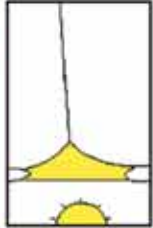


TTARP



TTARP... an Association of Responsible Persons

Q50Q

ISSUE NO. 3, 2012

- SENIOR CITIZEN PARLIAMENT
- IS TOOTH LOSS INEVITABLE?
- ALCOHOLISM

Steve Castagne

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Comments from the Board

Dear Members,

It is that time of the year when we reflect on what we would have liked to happen over the past year and what actually happened. Some of us would have fond memories, others regrets, unfortunately we are not in control of some of the things that could have brought about such occurrences.

As the New Year approaches we appeal to our members to concentrate on the many things which you can control, such as the security of your person and the continued well-being of your health. We also pray that the Almighty would shower his choicest blessings upon you and your family in the New Year and the years ahead.

Wishing you a blessed Christmas season and a healthy, joyous New Year !



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Senior Citizen Parliament

By Michelle Nunes

The Division of Ageing of the Ministry of People and Social Development hosted its 2nd Annual Senior Citizens Parliament in September 2012.

The purpose of the initiative is to empower and engage the elderly in developing a strategic framework to prompt future legislation, policies, programmes and services for older persons.

The objectives are:

- To be a strong voice representing senior citizens and their needs at a national level
- To provide senior citizens with a forum for expressing their views, concerns and expectations with regard to the governance of Trinidad and Tobago
- To influence legislation that will positively affect and improve the lives of senior citizens
- To provide the Government with a document expressing the views of senior citizens on a range of issues which they feel are important to them.

The Division's mandate is as follows:

- To serve as a resource for older persons
- To raise public awareness on issues related to older persons
- To conduct sensitization campaigns
- To promote meaningful elderly participation in society and
- To encourage healthy and active ageing

Dr. Jennifer Rouse, Director of the Division of Ageing opened with a warm greeting to the Parliamentarians – which mostly consisted of retirees from the Protective Services of T&T, specially invited guests and the media. The core topic of Elder Abuse is one which she stressed must be addressed and brought to the “front burner” in society.

Dr. The Honourable Glen Ramadharsingh, Minister of Community Development, delivered the feature address, and highlighted the many new benefits which are now accessible to seniors in their daily lives – some of which are- grants to repair homes, funding to obtain the supply of water and electricity; access to diabetic medication; 77,000 persons to receive payments directly into their bank accounts- eventually it is hoped that the need for the life certificate will be eliminated and replaced by modern technologies such as a thumb print or photos.

The Parliamentarians brought up issues of elders being deprived of property, money, etc by persons they have placed in a position of trust. Statistics were quoted which



The commencement of the second sitting of the Senior Citizens Parliament

stated that 4-6% of elders are abused worldwide, and in Trinidad that represents about 6,000 – 9,000 persons. Abuse can be in the form of physical, psychological – threats, humiliation, financial – improper use of funds and resources, neglect – failure of a caregiver to supply basic needs.

In the US, every 5 seconds, an elder is abused – bullied or robbed; hence it is crucial for T&T to implement legislation to provide protection for our seniors locally. If you or someone you know is being abused, please report it by calling 800-4PPL or 800-4775.



TTARP Executive paying full attention

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.

Is Tooth Loss Inevitable?

Recently I was asked a question by one of my patients about tooth loss and I realized that many of us still have the mistaken idea that tooth loss is inevitable. One of the main causes of tooth loss is periodontitis, commonly called 'pyoreah'. Periodontitis is an infection of the fibers that attach the teeth to the bone and the supporting bone. In the early stages spaces called pockets form between the teeth and gums.

As the disease progresses the bone loss extends between roots of the teeth and teeth at the front of the mouth appear longer. Persistent bad breath (halitosis) may be noticed at this point and many people attempt to mask the mal odor by using mouthwash. But this is not a good idea since most mouthwashes contain a high percentage of alcohol which dehydrates the oral tissues. At this stage the teeth become mobile ('shaky'). In the advanced stages of periodontitis the teeth are very mobile and may be lost.

Tooth loss is avoidable and can be avoided by;

1. By cleaning teeth with a soft-bristled toothbrush
2. By cleaning between the teeth with floss or interproximal brush
3. Visiting your dentist at least twice a year for professional dental cleanings.
4. Visiting your dentist for an assessment of the health of your teeth and supporting structures.

Unfortunately, periodontitis may go unnoticed by the patient for a very long time as it may be painless. The earlier the disease is diagnosed the simpler it is to treat.

By Dr. Sherline Chase

Dr. Chase is a general dentist who owns her own dental practice in the Woodbrook area. She is a graduate of the University of the West Indies Dental School.



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CHRISTMAS LUNCH PARTY

In much anticipation, members flocked to the Cascadia Hotel for the annual lunch hosted by TTARP's Head Office.

Four hundred plus persons enjoyed entertainment by Parang band – Mucho Baila; Tyrell Toby – an 8 year Boy who we should keep our eye on as he aims for the stars; then came Funny- who had the audience rolling with his lyrics and wits. DJ Himraj and the Master of Ceremonies-DOUGLAS MAYERS did an excellent job from all reviews obtained.

Prizes galore and tasty food completed the afternoon.

TTARP would like to thank the following sponsors for their generous support:-

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- Cher Mere
- Unilever
- Tru-Valu Supermarket
- Kapok Hotel





Support-Advocate-Save a Life

The Trinidad and Tobago Cancer Society continues to make big strides in the war against cancer and 2013 will be no exception. With a mission to create and promote greater awareness and encourage early detection via screening, we have a tremendous task ahead.

Fundraising is the first step, with a huge annual raffle that draws in April; a Family Day that brings everyone together in July and a walk that unites a nation in October. These major events coupled with public support keeps us in existence. We conclude every year with a grand Christmas party dedicated to children with cancer. Since our inauguration in 1969, we have been fueled by our passion to help change lives whether through education or charity.



by Kimlin Harrilal ,
Education and Communications Officer, TTCS.

Our clinic, located in Woodbrook, offers a wide range of screening and outreach services by highly trained professionals. These include but are not limited to clinical breast exams, pap smears, breast biopsies, mammograms, digital rectal exams, prostate specific antigen tests and ultra-sounds. The counseling and support service offered continues to change the lives of cancer clients and survivors helping them cope with the dreaded disease through support group meetings and scheduled activities. The survivors enjoy participating in the Susan G. Komen Walk in the United States and attending a breakfast held in their honour at the Hyatt Regency. 'Proudly in Pink Fridays' allows companies to show solidarity by wearing pink or lavender and hosting a cancer awareness initiative endorsed by the Society.

Without the generous donations from the public, education initiatives such as island wide lectures, health fairs, provision of brochures and training seminars

WHAT'S IN A CIGARETTE?

For more information, please contact:
The Education Officer, Trinidad and Tobago Cancer Society
 62, Rosalino Street, Woodbrook, Port of Spain, Trinidad and Tobago
 Telephone: 1 868 622 6827 • Website: www.ttcancersociety.org
 Sources: Adapted from information available at www.nysmokefree.com

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would not be possible. In order to make substantial progress in the battle against this disease the Society dispatches two fully equipped Medi-Coaches throughout Trinidad & Tobago. These mobiles allow breast, pap smears and prostate exams to take place at subsidized costs throughout the year.

In addition, the Society stepped into the social media arena to generate greater awareness among the youths keeping them abreast of our activities. Facebook and Twitter have proven to be effective vehicles in the communication process and the public has been both receptive and supportive.

This year also welcomed the signing of a Tobacco Free Funding Policy by management, staff and volunteers of the Society. This signaled the end to any financial interference by the tobacco industry. The policy categorically prevents funds, goods and services from the tobacco industry or its associates from being accepted at the Society.

The progress made against cancer in 2012 would not have been possible without the hard work of willing volunteers, generous contributions and dedicated staff. We look forward to bigger and better initiatives in 2013 to reduce the incidence of death by cancer.


‘Support’ the cause; ‘Advocate’ for early detection and you may just ‘Save a life’



Make your appointment today, call toll free 800-TTCS for more information or follow us on Facebook, Twitter, LinkedIn and via our website <http://www.ttcancersociety.org/>.

Trinidad and Tobago Cancer Society,
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Port of Spain, Trinidad, W.I.
Office: 1 868 622 6827





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T&T MINISTRY OF PEOPLE AND SOCIAL DEVELOPMENT

SOCIAL WELFARE DIVISION

The Social Welfare Division (SWD) has undergone significant modifications in the number and scope of services offered, however its mandate to act as a major social safety net for vulnerable persons and the configuration and manner in which its operations are carried out remain essentially the same.

The main beneficiaries of the SWD are:

- Older persons;
- Necessitous children;
- Persons with disabilities;
- Victims of natural disasters;
- Other needy persons.

Core Roles and Functions:
The mandate of the SWD is as follows:

- To provide income support to persons over 65 who satisfy other criteria of income and residence.
- To provide income support to the disabled, between ages 18 and less than 65, and who satisfy other criteria of income and residence.
- To provide financial assistance to the infirm and needy.
- To provide assistance on behalf of children whose parents have died, deserted, or are ill, or imprisoned.
- To enhance the quality of life of recipients and other necessitous persons.
- To ensure the propriety of adoption procedures and the welfare of children so placed.

Services Provided:

- Senior Citizens' Pension
- Disability Assistance Grant
- Public Assistance Grant
- General Assistance Grant
- House Repair
- Household Items
- Medical Equipment

- Home Help Aid
- Dietary Grant
- Clothing Grant
- Funeral Grant
- Education Grant
- Special Child Grant
- Pharmaceutical
- House Rent
- School Supplies
- Urgent Temporary Assistance
- Special Achievers
- Bus Passes

Criteria for clients to meet to access services/ Eligibility:

Senior Citizens' Pension

Who should apply?

Senior citizens sixty-five (65) years who are citizens or legally resident in Trinidad and Tobago and whose income does not exceed \$3000.00 per month.

Disability Assistance Grant

Who Should Apply?

Citizens or legal residents of T&T aged 18 years and above who is unable to earn a livelihood and has been certified by a Medical Officer as being so disabled and whose annual income does not exceed \$12,000. .

The quantum under this grant is \$1,300.00 per month.

Public Assistance Grant

Who should apply?

The Public Assistance Grant aims to provide financial support to meet the needs of persons prevented by some disability from earning a living. It is normally paid to the head of the household.

Public Assistance is also paid to necessitous children where a parent of the child is hospitalized, imprisoned or has deserted.

Public Assistance is also paid to the spouse of a person serving a term of

imprisonment or who was cohabiting with a person of the opposite sex for a period of at least three years before the latter began serving a term of imprisonment and is unable to earn a living due to caring for a child of the family.

Public Assistance is also paid to a parent or guardian on behalf of a child who is severely disabled and where the household income is deemed inadequate. Public Assistance is also paid to a single parent who is forced to stay home to care for a child who is severely disabled where the household income is deemed inadequate.

General Assistance Grants

Who should apply?

These grants primarily targets clients of the service delivery units of the Ministry of the People and Social Development and other needy persons. The programme also allows support to needy individuals in crisis and emergency situations or who are victims of natural or man-made disasters. These grants are as follows:

a) Housing Assistance - This grant provides assistance to clients to purchase building materials for construction or repair of their homes. A one-off grant of \$15,000.00 is given to persons to access materials from a reputable hardware. In times of disaster the amount given under this grant is \$20,000.00.

b) Household Items – This grant can be accessed by needy persons to purchase household items such as stoves, refrigerators and furniture. This grant can also be accessed by victims of natural or man-made disasters

c) Medical Equipment – Under this grant needy persons can qualify for wheelchairs, commodes, special beds, dentures etc. The amount allowed under this grant is \$7,500.00.

d) Domestic Help – This grant facilitates the provision of part-time domestic help for three (3) months in the first instance but not more than six (6) months if deemed necessary to clients who are unable to perform normal household chores, for example, whilst recuperating from surgery, and are unable to afford the cost of domestic assistance. The amount paid to a care giver is \$1,800.00 per month.

e) Dietary Grant – This grant of \$600.00 per month assists clients who suffer illnesses which require special diets, for example, renal patients and clients with uncontrolled diabetes. This service is only extended to persons who are on grants of Ministry of the People and Social Development.

f) Clothing Grant – Currently available to persons at \$500.00 per person to a maximum of four persons per family. This grant provides assistance to needy persons, victims of disaster to purchase essential items of clothing.

Applicants can access this grant only once every two years.

g) Funeral Grant – This grant of \$7000.00 is intended to assist in the burial of deceased persons who have no one willing and/or financially able to undertake the cost of burial. Accordingly, this grant will not be entertained where funeral arrangements have already been made and where the cost is in excess of this amount by more than \$3,000.

h) Special Child Grant – This grant targets children with a severe disorder. It provides assistance to parents who are unable to meet the financial cost of caring for a special child. The grant can be accessed for children under the age of eighteen and is given for a one year period, followed by a review. This grant will be paid to parents of special children where their income is deemed inadequate. The amount allowed under this grant is \$800.00 per month per child.

NB. A child on whose behalf Public

Assistance is paid will not be eligible for this grant.

i) Pharmaceutical Grant — This grant is provided for the purchase of prescriptive medication only if drugs are not available under the C-Dap Programme or at the Public Dispensaries. Suitable persons are allowed a three month supply up to \$2,500.00 and are paid once per year.

j) House Rent – This grant is used to assist clients who are temporarily unable to pay their rent, or to assist clients who need new accommodation and are unable to meet initial payments. Persons who benefit from this grant are usually on the verge of eviction, fire victims and victims of domestic violence. The amount allowed under this grant is \$7,500.00 to cover a three month period.

School Supplies Grant- Grant given to children who are attending primary and

continued on next page

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- * \$1,000 for children attending Secondary School.
- * \$ 700 for children attending Primary School

k) Education Grant – For children who are attending secondary schools and where the Public Assistance and/or the Food Card is the only source of income and who are unable to meet the varying costs associated with the following:

Transportation (Where there is no public transportation system available)

Cater for any special needs associated with school attendance where government agencies are not already providing such assistance. Such needs must be verified.

The amount allowable is \$500.00 per month per child.

l) Urgent Temporary Assistance (Emergency assistance) – This grant is given to nationals in emergency cases who are in dire need of financial assistance and is paid in cash. The amount allowed is \$300.00 per person.

Ministry of the People and Social Development

ANSA Building; Cor. Independence Sq. and Abercromby Streets; Port of Spain
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Excerpts taken from :
<http://www2.mpsd.gov.tt/content/social-welfare-division-0>



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Social Welfare Grants

GRANTS

AMOUNT

Housing Assistance	\$15,000
Household Items	\$6,000 (to be accessed once in a three (3) year period)
Medical Equipment	\$7,500
Domestic Help	\$1,800 per month for minimum of three (3) months but not longer than six (6) months
Dietary	\$600 per month
Clothing	\$500 per person per family (once every 2 years)
Funeral	\$7,000
Education	\$500 per month per child (Secondary School)
Special Child (Under 18 years)	\$800 per month for 1-year
Pharmaceutical	\$2,500 for a 3-month supply
House Rent	7,500 max, sum for 3-months
School Supplies	\$700 per child (Primary School) \$1,000 per child (Secondary)
Urgent Temporary Assistance	\$300 per person
Senior Citizens' Pension	\$3,000 per month (max)
Public Assistance	\$850 per month per person \$1,100 per month for 2 persons \$1,300 per month for 3 persons \$1,450 per month for 4 or more
Disability Assistance	\$1,300 per month

ALL grants have specific criteria. Visit the Local Board nearest you for more information. See other side for addresses.



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Author:
Michelle Nunes

Michael Victor Tardieu

BOAT RACING



Victor as he is commonly known by his friends is vivacious, talkative and energetic, the name Michael, he clarifies, is his formal name used for business.

Born in 1960, and raised in a family of boaters, the sun, sea and salt have been embedded in his skin from young. Racing boats, “down the islands” and fishing has always been just a way of life. Victor has dabbled in hunting (agouti and deer) and has participated in several International Marlins Fishing Tournaments but his real passion has always been boat racing.

Almost thirty years ago, Victor and his three brothers decided to take their love for speed boat racing to another level and started competing. A 20ft Hustler which they named White Heat, with a very fast engine allowed them to compete in numerous races over the years.

The name White Heat was adopted from the manufacturer’s description of the engine, and stayed with the Tardieu brothers over three decades and three boats. The second boat was 28 foot Hustler and the boat which made them place 1st in their “C” Category at the Annual Tobago CARIB Great Race in August of this year is a 32’ Bowen.

A race team would usually consist of a driver, navigator and a throttle-man, Victor’s role is always either driver or navigator. The White Heat team has never changed, and the four brothers and one cousin are truly a tight-knit squad.

Mishaps and accidents are rare, but can be fatal, Victor recalls on one occasion they had a near miss while on a trial run, he admitted the cause was a bit of carelessness, moving too fast and miscalculating a wave, which caused the boat to flip and the throttle to come up into his hand. Luckily, some friends were in a house “down the islands” and came to their rescue.



He was unconscious for a while, but never forgot the experience. Respect for the sea is important.

To race is exhilarating, and requires concentration and team-work, your adrenalin is pumping as you conquer each wave and move closer to the finish line. Victor can boast that though they may not have always come first or even placed in the top three, the White Heat has finished every race.

Divorced for some time, after having been married for over 25 years, Victor is enjoying his life and his relationship with his 29 year old son. For 27 years, he worked as a Communications Consultant, and upon retirement

returned full circle to his previous business in construction. He hangs out with friends regularly, can be considered a master chef by some, and would probably only stop boat racing if one of the crew backed out and a collective decision was made by the team to stop. Money is also a critical factor, since it is not a cheap sport and sponsors are not as forthcoming. Though prizes are awarded, in his own words, "the Grand Prize is really Bragging Rights !"



AmCham T&T's 16th Annual Health, Safety, Security & Environment (HSSE) Exhibition



The American Chamber of Commerce of Trinidad & Tobago (AmCham T&T) hosted its 16th Annual Health, Safety, Security and Environmental (HSSE) Conference and Exhibition at the Hyatt Regency Trinidad on September 26th & 27th, 2012.

This year's theme was "HSSE Excellence - Pathway to Sustainable Development: Human, Economic, and Environmental Progress."

AmCham T&T's HSSE Conference & Exhibition is the largest gathering of professionals from the fields of Occupational Safety and Health, Security, Environmental & Disaster Management under the same roof. Over 300 of these professionals from the local business community, public sector, regulatory agencies and non – governmental organizations attended. This two day session included a



TTARP Members, Paulina Lawrence and Louise Quamina managing TTARP's exhibitor's booth at the AMCHAM HSSE Conference.

number of Technical Sessions, Panel Discussions and a Youth Forum.

TTARP supports the American Chamber in its endeavours and participated as an exhibitor where information pertaining to TTARP Membership Benefits was disseminated and linkages and relationships explored.

We thank the AMCHAM HSSE team, in particular Ms. Celine Lestrade.

Finish Line!

Members and the public were invited to participate in TTARP's 9th Annual 5K Savannah Walk/Run which was open to persons of all ages, the youngest runner was 5 year old Raoul Aguilera-Nunes who finished in 45.39 minutes, and the eldest was 85 year old Mutrice Greaves who finished in 55.49 minutes.

Over four hundred persons accepted the challenge and showed their level of fitness, some pushed themselves to the limit, others walked briskly while others casually strolled.

This event encourages members and all participants to engage in physical activity, since exercise is such an important component for keeping healthy and happy.

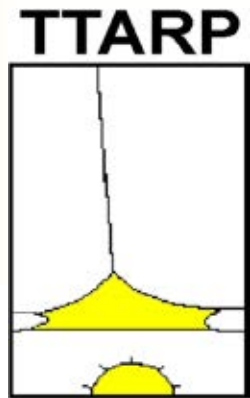
At the end of the line, all participants were awarded with a special gift bag filled with goodies from various sponsors and medals. Refreshments were also provided.

Next year, we expect a bigger turnout as we celebrate our 10th Annual 5k !!



THANK YOU

To all our sponsors for your generous support of our
9th Annual 5k Run/Walk held on Sat 20th Oct 2012.
It was a GREAT success!



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5k 2012 Results

Open Male:

1. Denzel Ramirez
2. Kelvin Johnson
3. Lionel Dandrade

Open Female:

1. Celine Lestrade
2. Shania Francis
3. Zara Suite-Stewart



Steve Castagne



Author: Essiba Small

Steve Castagne is a workaholic and a man with a lot of ideas swirling around in his head. The father of two grown daughters, grandfather, husband, founder of M&M Brokers, Director and Shareholder of Newsday and co-founder of TTARP, Castagne is always on the go. His dull moments are few and far between and he would have it no other way.

He lived in Maraval for most of his life but would proudly tell anyone that he spent his formative years in Belmont. From very early in life Castagne knew the value of a dollar. "Since I was a boy I loved to work," he declared. "If anybody asked me my hobby I would tell them it's work." Castagne was not quite ten years when he got his first job of copying ledgers by hand for ten dollars.

His father imparted his plumbing and electrical skills to him and when the family moved to Spain for three years, he spent his summers as an apprentice mechanic. "I never liked Saturdays and Sundays because there was no work to do on those days," he said with a laugh.

All work and no play would certainly have made Castagne a dull boy and he relished his boy days. He recalls designing box carts to roll down the long and winding hills of Belmont and as a student of the Belmont Boys Intermediate School skipping school just to lime with his "boys" in the East Dry River. Playing barefoot in the river and skating down the canal are just some of his fond memories.

"The joy of breaking biche was about defiance and that's what made it fun," his grin as boyish and mischievous as the days he recalled.

As the founder and now Non-Executive Chairman of M&M Insurance, Castagne has some downtime when he is not attending meetings. You get one guess as to how he spends his free time. "I work from home. From quarter to five in the morning I am up on the computer checking and sending out e-mails."

Castagne runs a junkyard – in which he collects vintage cars, old trucks and boats – among other things and he also owns a construction company. It is not unusual to see him in a t-shirt and track pants fixing one of his old cars or assisting his construction team with some tasks. Recently on a job site, the sander was not working, without hesitating, he got some sand paper and started to sand the floor. "Those are the things I enjoy. And right now I am

heavily into granite," he said and his eyes lit up. "I went to YouTube and saw how they do it and I am intrigued with granite. I have (already) done a few counters in my own home".

"One of my daughters lives overseas but she comes back often to see us. My wife also travels often but I don't travel overseas much anymore because I have too much going on here. Right now my life is just my work and my family. I don't go out much at all."

As much as he tries to down-play his involvement, Castagne was instrumental in starting TTARP almost twenty years ago. He preferred to heap the praises instead on Peter Pena and Barry Edghill for their contribution to the Association's humble beginnings; Francis Raymond and Mayling Younglao for sticking with the vision up to today; and Florrie Kelshall for bringing to light her story of being refused an insurance policy renewal, due to her age.

Florrie knew Castagne for years, in fact she changed his diapers a few times, so it was natural for her to request his help in getting her insurance renewed. Insurance companies usually do not insure older persons, but with Castagne's help, Kelshall's matter was solved, however it got him thinking about others like her. He couldn't let this happen to someone else, since he thought it was victimization. So he got statistics which proved that older persons were involved in fewer accidents.

TTARP was started on the basis of trying to get an insurance programme for people like Kelshall who was age 70. He clarified that the existence of TTARP was a collective effort of diverse skills coming together for a common goal and not necessarily beneficial to those who put it together and started it.

Together with Peter Pena and Barry Edghill, the team researched similar organizations in the USA and Europe, and gathered data on local statistics. They found that there were 270,000 people over the age of 50 and they began conceptualizing the benefits which would be attractive for this age group.

When Edghill returned from his research in the USA he brought back a lot of information from the American Association of Retired Persons (AARP) and the organization virtually adopt TTARP as a little brother. In England, it was found that older persons, due to their knowledge and

experience, were treated with a lot of respect – something we needed to adapt in T & T.

Castagne’s vision was to develop TTARP to pool all the resources of Senior Citizens and make representation on behalf of retired people to Government for various areas of society. “There were a lot of Senior Citizens out there who were a tremendous benefit to society but were not being properly utilized because of their age,” he observed. It was only after the formation of TTARP, that other insurances took note and wanted to offer Senior Citizens insurance.

He continues to be heartened by encouraging correspondence from grateful TTARP members who are benefitting from being a part of the Association. Members have also expressed their ability to stretch their dollars with the discounts they enjoy from participating TTARP vendors. The lifetime TTARP member is happy that finally the elderly among us are being treated as the first class citizens they are.

“Imitation is the best form of flattery and now the Barbados Association for Retired Persons (BARP) is as big as TTARP and they got everything from here,” he said looking a bit smug.

TTARP will celebrate its 20th anniversary next year and although Castagne is not directly involved in TTARP, he remains passionate about the elderly and the association. “When you are in your thirties and forties you hardly think about reaching sixty and seventy,” Castagne said, his mood changing to a more reflective one.

Castagne would love to see some changes in TTARP in the years ahead. He believes that “we have a lot of new associations coming up in Trinidad and throughout the world and the communication system has changed. You can now go online and do things for yourself that people used to do for you in the service industry. It’s time for us to move to the next phase,” he said with an excitable voice.

“You need to keep changing what you do when you provide a service. Associations like TTARP should be looking at ways to add value to the membership. Together with Peter and Mayling and Francis we will be looking now for TTARP to have its own home, a possible joint venture with the Automobile Association, of which I have been a part for a number of years and expanding our horizons.”

Castagne also envisions TTARP home work centres and daycare centres across the country. “Why not? “ His question sounded more like a statement. He quipped “grandparents make the best parents.” For Castagne, TTARP has surpassed his vision since successive governments have recognized its benefit to retired persons.

“Our efforts were never based on any commercial gain to any individual, but the reward from a pure effort is priceless, as the amount of people that continue to benefit motivates us to move in directions very contrary to the economic culture we have developed since the 70’s.”

He quipped: “My eloquence has never been strong but grand parents understand these values!”


On a serious note Castagne sees TTARP as an unpolished diamond that society needs to develop as part of the way forward in correcting ills that we have with our youth. “We can achieve even greater things with the Government’s help.”



JOIN OUR TEAM !!

Over the past few months we have been able to train a group of enthusiastic and competent TTARP members who have willingly volunteered to help the association in its quest to grow, attract new members, and provide easy accessibility for renewals. Hi Lo Food Stores have graciously provided space at select branches where our team cheerfully interacted with shoppers.

Next year, we hope to expand this promotion for our 20th Anniversary, and we have been gathering names and numbers for members who may be interested in participating in 2013.

If you are interested, please contact Denise or Michelle at the TTARP office 221-7771. 



The trio team at Gulf City Hi Lo – Alphias Fraser, Jassereni Persad and Gemma Farrow.



Jean John and Genevieve Holder interact with new member Sharon Chow Lin On at Hi Lo St. Anns.



At Starlite, Debra Antoine chats with a Hi lo employee.



Cynthia Timothy and Jennifer Walker Maynard with a small audience at Hi Lo Arima- Broadway branch.



Colley Rattan and Kenrick Seetahal explains the benefits of TTARP to a shopper at Chaguanas Hi Lo.



Barbara Payntor and Margaret Rampersad convinces a shopper to join TTARP at Hi Lo Marabella.



Eunice John and Judy Felix-Reid worked together as a strong team at the St. Augustine branch of Hi Lo.



Monica Wiltshire welcomes new member Ms. Joseph at Hi Lo Glencoe. Missing is Patricia Hutchins.



Rose Marie Daniel and Merle Henry poses after signing up Bobby Roper at Hi Lo Westmoorings.



Elizabeth Tardieu and Delia Jordan with a prospective member at Hi Lo Alyce Glen.



Patricia Bailey at Hi Lo Maraval animatedly explains to a potential member the benefits of membership.

 A circular logo with a white geometric pattern on a light blue background. The text inside the circle reads:

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Alcoholism

Alcoholism is a fatal illness for which there is no known medical cure, and many of its victims are forced to wage a losing battle, not only against the ravages of the illness, but also against the ignorance of a society which largely refuses to regard the alcoholic as a sick person.



To many people, the word "alcoholic" means someone who is perverse and weak-willed. "Why on earth doesn't he control his drinking?" they ask. Those of us who are alcoholics and who have tried to control our drinking know just how impossible a task that is. This is because alcoholism is an illness.

While we stay away from drink, we function much like other people. But if we take any alcohol into our systems, something happens physically and mentally which makes it difficult or impossible for us to stop.

DON'T MISUNDERSTAND US:

Not all drinkers are alcoholics. Many people can drink normally and suffer no physical, mental or social ill-effects. Alcoholics Anonymous has nothing to offer these drinkers. For them, alcohol is not a problem and we can only say "May it always stay that way."

This message is directed only to those of us for whom it is a different story, one of craving and compulsion, sending us deeper into bewilderment and despair.... And that is only the beginning.

ALCOHOLISM IS A PROGRESSIVE ILLNESS OFTEN OF GRADUAL ONSET.

No alcoholic starts as a down and out. It is our drinking and the behaviour which accompanies it that in time may lose us our homes, families and jobs. Accidents, jail sentences, hospital admissions, suicides and murders are frequently linked to alcoholic drinking.

WE KNOW because we are alcoholics.

WE KNOW what it is like to give up drink, and then wait in agony for the bar or the supermarket to open.

WE KNOW what it is like to spend money that we cannot afford; to be driven to steal; to hide drinks in half-dozen places around the house: to wake up not knowing where we have been or what we have done, or knowing only too well that something is wrong with us.

WE TOO have felt those terrible feelings of loneliness, despair, depression, remorse and self-hatred that this illness brings.

THE UNHAPPIEST person in the world is the chronic alcoholic who has an insistent yearning to enjoy life as he once knew it, but cannot picture life without alcohol. He has a heart-breaking obsession that by some miracle of control he will be able to do so.

THE FIRST DRINK...

Many of us have difficulty in understanding that it was the first drink that did the damage. We argue that we never got drunk on one drink, it was the fourth, or the eight, or the sixteenth that was the culprit. If only we had just one or two we would be alright.

The fact was that we could not stop at one or two. Once we had taken the first drink, our will power dissolved, and our power of choice was gone.

It is the first drink that destroys our power of choice. No matter how small or how innocent or tempting, the first drink seems, we should stay away from it - a day at a time.

An alcoholic is a person for whom one drink is too many, and twenty is not enough.

Sobriety is the most important asset we have, no matter how long it has been. Since our last drink, we are only one drink away from a drunk.

Article Courtesy:-

GENERAL SERVICE OFFICE
of Alcoholics Anonymous
Rivulet Road Brechin Castle, Couva
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Senior Activity Centre 50th Anniversary Celebration

In August, the nation achieved a milestone of 50 years of Independence. In true Trinbago style, the Senior Activity Centre at #41 Jasmine Avenue in Chaguanas, hosted a celebratory event where an impressive turnout of one hundred and one (101) persons attended all dressed in the national colours.

A warm welcome graced each person as they entered and received a personal "smiley face" sticker with their names on it, that was pinned on to their clothes. As members greeted and hugged each other, the Golden Voices Choir sang some sweet melodies encouraging the audience to sing along.

Rajkumar Persad was the eloquent Master of Ceremonies, and Michael Lawrence was the vivacious DJ who kept everyone on their feet, both gentlemen are members of the Centre.

The main sponsor, Unilver Caribbean Limited kindly donated some delicious refreshments much to the enjoyment of those present.

Prizes were given to the Best Dressed Male and Female in national colours and those went to Krishna Persad and Sheila Duke.

The Senior Activity Centre congratulates the nation !
50 years and beyond !!



Members hugging and greeting each other during the programme.



Members enjoying a good laugh at a joke given by Greer Giles, member of the Centre.



Members of the Ballroom Dancing class performing the line dance.





The Golden Voices Choir pose for a group picture after the event.

Senior Activity Centre


Cultural Appreciation Day

(Emancipation , Eid, Chinese National Day & Divali)

In October, it was decided to show appreciation of the myriad cultures representative of the people of Trinidad & Tobago.

The Senior Activity Centre at #41 Jasmine Avenue, Chaguanas was the venue for one hundred and twelve (112) members to celebrate this auspicious occasion.

The guest speaker was Alpha Obika whose feature address was on Emancipation, and the Mistress of Ceremonies, Yvonne Knights did an excellent job of keeping the audience jovial and entertained. The mood was light, and everyone was genuinely happy as one can tell from all the hugs and smiling faces. Michael Lawrence, the DJ played the ideal music suited for the audience.

As with all events, refreshments are important, and for this occasion a combination of cultural delicacies were offered - cassava pone, saltfish balls, saheena, kurma, sawine and cakes. 



Members of the Centre grooving to the music.

Calendar of Events 2013

January

- Sat 12th** Central Zonal AGM / Interactive Meeting - for info 672-1478 (Central)
- Thur 17th** Fyzabad 6th Annual Meeting @ Fyzabad Community Complex @ 10:00 am. - for info 777-8054 (Fyzabad)
- Sun 20th** TTARP Annual Carnival All Inclusive Fete - for info 222-7912 (Head Office)
- Fri 25th** Santa Cruz Zonal Meeting @ Bourg Mulatresse Parish Hall @ 5:30 pm. - 674-2852 (Santa Cruz)
- Thur 31st** Fyzabad Carnival Ole Mas Party - for info 777-8054 (Fyzabad)
- Thur 31st** Central Carnival Lime - for info 672-1478 (Central)

Dates to be announced (TBA)

- TBA** Happy Haven Health Check for Members - for info 750-9351 (Happy Haven)

February

- Thur 21st** Fyzabad Monthly Meeting @ Fyzabad Community Complex @ 10:00 am. - for info 777-8054 (Fyzabad)
- Fri 22nd** Santa Cruz Zonal Meeting @ Bourg Mulatresse Parish Hall @ 5:30 pm. - 674-2852 (Santa Cruz)

Dates to be announced (TBA)

- TBA** Happy Haven Valentine Day Celebration - for info 750-9351 (Happy Haven)
- TBA** Dr. Rouse's Lecture on Alzheimer's - for info 750-9351 (Happy Haven)
- TBA** Santa Cruz Carnival Cooler Fete @ Bourg Mulatresse Parish Hall @ 5:30 pm. - 674-2852 (Santa Cruz)

March

- Thur 21st** Fyzabad Monthly Meeting @ Fyzabad Community Complex @ 10:00 am. - for info 777-8054 (Fyzabad)
- Fri 22nd** Santa Cruz Zonal Meeting @ Bourg Mulatresse Parish Hall @ 5:30 pm. - 674-2852 (Santa Cruz)
- Sun 31st** Central Carnival Lime - for info 672-1478 (Central)

Dates to be announced (TBA)

- TBA** Arts and Cultural Show - for info 672-1478 (Central)
- TBA** Consumer Awareness Lecture - for info 750-9351 (Happy Haven)
- TBA** Visit to Lopinot and Arima Zone - for info 777-8054 (Fyzabad)
- TBA** Know your Country Tour - for more info 674-2852 (Santa Cruz)

April

- Thur 18th** Fyzabad Monthly Meeting @ Fyzabad Community Complex @ 10:00 am. - for info 777-8054 (Fyzabad)
- Sat 20th** TTARP's Annual Health Seminar - for info 222-7912 (Head Office)
- Tue 23rd** Trip to Tobago - for info 672-1478 (Central)
- Fri 26nd** Santa Cruz Zonal Meeting @ Bourg Mulatresse Parish Hall @ 5:30 pm. - 674-2852 (Santa Cruz)

Dates to be announced (TBA)

- TBA** Interactive Meeting/Lecture - for info 672-1478 (Central)
- TBA** Trip to Toco, Trinidad - for info 750-9351 (Happy Haven)
- TBA** Health Fair (Partnering with Friends of the Hospital) - for info 750-9351 (Happy Haven)

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Marabella Branch 26-28 Point-A-Pierre Road, Marabella Phone: 653-9232 • 653-8609 • 653-1284	Port of Spain Branch and Credit Administrative Centre 22 Park Street, Port of Spain Phone: 624-5059 / 5061
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Anchorage

BEACH CLUB
and Bar



Back in the 80's the Jolly Roger boat which docked at Harts Cut in Chaguaramas was one of the most popular places for many to party, dance and mingle with friends. The Jolly Roger boat filled with fun loving persons would cruise the islands for a few hours before returning to land, where in true Trini style, persons will opt to hang out, have some drinks, enjoy some trini cuisine and engage in old talk.

The Jolly Roger back in the 80's.





The new Anchorage structure from a distance.

This habit influenced the need for a more comfortable structure to be built on land, and hence the creation of the Anchorage. The proprietor, Alexander Smith recalls how it all started with one major party which scored a record of 1,500 persons in those days. Thereafter, the Anchorage became one of Trinidad's leading entertainment venues for parties, special events and weddings.

A major attraction which the Anchorage can proudly boast of is its location which encompasses views of the ocean and yachts; the tropical rain forest and mountains; and at night the distant lights of the City of Port of Spain. Many can remember feeding the fish and looking at turtles, crabs, pelicans, iguanas and agoutis.

Memories of yesteryear have not been forgotten, and should be preserved; hence the Anchorage is currently restoring, improving and expanding its facilities. Persons looking for a change in environment away from the car-wrecking hustle and bustle of the city would enjoy a venue that sits at the edge of the sea, and provides a warm friendly ambience towards the natural environment. Full moon nights with the moonlight reflecting on the water are heavenly.

The Anchorage can be booked for weddings, corporate events, parties, lunches, dinners, sports and family days,

meetings and brainstorming sessions, fundraising events, and can accommodate as many as 4,000 persons standing and about 1,000 persons seated. The car park is secure and provides spaces for about 250 cars. To enquire about booking, call The Anchorage at 634-4334.



Alexander Smith with a bevy of beauties.



Beautiful romantic sea-side wedding



CONSUMER AGEISM IN OUR SOCIETY



By Basdeo Ganpat

“Ageism” refers to discrimination and relates to older members of society, those aged 60 years or older; but unlike other forms of discrimination consumer ageism frequently goes unnoticed in Trinidad & Tobago. Ageism is harmful to us older citizens as it makes assumptions about our abilities, circumstances and preferences without taking into account that each of us is an individual and due respect. The many ways in which this discrimination manifests itself in consumer care include insurance, credit offers and advertising. Can you imagine that the ability to obtain essential products and services may all be decided simply on our birth dates?

Insurance and Ageism

Motor insurance, life insurance and travel insurance all usually ask for details of our birth dates in order to calculate premiums and payments. This in itself can be insulting to anyone, given the assumption that their age means they are more or less likely to undertake certain activities, but for us older people these details often become the litmus test upon which we are even offered a policy. The refusal of a policy, or the offer of premiums that are unaffordable, can often limit our lives unnecessarily. Without access to an insured car, or faced with a limited ability to travel, our worlds become much smaller. No access to life insurance can also make finances tight for a family worried about the loss of a sole or major provider.

Credit Offers and Ageism

Much like insurance offers, credit offers may be decided on age alone also. The ability to switch credit cards, take advantage of new customer credit offers, apply for loans, take out a mortgage and much more may all be decided simply on our birth dates. Unfortunately, companies’ policies dictate this practice, so we must be aware of the criteria by which we will be judged for credit.

Advertising and Ageism

Advertising can be the worst offender when it comes to perpetuating stereotypes of older people. The grannies in rocking chairs, granddads oblivious to

the Internet and even the elderly couples living in poverty, subsisting on the kindness of others, can all send the wrong messages about older people. Some codes do exist to regulate the advertising industry and what is shown on television, in print and in direct marketing campaigns.

Fighting Ageism in Consumer Care

Fortunately, there are things we can do to ensure fair treatment for us. Very simply voting with our wallets/purses will allow us to hit companies where it hurts the most - at the cash registers. Taking our business to a fairer competitor is always an option for us. Reporting discriminatory practices to the media may also be an avenue to highlight and end consumer ageism.

Complaints to the standard agency - the Equal Opportunity Commission may also do some good. Finally, notifying the T&T Association of Retired Persons will also help to keep others informed of unfair practices and allow word to spread quickly and easily about companies that practice discrimination on the grounds of age.

It’s seriously come to the point in time that companies and institutions review their policy on refusing products and services to anyone reaching the age of 60. Judgement should be made on our ability to make any required monthly repayments and we should not be refused lending because of our birth dates. This blatant consumer ageism can cause distress and anxiety to us older people who still need a ‘helping hand’ beyond 60 years of age.



DEEP THOUGHTS

Law of the Garbage Truck

One day I hopped in a taxi and we took off for the airport. We were driving in the right lane when suddenly a black car jumped out of a parking space right in front of us.

My taxi driver slammed on his brakes, skidded, and missed the other car by just inches!

The driver of the other car whipped his head around and started yelling at us. My taxi driver just smiled and happily waved at the guy. He was really friendly.

So I asked, 'Why did you just do that? This guy almost ruined your car and sent us to the hospital!'

'This is when my taxi driver taught me what I now call, 'The Law of the Garbage Truck.'

He explained that many people are like garbage trucks. They run around full of garbage, full of frustration, full of anger, and full of disappointment. As their garbage piles up, they need a place to dump it and sometimes they'll dump it on you. Don't take it personally.

Just smile, wave, wish them well, and move on. Don't take their garbage and spread it to other people at work, at home, or on the streets. The bottom line is that successful people do not let garbage trucks take over their day. Life's too short to wake up in the morning with regrets, so ... Love the people who treat you right. Pray for the ones who don't.

Life is ten percent what you make it and ninety percent how you take it!

Have a garbage-free day!





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TTARP members can now pay their CarSearch Annual Fees at TTARP's Head Office.

RECOVERY REPORT

Reported time: 9:10 pm
Recovery time: 9:40 pm
Recovery time lapse: 30 minutes

The driver of our customer's Almera was carjacked and thrown in the trunk of the vehicle. He used his mobile phone and contacted the owner of the vehicle (our customer) who then reported the matter to our Control Room. The Lojack Vehicle Recovery System was activated and armed patrols dispatched. Within minutes our recovery system identified the location of the vehicle and the pursuit intensified. The first visual was made along the Eastern Main Road in Arima. Our Patrols followed the vehicle as it drove into Pinto Road. It was later intercepted and the alleged carjacker was apprehended. Both were taken to the Arima Police Station where further investigations were carried out.

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Interesting Stories

We want to hear from you !!!

If you have an interesting story about your life, a poem or any article which you think a TTARP reader will enjoy, please submit the article (500 words maximum) with full details and photos to:

sapphire.consultants.ltd@gmail.com

TTARP,
45 Traagate Road
Port of Spain

Dear Sir/Madam,

I have been a member of TTARP for very many years and always looked forward to receiving your Magazine. But now I feel obliged to write to you at age 82 to express my pride in your Issue No. 2 2012. I read it from cover to cover, so interested I was in its contents.

Congratulations on attaining the golden age of 50 years.

yours truly
Vilma Lewis





LAUGHTER

OLD MEN'S BODILY FUNCTIONS

Three men were discussing aging on the steps of the nursing home.

"Sixty is the worst age to be," said the 60-year-old. "You always feel like you have to pee. And most of the time, you stand at the toilet and nothing comes out!"

"Ah, that's nothin'," said the 70-year-old. "When you're seventy, you can't take a crap anymore. You take laxatives, eat bran, you sit on the toilet all day and nothin' comes out!"

"Actually," said the 80-year-old, "Eighty is the worst age of all."

"Do you have trouble peeing too?" asked the 60-year-old.

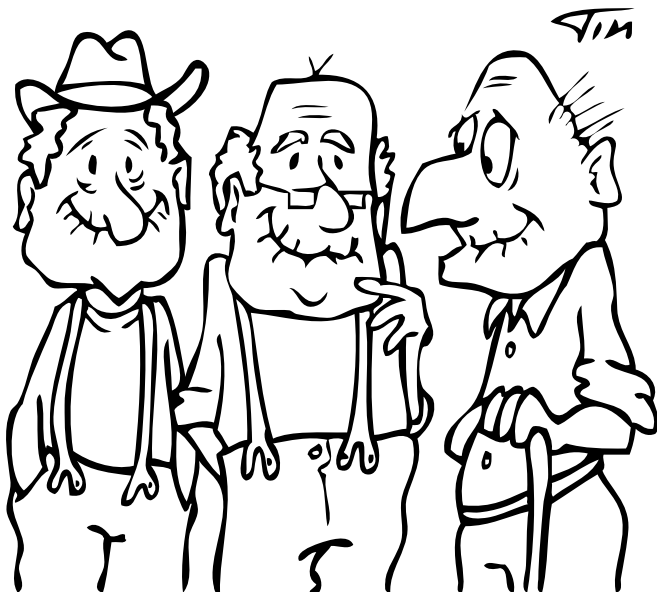
"No...not really. I pee every morning at 6:00 am. I piss like a race horse; no problem at all."

"Do you have trouble taking a crap?" asked the 70-year-old.

"Well, not really. I have a great bowel movement every morning at 6:30 am."

With great exasperation, the 60-year-old said, "Let me get this straight. You pee every morning at 6:00 am and take a crap every morning at 6:30. What's so tough about being 80?"

To which the 80-year-old replied, "I don't wake up until 10:00 am."



THE DAMN DOOR !

Ever walk into a room with some purpose in mind, only to completely forget what that purpose was?

Turns out, doors themselves are to blame for these strange memory lapses.

Psychologists at the University of Notre Dame have discovered that passing through a doorway triggers what's known as an event boundary in the mind, separating one set of thoughts and memories from the next.

Your brain files away the thoughts you had in the previous room and prepares a blank slate for the new locale.

It's not aging...

...It's the damn door!

Whew!

Thank goodness for studies...

I thought I was getting old.



**WHEN A WOMEN SAYS "WHAT?",
IT'S NOT BECAUSE SHE DIDN'T
HEAR YOU. SHE'S GIVING YOU A
CHANCE TO CHANGE WHAT
YOU SAID.**

Recipe

Turkey Stuffing Recipe With Chopped Apples

This is a basic turkey stuffing recipe with the addition of chopped apples and optional pecans for extra flavor and texture. It's a delicious turkey stuffing recipe for your holiday dinner table.

Use this as a turkey stuffing or bake the dressing in the oven.
Cook Time: 25 minutes

Ingredients:

- 4 tablespoons butter
- 1/2 cup chopped celery
- 1/3 cup chopped onion
- 1 cup chicken broth
- 1/2 teaspoon salt
- 4 cups dry bread cubes, about 8 slices
- 2 medium apples, peeled, cored, and finely chopped, about 1 to 1 1/2 cups
- 1/2 cup chopped pecans, optional
- 1 teaspoon ground sage
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon pepper

Preparation:

In a small saute pan over medium-low heat, melt the butter. Add celery and onion and saute, stirring, until vegetables are tender, about 5 minutes. Add the chicken broth and salt; cover and bring to a simmer.

In a large bowl combine the bread cubes, chopped apples, chopped pecans if using, sage, cinnamon, and pepper. Add the broth and vegetable mixture and stir until well moistened. Turn into a 1 1/2-quart shallow casserole. Cover tightly with foil and bake at 350° for 25 to 30 minutes. Or, stuff the cavity of an 8- to 10-pound turkey just before roasting.

Caribbean Sorrel Cocktail

Ingredients

- 2 quarts water
- 6 ounces dried red sorrel buds
- 4 ounces ginger, sliced thin
- Ice cubes
- Simple syrup, as needed
- 2 ounces lime juice
- 4 ounces rum

Directions

Bring the water to a boil, remove from the heat, and add the sorrel and ginger. Let steep about 45 minutes, strain. Add ice cubes to a shaker. For 2 servings, add to the shaker about 2 or 3 ounces strained juice, 2 ounces simple syrup, a splash of lime juice, and a jigger of rum. Shake well and pour.



Ham and Pineapple Fried Rice

Ingredients

- 2 cups white rice
- 1 onion, chopped
- 3 garlic cloves, minced or crushed
- vegetable oil
- 2 cups diced ham
- 2 Tbs. soy sauce, plus extra to taste
- 20 oz can pineapple tidbits, drained and reserve juice
- 2 eggs, beaten
- 1-2 cups frozen peas and carrots
- salt and pepper to taste

Instructions

1. Cook the rice according to the package directions.
2. Cook the onion and garlic in oil in a large skillet till soft.
3. Add the ham, 2tb soy sauce, 1tb pineapple juice.
4. Cook for several minutes till the ham is hot.
5. Pour the eggs into the skillet and cook, stirring frequently.
6. Add the peas and carrots and heat through.
7. Stir in the drained pineapple.
8. Add the cooked rice, stirring to combine.
9. Add soy sauce, pineapple juice, salt and pepper to taste.





Pastel de Choclo (Beef and Corn Shepherd's Pie)

Ingredients

- 1 pound ground lean beef
- 1 tablespoon olive oil
- 1/2 cup raisins
- 1 onion (8 oz.), peeled and chopped
- 2 cloves garlic, peeled and minced
- 1/2 cup pitted olives, halved
- 2 teaspoons paprika
- 1 teaspoon ground cumin
- Salt
- About 1/2 teaspoon pepper
- 2 hard-cooked large eggs, shelled
- 2/3 cup thinly sliced grilled chicken breast (see notes)
- 3 cups corn kernels (drained canned, thawed frozen, or fresh cooked)
- 3/4 cup whipping cream

Preparation

1. Preheat oven to 450°.
2. In a 10- to 12-inch non-stick frying pan over high heat, combine beef and olive oil; break beef into chunks and stir often until no longer pink in center and liquid evaporates, 7 to 10 minutes.
3. Meanwhile, in a small bowl, cover raisins with hot tap water and let stand until softened, about 5 minutes. Drain.
4. With a slotted spoon, transfer beef to a bowl. To drippings, add onion and garlic. Stir often on high heat until onion is lightly browned, 6 to 8 minutes. Add raisins, olives, paprika, cumin, beef, and 3

5. tablespoons water; stir over medium heat to mingle flavors, 3 to 4 minutes. Add salt and pepper to taste.
5. Spoon mixture into 4 individual casseroles (2- to 2 1/2-cup size). Cut eggs in half lengthwise. Lay equal portions of chicken over beef, and push egg halves into casseroles, making mixture level.
6. In a food processor, whirl corn, 1/2 teaspoon pepper, and cream until coarsely puréed. Rinse and dry frying pan, then pour corn mixture into pan. Stirring on high heat, bring to bubbling, then reduce heat and, stirring often, simmer until darker yellow and drier, 5 to 7 minutes. Spoon corn mixture equally over beef, chicken, and eggs and spread level.
7. Set casseroles on a baking sheet. Bake, uncovered, set on a rack positioned so tops are about 4 inches from broiler, until hot in center, 13 to 16 minutes. Turn heat to broil (heat may not come on right away) and brown crusts, 3 to 4 minutes more after broiler is hot.

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The Jericho Project

Across from the Archbishop of Port of Spain's house in the serene Queens Park Savannah a tree grows, a living symbol to the power of what ordinary people can do when motivated to put their minds and time to it. Four years old on November fifteenth 2012, the Jericho Tree (as it is known by the group and its members) was planted at the organization's first celebration of the organization's signature event - the Orphan's Fun & Family day. Four years later both the tree and the organization grows from strength to strength, dedicated to breaking down the walls that have separated the orphaned and underprivileged children of T&T from the national family.

Founded by social and political activist Phillip Edward Alexander in 1993, the group has built a solid reputation over the years as being one of the hardest working humanitarian outfits in the country, and continues to attract some of the finest people to its ranks. The size of the membership of its Youth Arm augers well for the future as their slogan 'Youth helping Youth' galvanizes them in their many programmes including the Christmas Toy Distribution throughout the hospitals for those too sick to celebrate with family and friends. The recently formed Women's League hopes to create an environment where women's issues (especially those of single mothers) are brought to the front burner in the national discourse.

The Jericho Project has since expanded its outreach to include two homeless feeding programs – My Daily Soup and My Daily Bread, works to bring relief for the disabled by partnering with the United Nations, and champions the causes of the broken and the left behind in society. Committed and tireless advocates for the rights of and welfare of the nation's children, the project continues to lobby the government of the day for a properly set up and properly funded Children's Services Division complete with an Orphans Welfare Society to bring much needed care, guidance, support and in many cases relief to all of the nation's children no matter where they may be. The annual Justice for Children march is held in the name of Akiel Chambers, and a call is made for justice for him and all the other children who have lost their lives due to tragic and abusive circumstances.

Future plans for the organization includes achieving full NGO status and expanding and duplicating its outreach programme throughout the Caribbean and has targeted Haiti as a next step in its evolution. Open to all races, religions and classes of people, the Jericho Project hopes to continue being an example to others of what simple ordinary people are capable of doing if they set their minds to it. If ever that energy wavers they just need to turn their attention to a tree growing in their name, spreading its branches and making a space for all in its shade.

1 Western Main Road St. James 222 0165



Founder Phillip Edward Alexander with committee member Roger Varley.



Underprivileged kids being treated by Jericho Project



Martin Daly, Renee Cummings and Chocolate Allen at the Justice for Children March



The crowd of supporters at The Justice for Children March 2012

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

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