month @ 1:00 pm.
 Chairman - Faith CALLISTE, 386-8623
 PRO - Yvonne KNIGHTS, 665-7315
 Treasurer - Portia DE SILVA-IFILL, 786-4084
 Email - ttarpcentral@yahoo.com OR y.knights59@yahoo.com
 OR portiadasilva@yahoo.com
 Colour T's shirt - ORANGE

DIEGO MARTIN "Western Pearls"

- Meeting Place - North Diego Martin Community Centre,
 Church St., Diego Martin
 Meeting Date and Time - 2nd Saturday of each month @ 3-5 p.m.
 Chairman - Derek PATY, 678-4139
 Secretary - Barbara ANDALL-FRANCIS, 637-8954
 Email - derekpaty@yahoo.com
 - barbieandfrancis@hotmail.com or
 mgriffith_45@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.
 Vice Chairman - Monica NELSON, 649-1866
 Secretary - Kay FRANCIS, 742-0229 / 389-9180 / 649-5761
 Email - monicanelson1960@gmail.com
 - kaygf@hotmail.com
 Colour T's shirt - GREEN

LA BREA "Black Gold"

- Meeting Place - (To be determined)
 Meeting Date and Time - 3rd Thursday of each month @ 5-7 p.m.
 Chairman - Ezra VAUGHN - 389-8346 / 648-8270
 PRO - Dennis MARCHAN – 774-2701
 Secretary - Yvonne MARCHAN – 744-7049
 Email - ezra54@hotmail.com
 - dennismarchan110@gmail.com
 Colour T's shirt - LILAC

PRINCES TOWN/RIO CLARO "Royals"

- Meeting Place - Princes Town Anglican Church Hall, High St., Princes Town
 Meeting Date and Time - 3rd Saturday of each month @ 2:00 p.m.
 Chairman - Sandra CAMERON, 336-0045 / 467-2657
 Vice Chairman - Stanley JOSEPH, 348-0956
 Secretary - Selvon GRANT, 657-4955
 Email - sandracameron123@hotmail.com
 Colour T's shirt - WHITE

SANTA CRUZ "Cruzers"

- Meeting Place - Bourg Mulatres Parish Hall, Santa Cruz
 Meeting Date and Time - 4th Friday of each month @ 5:00 p.m.
 Chairman - Yvette CUPIDORE-WRIGHT, 386-7350
 Secretary - Charmain MAULE, 784-6934
 Email - yvettewright123@yahoo.com
 maulaw@hotmail.com
 Colour T's shirt - TURQUOISE

SAN FERNANDO "Purple Diamond"

- Meeting Place - San Fernando Art Council, #97C, Circular Road,
 San Fernando
 Meeting Date and Time - 1st Tuesday of each month @ 10:00 a.m.
 Chairman - Eulalie COLTHRUST, 360-9608
 Secretary - Maureen TAYLOR-STEPHENSON, 776-6411
 Email - tbeverly45@yahoo.com
 eulalie201@gmail.com
 ngnormav@gmail.com
 Colour T's shirt - WHITE/PURPLE

TOBAGO "Corals"

- Meeting Place - Information Technology Centre -
 Signal Hill Main Rd, Tobago
 Meeting Date and Time - 2nd Saturday of each month @ 3:00 p.m.
 Chairman - Selby COLE, 753-2760 / 390-0142
 V/Chairperson - Joan BRATHWAITE, 483-3207
 Secretary - Carol QUASHIE, 781-8828
 Email - ttarptobago@yahoo.com
 carolquashie@hotmail.com
 selby_cole@yahoo.com
 Colour T's shirt - BLUE/YELLOW

TOBAGO (Pembroke "Cultural Stars")

- Meeting Place - Pembroke Community Centre, Todd Street
 Meeting Date and Time - 2nd Monday of each month @ 3:30 p.m.
 Chairman - Lennox TROTMAN, 789-9836
 Email - understatedbrilliance@hotmail.com
 carmencharles27@hotmail.com
 Colour T's shirt - ORANGE

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Comments from the Board

TTARP views the National Insurance Board (NIB) Actuary's proposal to increase the retirement age to receive pension benefits from sixty (60) years to sixty five (65) years as arbitrary and punitive to many senior citizens.

To this end a series of discussions are being held with Trade Unions, Employers and other interested non-governmental groups. Some reasons given are (1) An ageing population (2) The fund is deteriorating. They are proposing a return to the early 1980's when the retirement age of 65 was protested by the Trade

Unions and reduced to 60 years and harmonisation with occupational pensions which would see a reduction of work related pensions by deducting part of the pension from workers employment if harmonized with NIS pensions.

Harmonisation was also opposed by the Trade Unions and stopped after being implemented in a few companies. TTARP has voiced opposition to these national pension reducing plans both from the increase in the retirement age which will delay NIS pensions by 5 years and with harmonisation, will reduce work related

pensions by deducting part of the NIS pension entitlement.

With respect to the retirement age many workers in the past retiring at 65 years never lived to the guaranteed period of 10 years as they died before 75 years with a substantial part of their entitlement being unpaid.

These measures will

punish senior citizens working for 40 years and having problems to survive in their retirement years.



Medical Expenses too high?



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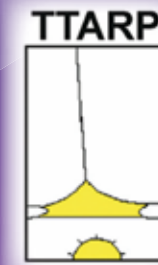
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TOBAGO CORALS

Submitted by Selby Cole, Chairman



Mothers Lunch @ Basso

Renmars Restaurant, commonly known as 'Basso', at Pigeon Pt., Tobago with its tasty food was the chosen venue on Saturday 13th May for forty-one (41) members and friends to celebrate a Mothers Day Luncheon. Everyone had a splendid afternoon.

Celebrating Fathers at The Heritage Park

Saturday, June 10th, 2017 was the date for our annual trek to the Pigeon Point Heritage Park. In celebration of our Fathers, our Group gathered at this venue to enjoy the sun and sand. Some of our members also took to the sparkling waters, under the watchful eyes of the Park Lifeguards. We shared our food and drinks, and passed the time in the very relaxed atmosphere. This annual event is always facilitated by the friendly Park Authorities.

Can you deal with Alzheimer's?

Our July meeting found us getting some first-hand information on dealing with (and understanding) those around us who have Alzheimer's. Retired Nurse Emily Salandy described the common habits and actions of persons who have this ailment-and her audience empathized with the details given. Judging from some of the comments at the end of this Presentation, members are now better equipped to deal with persons with Alzheimer's.

Wild Fowl Trust Experience

Seventeen (17) members of our Zone visited the Wild Fowl Trust, Pointe-a-Pierre on Thursday, June 8th, 2017. Members experienced the flora and fauna, and listened to the lectures given by our attractive tour guide, Janelle. We particularly enjoyed seeing the Lotus Lily in the lake, tasting the 'one finger fruit,' and seeing the numerous medicinal trees. We also had lunch at the South Park Mall, and visited the San Fernando Hill. Members had a fabulous time.

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YOUR NATIONAL INSURANCE GUIDE

SURVIVOR'S BENEFIT

The rate of benefit payable under the National Insurance System for Survivor's benefit is determined by the number of contributions paid by the deceased insured person. You earn one contribution for every week of insurable employment, that is, where your earnings per week are not less than \$200. If you were not provided with a written statement showing how NIB has calculated your rate of the benefit then you should request one. If you need to make a correction, please go ONLINE or to any service centre and obtain a "complaint form N.I. 99" to file your complaint.

The payment of survivor's benefit is based under two categories; firstly, if the death of your spouse occurred before age 60 years you must have at least 50 contributions and secondly, based at the rate of your retirement pension. If your spouse had contributed over 750 contributions you would be entitled to receive an increased benefit for every block of 25 contributions over 750.

Survivors mean widow, widower, dependant parents, and children - biological, adopted and step-children under the age of 19 years. A physically disabled child who is a recipient of survivors' benefit can continue to receive such benefit beyond the age of 19 years, for life or until the illness / disability ceases. The monthly rate is based on the total contributions paid with a minimum of \$600. Note that where both parents are alive they must share the \$600 per month as their benefit. However, a single parent is entitled to receive the full amount of \$600.

I must emphasise the need to obtain a copy of a statement of your paid contributions annually in order to ensure that all your contributions are accounted for on time. Where you have ceased to be engaged in insurable employment you can continue to pay your contributions

voluntarily. Please note that you can qualify to pay voluntary contributions only when you have applied to do so within 18 months of your last day of employment and have ceased to be employed.

While you are paying voluntary contributions and if you return to work such payment must cease. You can pay voluntary contributions whenever it is applicable. When a person is paying voluntary contribution, they will only be entitled to Retirement Pension or Grant, Survivor's Grant and Funeral Grant. The rate of voluntary contribution is the total rate payable by both the employer and employee.

The current benefits payable under the system are:-

- (1) **FUNERAL GRANT** of \$7,500
- (2) **SICKNESS BENEFIT** for 52 weeks at a maximum weekly rate of \$1,882.80
- (3) **MATERNITY ALLOWANCE** for 14 weeks at a weekly maximum rate of \$1,882.80
- (4) **SURVIVOR'S BENEFIT** at a maximum basic monthly rate of \$2,447.64 and for every block of 25 contributions over 750 a monthly rate of \$45.67
- (5) **INVALIDITY PENSION** at a maximum basic monthly rate of \$4,079.40 and for every block of 25 contributions over 750 a monthly rate of \$76.14
- (6) **EMPLOYMENT INJURY BENEFIT** at a weekly maximum rate of \$2,092.00 Payable for a maximum period of 52 calendar weeks
- (7) **RETIREMENT BENEFIT** - Monthly pension of \$4,079.40 plus \$76.14 for every block of 25 contributions in excess of 750 contributions



Hubert B. Dolsingh, H.B.M (Gold)
Independent National Insurance Consultant

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Submitted by Loama Warner, Communications Officer

The TTARP Santa Cruz Zone is buzzing with activities.



In May thirty-three "CRUZERS" spent a weekend in Tobago at Turtle Beach Hotel, where they had a total blast.



Mother's Day tokens were presented to a group of moms who won a game played.



Ms. Sybil Regault, the eldest mother received a gift presented by Chairperson Mrs Yvette Wright.



Mr. Malcom Armstrong, the eldest father received a gift from Mrs Cynthia Sifontis, Vice-Chair.



Outreach programmes were also done in the community. Members donated toiletries and individual bags were prepared and presented to the sixteen residents at Tricia's Home for Men in Bourg Mulatresse which is operated by the St. Vincent de Paul Society. Mrs Yvette Wright also presented the matron with a hamper.



Mr. Wayne St. Rose of The Claire Vine Geriatric Home in La Canoa Road, Lower Santa Cruz accepted a box of items for general use for the residents from Communication Officer, Ms. Loama Warner.

Training our Promoters

For the past five years we have managed to train over forty (40) loyal and hardworking TTARP Members as Membership Promoters for the Association. These promoters are our Ambassadors who you may have seen at various locations such as Massy Stores, Tru Valu, Republic Bank, Health Fairs & seminars etc.

In April, we conducted a Training Seminar at HealthNet Medical and Dental Clinic in Cunupia, where the Promoters got further indepth knowledge about the importance of dental care, the value of doing various medical examinations – CBC, Lipid Profile, Cholesterol, Sugar Testing and Colonoscopies. As you should know, HealthNet is one of our Medical Partners offering a Senior Card which provides all these medical services for free or reduced prices. If you are not yet a member, I would suggest you join as soon as possible.

The Promoter's tasks are

fulfilling and enjoyable to them since they are all retired yet they would find themselves clothed in a TTARP waistcoat and heading to a venue (rain or shine) to speak to members of the public about joining or renewing their membership card. They do an excellent job because who better to convince someone to join TTARP and all the other Membership Programmes (such as the Hospitalisation Plan, HealthNet's Senior Card and Assuria Life Plan) than a TTARP member who has benefitted from all the benefits and services.

Many if not most of the Promoters have been volunteering their services for the past few years, and you may see them assisting at TTARP Head office events, at the office or at various locations. Since this Membership Promotions started over five years ago we have gained on average about 3,000 members each

year.

However, we still need to spread the Membership Benefits of TTARP, and so we ask each member to try to get at least one new person to join within the next month. The more members we have, the more benefits we can negotiate for you.



Promoters are absorbing the lectures hosted by HealthNet Medical & Dental Clinics.

Each year, in the mail you should receive three TTARP O50Q magazines (April, August and December), an AGM Notice and a Renewal Notice (if you renew every two or three years, you will get a renewal notice every two or three years). If your mailing address has changed since you joined

Lastly, please check the expiration date on your Membership Card. The day and month never changes when you renew, only the year, so please try to renew your card BEFORE it expires.

Let's all enjoy our Golden Years.



A group picture of Facilitators and Promoters. (L to R) Standing: Michelle Nunes (Marketing Consultant), Brenda Ramos-Bishop, Jean John, Patricia Hutchins, Jennifer Walker-Maynard, Juliana Marcano, Genevieve Holder, Deanna Alkins, Mr. Richard Ramrekha (HealthNet's CEO), Zaitoon Mohammed, Brigid Telfer, Nadurun Ali, Alpheus Fraser, Anita Aguilera, Delia Jordan, Merle Henry, Paulina Lawrence, Debra Antoine, Eunice John, Rosemarie Daniel. (L to R) Seated: Louise Quamina and Judy Felix Reid. Missing are: Neville Navarro, Colley Rattan, Krishna Rattan, Elizabeth Stewart, Rosalind Norton-Ogiste, Carol Noel, Ezra Vaughn, Pat Bailey, Patricia Paul, Elizabeth Tardieu, and Monica Wiltshire.



Implants used in Orthopaedic Surgery

Mr. Derrick Lousaing
B.Sc., M.B.B.S., F.R.C.S., (Ed)
Consultant Orthopaedic Surgeon

Did you know that the materials used in implant manufacture for orthopaedic surgery play an important role in implant fixation?

There are several factors which influence the choice of implants used by your Orthopaedic Surgeon. They include rigidity, corrosion characteristics, biocompatibility, tissue receptivity and surface morphology.

Biocompatibility is the prime requisite in orthopaedic implants. It is important that the implant does not adversely interact with the physiological environment in which it is placed and vice versa. Cell and tissue response to bio-materials is partly dependent on the choice of materials, the method of manufacture and the surface characteristics of finishing that is recognized under regulatory bodies.

The surface structure and arrangement affects the stability within the skeleton or within the surrounding cement or bone mantle in which the implant is placed.

There are three categories of materials which are used in orthopaedic implants:

1. Metals and Metal Alloys

Metal implants are used extensively and mainly are iron, cobalt, chromium, titanium, and tantalum. The mechanical, biological and physical properties of the materials play a significant role in longevity.

The most commonly used orthopaedic metal is stainless steel which accounts for 60% of implants and this is usually 316L stainless steel which has a low-carbon content.

The alloys are various combinations of cobalt, chromium, titanium and tantalum. Each has its own inherent properties and it is up to the manufacturer to assure and reduce the effects of debris formation, corrosion and failure by improper manufacturing processes. This stresses the fact that if metals are used in the body that do not meet regulatory criteria, longevity is severely compromised. In this light, patients should ask their doctors whether the implants used are approved and in what territories and the track record of its use and longevity after implantation.

2. Polymers

Polymers are formed by linking a large number of base

elements monomers through a chemical reaction. The most commonly used are ultra-high molecular weight polymers (UHMWP) and high-density polymers.

The two most important concerns with the use of polymers in the body are "creep" and progressive wear. Creep is a slow temporary-dependent deformation that takes place under load. Wear is debris degenerated from frictional loading.

There are multiple mechanisms to decrease this process. The most recent and accepted method is the use of antioxidants and vacuum preparation which has decreased both important factors. Here again, regulatory manufactured and international branded products are reliable in this regard.

3. Ceramics

The ceramics that are used in orthopaedics are mainly the aluminium oxide, zirconium oxide ceramics and the calcium phosphate. These materials are very resistant to compression but weak under tension and shear and are therefore brittle. Ceramics are used to actually form implants and have been very successful in that regard with low wear characteristics. Calcium phosphate is used to coat metal implants and improve bone in-growth and integration.

Metal allergy may be more of an arguable myth. Poor implant techniques and poor product selection may be responsible for an adverse reaction in the surrounding rather than a true metal allergy

Apart from sound technical surgical expertise, lack of regulation has allowed unregulated implants to make their way freely in to our orthopaedic environment with the consequential compromise to outcomes and longevity. This is particularly important in joint replacement surgery. The patients should therefore demand from their surgeon the information regarding implants used in the body and the origin in order to make an informed and cost conscious choice.

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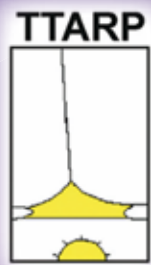
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PURPLE DIAMONDS - South Zone

Submitted by Eulalie Colthrust, Chairperson

CURRENT EXECUTIVE MEMBERS OF PURPLE DIAMONDS SOUTH ZONE EXECUTIVE

Ms. Eulalie Colthrust	Chairperson
Mrs. Norma George-Ochoa	Vice-Chair
Mrs. Maureen Taylor-Stephenson	Secretary)
Ms. Veronica Thomas	Asst. Secretary
Mrs. June Thompson	Treasurer
Mr. Learie Reason	PRO
Mrs. Megan Carrington	Committee Member
Mrs. Annette Thomas George	Committee Member
Ms. Juliet Seales	Committee Member



IT'S TIME FOR A COOL DOWN

Members of Purple Diamonds South Zone are seen enjoying delicious ice-cream along the Toco beach front during their visit to the Light House in June.

The group took a long and enjoyable ride, but made their first stop at a Food Court in Piarco to have their first meal of the day; Breakfast. They then continued to enjoy the fresh air and sea breeze as they traversed the luscious countryside, before returning to the south land.



ROAD TRIP

Some members were captured seated in the Maxi at the La Brea Pitch Lake Facility which PURPLE DIAMONDS visited in April. They were patiently awaiting the return of others who were still viewing the displays in the museum. The journey continued through the long, winding, narrow road to Cedros and Icacos.

VISIT TO ONE OF OUR LONG-STANDING MEMBERS

Members of PURPLE DIAMONDS paid a visit and presented Mrs Veronica Goodman with bags filled with goodies. We visited the CHAMPS WELLNESS SENIOR CITIZENS HOME in La Romaine on 30th May, where we spent a most enjoyable time with her, while she recalled fond memories of the past as a member of SOUTH ZONE.



CHARITY

At the Mothers Union Children's Home on Pouchette Street, San Fernando a few members of the PURPLE DIAMONDS brought gifts of fruits, vegetables, stationery and foodstuff. A cash donation was also given. Our group visited the Home during the month of March and was taken on a tour throughout the compound, by the Matron in charge. The children welcomed us and enjoyed our company during our short stay with them.



DEAR MOTHER

She never went to University
She never had a PH.D
But talk about a woman who could spend money

To feed all her "picknee"
Certainly! It's Mummy

Talk about woman so strong!
Even stronger, especially when a man is not around her
She is a champion who can multi-task to make her children, men and women of class

For our parents, life was not easy you know
They had to use scrubbing-board, coal-pot and even flambeau
On any wash day, down by the river they had to go
And then clean their surroundings with rake and hoe

As the saying goes, "a daughter is a daughter all her life:
But a son is a son, until he takes a wife "
So to all Mothers and daughters, hard work and strife is part of life
It brings rich rewards and blessings
To children, grand children and even siblings

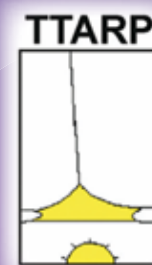
We Mothers sometimes stumble along the way
But at our children's side we should always stay
Because we didn't want them to go astray
So their progress, we should never delay

Between grandma and grandchild, there's always a secret
Here, its twenty dollars from my pension
Put that in your pocket
And don't let Mummy, Daddy, Sister or Brother see it
Put it in your cash pan, save it
Then on Mom's birthday, buy her a big chocolate

Our parents toiled through blood, sweat and grime
To give us our food and education on time
Children should appreciate and be sublime
To their Mother's upbringing till the end of time

A good Mother is dedicated, humble, hard-working and true
She puts God first in everything she ought to do
She lives for her children till death do its part
And goes to her Maker with a clean and good heart

Composed by
Eulalie Colthrust



ROYALS - Princes Town

Submitted by Sandra Cameron, Chairperson PT/RC Royals



Posing on the boat.



Down the Islands (ddi)

The Princes Town/ Rio Claro Royals visited Gasparee Island and Serenity cottage under the leadership of our tour guides of Angela and Ricardo Gomes on a sunny day in May. All fifteen members were warmly welcomed and had a wonderful experience admiring the beauty of the surroundings.



Happy Birthday !!!

We celebrated recent birthdays at the Hong Tun Chinese Restaurant at the corner of Palmyra Road and Ste Madeleine just opposite Bone Supermarket, then we went mall hopping as a group.



Herbal Medicines

in the Treatment of Diabetes and its Complications – Part 2



Philip A. Franco
Medical Herbalist - Naturopathic Doctor

In the last TTARP magazine (Issue #1, 2017), I wrote about the various herbs that are beneficial in the treatment of diabetes. In this article, you will learn about the Herbs used for Cardiovascular complications as a result of uncontrolled diabetes.

The Complications
High levels of blood sugar triggers inflammation of the artery walls which subsequently causes damage to the walls and the formation of plaque, which leads to obstruction in blood flow. In a diabetic this occurs mostly in the arteries and small capillaries of the eyes, kidneys, and in the periphery affecting primarily the lower legs. When these body tissues fail to obtain sufficient blood with its nutrients and oxygen, cell and tissue death occurs, including the death of nerves which lead to Diabetic Neuropathy causing numbness. Eventually the complications can lead to Blindness, Kidney Failure, Leg Ulcers, Gangrene and Amputations.

Diabetic Neuropathy is the death of nerves due to

deficient blood supply to nourish the nerves and so the sensory nerves fail and numbness ensues.

What to do?

One should do everything possible to maintain acceptable sugar levels through proper diet, nutrition, and exercise. The advantage of using Herbs is that they don't come with the side effects as do 'all' pharmaceutical drugs. There are also Tonic Herbs which have a restoring effect on tissues and organs.

Herbal Medicines

Bilberry – Every diabetic should use Bilberry for it is the absolute best herb for the small capillaries, specifically of the Eyes, Kidneys, and Periphery. Bilberry will prevent the destruction of, and will restore - the integrity of the capillary walls, thus preventing arterial inflammation and plaque formation, and remove existing plaque. It will keep these blood vessels healthy and elastic which is beneficial to reduce High Blood Pressure due to periphery obstruction.

Ginkgo Biloba – is very

similar to Bilberry, but it is more specific to the capillaries of the ears, and to the brain, and works on the peripheral vessels. It is very helpful for opening the blood vessels of the sex organs - for male erectile dysfunction caused by decreased blood flow and for female conditions such as vaginal laxity and dryness due to decreased blood flow, which occur in the diabetic. It allows for better blood flow to the brain, so it is useful in learning and as we get older can aid one's memory.

Hawthorn Berry – Also works like the above herbs except that it is specific to the heart muscle and the coronary arteries. It can strengthen a weakened heart, clean and remove plaque and open the coronary arteries, and will lower pressure over time.

St John's Wort & Oats Straw – are valuable nerve tonics to prevent nerve damage and to restore the integrity of damage nerves in peripheral neuropathy where there is numbness and nerve pain. For extreme nerve pain one can use Jamaican Dogwood.

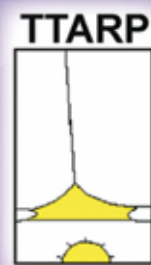
Prickly Ash – is very effective when we need to get blood to flow into the legs quickly. It promotes healing when the situation is bad in the case of leg ulcers and possible gangrene. Rosemary and Cayenne can also be used but is not as effective.

Clivers & Gravel Root – are Kidney tonics, to be used when the kidney is affected.

Plant Omegas (Fish do not make Omega Oils) – helps with insulin production as well as cellular sensitivity to insulin, and help to diminish inflammation and are building blocks to ALL cells in the body.

It is also important to emphasize that all herbal products are not of the same quality.

Philip A. Franco
(868)624-3727 62-HERBS



TOBAGO - Pembroke Cultural Stars Activities

Submitted by Carmen Charles, Secretary

Beach Lime at Bloody Bay Beach !

Members of the Pembroke Cultural Stars and family journeyed on Tuesday 30th May 2017, from Scarborough to Charlotteville on an Island Tour and then to the Bloody Bay Beach Facilities, where we had lunch, fun and sea bathing.



The Cultural Stars songbirds

A few members attended a Church Service at the Signal Hill Seventh Day Adventist Church, and performed two songs on Saturday 10th June 2017.

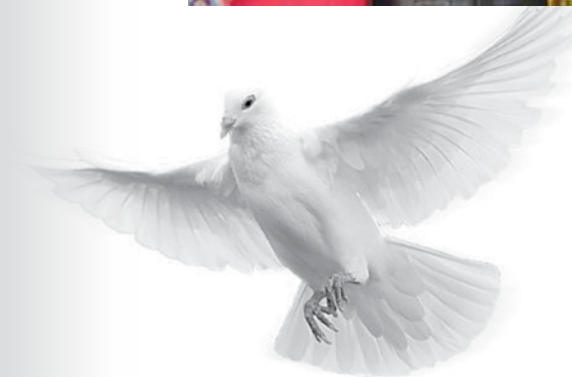
Celebrating Mothers & Fathers

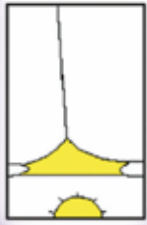
On Monday 19th June 2017, thirty-five members of the Pembroke Cultural Stars, friends and family celebrated our Mothers/Fathers' Day with a luncheon at Coco Cafe. Members were also presented with tokens.



Until we meet again Conrad !

On Thursday 18th May 2017, we said goodbye to our long standing member, Mr. Conrad Bacchus, who was one of our founding members and former Vice Chairman. He performed at every Variety Concert held by the group since 2010 and was known for his opening poems. His last performance was in 2016, which he did from his wheelchair. He will be missed by all.





Submitted by Yvonne Knights, PRO



Girls' Lime

Jennifer Ramdass- Sealey, Yvonne Knights and Eileen Chrysostom delighted a member of TTARP, Bernadette Mason (seated at right), when we took her for a sumptuous meal at the Valpark Chinese Restaurant in mid January. Unfortunately, we have since lost Mrs. Mason who departed this life on April 30th 2017. May her soul rest in peace.

Mrs. Mayling Younglao, Honorary Secretary, TTARP, posed with a cross section of the Central Zone who journeyed to The Radisson Hotel to enjoy TTARP's Mothers' Day Tea, Fashion and Entertainment show on May 7th 2017.



Members of the Zone paid a visit to the Wings of Care Home for Senior Citizens on June 15th 2017. We entertained them in songs, provided a light dinner and distributed gift bags containing various tokens, courtesy TTARP Head Office. This is a picture of members of the 'Golden Voices' at the Home.



Mrs. Mayling Younglao and our then Chairperson, Mrs. Janet Rawlins at TTARP's Fashion Show. The Zone extends heartfelt thanks to Mrs. Rawlins for her leadership during the past years which enabled us to ride the 'rough waters' to 'a sea of calm'. Both she and our Vice Chairperson, Mrs. Kissoondaye Bassarath have decided to 'pass the baton' in the interest of succession planning. Thanks ladies for a job well done.



Lynette Alves models an African Outfit at the Fashion Show.



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Frank Abdulah

From Teacher to Diplomat



by Kejan Haynes

At almost 88, going on 89 years old Frank Abdulah only fully stepped out of the work force last year, when his five-year stint in the Public Service Commission came to an end, and with it, came some disappointment that he couldn't do more to change the beleaguered institution.

"It was a lot of work," he said. "We were trying to get the public service working properly, but there were so many problems. There is no holistic looking at these things. It's piece meal, piece meal, piece meal. This does not contribute to a proper framework which can move forward. I don't think that has changed."

He admits he thought he could bring about change through his experience as a Permanent Secretary, and his experience in the field as a Diplomat. He leans back with a sigh, admitting that there were just too many obstacles to overcome.

Days after this interview, Prime Minister Rowley expressed his own frustration with the Public Service Commissions. "For the benefit of all those involved, the staff and the public, there needs to be some significant adjustments, improvements and evolution of the role of service commissions in the management of the affairs

of Trinidad and Tobago," Dr. Rowley said during the press conference.

It's not clear if Abdulah caught the press conference, but there's a good chance he did. Abdulah admits he watches the Parliament Channel, to keep to date and to marvel at just how much has changed (not necessarily in a good way) since his days as a Permanent Secretary.

"Sometimes it gets to be too much and I turn it off," he joked.

It wouldn't be the first time he's tried to bring a semblance of sanity to the country. Many remember the 2004 incident where drugs were found in the diplomatic bags, destined to be shipped to Toronto and London.

Abdulah was part of a three-man committee tasked "to review the security of the diplomatic pouch, identify its weaknesses and make recommendations" as assigned by then Prime Minister Patrick Manning.

"We made recommendations to ensure it's not done again. None of the recommendations were taken," he laments. He doesn't even know where the report went, since it was never laid in parliament.

After a long career of essentially trying to save the world from itself, as evidenced by his thoughts on the current state of the United Nations, he is now in full retirement. "The UN was not as it is today," he recalls. "Although you had the big powers dictating the way they want things done. The General Assembly was not afraid to tackle things and tried to bring some sense into the life of the planet."

Now he gets to sit back and watch.

"It's nice not having to meet deadlines and all sorts of things. At my age I should be

relaxing so I potter about in the garden and look after our pets (a white Terrier called Blanquita, and a rescue dog named Sarah)."

It doesn't seem like Abdulah has ever rested much. He started school at Rosary Boys, then wrote the College Exhibition, passing for Queen's Royal College. He also taught French and Spanish at QRC for some time before earning a scholarship to Oxford University through Britain's Colonial Development and Welfare Act.

He studied languages at Oxford where he met his first wife Norma. They have four daughters, twins Allison and Pamela (who also recently retired), Melanie and Helen. He graduated and returned to Trinidad to teach at QRC. Shortly after he joined the Police Service. In 1958 when Lord Hailes took the oath of office as Governor General of the short-lived Federation of the West Indies, Abdulah was appointed his local aide-de-camp.

"We had no army, and it's the army that provides the aide-de-camp now. We were paramilitary in those days," he recalled.

Thence, he went to the diplomatic service of the Federation. When the Federation was dissolved in 1962, the officers with diplomatic training were reabsorbed into the service and became what we now know as the foreign or diplomatic service.

Abdulah's first deployment was to Jamaica to set up the Trinidad and Tobago High Commission.

His longest stint was in New York where he served as Trinidad and Tobago's chief representative to the United Nations. He was also the chairman of the special committee on decolonisation. He has lived in Ottawa, London and New Delhi.

One of his most memorable trips came in 1975, where he was part of a Dr. Eric Williams led delegation to China to meet Premier Chou en Lei. One night, Abdulah, Dr. Williams, and Professor Courtenay Browne were whisked away to meet founding father of the People's Republic of China, Mao Tsu Tung.

"We were staying in a guest house and one night we were told, 'Get ready you are going to be traveling.' They didn't tell us where we were going. Next thing we knew we were being escorted from the guest house to a military field. We got on a plane and were on our way to meet Mau Tsu Tung," he told this story in between laughs, clearly still giddy by the experience. "I have a picture with us meeting



COVER STORY
PHOTOGRAPHY by
Kern Williams

Mau Tsu Tung. Oh boy, what a time. Actually I think there's a whole thing on it on the Parliament Channel."

For a man who's seen the world several times, his home is decorated like a tourist gift shop. His walls are adorned with Caribbean artwork. Above his piano is a painted forest scene, to the left a painting of fishermen pulling a boat onto the shore, To the left of that, a painting of a group of women gathering, most likely after making their way to market. His second wife, Marie, whom he married in 1988, does most of the decorating.

His love for local culture spans beyond paintings. Marie, served on the board of the now defunct National Youth Orchestra. Abdulah spoke fondly of attending the orchestra's sold out Christmas concerts at the Hilton. He regularly attends film festivals, and though he loves the European film festival for its niche offerings, he is now becoming a fan of the TT Film Festival and is quite happy with its growth. So far he's enamoured with Darisha J. Beresford's award winning film, "The Cutlass."

The Abdulahs have even loaned out their home to Danielle Dieffenthaler as one of the settings in the local soap opera "Westwood Park" which was a local soap opera series a few years ago.

When he retired from the foreign service he served as the Deputy Secretary General of the CARICOM Secretariat, at a time when Europe looked to the Caribbean as the model of integration. The media has now prefix his name as "Former Diplomat Frank Abdulah".

He still has strong feelings about what CARICOM should have been.

"Too many people felt they wanted to be a big fish in a little pond rather than a little fish in a big pond. And the whole thing never took off as it should have. We are today, struggling to try and bring the Caribbean together in some sort of community, and focus on our problems," he said. "And the problems have changed a lot since then."

But that's a problem for the next generation.



TTARP's Head Office Annual Health Seminar

TTARP's Head Office Annual Health Seminar was a resounding success. Over six hundred members registered to attend and were provided with a host of medical tests and a wealth of information. The event took place at the Radisson Hotel on June 1st.

Several specialists in their fields shared valuable knowledge with the eager to learn audience.

Dr. Nilesh Persad, Specialist Eye Surgeon and Head of the Trinidad Diabetic Eye Centre spoke on "Diabetic Eye Disease".

Dr. Ricardo Jurawan, Medical Director at CentraMed spoke on the "Digestive Health in the Elderly".

"Heart Health & Digestive Care" was the topic chosen by Ms. Marcelle Charles, Senior Pharmacist Police Health Facility – St James.

President of the Alzheimer's Association of Trinidad and Tobago (AzATT), Ms. Ann Smith presented the "Warning signs and Symptoms of Alzheimers".

All the Presenters allowed the audience to interact by asking questions, and from the response received Members were quite overwhelmed with their new found understanding of the ailments and diseases discussed.

Presenters were provided with tokens and all exhibitors and participants were provided with sustainable delicious refreshments (this time our event organizers ensured that every single minute detail was covered).

Mr. Dave Cameron, Vice Chairman (TTARP) closed the day's events with thanks to all speakers, booth participants and the audience.



The hard working TTARP team who ensured all went well.



Dr. Nilesh Persad, Specialist Eye Surgeon and Head of the Trinidad Diabetic Eye Centre spoke on Diabetic Eye Disease



M&M Insurance Brokers staff are all smiles.



Ms. La Donna Gulston- The Health Education Officer from the Ministry of Health brought greetings.



Audience members receiving a prize for answering correct questions courtesy Jamieson Products (Ultra-Pharm).



Cross section of the attentive audience.



Above :The Medical Associates team hard at work.

Right & Below: Bryden PI sampled Boost and Evony adult diapers.



Below: AA Laquis staff testing members.



Representative from the Alzheimer's Association.



Gentle Dentistry provided dental testing and advice



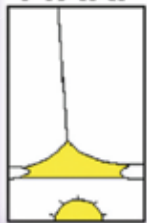
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by Annette Young, PRO.



CHILDREN EASTER PARADE

In April, we held our second Children Easter Bonnet Parade at the Arima Tennis Club. We had eleven participants, ages from three to twelve years old and an appreciative audience. The winners were Kania Elliot, Tahnee Alexis, Jayla Charles, Kelsie King and Tishawn Sanchez.

Our Judges Martina Thomas-St. Cyr, Joseph Maynard, Tecklar Nurse and Ann Richardson must be profusely thanked, along with DJ Kenwin Scott and Master of ceremonies Victoria Williams.



HONOURING OUR MOTHERS & FATHERS

TTARP's Eastern Angels Arima Zone (EAAZ) honored the Mothers and Fathers with a Tea Party Function on Sunday 4th June 2017, with ninety members and friends in attendance.

Peter Nock, our Chairperson welcomed and thanked everyone for their presence despite the rainy weather. He introduced the pianist Ilorie Waithe who played the National Anthem after which Member Ethon Benjamin said the Prayer.

Herman Grant, our "One Man Band" started the entertainment with his rendition of "Because he lives", and Justin Subran sang "The way we used to be" and "Ah can't believe am losing you"

Our drama man Kenwyn Scott rendered a hilarious monologue about a man shopping at Hi Lo after which Lynette Maule hosted the modeling segment commentating on the attire of the models - Gloria Morris, Bernadine Carter, Ann Marie Kerr, Bertina Dyer, Margaret George and Lynette Brewster.

Perry Shade serenaded the mothers as he walked among the audience and sang "Give It All To Jesus", "Just The Way You Are" and "The Green Grass Of Home".

The fathers were courted by Lisa Foster to the songs of "To God Be the Glory", "You Raise Me Up" and "I Will Always Love You" while Allison Johnsons-Parks took time to hug and kiss them.

The door prize winners were Hazel Sheppard, Ann Marie Kerr, Ronald Orr and Selma Chevalier.

Tea was served and DJ Claud "Maxeffek" Bernard filled the air with romantic music of years gone.

Bernadine Cummings was awarded a gift for the mother with the most children -fifteen (15). Beresford Timothy won a prize for being the eldest father and Anthony Procope received the fathers' gift for his service. A special presentation of appreciation was made to Kenwyn Scott from member Martha Marshall. Louis & a Link owned by our

Treasurer Louis Caraballo entertained with a different genre of music to the tunes of "Steel band Music Is The Greatest Talent Today" and "My Way".



More of the EAAZ models posing

Lynette Maule delivered her sterling "Vote Of Thanks", praising and thanking everyone who helped in making the function a success.

"Justin & Car Trunk Gang" comprising Justin Subran, Louis Caraballo, Herman Grant, Beresford Timothy and Lloyd Jack brought the curtains down with the medley "Brown Skin Gal Stay Home and Mind Baby" and "Last Train to San Fernando". Justin Subran ended with the calypso "Write Your Family Name on A Piece of Paper for Me". The DJ music brought everyone to the floor and members danced until it was time to leave. Photographs were supplied by member Ronald Orr.



Louis and a Link who provided some of the entertainment.



Group shot of some of the models

The Return of TTARP's Mother's Day Tea, Fashion & Cultural Show

Last year we took a hiatus from our Annual Mothers Day Show since we felt that almost all of our zonal groups were doing a marvelous job of honoring mothers and fathers throughout Trinidad and Tobago so we didn't want a duplication of efforts. However, this year due to members demand we held an event at The Radisson Hotel to pay tribute to the hundreds of Mothers in the audience.

The response was quite good and our programme was designed to showcase young talent, budding entrepreneurs and original TTARPees.

Upon entering, patrons were welcomed with a gift bag and a sample of Talon Talon liquer and were serenaded by the St. Anthony's Valley Angels Pan Group which consisted of a wide age group of talented musicians. We opened with songs by three young ladies headed by Precious Francis, who performed for the first time in front of an audience.

TTARP's Fyzabad Forever Green Choir continued with song before the models took to the stage. There were a combination of our own TTARPe models, as well as models from Kerr

& Marcelle Designs and Kristian Jaggasar Couture who modeled in casual and formal wear.

Kurt Phillip, a member from Fyzabad also sang and played on the keyboard. Members Margaret Remy and Vester Campbell performed an original recital. DJ Himraj provided the upbeat music.

There were major challenges with the refreshments which we resolved with the Hotel Management thereafter, but we do apologize to all affected. The organizing committee has learnt that nothing must be taken for granted and that every "i" must be dotted and "t" crossed.

TTARP would like to thank our sponsors who supplied door prizes, sampling and tokens:-

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Work, Life and Ageing

that she likes caring for her parents and knows that working keeps her financially able to properly do this.

Marjorie is balancing work and life, as well as practicing active ageing. "Work/life balance" and "active ageing" are not terms that one hears on an everyday basis in this society. However, in the project Work/Life Balance and Ageing in Trinidad: Studying the Productivity and Wellbeing of Working Men and Women these are words we use every day. This three-year project is being undertaken by the Institute for Gender and Development Studies (IGDS) and the Social Work Unit, Department of Behavioural Sciences, Faculty of Social Sciences and is funded by the Research Development Impact Fund of The University of the West Indies. Led by scholars Professor Patricia Mohammed and Dr Cheryl-

Ann Boodram, the study considers how work/life balance is either offset or aggravated by the longer life expectancy of the population.

The study asks the questions: Do working people depend on the retired population of ageing parents and extended family for child care? Are they additionally burdened with caring for ageing people in their lives? The study is a hands-on investigation of the conditions that obtain in the workplace in Trinidad and Tobago as well as the facilities available to all of us as we cope in a more accelerated world with the demands of financial cutbacks, battling traffic to get to work and back home then to deal with household chores, caring for children and ageing parents; and within all of this, trying to live life as stress-free as possible.

The findings of this high

impact research project thus far indicate that the family dynamic in Trinidad is slowly changing. It is not always possible for people to depend on the extended family to care for dependents. We cannot assume that grandparents will take care of grandchildren; many older persons are working beyond retirement age to meet medical and other needs, including assisting their adult children. Additionally, working persons work longer hours due to technological advances, many taking their work home and as a result spending less time with family members, exercising or practicing self-care.

The project will hold a two-day national conference on 26-27 April 2018 to share findings and recommendations, including initiatives from other societies to cope with rapidly ageing populations and work/life balance. Many stakeholders including agencies who deal with senior citizens, pensions, housing for the aged, as well as government policy makers and civil society organisations will be invited to join us to examine the relevance and practicality of these recommendations. The project is geared decisively to making an impact and hopes to generate interest among all stakeholders to enable

policy and other advocacy in work, family and ageing to address gaps that currently exist. The project is delighted that TTARP has been involved as a partner from the beginning of this project in 2015. As one of the few organisations in Trinidad and Tobago that work toward the continuation of healthy and active lifestyles among the population 50 and over, TTARP's involvement is both welcome and vital. TTARP continues to lend support and we look forward to their full partnership at the conference. The project is geared to meeting the

needs of Marjorie and many like her who are coping with increasing demands on their finances and time, thus making for a more balanced and healthy lifestyle for citizens of Trinidad and Tobago.

Submitted by:
Work/Life Balance & Ageing Project.
Institute for Gender and Development Studies
St Augustine Unit
The University of the West Indies



What are some of the responsibilities in our lives?

Work, Life and Ageing in Trinidad. Let's look at the research!

Marjorie is 60 years old. A single mother of three and grandmother of one, she also works full-time and cares for two ageing parents. Although all of Marjorie's children are adults living on their own, she assists them financially and cares for her grandson whenever she can.

Marjorie's life is chock full of responsibilities. She acknowledges this and knows that it will not change soon; so she puts aside 15 minutes for herself every day, which is usually spent relaxing after a long day of work before she has to look after her parents. This requires preparation of their meals,

ensuring that they take their medication and getting them ready for bed. Marjorie is also a member of the Trinidad and Tobago Association for Retired Persons (TTARP). Here she engages in activities that stimulate her body and mind such as yoga, meditation and drama. She is able to connect with and benefit from the support of other members who, like Marjorie, also care for their parents. Although Marjorie sometimes feels overwhelmed, she says

Members of the Work/Life Balance and Ageing Team and representative of SEMAVIL at our MOU Reception in January 2017



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Submitted by Lydia Pierre

Retro Mothers Day !!

The theme "Retro T&T" was reflected in the décor, the music and the outfits. DJ Larry kept the vibe going. Obioma Bankole took to the floor from early and enthusiastically "cut a rug" all evening, his dance partners trying to match him as the DJ regaled us with a wide range of disco tunes and old time calypsoes. It was a truly fun evening.

To add to the excitement, participants won a variety

of prizes and awards. Judy Forde and Thomas Phillip, the youngest members; Neville Nelson and Wilma Blanc, the oldest. Beverly Wharton, Hyacinth Young and Noeline Douglas strutted their stuff in outfits that brought back memories of the days when well dressed party goers were decked out in fancy dress hats, tasteful gloves and multi-tiered dresses.

Some family groups



All Prize winners and awardees posed for a picture.



Beverly Wharton stuns in blue



Obioma Bankole stayed on the dance floor all afternoon



Hyacinth Young posing for the cameras



Noeline Douglas modelling



Door prize winner Annmarie Peschier



Door prize winner Gemma Carrington



Door prize winner Angela Cadette

were recognised for their ongoing active participation – the Jobs, the Johnsons and the Pierres, and in honour of the occasion we recognised as mother/ daughter – Lilian Pascall and Veronica Paul, and father/son Anthony and Tommy Pierre. Three of our younger members- Judy Forde, Veronica Paul and Patricia Merrin-Jones- were presented with make-over vouchers from Sacha Cosmetics which were donated by TTARP Head office. Beautiful now, just gorgeous after!

The several door prizes ensured that many persons felt the thrill of victory at the function. You know

how everybody likes to win something! In addition every person attending was presented with a token donated by our Chairperson, Gloria Jones, who led the fashion parade in a beautiful pink outfit.

Of course, no Trini function can go off without food, in this case lovingly prepared by the members themselves, accompanied by a wide choice of old-time drinks.

At the end of the evening, the sizeable crowd danced out on their way home, sumptuously fed and well entertained. Til' next year!



Door prize winner Cheryl Job

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Symptoms and Treatment for Andropause

(decreasing testosterone levels in men)

Ageing has always been an issue; there are numerous concerns some of which are related to health. Women go through a natural progression from fertility to menopause. This is a transition all women go through. There is no set age for the onset of menopause.

Andropause not to be confused with menopause (and it is not male menopause) is not a natural progression. A growing number of men today will at some time in their lives experience andropause. The WHO (World Health Organization) in the latter part of the last century decided on naming this condition Andropause. Early research in this area when it was known as mid-life crisis noted that men in their 40s to 50s will exhibit similar symptoms. These documented symptoms were depression, loss of libido (sex drive), lethargy, loss of muscle mass and the will power to do exercises or compete, inability to concentrate, weight gain especially in the tummy area, sleep loss, related physical and emotional conditions to all of the above erectile dysfunction.

These symptoms can be attributed to unhealthy lifestyle, poor diet, lack of exercise, smoking, excessive drinking, drug use, not getting enough sleep, injury, lifestyle diseases such as high cholesterol, diabetes, hypertension, ailment of the digestive, circulatory and nervous system of the body and of course stress.

The main cause of andropause is a drop of testosterone levels, there is a natural depleting of testosterone at a rate of approximately 1% per year usually after forty. Some men have low levels to start with and as a result this decline will affect those men more than others.

When one starts to lose your competitiveness, wakes up but don't feel like getting off the bed, excessive weight gain, lowering of your self-esteem, loss of morning erection, not being turned on as before by the things that was a stimulus, feeling of depression and is seeking other means of boosting his excitement then you are experiencing andropause.

From our studies and treatment over the years of individuals who seek treatment at Total Image's Adult Therapy Center in St. Augustine; we have discovered that there is some sort of crisis among the younger men in our society. Men as young as twenty-five are exhibiting signs



Dr. Giriraj G. Ramnanan Ph.D.
Applied Health Studies
Sex Gender and Sexuality
Sexologist/Sex Therapist
Tel: 645-4543 or 645-9829

of andropause. Thankfully we have the treatment and cure for andropause.

Men should know their levels of testosterone and PSA. A yearly testing of this is a very good way of keeping historical records and can lead to an early detection of andropause.

Symptoms of andropause are also an alarm bell which men can use to determine when there is cause for concern of overall health issues. In addition to the treatment of andropause it is recommended that one look at other lifestyle diseases and how it may contribute to you experiencing symptoms of andropause.

Changes in diet, a regulate exercise regime, six to eight hours of night sleep, supplement usage and stress management at an early age can prevent andropause. There are foods to maintain excellent levels of testosterone but once diagnosed with low testosterone a proper supervised treatment will be required to reverse andropause.



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The Carnival Glory Cruise



On April, forty -five TTARP members left Trinidad for a seven night cruise on board the Carnival Glory with a three day shopping spree in Miami.

Our start had some challenges. We were greeted in Miami with exceptionally long and slow lines in Immigration. Needless to say after four hours standing in line, there were many stiff, weak and swollen legs. One member missed her footing on reaching the escalator, and that resulted in an unexpected trip to Coral Gables Hospital.

After waiting for over three hours our bus had left us. Members began to panic as only a Trini know how to panic, knowing they were in Miami, and not knowing where they were going and how to get there. After several frantic calls with roaming money being depleted, the bus returned within half an hour, for us to realise that four members were missing. It took us another half hour of anxiety before finding them.

Early next morning everyone was ready for the trip to the port to board the Carnival Glory. Once on board, we headed to the Lido Deck where there was an abundance of food. Spirits were instantly healed. The first day at sea was spent touring and getting familiar with the ship.

As Caribbean people, each island looked similar with sun, sand and beach, the

difference were in their craft, food and culture. For example in the Grand Cayman, no one touches the streets freely. Their iguanas are huge and traffic would actually slow for them to cross? They are also used as pets. They were lucky the Trininis had no where to cook both the yard fowl and iguana as mouths were watering for good curry stew.

Grand Cayman is also noted for their banking industry, as they have over six hundred (600) banks. With a population of just over 50,000 and no direct taxation, this makes it a tax haven for many. Caymanians boast of having the highest standard of living in the world. The island of Isla Roatan is also the home of an iguana farm with over 4,000 iguanas. Belize was another beautiful island we visited and with the correct amount of money anyone can own a piece of this island.

On board the Carnival Glory each day and night we were entertained with full production shows, karaoke, trivia, bingo, comedies and the casino, to name a few. One member tried her luck at the casino by investing \$20.00 and won over \$100. Elated she convinced six others to do the same but

needless to say they all lost.

Every night members had a variety of international gourmet meal choices with entertainment. One night in the middle of the show the light in the dining room turned off and we waited in complete darkness for a bit, only to be told that the ship had lost power and

we were drifting for awhile. We thought it was part of the act.

Back in Miami, we shopped and had a hard time complying with the airline's 50lbs ONE piece of checked luggage.

God help Mayling on the next trip.....



Additional Discount Providers

September 2017

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CARA Suites Hotel & Conference Centre.

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AMENDMENTS

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DELETIONS

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Recipe

10 MINUTE HEALTHY CAULIFLOWER RICE

YIELD: 4 SERVINGS
PREP TIME: 10 MINUTES
COOK TIME: 10 MINUTES
TOTAL TIME: 20 MINUTES

An amazingly healthy twist on takeout fried rice but you can't even tell the difference. Its's EASY to make too!

INGREDIENTS:

- 1 large head of cauliflower (without leaves)
- 2 tablespoons reduced sodium soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon freshly grated ginger
- 1/4 teaspoon white pepper
- 2 tablespoons vegetable oil, divided
- 2 large eggs, beaten
- 2 cloves garlic, minced
- 1 onion, diced
- 6 ounces broccoli florets, chopped
- 2 carrots, peeled and grated
- 1/2 cup frozen corn
- 1/2 cup frozen peas
- 2 green onions, thinly sliced
- 1/2 teaspoon sesame seeds



DIRECTIONS:

1. Pulse cauliflower in a food processor for about 2-3 minutes; or use a grater until it resembles rice; set aside.
2. In a small bowl, whisk together soy sauce, sesame oil, ginger and white pepper; set aside.
3. Heat 1 tablespoon vegetable oil in a medium skillet over low heat. Add eggs and cook until cooked through, about 2-3 minutes per side, flipping only once. Let cool before dicing into small pieces; set aside.
4. Heat remaining 1 tablespoon vegetable oil in a large skillet or wok over medium high heat. Add garlic and onion to the skillet, and cook, stirring often, until onions have become translucent, about 3-4 minutes. Stir in broccoli, carrots, corn and peas, and cook, stirring constantly, until vegetables are tender, about 3-4 minutes.
5. Stir in cauliflower, eggs, green onions and soy sauce mixture. Cook, stirring constantly, until heated through and the cauliflower is tender, about 3-4 minutes.
6. Serve immediately, garnished with sesame seeds, if desired.

It makes a fantastic low-carb, grain-free stand in for rice that goes great with just about anything from chicken, to steak or fish.

CAULIFLOWER BENEFITS

- 1 REDUCES CANCER RISK**
 Cauliflower helps fight the early stages of cancer, shuts off tumor growth and helps prevent cancer.
- 2 FIGHTS INFLAMMATION**
 Cauliflower is rich in antioxidants and anti-inflammatory compounds which lower oxidative stress and the presence of free-radicals in our body.
- 3 DECREASES RISK FOR HEART DISEASE & BRAIN DISORDERS**
 Cauliflower's anti-inflammatory abilities helps keep arteries and blood vessels free from plaque build-up, lessens the chances of high blood pressure, high cholesterol and heart disease from developing.
- 4 PROVIDES HIGH LEVELS OF VITAMINS AND MINERALS**
 Cauliflower is loaded with Vitamin C, antioxidants, and Vitamin K. Vitamin K keeps the skeletal structure healthy prevents bone conditions, helps with blood clotting and bone calcification.
- 5 IMPROVES DIGESTION AND DETOXIFICATION**
 Compounds in cauliflower help the body to detox and it supports proper nutrient absorption and toxin and waste removal from the body.
- 6 AIDS IN WEIGHT LOSS**
 Cauliflower is extremely low in calories yet is high in volume and filling fiber. It helps reduce constipation and keep excess waste or water weight moving out of your body.
- 7 HELPS BALANCE HORMONES**
 Cauliflower has been shown to help balance hormones partially by reducing unhealthy levels of estrogen. This helps prevent hypothyroidism, autoimmune disease, chronic fatigue, and ovarian cancer.
- 8 PRESERVES EYE HEALTH**
 The sulforaphane found in cauliflower has been shown to protect the vulnerable tissues of the retinal area from oxidative stress that can result in blindness, cataracts, macular degeneration, and more.

Dr. Axe
FOOD IS MEDICINE

Events Programme 2017

HEAD OFFICE

45 Tragarete Road, Port of Spain
Contact Number: 622-9223 / 221-7771

- Sept 14th - 23rd Annual General Meeting @ Centre of Excellence
Oct 21st - 14th Annual 5K Walk/Run
Nov 10th - Trip to Dubai
Dec 3rd - Christmas Luncheon

ARIMA "Eastern ANGELS"

Meeting Place: Arima Tennis Club – Robinson Circular Road, Arima
Contact Person: Peter NOCK (Chairperson) 781-9571 / 310-5929
Meeting Date and Time: Every Friday from 12 noon

Arima Tennis Club

- Sept 1st - Monthly Meeting
Sept 8th - Drapery & interior Decorating Class
Sept 15th - Drapery & interior Decorating Class
Sept 20th - Outing
Sept 21st - Zonal Meeting
Sept 22nd - Drapery & interior Decorating Class
Sept 29th - Drapery & interior Decorating Class

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.

- 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 9th/12th - B' Christmas Luncheon

DIEGO MARTIN "Western Pearls"

Meeting Place: North Diego Martin Community Centre, Church Street, Diego Martin.
Contact Person: Barbara ANDALL-FRANCIS (Secretary) 637-8954
Meeting Date and Time: 2nd Saturday of each month @ 3-5 pm.

- Sept 14th - TTARP A.G.M. @ Centre of Excellence
Oct - Cake Sale at West bees Supermarket Car Park in Diego Martin
Nov 18th - Luncheon at Radisson Hotel
Dec - CLOSED OFF

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
TBA - Laptops & Cell Phone Basic Literacy
TBA - Visit to Valencia Resort

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.
Sept - Visit to Arima for the Santa Rosa Festival

SANTA CRUZ "CRUZERS"

Meeting Place: - Bourg Mulatresse 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.
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.
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.
Sept 5th - Sick Visit
Sept 11th - General Meeting
Sept 25th - Social Evening
Oct 3rd - Visit to Geriatric Ward
Oct 9th - General Meeting
Oct 11th - Executive Council Meeting
Oct 23rd - Fun Evening
Nov 13th - General Meeting
Nov 26th - Annual Variety Concert
Dec 11th - General Meeting
Jan 4th 2018 - Christmas Luncheon



Jokes

Some excerpts taken from the book "Tighten Yuh Belt" written by TTARP Member,

Fitz Herbert Reid.

JUDGE: This offence will carry a penalty of 6 months or \$5,000. But because this is your first offence I'll allow you to choose.

ACCUSED: I'll take the money sir.

Burglars robbed a bank of three million dollars. The Police are baffled trying to find a motive behind the crime.

WIFE: Did you hear that loud noise coming from the party for the whole of last night?

HUSBAND: No ! But why didnt you wake me? You know I can't sleep in loud noises.

A heart patient visited the Doctor, The Doctor said "Take a pill on Monday, skip Tuesday, take a pill on Wednesday, skip Thursday, take a pill on Friday, skip Saturday and continue....One month later the wife visited the Doctor and reported that her husband died. "Didn't he follow my prescription?" Yes, replied the wife, "I think he died from all that skipping".

Two men were walking down the road. One man shouted, "Look a dead pigeon!" The other one looked up in the air and asked where.

The chauvinistic husband was scolding his wife. He shouted to her saying, "I am wearing the pants in this house!" The wife politely said, "I control the zipper".



A young lady asked her mother, "Is man really the stronger sex?". The mother replied, " No, the stronger sex is really the weaker sex because of the weakness of the stronger sex to the weaker sex."

A drunkard was before a judge for using obscene language.

JUDGE: Can you stand upright?

DRUNKARD: Ask my wife.

The crowd went in an uproar, prompting the judge to shout, : "ORDER! ORDER!"

The drunkard responded with, "I'll take a rum and soda".

"Tighten your Belt" books are available at TTARP's office, The Book Source and Charran's Book Store (Trincity).

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