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50Q

ISSUE NO. 2, 2012



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Comments from the Board

50 !!! 50 !!!

Trinidad and Tobago have struck gold twice. Once with Keshorn Walcott at the Olympics in London and once, when our beloved country celebrated its 50th year of Independence.

Of course, we, the Members of TTARP have also all struck GOLD as well, having attained the golden age of 50. So, this is indeed a time for celebrating life and liberty.

The number 50 has always been synonymous with change, achievement and growth. In August 31st, 1962, Trinidad and Tobago broke away from the British Colony to become a sovereign nation. The people we are today, reflect our past.

We must strive in unity to become a better society – more humane, forgiving and appreciative. One can ask, has all the changes and growth made us a better society? Or are we so merged with the past and the present that we are unable to enjoy each other's contributions, denying ourselves the wonderful experience of being a true Trinidadian.

As persons over 50, TTARP members are faced with the transitional challenges from working to retirement. There are many advantages of retirement, and at TTARP you can thoroughly enjoy your Golden Years as a member of an innovative and vibrant organization.

However one may view this milestone for Keshorn, the country and ourselves, we think that this Golden Jubilee is deserving.

At TTARP, we congratulate our Olympic team for a job well done in London and we congratulate the people of Trinidad & Tobago on our 50th year of Independence. Fifty years of Independence, Fifty years old to join TTARP...

Independent at 50, and beyond !!!



TTARP's Honorary Secretary, Mayling Younglao celebrating with Keshorn Walcott, Olympic Gold Medalist.



Ahoy! Landlubbers!!! Congrats Winners of the

Carnival

Destiny

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First Prize Winner:

Bridget Lum-Kong
wins 2 tickets for an
All-Inclusive Cruise

First place winner Bridget Lum Kong, at centre, receives her prize from Sophia Doldron, Oscar Francois Limited's Seven Seas Brand Manager, while Mayling Younglao, TTARP Secretary, stands at left.



Second Prize Winner:

Boni Bishop
wins US\$1,000 Cash

Second place winner Boni Bishop is all smiles at centre, standing from left are: Mayling Younglao, TTARP Secretary, Kern Williams TTARP Manager, Sophia Doldron, Oscar Francois Seven Seas Brand Manger.



Seven Seas would like to thank all those who participated in this promotion.

Western Pearls at Papa B's

A group of twenty-six members from the Diego Martin zonal group ventured to Tobago for a weekend of fun and relaxation. It turned out to be quite an adventure and a trip which many who missed it have expressed regret, and those who attended can be heard boasting of amusing anecdotes.

The group stayed at Papa B's Inn at Carnbee, which is self contained and fully equipped with a swimming pool with bar. The reception was warm by management and staff who made everyone feel welcome and at home, the free beers were also quite appreciated.

Visits to Pigeon Point and Fort George, and courtesy calls to the Honorable Orville London formed part of the schedule of activities, and the warm consideration meted out by the Tobago Zone who greeted and provided lunch and snacks at Pigeon Point were treasured.

Thanks to everyone who participated to make this trip truly epic !!



Delivering on a promise ...



The National Insurance Retirement Pension was increased from a minimum of **\$2000** to **\$3000** effective February 1, 2012 following the amendment of the National Insurance Act.

The new pension was paid in March 2012 and will continue monthly. The NIBTT is focused on helping our customers gain financial stability when they need it most.

Fyzabad Zone

“The evergreen zone of love, harmony and togetherness.”



The humble life of a gentleman: FITZ-HAMIL RHYNER LEWIS

Members of TTARP FYZABAD ZONE, at their 3rd Annual Mothers/Fathers day function, paid tribute to three outstanding senior members of the community, with gifts and tributes of their life's achievements, successes and service to the community.

Today, I am most proud to present this biography of a true pioneer and stalwart of the district of Fyzabad, and one who has contributed in no small way to the development of this oil town village which has a historical background, that is part of the annals of Trinidad and Tobago.

Due to his present health, incapacities and his age, I was assisted by his daughter Ms. Maralyn Lewis in collating the data and information of his life. Mr. Fitz-Hamil Rhyner Lewis was born at Princes Town on July 21st 1919, and is the last of two brothers, Claude Lewis deceased, and one sister Etta Lewis. He grew up with his maternal grandmother and attended the Princes Town Primary school where he had his early education.

In the mid-thirties he moved to Fyzabad, (an oil-town bordering the Forest Reserve oil-belt) and began working in the oil-fields as a carpenter with BP, as it was known in those days, British Petroleum.

He recalls that in those days the money was small as compared to nowadays, but

the cost of living was low. There were workers riding bicycles from as far as Rio Claro, La Romain and other districts to work as production men, labourers, field gaugers, mechanics and other available jobs.

He recalls too, that in those days all the senior managers were white expatriates mostly from England and Barbados.

He moved up the ranks steadily by virtue of hard work and commitment, and retired at the age of 65 years, as Chief Construction Engineer in Petrotrin – the Petroleum Company of Trinidad and Tobago.

After retiring he started his own contracting Company and worked as a contractor for several more years, eventually retiring full time and focusing on gardening and church activities.

In his garden, he planted pine, coconuts, oranges, avocados, ground provisions, all of which bore several harvests.

He is also a senior and active member of the St. Thomas More Roman Catholic, and as a lay reader he contributed to many activities of the church: visitation of the poor and the sick, giving communion, and actively organizing the church annual Bazaars and Harvests. He was also an active member of the St. Vincent de Paul society doing charitable work among the poor.



Fitz-Hamil with children Lynton and Marilyn Lewis.



**Submitted by
Neville A. Navarro.
Executive Member, TTARP**

As a member of TTARP for over eight (8) years, he assisted in the formation of the TTARP Fyzabad zone, and also in 1970 together with deceased parliamentarian Ms. Muriel Donawa, School Principal at the time Mr. Harold Telemaque, Ms. Sylvia Rodgers and other prominent community activists of Fyzabad, formed and launched the FYZABAD SENIOR CITIZENS HOME ASSOCIATION. He was also instrumental in the FSCHA securing a five-acre piece of land leased from Tesoro to build homes for the elderly.

His wife Minelva Lewis, passed away in 1990 and he is the Father of eight (8) children, June, Pearl, Irmin, Winston, Everton, Lynton, Jacqueline and Maralyn. Two of his children have passed on, and as a father he was always present, hard-working and an excellent provider.

As a disciplinarian, he always encouraged his children and grandchildren to work hard to obtain upward mobility in life, and to respect their elders; he is a grandfather of seventeen (17) and a great grandfather of eight (8). Having developed a close relationship with his grand children he often bakes cakes for them, picks them up after school, tells them stories of long ago and share jokes with them.

Today he spends most of his time at home reading his bible, looking at TV and engaging in light gardening. He is relatively healthy at 93 years and is contented with life; even though he suffered a mild stroke which affected and limited his speech and movement, but all in all he is doing fine.

Mr. Lewis is well loved and respected in the community and by his family who are looking forward to celebrating many more birthdays with him.

The TTARP FYZABAD zone salutes pioneer and Christian stalwart FITZ-HAMIL RHYNER LEWIS and wishes him God's blessings, peace and long life.



Ode of a lady leader of Fyzabad. SYLVIA BARBARA KING-RODGERS

As I drove to the home of SYLVIA BARBARA KING-RODGERS I couldn't help thinking of the many stories I have heard of this wonderful lady, who has done so much for herself, her family and the village of Fyzabad.

Her contribution to the community of Fyzabad is well known and remembered by the elderly of the district, and she also enjoys the respect of the younger generation.

I was welcomed by her daughter Mrs. Valarie Spencer and herself at her home, a modest bungalow nestled in a quiet, verdant valley of Crest Camp homes, Fyzabad.

SYLVIA BARBARA KING-RODGERS, born August 2nd 1919, was married to Carlton Everett Rodgers who served in the British West Indian Regiment during WW11. He returned to Trinidad in 1946 and took up a position as Sergeant Major with Apex Oilfield Police Department in the late '40's to early '50s.

It was love for the area immediately for Carlton and Sylvia, and when their son Roland was born in Fyzabad, they became totally involved in the community.

Their two other children Courtney and Valarie remained in Port of Spain with their grand-parents.

Sylvia became involved with the People's National Movement (PNM)

and with Muriel Donawa and Baby Woods they formed one of the most powerful chapters in the Women's league in the area. Several programmes grew from this women's movement.

The school feeding program was one of Sylvia's greatest loves as she was contracted to run the programmes with several other women (Baby Woods, Therese Wilson and Irma Celestine) to name a few.

Together with other very active senior community leaders at the time who have since passed on, (Msmdmes/ Messrs Donawa, Woods, Telemaque, Grant), and others who have survived (Stephanie Encinas, Mary Anthony, Soogrim Coolman, Fitz Hamil Lewis and some others) they formed the FYZABAD SENIOR CITIZEN HOMES ASSOCIATION.

The association has since been renamed the FYZABAD SENIOR CITIZENS ASSOCIATION and is organized by younger activists who hope to erect an ACTIVITY CENTRE for the elderly, on a property leased from Petrotrin Oil Company.

Today, years later, several men and women can remember her as the kind lady in the school feeding program who fed them daily, even though they were neither eligible or registered, regardless of race.

As a devout practicing Catholic, she served on several church groups; catechists, altar guilds, choirs, lay-reader, bazaars, fundraising and charismatic movement.

She served diligently and faithfully with all priests serving the St. Patrick Parish, and Fyzabad the community she loved. She still attends church regularly assisted by a relative, and if unable to, she receives Holy Communion at her home.

Her health is not what it was years ago, as now she suffers from severe arthritis and hypertension: and now employs a live-in assistant to take care of her as her mobility is restricted.

Her menu consists of good



Sylvia with her daughter Valerie Spencer.

local food, and she neither drinks alcohol nor smokes.

I asked her what was her most memorable moment to which she replied in a slow, guttural speech, the day her husband returned home in 1946; after being reported in action during the war.

Assisted by her daughter Valarie, she offered the following advice to the young people of the community: be faithful in Christ and pray, seek education and respect the elderly. She gave me one of her rare beautiful smiles as I took her picture before leaving.

TTARP wishes her long life and good health, and all blessings.

*submitted by Neville Navarro,
TTARP Executive Member.*



Joan Garcia presents Sylvia Rodgers with a token of appreciation.

Knee Arthritis in the aging Trinbagonian



Dr. Godfrey Araujo

Joint pain, bone pain, aching muscles, stiffness and an altered gait may all be regarded by many in our population as “arthritis”. The fact is that there are many different types of arthritis which by definition is an inflammation of a joint (anything with “itis” denotes an inflammatory reaction). What we denote as arthritis is usually osteo-arthritis which is a degeneration of the cartilage covering the ends of the bones (“the gristle”) of our joints. Depending on the degree of wearing out of this cartilage, we will have mild moderate or severe arthritis with pain, swelling, reduced range of motion of the joints and stiffness, along

with the inability to walk for long distances, climb stairs, stoop and participate in sporting activity. This is especially so with aging knees.

What should we do?

Obviously prevention is the key- so weight control, judicious exercise (we should try to avoid high impact activities on hard surfaces which may increase the wearing out of our knees and hips) and care of our joints with proper nutrition and use of the appropriate footwear for our chosen activity to keep fit.

If we do develop pain and or swelling of the joints – especially the knees – then we need to seek medical advice. There are other conditions which can cause the pain and swelling apart from arthritis. There are meniscal tears, ligamentous injury (sprains), or

osteochondral lesions i.e. Focal damage to the cartilage (rather than a wearing out) covering the bone. Your GP can usually guide you on this but may need an expert opinion if the case is not straightforward.

The orthopaedic surgeon is the “bone specialist” who will listen to the history of the problem, examine you and order or review investigations (X-rays, CT Scans or MRIs) to make a diagnosis. Depending on the cause of the problem, the cure may be to adjust our lifestyle: weight loss, activity modification, footwear change including orthotics (i.e. special insoles), which along with the appropriate use of medication, and physical therapy or exercise may allow us to return to normal. If this is not the case then you may need an arthroscopy (keyhole surgery) to look inside the knee and treat the pathology or you may need a knee replacement. A knee replacement denotes a resurfacing of the damaged ends (the femur and tibia as well as the patella) so that bone does not rub on bone. The metal and plastic surfaces remove this painful rubbing and allow the patient to have a pain-free, improved motion, often alignment and function of his or her knee(s).

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The Birthing Of The Chaguanas Seniors Activity Centre

By Mrs. Rajwatti Bhaggan Wegner, TTARP Executive Member

A significant window opened on August 29th 2005 when I was presented with a clipping of a newspaper advertisement by the then Secretary of TTARP Central, Mrs. Maimoon Ali. The clipping sought Non Governmental Organizations for the opening of a Senior Activity Centre in Chaguanas. We had previously discussed a need for such a Centre in Chaguanas and so she was aware and quite alert.

The next morning I wrote an application to Dr. Rouse, Director, Division of Ageing, sought her out in her office in Port of Spain and personally handed it to her as the deadline date was that very day. I subsequently discussed the matter with TTARP Central and the Executive of TTARP Head Office. TTARP (Central) was excited but entertained doubts of it coming to fruition. TTARP (Head Office) expressed fears of this new and seemingly challenging adventure we were about to embark upon. In spite of this, I maintained contact with Dr. Rouse and was encouraged by Mr. Hydal, the then Chairman of TTARP, Central.

Mr. Persad, then PRO of the organization, offered his premises as Head Quarters as he realized that accommodation may be a problem in the Central area. A meeting was then arranged with Dr. Rouse and a small committee from the then Central Executive. This proved to be highly successful as all conditionalities were met and concerns were ironed out.

The Centre was officially opened on the 29th November 2006. Classes began on 1st March 2007 with a small membership and three (3) classes – Ballroom Dancing, Yoga and Aerobics held on Tuesdays, Wednesdays and Thursdays respectively. Unfortunately, both Dr. Rouse and myself missed the opening on 29th November as we were in Bangkok attending the United Nations Regional Madrid Plan Conference for Senior Citizens. Nevertheless she called to convey our congratulations.

Since that momentous occasion, the Centre has grown from strength to strength. It is opened from Mondays to Fridays and now boasts of over three hundred (300) members who participate on a daily basis in any one or all of the activities comprising Ballroom Dancing, Aerobics, Yoga, Choir Practice, Tai Chi or Information Technology. Attempts to maintain a 'Games Day' have met with minimal success. My vision is that all Seniors will be provided with opportunities for involvement thus contributing to Healthy Ageing.

You, our dear members, are the nucleus of the Centre. Without you, we could not have come this far or achieved this goal. On behalf of the Board I extend to all of you heartiest congratulations. May God bless you always.

Central Zone honors Mothers & Fathers



Mr. Cuthbert Andrews receiving gift from Mrs. Janet Rawlins.

The Central Zone hosted a grand event at the Central Activity Centre which attracted one hundred and thirty five (135) members. It was an exciting and well organized event. See some highlights attached.



Models :Hilda Barnett, Lucille Mc Knight, Cynthia Dixon, Savitri Rampersad, Olive Andrews, Cheryl Seenarine & guests



Members who attended the function.



Ms. Lucille Mc Knight receiving a gift from Ms. Yvonne Knights.

Chaguanas Fifth Anniversary Celebrations

Yvonne Knights, Secretary

On Saturday, March 3rd 2012, the Chaguanas Seniors Activity Centre (TTARP Central) celebrated its Fifth Anniversary. Several guests accepted our invitation and joined with us in celebration of this milestone. These included Dr. Rouse, Director of The Division of Ageing, Mr. Orlando Nagassar, Mayor of Chaguanas, Ms. Annette Des Iles, former Head of the Public Service, Mrs. Mayling Younglao and Mr. Kern Williams, Honorary Secretary and Manager of TTARP respectively, Mr. Iqbal Hydal, past Chairman of the Chaguanas Seniors Activity Centre (TTARP Central), representatives from the Belmont, Diego Martin, Arima, San Fernando, Princes Town Zones and from the Margaret Crandahl Seniors Activity Centre in Point a Pierre, Santa Cruz and TT Connect.

The celebration took the form of an Appreciation Day where all those who assisted in helping us to achieve this goal were honoured. Consequently, plaques were awarded to several persons/organizations. Twenty Four (24) plaques were handed out, among those receiving plaques were, inter alia, Dr. Rouse, Director of Ageing, who assisted in no small measure in seeing us achieve this landmark, the first Chairman of the Centre Mr. Iqbal Hydal, our current Chairman, Mrs. Rajwatti Bhaggan Wegner, our hard working Coordinator, Ms. Ann L. Brown, past Coordinator, Lazina Baker, two long standing members, Mr. Cuthbert Andrews and Mrs. Yuk Moy Look Kin. All Tutors, past and present were also honoured. Additionally, the Ministry of Community Development, TTARP, the Finance Committee chaired by Mrs. Kissoondaye Bassarath and the Entertainment/Fund Raising Committee chaired by Mrs. Eileen Chrysostom received



Dr. Rouse, Director of the Division of Ageing viewing the visual art display.

plaques as a show of appreciation for the work they do at the Centre.

Members of the various classes prepared collages of activities done at the Centre for viewing by attendees. Among those who entertained the audience was the Calypsonian Hamidullah, Mr. Rajkumar Krishna Persad, well known Indian Artiste, the Choir Tutor, Mr. Ulric Gibson and the Choir 'The Golden Voices'. The day ended with all present holding hands and singing 'Let There be Peace on Earth.



The Golden Voices Choir who serenaded the crowd



Cross section of the attentive audience

Arima's Activity Centre

From the beginning of this year, the Arima Zone entered into an arrangement with the Arima Tennis Club for use of their facilities on Friday afternoons from 12.00 noon to 6.00 pm. This means that Arima members now have a space where we can enjoy indoor activities, hold functions, have committee meetings and entertain visitors – a very limited but very welcome 'activity centre'.



Line-dancing trio: Shirley Alexander, Sybil Coo, Norma Clarke



The Arima Tennis Club: An Arima Icon

Every Friday afternoon since then there is music and dancing and dominoes and table tennis and all- fours and more at the Tennis Club. Many thanks to those members who, without prompting, have been bringing coolers, picnic bags and snacks so that, 'some home-made wine and a slice of cake' is no problem.

They say, 'music is the food of love' and 'laughter is the greatest therapy'. Well you can find them both in abundance at the Tennis Club on a Friday afternoon. Sybil is the line-dancing 'maestra'. Hopey has the dominoes. Earl will get the all-fours going. Hollis and Ernesto are chopping and smashing on the tennis board. And the Zonal Committee is quietly meeting in the open air. Are you getting the picture?

Our Education Committee has plans for poetry reading, choir singing, current-topic discussions and educational presentations; and an all-fours competition is in the making. We are, of course, expecting a gradual increase in attendance because there's room for much more – more participation and more ideas.

So you members of the Arima Zone who have never attended a meeting, and you who have lost contact; how about dropping in at the Arima Tennis Club, # 3 Robinson Circular, Arima, on any Friday afternoon? Have a cold beer. Meet some warm company. Enjoy a happy hour or two.



Members enjoying a Lime at the Arima Tennis Club



At the Dominoes table: Shirley Alexander, Erwin Hope, Felicia Lovero



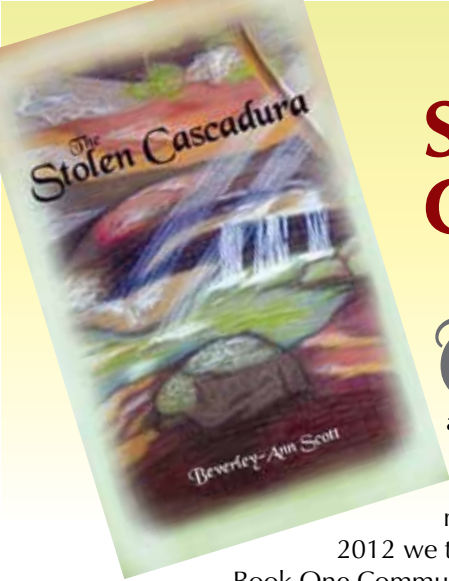
Ernesto 'Slicko' Noreiga executing a delicate chop.



Patricia Payne gets some special attention from line-dancing instructor Sybil Coo



All fours the centre of attraction.



Stolen Cascadura

The Arima Zone has established a relationship with the Arima Library after having the Librarian, Ms V.N.C. Phillip, do a presentation at one of our meetings last year. In May

2012 we took part in the NALIS 'One Book One Community' project which focused on the recently published novel 'The Stolen Cascadura' written by Beverly Scott.

Beverly-Ann Scott was born and raised on the island of Trinidad and Tobago. She grew up in Marabella and attended St. Joseph's Convent San Fernando and St. Stephen's College in Princes Town. She obtained her BSc in Information Systems and Management and has worked in the banking and business sector before deciding to pursue a career in medicine. For over five years, she worked as a part-time and later full-time journalist with the Catholic News. This is her first work of fiction, which has made an appealing and refreshing entry into the world of Caribbean fiction with her novel "The Stolen Cascadura".

As one internet blogger commented on the book : "Definitely a must read for all Trinbagonians who are thirsting for a more current day representation of island life in West Indian fiction. This novel is truly refreshing and appropriately timed. It would make an excellent literature book for secondary school students doing Advanced Level exams. Finally, something local that we can be proud of at both the local and international level."

TTARP Arima Zone salute and congratulate Beverly on her literary achievement!



Arima members with author Beverly Scott at NALIS event in Santa Cruz. L to R Annette John, Alvin La Croix, Beverly-Ann Scott, Lynda Huggins, Sylvia Shallowe).



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Accessorizing your home with your Keepsakes

Over time many gather keepsakes and treasures from our life's travels, mementos from past friendships and relationships, gifts from our loved ones or special artwork and books that fuel our journey and enlighten us. Displaying these objects to introduce some character into your home however may be a little trickier than you'd expect.

Whilst decorative elements such as crown molding, handsome furniture, and attractive window treatments can definitely contribute to your home's good looks, it is in fact the details – our favourite art, accessories and keepsakes – that will enliven our rooms with personality. The key though is to showcase them in a tasteful manner that won't leave your home looking confusing, cluttered and untidy, with your stuff as dust collectors rather than the treasure you intend it to be.

Here are some easy-to-do tips when accessorizing your home that will give you some confidence in arranging your objects so they don't look like clutter:

Group Like with Like: To find some balance first clear the room of everything but the furniture, gather the objects you would like to display and spread them out so you can see them together, then group like items such as picture frames, pottery, books, art etc.



Great Vignettes: Use these groupings to create vignettes around the room – that is, arrangements of like objects placed in close proximity to each other. This design strategy is the first step in formulating a cohesive arrangement.



Play with colour Line and Shape:

This is another way to make your collections visually pleasing. Vary the height of objects so your eye moves around the collection, for balance add similar objects that vary in size or shape and try a composition of colour or theme –related items as it has a tasteful, museum-like quality about it.



Shadow Box your mementos: A shadowbox is a framed box, with a glass front and is used for displaying and protecting valued items such as toys, trinkets, baby items, photos, ticket stubs, dried flowers, or ceremonial programmes. These add a unique touch to your collection of art display as you can commemorate any special occasion like a vacation, birth, marriage, or a collection into one frame, which can be painted to match the colour of a room thereby making a personal treasure that you can proudly display.

The art of arrangement: Before you drill or hammer nails into your walls to hang your artwork or picture frames, plan first by arranging them



on a flat surface, lay out each piece switching them around to form a grouping. For best results work within a geometric shape such as triangle, square or rectangle. If you have art with different-size mats, unify the look by placing them in rows. Strike a balance by placing large pieces opposite groups of smaller objects.

Decorating with books: We love our books. They teach, illustrate, inspire, and explain. They also take up a lot of room in our homes. Not all books are worthy of display so to weed out, think about keeping only what you love and what you use. One of the best ways to display books on shelves is to colour code them by their spines creating little groupings either laid vertically or horizontally and separated by an accessory like a small sculpture or picture. Or you can prop it up by stacking three books on a side table to use as a raised display area. Set a lamp, sculpture, urn, or plant (in a waterproof cache pot) on top of the books. This is a great way to raise another accessory that may be too short as well as create some interest in your display.

Be sure to alternate your accessories at different times of the year like Easter, Summer Holidays and Christmas, this will keep your home always looking fresh and give you the chance to display your treasures not all at once but rotated giving each item its honour.

Enjoy your home and remember sometimes less is more.

For guidance and tips in designing and re-organizing your home contact us via email: getorganizedtt@yahoo.com or call: Danaë Eustace @ 724-6464



By: Louis Blake

Good Fats vs. Bad Fats

For decades coconut oil and avocados have been maligned as foods likely to cause heart disease because they contained saturated fats. This charge has however been refuted by a world renowned nutritionist and certified personal trainer, Isabel De Los Rios on a video posted on

'YouTube'.

The cause of heart disease is NOT saturated fats but hydrogenated oils, processed, packaged and refined sugar foods, De Los Rios declared. Saturated fats in fact, help the body burn fats and thereby contribute to maintaining good health, she added.

Quoting Sally Fallon's book 'Nourishing Traditions', Isabel noted that before 1920 the incidence of heart disease was very low in the United States (US).

In 1950 there was a huge increase of heart disease showing at one time an estimated 40% of the US population died from heart disease. It could be higher today, she said.

Adding that if saturated fat was really the cause of increased heart diseases in the US, then statistics should show an increased use of saturated fats after 1920. The actual data however shows (cf. Sally Fallon's - Nourishing Traditions) between 1910 - 1970 traditional animal fat in the American diet declined from 83% - 62%, butter consumption plummeted from 18 lbs per person per year to 4 lbs per person a year. The intake of dietary cholesterol increased by only 1% during that time, so if people were eating less butter, less saturated fat, with only a marginal increase of dietary cholesterol how could those foods be the cause of increased heart disease? she questioned.

During that same period there was a 400% increase in the average intake of dietary vegetable oils in the form of margarine, shortening and refined oils. Once there was an increase in eating refined oils the instances of heart diseases drastically increased. There was also a 60% increased consumption of sugar and processed foods in that time.

De Los Rios highlighted the way our liver carries out its role to break down fats and get rid of harmful chemicals from our body.

She explained that bad fats contain harmful chemicals that cause the liver to work overtime to filter those harmful substances from the blood; they therefore hamper the

process of the liver to break down fats.

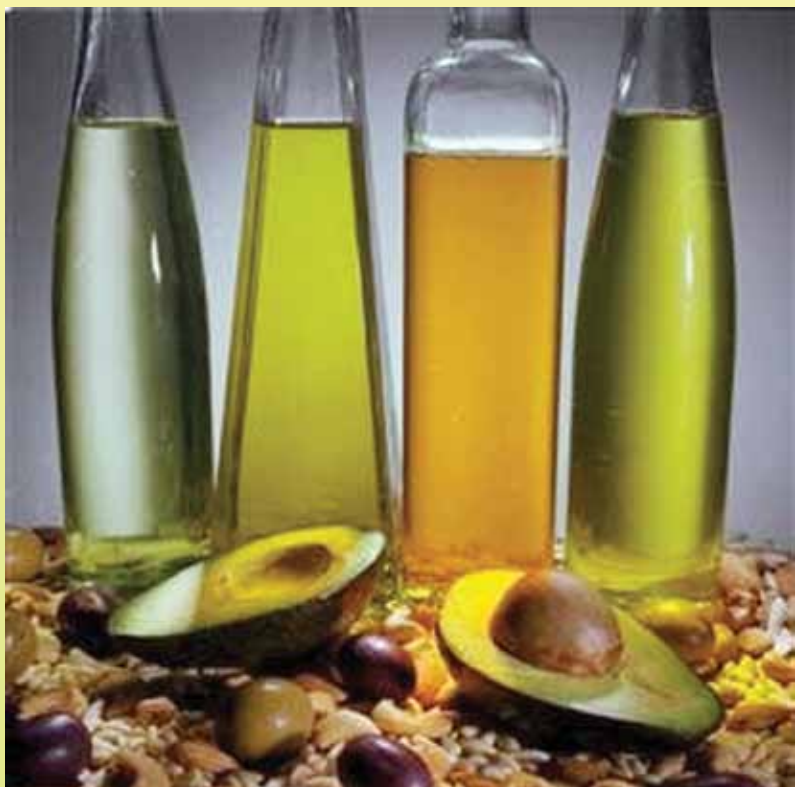
The result is that fat is stored in our body. Good fats on the other hand, stimulate the liver to burn off the fatty tissues stored in our body.

A graduate of Rutgers University, New Jersey, USA, Isabel De Los Rios developed "The Diet Solution Program", the culmination of 12 years research motivated by her desire to help herself and her mother to lose weight.

Her program is highlighted as "Weight Loss Nutrition Secrets" on the website: www.LoseBellyFatIn8Weeks.weebly.com/ There you will find reviews on online fitness programmes that really work, for real people.

The website lists the benefits of online fitness programs developed by world renowned personal trainers. One good feature of these programmes is that they all cater for personalising the programmes for each individual. Various techniques are used including questionnaires via eBooks or email.

The author Louis Blake, a journalist and TTARP member, launched the website: "<http://www.LoseBellyFatIn8Weeks.weebly.com/>" in response to Health Minister Dr. Fuad Khan's announcement in March 2012, that obesity in Trinidad and Tobago, increased from 25 - 55 percent in 10 years. Isabel De Los Rios' weight loss programmes is highlighted on the website as 'Weight Loss Nutrition Secrets'.



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Mr. Anand Jerry Jr. Persad,
Creator of TTRegs.com

If you are preparing to take your Driving Regulations Examination for your Driver's License or need a refresher on the Trinidad and Tobago Highway Code, you will find all the information you need on TTRegs.com, a website recently launched in Trinidad and Tobago which provides users with information relevant to the Trinidad and Tobago Driving Regulations.

The site is free to use and features full coloured Road Signs, the Driving Regulations Exam Preparation Guide and allows users to do any of the following:

- Read the Trinidad and Tobago Highway Code
- Study for the Driving Regulations Test

- Take several types of Practice Tests
- Print the documentation related to the Driving Regulations

The site was conceptualized and developed by Mr. Anand Jerry Jr. Persad of Silverzip Corporation Limited (www.silverzip.com), a web design and development company. It provides a solution to finding the required documentation to prepare for the Trinidad and Tobago driving regulation test. One of the main benefits of using TTRegs.com is its potential to save its users money from purchasing the required booklets needed to study for their driving regulations test. Other benefits include 24/7 availability, international access to foreigners wishing to obtain their driver's license in Trinidad and Tobago, unlimited users and a lower carbon footprint as the demand for the printed documents would be reduced.

You can visit www.TTRegs.com for more information.



RETIREMENT: *The joy of being me!*

By Basdeo Ganpat

What it's like to be retired? I never actually thought it through.

Entering the work force at a pretty young age with the work ethics of a woodpecker, the mere thought of a life of leisure gives me the shivers. Sure, in weaker moments of the past I dared to dream of some vague time and place in a future free of kissing bosses' butts.

Then, suddenly, gold watch in hand, I awoke to the nightmare of nothing to do. Given absolute freedom from work, from responsibility, even from habitual counterfeit smiles for my fellow drones, I was at once wide-eyed and aghast at this new void filling my life.

"Enjoy your retirement!" I was told, the company door slapping me across the butt.

"Enjoy?" Just the thought of leisure

without penalty gives me the creeps. I take unwarranted pleasure seriously. Indeed, old workhorses like me see pleasure as the slipperiest of slopes.

Why else would I choose to labor when I could be basking on the golden sands of Pigeon Point in Tobago, surrounded by beautiful people, all more or less naked? Or, I could be travelling to distant places of our planet savouring the various cuisines and cultures.

I do because I find the idea of retired relaxation about as comfortable as the back seat of my foreign used Nissan Laurel motor car. And when attempting to dawdle around the house I am sharply brought to my senses by my spouse screaming, "That's it! Either you go do something or I'm out of here."

So, what's it like to be retired?

From age 50, when TTARP advertised that I am now eligible for senior discounts, senior tax help, and senior moments, to now thirteen years later when I realize that I am spending more

time at the Health Centre than with my spouse; keeping busy engrosses my mind.

Now I am a victim of a geezer version of Parkinson's Law; I wonder, "Where does the time go?" as I hurry about, tending a dozen projects of which few are ever completed.

I don't care anymore. I am now at an age when, no matter how diligent and harmless I may pretend to be, society ignores me anyway, preferring that I, with my wrinkles and my funky smell simply disappear, if not from the face of the earth, then at least from the line in front of those at Kentucky's.

In retaliation, I shake off my strict upbringing and, by default, fall into the freedom of being myself and loving it.

BEING ME: that's the real prerogative of retirement. It is where grace is found.

So, I skip the guilt, leave salvation to God, and go directly to the joy of being imperfect, the joy of being me.



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Paulina Lawrence and Louise Quamina at Hi Lo West Moorings.



Merle Henry and Marjorie Clarke-Alleyne at Hi Lo French Street.



Patricia Bailey at Hi Lo Maraval Express

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Eunice John and Judy Felix at Hi Lo El Dorado.

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Promoters will be trained and shall be assigned to various supermarkets, banks, malls etc. equipped with all TTARP brochures and promotional material.

A stipend and an incentive will be paid.

If you are interested in volunteering your time (once or twice per week),



Jennifer Walker-Maynard and Cynthia Timothy at Hi Lo Broadway Arima..

please contact Michelle at 374-8992 or Denise at TTARP's office 221-7771.

Members could renew or join TTARP or the Hospitalization Plan at these Hi Lo branches on Wednesdays and Saturdays from 10am-3pm. Remember to submit your Hi Lo Smart Shopper number.

Thank you Hi Lo !!





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Rajwatti Bhaggan Wegner

Author: Michelle Nunes

Photographer: Delip Singh.

Floquent in speech and meticulous in dress as in duties, Rajwatti, better known as “Raj” was born on the 19th January 1937. A past student of Chaguanas Government School, and Bishop Anstey High School, Port of Spain, Raj chose to specialize in Radiography at the University of Manitoba in Winnipeg, Canada. Thereafter she returned to work in the Radiology Department at Port of Spain General Hospital from 1961-1968. She got married and migrated to Denmark in 1968 where she lived until 1995. In Denmark, Raj worked and taught Radiography at the University Hospital (Rigshospitalet) - specializing in Neuro-Radiology, Intervention, Computed Tomography (CT) and Magnetic Resonance Imaging (MRI).

Upon her returned to T&T, her skills in these specialized fields lead her to teaching at The School of Radiography. Raj utilized her knowledge to revive and revise the Society of Radiographers in T & T, where she served as an Executive member, she lobbied for An Accreditation Council and a Professional Council of T & T and served as Vice-chairman of the Advisory Committee of the Faculty of Radiological Sciences.

Though retired now, she is an Executive member of TTARP, and is the Chairperson for TTARP’s National Issues, Education, Social Services committee, chairing the Budget Proposals from 2005 to present day. Among her many accomplishments, one was the creation of a Senior Activity Centre in Chaguanas, which is being successfully

managed by TTARP Cental Zone, (of which she was once the Chairman) on behalf of the Division of Ageing. She has represented TTARP in Bangkok re- UN Madrid Plan in 2006 and can boast of several other achievements for Seniors.

A Soroptimist and a past President of St Augustine Soroptimist International Club (2007-2008), Raj passionately recites and lives by the following :-

As we say as a Soroptimist:
To the ideals for which it stands
The sincerity of Friendship
The Joy of Achievement,
The Dignity of Service.
The Integrity of Profession.
The Love of Country.

I will put forth my greatest efforts
To promote, uphold and
defend these ideals
For a larger fellowship
In Home, in Society, in business
For Country and for God
God Bless.

TTARP salute Raj, and thank her for her invaluable contribution over the years. Independent at 50 and beyond !!





Louise Horne

Author: Michelle Nunes

I had heard about the legendary Louise Horne who at age 100 is still a force to be reckoned with, but I still did not know what to expect when I placed a phone call to her home to arrange this interview. A powerful, sturdy voice boomed, "Good Morning", thinking it was a relative or close friend I politely asked if it was possible to speak with her. To my surprise, I was speaking to her.

The meeting itself was astonishing. She greeted us herself by the fully secured gate and very aristocratically invited us to sit in the porch among some memoirs of yester-year. Whilst the photographer and I stared and "ohhhed and ahhhed" at some photos, artifacts and plaques which adorned her walls, Ms. Horne walked inside and brought out a pile of her treasured accolades. Among those were a 455 page book titled "The Evolution of Modern T&T" written by her dear self.

With remarkable memory and perfect eyesight, Ms. Horne pointed out special paragraphs, chapters and phrases which she thought contributed to the society we now live in today. During World War II, about 30,000 soldiers landed, and from hence forth many fatherless children were born, an occurrence which rarely happened before, this she saw as the start of the social problem which now exists.

She herself, was never married nor had any children, in her own words, and with a twinkle in her eye, she laughs and says, "I never had time for that chupidness". Ms. Horne chose a life of politics, teaching, nutrition, writing and has travelled the world. She has lived in exotic places such as London, Rome, New York, South Africa, and Scotland. She regrets nothing and remembers it all.

Her parents had two children, herself and Clementina her older sister, who also had no children. She recalls her Anglican father saying, "decent people don't put rum bottles on their table", and when she was a child he had to protect his family when soldiers came banging on their doors, in the very house she still lives.

Throughout her career as an Independent Senator in the House of Parliament (1976- 1991), many awards and

honours were bestowed upon her. And even today, she is still highly regarded and acknowledged for her significant contribution by those in public life. On May 13th 2012, she became a centenarian, a milestone only few would ever attain. On May 15th 2012, the Office of the President of The Republic of Trinidad & Tobago on its special seal sent birthday greetings outlining her various accomplishments and their gratitude for her contribution. One can tell that it is a token she treasures as she read a few excerpts glowingly.

Ms. Horne's main past-time is gardening, and she is quite proud of her bed of anthuriums which were blooming and she goes to church as often as she can. As a nutritionist who was once placed in charge of the meals of all hospitals, I was curious to know about her daily diet. With amusement, she chuckled and said "everything". A typical breakfast would consist of milk (powdered form mixed with tap water), fruit (whatever was in season- mango, sapodilla, bananas), bread and cheese. Lunch would be fish or meat with rice, callaloo and provision. The only limitations given by her doctor was to have no salt or sugar.

When asked about sending an Independence message to TTARP's 24,000 members who would be reading this article, she eloquently said, "when the time arrives, the members and their families will know". No further explanation was forthcoming, and the interview ended with her saying she will clarify at another time.

Members interested in obtaining a piece of literary history, can purchase Ms. Horne's book, "The Evolution of Modern T&T" at a price of \$150. Orders can be placed at TTARP's office.

Independent at 50 and beyond !



TTARP Member pays tribute to ELLA ANDALL

At a recent tea and fashion show at the Cascadia Hotel, as seniors modeled and paraded to the delight of their counterparts. Merle Henry, one of TTARP's loyal and long-standing members, made a stunning entrance in her gown adorned with bronze and gold which paid homage to our local celebrity, Ella Andall.

TTARP believes that Ella Andall's journey is one of power and potency. From the early 1970s, Ella Andall emerged as a dynamic force among a new breed of peoples' artistes in Trinidad and Tobago. With music as her main vehicle, she has dedicated her life to reach and teach the people, pushing a positive image reinforced with lyrical strength and dedication.

The head-dress of Merle Henry's gown was made of Gold to represent Ella's bright and pure thought of goodness, the two piece outfit of Bronze and Gold showed boldness and strength, whilst the kerchief cut sleeves and the bottom of skirt encircles her love. The fan in hand is a contrast of the cross roads she encountered during her life's journey.

Together with Merle, TTARP applauds Ella for her accomplishments as she enjoys her twilight with honour, dignity and love.



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Dr Sherene Kalloo-
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Care of the Older Woman

Since 1980 the world population of persons 60 years and older has

doubled and is expected to reach 2 billion by 2050. The life expectancy of females is greater than males hence the gynaecologist is now faced with an increasing number of patients who are post menopausal approximately one third of their lives. Regular physical examination forms the cornerstone of preventative medicine. The goal is to detect developing problems before they cause symptoms and to monitor risk factors for future illness.

Some basic screening tests that need to be done are:

Blood Pressure.

Normal is under 120/80 mmHg and hypertension is over 140/90mmHg. More than half of females over 55 years have high blood pressure which predisposes them to strokes and heart attacks.

Body Mass Index

This is measured by weight (kg) divided by the square of the height (meters) and should be done annually. Normal is under 25, Obese is over 30. A high B.M.I. has all the ills linked to obesity like diabetes, hypertension, arthritis and high cholesterol. A low value increases the risk of osteoporosis. Even though some loss of muscle mass is expected as you age, a loss of over 10lbs in 12 months can be one of the pointers of the Frailty Syndrome.

Fasting Blood Sugar

A sample of blood is taken after a 12-hour fast which should be less than 125mg/dl. To be done every 3 years or more frequent if a family member has diabetes or if frequent urination and yeast infections occur. A diabetic risk

of a heart attack is 3-7 times higher than a non diabetic.

Lipid Profile.

A blood sample taken after a 12-hour fast. Cholesterol under 200 mg/dl, triglycerides under 150mg/dl, L.D.L under 160mg/dl and H.D.L. under 60mg/dl are all normal values. This test should be done every 5 years unless other risk factors are present like cardiac disease in your family or if one suffers from diabetes, one would screen more frequent and aim for lower values.

Thyroid Function Test

The thyroid gland at the base of the neck can enlarge and form a goitre. The gland can under function (hypothyroidism) and can present as weight gain, hair loss, hoarse voice, lethargy, constipation and depression. Sub clinical hypothyroidism can occur in 15% of women over 65 yrs where the typical signs are not present. Normal ranges are T.S.H (.0.4-4), T3 (81-178) and T4 (5.2-12.5). This test should be done every 5 years in patients over 50yrs.

Complete Blood Count.

Iron deficiency anaemia Haemoglobin under 12mg/dl may indicate blood loss such as loss from a gastrointestinal source like a bleeding stomach ulcer, from over use of arthritic medication or the more ominous bowel (colon) cancer. A high white blood cell count can indicate infection or even leukaemia. There is some disagreement in performing a C.B.C. annually. However a haematocrit (the % of blood that is red blood cells) should be done annually.

Pap smears.

This screen for cancer of the cervix. This is the second highest cancer in women. These are done yearly, then every 2-3 years after 3 consecutive negative tests until the age of 70yrs. One should note, a vaginal vault smear (cells taken from the vaginal

wall) is sometimes done after a hysterectomy in those at high risk.

Mammogram and Breast M.R.I

Since 1 in 8 women will develop breast cancer in a lifetime, the value of the monthly self exam cannot be emphasized enough. Not only should lumps be a cause of concern but a rash around the nipples or a nipple discharge can indicate a cancer. Mammograms (X-ray studies of the breast) should be done every 1-2 yrs, after 40yrs and every year, after 50yrs. M.R.I. of the breast does not give any radiation risk and seems to be a more specific test. Patients with a close relative diagnosed with breast cancer need to be tested more frequent.

Colonoscopy

Colon cancer is often detected late. Some patients presents with a change in stool size, alternating constipation and diarrhoea, bloody stools, weight loss or just appear pale due to a low blood count. This test involves the passage of a flexible scope into the anus to visualize the large intestine with the option of taking samples of any suspicious areas. It should be performed annually after the age of 50yrs. Having a first degree relative with colon cancer or having had intestinal polyps or ulcerative colitis increases ones risk. For those who have reservations of putting anything up their behind, have no fear the virtual colonoscopy is here which is a C.T scan of the abdomen.

Bone Density Test

Elderly women are at risk for osteoporosis (thinning of the bone). This is seen by a decrease in height and bending of the back. A bone density test involves X-rays of certain bones which determine the amount of calcium in them, this predicts the chance of a fracture. Fractures of the hip are very common and by using Biphosphonates medication in addition to calcium and vitamin D supplements reduces this risk. This test



should be done every 2 yrs in women over 65yrs or earlier in those with risk factors. Elderly patient in geriatric homes should be exposed to sunlight for at least 15 Minutes to get the full benefit of vitamin D.

Mental State Exam

A patient's ability to follow instructions depends on their mental state. The Folstein Mini Mental state exam is a simple form, which the patients fills out. This tests the cognitive function and a score is given. Done yearly after the age of 60yrs, it can pick up early cases of dementia. Approximately 3-5% of individuals will have dementia by age 65yrs and 20% by the age of 80yrs.

Vision Screening

All patients over 65yrs should be evaluated every 1-2yrs for the presence of cataract (the whitening of the lens in the eye) also glaucoma (increase pressure in the eye), which may cause patients to see halos around lights, some get eye pain, others may get no signs at all. With aging, reading spectacles may be necessary from 45 yrs.

Hearing Testing

Maintaining as much independence in a patient is important for their emotional well being and their ability to listen to instructions. Ear wax can easily be dissolved by ear drops or flushed by the physician. A simple

whisper test at to each ear would determine if to proceed to audiometric testing and the need for a hearing aid. Close to 1/3 of persons over 75yrs have some degree of hearing loss.

Pelvic Exam

This involves looking at the vulva to look for changes in pigmentation (colour of the skin) and dry excoriated areas that itch, growths and ulcers (sores). Biopsies are done on all suspicious areas. The patient is examined for uterine prolapse, this usually occurs in post menopausal women where the pelvic floor muscles become weak and the uterus (womb) actually descends down the vagina and may even protrude outside the vagina. This may contribute to incontinence of urine where the patient cannot hold up her urine The patient is also checked for bladder prolapse into the vagina (cystocele). After menopause the lack of estrogen causes thinning of the vaginal wall leading to atrophy and shortening of the vagina. Dryness of the vagina can easily be corrected by a hormonal cream. Insertion of a vaginal ring and even surgery can relieve uterine prolapse.

After the physical examination the doctor usually gives you an overall assessment of your health. Other test may be ordered like a chest X Ray, if you are a smoker or joint X Ray if

arthritis is suspected (33.6% of patients over 65yrs suffers from osteoarthritis). An electrocardiogram may be ordered, if heart disease runs in your family.

Immunization Schedule

Influenza : Given annually in women >50yrs.

Tetanus-Diphtheria : Booster to be given every 10 yrs.

Polio(inactivated): Booster every 10 yrs ,especially to those patients who are exposed to young children who have been given the live oral polio vaccine.

Pneumococcal -Given every 5 yrs in women older than 65yrs.This can help reduce the risk of developing pneumonia.

Shingles-Once you have been exposed to chicken pox, the virus lives in your system and as your immunity weakens with age, the painful rash of shingles can occur (1 in 3 patients). This vaccine is not yet available in Trinidad but patients who travel to the U.S.A. can easily obtain it.

The main goal of the health care giver is to ensure that the patient can remain as independent as possible, stay socially engaged and enjoy a good quality of life.

Calendar of Events

October

- Tue 2nd South Zonal Meeting @ Masonic Lodge, Ruth Ave. @ 4:30 pm. - for info 326-7755 (South)
- Thur 4th Arima Zonal Meeting @ Arima Town Hall @ 4:30 pm. - for info 642-8776 (Arima)
- Sat 6th Central Interactive Meeting/Lecture @ Chaguanas Activity Centre @ 2pm. - 672-1478 (Central)
- Mon 8th Pembroke Zonal Meeting @ Pembroke Community Centre @ 3:30 pm. - call 660-7960 (Pembroke)
- Wed 10th Tea Evening @ Hotel Normandie @ 3 pm. - for info 625-0592 (Belmont)
- Sat 13th Cultural Appreciation Day Celebration - for info 672-1478 (Central)
- Sat 13th Western Pearls Meeting @ Central Diego Martin Community Centre @ 3 pm. - 678-4139 (Diego Martin)
- Sat 13th Happy Haven Zonal Meeting @ Happy Haven Sch. @3pm. - for info 750-9351 (Happy Haven)
- Wed 17th La Brea Zonal Meeting @ La Brea Community Centre @ 5pm. - for info 389-2517 (La Brea)
- Thur 18th Fyzabad Zonal Meeting @ Fyzabad Community Complex @ 10:00 am. - for info 777-8054 (Fyzabad)
- Sat 20th TTARP Annual 5k Walk/Run - for info 622-9223 (Head Office)
- Sat 20th Princes Town/Rio Claro Zonal Meeting @ P/Town Presbyterian Sch. @ 2 pm. - 731-0236 (Princes Town)
- Tue 23rd Belmont B's Zonal Meeting @ Colm Hall @ 5pm. - for info 625-0592 (Belmont)
- Fri 26th Santa Cruz Zonal Meeting @ Bourg Mulatresse Parish Hall @ 5:30 pm. - 674-2852 (Santa Cruz)

Dates to be Announced (TBA)

TBA Fyzabad AGM - for info 777-8054 (Fyzabad)

November

- Thur 1st Arima Zonal Meeting @ Arima Town Hall @ 4:30 pm. - for info 642-8776 (Arima)
- Tue 6th South Zonal Meeting @ Masonic Lodge, Ruth Ave. @ 4:30 pm. - for info 326-7755 (South)
- Sat 10th Western Pearls Meeting @ Central Diego Martin Community Centre @ 3 pm. - 678-4139 (Diego Martin)
- Sat 10th Happy Haven Zonal Meeting @ Happy Haven Sch. @3pm. for info 750-9351 (Happy Haven)
- Sat 10th Que (Fundraiser) - for info 672-1478 (Central)
- Mon 12th Pembroke Zonal Meeting @ Pembroke Community Centre @ 3:30 pm. call 660-7960 (Pembroke)
- Thur 15th Fyzabad Zonal Meeting @ Fyzabad Community Complex @ 10:00 am. - for info 777-8054 (Fyzabad)

- Sat 17th Princes Town/Rio Claro Zonal Meeting @ P/Town Presbyterian Sch. @ 2 pm. - 731-0236 (Princes Town)
- Wed 21st La Brea Zonal Meeting @ La Brea Community Centre @ 5pm. - for info 389-2517 (La Brea)
- Fri 23rd Santa Cruz Zonal General Meeting @ Bourg Mulatresse Parish Hall @ 5:30 pm. - 674-2852 (Santa Cruz)
- Sat 24th Visit to Senior Citizens Home - for info 625-0592 (Belmont)
- Tue 27th Belmont B's Zonal Meeting @ Colm Hall @ 5pm. - for info 625-0592 (Belmont)

Dates to be Announced (TBA)

- TBA Trip to Tobago with the Ferry - for info 622-9223 (Head Office)
- TBA Divali Celebration - for info 674-2852 (Santa Cruz)

December

- Tue 4th South Zonal Meeting @ Masonic Lodge, Ruth Ave. @ 4:30 pm. - for info 326-7755 (South)
- Thur 6th Arima Zonal Meeting @ Arima Town Hall @ 4:30 pm. - for info 642-8776 (Arima)
- Sat 8th Western Pearls Meeting @ Central Diego Martin Community Centre @ 3 pm. - 678-4139 (Diego Martin)
- Sat 8th Happy Haven Zonal Meeting @ Happy Haven Sch. @3pm. for info 750-9351 (Happy Haven)
- Sat 8th Central Interactive Meeting/Lecture @ Chaguanas Activity Centre @ 2pm. - 672-1478 (Central)
- Sun 9th TTARP Annual Christmas Luncheon - for info 622-9223 (Head Office)
- Mon 10th Pembroke Zonal Meeting @ Pembroke Community Centre @ 3:30 pm. call 660-7960 (Pembroke)
- Tue 11th Annual Christmas Get Together - for info 625-0592 (Belmont)
- Wed 12th Central Zonal Christmas Luncheon - for info 672-1478 (Central)
- Fri 14th Santa Cruz Zonal Christmas Dinner - for info 674-2852 (Santa Cruz)
- Sat 15th Princes Town/Rio Claro Zonal Meeting @ P/Town Presbyterian Sch. @ 2 pm. - 731-0236 (Princes Town)
- Wed 19th La Brea Zonal Meeting @ La Brea Community Centre @ 5pm. - for info 389-2517 (La Brea)
- Thur 20th Fyzabad Zonal Meeting @ Fyzabad Community Complex @ 10:00 am. - for info 777-8054 (Fyzabad)

Dates to be Announced (TBA)

- TBA Fyzabad 6th Annual Christmas Luncheon - for info 777-8054 (Fyzabad)



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Central Zone visits Harry's Water Park

Sixty-six members spent an enjoyable day at the Rio Claro waterpark, where some relaxed and others showed their adventurous spirit.



Members Socializing.



Members relaxing and enjoying a snack- Dulin Boodoo, Yuk Moy Look Kin and Dolly Bipat.



Members Kayaking.



Members relaxing and telling stories about their life as a teenager - Gloria Charles, Ruby Morton, Angela Amorgan, Lynette Peter-Alves & Morgianna Des Vignes.



Members enjoying a walk and admiring the ambience - Ramdevi Singh, Flora Harricharran, Shahatoon Sampath and Yuk Moy Look Kin.



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Bringing Value Home



One Love

By Anton La Fond
An Advocate for the Disabled

Over the years several obstacles of thought continue to circle in my mind as I researched the importance of how to solve the narrative barrier that prevents the disabled community from making the strides necessary for equality. In the doldrums of my

quest to attain this crucial emancipation, my thoughts have become cluttered with human cobwebs as I wonder whether or not the future has much scope, if any at all.

In recent times, questions have come into notice as to the importance of the contributions of able bodied persons to the disabled society. Just thinking these thoughts seem to send shock waves of torture to my system. As I try to imagine a query intend to show the contributions made by this sector of the society, the moment these thoughts surface they are simultaneously castrated.

It is very important that collaboration be a strong point in whatever format is taken to drive togetherness to the top of all aspirations. Togetherness, as it pertains to the love and unity that is required where the able-bodied and the disabled are concerned.

What on this planet earth can be deemed excluded from the inevitable – nothing. Yet somehow we as humans seem to question whether (who is to be what or if one is rich or poor) when the bottom line is that we are all equal in GOD's sight.

As I continuously preach, the only way forward in this struggle for equality is to maintain the concept that the umbrella system is the ideal way to create any sort of impact in our society.

The way the world was constructed, its metamorphosis, no one organization can penetrate the system on its own and as a result, only an acute level of unity can demonstrate the importance of how not to be singular in your attempt to go forward. Why is it that the simple concept of UNITY is represented as a monstrous or beast-like solution?

Today the disabled society should grasp at the opportunity to love and incorporate all who can propel their cause forward. The objective is not to decide who made it happen, but to make it happen and to be able to say that we, collectively, have done a good job of teamwork. Remember, life is short and the more you put into it, the more you get out of it. It makes you wonder why people complain about who should be at the head (or tail) and why, or who should have what, and why? In the final analysis, with good

leadership and sound representation the fight to ensure the disabled has an equal share of society's gains will only surface when togetherness becomes the motto of the day.

What will happen if we continue to avoid coming together? We are growing older. In the next twenty years the conscious sector of the society will be in dire need of proper facilities and accessibility. Who will take the blame? Remember, life has time connected to it so we need to look at where we are heading and fathom how quickly we will get there.

The way we treat life, one has only to look at how disabled society responds with little or no concern when a good or bad situation presents itself. Over the past years very productive and progressive achievements took place within and around the disabled society, what was amazing was that no disabled organization or group stood up and gave praise to the achievements of these individuals. To me that was both disturbing and disrespectful. Just a little acknowledgement would have gone a long way. Please note in future congratulations will speak volumes for the ones who do well. If the reverse should take place, then the voice of a collective body will ensure solid imprints that would avoid such actions in the future. In the final analysis, when something good happens, acknowledge it and in the same vein, if something ugly happens, condemn it. It is necessary to let your voices be heard.

It is imperative that all organizations strive to perform as a single unit to lead the way forward so the powers-that-be could have a powerful audience and practice some positive solutions to elevate the obstacles that are present.

In concluding, succinctly, life should be meaningful for all of us who are ordinary people, able or disabled. If life is viewed with a little more spirituality then the true memory of stoicism and love will develop the need for progress.

The more we are together, the more progressive we will be.

In the Spirit of Growth.



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DEEP THOUGHTS...

On Being GREEN Back In The Day

For those of us who can remember the 60s and before...
And even for those of us who can't remember the 60s and before...

Checking out at the store, the young cashier suggested to the older woman, that she should bring her own grocery bags because plastic bags weren't good for the environment.

The woman apologized and explained, "We didn't have this green thing back in my earlier days."

The young clerk responded, "That's our problem today. Your generation did not care enough to save our environment for future generations."

She was right -- our generation didn't have the green thing in its day.

Back then, we returned milk bottles, soda bottles and beer bottles to the store. The store sent them back to the plant to be washed and sterilized and refilled, so it could use the same bottles over and over. So they really were recycled.

But we didn't have the green thing back in our day.

Grocery stores bagged our groceries in brown paper bags, that we reused for numerous things, most memorable besides household garbage bags, was the use of brown paper bags as book covers for our schoolbooks. This was to ensure that public property, (the books provided for our use by the school) was not defaced by our scribbles. Then we were able to personalize our books on the brown paper bags.

But too bad we didn't do the green thing back then.

We walked up stairs, because we didn't have an escalator in every store and office building. We walked to the grocery store and didn't climb into a 300-horsepower machine every time we had to go two blocks.

But she was right. We didn't have the green thing in our day.

Back then, we washed the baby's diapers because we didn't have the throwaway kind. We dried clothes on a line, not in an energy-gobbling machine burning up 220 volts -- wind

and solar power really did dry our clothes back in our early days. Kids got hand-me-down clothes from their brothers or sisters, not always brand-new clothing.

But that young lady is right; we didn't have the green thing back in our day.

Back then, we had one TV, or radio, in the house -- not a TV in every room. And the TV had a small screen the size of a handkerchief (remember them?), not a screen the size of the state of Montana. In the kitchen, we blended and stirred by hand because we didn't have electric machines to do everything for us. When we packaged a fragile item to send in the mail, we used wadded up old newspapers to cushion it, not Styrofoam or plastic bubble wrap. Back then, we didn't fire up an engine and burn gasoline just to mow the lawn. We used a push mower that ran on human power. We exercised by working so we didn't need to go to a health club to run on treadmills that operate on electricity.

But she's right; we didn't have the green thing back then.

We drank from a fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water. We refilled writing pens with ink instead of buying a new pen, and we replaced the razor blades in a razor instead of throwing away the whole razor just because the blade got dull.

But we didn't have the green thing back then.

Back then, people took the streetcar or a bus and kids rode their bikes to school or walked instead of turning their moms into a 24-hour taxi service. We had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances. And we didn't need a computerized gadget to receive a signal beamed from satellites 23,000 miles out in space in order to find the nearest burger joint.

But isn't it sad the current generation laments how wasteful we old folks were just because we didn't have the green thing back then?

Show this to another selfish old person who needs a lesson in conservation from a smartass young upstart...





LAUGHTER

THE COUNSELLOR

After just a few years of marriage, filled with constant arguments, a young man and his wife decided the only way to save their marriage was to try counselling. They had been at each other's throat for some time and felt that this was their last straw. When they arrived at the counsellor's office, the counsellor jumped right in and opened the floor for discussion.

"What seems to be the problem?" Immediately, the husband held his long face down without anything to say. On the other hand, the wife began talking 90 miles an hour describing all the wrongs within their marriage.

After 5...10...15 minutes of listening to the wife, the counsellor went over to her, picked her up by her shoulders, kissed her passionately for several minutes, and sat her back down. Afterwards, the wife sat there speechless.

He looked over at the husband who was staring in disbelief at what had happened. The counsellor spoke to the husband, "Your wife NEEDS that at least twice a week!"

The husband scratched his head and replied, "I can have her here every Tuesday and Thursday."

Trini Joke.... No Flour in Trini...

Mootilal went to a shop to buy some flour. He approached Mr. Chin the shopkeeper:-

Mootilal: Aye Chin, leh mih geh 2 pong ah flour dey.

Chin: Solly Mooti, me eh hah no flour.

Mootilal: Buh Chin, gih mih at lease ah pong nah boy.

Chin: Ah tell yuh, me eh ha no flour!

Mootilal: Chin yuh cyah even spare meh at lease half pound boy?

At this point Chin was getting aggravated with Mootilal

Chin: Ah have a riddle fuh yuh. If yuh take out de knife from de word breadknife, wah yuh get?

Mootilal: knife in breadknife, take dat away, yuh get BREAD!

Chin: Correck! Now if yuh take out de spoon from tablespoon, wah yuh get?

Mootilal: Take away spoon in tablespoon, yuh get TABLE!

Chin: Now if yuh take out de fork from flour, wah yuh get?

Mootilal: (after thinking while) Buh Chin, it eh have no fork in flour> >

Chin: Well that is what ah trying to tell you...

Games day! Is it really important?

The Senior Activity Centre has been trying for some time to institute a 'Games Day' which has had minimal success, as we have been unable to sustain adequate interest and support.

There is an old saying which states 'if you do not use it, you lose it'. This saying rings true not only for our bodies but also our brains. Games Day gives us an opportunity to exercise our minds. When we get together in camaraderie for All Fours, Scrabbles, Dominoes, Card Games or whatever other game we may choose, we socialize in a way, far different to any other activity being conducted at the Centre. It is much more than the hour we spend in Yoga or Tai Chi, since there is more interaction, and it becomes more of a social event. It is up to us to mold and shape the activity as we wish. CANNOT PLAY GAMES? No problem. We are here to teach you. All we need is a willing spirit.

Games Day plays another important part in our lives. It provides companionship. Many of us are lonely, the children have grown and moved out, and are busy living their lives. We must live ours. In some cases our spouse has departed to a higher realm. We bravely fight depression with a smile. Games Day gives us the opportunity to get out and meet others, to forget that we live alone. People around us may think all we need is food, shelter, clothing, a bed and a functioning television, but elder persons need much more than that.

This activity can bring members truly alive and to enjoy life. When we do this, we become a treasure to be around, not an old lady/man who seems constantly sad and depressed and a burden to be around, but a young vibrant spirit to be admired and emulated. Let them compete for our time. Come on people, let's make Games Day the success it can be. Let's meet on Tuesdays and Thursdays from 1.00p.m.

Yvonne Knights
Senior Activity Centre, Chaguanas.



GREEN BANANAS

HEALTH BENEFITS

Although the green banana is an un-ripened yellow banana, it has different uses. While you can eat the yellow banana immediately after peeling, the green banana is best eaten cooked, either boiled or fried. Nutritionally, the green banana is a good source of fiber, vitamins and minerals, and contains a starch that may help control blood sugar, manage weight and lower blood cholesterol levels.

Good Source of Resistance Starch

Resistant starch is a type of starch that cannot be broken down by enzymes in your digestive system and, therefore, acts more like a fiber than a starch. Green bananas contain a high amount of resistant starch. Including foods high in resistant starch in your diet, like the green banana, may reduce your risk of diabetes by aiding in blood sugar control, and heart disease by helping to lower blood cholesterol levels.

Good Source of Fiber

In addition to the resistant starch, green bananas are also a good source of fiber. A 1-cup serving of boiled green bananas contains 3.6 g of fiber, meeting 14 percent of your daily value. The percent daily value is based on a 2,000-calorie diet for a healthy adult. Fiber can also reduce risk of diabetes and heart disease. In addition, fiber in food slows digestion, helping you feel full longer, aiding in weight control.

High in Potassium

Like the ripened yellow banana, the green banana is high in potassium. A 1-cup serving of boiled green bananas contains 531 mg of potassium. Including more high-

potassium foods in your diet may aid in blood pressure control. The American Heart Association recommends consuming 4,700 mg of potassium a day for heart health. However, high potassium foods are not safe for everyone. If you have high blood potassium levels or kidney disease, you should talk to your doctor to determine how foods like green bananas can fit into your diet plan.

High in Vitamin B-6

Green bananas are also high in vitamin B-6, with a 1-cup boiled serving containing 39 percent of your daily value. Vitamin B-6 plays an important role in more than 100 enzymatic reactions in your body. It is also necessary for the formation of hemoglobin, the protein that carries oxygen in your body. Additionally, vitamin B-6 aids in blood sugar control.

Intestinal Health

Green bananas contain compounds called short chain fatty acids, which nourish the cell tissue lining of the small intestine, dramatically enhancing the body's capacity to absorb nutrients.

Diabetics Diet

Green bananas offer diabetics a high-energy, low-calorie source of carbohydrates, which meets the glycemic requirements recommended for their diets.

Weight Loss

Green bananas help boost metabolism, increasing the body's capacity to burn fat, which is beneficial for overweight individuals. They are also a high-energy food that is beneficial to athletes.



Recipes

TASTY CARIBBEAN GREEN FIGS

Ingredients

5-7 green figs
1/2 teaspoon salt (for boiling the green bananas)
1 medium tomato
1 medium onion
1 green onion / spring onion
1 clove garlic
1/4 habanero pepper or any hot pepper
1/8 teaspoon black pepper
2 tablespoons olive oil (any cooking oil you like)
1 sprig thyme (dash dried thyme)
Salt – optional (add as needed)
1 can pink salmon
1 tablespoon ketchup

Directions

Since the green fig will require the most time to cook, go ahead and peel, scrape and rinse them. You can also cook them in the skin and peel after they've been boiled. In a deep pot, put enough water to cover the green figs and bring to a boil. Then add the green figs and salt and boil for about 20 minutes.

While this cooks, wash and chop the tomato, scallion, pepper, thyme, garlic and onion.

With the figs fully cooked, drain and allow to cool. In a large saucepan put the olive oil to heat on a medium heat, then add the onion, garlic and thyme. Let them cook on the medium/low heat for about 3-5 minutes. Try to get the onion translucent to release the rich flavors of the garlic and thyme. Next add the green onion, pepper, tomato and black pepper. Let that cook for about 3 minutes.

The next step is to add the can of salmon, including the water it was packaged in and ketchup. Break it up into flaky chunks, give it a good stir and allow to gently simmer... cooking for another couple minutes.

While this cooks, the figs should be cool enough to touch. Cut them into bite-sized pieces and get ready to toss them into the pot.

The final step is to toss in the cut pieces of cooked figs into the pot, give it a good stir and allow it to heat through with all the other ingredients in the pot (about -35 minutes) and you're done.

Since the canned salmon is usually packaged with a ton of sodium you may not need to add any salt, but do taste and add accordingly.

To make this dish fully vegetarian, omit the canned fish, but add a little butter when cooking the onion and garlic at the start.



Green Banana Curry

Ingredients

2 tablespoons oil
Salt
1 teaspoon red pepper powder
1/2 teaspoon turmeric
4 big green bananas, de-skinned, cubed and soaked in cold salty water

Puree (done coarsely)

1 big onion
4 dried garlic, de-skinned
2 tomatoes

1 tablespoon fresh lemon juice
1 cup coconut milk

Directions:

Heat oil in a non stick heavy base skillet. Add salt, red pepper powder and turmeric powder. Immediately add bananas and saute for about 2-3 minutes. Let bananas go brown on the edges. Add puree and fresh lemon juice. Add 1/2 cup water and cover tightly. Bring to a boil and let it simmer on medium heat for 10 minutes. Finally add the coconut milk, cover again for 5 minutes on low heat and serve warm with steamed rice or steamed noodles.



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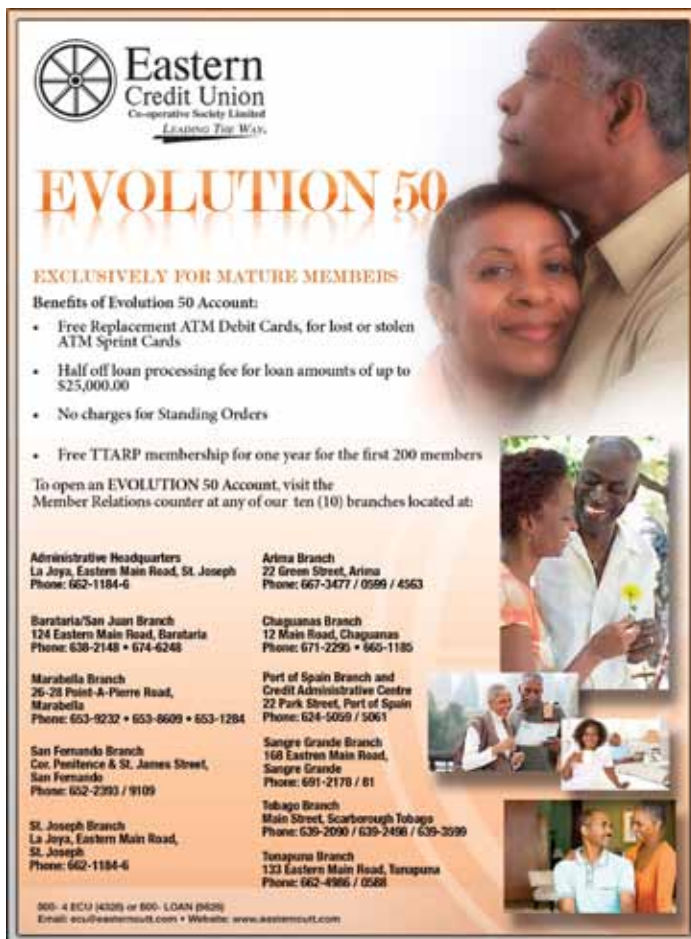
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For more information, ask for Denise at TTARP's Office 622-9223

Lifetime Maximum

\$75,000.00

Limits to Coverage

Pre-Confinement	\$750.00
Room and Board	\$175.00 per day
Maximum No. of Days per ailment	31
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Surgical Maximum (Limited by Surgical Schedule)	\$3,000.00
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