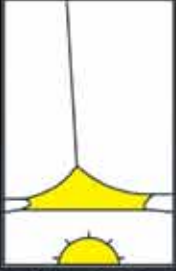


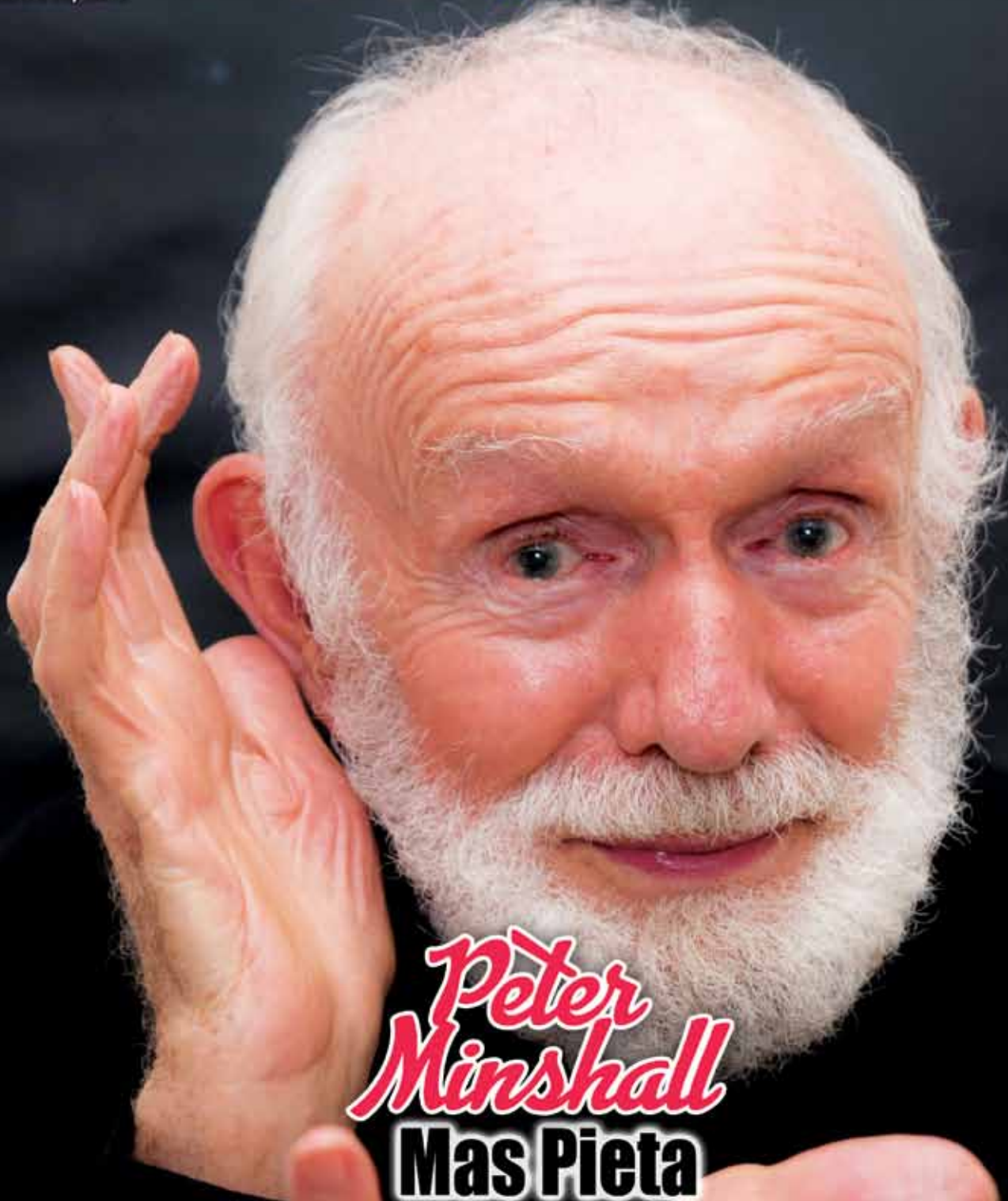
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ISSUE #2, 2019

**50Q**

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*Peter  
Minshall*  
**Mas Pieta**

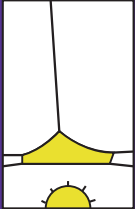


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# Comments from the Board

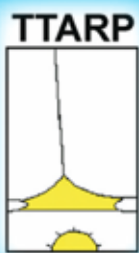
TTARP's National Issues Committee has submitted its proposals to the Ministry of Finance for the 2019/2020 National Budget on behalf of our membership. One main concern from many of you is the state of "Homes for the Aged". It is generally felt throughout the country that senior citizens are being abused physically, mentally and financially. This unnecessary abuse places senior citizens in unfavourable circumstances especially with regard to social opportunities.

TTARP is aware that a lot of negative reports reaching the daily news media, places a negative image on most senior homes. However, not all the senior homes are in a bad state. As a matter of fact The Trinidad and Tobago Residential Care Association in its article in the Daily Express on 25th February 2019 mentioned that there are 239 homes in Trinidad & Tobago with only 115 such homes registered as their members. The Association is currently undertaking the task of inspecting all the senior homes to ensure that they attain compliance with the desire to continuously improve operational standards of these senior homes.

The Ministry of Social Development and the Ministry of Health need to publish the guidelines for the operation of these Homes for the Aged and the relevant fines for breaching the guidelines. TTARP will welcome comments and recommendations from its membership for the improvement of the operations of these senior homes.



## TELL A FRIEND TO JOIN TTARP



# TTARP BENEFITS

**(A) TTARP negotiated /implemented for its Members a wide variety of discounts for purchases at numerous Commercial, Medical and Retail enterprises. These are being added to on an ongoing basis.**

**ALSO,**

**(B) The following are TTARP's Recommendations to GORTT and others on behalf of Senior Citizens now in effect:-**

1. Fee Exemption for the renewal of a Trinidad and Tobago Passport.
2. Fee Exemption for the renewal of a Trinidad and Tobago Driver's Permit.
3. Exemption from Trinidad and Tobago Airport Departure Tax on Airline Tickets
4. Tax Exemption on General Insurance Policies (e.g. House and Car)
5. Free PTSC Bus Pass for bus rides in Trinidad and Tobago.
6. Free Inter-Island Ferry Pass on vessels on the Trinidad and Tobago sea bridge.
7. Free rides on the Water Taxi between POS and San Fernando.
8. Fee Exemption on certain bank services (e.g. Bank Drafts and bank statements for US Visas)
9. Preferential rates on fixed deposits at Banks and certain Credit Unions.
10. Widening the range of CDAP medications for ailments common to Senior Citizens.
11. Extended Medical Care at community Centers from 7am to 4pm, then to 7am to 7pm, and in certain areas from 7am to 10pm.
12. Increased non-taxable annual income allowances from \$60,000 to \$72,000 for **all citizens.**
13. The Senior Citizen Grant has been increased to \$3,500 (max) dependent on other Retirement Income from NIS and Occupational Pensions.
14. Special discounts on Application for Electricity and Water Rates for Senior Home Owners only.
15. Retiring Government employees will now receive an interim pension of three thousand dollars (\$3,000), while their work records are processed, when verified, the employee will start receiving the correct pension and will be given a lump sum for arrears.
16. Removal of semi-annual Life Certificate for NIS Pensioners.

\*\*\*

July 31st, 2019

# IN MEMORIAM OF DAVID CAMERON

(TTARP's 1st Vice President)



David Cameron joined TTARP as a member on October 27th in the year 2000. Four years later in 2004, he was elected as a member of the Executive Board of TTARP. In 2005, David became the organization's 1st Vice President, a position which he held until his untimely passing on May 20th 2019.

David was energetic, full of ideas and always willing to volunteer his services and to go the extra mile. He was devoted to his family, his mas band Trini Revellers and to TTARP.

In 2015, he became an integral part of TTARP's Central Zone overseeing the Operations of the Central Senior Activity Centre which was born out of the marriage between TTARP Central and the Ministry of Social Development.

He was a private, mild mannered individual who treated the Central Board members and the general membership with utmost respect. He quietly listened to our views, made suggestions and took effective action. In spite of his busy schedule he always found time to be involved in the planning and participation of our many activities.

Dave, as he was fondly called, was a pillar of TTARP and will be sorely missed by The Executive Board, The Central Zone, other Zonal Groups, Management and Staff, as well as the many members he interacted with at TTARP.

*May his soul Rest In Peace. Soar with the Angels our beloved 1st Vice President.*



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# EASTERN ANGELS - ARIMA ZONE

by Annette Young, Public Relations Officer.



Our models from left to right, Mervyn Ramsey, Margaret George, Dani Davidson, Ann Marie Kerr, Helen Bernard and Ethan Benjamin. Photograph by Peter Nock, Chairman.

“The Enchanted Garden” themed event catered for one hundred and sixty members and friends at the Arima Tennis Club which was beautifully transformed by Pearl and Garth Blenman.

The renowned Errol Fabian was The Master of Ceremony and kept us thoroughly amused. Ms. Helen Bernard had the pleasure of introducing the models in their captivating outfits; Derron Ellies opened the musical segment with a beautiful pan solo performance; followed by Ingrid Sebro and DJ Tyrone George who serenaded the audience. As



Our Entertainment Committee from left to right Angela Philip, Wendy Maundy, Patricia Young, Lynette Brewster, Joyce Charles-Rodriguez and Victoria Williams.

the evening continued, guests were invited to partake of the delicious buffet dinner and mouthwatering desserts prepared by Latoya's Cake Palace.

The final performance for the evening was a pan piece presented by Kimberly's Royale Steel Orchester which comprised of three generations under the stewardship of member Rita Williams.

Special thanks to Peter Nock, Christine Lewis, Shirley King, Lester Blackman and the Entertainment Committee for all their efforts



## Have You Been to Moruga ?

How many of us can actually claim to have been to the central south coast of Trinidad at the western end of the Trinity Hills. In June, a contingent of ninety-six members of Eastern Angels Arima Zone went on a “Know your Country Tour” to Moruga with Tour Guides from the Trinidad and Tobago Tour Guides Association, led by Mr. Wendell Griffith,



One of the stops en route to Moruga was the St. Clements Anglican Church, in St. Madeleine. Of great interest is a Monument in the churchyard erected in memory of the 600 million slaves who met their death while traversing the Atlantic Ocean through various routes, during the slave trade of 1671-1834. This monument which was dedicated by Pastor Kwame Mohlabani on 20th July 1997 is one of the historical sites listed on the Heritage Asset Register. There is also a cemetery in the churchyard where a few Celtic crosses are installed on some of the tombs.

Other sites like the now defunct St. Madeleine Sugar Factory and the stories associated with the naming of places such as Hard Bargain and New Grant made the

trip very fascinating. The headstones with popular names such as “Papa Neezer” whose real name was Ebenezer Elliot and “Mother Cornhush” whose real name was Lennie Catherine Brizan were observed. We also learnt that Trinidad and Tobago was the first island to celebrate Emancipation.

The tour ended on the beach in Moruga where there is a lighthouse and also a statue of Christopher Columbus. Members made themselves comfortable at the various huts which are located on the beach front. An extraordinary day indeed.







# TOBAGO CORALS

by Selby Cole, Chairman

## PITCH LAKE

Three's a good crowd.

In April this year, the Corals decided to visit the Pitch Lake in Trinidad. Treading carefully on the lake, we rubbed the sulphur water on our skins which is legendary for many benefits and were intrigued by the story of a man who many years ago, began to sink, while taking a photo of his girlfriend.

TTARP's La Brea Group warmly welcomed us and the Arima Zone also surprised us with their presence, hence our saying "three certainly was not a crowd"!

Together the three Zones had loads of fun.



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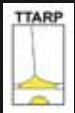
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# CENTRAL PRIDE

by Yvonne Knights, PRO.

## BE SCREENED and TESTED !



A handful of just 35 members were fortunate enough to obtain tickets to attend TTARP's Head Office Health Seminar which was held April 11th at the Radisson Hotel. Members boarded their transport as early as 7:30am to ensure an early arrival to be screened and tested by health professionals. before listening and actively participating in the various lectures. Our attendees are snapped attentively listening in this photo.

## Hat Parade & Fashion Show

At the Central Indoor Sport Arena, Chaguanas our models delighted the audience flaunting casual and formal wear. DJ Lennox and Dannel Flaveny entertained with music and song, and with a reversal of positions, the models were asked to select the top three most creative hats from the audience.



Winners of the Top 3 Creative Hats: Claudia Thomas was declared the 1st Place Winner, flanked on her right by 2nd Place Winner Marcia Stoute, on her left by 3rd Place Winner, Bernadette Hutson.

## Clifton Hill Beach Resort



Fun in the sun was the only thing on the agenda when 86 members and friends journeyed to Clifton Hill Beach Resort in Point Fortin. There were sun bathers, sea swimmers, card players and the 'limers' who sat around relaxing. To our dismay, a few hours later, the clouds condensed and the rains came. The earth was dampened but not our spirits, and soon the clouds dissipated and out came our dancing shoes before we headed to our homes.

## Cat Walk Models

Central Pride models 'walked the runway' at the Lions Club, Couva, Tea Party & Fashion Show. Our models were well received by the appreciative audience as they strutted their stuff.



**Bernadette Brathwaite in African apparel**



**Patricia Paul wears an elegantly casual outfit**



**Karen Richardson-Nesbitt in formal wear**



*Lawrence Haynes portrays an elegantly casual ensemble.*

Our models are ably led by Mrs. Carol Huggins-Benjamin, one of our Board members. Zones/ persons, holding an event and interested in having them electrify the audience can contact TTARP Central for details.

## Our AGM

On May 23rd Central Pride held its Annual General Meeting to elect members of the Zonal Executive to serve for two (2) years in accordance with TTARP's Bye Laws. Mr. Neville Navarro an Executive Board Member of the Head Office was our Presiding Officer who ensured we had a smooth and uneventful election.

*In the picture, members of the Board pose with the Presiding Officer, Neville Navarro. (Seated L to R) : Eileen Chrysostom-Committee Member; Ann Williams - Asst. Treasurer and Lynette Drakes-Brown -Secretary. (2nd Row L to R) : Florence Skinner-Committee Member; Janet Rawlins - Vice Chairperson; Cynthia Amoroso-Committee Member; Faith Calliste -Chairperson & Yvonne Knights - PRO. (3rd Row L to R) : Theresa Williams- Trustee; Merle Sandiford, Kimlyn Leung, Carol Huggins – Benjamin - Committee Members and Portia De Silva-Ifill - Treasurer. Missing from picture are: Tessa Bruno -Asst. Secretary and Lisa Johnson -Trustee.*



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# Questions and Answers with

Dr. Fuad Khan - Specialist Urological Surgeon

**Dear Dr. Fuad,**

**My husband has been diagnosed with prostate cancer. What are the treatments that he can take without possible complications?**

**DK, (Santa Cruz)**

**Dear DK (Santa Cruz),**

The diagnosis of prostate cancer in a patient will mean that he already had his PSA (Blood, Prostate Specific Antigen) profile done, and a possible biopsy (a piece of prostate) done to secure a diagnosis. The stage and grade of the cancer is of paramount importance. If the cancer is of a low grade, and confined to the prostate or nearby tissues the condition is called "localized prostate cancer". This cancer can be CURED. With the appropriate management the patient can go for a total removal or destruction of the gland.

However, if the PSA is less than 15ng/ml one can do a variety of management procedures.

The initial approach is to define the volume and dimensions of the prostate, in essence the height, length, and width.

The patient should undergo various staging technologies such as:

1. CT Scan- to check for lymph node involvement.
2. MRI Scan- to assess the prostate and surrounding tissues.
3. The Bone Scan- to assess the possibility of spread using nuclear triggered particles.

If all these investigations are negative then the cancer can be considered as LOCALIZED, or not spread, or confined to the prostate.

## **Treatment:**

The newest procedure in the private sector is High Intensity Focused Ultrasound (HIFU). There we have a specialized ultrasound wave through the rectum, and it focally destroys the cancer in the prostate. It spares the nerves and the sphincter muscle. Hence, leakage and impotence after the procedure is minimal.

Many other techniques cause impotence, and urinary leakage as complications of the treatment. Radiation in particular, cause severe bowel and bladder burns that

results in a serious problem for the bladder, and bowel disfunction.

Another method of management is that of surgery.

Here, the gland is 'cut' off from the bladder and together with the vas and seminal vessels (sperm collection) sac. This has the complication of (i) leakage of urine, (ii) impotence and long term strictures in the joining area of the bladder to the urethra where the prostate has been removed. If the cancer has been shown to have spread away from the prostate, then the method of management is not cure but control.

Many drugs exist to block the male hormone testosterone which apparently can be considered as food for the prostate. The medication blocks the formation of this hormone, and this causes the cancer to regress. i.e. Control is obtained.

This can continue for years but high grade and aggressive cancers cause early spread and severe complications of bone spread, blood disorders, bladder and vascular

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problems etc.

All in all, it is a boon to be diagnosed early with prostate cancer and early management can be done.

Hence, early screening for assessment of prostate cancer is necessary to stop the long-term complications that can occur if the cancer is left unchecked. So, SCREEN for cancer early.

**Dear Dr. Fuad,**

**Please assist: I am 55 years old and I suffer with severe erectile dysfunction. What is there to help me overcome this difficulty?**

**Tom, Arima.**

**Dear Tom (Arima),**

Erectile dysfunction is a problem of aging and can be managed in various ways. It can be a psychological, or physical dysfunction. Initially one has to determine the direct cause. There should be a proper consultation assessing the history, and length of time the problem has been occurring. Then possible blood investigations for testosterone and other investigations such as lipids, cholesterol, full blood count, diabetes, etc.

If these factors are all within normal limits further management is done. In the elderly male one has to do testosterone injections in low testosterone states. Medication for increased flow to the organ is then assessed and used. The final phase is the use of implantable devices in the corpora of the organ and this usually has a mechanical effect on the process. The implants are usually rigid rods, or hydraulic pumped up methods. Both are successful, but can be used to efficiency. Hence the problem of erectile dysfunction can be

successfully managed with counselling, medication or implants.

For further advice please write to:

**Dr. Fuad Khan**  
**St Augustine Private Hospital**  
**4 Austin Street, St Augustine.**  
**Or email**  
**fuadkhanurology@gmail.com**  
**For consultations call 645-0014/5 or 622-6081**

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# My Addiction to Flying



By Dr. Sanjay Pooran  
MD, FFPHMI, FFPH, LLB, MBA, MSC  
Public Health Physician/ BBC World Service

## What is it about airports that get the nerves and feelings stirred?

It's like a first date. Love it or fear it, the feeling is orgasmic. The tangible taste of journeys unexplored with the familiarity of childhood excitement, has led my experiences far and wide. From the blue crystal waters of Mauritius to the insomniac excitement of New York City, **“ I have an addiction for which no cure can be found and I hope never will it be”**. Call it an escape, call it running. Yes please, to the beautiful aircraft waiting at the gate to transport my desires. As close as Tobago or far as a journey to Cape Town, still makes the process an art of seductive chase.

Globalisation and international relations bring thought to the idea that maybe humans need that sense of lift off. We need it for growth, we need it for cultural sensitivity, we need it to give meaning to life and create the expectation of desire.

There is a smell that airports and aircraft have, that are designed to create euphoria. In an airport it's a mix of coffee with industrialized carpet and air conditioner cleaner. In the aircraft that smell that shoots up your nostrils as you linger in anticipation towards the aircraft door is a cornucopia in equal parts of comfort and confusion with jet fuel. I would like to think there are cabin fairies bustling around just to create my own personal brand of smell.

The internet has created a false sense of life. We see on screen the realities of illusion that lay claim to false experiences. Break away from it. **Nothing is more exciting than being pushed back into my seat, like a restless lover, as the Rolls Royce engines of a 777**

**spool up and race me down the runway**, then in the blink of an eye I am transported with earthling desire to dance with the clouds as the landscape below runs away to past thoughts, and anticipation rests with the physics of flight. I always sit in the middle of aircraft above the wing, it gives a sense of connection, you know like checking your pulse. We glide to destinations far and near cascading out thoughts with pre-planned activities.

Flying into the Caribbean usually means reflective blue oceans and a quiet sense of calm (unless you're a kid ), as opposed to flying into metropolitan cities, where the urgent sense of rush, (no less exciting), greets you as the aircraft breaks cloud and your sights are settled onto the welcoming concrete structures below that seem to tickle the belly of the aircraft and realign your memories with stories told.

The feel of balance as she (the Boeing 777) turns from left to right, gives me gliding euphoria, slowly getting lower and lower, as destination and desire await below. Humps and bumps add to the excitement as I feel her full weight when we make contact with the black asphalt, and as if to announce her arrival to royal theatre, her engines growl with the stealth vibrations as we come to a slow incomplete stop.

She turns slowly like a waving pageant queen where the wings make contact with my new scenery, slowly unfolding the pictures of my new destination.

**Who would not want to experience this?  
Never let anyone or anything clip your wings !**

CSO



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# Online Safety Website For 11 Commonwealth Countries



FOR IMMEDIATE RELEASE

May 2019

T: 1 868 288-8661

E: pr@odemcompanies.com

Bringing the best of the UK's cyber security expertise to other Commonwealth countries is the mission of the U.K. Commonwealth Cyber Security Programme, launched following the Commonwealth Heads of Government meeting in April 2018. One part of this programme is to deliver free, accessible, up to date and comprehensive advice about staying safe online to the people of Trinidad and Tobago.

**Get Safe Online: [www.getsafeonline.org](http://www.getsafeonline.org) - a UK based not-for-profit organisation - launched a brand new website in Trinidad and Tobago on May 13, 2019. The site will include comprehensive online safety advice and information on the latest online safety risks, specific to persons in Trinidad and Tobago. Alongside the website, a series of public awareness campaigns will run throughout the next 11 months to raise maximum awareness about online safety among the general public. The aim is to help everyone, from the most online savvy to those who are less confident using the internet become more risk-aware and better protected online.**

Antigua & Barbuda, Bahamas, Barbados, Dominica, Jamaica, Grenada, Guyana, St. Kitts, St. Vincent & The Grenadines, St. Lucia, and Trinidad & Tobago are the 11 commonwealth countries in which the public awareness campaign has been launched. The first campaign is headlined "hello\_POTENTIAL VICTIM" and set to start May 13, 2019 in Trinidad and Tobago with the aid of the marketing agency ODEM. Over the period May 2019 to March 2020 as part of the campaign plans, Traditional

and Digital PR strategies will be used in each country to accomplish the main goal for safety online.

**hello\_POTENTIAL VICTIM uses examples of what a "Potential Victim" looks like from the victim's point of view. In addition, messaging is crafted from a fraudster's perspective. "Hello" serves a dual role, somewhat of a "wake up call" to victims exposed to online predators and scammers as well as a greeting, much like how a criminal would address their target. This campaign is positioned to create awareness and attract attention to ever increasing safety issues online.**

Global Ambassador for Get Safe Online, Peter Davies, doesn't want people to be scared away from internet use. "In Trinidad and Tobago, just as in other Caribbean countries we are working with, most people already have a "digital life", and benefit from the information, opportunities and personal empowerment it can bring. Creating and sustaining a digital economy also brings more wealth and opportunities to the region. We want people to realise those benefits confidently while knowing how to avoid pitfalls such as lottery scams, romance fraud, and phishing. We also want to encourage people - especially the younger generation - not to "overshare" personal images or information. That can come back to haunt them and put them at risk."

To support this campaign and share information please visit [getsafeonline.tt](http://getsafeonline.tt)





# hello\_POTENTIAL VICTIM

People aren't always who they claim to be online !

MISS JOAN

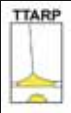
Widow, age 71, lives alone. Confides in a "trusted" stranger on the internet. He promises to manage her assets, but first she needs to give him her personal banking information and login details.

"It may sound good, but hurts bad"

Remember, you worked hard for your pension, protect it. Visit our website to find out how you can stay safe from **Cyber Criminals** on the internet.



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# Pembroke Cultural Star (Tobago Zonal)

By Carmen Charles, Secretary

## 10TH ANNIVERSARY & AWARD CELEBRATION

On Thursday 14th March 2019, the Pembroke Cultural Stars, Tobago Zone celebrated its 10th Anniversary and Award Ceremony at the St Mary's Anglican Church, Pembroke, Tobago.

It started with a parade of drums through the Streets of Pembroke to the Church with Mrs. Henrietta Murray carrying the tray of Thanksgiving. Three members of TTARP's Board Members were in attendance - Mayling Younglao, Reynold Cooper and Geoffrey Lewis ; our Parliamentary Representative, Mrs. Ayana Webster-Roy, a few Secretaries and Members of The Tobago House of Assembly as well as many other invited guests.

After the prayers and songs of Thanksgiving, ten of our Founding Members were presented with Awards for their period of service to the group. It was a most enjoyable evening.



## CARIBBEAN CRUISE

A group of sixteen members travelled from Tobago to Panama headed for a 7-days Caribbean Cruise. We overnighted in Panama before boarding the Monarch where we stopped off in Colombia (Cartagena); Curacao, Aruba and Bonaire before returning to Panama. Shopping is good in Panama and members took the opportunity to get bargains at the Free Zone and the Malls. The language barrier presented a slight problem, since these cruises cater mostly for spanish speaking persons, however, we still had a wonderful time as the tour guides spoke both Spanish and English.



## KNOW YOUR COUNTRY TOUR

The beauty of Tobago is surprisingly still unknown to many, a group of thirty members took part in our Annual Know your County Tour held in June. We started from Delaford to Scarborough, and through Plymouth where we visited the Mystery Tomb and Fort before heading to Fort Bennet at Black Rock and ended at Pigeon Point where we spent the rest of the day, having fun and sea bathing.



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*TTARP members can choose a free Screening Gastroscopy upon booking for Screening Colonoscopy: a savings of \$3000.*

# Peter Minshall

## Mas Pieta



Mas Pieta Horror Pity Love Light Minshall 2020

It's been brewing for a while now it seems, and what better forum than TTARP's, whose readers have journeyed with him over close to five decades, for Minshall to articulate his vision: **"I've just got to do this," he considers, "I have no choice. It will be difficult because most of the pillars that have always supported me are gone [mas being a supremely collaborative art form]. But I cannot not give it a try. This is a matter of duty. I have to do the biggest work of my life next Carnival. End of story."**

He pulls out a sketch he's been working on. It is inspired by Michelangelo's sculpture, Pietà, depicting the Virgin Mary cradling the dead body of Christ. In his interpretation, however, Mankind lies dead from self-inflicted sins, and is cradled by a wounded Mother Earth.

With Mas Pieta, Minshall is declaring his mas for 2020. A Street Opera. In Four Acts:

First Act: 'Armageddon'.

Second Act: 'Ashes to Ashes'.

Third: 'Over the Rainbow' - a rhapsody of Garland and Armstrong's classic, "Because yes! even in the world of Trump, 'I sometimes think to myself, What a wonderful world...'"

The Fourth and final act? 'Le Paradis Retrouvé'

**Horror, Pity, Love, Light; Mas Pieta is a big story to tell.**

The past is palpable with Minshall. He's been unfolding his life's stories at breakneck speed, and as if watching his own play—part adventure, part comedy, all drama—he refers often to himself in the third person: "I remember, Jackie Hinkson, Peter Minshall, these two skinny boys hanging over the bannister of the 'Antilles', looking back at the wharf. And there's the Minshall clan," he booms, pointing into the distance, "and there's the Hinkson clan, and we're waving goodbye. Jackie's off to Paris to do

painting, and me to London to join the Central School of Art and Design."

In his mid-30s, Minshall got his big break designing for a major ballet production at Sadler's Wells Theatre in London. His mother is at the premiere as he receives a standing ovation, and she seems to have been a potent force in her son's life—when she summons him to design a Carnival costume in Trinidad for his 12-year-old sister, he simply agrees. From the Land of the Hummingbird takes five months to compose, explodes to life on stage, and Minshall is soon after, in 1976, invited to design his first mas band. For its artistic and technical considerations, for juxtaposing human energy with moral inspection, Paradise Lost signals a watershed moment in Carnival history. And the trajectory of Minshall's career thereafter, you already know: Zodiac, Carnival of the Sea, Danse Macabre, Jungle Fever, Papillon, River, Callaloo, The Golden Calabash, Carnival is colour, Rat Race, Jumbie, Sans Humanité, Tantana ...

Olympic and World Cup opening ceremonies followed, "But to me," he hastens, "the Real work was happening on Tragarete and Frederick Streets." He takes us further back: "I remember the first time I ever played J'Ouvert. I sewed a t-shirt for my head so there were only holes for my eyes and mouth, placed a German-imported wire mask over that, stuffed coconut fibre into a hairnet, dressed opaque stockings on my arms and feet, and put on my mother's slippers, a handbag, and fan:

*Dame Lorraine!  
Down de Road!  
4 o'clock Monday Morning!*

Only much later you look back on it and think, 'My God... That was total liberation. Relieved. Completely. Of gender, age, race - a spirit form wandering among the crowds...' He had had to leave Trinidad to realise that mas was Art—**"Our Art"**—and that it was no lesser than what he had trained for, whether for Sadler's Wells, or for the Shakespeare Company.

Unlike the designs that have characterised some of his costumes, Minshall's home is austere: stripped of clutter and colour. White chairs, white cushions, white coffee table, white walls, no hangings. Else too many distractions? Perhaps. Looking around, the feeling is that everything's been meticulously considered. Furniture and decor assiduously laid out along crisscrossing lines, as though observing imperceptible grids. The garden: a latticework of palms, benches, hanging plants, walkways, fountains, a gazebo, a colonnade, all giving way to a Samaan he planted himself on the far side: "This is the Real drama," he delights, "I just needed the house to fit in with the tree!" We've been sitting on the porch for a couple of hours now. The sun has sunk, the roads of the world have grown dark, and the cacophony of parrots have given way to emphatic cicadas. We're leaning in a little closer. He's more at ease. He says so himself. Minshall is no longer delivering, as he is now confiding:



"I look back at River"—his 1983 Magnum Opus in which greed, Mancrab, triumphs over life and purity, Washerwoman—"and you have to ask yourself why it should remain so relevant today?" **Carnival is dying, he feels, "and our children are selling themselves for a handful of coloured beads."** He fears for the country, as he does for the planet and the people on it. Trump, Khashoggi, Climate Change, Crime... "I carry all that with me—'As I enjoy joy, so must I suffer suffering.'" He is an artist, he says, it comes with the territory. And, today, his focus is on the four acts that will be performed on the streets of Port of Spain in 2020.

**Armageddon (Horror), Ashes to Ashes (Pity), Over the Rainbow (Love), Le Paradis Retrouvé (Light); Mas Pieta is a big story to tell.**

But how else will the world be compelled to wake up? Minshall wants little islands to have something to say, and he wants the world to know that little islands have something to say. Earlier, he read us a quote from one of his favourites, poet and playwright Federico García Lorca, whose words probably aptly encapsulate Minshall's appetite and aspirations. Here's how it reads: "The poem, the song, the picture, is only water drawn from the well of the people, and it should be given back to them in a cup of beauty so that they may drink - and in drinking understand themselves."

Written by:

plantain

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**TTARP anticipate a magnificent Presentation of Minshall's Mas Pieta in Carnival 2020 and we are honoured that he has chosen the O50Q Magazine to share this Big Story with our loyal members. Minsh has been a TTARP Member since July 2010 and we wish him continued success in his ART.**



# BELMONT B's

by Lydia Pierre



## MARTINIQUE

**M**artinique! The name conjures images of beautifully head-wrapped women in brightly coloured dresses in their musical patois trying to sell their market goods. The Belmont B's journeyed to this paradise in July to discover this Caribbean outpost of France. And we were not disappointed.



A group of twenty seven members were welcomed into the lovely Hotel La Pagerie, where we spent eight days sampling the delicious local cuisine, visiting several sites of interest and marveled at



how this little island has managed to preserve its history, both economic and social. We visited the Musee de la Canne, to view display items and images of the origin of the island's cane cultivation to its current internationally acclaimed rum distilleries. We saw the original home of the Empress Josephine, wife of Napoleon. There was an entire reconstruction of a village showing the island's history of slavery.

Our very informative guide, Leah, explained the significant impact of their leader Aimee Cesaire in the development of Martiniquans' pride in their 'negritude'. They insist that they are French, but their local dialect 'Kweyol' is recognized by many as their first language . We experienced the ease of the regular and punctual half-hourly boat ferry ride from our hotel base to the capital Fort de France. And the cleanliness of the entire island was remarkable!

Travel opens the mind. We will continue to ensure our members get the opportunity to experience the joys of this activity each year.

## Do You want a Lolly ?

**T**he Eid ul Fitr holiday was the day selected for the B's to commend the parents in our midst. Over fifty members bonded over delicious refreshments within the ambience of the beautifully decorated hall.

Entertainment was provided by the Gonzales Cultural Group who performed a truly amusing 'Dance of the Dames Lorraines'- we have always involved the young



people of the community in our activities to help engender healthy bonds of respect and love. Allan Shallow, our resident calypsonian led us with a medley of old time calypsos, but it was a trick by our Chairperson which has us in stitches. Sixteen "lollies" on a decorated stick was generously passed out to some attendees, many of whom gladly accepted but looked a bit puzzled. Lo and behold, all who had "lollies" were called on to model. It was hilarious!



Special gifts were given to the oldest male present, the debonair Anthony Pierre, looking much too young for that title. The oldest female, Agnathius Thomas, aged 84, had such fun she promised she will not miss another event.





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# Natural Beauty Traditions

At the age of nine, I was introduced to my first beauty regime by my grandmother. In preparation for Sunday



lunch, I would help her peel the cucumbers (*Cucumis sativus*). Before discarding the peeled skin of the cucumber my grandmother showed me how to rub the inside of a peeled cucumber skin over my face, to improve one's complexion. This became a simple beauty ritual every Sunday morning. Cucumber is a natural mild astringent, skin neutralizer and toner used in many cosmetics. Cucumber is also important to incorporate in one's diet as it is a natural diuretic and contains important vitamins and minerals.

I also saw my aunts prepare a homemade facial mask of aloe vera and egg whites. Aloe Vera (*Aloe Barbadensis*) was and still is a "must have" plant in one's garden. It is a healer par excellence. Traditionally, Aloe Vera was consumed



for 9 days to purify and heal especially if one was injured. Aloe Vera drinks and cosmetics are readily available commercially today.

When I played in the yard with my siblings and sand got into my hair, it was shampooed with Rachtette (*Opuntia*) a natural shampoo. It contains saponins (soap like ingredients) and lignins. It is also a food high in antioxidants, vitamins, minerals, and



fiber, and may help to decrease blood sugar levels when eaten with a balanced meal.

My grandmother also massaged all her children and grandchildren's skin with coconut oil (*Cocos nucifera*) since they were babies. The coconut oil was freshly prepared at home. Coconuts are rich in nutrients and are known to be used for many health benefits. It moisturizes and nourishes the skin and hair; can be used as a breath freshener, massage oil and food.



Beauty traditions brought from India to the Caribbean are still widely practiced today. One such



ritual is the preparation of a bride for her wedding ceremony. Prior to the wedding ceremony the bride is bathed in saffron, turmeric, milk to purify her body. This practice cleanses the skin, so it looks more beautiful. Turmeric (*Curcuma longa*).

Visits to relatives in Tobago, included hot homemade cocoa (*Theobroma cacao*) prepared from the cocoa pod extract and flavoured with cinnamon and spice. Cocoa is rich in antioxidants, flavonoids and is the source of Cocoa butter. Cocoa Butter is



widely used in cosmetics for fading marks on the skin and in lotions and cremes as a rich emollient.

Growing up, Avocado (*Persea Americana*) was always abundant at our home when in season, namely, large ripe Pollock avocados, which melt like butter in your mouth. Besides its high nutrient content of 20 vitamins and minerals, it is a great source of antioxidants and heart-healthy monounsaturated fat – good fat! In the cosmetic

industry, Avocado is revered for its moisturizing and anti-aging impact on the skin, treatment of sunburn and improvement of hair and nail health.

"Bois Bande" is patois for "Good Wood" which is considered an aphrodisiac and has countless stories about its potency. It contains alkaloids and also works as a good astringent for the skin in cosmetics.

Our grandparents may not have known the science behind the rich botanica around us but their traditional knowledge served us well and continues to do so today with the backing of scientific evidence.

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*by Cheryl Bowles  
Biochemist, Founder &  
Managing Director of Cher-Mère  
Phone: 285-9053*



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# Relocating and Downsizing

## PART 2

by Value Spaces Realty

### What is downsizing ?

Perhaps the simplest definition of Home Downsizing is "Making do with less". It means shedding off all of the excess baggage that you have in your life including expenses, personal property, collections, or junk...and living a simpler, less complicated life.

Marketing Companies sell the impression that "bigger is better." Upgrade for a larger drink and more fries for \$5 more? This may sound like a bargain but do you really need extra calories? Car companies may urge us to buy an SUV instead of a sedan. Who has a 19" TV anymore, almost everyone wants a 46" flat-screen now.

The challenge is to determine your living situation position and what is best for you considering your circumstances.

### Advantages

1. Increased cash flow: Perhaps you could pay cash for a smaller home from the proceeds of your existing home and so would have extra disposable income.
2. Reduced consumption: You will be less likely to buy unnecessary things, since you have limited space, which means you may acquire less clothing, food, and consumer goods.
3. Lower cost of living: Utility bills such as electricity and water should be less.
4. Free time: Enjoy your golden years by doing more enjoyable tasks rather than clean and maintaining a large space
5. Less worries: increased cash flow, greater flexibility, less responsibility has proven to reduce stress. Homeowners who have successfully downsized sometimes appear happier when they're no longer overwhelmed by the demands of a larger home.

### Disadvantages

1. Change: Leaving a comfort zone can be uncertain and scary.
2. Less Possessions: Downsizing will mean selling, donating or discarding personal effects which one may have been grown emotionally attached to over the years.

3. Tight Space: A smaller living space will take some getting used to, and one may feel a bit stifled and unable to escape to enjoy private time.
4. Decrease Status : For some it may affect their social standing perception and this can be very important.
5. Limited Guests: The number of guests invited for social gatherings will need to be reduced and there may be no room available for overnight guests.

### Making Decisions

The ideal position for downsizing should be to gain some disposable income among all the other Advantages mentioned above.

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So be sure to check out the various plans that providers offer. On a quarterly basis, the Telecommunications Authority of Trinidad and Tobago (TATT) compiles and published prices for services offered by mobile phone providers. The publication also contains prices for Internet and subscription television services. Those prices are published on TATT's website [www.tatt.org.tt](http://www.tatt.org.tt).

Remember, if you are not happy with the services of your mobile provider, you may port your number.

Porting is the term used to describe the process by which you move your telephone number from one service provider to another.

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**DO YOU HAVE  
THE RIGHT PLAN  
FOR YOUR  
NEEDS?**

## Quick tips

- Avoid paying for extras you don't need, like parental controls.
- If necessary, ask someone you trust to review the terms and conditions of your contract.
- Be willing to change providers for a more competitive plan.  
*Remember, you can port your mobile number from one provider to another at no cost.*



# “Healthy Living”

The Head Office hosted its Annual Health Fair at The Radisson Hotel where members got the opportunity to listen to medical experts speak on various medical conditions as well as to ask direct questions. A few loyal Discount Partners were provided a forum to display their products and services and were also able to interact one on one with members.

**Ms. Charmaine Jennings**, Deputy Permanent Secretary in the Ministry of Health brought greetings from the Ministry to the audience of over 600 members who were in attendance. Followed by our first Guest Speaker, **Dr. Nicola Alcala**, who spoke on Diabetes and the body. Though acknowledging the need for medication, Dr. Alcala an avid yoga enthusiast stressed the need for lifestyle changes.

**Dr. Fuad Khan**, a Urological Surgeon edified yet amused as he spoke on Sexual Dysfunction. The men in the audience were particularly interested and formed a line to talk to Dr. Khan privately. **Dr. Ronnie Bhola**, Chief Surgeon (Trinidad Eye Hospital) highlighted treatments and care for various eye conditions which attracted many questions. **Ms. Zita Emmanuel** (Mental Health Unit) did a very interactive presentation that allowed the audience to win prizes from games played.

This energized fair was closed by **Dr. Jennifer Rouse** who did a vote of thanks to the Speakers and the members for attending.

We are very thankful for our dedicated sponsors, many of whom have been extremely loyal and committed to TTARP over the years. Their contributions are invaluable and none of these events could happen without them....

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# 'Shining a light' in the East. EndoscopyTT Centre

*Dr. Feisal Daniel MBBS, FRCSEd.  
Specialist Surgeon GI Endoscopist*

Over the last year, The EndoscopyTT Centre has been open in the Eastern Corridor, providing high quality diagnostic and therapeutic endoscopy services (gastroscopy and colonoscopy) to the public. In the 21st century these are the tools of choice for the investigation of common digestive problems, making important diagnoses (ulcers, inflammatory bowel disease and cancer), and perhaps most importantly preventing cancer (polypectomy and treating h. pylori infections).

**Our clinics are open in St. Joseph (near the St. Joseph R.C. Church) and in the Shops of Arima.**

Clinical Services are provided by Fellowship trained Specialist Surgeons and Gastroenterologists.

*Dr. Feisal Daniel*, the Medical Director, completed his Speciality GI training at the European Endoscopy Training Centre at the Policlinico Gemelli in Rome, Italy. Following this he returned home and pioneered the Endoscopic Services at the Sangre Grande County Hospital. The Endoscopic removal of advanced colonic polyps forms an important part of his practice. He uses a specialized technique (EMR) to remove polyps that before his return were often referred for surgery. This technique has saved people from the pain, stress and financial strain of surgery under general anaesthesia. People walk in get scoped, have their polyps removed, have a bowl of soup and return home within a couple hours (at a fraction of the cost of surgery). Most importantly, colorectal cancer is prevented.

*Dr. Sanjeev Solomon*, is the Consultant Gastroenterologist at the EWMSC (Mt. Hope). He has recently returned from the USA where he subspecialized in interventional endoscopy, and is most eager to develop the therapeutic services at the EWMSC and privately at the EndoscopyTT Centre.

We provide a high quality, cost considerate service. In these challenging times, we are mindful of expenses and strive to

accommodate those in need. We have a strict infection control policy, using disposable accessories once as recommended, enzymatic detergents and high grade disinfection.

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# A Struggle With Elder Abuse

Is it safe to discern that the attitude towards elderly persons is rapidly slipping into a version of disrespect and castrating compassion from the whole of society?

**The more things change...the more they remain the same! How true or popular is this statement?**

We see new buildings emerging; vehicles without petrol; aspirations to live on the moon; technology at its best. But people's attitude towards life and one another has taken a new dimension – for example, society is quick to complain about material things but slow to be kind to one another! Are we more concerned about our image than how we treat one another? Love for one another has slipped into a coma! This feeling leaves the elderly folks, who are faith-filled, in dismay.

One of the important aspects of elder abuse is neglect. Let us examine the extent to which neglect has penetrated our loving society. Elderly folks in T&T have now subjected themselves to a prison-like environment. Neglect is now shifting into a level of crude and impolite actions, causing the elders to become victims of odd circumstances. Just imagine that life has reached a stage where growing old is a phobia. To have an observance for World Elder Abuse Awareness Day (WEAAD) must have triggered some interest in the minds of those who are in authority to defend and care for our elderly. **One of the greatest assets to solve neglect is TIME!** If only we can accept the importance of taking time to listen to our elders, quite a number of abuse cases will be solved.

No monetary gifts on special occasions could compensate or substitute for lending an ear for a period of time. If an adult child has to place his or her parent in a Home and avoids visiting that parent, it can only be described as a wicked form of abuse. Acts of physical and mental abuse are also cruel and must be curtailed, to prevent abusers from making life miserable for our elderly folks. The theme of WEAAD 2019 is "Lifting



by Anton La Fonde

Up of Voices" ... a collective action must emerge from the bowels of the elderly – the time has come when their voices must be heard. There must be community intervention in a show of humanitarian love, as communities have shirked their responsibility in caring for the elders. For far too long, our elders have tolerated the quintessence of modesty and replaced it with paucity.

This barbaric form of abuse must be addressed with urgency, so that our elders can resume the comforts of life in a passive and relaxed manner.

I often wonder how the elderly cope with the physical or emotional scars? It is important that some form of counselling be made available, to at least soften the burden of this horrific experience. This is where religion comes into play... The power of prayer suspends everything else and assumes its rightful place. **Prayer to the One above will always provide a comfort zone for those in need.**

In conclusion, those in charge must endeavour to clean up this elder abuse epidemic and place it on the front burner. The perpetrators of such horrible crimes must be brought to justice quickly! Our elders paid their dues and should not be subjected to any form of abuse! And the abusers should remember that the circle of life has a way of returning to the past.

In the spirit of growth!

*Anton La Fond  
Advocate for the Elderly & Disabled*



*Feature Speakers and other Special Guests share a light moment at the recent World Elder Abuse Awareness Day event.*

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# EVENTS Programme 2019

## HEAD OFFICE

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

- Sept 12th - Annual General Meeting
- Sept 13th – 19th – Trip to Las Vegas – City of Lights
- Nov 2nd - Annual 5K
- Nov 23rd - Christmas Gala & Lunch
- Dec 7th - Yard Sale

## ARIMA “Eastern ANGELS”

Meeting Place: Arima Tennis Club – Railway Road, Arima  
Contact Person: Peter NOCK (Chairperson) 718-9571 / 310-5929  
Meeting Date and Time: Every Friday (except Public Holidays)  
from 1:00 pm – 6:00 pm

- Aug 16th - Emancipation Celebrations
- Oct 25th - Art & Craft Display
- Aug 23rd - SEA Awards Function
- Oct 30th - Mall Hopping
- Sept 6th - Monthly Meeting/Christmas Gift making Course
- Nov 1st - Monthly Meeting/ 2nd Raffle drawing
- Sept 18th - Trini River Lime
- Nov 29th - Choir Christmas Concert
- Oct 4th - Monthly Meeting
- Dec 6th - Monthly Meeting
- Oct 18th - Back in Times Party
- Dec 13th - Christmas Luncheon
- Dec 20th - 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.

- Sept 4th - Executive Meeting
- Sept 14th - Visit to Carat Shed & Pitch Lake (La Brea)
- Sept 17th - Regular General Meeting
- Sept 22nd - Church Day (visit to St. Ann’s Church of Scotland – 9:00 am)
- Sept 24th - Republic Day Lime
- Oct 2nd - Executive Meeting
- Oct 22nd - Regular General Meeting
- TBA - B/B Que
- TBA - Senior Citizen’s Day of Love & Care
- Oct 26th - Tea Evening (Dress Code: Lebanon/Syria Wear)
- Nov 6th - Executive Meeting
- Nov 26th - Regular General Meeting
- Dec 8th - Children Christmas Party
- Dec 14th - Christmas Dinner

## 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 17th - Interactive Meeting
- Sept 28th - Cultural Appreciation Day/Thanksgiving
- Oct (TBA) - Dance Showcase
- Nov 14th - Interactive Meeting / Craft Market
- Dec 5th - Christmas Luncheon

## DIEGO MARTIN “WESTERN PEARLS”

Meeting Place: North Diego Martin Community Centre,  
Church Street, Diego Martin.  
Contact Person: Emerita SAMBRANO-CHURCHE (Chairperson)  
758-4601  
Meeting Date and Time: 2nd Saturday of each month @ 3-5 pm.

- Sept 7th - Cake Sale & Breakfast Sale
- Sept 14th - General Meeting & Raffle
- Oct (TBA) - Meeting with TTARP Tobago
- Nov 9th - General Meeting & Lecture
- Nov 30th - Christmas Luncheon

## 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.  
TBA - Birthday Celebrations  
TBA - Trip to Tobago  
TBA - Visits to Aged homes

## SAN FERNANDO “PURPLE DIAMOND”

Meeting Place: - Pleasantville Community Centre, #2, Prince Albert  
Street, Pleasantville, San Fernando  
Contact Person: Norma GEORGE-OCHOA (Chairperson) 374-0701 /  
225-6979 or Maureen TAYLOR-STEPHENSON (Secretary) 776-6411  
Meeting Date and Time: 1st Tuesday of each month @ 10:00 a.m.

- Sept 3rd - Monthly Meeting – Mental Health Awareness
- Sept - Birthdays
- Sept - Visit to Moruga
- Oct 1st - Monthly Meeting – Wellness Day
- Oct - Presentation on Divali
- Oct - Visit to First People’s Museum & Lopinot
- Nov 5th - Monthly Meeting - Financial & Legal Awareness
- Nov - Parang & Pastelles
- Nov - Mall Hopping
- Dec 3rd - Christmas Presentation
- Dec - Birthdays
- Dec - Christmas Luncheon

## SANTA CRUZ “CRUZERS”

Meeting Place: - Mary Immaculate Queen of the Universe (MIQU) R.C.  
Church Hall, Sun Valley Road, Lower 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.

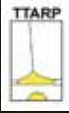
- Sept 27th - General Monthly Meeting / Raffle Draw
- Oct 25th - General Monthly Meeting / Bingo
- Nov 22nd - General Monthly Meeting / Medical Testing
- Dec 6th - Christmas Celebrations

## Tobago “CORALS”

Meeting Place: Happy Haven – Signal Hill Main Road, Signal Hill, Tobago  
Contact Person: Selby COLE (Chairperson) 390-0142 or Rawle  
ANDERSON (Secretary) 374-8677  
Meeting Date and Time: 2nd Saturday of each month @ 3:00 pm.

- Sept 7th - 6th Annual Variety Concert (Scarborough Library)
- Sept 14th - Monthly Meeting
- Sept 22nd - Church Service
- Oct 12th - Monthly Meeting - Blue Food & Drinks  
Games; Dutch Auction
- Nov 9th - Monthly Meeting
- Dec 15th - Christmas Luncheon





# THE CRUZERS SANTA CRUZ ZONE

By Donna Rosales Gray, Zonal Secretary

## KEEPING MEMBERS TOGETHER

The aim for the TTARP Cruzers this year is to focus on promoting camaraderie among members. There were fun group activities during the first half of the year, held as part of our regular monthly meetings, and group outings to various parts of the country. We will continue this trend for the remainder of the year and will also include some activities to improve the health of members.



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## 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 @ 4:00 pm.

- Sept 3rd - Visit to needy family
- Sept 15th - Church Service – St. Mary's A.C. Church
- Sept 23rd - Activity Evening – Birthday Celebrations
- Oct 1st - Visit to Shut in
- Oct 13th - Church Visit – Goodwood Methodist
- Oct 28th - Activity Evening
- Nov 24th - Annual Variety Concert
- Dec 19th - Christmas Dinner

Contact us at: 800-4AAL (4225)

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# ALASKA TRIP



Sixty-two members of TTARP left Trinidad for Houston aboard a red eye flight enroute to Seattle. We left Trinidad at 12:15am arriving in Seattle about 2:00pm, which is three hours behind Trini time. We were tired after almost 17 hours of travelling but after a shower, and directions to Macys and Ross, spirits were restored and Trinis shopped until it got dark. Darkness in Seattle comes about 10pm, but with shops within walking distance, members magically forgot how tired they were.

Early next morning, two shuttles arrived to take us to the Port for boarding The Princess Cruise Ship for seven days to Alaska which is the largest state in the USA. The first two days were spent familiarizing ourselves with the layout of the ship, sampling the various food stations, and exploring the pools, gym, theatres, casino, clubs, shops etc. Getting to and from our cabins took some getting use to with lots of wrong turns but we all quickly learned the way to the dining rooms.

The first Port of call was Ketchikan, its main Street is Creek Street, which

is scenic with lots of souvenir shops. The Totem Heritage Centre and the Great Alaskan Lumberjack Show were main attractions which many attended and thoroughly enjoyed as can be heard from loud laughter from the creeks. One of Ketchikan's most known site is Dolly House Brothel. Establish in the early 1919's by Dolly Arthur, who was a waitress in Vancouver BC, but soon realized that she could make more money from the attention of the loggers, miners and fishermen who worked hard in the woods, the gold camps or at sea rather than waiting tables. She moved to Ketchikan and soon had a saloon where there were parties every night with music and alcohol. Today the original site stands as a Museum with a gift shop, and the green doll house appearance looks much like it did during its heyday.

The passage through Tracy Arm Fjord, was breath-taking with huge mountains crowned in snow and ice, with large chunks of icicles floating through the waters. The second stop was in Juneau the capital of Alaska, which is the second largest state in America by land space not popula-

tion. The city can only be accessed by air or sea, there are no roads connecting to Juneau. There were options of hiking, sightseeing glaciers, whale watching, helicopter rides, ziplining etc.

The third stop was in Skagway, where the Police Station is the Veterinary Clinic, and the Jailhouse. The city attracted many during the Klondike Gold Rush days of 1898, and the current population is less than 1,000 persons. It is also the childhood home of Sarah Palin – the candidate for Vice President of the United States in the 2012 elections.

The final stop before returning to Seattle was Victoria which is the capital city of the Canadian province of British Columbia, located on the southern tip of Vancouver Island off Canada's Pacific coast. Victoria is a beautiful town with a lot of history and musical art form.

The time spent on the Princess Cruise was absolutely splendid, there was excessive eating since meals were available 24/7, many dance and karaoke sessions, as well as celebrations of three TTARP members birthdays. The weather was cold but not unbearable once adequately clothed and so there were non-stop activities both onboard, at the various ports and then back in Seattle.

Look out for details of the BALTIC CRUISE in 2020. Limited space available.

BO



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San Fernando 235-5477 Ext - 161

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Facebook – [facebook.com/airsupportgps](https://www.facebook.com/airsupportgps)

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Facebook – Crystal Clear Vision Limited

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### **Dr. Franco's Family Dental Clinic (Dental Services)**

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### **ENDOSCOPY Trinidad & Tobago Limited (Specialist CT Clinic)**

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Facebook – home and garden creations

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**Discount does not apply to sale prices and live plants**

### **Nicholas Wellness Centre Limited**

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#29, Providence Circular, Arima – 794-2626 /

7612814

Facebook – Nicholas Wellness Centre

**5% Discount off on All Services**

### **SBT Medical (Medical Supplies)**

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Facebook – SBT Medical

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### **State of The Art Automotive Ltd.**

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#5, Church Street, St James – 237-5593

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## AMENDMENTS

### **Bridgewater Nursing and Caring Home**

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Facebook: Bridgewater Nursing and Caring Home

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## DELETIONS

- **Hometown Pharmacy Ltd.**

- **Kristina Shoe Store**

# Recipes

## Spinach-Artichoke Dip Wontons

### Ingredients

- 12 wonton wrappers
- Cooking spray
- 1/2 of a 10-oz. package frozen spinach, thawed and very well-strained
- 1 (8-oz.) can artichoke hearts, drained and finely chopped
- 1/3 cup mayonnaise
- 1/4 cup sour cream
- 2 oz. cream cheese
- 1/2 cup grated Parmesan cheese
- 2 cloves garlic, minced

### Instructions

Preheat the oven to 350°F.

Arrange the wonton wrappers in a standard 12-cup muffin pan then spray them lightly with cooking spray. Bake the wonton cups for 5 minutes then remove them from the oven and set them aside.

In a medium bowl, stir together the spinach, chopped artichoke hearts, mayonnaise, sour cream, cream cheese, Parmesan cheese and minced garlic.

Divide the spinach mixture evenly among the wonton cups then return them to the oven for 10 to 12 minutes until the spinach mixture is warm and the wonton cups are golden brown.



### Benefits of Spinach

Spinach is a leafy green flowering plant native to central and western Asia. Its leaves are a common edible vegetable consumed either fresh, or after storage using preservation techniques by canning, freezing, or dehydration



The calcium in spinach can help strengthen your bones to fight against injury, and vitamins A and C, fiber, folic acid and other nutrients fight against colon and breast cancers. Spinach also helps to lower damaging protein levels in the blood and can protect against high blood pressure and heart disease.

Dark, leafy greens are important for skin, hair and bone health. They also provide protein, iron, vitamins and minerals. Spinach is a superfood loaded with tons of nutrients in a low-calorie package.

A lack of iron in the diet can affect how efficiently the body uses energy. Spinach is a great source of iron. Make sure to combine vitamin-C-rich foods such as citrus fruits with plant iron like spinach to improve absorption.

### Nutrition

One cup of raw spinach contains:

- 7 calories
- 0.86 grams (g) of protein
- 30 milligrams (mg) of calcium
- 0.81 g of iron
- 24 mg of magnesium
- 167 mg of potassium
- 2,813 international units (IU) of Vitamin A
- 58 micrograms of folate

Spinach also contains vitamin K, fiber, phosphorus and thiamine. Most of the calories in spinach come from protein and carbohydrates.

### Risks

If someone is taking blood-thinners, such as warfarin, it is important that they do not suddenly begin to change the amount of food they eat containing vitamin K, which plays a large role in blood clotting.

Consuming too much potassium can be harmful for those whose kidneys are not fully functional.





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# Laughter



A teacher asked her students to use the word “beans” in a sentence. “My father grows beans,” said one girl. “My mother cooks beans,” said a boy. A third student spoke up, “We are all human beans.”



Instead of “the John,” I call my toilet “the Jim.” That way it sounds better when I say I go to the Jim first thing every morning.



I went to the bank the other day and asked the banker to check my balance, so she pushed me!



The energizer bunny was arrested on a charge of battery

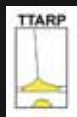


Q: Why shouldn't Facebook have paid \$1 billion dollars for Instagram?

A: They could've downloaded it for free!

Wife: “How would you describe me?”  
Husband: “ABCDEFGHJKLM.”  
Wife: “What does that mean?”  
Husband: “Adorable, beautiful, cute, delightful, elegant, fashionable, gorgeous, and hot.”  
Wife: “Aw, thank you, but what about IJK?”  
Husband: “I’m just kidding!”

How to be Insulting at Christmas: Try to find what you were given last year and give it back to the person who gave it to you.



## Purple Diamonds (San Fernando)

by Norma George-Ochoa, Chairperson



The Gem of the Southland vibrantly hosted a number of events in the past few months.

One hundred and eighty female members were recognized for Mother’s Day with gifts, songs and pan music. Special recognition was given to our eldest female member Majorie Holder who reigns at 93 years young.

The twenty five male members attending were not neglected and they enjoyed similar treatment and were serenaded with special selections by sultry

performer Lady Gypsy.

Our Charitable outreach encouraged members to contribute boxes of groceries which were divided between Court Shamrock Home for the Socially Displaced and the St. Vincent De Paul Home for the Aged.

Fun and educational visits were made to Grenada, Icacos Coconut Oil Factory, the Pitch Lake , Central Bank Money Museum and our National Museum.



Members at the Spice Factory in Grenada.



# TTARP Zonal Groups

All members are encouraged to join a Group convenient to you!

## ARIMA "Eastern Angels"

Meeting Place - Arima Tennis Club – Railway Road, Arima  
Meeting Date and Time - 1st Friday of each month @ 3:00 p.m.  
- Every Friday (except Public Holidays) from 1:00 pm – 6:00 pm  
Chairman - Peter NOCK, 718-9571 / 310-5929  
Secretary - Carol BAIN, 754-0077  
Treasurer - Margaret ISAAC, 775-8292  
Email - harrypeters@yahoo.com or 1nocksypetes@gmail.com  
- annette\_d55@yahoo.com or carolcbain@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 Chairman - Stanley JOB, 770-5029  
Secretary - Delano GEORGE, 792-7120  
PRO - Louise QUAMINA, 792-3017 / 623-7453  
Email - patcrossley95@yahoo.com, gloriarj147@gmail.com  
- quaminallouise@yahoo.com, ledano\_letic@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 @ 11:00 am.  
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  
- portiadasilva@yahoo.com, faithcalliste51@yahoo.com  
Colour T 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 - Emerita SAMBRANO-CHRUCHE, 758-4601  
Vice Chairman - Elizabeth NANTON, 789-7058  
Secretary - Claudette SMITH, 757-5199  
Email - keyevents14@gmail.com, claudette238@gmail.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

## HEAD OFFICE:

45 Tragarete Road, Port of Spain.

Tel: 622-9223 / 221-7771 Email: ttarp1993@gmail.com

## LA BREA "Black Gold"

Meeting Place - La Brea Community Centre  
Meeting Date and Time - 3rd Thursday of each month @ 5-7 p.m.  
Chairperson - Dennis MARCHAN – 774-2701  
Vice Chairman - Angela CARTY-JOSEPH – 747-3927  
Secretary - Yvonne HENDRICKSON-MARCHAN – 744-7049  
Email - dennismarchan110@gmail.com  
- yvonnehendrickson6@gmail.com  
Colour T's shirt - LILAC

## PRINCES TOWN/RIO CLARO "Royals"

Meeting Place - Princes Town Senior Activity Centre, Cor. High Street &  
Lathan Junction, 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, 754-5361 /  
PRO - Ramchand KALIPERSAD, 359-3042  
Treasurer - Patricia NOEL, 779-3459  
Email - anniepr89@gmail.com, rkalip@gmail.com  
Colour T's shirt - WHITE

## SANTA CRUZ "Cruzers"

Meeting Place - Bourg Mulatresse Parish Hall, Santa Cruz  
Meeting Date and Time - 4th Friday of each month @ 5:00 p.m.  
Chairperson - Yvette CUPIDORE-WRIGHT, 386-7350  
Secretary - Donna ROSALES GRAY, 724-5302  
Email - yvettewright123@yahoo.com, drosalesgray@gmail.com  
- cruzerssc@gmail.com  
Colour T's shirt - TURQUOISE

## SAN FERNANDO "Purple Diamond"

Meeting Place - Pleasantville Community Centre, Pleasantville, San Fernando  
Meeting Date and Time - 1st Tuesday of each month @ 10:00 a.m.  
Chairperson - Norma GEORGE\_OCHOA, 374-0701 / 225-6929  
Secretary - Maureen TAYLOR-STEPHENSON, 776-6411  
Email - tbeverly45@yahoo.com, ngnormav@gmail.com  
Colour T's shirt - PURPLE

## TOBAGO "Corals"

Meeting Place - Happy Haven School - Signal Hill, Tobago  
Meeting Date and Time - 2nd Saturday of each month @ 3:00 p.m.  
Chairman - Selby COLE, 390-0142  
Vice Chairperson - Winston GORDON, 678-9393  
Secretary - Rawle ANDERSON, 374-8677  
Email - ttarptobago@yahoo.com, andersonrawle@yahoo.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 - Lecia ROSS, 639-3029 / 391-2228  
Vice Chairperson - Agnes ALFRED, 635-0818 / 398-6045  
Secretary - Carmen CHARLES, 759-4244  
Email - meltaedwards@gmail.com  
- carmencharles27@hotmail.com  
Colour T's shirt - ORANGE/GREEN



## PROSTATE MANAGEMENT (HIFU)

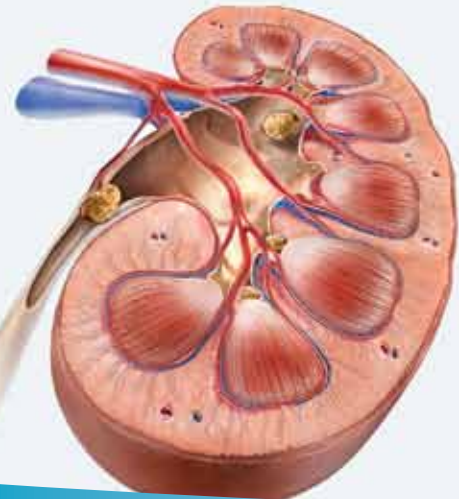
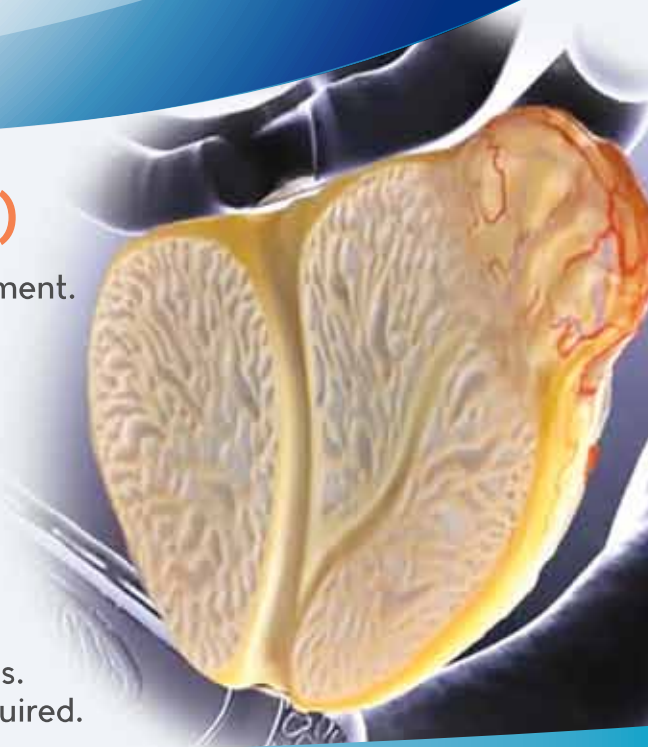
The Prostate has two major areas that demand urgent treatment.

1. Prostate Cancer
2. BPH or Enlarged Prostate

Minimal invasive management is done by HIFU (High Intensity Focused Ultrasound)

Here, the Prostate with the Prostate cancer is burnt utilising ultrasound waves generated by a Probe in the rectum. This treatment lasts about 2 hours and Patients are able to return home on the same day.

**BPH:** This is managed depending on the severity of symptoms. Sometimes non-surgical management is all that may be required.



## KIDNEY STONES (LITHOTRIPTER)

Many kidney stones can be treated with the machine called an External Lithotripter. This machine generates a shockwave that crushes the kidney stone from a distance. The stone is focused between two crosshairs in a special monitor and the shockwave generated. The stones are then shattered to small fragments / powder. They are washed out with the urine. This treatment is a same day no incision surgery. Stones up to 2 cm are done easily.

Other methods of management:

Same day ureteroscopy and internal shattering with a specific laser.

## ERECTILE DYSFUNCTION (IMPOTENCE)

In our Aging Population it is understood that Impotence (Erectile Dysfunction) will occur. Hence, treatment is necessary and this takes the form of (1) Psychological (2) Medical (3) Surgical Management. The Penile Implant Technique is a Surgical approach that is done after Psychological, and Medical (Pills) are not successful.

Penile Implant are one day surgery, minimal invasive, and has a high success rate for intercourse (99.9%). It is done by our centers and success rate has been excellent.

