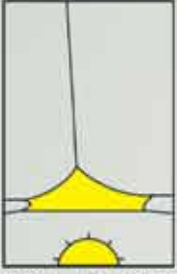


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ISSUE #3 2017

TTARP

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050Q is published three times a year by TTARP

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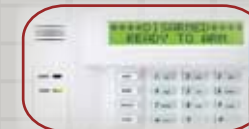
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Greetings from TTARP's President

At a recent address to the Leaders of TTARP's Zonal Groups, TTARP's President - Peter Peña applauded the various zones for the excellent work being executed. He stressed that the vibrancy and passion with which activities are planned and implemented were outstanding and could compete with the highest level of corporate performance.

The consistent flow of activities ranging from social functions to community service projects shows dedication and commitment to support and expand the growth of the organization. He urged the Zonal Leaders to further develop their zones and to make a concerted effort to start an internal membership drive within their zone and not to rely solely on the efforts of TTARP's Headquarters or the Promoters.



In closing, he implored for members (bearing in mind the National Crime situation), to Be Alert, Be Careful, and Be Safe. He stressed that we are now living in a different time and world and we must all be cautious and be prepared for anything that could happen.

With that said, Christmas Greetings was extended to the Executive Board Members, The Zonal Leaders, Members and the staff of TTARP.



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TTARP's 23rd Annual General Meeting

On September 14th, TTARP held its 23rd Annual General Meeting at The Centre of Excellence in Macoya. This venue was selected since we needed a location large enough to

accommodate the twelve hundred plus (1,200+) members in attendance. This is a record achievement for TTARP since it is the largest group of members ever hosted

in an event. The Agenda was followed, matters arising were discussed, and several members took the opportunity to question the Board on a number of issues. The financial

reports were presented and even more questions were put forward and answered. The Board of Directors was reinstated and shall serve for another term.



TTARP wants you!

In 2018, TTARP will be celebrating its 25th Anniversary, and we are asking for persons from the general membership to come forward to volunteer their time and expertise as we plan for this auspicious occasion. Some of the skills we are searching for are: decorating, public speaking, writing, media, photography, promotions, entertainers, telemarketers, among others. If you are willing to offer your time and expertise, please contact Michelle or Denise at 221-7771 or 222-7912.

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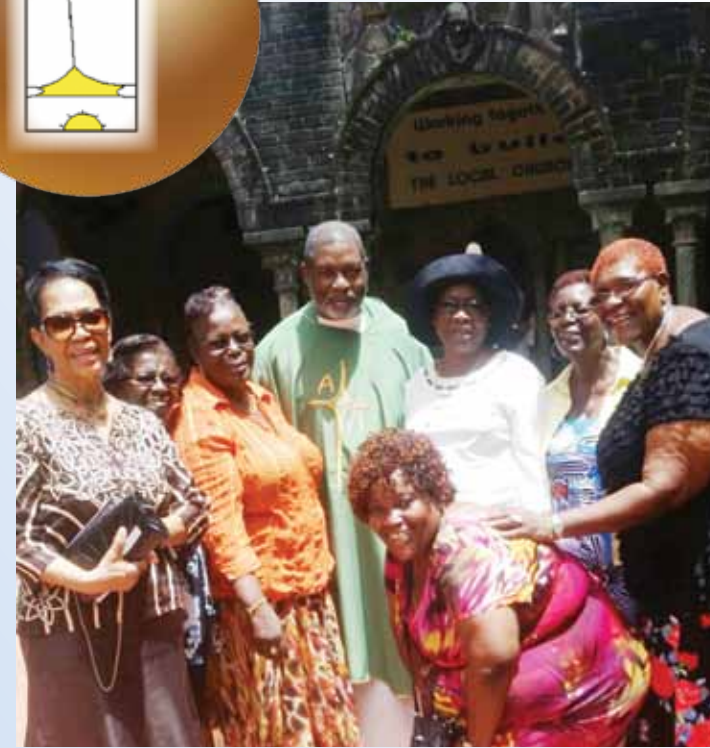
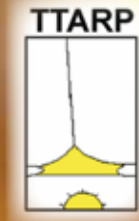
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DIEGO MARTIN - Western Pearls

by Barbara Francis- Secretary



Grace Mc Ewen, Events Chairperson (3rd from left), Gretta Frank (Extreme Right) and other members with the Priest after attending Sunday Morning Church Service in the Grenadines.

Pearls visit the Grenadines

Diego Martin Zone "WESTERN PEARLS" visited St. Vincent and the Grenadines from July 7-12th 2017. The contingent of twenty-eight persons stayed at The Young Island Resort which is off the mainland. The only way to get to the Resort was by boat and it truly was an adventurous ride. Over the six day period some of the members took part in the Carnival Celebrations, went sightseeing and shopping. They also attended a beach party at Bequia.

Other Activities

On August 5th Western Pearls participated in the TTARP All Fours games fiesta which was hosted by the Arima Zone and held at the Arima Tennis Court. Our All Fours "B" Team placed third in the competition and was presented with three bronze medals and a trophy. We also won a prize for being the most uniformed zone.

In September approximately 60 members attended the A.G.M. which was held at the Centre of Excellence Macoya.

In October at our Monthly meeting we had Ms. Doril St. Hill, Nutritionist who spoke on benefits of making proper food choices and the importance of drinking enough water.



Menova Kajim relaxing in her hotel room.

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TOBAGO CORALS

Submitted by Selby Cole, Chairman



A Corals Variety Concert with a difference

In August of this year, the Corals Zone held its 4th Annual Variety Concert. Several of our Zonal Members became Singers and Actors overnight, and surprised the group with their spectacular performances.

In a revolutionary change from the traditional Concert format, this event featured a play adapted from the work of a local Author from beginning to end. In addition to this central story line, all the regular featured items formed part of the Play, which in a Best Village setting would be called a "Production".

Also, instead of a Master of Ceremonies, an offstage Narrator led the audience through the story of a young Tobago man, who wanted to escape from a lady on the island and so headed for greener pastures in England. The story took a surprising turn, when the same lady arrives in England some time later.

After some ups and downs, and songs and poems based on the central theme, the couple finally got married, and the whole Performance ends with a joyful wedding, complete with some Tobago Dancers (who, you guessed it) just happened to be on a Tour of England just at the same time as the wedding.

Worshipping with our fellow Villagers

On Sunday 3rd September, our Corals Zonal Group took the opportunity to visit with the Members of the Calvary Deliverance Tabernacle which is one of the Churches in our area. In the spirit of togetherness, twenty (20) of us worshipped and participated in their spirited Service, and listened to the well-received word of wisdom spoken by the Pastor.

Our Chairman was allowed to make a Statement on our behalf during the proceedings, and the opportunity was taken to make some remarks about the work and benefits of our unique Association.

This "visiting for worship" is another Community Activity which has been initiated by our Zone in an effort to empathize and understand our fellow Villagers. A contribution was also given in furtherance of the work of the Tabernacle.



My knee hurts but I don't want a knee replacement- what can I do?



Submitted by: Dr Godfrey Araujo

When your knee hurts and you have been diagnosed as having arthritis of the joint, there are a few different options ranging from limited intervention, injections to the knee or surgery. A lot of us, including me, wish to prolong the life of our knees before facing the knife. So here are a few non-surgical solutions.

1. Reduce the wear and tear on the knee

Lose the weight, avoid high impact activities, strengthen the quadriceps and hamstring muscles with low impact resistance exercises. Use NSAIDs (painkillers) sparingly when pain is severe or when a lot of walking/standing activity will be done.

2. Consider injections into the knee joint

There are 3 types; Cortisone type injections which are usually done as a one-off injection in severe exacerbations of knee arthrosis i.e. when it is swollen and painful after a flare up, Hyaluronic Acid e.g. Synvisc which is a synthetic copy of normal joint fluid that acts as a sort of gel which

helps the lubrication of the knee and can ease the pain for up to 6 months and sometimes longer, and PRP or Platelet Rich Plasma which is a form of adult stem cell therapy distilled from your own blood and utilizes your body's own healing mechanism to rehabilitate the intra-articular environment of your knee and help it heal- it is normally done twice a year.

3. Have an opinion on altering the alignment of your knee

If you have knock-knees or bow-legs, the alignment abnormality may be leading to increased wear of the articular cartilage in one or more compartments of your knee. A proper orthopaedic assessment with long leg X-rays will help in deciding if this is a viable option for you and may help avoid knee replacement surgery.

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PURPLE DIAMONDS - South Zone

Submitted by Eulalie Colthrust, Chairman

TTARP



Bartender prepares samples for members

Touring Angostura

In the month of June -The Purple Diamonds journeyed to Laventille for a tour of the Angostura Factory. During the visit lectures about the history of the Butterfly Collection, the Museum and the Distillery were given. Members were invited to sample a variety of "strong drinks" which encouraged them to embrace the opportunity to shop for wines and rums before the very enjoyable and educational tour ended.

Health and Wellness Day

The Purple Diamonds hosted their first Health and Wellness Day at the Creative Arts Centre, San Fernando in July. There were ten booths on display, comprising of members from Health Care Institutions, Protective Services, Safety Institutions and KC Confectionery.

Members responded well and turned out in their numbers to support and to receive samples and free testing from medical professionals. Lectures were also given by Health and Protective personnel, thereafter members embraced the opportunity to ask questions. It was very rewarding as members left for their homes with a feeling of contentment.

VICTORY AND HISTORY

*Congratulations to our Vice-Chair on her victory
For bringing home that golden trophy
Because she played Scrabble skilfully with Sister Gemma
So we can keep that trophy one year after*

*For the first time in history
South Zone did win a trophy
So we departed from Arima happily
And brought it here for everyone to see*

*Though the smallest group of all
Purple Diamonds graced that hall
And a triple feast was celebrated
Because one year ago, this Executive Committee was elected*

*Kudos to Sisters Charles and Oxley
Who really invested plenty money
To place us second through the bingo category
That led Purple Diamonds to another victory*

*Holding up that Individual Championship Trophy
Our Vice-Chair was applauded lustily
So thanks and praise to you, dear Norma
And may God continue to bless Purple Diamonds forever*

Composed by EULALIE COLTHRUST (Chairperson)

Victory at the Games

An elated group of Purple Diamond members left TTARP's Games Fiesta in Arima with prizes for winning the Individual Championship Scrabble and for emerging second in the overall Scrabble What a joyous, fun-filled and victorious day !

This competition was held among all the TTARP Zonal Groups.



WINNERS ALL THE WAY - BACK ROW LEFT - Alphias Fraser, Annette Nysus, Juliet Seales, Gemma Skerrit, Norma G. Ochoa (Winner of Individual Championship Scrabble Trophy), Eulalie Colthrust (Chairperson) FRONT ROW - Eartha Ottley (holding gift) and Judy Constance

80

Retiring into Entrepreneurship

Most people's concept of retirement is to take it easy and relax the rest of your life. Having come to the end of your productive work life does not mean it is the end of life. Some see a new phase, a new way to transform yourself. Have you ever thought about starting a new venture or transforming the current venture that you have for the benefit of family members?

Entrepreneurship solution The entrepreneurship option offers a person a chance to have unlimited income, more career freedom, a possibility of reaching your full potential and the ability to change the world. You also can leave a legacy behind, something that your next generation can enjoy and continue the family's name.

Entrepreneur magazine makes four recommendations to mature persons who are considering entrepreneurship:

1. Know your expertise: leverage your skills as it makes more sense to start there
2. Decide on a business that suits your finances: don't gamble on risky projects, but be a calculated risk taker

3. Identify your weakness: where you are weak, hire someone who has competence there
4. Enjoy your retirement: remember your business goals and don't forget yours as a mature person

But we know from research that persons enter entrepreneurship not only for the money. **If money was the only motivator, Bill Gates would have stopped working long ago. Why work for money when your net worth is over US\$80 billion?** Money motivates but only up to a point. It's the sense of achievement that keep entrepreneurs humming and maybe that would explain the higher quality life that some feel. Mature persons tend to value quality of life greater than money.

Entrepreneurship opportunity

There are several opportunities if you decide to think like an entrepreneur in your life. If you as a retiree is considering starting a new business, consider the advantages you have over younger persons, apart from the vast knowledge, you may have no mortgage or have a property which can be used to house a

business. You might have family members who can work for free in the early stages and don't forget the network you possess. Additionally, if you already own a business with family members participating, you have a family enterprise. This requires that you consider how to grow your business and still avoid the conflict that bog down many of these types of ventures. Most family business owners are not aware that there is a vast body of knowledge that are available to deal with not only conflict but also succession planning. Succession planning is different in family businesses than other types. Often founders find themselves without a clear plan to transfer ownership and management, the result is a business that is caught in disagreements. The founder in his or her final years has unnecessary. Many times, the first generation waits too late and the matter ends up in court. Finally, entrepreneurship uses a different mindset; thought and action that is different from how ordinary businesspersons operate. Entrepreneurs are resourceful (using the assets they have), calculated risk takers (I



Sajjad Hamid

called it the Goldilocks zone of risk management, not too high or too low), tenacious and innovative. These are qualities that founders often practice, but as the enterprise grows, it loses its entrepreneurial spirit. The next generation fails to appreciate this approach and this direction only means an evitable decline into mediocrity.

Sajjad Hamid, BSc, MBA- is a Senior Lecturer on Entrepreneurship & Marketing and a Columnist in the Business Guardian, he has an Advanced Certificate in Family Business Advising- from the Family Firm Institute (www.ffi.org), the foremost authority in the field, Boston, USA (2016).

Submitted by :Sajjad Hamid
SME & Family Business
Advisor

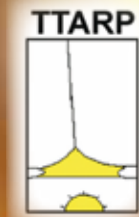
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TOBAGO - Pembroke Cultural Stars

Submitted by Carmen Charles, Secretary



On Thursday 9th August 2017, thirty-two members of the Pembroke Cultural Stars -Tobago Zone, along with family and friends departed Tobago for a ten (10) days visit to Guyana. At the Cheddi Jaggia Airport, we were greeted by Mrs. June Samuel, who assisted in coordinating the trip along with Ms. Merle Romeo, our Event Coordinator. After a slight hiccup with our transportation we were off to the Atlantic Inn, which was to be our home for the next few days.

On the next day, we took a tour of the City, Georgetown, which was indeed a sight to see.

We visited the Museum, Walter Roth Museum of Anthropology, the Marketplace, a Mall and other notable sites. Some members also went shopping.

On the Sunday, a few members worshipped at the St. James the Less Anglican Church whilst others went to other denominational churches of their choices. We were warmly welcomed and were treated as if this "PEMBROKE CULTURAL STARS TRIP TO GUYANA" was an auspicious occasion. Later in the evening we even participated in a concert organised by the Mothers' Union.

The group was invited to visit Banks Bottling Plant, where upon arrival we were given hairnets to cover our heads and strict

PEMBROKE CULTURAL STARS TRIP TO GUYANA



instructions that no photos were to be taken within the plant. We saw how different shapes of plastic bottles were made to suit the type of drinks being bottled. The bottling plant operates automatically from the receipt of bottles, to cleaning and sanitizing, inspection, before they

continue along the production line for filling, capping, labelling and then packaging either in boxes or plastic wrap.

On another day, some members took the time to shop while others decided to explore the Great Kaitaur Falls. Why go to

Guyana and not go to the Falls? It is an hour-long flight by a small aircraft plane which seats only twelve (12) persons. The pilot flew over Georgetown and other parts of the country so we could enjoy the sites from the air. He also gave us an aerial view of the Waterfall before landing on the plateau. We had to walk through the forested area before arriving at the two (2) strategic points from which you can view the Falls. From a distance you can

hear the rush of water as it cascades over the rocks falling hundreds of feet below. It is an awesome sight to behold.

Ten days later, it was time to pack our bags as we prepared to depart Guyana and leave our new friends behind. We must say thanks again to Mrs. June Samuel, her husband James, her Mother and her daughters for making our trip so worthwhile.

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CHAGUANAS ZONE - Central Pride

Submitted by Yvonne Knights, PRO



A large contingent of Central Pride members attended TTARP's Annual General Meeting (AGM) at the Centre of Excellence, Macoya. At the conclusion of the meeting, a few members took the opportunity to pose for a picture as they waited on their transport for the return trip to Chaguana.



Above is a cross section of some of our smiling members as they read the Reports and prepared themselves for the AGM.



Central Pride competed with the other zones at TTARP's Annual All Fours and Games Fiesta. Despite not winning any prizes, our group had a great time. Pictured above are our All Fours Players – from left to right Stephen Ramdass, Harry Gobin, Lisa Johnson and Victoria Griffith. Back row from left Dell Glasgow and Christopher Kalideen.



Hanging out at Clifton Hill Beach Resort

Three maxi taxis filled with Central Pride Members journeyed to the Clifton Hill Beach resort in Point Fortin for a day of sun, sea and fun. We were like children again as we congregated at the Mid Centre Mall Car Park in Chaguana talking about our restless night as we anxiously awaited the dawn. Our maxis came and we left Chaguana amid chatter at about 8.30a.m, and journeyed close to the Preysal High School where the rest of

our group boarded.

We arrived at Clifton Hill around 11am, a little tired but excited and full of expectation for the day ahead. Prior to our journey we ordered lunch from the resort to enable us to enjoy a hassle free day, and upon our arrival a delicious lunch was brought out to the big tent which we had rented for the day. A Life Guard was also hired for the day to safeguard our swimming members. Members were not disappointed as the day delivered on its promises. Some members enjoyed the sea water; others



played board games, shared their snacks and drinks or simply enjoyed each other's company in

a spirit of camaraderie. The rain eventually came and ended a beautiful experience at Point Fortin.

Executives of the Central Pride Zone

A few members of the Central Pride Board posed for a photo after a recent Board meeting.

Front row (L to R) : Lynette Drakes-Brown- Asst. Secretary; Janis David-Trustee and Victoria Griffith-Vice Chairperson; **Back row (L to R):** are Reginald Williams-Trustee, Portia De Silva-Ifill - Treasurer and Faith Calliste - Chairperson.

Not in Photo: Yvonne Knights-PRO; Ann Williams-Asst Treasurer; and **Committee Members** -Cynthia Amoroso, Lynda Richards, Tessa Bruno, Carol Benjamin -Huggins, Theresa Williams and Kathleen Meharris.





Richard Young



Written by: Essiba Small

In the early days of retirement, the average retiree might spend most of his time at home relaxing or engaging in his favourite hobbies. It's safe to say then, that Richard Young former Scotiabank Trinidad Limited - Director and Managing Director, is no average retiree.

It was at the Trinidad and Tobago International Finance Centre (TTIFC), Tower D, International Waterfront Centre that we found Young, chairman of the TTIFC, looking far from retired in his crisp white shirt and black slacks sitting in his spacious office.

Young has spent 43 years of his life in the financial services sector. He was an auditor at Price Waterhouse, President of the Institute of Chartered Accountants of T&T (ICATT), and he ran NEMWIL, the first incarnation of Guardian General Insurance, before joining Scotiabank in 1993. His time spent at each organization over the years has taught him a lot.

"Running a bank was very stressful," Young said. "When I was at Price Waterhouse, I was a workaholic. At NEMWIL I was most relaxed. It was there that I realized the importance of people in an organization.

"When I got into banking I learned that people only called to give bad news. At functions I used to meet

people who complained about the service they got or their repossessed cars. Young said he always believed that there are three sides to every story – "yours, theirs and the truth." "However in banking there are 15 versions of the same story," he said with a laugh.

Even with all he had to do as Managing Director, Young always found the time to return calls left by customers; even if it was at night when he got home. "Most of the time, the customers were surprised that I returned their call, but that was just my style of doing business."

Following Young's retirement announcement from Scotia in 2012, offers to sit on several boards from different companies, came fast and furious. "This is no boast but when you

have done well in your career, people ask for you to serve on boards because they know they can use your knowledge and experience."

Originally, Young wanted to take up photography upon retirement, having never really had a hobby in his bank days. To date, he has yet to get around to it.

"I always believed in family life, so when I worked at the bank, my spare time was spent with my family. "While my wife made the home, even though she was a nurse, I shuttled the children, (Stuart, Angus and Melissa) to school. We insisted on having dinner together as a family as often as we could."

"On Sundays we used to rent the St Mary's Tennis court to play tennis as a family. Sometimes the

three children played against us, the parents, or against each other."

Now that he is retired, Young spends that quality time with his five grandchildren. "One of the things I love to do is to buy them snow cone around the (Queen's Park) Savannah."

Young also helps out his son Stuart, the Honorable Minister, at his Port of Spain North/St Ann's West constituency office. He joked that although he planned for retirement he never planned for his son being in politics. "You know what they call me now? Not Richard Young you know, but Stuart's father."

Retirement has certainly erased a lot of stress from Young's life, he told us. Earlier this year, he took a nine (9) day Baltic cruise with his wife before jetting off to England for two weeks to celebrate Leeds 50th Carnival anniversary.

When he worked at the bank, Young's weekdays began at 4.30 am so he could be at the bank for 7 am. Some mornings he had a "rush breakfast" for 15 minutes or he'd skip breakfast altogether.

Now, he wakes up at 6 am, and for an hour and a half sits down to a relax breakfast that includes his signature health smoothie—packed with ginger, fruit and goji berries—oatmeal and toast bread. He reads the day's newspapers and then he

is out the door ready to start his work day.

On Saturdays, Young likes to watch horseracing and football on his computer, which he claimed that he has rediscovered. "I find the computer fascinating," he said. "I am absorbed with technology."

Young also spends his Saturdays washing his car. It's a chore that is made even more enjoyable when shared with his 74 year old friend, George Janoura .

"I drive to his house and together we clean our cars. It's a time where we just relax lime and talk stupidity." Now five years into retirement, Young has been closely following the conversation about pushing the retirement age to 65 years old. Earlier this year, in delivering his feature address at the formal opening of the National Insurance Board's corporate headquarters, Finance Minister the Honourable Colm Imbert said that increasing the retirement age "is an important matter that requires careful consideration and discussion."

"If they move the retirement age to 65, it will be unfair to young people, Young said.

"You will be basically asking those who are waiting to move up, to hold some strain for another five years." "If we are to go to 65 then we should do it on a phased basis, from 60 to 62 then 62

to 64 and then 65." Retirement can be complicated financially, especially for those who don't have a savings along with their pension."

Young's advice to employees is to start planning for retirement financially and to be disciplined about it. "Once you retire, keep busy, engage in giving back – to the church, to young people... it feels good to give— and pace yourself."

The retirement age for board members in T&T is 70. Young is already

reflecting on when he gets to that age. "I know my energy levels will be lower, so I might just cock up my foot and relax at home," he said laughing.

Perhaps he will get that camera course going in earnest? "Oh yes, true, finally!



THE ANNUAL GOLDEN RUN

With almost eighty (80) fabulous cash and hamper prizes to be won, our participants were determined to do their best with the hope to secure a place in their particular age category.

This year's Annual Golden Run/Walk attracted males and female ranging from 8 years to 81 years old, who battled the rain for the fun and thrills.

Collin Perreira and Mercy Chebwogen won the Overall Male and female prizes clocking 16mins and 17'55 mins respectively. Prizes were awarded in the under 16, 16-19, 19-29, 29-39, 39-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+ age category and the Physically Challenged.

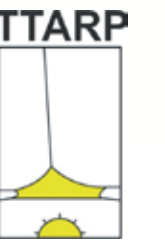
It was a fun afternoon spent with fellow TTARPees, friends and family. All participants received goody bags with a gold medal from our sponsors, and a seemingly unlimited supply of samples, giveaways and eye testing. We hope to see you next year!



Go!



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ARIMA ZONE - Eastern Angels

Submitted by Annette Young, PRO



The Eastern Angels hosted an Awards Function in the month of August for a few SEA students, recognition and prizes for achievement were distributed ..

Congratulations... 



The Staff of Belmont TTPost welcomed TTARP's Administrative Supervisor - Denise Joseph with pretty smiles.

Reaching our Members with TTPost!

As we are all aware, TTPost plays an integral role in the efficient operation of TTARP. We use our local postal service to send member packages, renewal notices, AGM notices, and of course the O50Q Magazine, among other. Communication via mail is key to our membership, and recently TTARP wanted to show our appreciation to the hardworking staff of TTPost by visiting a few branches, meeting the friendly and jovial staff and leaving with them small tokens of our appreciation.

that our members are satisfied, but it is important to remember the following :-

- IF YOU HAVE MOVED, PLEASE CALL THE TTARP OFFICE WITH YOUR NEW ADDRESS AND TELEPHONE.
- IF YOU LIVE OUT OF THE POSTAL AREA, YOU MUST COLLECT YOUR MAIL FROM THE POST OFFICE OR AT YOUR CLUSTER BOX AT LEAST TWICE PER MONTH.....AFTER 28 DAYS YOUR MAIL WILL BE RETURNED TO THE SENDER.

TTARP will continue to work closely with TTPost to ensure



The young and vibrant hard working Diego Martin Post Office staff enjoying their tokens.

FYZABAD ZONE - Forever Green

Submitted by: Neville A. Navarro



FYZABAD FOREVER GREEN SENIORS (FFGS) “LOVE, HARMONY AND TOGETHERNESS”

Love, Harmony and Togetherness were the watchwords first mentioned when the group was formed as a zone by Mr. Urban Sylvan (dec) on March 2007, and launched by TTARP'S Zonal co-ordinator at that time, Mrs. Joyce Wong Sang (dec).

The foundation members who were elected to serve at the first inaugural General Meeting were Messer's U.A.Sylvan, President; Bernice Jeffers, Vice President; Neville A. Navarro, Secretary; Glenda Gibson, assistant secretary (dec); Angela Young Lai, Treasurer; and committee members Stephanie Encinas, Norbert Matthews, Yvonne Creese, and Ordinary Members - Pearl Telemaque, Carlyle Bollah (dec), Linda Noreiga, Mary Anthony, Elsie Daniel, Fitz Lewis. (dec.)

At inception, it was decided that we will select our jersey colour to be green and our Zone was named Fyzabad Forever Green Zone (FFGZ); to differentiate us from a former sporting club of Fyzabad, "The Fyzabad Evergreen".

In 2009, while still serving as Secretary for FFGZ, I was co-opted to be a TTARP Executive Board Member. This empowered me to assist our zone, as well as other zones in the southern region. As time progressed, we were able to attract other members to the zone from the Fyzabad Senior Citizens Association (FSCA). After two years Mr. Sylvan declined being Chairperson and was replaced by Ms. Bernice Jeffers, who served for four years; she was succeeded by Ms. Monica Nelson. In 2016, I was then elected to serve as Chairperson for a two year term to 2018. After one year due to family and other personal commitments, I resigned and was succeeded by the VP Ms. Monica Nelson.

Many activities, events and programs were organized and promoted over the years. We were always given guidance, advice and assistance from TTARP's



Honorary Secretary Mrs. Mayling Younglao, 1st VP - Mr. David Cameron and the Head Quarters staff. Joyce Wong Sang also played a major role before she passed and was always there when we needed her expertise.

Our events ranged from visits to places of interest, beach limes, Tobago trips, visits to other zones, the Emancipation celebrations at POS, annual Christmas luncheons, joint Mother's and Father's day celebrations, Carnival ole mas parties, educational lectures and demonstrations, member's birthday club parties and also attended other zonal events.

Each year we visit and spend time with the elderly and live-ins at Senior Citizen's Homes and care centers, and provide

assistance to members whose homes may be in need.

Our members have been on Caribbean Cruises and have visited other countries such as Cuba, Panama, and Miami, Argentina and Dubai.

As a zone we are proud to have composed the official TTARP's Prayer, which was initiated and collectively composed by our founding father of the zone Mr. Urban Sylvan, Ms. Angela Young Lai and Neville Navarro. This Prayer has since been adopted by all zones as TTARP's opening prayer. With the approval of the TTARP Board, the Fyzabad zone also organize and manage the annual zonal All-Fours Competition and Family Day Fiesta among the eleven TTARP zones.



This year, we celebrated our 10th year anniversary with a multi religious prayer service, sponsored a health fair for the community and membership and culminated this milestone event with awards to foundation members and a cultural program.

We have a growing membership of over 200

registered members and circa 60 attending regular meetings monthly, held at the Fyzabad Regional Community Complex (FRCC) on the third Thursday from 10.00am. We now have a chorale singing group and a dance class, who have been doing very well.

Our future plans are to engage in new and innovative programs for our membership and the wider community and to collaborate with youth groups and other kindred organizations in the community eg the Fyzabad Senior Citizens Association (FSCA), the Fyzabad Community Council (village) and Community Development on a specific project to own and share our own home, and promote a venue for seniors to recuperate,

relax and recreate in togetherness and harmony.

We thank the management of the Fyzabad Regional Community Complex and all others for their solidarity and support, and to Almighty God for all that we have done and will do as we strive to assist our fellowman.

Long live TTARP,
Long live the Fyzabad Forever Green Seniors.



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THE HIKING OLD MEN



Photo: The author serenading Raymond Banfield at the summit of El Tucuche on his 90th birthday.

While I was at St. Mary's College in the 1950's, Father Leonid Graf (the "Lion") was still taking his Botany students on an annual hike to the top of El Tucuche. As a result he held the unofficial record, at age 85 of being the oldest to climb that mountain. Many years later, Frankie Farrell of the Field Naturalist Club bettered this by doing it at age 86. Subsequently, my hiking "guru" Raymond Banfield, proceeded to set consecutive records at 87, 88, 89 and crowned it on 17th November 2010, on his 90th birthday.

While I was not one of Fr. Graf's Botany students, I also started hiking while I was at St. Mary's College, and at Easter 1960, a group of form 6 students did the trek from Rampanalagas to Blanchisseuse. Part of it, from Matelot to Blanchisseuse, has become the route of the annual 19.7 mile "Hikeathon". In 1960 we had taken two days, overnighing at Gran Tacarib, compared with the Hikeathon record, which stands at 2 hours 57 minutes! But of course, such a time involves running most of the way rather than hiking.

Although I was 22 years younger than Raymond, when his hiking days became numbered, he designated me his "heir apparent", and joined with me when at age 62, I did my first "twin peaks". The aim was to climb the two highest peaks, Cerro del Aripo and El Tucuche, on the same day.

Raymond saved his energy and did only El Tucuche. I've tried to live up to Raymond's legacy, and for the last six years have held the title of "oldest hiker" on the Hikeathon. I take more pride in the fact that I do it non-stop, in a decent time (this year 6 hours 46 minutes) and rather than being a straggler, complete it with more people behind me than in front. My 90th birthday is still a long way off, but I don't think I'd want to break Raymond's record for El Tucuche. Instead I plan to set my own mark of sorts, both with the Hikethon and the "twin peaks", which I hope to repeat later this year, on my 75th birthday.

On 30th September, one week after my 75th birthday, accompanied by Chris Kelshall and a group from Island Hikers/Fitness Walkers, I did the "Twin Peaks". We used the Lalaja route to El Cerro del Aripo, and the Hobal Trace route to El Tucuche

By TTARP member Glenn Wilkes



La Brea - Black Gold Seniors

Submitted by: Ezra Vaughn, Chairperson



Saturday 7th October was a lucky day for some of us in La Brea. We hosted an in-house bingo and invited our friends and family who came out to make the evening a success and to support. There were ten games overall and a final blackout game. To enable players an opportunity to win some smaller prizes we



made a few alteration which was accepted heartedly. Carol Noel was responsible for distributing the gifts to the winners.






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THE OTHER SIDE OF THE COMPUTER



Franklyn Dookheran

To celebrate fifty (50) years practical experience in Information Technology, Franklyn Dookheran published a book "The Other Side of the Computer" which was launched by NALIS on September 14, 2017 at their auditorium in Port of Spain.

Up to the 1970's, the main type of technical magazines to be found in bookstores were on auto-mechanics. With the invention of the computer, books and magazines on computers started competing for shelf space, which eventually shunted aside the automobile magazines.

Initially, most of the books on computers were technical, they were written to meet the demand of a growing minority of laypersons who needed (and, later, wanted) to understand and use the technology. So there were software books that described programming languages, operating systems, application development and methodologies, while books about computer hardware dealt with tubes, chips, logic circuits and electronics.

The first generation of non-expert readers were people curious about the new technology and how it was revolutionizing the way human beings performed technically oriented mental tasks. This set of readers was followed by people who wanted to become developers, users, and technicians. So most books were written with a focus on what was happening inside the computer. But, even at this early stage, a lot was happening outside the computer too. There had suddenly emerged a new class of workers who had never existed in human history: people making a living in the Information Technology industry.

Now, the inside of a computer offers many challenges. You may be a computer programmer and the program is full of bugs; or you may be a systems analyst and the design does not meet user requirements; or you could be a Manager of Information Systems (MIS) and have staff shortages or the computer has intermittent breakdowns or the software is unsuitable, and so on. Life in the technical department is often stressful – working long hours, and on

THE OTHER SIDE OF THE COMPUTER



50 Year's Practical Experience in Information Technology

Franklyn Dookheran

weekends, with passed deadlines, expired budgets, and virus-corrupted files.

But the other side of the computer has its pressures as well. Here are some selected events from my own career:-

- A colleague brought to my attention an advertisement in the Employment section of the classifieds. I checked it out and discovered that it was my position being described as vacant.

- I was invited to attend an emergency meeting, but was too busy to go. Later that day a delegation came to my office. The company wanted the Christmas bonus payments payslips within 24 hours and, if the deadline wasn't met, I was told that the industrial officer would be killed. And, NO..... this wasn't a bad joke.
- The Chairman of the largest brewery company got a request from the Vice-President of IT to sign a cheque for US \$25 million. He was uncomfortable and asked me to do a forensic investigation..... My findings were astonishing.
- I conducted a Tender assignment for the supply of software for a bank, only to have the army appear with guns and seize the proposals.What did I do?
- Quadruple by-pass surgery, herniated disc, three months paralysed.Is your career coming to an end?
- Divine intervention? What do you mean?
- A Cobra snake on the living compound.All in the line of duty?

So which side of the computer is really more stressful?

This book, "The Other Side of the Computer" will provide some answers to that question as well as other questions. It is best described as an autobiography of my professional life. My IT career spanned four continents, the Caribbean basin, and thirty-three cities between 1966 and 2015.

With over 11,000 new words in a computer dictionary, I have deliberately omitted technical descriptions so as not to make this another technical book. Instead, I have attempted to bring out the human aspect of life experienced by those who have committed to a career in IT. After all, without life on the other side of the computer, it would all be meaningless.

The book is available in Nigel Khan book stores.

Submitted by Franklyn Dookheran

- Pioneer - Mainframe Technology to large companies and Government
- Outsourcing facilities – established a Data Processing Bureau
- Micro Technology – established the National Microsystems Centre
- RFID (Radio Frequency IDentification Technology) to Ministries and State Corporations



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Events Programme 2018

HEAD OFFICE

- 45 Tragarete Road, Port of Spain
 Contact Number: 622-9223 / 221-7771
- Jan 7th - TTARP 1st Ole Mas Competition - Lions Cultural Centre
 - April - Cruise
 - May - Mother's Day Cultural Show
 - Aug - TTARP 25th Anniversary Celebration
 - Sept - Annual General Meeting
 - Oct - 15th Annual 5K Walk/Run
 - Oct - 15th Annual 5K Walk/Run
 - Dec 2nd - 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
- Jan 5th - Ends Lime at Arima Tennis Club
 - Jan 12th - Monthly Meeting
 - Jan (DTA) - Visit to Calypso Tent
 - Jan 26th - Ole Mas 7 Calypso Competition
 - Jan (DTA) - Visit to Calypso Tent
 - Feb 2nd - Monthly Meeting
 - Feb 4th - Carnival Fete with EAAZ & Arima Tennis Club
 - Feb 16th - Leather Craft Course
 - Feb 21st - Carnival Kool Down
 - Feb 23rd - Puppet Show
 - Mar 2nd - Monthly Meeting
 - Mar (DTA) - Visit to La Brea
 - Mar (DTA) - Lecture
 - Mar 9th 16th - Leather Craft Course
 - 23rd 30th

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.
- Jan 16th - B's Kaiso Competition
 - TBA - Calypso Tent Valentine Celebration
 - Feb 27th - Regular Meeting (Lecture)
 - Mar 17th - Visit to Areipo Heights
 - April 28th - Thanksgiving Prayer & Breakfast
 - May 30th - Games Evening
 - Jun 9th - Mother's/Father's Day Celebration
 - June 30th - Know Your Country Tour
 - July - Trip to Suriname
 - TBA - Monthly Specials Fun & Games Evening

CHAGUANAS "Central Pride"

- Meeting Place: Central Indoor Sports Arena – Manic Street, Chaguanas
 Contact Person: Faith CALLISTE (Chairperson) 386-8623
 Meeting Date and Time: Every other month @ 1:00 pm.
- Jan 16th - Interactive Meeting – 11:15 am
 - Feb (TBA) - Nature Park – Cumuto
 - Mar 3rd -5th - Trip to Tobago
 - Mar 15th - Interactive Meeting – 11:15 am
 - Apr (TBA) - Fashion Show & Hat Parade
 - Apr 24th - Play del Este / Beach Lime
 - May 8th - Interactive Meeting – 11:15 am
 - May 24th - AGM
 - May (TBA) - Visit to the Zoo
 - June 26th - Mothers' / Fathers' Day Event

- (Jaffa at the Oval)
- July 12th - Interactive Meeting/Lecture
 - Sept 18th - Interactive Meeting/Lecture
 - Sept (DTBA) - PTSC Cross Country Tour
 - Oct 13th - BINGO
 - Oct (DTBA) - Concert
 - Nov 15th - Interactive Meeting/Lecture
 - Dec 6th - Christmas Luncheon

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.
- Jan (TBA) - Thanksgiving Service & Visit to a Charitable Organization
 - Feb (TBA) - Carnival Programme / Visit to Marac, Moruga
 - March (TBA) - Lecture on Financial Awareness / Birthday Celebration
 - April (TBA) - Visit to Rancho Quemado Cocoa Estate
 - May (TBA) - Mothers & Fathers Day Celebration / Visit to Valencia Eco Resort
 - June (TBA) - Wellness Day & Visit to Santa Cruz – Maracas – Las Quevas

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.
- Jan (TBA) - Indoor Games - Scrabble
 - Feb (TBA) - In house Ole Mas Competition
 - March (TBA) - BINGO
 - April (TBA) - Tours to factory
 - May (TBA) - Overseas Trip
 - June (TBA) - Know Your Country Tour
 - July (TBA) - Health Talk
 - June (TBA) - Know Your Country Tour
 - Aug - Break (No Meeting)

Tobago "Pembroke cultural stars"

- Meeting Place: Pembroke Community Centre – Todd Street
 Contact Person: Leccia ROSS (Chairperson) 780-3761/391-2228 or Carmen CHARLES (Secretary) 759-4244
 Meeting Date and Time: 2nd Monday of each month @ 3:30 pm.
- Jan 4th - Christmas Dinner
 - Jan 22nd - Social Activities
 - Feb 7th - Sick Visit
 - Feb 24th - Sale of Brunch
 - Feb 26th - Social Activities (Lecture)
 - Mar 7th - Sick Visit
 - TBA - Church Visit
 - Mar 26th - Social Activities
 - May 2nd - Sick Visit
 - Apr 4th - Sick Visit
 - TBA - Church Visit
 - TBA - Exchange Visit to Trinidad
 - Apr 23rd - Social Activities (Lecture)
 - May 14th - Annual General Meeting
 - TBA - Church Visit
 - May 28th - Social Activities

- June 6th - Sick Visit
- TBA - Celebration of Mothers/Fathers' Day
- TBA - Church Visit
- Jun 25th - Social Activities

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.
- Jan 13th - Monthly Meeting – Tobago AGM
 - Feb 10th - Monthly Meeting – Valentine Celebration
 - Feb (DTBA) - Carnival Lime
 - Mar 10th - Monthly Meeting (Lecture on Renal Failure/ Kidney Disease)
 - Mar (DTBA) - Visit to Senior Citizens Home – Infinity Lambeau
 - Apr 14th - Monthly Meeting – Board Games
 - Apr (DTBA) - Fundraiser
 - May 12th - Monthly Meeting – Mothers Day Lunch
 - Jun 9th - Monthly Meeting - Lecture
 - Jun 17th - Fathers Day Outing – Pigeon Point

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- CHAGUANAS:** Tel/Fax: 672-6292, 3 Caroni Savannah Road, Chaguanas
- ST. JAMES:** Tel: (868) 622-1406 Fax: (868) 628-8354, 161 Western Main Road, St. James
- SAN FERNANDO:** Tel/Fax: (868) 657-4374, 9 Cipero Street, San Fernando

• info@reliableappliances.net • www.reliableappliances.net

Additional Discount Providers

November 2017

Acropolis Medical Centre Ltd.

#99B, Circular Road, San Fernando
Tel: 657-3356
Email: info@acropolismedical.com
Website: www.acropolismedical.com
15% discount off Consultations
10% discount off imaging & diagnostics/ Dental.
10% discount off Pharmacy

Artie's Gourmet Meats Ltd.

(Grocery)
#35, Saddle Road, Maraval - Tel: 225-2211
Email: artiesgourmetmeats@gmail.com
5% discount.

ALR-Net Limited

(Personal GPS Tracking, Vehicle GPS Tracking)
Lp. #8, Craig Hall Trace, Moriah, Tobago
Tel: 313-0017 or 308-7399
Email: www.alr.net.tobago@gmail.com
5% discount off on all devices. Platform fees are standard at an annual rate.

CARA Suites Hotel & Conference Centre.

Pointe-A-Pierre, Southern Main Road, Claxton Bay.
Tel: 659-2271 or 731-4729
Website: www.carasuites.com
10% of Accommodation & Meal (exclusive of alcoholic beverages). TTARP Members will also enjoy hotel check ins and late check outs based on availability.

Caribbean Health Access Consultants Ltd.

153, Cuckoo Dr. Bon Air Gdns, Arouca - Tel: 497-2669 or 720-4019
Website: caribbeanhealthaccess.com
Facebook Name: Caribbean Health Access
20-40% discount on Medical Procedures at Health City Cayman Islands. Complimentary second opinion from Health City Cayman Islands.
50% off Medical Tourism Facilitator fees for All Inclusive Medical Packages.
3% Cash Back Reward on Adult & Paediatric Kidney Transplant at Narayana Health City
3% Cash Back Reward on Paediatric Liver Transplant at Narayana Health City.
3% Cash Back Reward on Bone Marrow Transplant at Narayana Health City.

Central Medical Laboratory/ Medac Clinic / Medac Drugs

#102A, Frederick Street, Port of Spain – 623-1394 / 624-5103
#19, Coffee Street, San Fernando – 653-9229
#13, Eastern main Road, San Juan - 674-7884
#7, White Street, Woodbrook – 792-6959
#72, Martha Street, Point Lisas Gardens,

Couva – 679-4523

Email: cenmedlab@gmail.com

Central Medical Laboratory - 15% off over \$550.00; 10% off Mental Health; and 10% off under \$500.00
Medac Drugs – 7% off over \$550.00; and 5% off under \$500.00
Medac Clinic – 10% off services.

City View Pharmacy Limited

Shop #19, The Parkade, Cor Queen & Edward Sts. POS- 270-6440
Email: cityviewpharmacy@hotmail.com
5% discount off on prescriptions
3% discount off ALL other purchases.

Chiropractic Rehabilitation Clinic

#8, Isaac Street, Couva - Tel: 679-4537
Arima, John Shaw Ave – 664-5856
10% discount off 1st Visit
5% discount off Every Other Visits.

Elles Healthcare Agency (Home Health Care provider)

Montrose Main Road, Chaguana - Tel: 269-8603
Email: info.ehca@gmail.com
5% discount off on all Caregiving and Consultation Services.

EPL Properties Limited

(Gym & Venue Rental)
Artisan Unit 12, La Joya Complex, St Joseph
Tel: 225-4375
Website: www.eplproperties.com
Facebook: EPL Sporting Complex
EPL Properties Limited
15% discount off on Gym Fees (Members Only)
10% discount off (Non Members)
Venue Rental – 15% discount off Regular rates, additional 5% on Sales rates.

Damus Building Solutions

(A Division of General Packaging Ltd.)
Caribbean Drive, Point Lisas Industrial Estate – 636-3112 / 3
Tool Free – 866-ROOF (7663)
#10, Craignish Village, Princes Town – 223-8972
#801-803, Papourie Rd. Lower Barrackpore – 654-5789
#8, Auzonville Road, Tunapuna – 645-6361
#15-16, Diego Martin Main Rd. Diego Martin – 637-0028
#10-18G, David Blake, O'meara Industrial Estate – 646-4469
#127, Edinburgh Village, Chaguana - 665-2097
#192, S S Erin Rd. Duncan Village, San Fernando – 657-9910
Lot #25, Southern Main Rd. Montrose, Chaguana - 223-7571
#1135, S S Erin Road, Abdool Village, Penal – 647-2541
Cor. Naparima Mayaro Rd. & Absalom St, Rio Claro – 752-3451
Website : www.damusbuildingsolutions.com
Facebook : Damus Building Solutions
5% off Roof sheets, (excluding Sales Items & Corrigated sheets).
5% off White Guttering, 5% off Under Ceiling (white)

5% off Radiant Barrier, 10% off Flashing, 10% off Paints (Penta & Glidden) 15% off Windows Blinds and 3% off Windows.

General Hardware Supplies Limited

#01, Xavier Street, Orchard Gardens, Chaguana - Tel: 671-6857
3% discount off on any items.

Glen's Jewellery

Long Circular Mall, St James - Tel: 222-5564
10% discount off on All items.

Gray's Medical

(Doctors' Office)
#16, Alcazar Street, St. Clair
Tel: 235-3604
Website: www.graysmedical.com
Facebook: Gray's Medical Limited
10% discount off on Consultations.

Green Leaf Pharmacy

#21, Ramsaran Street, Chaguana
Tel: 222-5323
Facebook Name: greenleafpharmacy
2.5% discount off

Jack's Tyre Traders Ltd.

#1, Yard Street, Chaguana.
Tel: 672-5225 / 681-5922
Facebook: jackstyrettraders
5% discount on all new Tyres.
5% discount on all Repairs.
5% discount on all Rims.

Kapok Hotel

(Hotel & Restaurant)
#16-18, Cotton Hill, Maraval
Tel: 622-5765
Website: www.kapokhotel.com
Facebook: Kapok Hotel
10% discount off on hotel accommodation
5% discount off on dining at Tiki Village Restaurant
(does not apply to current promotions)

Michael Samms

(Quantity Surveying)
#18, Picton Street
Tel: 622-8444 or 628-3232
\$200.00 discount on Replacement cost valuations fee of members house.

Michael Fitzgerald R. Walkes for Building Homes

(Building Contractor)
#11, Gordon Avenue, Mt. Lambert - Tel: 325-3253 or 464-6712
Facebook Name: michaelwalkes@facebook
5% discount off on Labour

Medicine Corner Ltd. (Pharmacy)

#3, Golden Grove Road, Arouca
Tel: – 646-2318
5% discount on Prescriptions.

My Health Coach Ltd. (Health & Fitness)

#2, Stephens Road, Maraval – Tel: 274-MYHC (6942)
Cor. Bushe & Maloney Sts, Petit Bourg – Tel: 274-MYHC (6942)
Personalised Health Coaching - 10% discount on first month.
Diabetes Empowerment Programme - 10% discount on registration fee.

Pennywise Cosmetics Ltd. (Pharmacy)

Trincity mall – 640-9473
Grand Bazaar – 645-2008
Port of Spain – 623-1614
La Romain – 224-1015
Facebook: Pennywise Cosmetics Limited
3% discount off on Prescription Goods ONLY.

Pestex Ltd. (Pest Management Services)

Corner Gloria Avenue & Crystal Stream Road, Petit Valley
Tel: 633-3335
10% discount off on Pest Control Services.

RAY COOL

Duty Free Piarco – 669-5947
Grand Bazaar
Gulf City Mall – 652-9049
Long Circular Mall – 622-7154
Trincity Mall – 640-9096
10% discount off on All items (excluding Mucurapo Rd.)
7% discount off for credit card purchases.

Royal Crest Construction

#69, Western Main Road, St. James
Tel: 270-6770
Email: info@royalcrest.co.tt
Website: www.RoyalCrest.co.tt
5% discount on All Labour for 2017.

Senha Medical Consultants Ltd.

(Medical Services)
#18, King Street, Arima – Tel: 664-3905 or 795-2648
General Medical Practice Visits -25% discount off
Clinical works - 25% discount off
Blood Tests - 25% discount off
House Visits - 25% discount off.

THE CHILLROOM

(Private Lounge/Restaurant)
Ramsingh's Plaza, Chaguana - Tel – 678-9480
5% discount.

Tooth Perfect Dental Clinic & Lab Ltd.

#38A, Boissiere Village, Maraval - Tel – 622-8285 or 271-6063

Email: toothperfectdc@gmail.com
5% discount on ALL Services.

The Academy of Baking & Pastry Arts (Baking & Culinary School)

#44, Murray Street, Woodbrook- Tel – 628-5928
Website: www.thebakingacademytt.com
Email: info@thebakingacademytt.com
10% discount off all Work Shops. (Cannot be used in conjunction with other discount offers)

Wrist Auto Body Repairs / Body Instinct s by J&R

#128, Southern Main Rd, La Romaine - Tel: 743-5854 or 799-3090
Email: ralexander05@hotmail.com
25% discount off.

Trinidad Diabetic Eye Centre

(Medical – Ophthalmology)
Archibald Street, Vistabella, San Fernando – 782-1313
#1190, SS Erin Road, Penal – 309-6496
20% discount off initial consultation
Special rates for TTARP members for all diagnostic tests and intravitreal injections.

Trincargo International

(Service/Shipping/Online Shipping)
#10-12 Borde Street, Port of Spain - Tel: 628-1100
Website: www.trinebox.com
20% discount off on shipping only from Miami to delivery. Also can provide training on online shopping.

Vistabella Dental Clinic

#130, Pointe-A-Pierre Road, Vistabella
Tel: 222-7669 or 785-9516
Email: vistadentalclinic@hotmail.com
10% discount off on Examination, X-Rays, Cleaning and Fluoride. Cash and Linx payments ONLY.

Waves Restaurant & Bar

(Seaside Restaurant & Bar)
Old Grafton Beach Road, Stone Haven Bay, Black Rock, Tobago
Tel: 639-4369
10% discount off Meals: Minimum spend \$150.00 TTD
Website: www.wavestobago.com
Facebook: Waves Restaurant and Bar

Le Grand Courlan Spa Resort

(Spa & Resort)
Stone Haven Bay, Black Rock, Tobago
Tel: 639-9667
10% discount off Meals: Minimum spend \$150.00 TTD
Website: www.legrandtobago.com
Facebook: Le Grand Courlan Spa Resort

Grafton Beach Resort (Resort/ Hotel)

Stone Haven Bay, Black Rock, Tobago
Tel: 639-0191
Free: Early Check in / Late Check out.
Website: www.graftontobago.com
Facebook: Grafton Beach Resort

Christine Morgan-Cox

(Attorney-At-Law)
#17, Lynton Gardens, Phase 2, Arima Old Road, Arima
#57B, Erthig Road, Belmont
Tel: 683-3063
10% discount

Bridgewater Nursing and Caring Home

(In home Care giving Services)
#370, La Horquette, Boulevard, Arima
Tel: 391-4514
Facebook: Bridgewater Nursing and Caring Home
15% discount off on Services

So You! Concierge Ltd.

(Personal Assistant & Errand Services)
#3, Peter Avenue, Arima
Tel: 7141-0874
Facebook: So You Concierge Ltd.
15% discount off on All Services offered

AMENDMENTS

Optometrists Today

76 Frederick Street, Port of Spain: 623-2329
Grand Bazaar: 645-2329
Centre City Mall: 672-2329
The Falls at West Mall: 633-2329
Gulf City Mall: 657-2329
Trincity Mall: 640-2329
31 Queen Street, Arima: 667-2329
Price Plaza: 671-2329
C3 Centre: 652-2329
20% off spectacles and contact lenses.

Oral Priority Dental & Implant Centre

West Bees Shopping Complex - Tel – 288-2627
Email: oralpriority@outlook.com
3% - 5% discount (exclusive of lab fees).
Note: Patients can be seen in their wheelchair.

Service and Rental Air Conditioning Ltd. (SARAC)

(Air Condition rental, Sales, Service, Repairs & Installations)
#8 Francis Road, Maraval - Tel: 628-0814, 622-9275, 628-1828
5% discount off on A/C Sales for immediate cash payment.
10% discount off on labour only for repairs.

Recipe

BROKEN GLASS JELLO

INGREDIENTS:

4 small boxes of jello (3 oz),
Different colors
2 envelopes unflavored gelatin
1 (14 oz) can sweetened
Condensed milk
Water

INSTRUCTIONS:

Dissolve each box of jello separately, using just one cup of boiling water per flavor. Pour into individual containers (small tupperware works well) and chill overnight.
Once solid, cut the flavors of jello into small blocks and mix together carefully in a glass 9x13 pan.
In a separate bowl, dissolve 2 envelopes unflavored gelatin in 2 cups hot water. Let cool a bit and stir in the condensed milk. Cool to touch and pour cooled milk mixture over jello and chill overnight.
Cut into squares and serve.



HERE ARE JUST A FEW BENEFITS OF GELATIN:

- Supports skin, hair and nail health
- Calms the body and balances cortisol levels
- Strengthen bones, teeth, and cartilage
- Supports muscle formation
- Healing to the digestive tract
- It's full of collagen, which helps reduce wrinkles and cellulite
- Beneficial for the joints
- Reduces inflammation
- Improves immune function
- Can assist with hormone balance and weight regulation



How is Gelatin Made?

Gelatin is (and always has been) a highly nourishing food, as well as a very eco-friendly one. When all the more desirable parts of an animal have been removed, the skin, bones and tendons are left. These are used to make gelatin and collagen.

Grandmothers did this in their kitchen by using the whole animal for multiple purposes, such as making broth. Bone broth is often used to help clear up food allergies or intolerances, digestive issues, leaky gut syndrome, autoimmune disorders, and more.

The reason gelatin used in food preparation and as the basis of many jellies, desserts and candies is because it acts like a sticky adhesive, similar to a natural glue. The gelatinous quality of gelatin is actually one of the things that makes it beneficial when we consume it, because this is what allows gelatin to help form strong cartilage or connective tissue that gives parts of our bodies elasticity.

Gelatin provides amino acids like glycine that strengthen the gut lining and therefore lower inflammation. Glycine is used by doctors to help improve digestive, joint, cardiovascular, cognitive and skin health.

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Chaguanas– 665-8010

San Fernando– 652-4051

Arima– 725-6142

Tobago– 639-3845





CHRISTMAS JOKES

What do you call an old snowman?
Water!

Why does Santa have three gardens?
So he can ho ho ho!

What Christmas carol is a favorite of parents?
Silent Night!

What's impossible to overtake at Christmas?
The three wide men!

How does a snowman lose weight?
He waits for the weather to get warmer!

What do snowmen eat for breakfast?
Frosted flakes!

What do you get when you cross a snowman with a vampire?
Frostbite!

Where do snowmen go to dance?
A snow ball!

How many presents can Santa fit in an empty sack?
Only one, after that it's not empty any more!

What does a cat on the beach have in common with Christmas?
Sandy claws!

What is Santa's dog called?
Santa Paws!

What do you call Santa Claus when he doesn't move?
Santa Pause!

How do sheep greet each other at Christmas?
A merry Christmas to ewe!

What do you get if you cross an apple with a Christmas tree?
A pineapple!

What kind of candle burns longer, a red candle or a green candle?
Neither, candles always burn shorter!

What happened to the man who shoplifted a calendar at Christmas?
He got 12 months!

What do you call people who are afraid of Santa Claus?
Claustrophobic!

Why are Christmas trees like bad knitters?
They both drop needles!

What is the best Christmas present in the world?
A broken drum – you can't beat it!

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 - Louise QUAMINA, 792-3017 / 623-7453
Email - patcrossley95@yahoo.com or quamina1ouise@yahoo.com, lydia.pierre@yahoo.com
Colour T's shirt - GOLD

CHAGUANAS "Central Pride"

Meeting Place - Central Indoor Sports Arena – Manic Street, Chaguanas.
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, y.knights59@yahoo.com
or portiadelsilva@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, barbieanfrancis@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 or 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 or 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.
Vice Chairman - Stanley JOSEPH, 348-0956
Secretary - Selvon GRANT, 657-4955
Email - sandracameron@gmail.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 or 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
or 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
or 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 - Leccia ROSS, 780-3761 / 391-2228
Email - understatedbrilliance@hotmail.com
or carmencharles27@hotmail.com
Colour T's shirt - ORANGE

HEAD OFFICE:

45 Tragarete Road, Port of Spain.
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