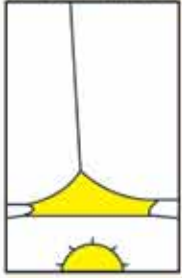


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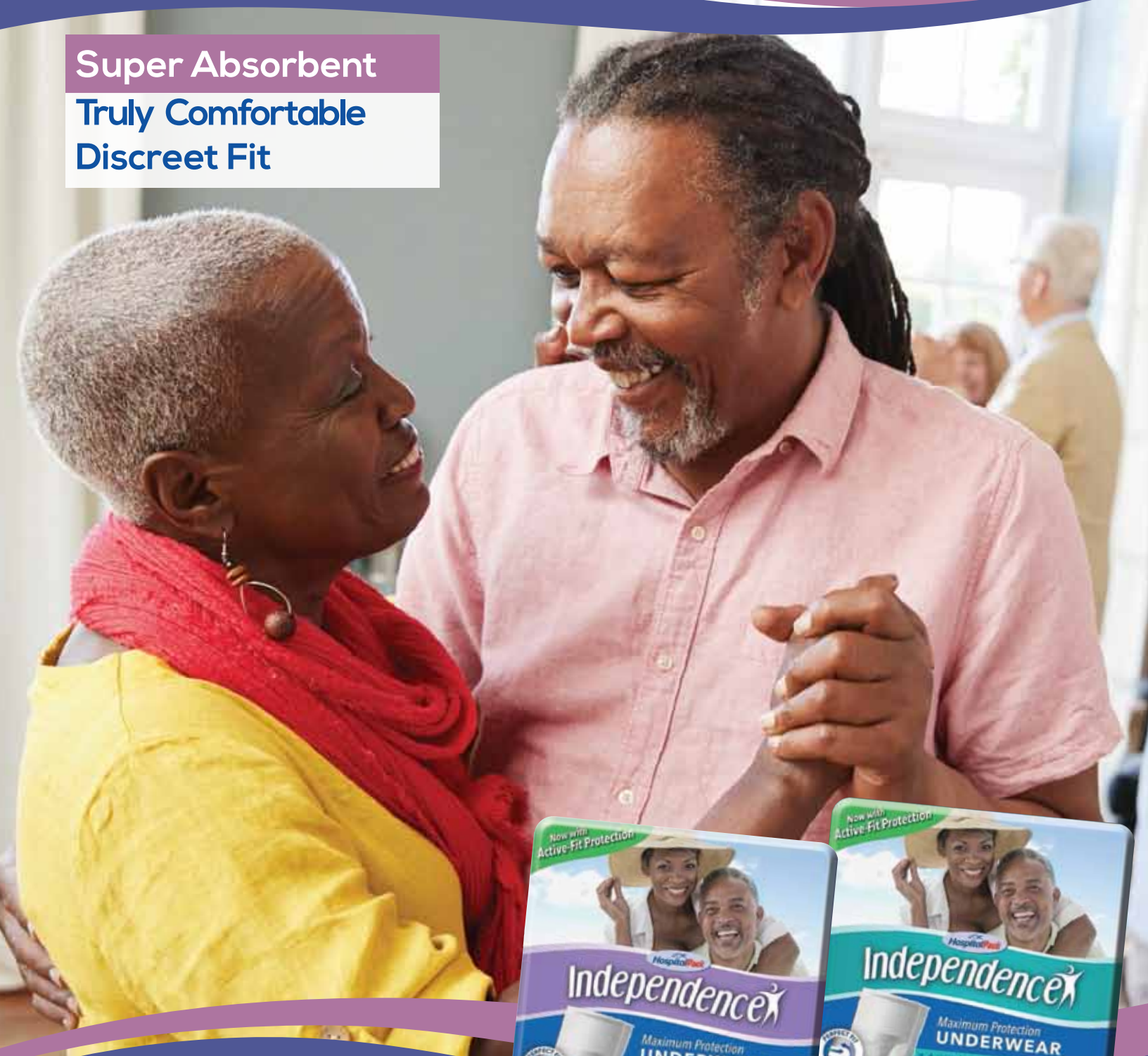
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COMMENTS FROM THE BOARD

As we celebrate our Twenty-Fifth Anniversary we are delighted to announce that Her Excellency, the first female President of Trinidad and Tobago, Paula-Mae Weekes has graciously accepted a role of being The Patron of TTARP. Her Excellency has been a faithful TTARP member for many years, and so is very much aware of the Benefits of Membership and the wider role of the Organization to the community it serves.

TTARP thank each and every one (past and present) for being a part of this extraordinary Association, as we proudly declare to be the largest Association in Trinidad and Tobago with over forty thousand members.

Over the past twenty five years, many obstacles were faced and overcome, but we have grown from strength to strength and have continued to offer our Members a superior product and service at extremely affordable fees. We anticipate further growth in our Membership as more people become aware of the value of being a TTARP Member, and we widen our Benefits.

Every day, there are persons under the qualifying membership age of 50 expressing their eagerness to join the Association because of the massive savings they can obtain by just showing their Card, and so we have realized that the AGE 50 is now a milestone to embrace.

TTARP 25th Anniversary was celebrated on the 25th and 26th August 2018 with an Expo at the Centre of Excellence, Macoya, with TTARP's Patron in attendance, our committed Partners, loyal members and friends. In our next magazine we will share some of the highlights of this joyous occasion with you.

Our Board of Directors, Zonal Executives, Staff, Promoters and Volunteers have all contributed tirelessly to the success of the Association through stringent and dedicated management, and as we look forward to another 25 years, we wish all Members strength, good health and happiness.



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Beautiful Barbados!

In the month of June, a group of twenty-eight (28) members of TTARP Eastern Angels from the Arima Zone (EAAZ) went to Barbados for a six day vacation. Barbados Beach Club was our destination.

On arrival we settled into our rooms and headed to the Oisten experience which is a very popular attraction with the citizens and tourists alike. It is a large area where people gather, food, drinks and even gift items are sold. The music filled the air and the creative dance routines by contestants is the height of this big lime which happens every Friday night. At times some members who are so aroused join the dancers on the stage. The rest of the weekend was spent touring the Capital City - Bridgetown and going to church.

The trip included a tour to the western side of Barbados, where our tour guide imparted historical and interesting information about the island. We learnt that Barbados is very much like Trinidad in being saved from hurricanes because of a scientific factor. Cherrie Tree Hill was the turning point of our tour where we stopped, disembarked for a short while and took photos.

We also learnt that the island's composition of the soil was prone to land slippage; that rocky wells were made to help drain the water from the land; that the sand used for construction is brown and not red; and that the vegetation took care of the soil erosion.

We visited the Morgan Lewis Windmill which was last used commercially in

1947. It is one of only two working sugar windmills in the world today, and so is now a Tourist Attraction. During the 'crop' season, February through July, its sails are put in place and it operates one Sunday in each month, grinding cane and providing cane juice. Around the interior of the mill wall is a museum of sugar mill and plantation artefacts, and an exhibition of old photographs. Visitors can climb to the top of the mill.

Some of our trip's highlights were: a cocktail evening; being in the heart of the city for the opening of Barbados Parliament; and shopping on Swan Street. Our members were a bit amused at the Barbados public transport culture, where you would find the mature drivers taking enough passengers to occupy the number of

seats, but the younger drivers / conductors willing to overload the taxis by trying to pick up everyone. The pass word to pick up more passengers would come from the conductor who would smile and say "small up, small up". There was also no vehicular traffic only pedestrian.

Barbados is clean, beautiful and serene, a place where you can certainly get away from it all. The beaches are amazing because of the clear blue waters, and the Barbados Beach Club Hotel was ideal for: silence, breakfast, lunch and dinners.





“An Evening in Hawaii”

In recognition of Mothers and Fathers Day, the TTARP “Eastern Angels” Arima Zone (EAAZ) hosted an Hawaiian themed event with one hundred and twenty-five members and friends in attendance at the Arima Tennis Club.

Member, Ethan Benjamin opened the event with a Prayer before The Chairperson Peter Nock welcomed all. Norma Clarke, Assistant Chairperson recited a poem after which Lynette Brewster serenaded the Fathers. Our attractive models entertained, showing off their beautiful outfits, then, our special 80 year old plus guests were served eats and drinks before all other members partook.

Perry Shade serenaded the Mothers as he walked among the crowd. Three lucky persons won door prizes. Member Patricia Young also received a prize for winning an Hawaiian Dance off competition. Little Miss Lara Lee Leotard won our hearts with her Indian dance. Our drama man, Kenwyn Scott amused all with his monologue. Member Rita Williams tickled us with her body language during her singing performance.

Norma Clarke gave the Vote of Thanks to a delightful evening offering special tribute to Victoria Williams and her team for their contribution to this event. Members danced until it was time to go home.

EASTERN ANGELS’ SONG

Trinidad is calypso, it’s the culture of our land,
 We also have gospelpypso, chutney, soca and pan
 And the Eastern Angels will entertain you
 In a manner of we own.
 We are the angels, we are the members
 TTARP Arima Zone

Chorus: TTARP Arima Zone, TTARP Arima Zone,
 We are the Eastern Angels, TTARP Arima Zone.

Without stimulation, life could be a bore
 Well we have the action, good times ever more
 They say age is just a number,
 Don’t let that number play with your mind.
 Fly with the Angels, the Eastern Angels,
 Let your candle shine.
 {Chorus}

We could never condone wasting your life away
 So shake up the old bones. We come out to play!
 We dancing, we singing, we learning, we teaching;
 It’s time to rejoice
 Fly with the Angels, the Eastern Angels,
 Golden girls and boys..
 {Chorus}

You done know the story: this life is to live!
 So come to the party! It’s all inclusive.
 Leave the strife and the struggle for the young people.
 We did and we done.
 Fly with the angels, the Eastern Angels.
 Come on! Sing along!
 {Chorus} twice

Music by Justin Subran
 Lyrics by Kenwyn Scott & Justin Subran



A large group of the Eastern Angels during a recent visit to the Valencia Eco Resort.





CHAGUANAS ZONE - Central Pride

Submitted by
Yvonne Knights,
PRO

FOUNDING MEMBERS OF THE CENTRAL ZONE



Mr. Ramnath Ramcharitar whose initiative resulted in the formation of a Central Zone.



The Zone's first Chairperson, Mr. Abidh Hosein who died in 2006.



Some of the original members of the Zonal Board; From left to right: Mr. Iqubal Hydal, Secretary; Mr. Dipchan Baldeo, Treasurer; Mr. Rajkumar Krishna Persad, Committee Member and Mrs. Rajwatti Bhaggan-Wegner, Vice Chairman. Missing in picture are: Mr. Silochan Bisnath, Asst. Sect., Mrs. Joy Layne, PRO; Mr. Dave Mc Intosh and Ramlal Ramjattan, Committee Members.



PRINCES TOWN / RIO CLARO - Royals

Submitted by
R.Kalipersad
PRO

Happy Birthday Celebrations !



The Royals hosted members who celebrated their birthdays, during the first quarter of 2018 at the Senior Activity Centre, Anglican Church Compound, Princes Town.





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Frugal Tips to Improve your Garden's Soil

By Nadia Ali

Play in the dirt because life is too short to always have clean fingernails

~ Garden Therapy

While some of us may only visit the garden to play with our grandchildren for others it is the place where their hobby grows. The Trinbago weather often causes the soil to go from one extreme to the other – either rock hard and dusty, to being wet and water-logged and don't talk about the inevitable bachac/leaf cutter ants!

Looking after your soil can sometimes put you in added expense, but you can revitalise the soil by using a few gardening tips to ensure your garden soil is of good quality without buying mulch, compost or manure.

Grass Clippings

When the lawn is cut, ensure you keep your grass cuttings. If you have a lawn mower with a collection bag all the better – otherwise grab that rake and start raking up the leaves to one side of the

garden. You can collect it over a year – ready for use next year. It will act as a mulch to keep the weeds at bay and the moisture in.

Ground Coffee for the Ground

In my house, we throw away a lot of used ground coffee. It's only recently I heard about adding the grounds to my garden soil. Firstly, you need to wash out the ground coffee, this will reduce the amount of acidity in it. Then just sprinkle the coffee grounds around the plants as a fertilizer and work it into the soil in the immediate area.

A New Way for Old Newspapers

Old newspapers have organic properties for the garden as you can use it as mulch. Simply put down a few layers of newspaper and weigh it down under soil. It will stop reoccurring weeds and thus you no longer need to go on your

knees to get rid of those pesky shoots that you have to pull out like clockwork. For keen vegetable gardeners, you can use rows of newspapers in preparing the land to sow seeds or plant seedlings to maintain weed free rows. Do not use any pages from your newspaper that contain color print as it is harmful to your garden/soil.

Leave the Leaves

Most Trinbago gardens do have trees or leafy bushes that drop leaves, but instead of throwing the fallen leaves away, rake and bag them leaving them to become mulch. Interestingly, leaves that actually fall from trees are high in nutrients such as potassium, carbon and phosphorus.

Compost

Start your own compost heap by throwing your organic kitchen waste into a bucket or a container where you can keep it

for a while. Use those kitchen vegetable and ground provision scraps, peelings, scraps from salads, teabags, cardboard egg boxes, egg shells and shredded paper. You now have a mixture of minerals, fibre and nitrogen which will keep your soil moist so you don't have to keep watering it every time the sun comes out.

Now, you know how to get your soil in premium shape, introduce gardening to your grandchildren and friends to grow vegetables and flowers. Soil improvement has never been cheaper or easier by just using what you may have ordinarily thrown out. You will be the envy of your friends, family and neighbours, so do share your secret so everyone can have great soil and a great home gardening experience.





“Unearthing the Pearls”

TTARP’s Diego Martin Zone (The Western Pearls) was formed in January 2011, with the first meeting being held at St. Michael’s Parish Hall and subsequent meetings were held at the Diego Martin Boys R.C. School.

The Founding Executive Members were :

- Mr. Derek Paty - Chairman
- Ms. Rosalind Timothy - Vice Chairman
- Mr. George Padia - Secretary
- Ms. Maureen Perreira - Assistant Secretary
- Mr. Ramano Jardin - Treasurer
- Mr. Harper - Public Relations Officer
- Ms. Delores Samuel - Trustee
- Ms. Valerie Ramkissoon - Trustee

Garnet Moe who was the Manager of the Central Diego Martin Community Centre at that time, was instrumental in allowing us to hold our meetings at that venue, and the name “Western Pearls” was conceptualized by Stephen Osbourne.

Our Current Executive Members are:

- Mr. Derek Paty - Chairman
- Mrs. Marlene Griffith - Vice Chairman
- Mrs. Barbara Andall- Francis - Secretary
- Mrs. Kathleen Nelson - Treasurer
- Mr. Anthony Daniel - P.R.O.
- Mr. George Padia - Trustee
- Mr. Neville Smith - Trustee

Events Committee Members-

- Ms. Grace McEween - Chairperson
- Ms. Arlene Julien
- Ms. Phyllis George
- Mrs. Greta Frank
- Ms. Maria Laidlow
- Mrs. Menova Kajim
- Ms. Kathleen Nelson
- Ms. Merle Gittens
- Mr. Stephen Osbourne

Come to our Meetings !

Our meetings are always interactive and interesting, we invite guests to present on various topics such as Preparation of wills, Electrical safety in the Home, Food and Nutrition etc. Monthly meetings are held on the second Saturday of each month from 3pm to 5pm.



The Executive, Derek Paty, Marlene Griffith, Barbara Andall- Francis, Kathleen Nelson, Neville Smith, and George Padia,

Community Service

Western Pearls has helped needy families with food stuff and toiletries and we also provided financial assistance to one organisation.

Celebrations

In the month of March every year we have a Thanksgiving celebration. In the past we have had Deacon Derek Walcott and Canon Knolly Clarke officiate at the service. This year Mrs. Meurice Alexander officiated.

Annually, we celebrate Mothers/ Fathers Day and Christmas.

On September 29th, we will be having a Breakfast and Cake Fundraiser, and we look forward to your support.

Field Trips and Travels

The group has visited Tobago on three occasions. On our first visit in 2012 when we visited the Tobago House of Assembly and had an audience with the then chairman Mr Orville London. Another visit is being planned for the Heritage Festival this year. Locally, we visited many places of interest eg: The Cricket Museum, La Vega Estate, Sandy Hill PCS Nitrogen Model Farm and others. Regionally we have visited Grenada, St. Lucia and St. Vincent, and currently a group is preparing to leave for a seven day cruise from Panama to Bonaire, Aruba, Curacao and Colombia.

Western Pearls is moving from Strength to Strength and we are looking forward to innovative ways to keep our members’ interest. Come be a part of this vibrant Diego Martin Group.





THE GROWTH OF THE PURPLE DIAMONDS



EXECUTIVE MEMBERS OF PURPLE DIAMONDS SOUTH ZONE (JULY 2016 TO JUNE 2018)

FRONT ROW SEATED FROM LEFT:

- Chairperson - Eulalie Colthrust
- Secretary - Maureen T. Stephenson,
- Treasurer - June Thompson

BACK ROW STANDING FROM LEFT:

- Vice Chairperson - Norma G. Ochoa
- Public Relations Officer - Learie Reason-
- Committee Members - Annette Thomas-George,
- Juliet Seales,
- Asst. Secretary - Veronica Thomas



BACK THEN - in 1996

St Andrews Lodge, Ruth Avenue, San Fernando

The very first meeting of TTARP's South Zone and environs was held on the first Saturday of April 1996, at the above mentioned lodge, under the chairmanship of Mr. Clyde Boyce, Secretary Mrs. Julie Boyce and Asst. Secretary Ms. Sandra Meighoo.

Fact : The San Fernando Zone was the very first TTARP zone to be formed and began with twelve (12) members in attendance.



NOW - in 2018

Creative Arts Centre, Circular Road, San Fernando.

Purple Diamonds South Zone moved to the above venue, where our first meeting was held on 3rd January 2017.

We started with fifty seven (57) members in attendance and today we have approximately one hundred and twenty (120) members attending meetings.

We urge all members in the environs to come out and join this energised zone !



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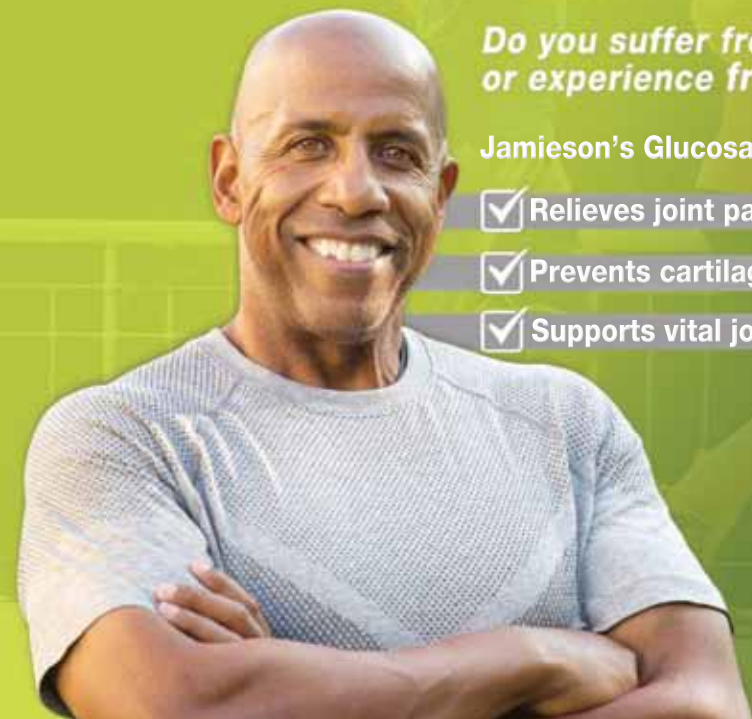
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The Buzz of The Bees

On Tuesday 6h June, 2005 a group of senior citizens, guided by the inimitable Joyce Wong Sang, came together with the goal of creating a group under the aegis of TTARP which would engender involvement in activities to help keep alive the spark in their lives These pioneers were Gloria Jones, Shirley Griffith, Gemma Fraser, Patsy St. John-Alexander, Ann David, Patricia Crossley, Janice Wallace-Henry and Reverend Lystra Barclay. Their idea quickly took root and has mushroomed into the vibrant body known today as the TTARP Belmont Bees.

Since that inception, the group now draws over eighty members to its monthly meetings which are held on the fourth Tuesday of each month.

We constantly affirm that, at this time of our lives, after years of devoted care to our families and careers, now is OUR TIME.

To engender an atmosphere of fun, at each monthly meeting we celebrate our members' birthdays with gifts and refreshments.

At several of our monthly

meetings each year we invite a variety of speakers to impart information on health issues, social issues, financial and estate management and many other topics to ensure that our members are kept well informed on matters impacting their daily lives. All national festivals are marked in an entertaining way – Mothers’/Fathers’ Day, Emancipation Day, Indian Arrival Day and on Shouter Baptist Liberation Day we gather our extended families in the Hollows at the Queen’s Park Savannah for a day of socialising, ole talk, sharing food, card games and sporting activities for the children. During the Carnival season our keenly contested Calypso competition brings out the talent of our members and we also, as a group, have great fun visiting one of the season’s Calypso tents.

We wrack our brains each year to come up with innovative themes for our annual Tea Party. So far we have “had tea” in Texas, China and Hawaii. This year we will swan off to India.

Our eyes have been opened to the many varied places of interest right here in Trinidad and Tobago.



Some of these were Rancho Quemado Cocoa Estate, the Wild Fowl Trust and Nature Centre, the Asa Wright Nature Centre, Gasperee Island, Clifton Hill Beach, Harry’s Water Park, the Pitch Lake and Vessigny Beach, the Angostura Complex and Butterfly Collection, La Vega, the Temple in the Sea, San Fernando Hill, Valencia Nature Resort, Los Iros beach, the Nestle factory and wherever the PTSC tour buses could take us. On two occasions we hosted Pembroke Tobago TTARP group and then visited Tobago to join with them for an enjoyable weekend which included a call on the THA Chairman, Mr. Orville London.

Our travel experience has even extended to venues overseas. We

have basked in the sun on the beautiful beaches of St. Lucia, Barbados and Grenada. We have seen the wonders of the Panama Canal. We have cruised into the ports of the ABC islands – Aruba, Bonaire and Curacao, Colon and Cartagena. We are now planning a visit to Santo Domingo.

We do not ignore our spiritual upliftment, so each year about one hundred of us gather for a devotional Prayer/Breakfast, guided by a priest or pastor from the community.

We close off each year with a lavish Christmas Dinner where members come out in their finery.

Three significant milestones that we

marked with breath-taking ceremonies were our country's fiftieth anniversary of Independence and our group's fifth and tenth anniversaries. At the 50th anniversary celebration, we brought together a wide cross-section to honour twenty six "Belmont Heroes" covering the spheres of education, sport, culture, business, community service and politics. We felt it important to expose our young people to these elders so we arranged for the tokens of appreciation to be presented to our "Heroes" by the young scouts, guides and students from schools in the Belmont area. This prestigious event was documented in print in a booklet titled "Belmont's Golden Heroes".

To celebrate the group's fifth anniversary we distributed commemorative plaques to our foundation members, that small group of pioneers who set us on this path in 2005. At the tenth anniversary celebration, members were presented with

beautiful commemorative etched glasses in a ceremony graced with the presence of local and national dignitaries.

But Belmont Bees is about more than just catering to our members' needs. We have moved out into the community in significant ways. For the last six years we have brought out each year seventy senior citizens and their care-givers from Homes in and around Belmont. We shower them with care and love and a delicious lunch to demonstrate our appreciation of their contribution to our society. And can some of them dance! We also take every opportunity to celebrate our centenarians, of whom there are several in the Belmont area. Must be something vital in the air!

The children of Belmont are not forgotten. Our members sponsor breakfasts at several primary schools: Escalier, St Margaret's, Melville A.C. and St Francis Girls' R.C.. Some members assist with various school programmes such

as reading, lunchtime supervision, Girl Guides and the school bazaars. Then we hold a grand fun-filled Christmas party for over one hundred children each year.

Our group is always upfront in the various activities spearheaded by TTARP Head Office. In fact we are proud past winners and finalists of the TTARP All Fours competition. We took home the title of Best Cultural Performance at TTARP's 20th Anniversary celebration in 2015 and placed second in the Cookout at that event. Several members diligently continue to be involved in TTARP's outreach programmes.

Over the years, unfortunately, we have lost some of our vibrant members. We mourn their passing and continue to express our condolences to the loved ones they have left behind.

We of the Belmont Bees live the mantra: "Enjoy the ride. There is no return ticket". One of our strengths is our

retention of members. This has resulted in a strong historical memory in the group. Even as we add new members each month, many of our original members are still active participants and some even continue to be executive members. In that way we maintain a strong link to our past even as we move on forward. We must express our sincere gratitude to all our members who enthusiastically support our many activities and projects. We have also developed a cadre of sponsors without whose contributions we would have found great difficulty in achieving what we see as our mandate: to make the lives of persons in our community more fulfilled and happier for our having touched them in some way, either directly or indirectly.



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TOBAGO - Pembroke Cultural Stars

Submitted by Merle Romeo
Events Coordinator and
Founding Chairman

Formation of The "PEMBROKE CULTURAL STARS" (TOBAGO ZONE)

Mrs. Grace Dennis, a past Senior Officer of the Aging Unit in the Tobago House of Assembly invited a few mature citizens of the Pembroke community and from other communities in Tobago to attend a few celebrations in Trinidad. It was in the year 2008 and we attended the Trinidad and Tobago Association of Retired Person's celebration, which was held at the Queens Park Savannah.

Whilst there, we met Mrs. Joyce Wong Sang, a then Executive member of TTARP, who briefed us about TTARP and its functions, after listening attentively, we were encouraged and inspired to become a part of this group.

Later that year, at a Christmas Dinner held by the Pembroke Village Council for Senior Citizens of the Community we invited the guests to join us in the commencement of TTARP Pembroke Zone.

On Monday 14th of March 2009, the Pembroke Zone began with fourteen (14) persons present. This meeting was held at the Pembroke Community Centre, and the following persons were elected as Executive members: -

- Chairperson - Mrs. Merle Romeo
- Vice Chairman - Mr. Conrad Bacchus

- Secretary - Mrs. Henrietta Murray
- Asst. Secretary - Miss Molly Ballington
- Treasurer - Mrs. Juliet Murray
- Trustee - Mrs. Eslyn George
- Trustee - Mrs. Esla Benjamin
- Public Relation Officer - Mr. Isiah Wilkinson
- Committee Members - Ms. Wilma Reid
- Mrs. Umilta Edwards
- Mrs. Pearl Sealy

In 2010, under the leadership of Mrs. Janet Ramsay, our zone forged a close link with the Belmont Zone (Belmont Bees), and there were an exchange of visits between both groups. We have travelled to Grenada, where we were hosted by the Grenada Association of Retired Persons(GARP), and every year we continue to visit different countries in the Caribbean.

Every two months, two Executive Members will travel to Trinidad to meet with the Executive Body and other Zonal Executives, and every month meetings for all Members are held at The Pembroke Community Centre, Todd Street on the 2nd Monday of each month @ 3:30 pm.

We look forward to seeing all The Tobago Members in the environs to attend. All is welcomed.



Fyzabad - Forever Green Zonal (FFGZ)

submitted by
Angela Young Lai

Fyzabad Forever Green Zonal (FFGZ) Executive

FRONT ROW: Yvonne Creese (Committee member), Geeta Deokiesingh (Asst.Secr'y/ Treasurer), Margaret Telesford (Committee Member).

BACK ROW: Angela Young Lai (Treasurer), Andrea Cummings (Trustee), Errol Baptiste (Chairman), Joseph Mc Gregor (PRO), Worrell De Boulay (Committee member), Judith De Boulay (Trustee)
Absent: Monica Nelson (Vice-Chairman), Kay Francis (Secretary), Kate Matthews & Randolph Dinnpp (Committee Members)



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By Peter Campbell

Leaving a lasting legacy for future generations

– Her Excellency Paula-Mae Weekes



Assuming duties on March 19th 2018, as Trinidad and Tobago's first female and sixth Head of State and Commander-In-Chief of the Armed Forces, never had she imagined that one day she would be sitting in the seat of the nation's highest office.

And though she is still adjusting to the new role and trappings that come with such high position, Her Excellency, Paula-Mae Weekes, is very much clear on how she is forging her way ahead.

"Not much rattles me," says Her Excellency, sitting comfortably in the upstairs foyer of The Office of the President, Port-of-Spain. "The adjustment has been incremental and I still have a long way to go. I have a naturally analytical mind and a result-oriented approach to tasks. This enables me to look at the big picture and decide priorities in the short, medium and long-term and formulate action plans. I am fairly determined, but adaptable in pursuing my goals." says Her Excellency.

She used this approach

during her distinguished career in the judiciaries of the Republic of Trinidad and Tobago and the Turks and Caicos Islands, and will be using this same strategy during her current term in Office.

A former Bishop's Anstey High School student and alumnae of both the University of the West Indies, Faculty of Law, Cave Hill, Barbados, and the Hugh Wooding Law School, Her Excellency holds a Bachelor of Laws (Hons) and Legal Education Certificate.

Following her admittance to the Bar in 1982, she served in the Office of the Director of Public Prosecutions for eleven (11) years, before entering private practice in 1993. In 1996, she became the fifth female judge in this country's High Court, working almost exclusively in the criminal jurisdiction before being elevated to the Court of Appeal in 2005. She subsequently presided at the Court of Appeal for eleven (11) years until her retirement in 2016.

Following her retirement, Her Excellency joined the

Appellate Bench of the Judiciary of the Turks and Caicos Islands in September 2016, serving that jurisdiction until her resignation in January 2018 ahead of her Presidential nomination.

She is still very much buoyed by the public's "positive, hopeful and encouraging" reception to her Presidential appointment, but admits the "complete loss of privacy, freedom of expression and spontaneous movement" are aspects of the position she still juggles with.

But even as she grapples with these adjustments, Her Excellency is keeping her sight firmly set on the big picture and is already making changes of her own to the Office of the President.

"Firstly, I hope to make the Office of the President the model for the Public Service so that it would be characterised by efficient and effective dealing with all matters with which it must treat. We have started that process. Secondly, and not as far along, I want

the Office of the President to act as a facilitator in identifying or recognising the work of individuals and organisations that aim to make us a better society, and where necessary to bring together those with similar aims," says Her Excellency.

That passion in making society a better place runs very deep.

Her Excellency explains: "I am deeply troubled by the virulent racism, the increasing intolerance of otherness, the difficulty in finding employment even for the qualified, rampant lawlessness and disregard for authority, job loss, and violence generally and towards women and children in particular."

She views the education system as a major player in tackling these societal ills as well as preparing young people for leadership roles and the world of work.

"The school's curriculae, however, remain largely academic with insufficient regard for the skills needed to feed the present job market. More focus is needed on personal and

professional development and coping skills to prepare students for the inevitable vagaries of life," says Her Excellency.

It is within this context she admonishes young people in their quest for success, to set realistic goals and then strategise toward their realisation.

"If help is needed, identify the best source and ask for it. Next would be to surround yourself with positive influences and support, be patient and flexible and make sure to pencil-in time for rest and relaxation. Life really is a marathon, you need to pace yourself and make sure that you are fuelled physically, intellectually and emotionally for the long haul."

And what does a day in the life of Her Excellency look like? Well, she is on the job between 7:30 a.m. and 8.30 a.m. and treats firstly with

all correspondence and staff issues. Meetings would follow, including Presentation of Credentials, courtesy calls and swearing-ins. On any given day, in a response to an invitation, Her Excellency would visit a facility or attend an event, sometimes giving a feature address.

She leaves office between 4:30 p.m. and 6:30 p.m. and would, on occasions, have documents sent to her residence for review and signature. There are also the social aspects of the Office which, she says, often times involves her attendance at evening events.

These social outings, she says, are the ones which often give her many memorable experiences and can quickly recall, prior to her Presidential appointment, the times shared with others as a member of the Trinidad and Tobago Association of Retired Persons

(TTARP). She has since most graciously accepted TTARP's invitation to serve as the organisation's Patron, as well as its offer for Life Time Membership.

"Apart from my 'old people' discounts," quips Her Excellency," TTARP's main attraction for me is the opportunity for regular travel to interesting places among a group of stranger-friends who provide pleasant company. I also had a trip to Cuba with TTARP which was a grand experience."

That Cuban trip, however, was but one of her many travels abroad. An avid traveller, Her Excellency has made quite her round of visits exploring foreign lands, and while she could not point to one that captivated her most, she listed Morocco, Kenya, India, Alaska and Thailand as her top five.

"The reason is the same for all. Having read or heard about them and seen them in documentaries, I was unprepared for how

awesome and spectacular they would be to witness," adds Her Excellency.

As she reminisces on such amazing journeys, she encourages other TTARP members to never give up on dreams, but to always remember that "your time is always now!"

"It is all you have to work with," says Her Excellency emphatically. "While physical or other constraints might make it difficult for you to do all that you desire, there is always an adjusted version that can yield satisfying experiences. Join a group, take up a new and challenging hobby, actively seek out persons and places that add value to your life. As my Godmother would always say 'Be Prepared to Meet Your Future.'"

Hers is surely a future without borders and for which she hopes, even after her tenure as President, would yield "a more thoughtful, hopeful and caring society," with a lasting legacy for future generations.



Leaving the Corporate World – What next for the responsible female executive?

Submitted by the Association of Female Executives of Trinidad and Tobago (AFETT)

So you have climbed the corporate ladder, achieved your goals and are now well on your way to that much coveted period in your life - retirement. But, before you embark on your journey to rest and recuperate, what about the career that you are leaving behind? The staff, the friends, the ones who became like family? Have you done enough to leave a strong legacy for the female executives of the future to follow?

As you may have experienced, women are still marginalized in the corporate world. Despite the many evolutions that have taken place socially and legislatively, women are still largely underrepresented in leadership positions, not just in Trinidad and Tobago but throughout the globe.

Forbes Coaches Council, quoting a report published by Pew Research on Women in Leadership, reports that only 5.2% of the female population are sitting in CEO roles at Fortune 500 companies in the United States of America. Furthermore, the situation remains essentially unchanged in Fortune 1000 Companies

where only 5.4% of the female population are CEOs.

What is clear is that aspiring female executives are tasked with an assortment of challenges with which many of their male colleagues may never relate. These issues not only prevent them from achieving their career goals but also diminish their ability to succeed in business.

As a retiring female executive, you are afforded the opportunity to contribute to and make some groundbreaking changes in the corporate world, especially for upcoming women leaders and female executives alike. Your experience and knowledge do not render themselves useless upon retirement and neither should you.

Many executives experience complications after they have left the corporate world, having accumulated a wealth of knowledge and experience and no outlet to channel it. That sense of restlessness and uselessness can make retirement more unbearable than enjoyable.

However, with the right approach, retirement can put you in an advantageous position to negotiate the kind of corporate environment that you desire. You now have the time and with the right networks and resources, your life outside of the corporate arena can be spent evolving it.

According to Catalyst, a global non-profit organization designed to accelerate progress for women through workplace inclusion, some of the main problems that Aspiring Female Executives face are: Gender Biases and Inequality; Lack of Mentorship; Lack of Sponsorship and Lack of Strong Networks.

Forbes Coaches Council attributes these issues to the disparity between male and female executives and their representation in the corporate game.

There is the untold story of the “Glass Cliff” that Female Executives find

themselves upon, after piercing through the “Glass Ceiling”. British researchers Michelle K. Ryan and S. Alexander Haslam have discovered that women were more often promoted into leadership positions when the odds were against them. In other words, women who managed to shatter the glass ceiling, found themselves staggering on a “glass cliff”, waiting to open up under them; pushing them out of careers that they have spent their lifetime building.

Key examples of this are seen in Mary Barra’s appointment at GM a few weeks before investigations commenced into their ignition-switch. Similarly, Lynn Laverty Elsenhans took control of Sunoco after a 52% fall in its share value. And, a struggling Yahoo hired Marissa Mayer to come to its rescue. A bitter-sweet moment for these Executives as one cannot begin to fathom the possibility of succeeding against these odds.



But how can these examples create opportunities for our future executives? As a retired Executive, what can you do with your inherited set of skills now that you are leaving the corporate arena?

Consider mentoring an upcoming and talented young female executive. Because you may have experienced the many challenges associated with corporate biases against female executives, you can now use these skills to coach and counsel someone to deal with the potential negative effects of having a seat in the C-Suite.

In addition, you can use your previous contacts and networks to help sponsor highly qualified women by speaking up on their behalf. Before you leave your position, spend some time listening to the females in your workspace. Are they happy with the status quo? What are their accomplishments? Do they feel included? Are their innovative ideas defended and supported?


Start using your position of influence to advocate for the advancement of the women behind you. Mentorship without sponsorship is of no merit. To overcome the gender inequality and biases in the corporate field, women need sisterhood and someone to give them visibility. Talk about their accomplishments behind closed doors. Promote their talents and unique skills for major opportunities that can really allow them to shine. That way, the Corporate Bias can be used as an advantage when they finally manage to shatter the glass ceiling because their competencies would have preceded their appointments.

Finally, building a strong network and joining associations like AFETT after retirement will give you a platform to advocate for change and would also introduce you to many other young professionals much in need of your mentorship and sponsorship to help them navigate the seas of professional development and personal growth.

So although the prospect of leaving your seat at the table may seem daunting, consider the wealth of opportunities that this stage in your life is affording you as you pave the way for those behind you!



AFETT is a not-for-profit organization formed in 2002 with the goal of bringing together professional women and engaging in networking opportunities, professional training and business ideas. Learn more about AFETT at www.afett.com, search for AFETT Events on Facebook, follow us @AFETTEXECES on Twitter or contact us at 354-7130, email us at admin.afett@gmail.com



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A Woman's Guide to Investing

Whether you are a female professional, entrepreneur, “stay at home” mother or a wife, we all have financial goals. For some of us, it may be to own our home, provide for our children’s future or retire in comfort. Whatever our financial goals, we must have a plan for achieving those goals. In most households, the women tend to be given the role of handling the financial planning, budgeting and spending for their families. As such, we have listed hereunder ten (10) tips to help you with developing portfolios for saving and investing for your families’ future.

Saving is the process of putting cash aside in extremely safe, yet liquid accounts which can be accessed within a short time frame. Investing is the process of using money to buy an asset that you think will generate a safe and acceptable return over time, with the intention of making you wealthier with each passing year.

Guidelines for Enriching your Future ...

1. Determine your financial goals - Set short and long term goals. Your goals must also be S.M.A.R.T- Specific, Measurable, Attainable, Realistic and Timely
2. Create a budget- Prepare a budget listing your monthly income and expenses.
3. Develop a plan for saving- Try saving at least 10% of your monthly income.
4. Make your savings grow - The sooner you start saving, the more money you will accumulate as a result of compounded interest. You can also consider turning a hobby into additional income.
5. Educate yourself about Investing- Before making any investment decisions you should consult a registered financial/investment adviser who can help you select assets that match your financial objectives, your time frame and your risk tolerance.
6. Understand your investment options-Do your research and understand your investment options, do not allow anyone to rush you into making any financial decisions.
7. Increase your wealth through investing. Investing is a continuous process that should be done to match your financial goals.
8. Diversify- Remember the old saying, “Don’t put all your eggs in one basket!” When setting up an investment portfolio, you should make sure that the risk is spread out.
9. Invest based on your stage of life- If you are young and now starting your career, you may be better able to afford to take risks,because you have a longer time horizon in which to recover if things go wrong. You may consider investing in growth assets such as shares or property. Closer to retirement, you may need more cash. Conservative investments such as bonds, may be more suitable.
10. Monitor investments on a regular basis- You are ultimately in charge of your finances. It is your money that is being invested so you are the one who stands to profit or lose. Always stay informed about what is going on in the different financial markets that hold your investments.

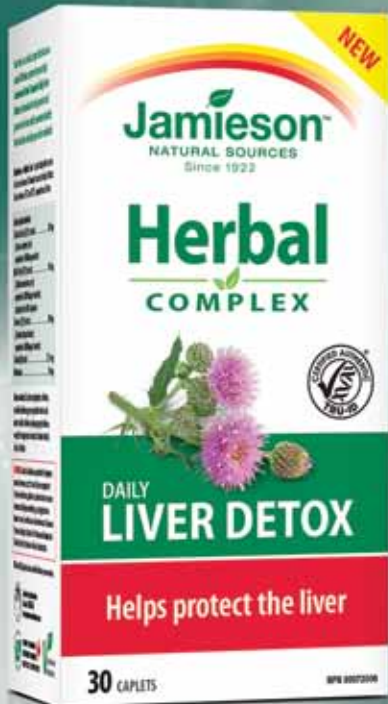
When it comes to planning your financial future, nothing will pay off more than educating yourself. Do your due diligence and analysis before making any financial decisions.

Article courtesy: Trinidad and Tobago Securities and Exchange Commission.



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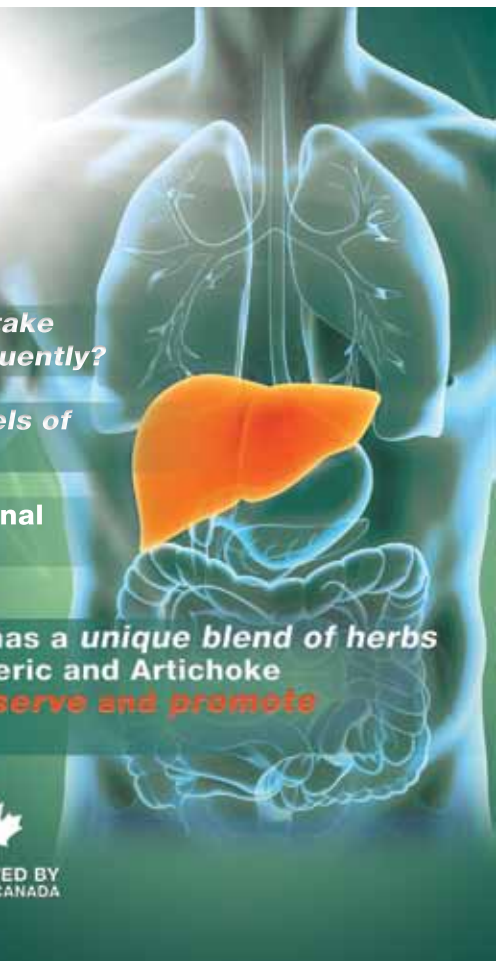


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The Change From Santa Cruz “Sizzlers” To “Cruzers”

Santa Cruz convened its first Zonal Meeting on June 15th 2010, under the auspices of Mrs. Janet Ramsay (now deceased) and Mrs. Aurea Honore who were both foundation members of this zone.

At that meeting there were twenty-eight (28) persons present, who showed interest in the formation of a TTARP Zonal group in the community.

Mrs. Ramsay, who was at the time the President of the Belmont Zonal Group, chaired the meeting and shared the guidelines for the establishment of a Zone in accordance with TTARP’s Bye-laws.

The First elections were held in August of that same year, and nine (9) members were elected to office. The group adopted the name Santa Cruz Sizzlers, and held Meetings on the 4th Friday of each month at the Bourg Mulatresse Roman Catholic Church Hall, with elections being held every two years. The name was eventually changed to Santa Cruz Cruzers and the group selected the color Turquoise as their T-shirt color which helps to identify the group.

This foundation executives were:-

- Chairman: Mr. Felix Munroe
- Vice Chairperson: Ms. Aurea Honore
- Secretary: Ms. Dianne Arrindell
- Assistant Secretary: Ms. Irma Gilalta
- Treasurer: Ms. Barbara Ann Barrington
- Assistant Treasurer: Ms. Lucy Sheen
- PRO: Ms. Jennifer Guerra
- Trustees : Ms. Eleanor Roopnarine and Mr. Gene Hutchinson

Activities Over The Years

- The Zone joins with the Church members at Carnival time to celebrate with a cooler fete and takes part in the ole mas portrayals.
- From 2010 to this date, approximately twenty-four (24) outings were done, these include the Wild Fowl Trust, La Vega Estate, San Fernando Hill, Angostura Holdings, the Bird Sanctuary, Clifton Hill Beach Resort, Mariposa Estate, Gasparee Caves, Toco Lighthouse, Board Walk at Chaguaramas, Nestle Factory, Tobago St Lucia, Cuba, Orlando and the Holy Land.



Santa Cruz Cruzers and family at the viewing of the Pitons, St Lucia. 2018

- The establishment of visits to Senior Homes in the Santa Cruz area.
- Distribution of hampers and toys to less fortunate families and their children.

To date, there are approximately 125 members in this Zone who attend meetings regularly. Meetings are held every fourth Friday of the month at The Bourg Mulatresse Roman Catholic Church Hall at 5:00 pm.

Present Elected Officers Of TTARP Santa Cruz Zone

Office	Name
Chair-Person	Yvette Wright
Asst Chair-Person	Cynthia Sifontis
Secretary	Charmain Maule
Asst Secretary	Brenda Agard
Treasurer	Brenda Sydney
Asst Treasurer	Joan Davis
Communication Officer	Loama Warner
Trustee	Naomi Mc Lean
Trustee	Euphemia Durant





MY DOCTOR RECOMMENDED SURGERY. SHOULD I GET A SECOND OPINION?

by Marlon Mencia

I am frequently asked by patients to provide a second opinion on a problem. Orthopaedic care is becoming increasingly more sophisticated and patients and physicians alike are confused by the myriad of options available to treat many conditions. With highly self-opinionated surgeons and conflicting medical evidence, often lacking in scientific rigor, the situation has led to the increasing use of second opinions in health.

A second opinion is essentially another viewpoint on the same problem by a specialist in the field. A recent study published in 2017 revealed that orthopaedic surgeons are the number one sought out specialists when it comes to a second opinion. With 38% of patients doing so because they had doubts about their initial diagnosis or treatment and 19% feeling dissatisfied with the level of communication from the specialist. Interestingly, a staggering 84% were satisfied with the second opinion provided.

There is little wonder that patients seek a second opinion on issues of diagnostic uncertainty when a 2014 study in the British Medical Journal of Quality and Safety found a rate of misdiagnosis of 1 in 20 adults, many of which had the potential to cause serious harm.

The use of the internet as a source of medical information has steadily increased over the years with up to 50% of patients conducting internet searches for information, in fact Dr. Google may well be the most popular second opinion source despite the variable veracity of its information.

PinnacleCare® provides an online second opinion service to patients that transcends geographic barriers, utilizing specialists at leading medical centers throughout the United States. Amongst the five situations in which they advise that patients should always seek a second opinion are:

- i. When surgery is recommended and
- ii. When the diagnosis or course of treatment is unclear.

Although most surgeons agree with the benefits of a second opinion, some still believe that its value is overrated and represents a waste of time and money. Patients should be wary of second opinions from surgeons in a group practice since such opinions are frequently subject to other influences and may not be independent or objective.

My experience locally tells me that the rate of second opinions is increasing, the main reason being a lack of communication between the surgeon and the patient particularly when surgery is recommended. The medical landscape has evolved, and there are many more specialists from whom patients can choose to receive care.

Patients seeking a second opinion should first seek out an exemplary specialist or subspecialist who can provide a clear and honest appraisal of the patient's problem so to allow the patient to make an informed decision. Open, transparent and respectful communication is key to this process. I fully endorse the use of a second opinion, it is a legitimate and empowering tool to the patient and one that should be embraced in a Patient Centered HealthCare System.



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LA BREA ZONE - Black Gold

The History of La Brea Black Gold Seniors

The now troubled village of La Brea, was once a bustling enterprising commercial port where according to our village historian, the first US embassy in Trinidad was situated there. The port at Brighton, La Brea was the point from which our natural product “pitch” was packed into barrels and sent to major countries of the world. This wonder of the world was first discovered by Sir Walter Raleigh in 1595 when he needed to caulk his leaking vessels and since then its uses have varied from the production of records in the music industry to surfacing of road and airport tarmac around the world.

The village of La Brea is diverse in its origin. As early as the 1900’s there is evidence that religion was an important element in the fabric of its society. The stones found on the old Methodist church tell many a story. There were about five ‘Lodges’ many Baptist camps, and each Christian religion was represented in the area. The name ‘Vanderburg’ found on the church stone reminds the La Brea people when foreigners were an integral part of our society. The foreigners brought the management skills needed for the commerce that resulted from having oil wells and two ports in the area, one operated by British

Petroleum and the other by Lake Asphalt and Texaco. These corporate entities assisted their employees with housing and some of the now residents of La Brea were uprooted from various areas and replanted here in La Brea. There is a saying that ‘Chinese are only a part of the Landscape when there is prosperity’. La Brea once boasted that there were about twenty Chinese shops and this may account for a village in La Brea called Chinese village. It was also a fishing port and so small islanders entered and settled along the coast line surrounding the Pitch Lake with the hope of making a living in this part of the Land.

The tall building which still stands in the village just west of the pitch lake is known as “The tower” by everyone. This is a reminder of the housing that was given in the 1940’s to the employees who worked with the oil companies that drilled in the area. The “barracks” as they were called were constructed with a strong wood which when demolished in the 1960’s it was a material that was sought by most to construct houses of their own; many of these houses are still standing today.

Today the members of our



group La Brea Black Gold Seniors (TTARP La Brea Zone) came from these diverse beginnings.

Our first meeting was held on May 11, 2011 at the Brighton Sports Club,

a building given to the community by Texaco. It was our inaugural meeting in which Mr. Navarro and Mr. Sylvan (deceased) from the Fyzabad Zone introduced the concept of TTARP

zonal group. We moved quickly and at that same meeting an executive was elected. The first Executive consisted of Ms. Joycelyn Sancho- Chair, Ms. Monica George – Vice Chair, Ms. Maydeen Campbell-Williams – Sec., Ms. Ezra Vaughn Asst. Sec. Ms. Pamela Campbell-Treas. Two months later on July 10th the executive were ceremoniously installed by a Member of the national body- Ms. Joyce Wong Sang (deceased).

The group engages in all kinds of activities that would enhance the life of a senior citizen or retiree. We go on outings to various places of interest, have weekly sessions of ball room dancing which provided some much needed exercise. Annually we visit a senior home in the environs and make our contributions by entertaining the inmates and giving gifts that are essential for their well-being. For the last three years we have staged concerts, which the community has enjoyed and it has become an event to which they look forward. Intermittently we invite professionals

to speak to the group on various topics of interest, in an effort to educate our members, so that we can all make informed decisions in our day to day activities.

Celebration is our thing. We endeavor to celebrate as regular as possible. So birthdays, mother's and father's days, Christmas and anything in between, we celebrate; not just by ourselves but sometimes with our mentor group, Fyzabad. We are about sharing and participating in things that would bring happiness. So we sometimes come together with another seniors' group in Point Fortin and go on overseas trips with them and they in turn would support us in some of our ventures.

Though a small group we continue to make a mark in our community and also to participate in some national ventures as the all fours/ family day event.

Join the TTARP La Brea Zone !!

CB0



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TTARP ZONAL GROUPS

All Members are invited to join a Zone most convenient.

ARIMA "Eastern Angels"

Meeting Place - Arima Tennis Club – Railway Road, Arima
Meeting Date and Time - 1st Friday of each month @ 4:00 p.m. (official meeting)
- Every Friday (except Public Holidays) from 1:00 pm – 6:00 pm
Chairman - Peter NOCK, 781-9571 / 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 quaminalouise@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
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
- 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.
Chairman - Errol BAPTISTE, 753-9862 / 649-2132
Vice Chairman - Monica NELSON, 394-5571 / 649-1866
Secretary - Kay FRANCIS, 742-0229 / 389-9180 / 649-5761
Email - earlynbaptiste@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.
Chairperson - 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 Senior Activity Centre, High Street, Princes
Town, St Stephens Anglican Church Compound.
Meeting Date and Time - 3rd Saturday of each month @ 2:00 p.m.
Chairman - Stanley JOSEPH, 446-6359 / 348-0956
Vice Chairman - Barbara PAYNTER, 731-4479
Secretary - Annmarie PAUL-ROBERTS, 322-6723 / 754-5361
Email - anniepr89@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.
Chairperson - 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.
Chairperson - Norma George-Ochoa, 225-6979
Secretary - Maureen TAYLOR-STEPHENSON, 776-6411
Email - 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
Vice 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.
Chairperson - Leccia ROSS, 780-3761 / 391-2228
Email - understatedbrilliance@hotmail.com, carmencharles27@hotmail.com
Colour T's shirt - ORANGE

HEAD OFFICE:

45 Tragarete Road, Port of Spain.

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- 22 EMR, Tacarigua - 221- 6715
- 8 Saddle Road, Maraval - 285-4640

Events Programme 2018

HEAD OFFICE

45 Tragarete Road, Port of Spain

Contact Number: 622-9223 / 221-7771

Aug 25th – 26th - TTARP 25th Anniversary Celebration

@ Centre of Excellence

- Sept 13th - Annual General Meeting
- Oct 15th – 26th - Trip to China/Beijing/Xian/Shanghai
- Dec 2nd - Christmas Luncheon

ARIMA “Eastern ANGELS”

Meeting Place: Arima Tennis Club – Railway Road, Arima

Contact Person: Peter NOCK (Chairperson) 781-9571 / 310-5929

Meeting Date and Time: Every Friday (except Public Holidays) from 1:00 pm – 6:00 pm

- Aug 24th - Fabric Course
- Sept 7th - Fabric Course / Monthly Meeting
- Sept 14th - Sports & Family Day
- Sept 21st - Gift Basket Course
- Sept 28th - Gift Basket Course /Quarterly Birthday Celebrations
- Oct 5th - Monthly Meeting / ELECTIONS
- Oct 12th - Gift Basket Course
- Oct 19th - Lecture
- Oct 26th - Making of Applicates
- Nov 2nd - Course Display / Monthly Meeting
- Nov 9th - Beauty Culture
- Nov 16th - Beauty Culture
- Nov 23rd - Beauty Culture
- Nov 30th - Choir Christmas Concert
- Dec 7th - 2nd Raffle Drawing / Monthly Meeting
- Dec 14th - 15th Annual Christmas Luncheon
- Dec 21st - Children Christmas Party

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.

- Aug 21st - Independence Celebration
- Aug 30th - Fun Lime Inviting a Zone
- Sept 8th - Craft Evening: make & decorate a tree
- Sept 24th - Republic Day - Music, Fun & Games
- Oct 23rd - General Meeting/Lecture
- Oct 27th - Tea Evening in India
- Nov 20th - General Meeting/Lecture
- Nov 24th - Golden Senior Citizens Day of Love & Care
- Dec 2nd - Community Children's Christmas Party
- Dec 8th - Annual B's Christmas Get Together

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 @ 11:00 am.

- 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

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 8th - General Meeting / Visit to Factory
- Nov 10th - General Meeting
- Nov 24th - Christmas Luncheon
- Dec 8th - Mall Hop

PRINCES TOWN/RIO CLARO “Royals”

Meeting Place: - Senior Activity Centre, High Street, Princes Town, St. Stephens Anglican Church Compound.

Contact Person: Stanley, JOSEPH (Chairperson) 348-0956 or Annmarie, PAUL-ROBERTS (Secretary) 322-6723 / 754-5361

Meeting Date and Time: 3rd Saturday of each month @ 2:00 p.m.

- Aug 18th - Birthday Celebrations
- Sept 15th - Presentation of Property Tax
- Oct 27th - Field Trip to Toco
- Nov 17th - Birthday Celebrations
- Dec 8th - Christmas Luncheon

SAN FERNANDO “Purple Diamond”

Meeting Place: - San Fernando Creative Art Centre, #97C, Circular Road, San Fernando

Contact Person: Norma George-Ochoa (Chairperson) 225-6979 or

Maureen TAYLOR-STEPHENSON (Secretary) 652-6797

Meeting Date and Time: 1st Tuesday of each month @ 10:00 a.m.

- Sept 4th - Birthday Club/ Monthly Meeting
- Sept 26th - Visit to Angostura
- Oct 2nd - Wellness Day / Monthly Meeting
- Oct 28th - Visit to Lopinot
- Nov 6th - Christmas Craft / Meeting
- Nov 25th - West Mall & Long Circular Mall Shopping Spree
- Dec 4th - Christmas Affair / Monthly Meeting
- Dec 11th - Christmas Luncheon

SANTA CRUZ “Cruzers”

Meeting Place: - Bourg Mulatresse Parish Hall, Santa Cruz

Contact Person: Yvette CUPIDORE-WRIGHT (Chairperson) 386-7350 or

Chairman MAULE (Secretary) 784-6934

Meeting Date and Time: 4th Friday of each month @ 5:00 p.m.

- Sept (TBA) - Know Your Country Tour
- Oct - Health Fair
- Nov - Lecture Series
- Dec - Christmas Dinner

TOBAGO “Corals”

Meeting Place: Happy Haven – 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.

- Aug 11th - Monthly Meeting
- TBA - Annual Concert
- Sept 8th - Monthly Meeting
- Sept 16th - Church Visit
- Oct 13th - Monthly Meeting
- TBA - Visit to Infinity Home
- Nov 10th - Monthly Meeting (Lecture)
- Dec 8th - Monthly Meeting
- Dec 16th - Christmas Luncheon

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Recipe

Mushroom Chicken & Quinoa

This mushroom chicken and quinoa recipe is flavorful, satisfying, and healthy too! Ready in only 30 minutes, it's the perfect recipe for a busy weeknight.

YIELD: 4–6 servings

PREP TIME: 10 minutes

COOK TIME: 15 minutes

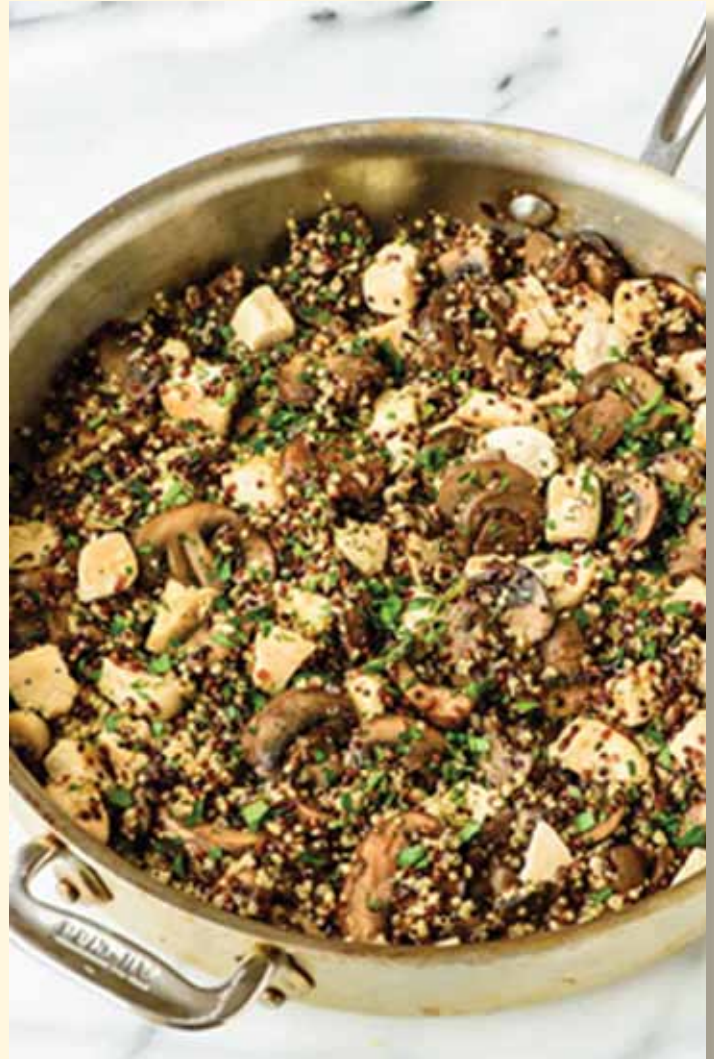
TOTAL TIME: 30 minutes

INGREDIENTS:

- 2 cups low-sodium chicken stock
- 1 cup uncooked quinoa
- 2 tablespoons extra-virgin olive oil, divided
- 1 pound boneless, skinless chicken breasts, cut into 1-inch cubes
- 1/2 teaspoon kosher salt, divided
- 24 ounces baby bella mushrooms
- 1/4 teaspoon black pepper
- 4 cloves garlic, minced
- 1 tablespoon chopped fresh thyme
- 1/4 cup freshly grated parmesan cheese, plus additional for serving

DIRECTIONS:

1. Bring 2 cups chicken stock to a gentle boil. Add the quinoa, return to boil, then reduce the heat to a simmer, cover, and let cook until most of the liquid is absorbed, 12 to 15 minutes. Remove from heat and let stand until the remaining liquid is absorbed, about 10 additional minutes. Fluff with a fork and set aside. (Note: This step may vary slightly depending upon your particular brand of quinoa. Be sure to check the directions.)
2. Heat 1 tablespoon olive oil in a skillet over medium high. Sauté chicken with 1/4 teaspoon kosher salt until chicken is cooked through and no longer pink, about 4 to 6 minutes.



3. Remove the chicken to a plate lined with paper towels, then with a paper towel gently wipe the skillet clean. Heat the remaining 1 tablespoon olive oil over medium high. Add the mushrooms, remaining 1/4 teaspoon salt, and black pepper. Cook, until the mushrooms begin to brown, about 3 minutes, stirring occasionally. Add the garlic and cook until the mushrooms are tender and have given up their liquid, 4 additional minutes. If there is a lot of remaining liquid in the pan, increase the heat and cook just until most of the liquid has evaporated, about 1 minute. Stir in the thyme, quinoa, chicken, and 1/4 cup Parmesan cheese. Serve warm, sprinkled with additional Parmesan.

Store leftovers in an airtight container in the refrigerator for up to 4 days.

8 Benefits of QUINOA



Whether you call it a complete protein or a gluten-free carbohydrate, quinoa (pronounced KEEN-wah) is a 7,000-year-old plant that originated in the mountainous regions of South America.

While it is commonly known as an "ancient grain," quinoa is technically not a grain or cereal grain, but a seed, and does not contain gluten.

It's loaded with healthy benefits, such as ...



AIDS IN WEIGHT LOSS

Many studies indicate that its nutritional profile and many nutrients can greatly assist weight loss efforts.

1



NUTRITIOUS GLUTEN-FREE ALTERNATIVE

Quinoa may be beneficial for people following a gluten-free diet, providing nutrients they are missing after eliminating traditional grains from their diets.



2



MAY HELP FIGHT CANCER

Three specific nutrients found in quinoa seeds are some of the most revolutionary topics of research regarding preventing or treating cancer.

3



SUPPORTS A HEALTHY HEART

Quinoa's anti-inflammatory nutrients also make it a great addition to a heart-healthy diet.



4



CONTAINS DISEASE-FIGHTING ANTIOXIDANTS

A specific type of antioxidants called bioflavonoids, or flavonoids, is found in large amounts in quinoa and contain disease-preventing benefits.

5



HELPS KEEP YOUR GUT HEALTHY

Quinoa contains prebiotics, or undigestible fiber compounds that work with probiotic enzymes to become "fuel" for the beneficial bacteria living in your gut.



6



SUPPORTS BONE HEALTH

Because of its high manganese, magnesium and phosphorus content, quinoa nutrition is a bone-building powerhouse.

7



REDUCES DIABETES RISK

Eating manganese-rich foods may be one key to maintaining healthy blood sugar and decreasing your risk of diabetes.



8



FOREVER YOUNG!
TOGETHER YOUNG!



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Laughter



LITTLE JOHNNY

Teacher: "If I gave you 2 cats and another 2 cats and another 2, how many would you have?"

Johnny: "Seven."

Teacher: "No, listen carefully... If I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven."

Teacher: "Let me put it to you differently. If I gave you two apples, and another two apples and another two, how many would you have?"

Johnny: "Six."

Teacher: "Good. Now if I gave you two cats, and another two cats and another two, how many would you have?"

Johnny: "Seven!"

Teacher: "Johnny, where in the heck do you get seven from?!"

Johnny: "Because I've already got a freaking cat!"



PREGNANT LADY

A 3 years old boy sits near a pregnant woman.

Boy: Why do you look so fat?

Pregnant woman: I have a baby inside me.

Boy: Is it a good baby?

Pregnant woman: Yes, it is a very good baby.

Boy: Then why did you eat it?

WRITE IT DOWN

There was an elderly couple who in their old age noticed that they were getting a lot more forgetful, so they decided to go to the doctor. The doctor told them that they should start writing things down so they don't forget.

They went home and the old lady told her husband to get her a bowl of ice cream. "You might want to write it down," she said. The husband said, "No, I can remember that you want a bowl of ice cream." She then told her husband she wanted a bowl of ice cream with whipped cream. "Write it down," she told him, and again he said, "No, no, I can remember: you want a bowl of ice cream with whipped cream."

Then the old lady said she wants a bowl of ice cream with whipped cream and a cherry on top. "Write it down," she told her husband and again he said, "No, I got it. You want a bowl of ice cream with whipped cream and a cherry on top."

So he goes to get the ice cream and spends an unusually long time in the kitchen, over 30 minutes. He comes out to his wife and hands her a plate of eggs and bacon. The old wife stares at the plate for a moment, then looks at her husband and asks, "Where's the toast?"



CHECKS ACCURACY OF FUEL DISPENSERS



TTBS in partnership with UNIPET is giving motorists the assurance they can purchase fuel with full confidence knowing they're receiving exactly what was paid for.

Fuel dispensers at UNIPET service stations nationwide, will be affixed with a yellow **"PASSED"** sticker once the verification is completed. Thus confirming accuracy by the Legal Metrology Inspectorate (LMI) of the TTBS. **Verification checks on the fuel dispensers will be conducted every six months.**

Where the fuel dispensers does not meet the criteria of providing an accurate reading it will be removed from service to the public and a **"NOT FOR USE IN TRADE"** sticker would be placed on the device.



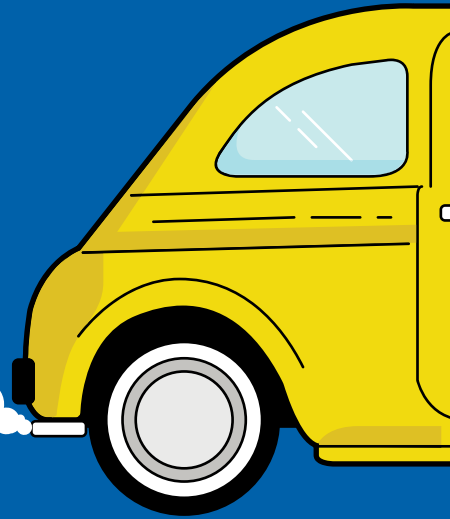
On June 4th, 2018, The Trinidad and Tobago Bureau of Standards (TTBS) through the Metrology Act commenced Fuel Verification at the UNIPET Service Station in Brentwood Chaguanas. The Act requires that measuring devices used for trade such as fuel dispensers, be tested for accuracy, i.e., verified.

Consumers are advised to CHECK FUEL DISPENSERS for the LMI verification sticker!



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