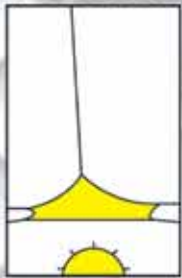


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COMMENTS FROM THE BOARD

TTARP will be celebrating its 25th Anniversary on the 25th and 26th August 2018 at the Centre of Excellence.

The Executive Members are extremely proud of this feat and we applaud each and everyone one of you for this achievement, we could not have done it without you, especially in these challenging economic times. A TTARP membership therefore is more than worth its weight in silver (silver Anniversary).

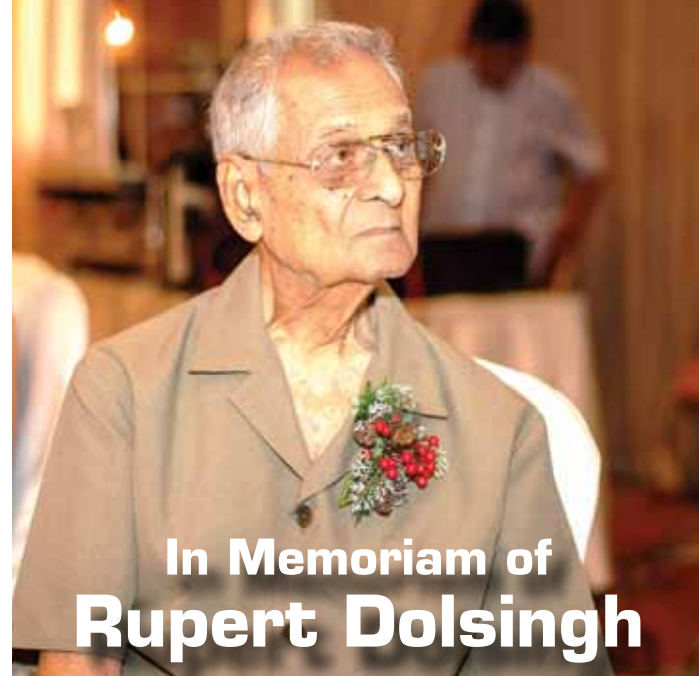
Our twin island Republic is never without incident and 2018 is no exception. For Carnival 2018 most of us feared and expected mayhem, thank God it came off without any major incident; however there were concerns with the Road March going to Machel Montano edging out Iwer George "Savannah".

Thank God for Lyons Aaron "Voice" St. Louis, winning the International Soca Monarch for 2018 with his beautiful song "Year for Love" giving us some hope.

Crime is spiralling out of control, people are living in fear and as a result reacting to most situations with anger and hostility. We, the Elders in this land are particularly vulnerable and we pray that each of you exercise caution in your daily activities. Be mindful of the crime, particularly when dealing with money transactions, home services and travelling, ensure someone is with you or aware of your routine.

The Lenten season came and the forty days flew by, surprisingly there were little complaints of scarcity and prices of fish. Maybe it's because food prices are already so high and people have selected alternative options.

That said, we must try to extend our love, understanding and acceptance to the Youths of our Nation. They are our Future. The Future of this Nation depends on us taking the challenge to mentor our Youths by volunteering some time to make that change.



In Memoriam of Rupert Dolsingh

At TTARP's recent Christmas Luncheon, Rupert was thanked for his dedication as the first Treasurer of TTARP, and recognized as one of the few surviving members of the first Executive Board of the Association. Sadly, Rupert passed on January 1st 2018. TTARP offer condolences to his family and loved ones.

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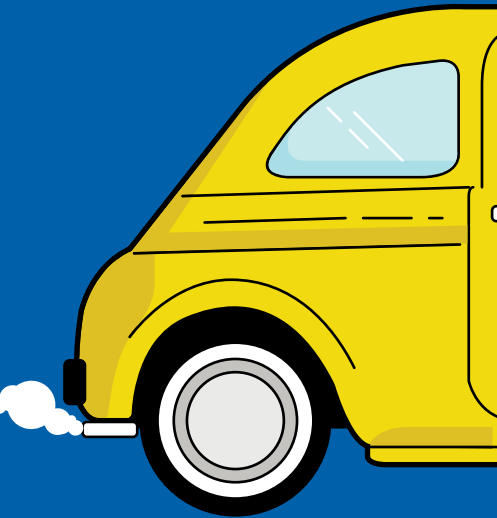
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Christmas Joy

A MOVIE TOWNE BANQUET

Our members were given a warm welcome by staff and volunteers at the Movietowne Banquet and Conference Centre in December.

After giving thanks and blessing the meal, everyone was invited to join the buffet line which moved pretty smoothly (thank goodness).

The lovely and loyal Farida Chapman, a member, took the role of Mistress of Ceremonies and entertained us with her charm and wit. Parang group JOCES JOVENES (young voices); Cathy Ella (known for her hit song "Frenchman" when she was with the group Taxi) and our adored Skatie

performed.

In true TTARP style, there were lots of Door Prizes from our wonderful sponsors: Angostura, AS Brydens, Carib Brewery, Coca Cola Trinidad, IASO Health Gems, Optometrists Today, Unilever and Xtra Foods.

Boomerang catered a wonderful meal, AS Bryden provided complimentary

wine, and the staff at Movietowne was quite accommodating.

TTARP showed recognition and appreciation for all the Promoters who can be seen at Massy Stores and Tru Valu Supermarket recruiting members by surprising each of them with a Christmas goody hamper. They were all quite delighted.

Immense thanks must be given to the hardworking coordinating team - Mayling, Kern, Denise, Michelle, Kaneisha, Candice, Debra and Louise.

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DIEGO MARTIN - Western Pearls

Submitted by Barbara Andall- Francis, Secretary

Last November, the Western Pearls held their Annual Christmas Luncheon at The Powder Magazine Community Hall in Cocorite. Mr. George Padia - the Master of Ceremony warmly greeted everyone

including the Honorary Secretary of TTARP - Mrs. Mayling Younglao, who was present. Musical entertainment was provided throughout the evening by The COSTO Pan-side of the Church of Scotland, Los Amigos De

Paramin Parang and DJ Wajo.

Members Mr. Ralph and Mrs. Ramona Wilson were also celebrating their 50th Wedding Anniversary and were presented with a special gift by the Zone's

PRO Mr. Anthony Daniel. Five lucky members won door prizes that evening and tokens were given to all attendees. Music, dancing and laughter filled the Halls until the proceedings ended.

An all-Inclusive Barbeque Lime was also hosted by the Western Pearls at the Diego Martin North Community Center. Good food and a well-stock bar made the small turnout into a great fete.



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DUBAI

The City of Dreams

Many of our members are well-travelled and have visited several places in the world, however, no one truly expected to be blown away by this phenomenal place called Dubai.

The United Arab Emirates (UAE) is an Arabian Peninsula nation settled mainly along the Persian Gulf. The UAE is a federation of 7 emirates, one of which is Abu Dhabi, the island capital and the ultra-modern city of Dubai. The UAE borders Oman to the East and Saudi Arabia to the South, and has maritime borders with Iran.

Just hearing the names of some of these countries may instil a certain level of trepidation, but ninety (90) adventurous members conquered these thoughts and



Posing by the camels.



Picturesque flowers covering an Emirate Aircraft in the Miracle Garden



Taking a break at the Top of the Burj Kalifa (highest building in the world)



Entrance to the Miracle Garden - beautiful flowers in the middle of a desert. Awesome !



A group posing outside the luxurious Burj Al Arab Jumeirah Hotel.

embarked on the journey from little Trinidad and Tobago to the gargantuan Middle East in November last year.

It took eight hours to get to London on British Airways, a couple hours layover at the Gatwick International Airport before boarding another eight hours flight on Emirates Airways to Dubai Airport. This may seem long and tedious but with ninety fun-seeking members you would be surprise how quickly the time flew by.

The major turning point in the history and fortunes of Dubai was the discovery of oil in 1966, however due to a lot of unrest in that part of the world, and the rise and fall of various economies and wars, it will be fair to say that their distinctiveness only became evident about ten years ago.

Our interaction with the Emirati people was extremely friendly and welcoming. They are business minded people and know the value of tourism for their economy, with statistics of 15.8million visitors last year. However, be warned that one should still exercise caution, and be aware of speech, clothing, voice levels, physical interaction, littering etc etc when in Public. In other words, we Trinis needed to be on our best behaviour to keep on the right side of the law.



A group of members in the Desert during Dune Bashing when one of the 4x4 vehicles got stuck.



Really looking the part !



Young Future TTARP Member freeing up !



Petra Philip and Debra Boucaud -Mason balancing in the Desert.



The majestic Sheikh Zayed Grand Mosque.



Few brave members on board the fastest Roller Coaster in the World.



Leroy Guy and Rawle Sylvester posing at the entrance of the Ferrari World.



Happy smiles on the shuttle.

The ruling Emir Sheikh Mohammed bin Rashid al-Maktoum, believes in conquering challenges in a race for excellence, and this can be seen in the UAE's mimics of World renowned Landmarks, for instance -

- The leaning tower of Pisa in Italy was built in the year 1173 and tilts at 4 degrees, however he commissioned the construction of The Capital Gate Tower in Abu Dhabi which tilts at 18 degrees.
- The Burj Kalifa, gained the title of the World's tallest building when it was completed in 2010 standing at 828metres, surpassing the Shanghai Towers at 632m and The One Trade Centre in NY at 541m.
- The vastly popular London Eye was opened in 2000 and is known as the world's tallest ferris wheel at 135m holding 800 persons. Next year in 2019, the Dubai Eye will be completed and will usurp that title with its 210m structure with a capacity to hold 1,400 persons.

It is difficult to explain in words the magnificence of the sights, the Buildings, the History, the exceptionally spicy flavoured foods, the people, the dress codes, the heat from being in the middle of a luxurious desert when outdoors, the camel rides, the Miracle Garden, the Marina Dhow Cruise, The Sheikh Zayed Mosque, The Ferrari World, our amazingly funny tour guides and the general experience.

On our return journey, most members elected to spend a few extra days in London - tolerating the extreme change in temperature - from very hot to very cold, but nonetheless enjoying their time to shop, visit with family and friends, and to do some more sightseeing.

Without a doubt, this was definitely one of TTARP's most adventurous trips.

80



A group of members in the Desert waiting to do Camel Rides.



PURPLE DIAMONDS - South Zone by Eulalie Colthrust - Chairperson



Viey La Cou Lunch

Members turned out in their numbers, to enjoy the festive season at a luncheon at Viey La Cou Restaurant in Duncan Village, San Fernando. Melodious Christmas songs filled the air and members were also serenaded by a saxophonist. It was an exciting and enjoyable occasion for many members who were recipients of raffle and door prizes.



Just Enjoying The Sea Breeze

A group of members went on a road-trip journeying to Carapal Estate, Erin, and then to Los Iros Beach where they posed for a picture along the sea shore while enjoying the refreshing Sea Breeze. On the return trip, a stop at Debe for some Indian delicacies ended a fabulous afternoon.

Dancing Classes

Members are always eager to learn new things, and so were thrilled when Line Dancing was introduced. The Members followed the tutor's steps and thoroughly enjoyed the class where other types of dance were also practiced. The young and talented tutor brought out many hidden skills. Members thoroughly enjoyed this activity.



Ecstatic members of the line-dancing class, pose with their tutor, Aliyah Lewis (wearing a black jersey in the centre).



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TOBAGO - Pembroke Cultural Stars

Submitted by Carmen Charles, Secretary



ANNUAL VARIETY CONCERT 2017

On Sunday 26th November 2017, the members of Pembroke Cultural Stars (Tobago Zone) held its 9th Annual Variety Concert at the Glamorgan Multi-Purpose Centre.

At long last, we were able to showcase our talent at this highly anticipated event.

Our opening song was entitled "OLD FOLKS AT HOME". This was followed by Recitations, Songs (Spiritual, Sentimental and Folk); Monologues; Dances (Ballroom and Spiritual); Speeches, Performances and a Skit.

Our closing songs were "Light your Candle" and "Go tell it on the Mountain".

In attendance were Dr. Agatha Carrington, Secretary for Health and Wellness, Tobago House of Assembly, Mr. and Mrs. James Samuel, our friends who travelled from Guyana especially for this occasion, and members of other senior citizen groups.

The performances were well received by everyone and were actually aired by our local TV Channel 5. We are looking forward to celebrating the Zone's 10th Anniversary in November 2018.



CHRISTMAS CELEBRATION

On Thursday 4th January 2018 the members of Pembroke Cultural Stars (TTARP) opened the New Year by closing off the Old Year and celebrating Christmas.

Forty (40) members journeyed by maxi to the Magdalena Grand Hotel for Dinner, where we were treated to a grand banquet meal.

Members dined and danced the night away, and we had an exchange of gifts.

Mrs. Merle Romeo, our founding Chairperson was presented with a gift basket which was donated by Mrs. Mayling Younglao, Honorary Secretary of TTARP.



BELMONT B'S

Submitted by Louise Quamina -PRO

Tea in China !!

Belmont B's took their annual Tea Party to the People's Republic of China. The well-designed décor complimented the theme and the delicious cuisine took us straight to China. A young troupe of dancers from the Belmont area entertained with a well executed Chinese fan dance.

Photo at right: From left: Deanne Moore-Corridan, Tommy Pierre, Diane James, Cecelia Kerr, Joan Gittens, Ivy McLean, Hyacinth Young, Cheryl Job, Hazel Ryan, Maureen Pitt.



Members, male and female, displayed their imaginative outfits in a parade trying to out-do each other in their interpretation of the traditional Chinese style of dancing, to the amusement of the onlookers. Over eighty persons, members and guests, thoroughly enjoyed the evening which ended with a true Trini jump up to the music of DJ Tony as we were led to the floor by our resident dance master, Obioma Bankole.



Beverley Wharton receives her prize for her portrayal



Louise Quamina instructs her crew.



Obioma Bankole and Irma Villafana take to the floor



The hard working crew finally relaxed : Bernadette Joseph, Veronica Paul, Marcia Hall-Johnson and Louise Quamina.

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ARIMA ZONE - Eastern Angels

Submitted by Annette Young, PRO.

Honouring our Men and Members age 80+

Friday 1st December 2017 was an extraordinary day, it was not just our last monthly meeting for the year, but also a celebration of two important events - namely International Men's Day which was observed on 19th November and an opportunity to Recognize and honor Members age 80 and over.

One hundred and sixty-two (162) members were

in attendance, as we acknowledged thirty three (33) men with tokens, and offered fifteen (15) of our loyal 80+ members with a Permanent Exemption Card which waives monthly zonal contributions, as well as offer special services and special reserve seating at functions and meetings. A hearty THANK YOU must be extended to Lynette Maule for her incomparable contribution to this occasion.



Christmas Luncheon 2017

The EEAZ Annual Christmas Luncheon was held on Friday 15th December 2017 at the Malabar RC Church Parish Hall, Subero Street, Arima.

Our Chairman Peter Nock welcomed everyone, and our entertainment program started with the National Anthem, followed by a Prayer by member Myline Green. Entertainer Perry Shade serenaded us with some golden songs: "I won't let the evening let me down", "Blue Blue Christmas", "Give it all to Jesus".

Dynamic Secretary Lynette Maule encouraged everyone to sing "Feliz Navidad", before a delicious Lunch and dessert were served.

Kenwyn Scott who wears many hats delivered an unforgettable monologue, an acclamation he had on his chest. The feedback was loud, long laughter and appreciative.

Perry Shade continued with more songs like: "Just the way you are", "Merry Christmas to you", "Black man feeling to party", "You are gonna miss my loving", "Never fall in love again", "Green green grass of home". Members Gloria Jules-Osborne and Joycelyn Morang won door prizes. Presentations were made:

Jacqueline Philip to Justin Subran, Yvonne Paul to Lloyd Jack and the Service Committee to all Heads of Committee Members.

It was a wonderful time, a day with a difference. The Vote of Thanks was delivered by Lynette Maule who thanked our Chairperson Peter Nock,

Fund Raising Committee Head Victoria Williams and members, Event Management Hilaire Alexis, and DJ Maxifest for ensuring we all had a good time. Photographs were taken by member Ronald Orr.



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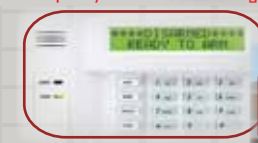
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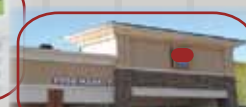
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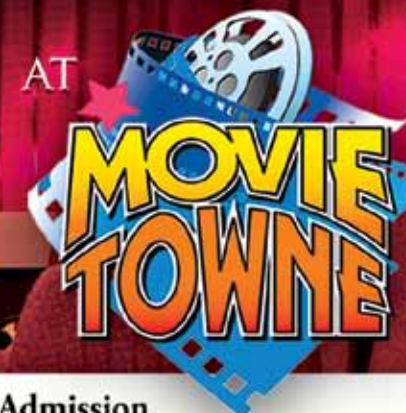
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TTARP's Silver Jubilee



The vision and the dream was born twenty-five years ago.

History speaks of one determined lady who wanted to purchase vehicle insurance but was getting the proverbial "run around" because of her age. She was in her seventies, and insurance companies thought she was high risk. In stepped, Mr. Steve Castagne (who is the founder of M&M Insurance Brokers) and other pioneers such as Peter Pena (TTARP's present President), Barry Edghill (then M&M's Managing Director), Vernon Glean (deceased), Ken Gittens (deceased) and Maurice Quesnel (deceased) who thought about the predicament and found a solution - not just for her but for all senior citizens in Trinidad and Tobago.

The concept of age victimization was quite alarming and after researching and obtaining local data and statistics, it was determined that older persons were no more a risk than a younger person and so should not be rated higher

premiums or even refused insurance.

These pioneers examined the benefits of the American Association of Retired Persons (AARP) and believed that a similar type organization was much needed in T&T. After meeting with the AARP for some guidance it was firmly decided that our twin island needed to have an alliance for all seniors where their concerns and issues could be voiced and resolved in order to improve the quality of life in general for senior citizens in Trinidad and Tobago.

In 1993, the organization was officially registered as an NGO and was launched in the Humming Bird Room of the Trinidad Hilton Hotel. An idea of vehicle insurance coverage for an older person blossomed into a holistic membership programme which now includes savings at hundreds of merchants nationwide, representation to the Government on various national issues, a hospitalization plan, a discount medical plan, an active social



Peter Pena
- President



David Cameron
- 1st Vice President



Geoffrey Lewis
- 2nd Vice- President



Mayling Younglao
- Honorary Secretary



Francis Raymond
- Honorary Treasurer



Cecil Paul
- Executive Member



Neville Navarro
- Executive Member



Reynold Cooper
- Executive Member

life and of course free subscription to this

wonderful magazine.

Under the guidance and leadership of TTARP's President - Peter Pena, the organization has shown phenomenal growth in membership numbers - from 20,000 members in 2010, to 28,000 members in 2013, rising to over 38,000 members in 2018.

His firm and determined direction for TTARP has been at the helm of the organization's success, with his team of Board of Directors: the meticulous Honorary Treasurer, Francis Raymond; the vivacious and active Honorary Secretary, Mayling Younglao; the proficient 1st Vice President, David Cameron; the reliable 2nd Vice President, Geoffrey Lewis; and the other Board Members - loyal Patricia Crossley, versatile Neville Navarro, knowledgeable Cecil Paul and newly appointed member, the proficient Reynold

Cooper.

Together, this formidable team intends to ensure that TTARP becomes a household name as they overlook the continued growth of the Association and the Benefits offered to Members. It is the Association's mission to enhance the perception

of Elders in our community, to treat them with the dignity and respect they deserve due to their vast wealth of knowledge and experience.

Of course, all of this will be impossible without the efforts of the Zonal Groups and their leaders, the hard-

working administrative staff, our volunteers and YOU, our loyal members.

In going forward, TTARP understands that technology is evolving and change is inevitable and we look forward to embracing another 25 years !



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- CUNUPIA: #449 Munroe Road, 285-4625, 4637
- MARAVAL: #8 Saddle Road - 285-4632, 4640
- OR TTARP Head Office: #45 Tragarete Road Tel: 622-9223/ 222-7912

Taking the Steel-Pan Forward !

One good thing about speaking to people my age is that I don't need to remind them of how things were. We are all aware.... for instance, everyone can recall when Pan was the sound of Carnival. When a party wouldn't be right without a pan-side.

Now, according to a recent study, the audience for pan is mainly: "an aging population, many of whom are now middle aged and retirees." That's us ! It's also bad news.

Why?

..... Because when popular music loses its young audience, it begins to die. Or become a museum piece, like jazz.

You may protest saying : "but when we look at the Steel-bands most of the players are young."

Good news?

... No !

These young players may play for a few years, but with hardly any of their friends coming to listen and support, they eventually walk away never to set foot in a pan-yard again. Young people playing music for old people isn't sustainable. Pan in its glory was when young people played young people's music for a young audience. Those youths made music, even against the wishes of their elders when they had to.



If Pan is to once again flourish, it can only do so if it earns the Love of the Youth. Not as it once was: "those days are dead and gone", but maybe as an integral part of the musical landscape of T&T.

How?

..... Train the youth to do their own thing.

Many Steel-bands which are concerned about succession have groomed youth bands. However, usually their approach is very conservative and old-fashioned. That is, the UK Royal School of Music syllabus. Teaching young pannists music literacy is seen as the main task if pan is to develop.

No one has considered that that approach was tried on generations of Trini women, and failed miserably. Many being forced to endure piano lessons and the only result

was to make them hate the piano. Why would Pan be any different?

Instead, why don't we teach young pannists the skills mastered by all great popular musicians, whether it's Bob Marley or the Beatles, Boogie Sharpe or Ray Holman. Those are the skills to learn by ear (i.e. teach yourself to play any song) and to improvise.

A pannist who can learn by ear can play the music he (or she) likes, and what his or her friends like. So instead of young playing for an old audience, maybe they will play for people their own age. Then, if he can improvise, he can compose - that is produce music for his friends. And he can jam: with anyone on any instrument. He can take his pan and play with a friend on a cuatro and another on a keyboard.

Let's give the young generation the pan, along with the skills to do whatever they want with it. And have faith in them. Don't worry. Things will turn out for the best.

In other words, let us hand over the national instrument to the young generation by making modern musicians of them. It will be the best thing for the instrument but also for the nation.

Dr. Kim Johnson is an accomplished journalist, author, and researcher and is recognized as a foremost Steelpan historian in Trinidad & Tobago.



By Dr. Kim Johnson



SANTA CRUZ ZONE - The Cruzers

Submitted by Loama Warner, Communications Officer.

CHRISTMAS CHEER !!

As per usual, the "CRUZERS" were very busy in their community. They provided some Christmas cheer to five families in need- distributing hampers consisting of toys, food items and toiletries.

Members Joan Morrison and Bridget Telfer also visited some members who can no longer attend meetings and took some food baskets for them.

Our Annual Christmas Dinner was prepared by one of our members and included activities such as a game of musical forks which "brought out the children in all of us"; prizes for the Best Look, Prizes for Raffle Winners, Lucky Chairs and Door Prizes.



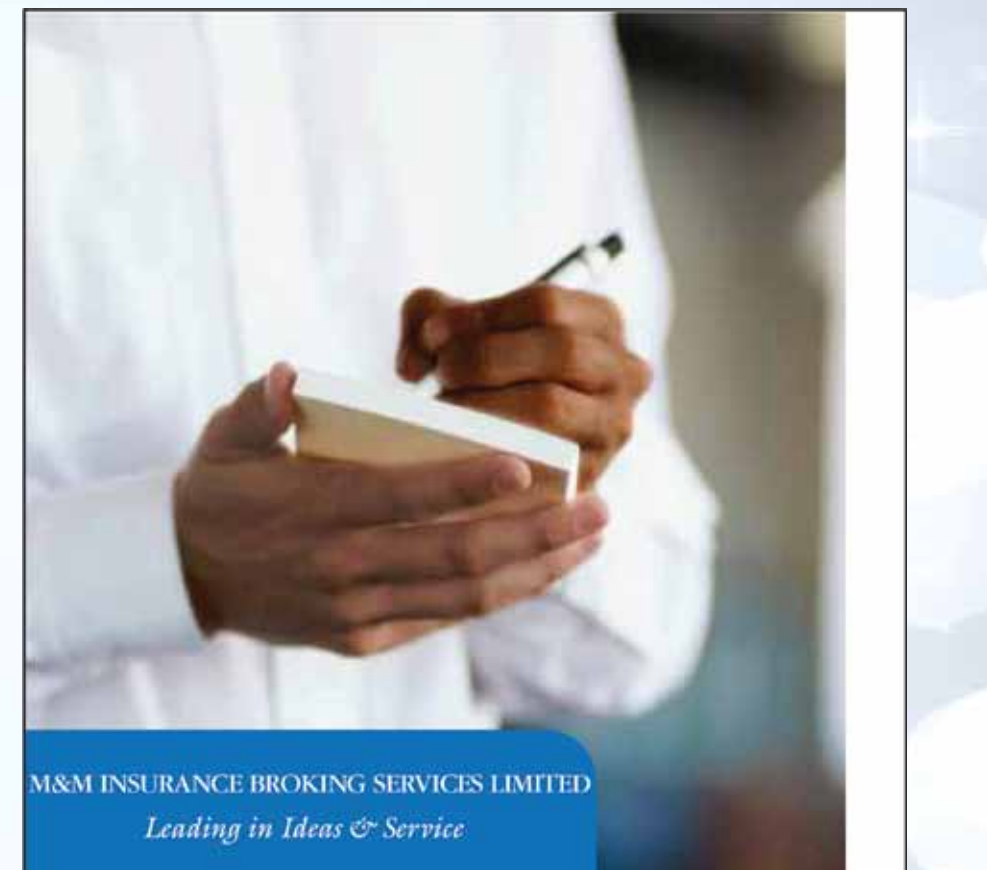
Judy Phillip receives a Prize from Mr. Cecil Paul of TTARP's Executive Board.



Secretary - Chairperson Maule presents a hamper to the in-house DJ Martin Basil.



The lucky winners of the Musical Forks game.



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CHAGUANAS ZONE - Central Pride Submitted by Yvonne Knights, PRO

Angels and Earthlings

Our In-house Choir, The Golden Voices and their well-wishers held a Banquet to commemorate the Christmas season and Birthdays of those members born between September to December.

With lots to eat and drink, there were exchanging of gifts - 'angel and earthling' style, dancing and singing with great camaraderie. The event was held at the Bougainvillae Restaurant, Rivulet Road, Point Lisas, Couva.



The birthday celebrants - (L to R) Seated: Jean Gonzales and Lynette Budhram; Standing: Elsie Seegolam, Carol Benjamin, Lisa Johnson, Patricia Paul, Faith Calliste, Janet Rawlins and Kissoondaye Bassarath.



An angel, Francis Bruzual gives 'his earthling' Merle Sandiford a gift.

At left: The Golden Voices Choir performs for our members.

Spreading Joy and Happiness

In December, members of the Board and Choir paid their annual visit to the Beckles Street Home for the Aged. A sumptuous Christmas Lunch was prepared for the residents, and they were livened with entertaining and gifts.



Pic 1. Faith Calliste, Chairperson, gives a token to a resident of the Home.

Pic 2. Janet Rawlins, former Chairperson and Faith Calliste, the present Chairperson pose together at the Home.

Pic 3. A resident of the Beckles Street Home for the Aged gave a Vote of Thanks at the end of the event.

Pic 4. Mrs. Sita Ramsaroop, a member of the Golden Voices interacting with two residents of the Beckles Street Home.



Become an Entrepreneur

The Year started off with an Interactive meeting for 2018 with a Guest Speaker - Mr. Sajjad Hamid, SME and Family Business Advisor who spoke to us on the value of Entrepreneurship. His insight was quite an eye opener.



This is a cross section of the members who attended the meeting.

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Carlsen Field Semi- All Inclusive

On February 07th we held our Carnival Cooler semi inclusive Lime at the Meharris' residence in Carlsen Field. Patrons received a plate of food and non-alcoholic drinks while enjoying entertainment of ole mas, entertainment and sweet music.



Participants of the ole mas- (L to R) Faith Calliste who gave 'Permission to Wine' Kathleen Meharris playing 'Ah Gifted', Indra Ali portraying 'Ms Tourist' and Stephanie Gordon who portrayed 'D man from Sangre Grande'. There were lots of fun and laughter.



Photos above and below: Members and Patrons enjoying themselves.



In Memory of Mrs. Ramdevi Singh

She was one of our dear members who lost her life in a home invasion last year. We live in an environment where we are all endangered particularly our senior citizens who appear to be easy targets. Our Zone is fighting back and with the help of Andre Murray, a retired soldier, we have commenced a new activity entitled 'Self Defence for Seniors' which hopefully will enable us to become more alert, responsive and aware of our surroundings.

May the soul of our dear Ramdevi continue to rest in peace !





PRINCES TOWN / RIO CLARO - Royals

Submitted by R.Kalipersad - PRO

YEAR END HIGHLIGHTS

The Royals ended the year with Birthday Celebrations at the St. Stephens Centre on High Street, Princes Town and with a Seasonal Christmas Lunch at Laura's Place Restaurant, Broomage Road, Princes Town.

Below you will see highlights from these events.



TOBAGO CORALS ZONE

Submitted by Selby Cole, Chairperson

Christmas with the Corals

In December, the Members of the Corals (Tobago) Zone, together with relatives and friends, gathered at the Café Coco Restaurant in Crown Point, Tobago, to celebrate the Christmas season. Sixty-five (65) members participated, and were treated to the musical sounds of Richard Goddard (whose father is a Member of the Zone). After the sumptuous meal, ably prepared by the friendly Café Coco Staff, we took the opportunity to socialize, sing songs, and generally make ourselves merry.

Gifts were given out to the first person who had arrived at the event and to Ms. Menora Alfred who was the eldest lady in attendance. Our Special Guests for the day were two representatives from Assuria Life Insurance office, who assisted in daily administrative functions between the zones/members and TTARP's Head Office.



Bringing Cheer to a Seniors' Residence

TTARP's Head Office has been encouraging the Zones to do more community activities, and in response to this plea, a Coral Member suggested that we visit a Senior Home in the district.

We provided a donation towards the preparation of breakfast, and a representation of The Coral visited and chatted with the occupants.

It was indeed a learning experience. both for the Residents, as well as for our Members. It also provided some insight into the meaning of the words "love" and "care".







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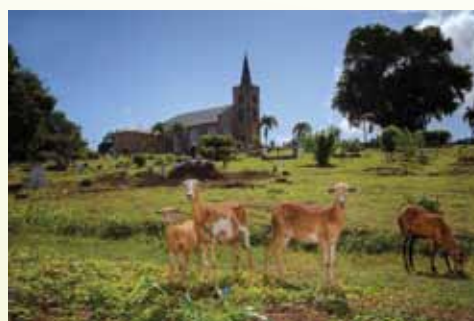
Stollmeyers Castle



Backbay, Tobago



A pirogue in the Ortoire River, Manzanilla



St. Patrick RC Church, Mt. Pleasant Tobago



Good Morning Neighbour



By Dr. Derrick Lousaing B.Sc, M.B.B.S., F.R.C.S., (Ed),
Consultant Orthopaedic Surgeon

I have knee pain and the doctor says I need Knee Replacement. NOW WHAT ?

I tried the advice given to preserve my knee joints but the doctor says that it is too far gone to save. I saw the x-rays and they show bone touching bone. That is what it feels like when I move my knee. Noise too bad and pain, especially with stairs. I even get swelling now and sometimes the knee wants to throw me down when I step a certain way. I am using the painkillers but they only give partial relief. Sometimes, it is too much and I am really scared about this operation. I hear it is painful and expensive. What to do?

Knee replacement surgery is a savior for those with advanced knee arthritis. It can take the pain away- that is its primary purpose. It also allows realignment of the knee that may have gone on to have a bow-legged or knock-kneed appearance as the cartilage covering the joint surface has worn out. Finally, with the pain gone and a well-aligned knee, walking and functioning become so much easier. You can return to your walking, shopping, exercising, dancing, you name it. You can reclaim your life.

The actual procedure will be very clearly explained by your doctor who can (and should) use images, videos, animation and X-rays to explain the process. He or she should be able to address any

of your concerns. Some of the main ones are:

1. Is it painful? – Pain management can be done by an epidural ("spinal" block) or femoral nerve block such that you don't have pain after the procedure until the block wears off some 8-12 hours later by which time analgesia is given by tablets or injection to control the pain.
2. Is it dangerous? – It is a major operation but is also very commonly performed with a low complication rate in the region of 2-5% with major complications being in the range of < 2%.
3. How do I know this doctor can do the operation well?- Ask him/her what is his track record. Ask others who have had this operation at his facility, what they think about it and if they would do it again.
4. How do I know they are using good implants in me that will last for a long time? The best implants are first world products with a proven track record. Ask which implants they are using and research it with Dr. Google or Dr. Yahoo
5. How long will it take me to walk again? You are usually walking by Day 2 after the operation and will go on to walk independently in about 4-6 weeks time.
6. How much will it cost?- This varies depending on your particular knee's condition and the type of procedure that may be needed. A straightforward total knee replacement usually costs between TT\$70-85,000. Options are available that make it more affordable.

At the end of the consultation, you should have a clear idea of what is wrong with your knee, the options of management, the recommended treatment, and whether or not you feel comfortable and confident going forward with this operation by this particular doctor.

For more information contact our office at (868) 628-3643 / 735-1077 or visit us online at www.faoonline.com



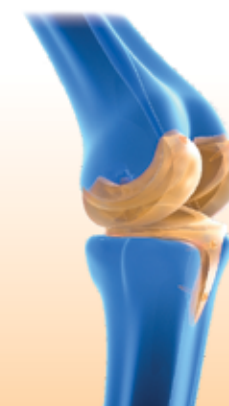
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Knowing how to protect yourself

can reduce the opportunity for muggers, purse snatchers, predators and other criminals to strike

General Tips

- If approached by an assailant, cooperate and surrender your valuables.
- Try to avoid being taken to an alley or any remote location.
- However, if the assailant insists, do not resist.
- Do not make any sudden moves; your assailant may be more nervous than you are.
- Walk on the side of the street, facing oncoming traffic.
- On a busy street, carry your handbag or briefcase at your side, away from the curb, and stay close to buildings.
- Flatten yourself against a building if you hear rapidly approaching footsteps behind you.
- If you are being followed on a well-traveled street, slow down, speed up or reverse directions – in other words – indicate to your pursuer that you are aware of him. Then immediately seek assistance at the nearest Police Station.
- If you are being followed on a deserted street walk briskly either towards other people or a congested area.
- You are advised not to carry large sums of money. If you have to, do not carry all in one place on your person.
- If necessary, do not hesitate to walk in the street.
- If you walk on the street at night regularly, vary your routes to minimise the possibility of someone making you a predictable target.
- If you witness a crime or accident while walking, send for help. Don't try to help. Only when qualified help is on the way, and you are positive that you are not in danger, should you attempt to be of assistance.

- of windows and doors. However, it is equally necessary to ensure that one or more of the proofing is arranged for a quick escape. Where there is an air condition unit, it should be secured with burglar proofing as well.
- Aides should be properly screened before being employed. When new ones are employed, unexpected checks should be made at home.
 - Children should be told not to allow strangers to enter the home in the absence of parents. Aides and children should be advised when repairmen are expected.
 - Employ known repairmen or those from established firms, whose identity can be confirmed with a telephone call.
 - Avoid high hedges and shrubs around homes and business places.
 - Always carefully observe your surroundings before entering your gateway, particularly at night.
 - Get to know your neighbours.

At Home

- Never allow strangers into your home. If necessary, speak through an open window.
- If you return home and find your doors tampered with, do not enter or raise an alarm – call the Police.
- When leaving home for an extended period of time, stop all deliveries.
- Lock doors and windows while watching television.
- Do not leave house keys under doormats or in flowerpots, etc. Provide a key for each member of the household. It is far cheaper than replacing stolen items.
- If household chores are being done at the back of the premises, see to it that the front is secured or vice versa.
- Burglar proofing should be installed on the inside



When Shopping

- Do not display large quantities of cash in public. When replacing cash, put it away carefully and look around to see if anyone is displaying a particular interest in your activities. Showing you are alert can deter an assailant. Practice it.
- Hold handbags close to your body with your arm through the strap.
- It is not wise to keep your purse in your handbag. The handbag is a perfect target for thieves and could be easily snatched.
- Overloading yourself with too many parcels can cause you to be confused and lose one or two. Keep shopping at a manageable level, particularly when using public transport.
- Do not leave shopping bags in the back seat of your vehicle.
- Be careful about having a stranger hold your parcels, whether in a shopping line or on the bus; they could easily disappear with them.
- Avoid crowded areas if you can. If you must go, take precautions like holding your handbag close to your body and being aware of any unusual or persistent body contact, which can be an attempt to pick your purse or wallet.



The Trinidad and Tobago Police Service
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<http://www.ttps.gov.tt/>

TTARP ZONAL GROUPS

ALL MEMBERS ARE INVITED TO ATTEND A ZONAL MEETING CONVENIENT TO YOU.

ARIMA “Eastern Angels”

Meeting Place - Arima Tennis Club – Robinson Circular Road, Arima
Meeting Date and Time - 1st Friday of each month @ 4:00 p.m. (official meeting)
- Every Friday from 12 noon (casual/fun evening)
Chairman - Peter NOCK, 718-9571 / 310-5929
Secretary - Lynette MAULE, 709-0777 / 306-5050
Treasurer - Louis Caraballo, 686-1354
Email - louistheultimate@yahoo.com or harrypetes@yahoo.com or annette_d55@yahoo.com
Colour T’s shirt - LIME GREEN

BELMONT “Bees”

Meeting Place - St. Andrews Home, Belmont Circular Rd., Belmont
Meeting Date and Time - 4th Tuesday of each month @ 5:00 p.m.
Chairman - Gloria JONES, 620-1596
Vice Chairperson - Genevieve HOLDER, 348-5051 / 629-0932
PRO - Louise QUAMINA, 792-3017 / 623-7453
Email - patcrossley95@yahoo.com or quaminlouise@yahoo.com, lydia.pierre@yahoo.com
Colour T’s shirt - GOLD

CHAGUANAS “Central Pride”

Meeting Place - Central Indoor Sports Arena – Manic Street, Chaguanas.
Meeting Date and Time - Every other month @ 1:00 pm.
Chairman - Faith CALLISTE, 386-8623
PRO - Yvonne KNIGHTS, 665-7315
Treasurer - Portia DE SILVA-IFILL, 786-4084
Email - ttarpcentral@yahoo.com or y.knights59@yahoo.com or portiadesilva@yahoo.com
Colour T’s shirt - ORANGE

DIEGO MARTIN “Western Pearls”

Meeting Place - North Diego Martin Community Centre, Church St., Diego Martin
Meeting Date and Time - 2nd Saturday of each month @ 3-5 p.m.
Chairman - Derek PATY, 678-4139
Secretary - Barbara ANDALL-FRANCIS, 637-8954
Email - derekpaty@yahoo.com or barbieanfrancis@hotmail.com or mgriffith_45@hotmail.com
Colour T’s shirt - BURGUNDY

FYZABAD “Evergreen”

Meeting Place - Fyzabad Regional Community Complex
Meeting Date and Time - 3rd Thursday of each month @ 10:00 a.m.
Chairman - Errol BAPTISTE, 753-9862 / 649-2132
Vice Chairman - Monica NELSON, 394-5571 / 649-1866
Secretary - Kay FRANCIS, 742-0229 / 389-9180 / 649-5761
Email - monicanelson1960@gmail.com or kaygf@hotmail.com
Colour T’s shirt - GREEN

LA BREA “Black Gold”

Meeting Place - (To be determined)
Meeting Date and Time - 3rd Thursday of each month @ 5-7 p.m.
Chairperson - Ezra VAUGHN - 389-8346 / 648-8270
PRO - Dennis MARCHAN – 774-2701
Secretary - Yvonne MARCHAN – 744-7049
Email - ezra54@hotmail.com or dennismarchan110@gmail.com
Colour T’s shirt - LILAC

PRINCES TOWN/RIO CLARO “Royals

Meeting Place - Princes Town Anglican Church Hall, High St., Princes Town
Meeting Date and Time - 3rd Saturday of each month @ 2:00 p.m.
Chairman - Stanley JOSEPH, 446-6359 / 348-0956
Vice Chairman - Barbara PAYNTER, 731-4479
Secretary - Annmarie PAUL-ROBERTS, 322-6723 / 754-5361
Email - anniepaulroberts@yahoo.com
Colour T’s shirt - WHITE

SANTA CRUZ “Cruzers”

Meeting Place - Bourg Mulatres Parish Hall, Santa Cruz
Meeting Date and Time - 4th Friday of each month @ 5:00 p.m.
Chairperson - Yvette CUPIDORE-WRIGHT, 386-7350
Secretary - Charmain MAULE, 784-6934
Email - yvettewright123@yahoo.com or maulaw@hotmail.com
Colour T’s shirt - TURQUOISE

SAN FERNANDO “Purple Diamond”

Meeting Place - San Fernando Art Council, #97C, Circular Road, San Fernando
Meeting Date and Time - 1st Tuesday of each month @ 10:00 a.m.
Chairperson - Eulalie COLTHRUST, 360-9608
Secretary - Maureen TAYLOR-STEPHENSON, 776-6411
Email - tbeverly45@yahoo.com or eulalie201@gmail.com or ngnormav@gmail.com
Colour T’s shirt - WHITE/PURPLE

TOBAGO “Corals”

Meeting Place - Information Technology Centre - Signal Hill Main Rd, Tobago
Meeting Date and Time - 2nd Saturday of each month @ 3:00 p.m.
Chairman - Selby COLE, 753-2760 / 390-0142
Vice Chairperson - Joan BRATHWAITE, 483-3207
Secretary - Carol QUASHIE, 781-8828
Email - ttarptobago@yahoo.com, carolquashie@hotmail.com or selby__cole@yahoo.com
Colour T’s shirt - BLUE/YELLOW

TOBAGO (Pembroke “Cultural Stars”)

Meeting Place - Pembroke Community Centre, Todd Street
Meeting Date and Time - 2nd Monday of each month @ 3:30 p.m.
Chairperson - Leccia ROSS, 780-3761 / 391-2228
Email - understatedbrilliance@hotmail.com or carmencharles27@hotmail.com
Colour T’s shirt - ORANGE

HEAD OFFICE:

45 Tragarete Road, Port of Spain.

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

Events Programme 2018

HEAD OFFICE

45 Tragarete Road, Port of Spain

Contact Number: 622-9223 / 221-7771

June 8th -16th - Caribbean Cruise – From Fort Lauderdale
(Bahamas, St Thomas, St Maarten)

July 24th -31st - Trip to Cuba

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

Sept - Annual General Meeting

Oct 15-26 - Trip to China/Beijing/Xian/Shanghai

Dec 2nd - Christmas Luncheon

ARIMA “Eastern ANGELS”

Meeting Place: Arima Tennis Club – Robinson Circular Road, Arima

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

Meeting Date and Time: Every Friday from 12 noon

Apr 6th - Monthly Meeting

Apr 13th - Bottle Craft Course / Easter Bonnet Parade

Apr 20th - Bottle Craft Course / Lecture

Apr 27th - Bottle Craft Course / Games

May 4th - Monthly Meeting

May 11th - Paper Gift Basket Course/Games

May 16th - Tour

May 18th - Paper Gift Basket Course/Lecture

May 25th - Mothers’/Fathers’ Day Function

BELMONT “b’s”

Meeting Place: Colm Hall - Belmont Circular Road, Belmont

Contact Person: Gloria JONES (Chairperson) 620-1596

Meeting Date and Time: 4th Tuesday of each month @ 5:00 pm.

April 7th - Family Day & Easter Hat Parade - Hollows

April 28th - Thanksgiving Prayer & Breakfast

May 19th Or 26th - Fun & Games Day Lime

May 30th - Island Tour – Gasparee Island

Jun 9th - Mother's/Father's Day Celebration

June 15th - Fun & Games Day Lime

June 30th - Know Your Country Tour – Marac Moruga

July 24th - Emancipation Celebration

TBA - Trip to Cancun or Santo Domingo

Aug 28th - Independence Celebration

TBA - Field Trip

Sept - Community Health Fair

Sept 24th - Fun & Games Day Lime

CHAGUANAS “Central Pride”

Meeting Place: Central Indoor Sports Arena – Manic Street, Chaguanas

Contact Person: Faith CALLISTE (Chairperson) 386-8623

Meeting Date and Time: Every other month @ 11:00 am.

Apr (TBA) - Fashion Show & Hat Parade

Apr 24th - Play del Este / Beach Lime

May 8th - Interactive Meeting – 11:15 am

May 24th - AGM

May (TBA) - Visit to the Zoo

June 26th - Mothers’ / Fathers’ Day Event at Jaffas

July 12th - Interactive Meeting/Lecture

Sept 18th - Interactive Meeting/Lecture

Sept (DTBA) - PTSC Cross Country Tour

FYZABAD “Forever Green”

Meeting Place: Fyzabad Regional Community Complex

Contact Person: Monica NELSON(V/Chairperson) 649-1866/ 394-5571 or

Kay FRANCIS (Secretary) 742-0229/649-5761

Meeting Date and Time: 3rd Thursday of each month @ 10:00 a.m.

Apr 19th - Monthly Meeting

Apr 26th - Harry’s Water Park

May 17th - Monthly Meeting

May 24th - Mother’s/Father’s Fay Celebration

June 14th - BINGO

June 21st - Monthly Meeting

July 13th - Aug 1st - Tobago Heritage

DIEGO MARTIN “Western Pearls”

Meeting Place: North Diego Martin Community Centre, Church Street,

Diego Martin.

Contact Person: Barbara ANDALL-FRANCIS (Secretary) 637-8954

Meeting Date and Time: 2nd Saturday of each month @ 3-5 pm.

Apr 14th - General Meeting

TBA - Visit to Sandy Hill

May 12th - General Meeting

TBA - Know Your Country

Jun 9th - General Meeting/ Father’s Day Celebration

July 14th - Meeting/ Lecture: Alzheimers / Dutch Auction

Aug 11th - General Meeting – Group Cruise – Raffle/ Lecture

Sept 8th - General Meeting / Visit to Factory

SAN FERNANDO “Purple Diamond”

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

San Fernando

Contact Person: Eulalie COLTHRUST (Chairperson) 360-9608 or

Maureen TAYLOR-STEPHENSON (Secretary) 652-6797

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

March (TBA) - Lecture on Financial Awareness / Birthday
Celebration

April (TBA) - Visit to Rancho Quemado Cocoa Estate

May (TBA) - Mothers & Fathers Day Celebration /
Visit to Valencia Eco Resort

June (TBA) - Wellness Day & Visit to Santa Cruz – Maracas –
Las Quevas

SANTA CRUZ “CRUZERS”

Meeting Place: - Bourg Mulatresse Parish Hall, Santa Cruz

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

Chairman MAULE (Secretary) 784-6934

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

April (TBA) - Games/Fun Evening

May (TBA) - Overseas Trip/ St. Lucia

June (TBA) - Tea Party/Fashion Show
(Celebrating Mothers & Fathers)

July (TBA) - Emancipation Programme

Aug (TBA) - NO MEETING

Sept (TBA) - Know Your Country Tour

TOBAGO “Pembroke cultural stars”

Meeting Place: Pembroke Community Centre – Todd Street

Contact Person: Leccia ROSS (Chairperson) 780-3761/391-2228 or

Carmen CHARLES (Secretary) 759-4244

Meeting Date and Time: 2nd Monday of each month @ 3:30 pm.

May 2nd - Sick Visit

Apr 4th - Sick Visit

TBA - Church Visit

TBA - Exchange Visit to Trinidad

Apr 23rd - Social Activities (Lecture)

May 14th - Annual General Meeting

TBA - Church Visit

May 28th - Social Activities

June 6th - Sick Visit

TBA - Celebration of Mothers/Fathers’ Day

TBA - Church Visit

Jun 25th - Social Activities

TOBAGO “Corals”

Meeting Place: Happy Haven – Signal Hill Main Road, Signal Hill, Tobago

Contact Person: Selby COLE (Chairperson) 753-2760 / 390-0142 or

Carol QUASHIE (Secretary) 781-8828

Meeting Date and Time: 2nd Saturday of each month @ 3:00 pm.

Apr 14th - Monthly Meeting & Board Games

Apr (DTBA) - Fundraiser

May 12th - Monthly Meeting – Mothers Day Lunch

Jun 9th - Monthly Meeting - Lecture

Jun 17th - Fathers Day Outing – Pigeon Point

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Email: stayatbayvilla@gmail.com
Facebook Page: Bayville Holiday Apartment
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DELETIONS

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AMENDMENTS



I said to this train driver
“I want to go to Paris”.
He said “Eurostar?” I said,
“I’ve been on telly but I’m no
Dean Martin”.

My phone will ring at 2 in the
morning, and my wife’ll look at
me and go, “Who’s that calling at
this time?’ “I don’t know! If I knew
that we wouldn’t need the bloody
phone!”.

I swear, the other day I
bought a packet of peanuts,
and on the packet it said
“may contain nuts.” Well,
YES! You’d be annoyed if you
opened it and a nail fell out!

I backed a horse last week at ten
to one. It came in at quarter past
four.

A sandwich walks into a bar.
The barman says “Sorry we
don’t serve food in here”.

I rang up British Telecom, I said, “I
want to report a nuisance caller”,
he said “Not you again”.

My therapist says I have a
preoccupation with vengeance.
We’ll see about that.

I went to the doctors the other day
and I said, ‘Have you got anything
for wind?’ So he gave me a kite.

Recipe

TILAPIA CEVICHE

Ingredients

- 8 tilapia fillets
- 15 limes, juiced
- 1 large tomato, finely diced
- 1 large red onion, finely diced
- 2 cucumbers, peeled, seeded, and finely diced
- 1/2 bunch finely chopped cilantro
- 1 habanero pepper seeded and chopped (or real Peruvian Aji Amarillo, if you can find it)
- salt and pepper to taste

Directions

Prep Time : 20mins

Ready to Serve : 2 hours 20mins

1. Chop the raw tilapia into small pieces, and place in a large bowl. Pour in enough lime juice to cover the fish.
2. Mix the tomato, red onion, and cucumbers into the bowl. Stir in the the cilantro and habanero pepper. Season with salt and pepper.
3. Allow the ceviche to marinate, refrigerate for about 2 hours. Taste for seasoning before serving; add salt and pepper if necessary.

This can be served with sliced boiled sweet/regular potatoes and corn on the cob, or with tortillas or tostadas (with mayonnaise and avocados).



Ceviche is a seafood dish popular in the coastal regions of Latin America and the Caribbean. Though the origin of ceviche is hotly debated, the dish is most closely associated with Peru. It is typically made from fresh raw fish cured in citrus juices, such as lemon or lime, and spiced with peppers. Additional seasonings, such as chopped onions, salt, and cilantro, may also be added. Ceviche is usually accompanied by side dishes that complement its flavors, such as sweet potato, lettuce, corn, avocado or plantain. As the dish is not cooked with heat, it must be prepared and consumed fresh to minimize the risk of food poisoning.

Peruvian Ceviche

Course	Main course or appetizer
Place of origin	Latin American coastal countries of the Pacific Ocean
Serving temperature	Cold; cooked or raw (marinated)
Main ingredients	Fish, lime, lemon, onion, pepper

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Golf and Seniors a game for all ages

Golf has long been described as an old people's game, because it can be a leisurely activity, but it can really be as physical as you want it to be. Just witness the standard of the professional game.

One of the main things going for golf is, that it is a non-contact sport, that is, the game does not involve bodily contact, like football or rugby, and it is not a direct head to head contest requiring a response like other ball games like tennis, cricket or badminton, so speed, while important if you are playing with others, can be a variable factor. The game requires a player to hit a ball from one end of the course to the other, divided into 18 separate holes. If you are reasonably flexible and you can walk, other major benefits are:

- You are in the outdoors enjoying the fresh air.
- Because you are less prone to injury, you can have a long career. There are people playing well into their 80's and 90's.
- If you walk, you can cover 4-5 miles in a round, but you can play fewer holes if you so choose. You can burn calories, but many golf clubs have riding carts and you can start that way until your fitness improves.
- It can improve your core strength, as you will engage your whole body in the golf swing and be as vigorous as you wish.
- It can be a social outing - playing with others in a non-stressful environment; but you can be as competitive as you like; as the game allows different formats of play with fellow players.
- As any other physical activity, you can keep your brain ticking, as you strategise your way around the course.

Many of the Golf Clubs in the country have introductory programmes for novices, which do not require participants to have their own equipment. There is usually equipment on loan, after which the player will decide whether he/she wishes to purchase his/her own. A list of Golf clubs/golf courses and their location is available below. Please feel free to contact one of them near you.

List of course/Golf Clubs:

Tobago

- **Leewards Golf Club at the Mt Irvine Golf Course in Tobago** - 1(868) 639-8871
- **Plantations Golf Course in Tobago** - Phone: 1(868) 387-0287

Trinidad

- **Brechin Castle Golf Club, Couva** - Phone : 1(868) 636-2311
- **Chaguaramas Golf Club** - Phone : 1(868) 347-2762
- **Millennium Golf and Country Club, Trincity** - Phone : 1(868) 640-9797
- **Pointe-a-Pierre Golf Club** - Phone : 1(868) 307-7370
- **St. Andrews Golf Club, Maraval** - Phone: 1(868) 629-0066
- **Usine Ste Madeleine Manahambre Road, Ste Madeleine** - Phone : 1 868 652 3441
- **Plantations Golf Course in Tobago** - Phone: 1(868) 387-0287

Note : The Trinidad & Tobago Golf Association (TTGA) is the national governing body for amateur golf in Trinidad & Tobago representing all member clubs across the unitary state.



Submitted by : Christopher Harries, Golf Director,
Trinidad and Tobago Golf Association (TTGA)
www.trinidadandtobagogolfassociation.com



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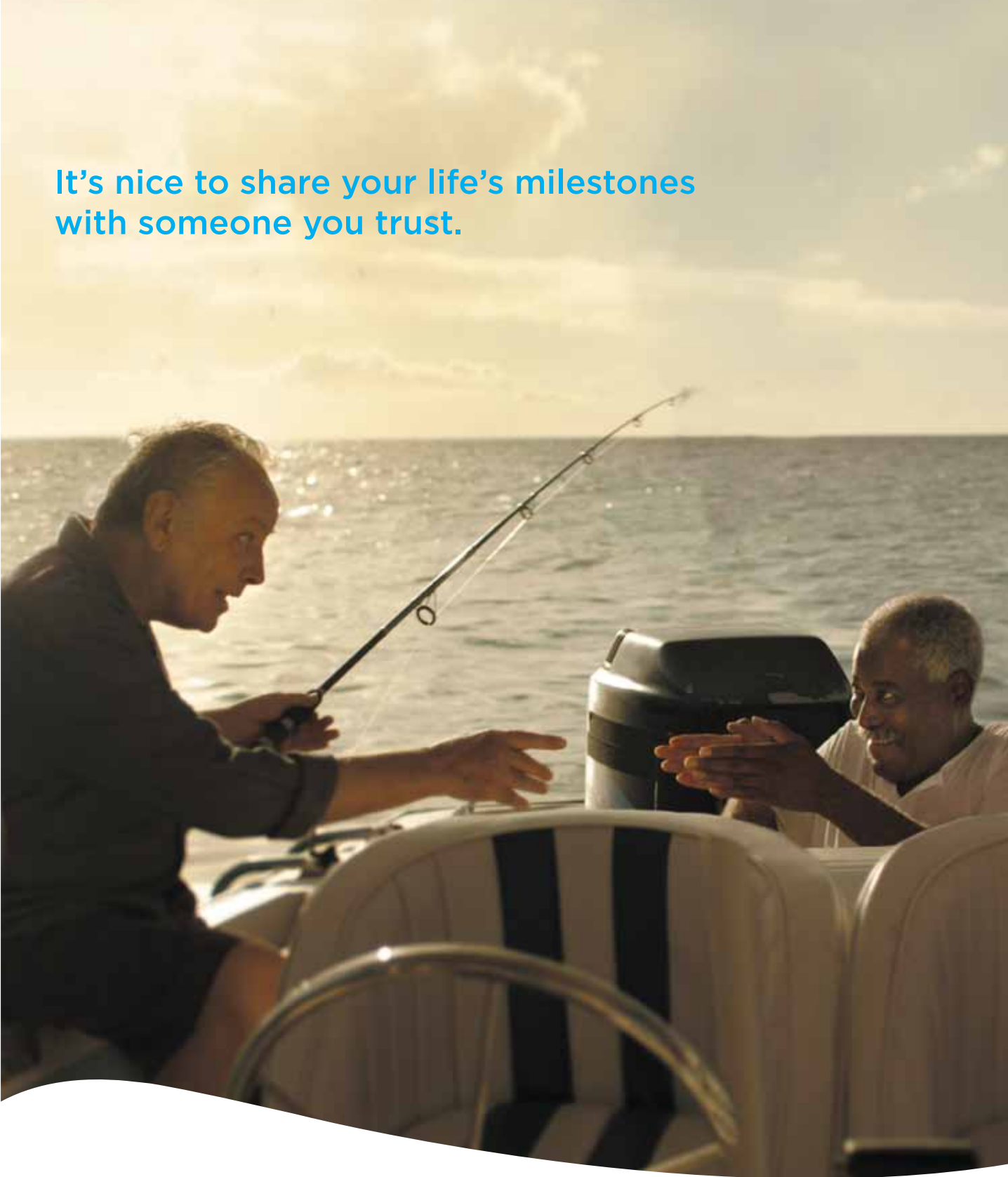
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