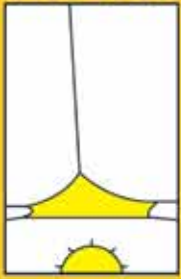


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ISSUE #3 2018

50Q



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Comments from the Board

We would like to take the opportunity to review TTARP's Mission Statement, because a Mission Statement is an indication of what the organisation is supposed to be doing.

The first item in TTARP's Mission Statement speaks about **enhancing the quality of life for senior citizens**. We draw to your attention, the range of benefits that are provided to our members and the range of social activities that is planned and executed in a safe and affordable manner.

The second item of the Mission Statement, is **to promote the independence, dignity and purpose of our members**. Our Zonal Groups are very active in many aspects within the community they serve. One must ask, if TTARP was not doing this, what would happen to such a large cross section of senior and mature citizens?

The third item is **to lead in determining their role in society**. TTARP has recommended to the Government so many benefits for Senior Citizens which has been

implemented. It is an achievement that we should be proud of, and should promote and publicize. Increases in the NIS pension, increases in the Tax Allowance, Free Public Transport, these are just some of the Benefits our National Issues Committee have lobbied to attain.

And finally, the fourth Misson is **to improve the image of our golden years**. TTARP's Patron is Her Excellency, Madam Paula Mae Weekes, who herself is a TTARP Member, what better image can one project by affiliation.

So we ask, - what is our future? Our future is defined in the phrase "forever young". It does not mean forever young in age. It means forever young in attitude. It means forever young in mind, it means forever young in purpose, and I am confident that with the support of all of us we will continue to achieve that.

The success of TTARP is not a singular thing, it is very much a plural thing. It is very much a group of dedicated people working together to produce results. So thank you very much and we look forward to serving you our Members. "Thank you so very much".

Excerpts taken from the Annual General Meeting.



TTARP GAINS TWO MAJOR BENEFITS FOR SENIORS IN 2018/2019 BUDGET BY Cecil Paul - National Issues Chairman, TTARP

Every year TTARP submit proposals to our Government on measures to improve the living standards and welfare, not just for our members but for all Senior Citizens. Since our formation many of the proposals made for Seniors were implemented due to the very strength and respect of our organization, being the largest Non-Governmental Organization in our country. Much more can be gained for seniors as we grow in numbers, hence the importance of persons age 50 and over becoming members.

In the 2018/2019 Budget the honourable Minister of Finance announced the implementation of two measures for seniors for which TTARP has been proposing for many years.

(1) Many of our members who are retired Public Servants have had to wait for as long as two years for their Pensions as the process to track their work history in the Government Service is lengthy, this cause severe hardships, since they have to survive on just their National Insurance System (NIS) Pensions until their records are processed.

As announced in the budget, public servants will now receive an interim pension of three thousand dollars (\$3,000), while their work records are processed, after which they will receive their arrears (back pay) and their correct pension implemented. This is a major relief for public officers who performed critical services for the national community.

(2) The Senior Citizens Grant payable at age sixty five was only available to persons who earned a combined monthly income of less than \$5,000. This combined monthly income included NIS pension and any other Occupational Pension. So for example, someone receiving an NIS pension of \$3,000 plus Occupational Pension of \$2,000 will NOT qualify for a Senior Citizens grant.

The Senior Citizens Grant has now been increased to \$6,000. Hence, those who previously did not qualify because of their combined, may now be able to receive a Grant.

In Unity is Strength and our Strength is in our Numbers which will allow us to better serve our Senior Citizens in their Golden Years.



TTARP 's TWENTY-FIFTH ANNUAL GENERAL MEETING

This event was held AT THE CENTRE OF EXCELLENCE – Macoya on September 13th, 2018 where over 1,200 members attended.

Some of the main points highlighted at that meeting was the increase of the overall membership by 2,000 persons and the decrease in the Hospitalization Plan Membership by almost 500 persons.

Each of the Eleven TTARP Zonal Groups presented their report to the meeting on the activities and achievements of their zones. Afterwards the Financials were presented. The floor was then open for the general audience to ask questions, after which the President, Mr. Peter Pena addressed the meeting.

He congratulated the membership on their high attendance at meetings and thanked various persons for their contribution throughout the years. His speech focussed on TTARP's achievements on National Issues pertaining to increased NIS benefits, increase in the Tax Allowances and Free Transport. He also proudly made mention of TTARP's Patron, a lady who holds the highest office in the Republic of Trinidad and Tobago, Her Excellency, Paula Mae Weekes, who herself is a TTARP member and has supported and attended TTARP events in the past.

Condolences were also expressed in respect to the family and friends of all members who had passed in the last year.

Geoffrey Lewis, 2nd Vice President gave the vote of thanks and the meeting ended with members gathering to meet each other as old and new friends.





ARIMA ZONE - Eastern Angels

FOURTH SEA AWARDS: PASS THE BATON 2019

The Eastern Arima Angel Zone welcomed fifteen SEA Award graduates, their parents and grandparents to an Award Function hosted by Eastern Arima Angel Zone. The students were given a motivational speech by member Mrs. Francica Lewis who congratulated the children for doing well and urged them to continue to succeed. She urged the parents to encourage, appreciate, lead and guide their kids, and reminded everyone that the journey has just started and it would be tough and challenging.

Advice from past Students

Passing the Baton Awardee Keshawn Gordon urged the students to listen to their teachers and develop good work ethics. Tyresse Kerr also a past SEA Awardee expressed the importance of time management, he advised the awardees to have fun but manage their time in so doing.

The names of the recipients were:

- CHAELISE NICHOLSON - DELICIA SIMMONS
- EMELIA JOHNSON - ISIAH LINDSAY - JSEAN WILLIAMS
- JODAY MC CARTHY - KAYLON WALKER - KYLE DE GRAFF
- MAKALIA NICHOLAS - MARKUS MITCHELL
- MELANIE GARCIA - SION LEWIS - TASHANNE MANNETTE
- ZFAIR PACHECO - ZIAN STANISCLAUS - SHILOH THOMAS
- DESTINEE BRITTO

Inspiring message from Advisor Aldwyn Brewster gave some encouraging advice to the students to "choose your friends wisely and to take your education seriously".

Tokens of appreciation were presented to Francica Lewis and Jacqueline Phillip for their support and tokens in the form of stationery were then presented to the students. A few students also received some special prizes.

Submitted by Carol Bain - PRO Team



SEA STUDENTS
AWARDEES 2018



NEWLY ELECTED EXECUTIVE MEMBERS

Congratulations to the newly elected Executive Members who were nominated on Friday 12th October 2018, at Arima Tennis Club.

- | | | |
|--------------------|---|---|
| Chairman | - | Peter Nock |
| Vice Chairman | - | Gerard Craigwell |
| Secretary | - | Carol Bain |
| Assist. Secretary | - | Patricia Young |
| Treasurer | - | Margaret Isaac |
| Assist. Treasurer | - | Judith Gonzales |
| PRO | - | Annette Young |
| Trustee | - | Wilma Mclean, Wendy Maundy,
Kenwyn Scott |
| Advisor (Retained) | - | Aldwyn Brewster |

by Annette Young - Public Relations Officer

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Arima Zonal Anniversary Celebration

by Louis Caraballo - Treasurer.
Photo by Winston Mack.

The month-long fifteen-year anniversary celebrations of the Eastern Angels Arima Zone of the TTARP, culminated on Friday 27th July, 2018 at the Arima Tennis Club with violin and steel pan music recitals, as well as renditions by the Zone's own vocalist, Ms Sybil Coo. The violinist was the internationally acclaimed Trinidadian Anslem Walters of the Southern-based Walters School of Music, whilst the pianist was the petite Mahalia Thomas, the current captain of the Arima All Stars Steel Orchestra, a traditional band nestled on the old train line in Malabar, Arima.

The audience was enthralled and demonstrated their appreciation for the performances by lustily applauding after each item. Some, unable to conceal the effect of the music, took to the dance floor with gusto, showing off their skills honed by the Zone's ongoing dance class.

The evening's activities brought delight to all who attended and surely would leave to rue, the few who missed it. It is clear that the programme was well planned and executed. Special thanks to the Events Committee and everyone else who contributed to event.



TOP THREE EXHIBITORS AT THE 25th ANNIVERSARY EXPO

From over one hundred booth exhibitors, three of the most outstanding booths were selected as the TOP Three Booths visited based on creativity, design and interaction. Needless to say, all of the Booths were quite attractively decorated and some very original concepts were seen (If you were not there, you certainly Missed Out !)

1ST PLACE - Telecommunications Authority of Trinidad & Tobago



Attendees participating in TATT's customised game called TATT's Connection

The Telecommunications Authority of Trinidad and Tobago (TATT) is the independent body responsible for regulating both the telecommunications and broadcasting sectors. In fulfilling its mandate, TATT manages the spectrum and number resources of the country, establishes equipment certification and service quality standards, sets guidelines to prevent anti-competitive practices, and encourages investment to facilitate the availability of affordable telecommunications and broadcasting services to all citizens.

TATT was established in 2004, to drive the liberalisation of the telecommunications sector. Since then, the organisation

has been contributing significantly to the transformation of the telecommunications market from a virtual monopoly to a more competitive environment, keeping pace with fast-changing global developments. Advancements in this arena are imperative to the development of Trinidad and Tobago into a digital and information society that can better support the country's economic diversification efforts.

TATT is also involved in various kinds of public education initiatives. The ICT Open Fora is a key one. It involves engaging the public for discussions on a range of information and communications technology (ICT) sector issues. Other initiatives that TATT embarks on are conducting seminars and participating in exhibitions such as TTARP's 25th Anniversary EXPO to promote consumer awareness of their rights and responsibilities as users and owners of telecommunications and broadcasting services, cyber safety tips and encouraging citizens of all ages to consider careers in the growing field of ICTs.

Therefore, whether you are thinking about a career in ICTs; are dissatisfied with how your complaint was or was not resolved by your telephone, internet or cable provider or you just want to learn practical strategies to protect yourself from cybercrimes; for more information call 800 TATT (8288) or send an email to info@tatt.org.tt.

2ND PLACE

AA LAQUIS TRINIDAD LTD (AAL) is a diverse, multi-sector Healthcare company with Head Office in Trinidad and companies in Barbados and Jamaica. They are the largest medical supply company in the English speaking Caribbean, providing Medical and Hospital equipment and supplies to Healthcare institutions and Governments in these territories. Started in 1948, AAL represents some of the leading global Medical, Dental, HSSE and Consumer Healthcare brands that together support the company's thrust to bring World-class Healthcare to the Caribbean.

The most visible presence of AA LAQUIS is their nationwide chain of retail stores, aptly named HEALTHCARE SOLUTIONS, that provides a comprehensive range of Home Healthcare supplies to support the needs of citizens in Trinidad and also in Tobago.



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3RD PLACE - Facial Aesthetics

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Services are soon to be expanded to even more beauty and facial enhancing procedures such as the reduction of age spots with advanced lasers, preventative and maintenance facials eyelash and eyebrow enhancement just to name a few.

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Breast Cancer and your treatment options in T&T

Breast cancer is the most common type of cancer in females in Trinidad and Tobago, the wider Caribbean and in almost all developed countries, with about 400 new cases per 100,000 women over 55 years old, every year!

Breast cancer treatment unfortunately is often a long and complex journey for the patient and typically consists of three modalities, namely the surgical operation, chemotherapy (and its variations) and a LONG course of **Whole Breast Irradiation (WBI)**.

Over the last 2 decades, there has been a shift from mastectomy to **Breast Conserving Surgery (or BCS)** and **BCS** is now considered the standard surgical operation in developed jurisdictions, with mastectomy reserved for special situations; for e.g. large cancers occurring in small breasts etc. In those cases, chemotherapy and the long course of **WBI** is still required. **WBI** means daily visits for 4 to 6 weeks to a radiotherapy center. Complications are not infrequent and its very expensive. Logistically it could be a



Whole Breast Irradiation (WBI)

nightmare for both patient and family!

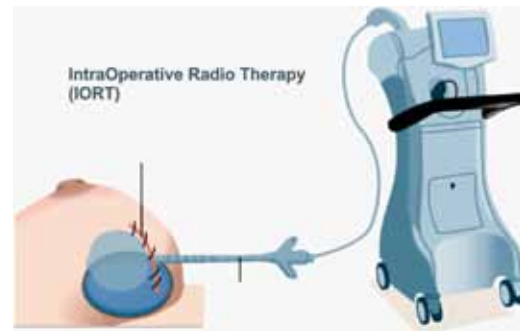
So, what is the Alternative to five weeks of conventional radiation, that almost all breast cancer patients currently have to endure?

The new technological improvement in current radiation practice, comes in the form of **Intra-Operative Radio Therapy (IORT)** also known as Electronic Brachytherapy. This modality has been utilized in health institutions throughout the world for more than a decade (including the USA, Europe and Australia) and is applicable for a significant proportion of early breast cancers. Presently many breast cancer patients in T&T may be receiving unnecessary **WBI**, the usual five-week course.

This innovative form of **IORT** replaces **WBI** with 10 to 15 minutes of low voltage radiation given during the surgical removal of the breast cancer (lumpectomy)! When you awake from the anesthesia, your radiotherapy would be

all done! In about 10 to 15 per cent of patients however, a short course of **WBI** will still be needed.

IORT is both immediate and accurate and the same cannot be said for conventional **WBI**. Although **WBI** has improved over time, it still takes weeks to deliver with time-consuming visits to the Radiation centers.



The advantages of **IORT**

are numerous and besides being cheaper, safer and much more convenient for patient and family, it has been shown to have the **SAME** clinical outcomes (results) as conventional radiotherapy with respect to recurrence and survival.

Patients however, must have the tumor and demographic criteria (characteristics) suitable for **IORT** and ideally, they should have early stage breast cancers, among other characteristics to be determined by the surgeon and oncologist. So, it is important to be aware that not all patients are suitable for **IORT**.

Women today are much more aware of breast cancer and are conscious that they must do regular breast self-examinations. They have easy access to screening mammograms, and fortunately now, they are detecting their cancers earlier, which would make treatment using **IORT**, much more likely. This trend is already seen in 1st world countries.

Is IORT available in the Caribbean?

IORT is currently available in Trinidad and Tobago and the service is provided by **INNOVATIVE CANCER SOLUTIONS CARIBBEAN LTD (ICSCCL)**. You can visit the website incansol.com where invaluable and helpful information is available.



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Explore an Innovative Approach to Breast Cancer Treatment

One and Done

In recent years, advances in the detection and treatment of breast cancer have enabled the use of less invasive treatment options with benefits such as breast conservation. Research on approaches used in the treatment of early stage breast cancer has shown that a lumpectomy, and removal of cancerous tissue and a small rim of surrounding tissue, followed by radiation direct to the site improves survival outcomes, and minimizes the need for total mastectomy.

Women diagnosed with early-stage breast cancer may have the option of completing both surgery and radiation therapy at the same time with targeted, intra-operative radiation therapy (IORT).



What is Intra-Operative Radiation Therapy IORT?

Breast IORT uses a miniaturized x-ray source to deliver targeted radiation directly within the tumour to destroy cancer cells, which reduces the risk of damage to nearby healthy tissue, e.g. heart, lungs, ribs. This reduces the potential side effects commonly seen with whole breast irradiation.

Unlike traditional external beam radiation therapy (EBRT), which involves daily radiation treatments for six to eight weeks, IORT can be delivered in one day, eliminating the need for weeks of travel, and reducing disruptions to daily life and emotional stress.

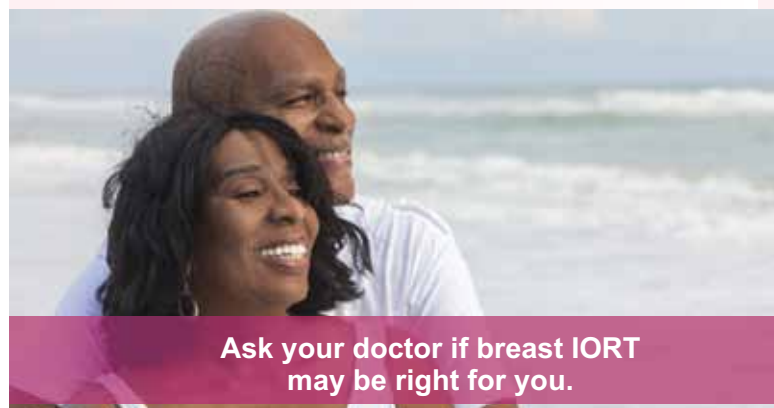
What is involved?

IORT is administered in just five simple steps.

- 1 A surgeon will remove the cancer while preserving the remaining breast tissue.
- 2 Immediately after the cancer is removed, a small inflatable balloon is placed inside the surgical cavity.
- 3 The miniaturized x-ray source is placed in the applicator and energized to deliver radiation for a prescribed amount of time.
- 4 Radiation is delivered in minutes while medical personnel remain in the room.
- 5 When the treatment is complete, the x-ray source is turned off. All devices are removed and the surgeon will complete the operation.

Experience Breast IORT

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- ✔ Fewer side effects
- 💰 Reduced costs
- 🕒 Greater convenience
- 👤 Improved quality of life



Ask your doctor if breast IORT may be right for you.

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TTARP's Executive Board

TTARP is celebrating its 25th Anniversary this year which was achieved with the guidance, support and dedication of many persons who have contributed their time and expertise over the years.

Accordingly we pay special homage to these persons and give them recognition for paving the path for our

organization to flourish.

Also special thanks to all those Executive Members of Zonal Committees who have helped to significantly energize and expand TTARP.

PRESENT EXECUTIVE BOARD MEMBERS



Peter Pena



David Cameron



Jeffrey Lewis



Francis Raymond



Mayling Younglao



Neville Navarro



Cecil Paul



Patricia Crossley



Reynold Cooper

FORMER EXECUTIVE BOARD MEMBERS



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Mervyn Rawlins



Coreen Jones-Robinson



Joyce Wong Sang



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Arminda Seebaran

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by Kern Williams

Cuba Getaway 2018

In July, a small group of thirty TTARP members left for one of the most historical and mysterious Caribbean countries, Cuba. We left on Caribbean Airlines (one of their newly opened direct routes) and arrived at Havana's Jose Marti International Airport, where we were greeted by our usual tour operator Yoanna from Latitud Cuba. From the airport, we took a two and a half-hour (but it did not seem that long) very scenic and country drive to the All-inclusive Resort, La Catus in Varadero.

We spent three days of relaxation there, as the members totally enjoyed all the amenities which an All-inclusive resort had to offer – pampering at the spa, bathing in the warm and crystal clear beaches, enjoying the

fantastic and delicious local and European foods available to them 24 hours, appreciating the extravagant and total entertaining shows as well as a Varadero City tour on one of the local buses. Members also found the time to visit the handcraft market and the Americano shopping district/plaza to do some shopping.

On the fourth day, we boarded the bus again to head to the capital, Havana. On our journey we visited and crossed over the famous Bacunayagua Bridge which when built around 1957 was an architectural marvel. There is a lookout terrace as well as coffee shop above that offered a great view of the Viñales Valley.

Our days in Havana were filled with sight-seeing



activities - we did a walking tour of Old Havana, visiting the Catedral de San Cristobal (also known as the Cathedral of The Virgin Mary of the Immaculate Conception), the Cathedral Square, Plaza de Armas, Plaza Vieja, the City Museum (Museo de la Ciudad) and the incomplete National Capital Building (which is a distinctive landmark in the city, very reminiscent of the US Capitol building in Washington, D.C. USA). When completed, it will become the new home for Cuba's Communist Parliament.

On the second day, we toured Modern Havana in classic cars, visiting Fuster Gallery in Jaimanitas Town and stopping at Revolution Square before continuing to Alley Hamel. The day was however marred with disappointment as we were not allowed to visit the enormous and beautiful San José Handcraft market (the market was closed due to an investigation into a recent fire that took place at the market). Nevertheless, our tour



guide found a suitable place for members to do a little shopping. Later that day, we were thoroughly entertained at the Parisien Show – a nonstop show, with act after act of extravagant and well decorated beautiful costumes, with well executed choreograph performances accompanied along with authentic Cuba music.

Finally, we topped off our unforgettable and memorable trip with the Cannon Shot Ceremony in San Carlos de la Cabana Fortress and of course some last minute shopping before returning home to our sweet, sweet Trinidad and Tobago.





Interacting with our Community

From time to time, Corals members will go worship with other religious denominations within our community. A few members of our Group joined with the Congregation of the Carnbee Gospel Hall, Tobago, at a Sunday Service in September. This Community Outreach has helped us to become better known and understood by those with whom we interact on these visits. In addition to our worship, we are generally allowed a short period to explain the tenets of our Association, and to describe how someone can benefit from becoming a member of TTARP.

A date with Mother Nature

We recently discovered a unique land space right here on our island of Tobago, it is called The Corbin Wildlife Center located in Mason Hall, Tobago. The Centre is home to many of the animals which some of us eat when the hunting Season is open. These include the agouti, the wild hog (also known as “quenk”), the tattoo (or armadillo), the manicou, snakes and caiman. Proprietor of the Reserve, Mr. Roy Corbin, also had at his fingertips a wealth of information about each of these creatures. As



expected, the Owner also provided his interested Guests with many pieces of data about the vegetation on the estate, and their benefits for everyday complaints such as the common cold. In the future, when we think of our local wildlife, we would surely remember how each animal does its specific duty in the ecological chain, to balance off the quantities of plant or animals on this portion of paradise.

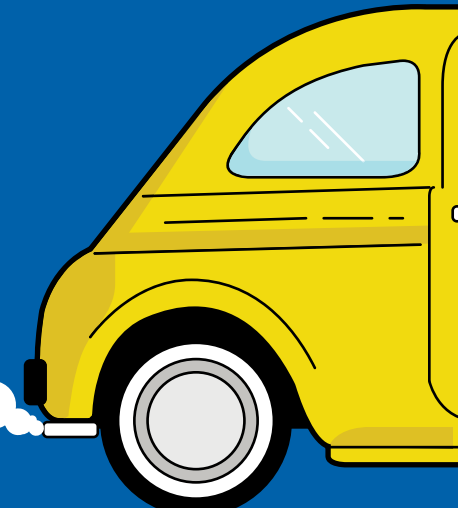
Talent Fuh So

When last have you attended an event with several well-known Guest Artistes, a blend of monologues, a hilarious skit, and lots of entertaining songs and prose? Add a host of our own ‘amateur professionals’ and you have “The Corals 5th Annual Variety Independence Concert”. Our special guest of honour was the Chief Secretary of the Tobago House of the Assembly, the Honorable Kelvin Charles, who graced our Show with his presence; we were really thrilled to have him in our audience.

Every year, new talents are continually being discovered. This year, a male quartet rendered the popular ‘God of the Mountain’, not to be out done a ladies’ duet represented our female membership. ‘Nuff said? We’ll let the photos speak for themselves!



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TTARP 25th Anniversary Expo

Centre of Excellence

Saturday 25th & Sunday 26th August 2018



TTARP's 25th Birthday was approaching and we wanted to do something spectacular and unique to commemorate the occasion. A small team came together to brainstorm several ideas on how we can celebrate an event which will include many of our Members and Corporate Partners who have helped us in achieving this milestone.

At long last, the concept of a two-day EXPO was borne, we ideally wanted to create an atmosphere of information and entertainment to Members and opportunities for our Corporate Partners to interact and showcase all that they can offer our Members. We wanted to make it a family event, which will attract persons of all ages even children and grand-children.

One of our major highlights was our Opening Ceremony where we had

in attendance **TTARP's Patron, Her Excellency, The President of Trinidad & Tobago, Paula-Mae Weekes**, as well as several other distinguished guests. The Master of Ceremonies was **Keith Subero** who introduced **Brother Harrypersad Maharaj** who said the Invocation. TTARP's President Peter Pena did a warm welcome address which was followed by a symbolic Cake Cutting Ceremony with him and Her Excellency Paula Mae Weekes and Presentation of Tokens to Her Excellency.

The programme continued with entertainment by the **Carter Brothers** whilst Her Excellency and TTARP's Board Members toured the EXPO. It was all about women power as **Angela Lee Loy - (Chairman, Aegis Business Solutions)** and **Dr. Jennifer Rouse (Director,**

Division of Ageing, Ministry of Social Development) addressed the audience reconfirming the accomplishments of the organization over the years and their personal experiences as members of TTARP, this was followed by a Vote of Thanks from TTARP's Secretary -**Mayling Younglao** before Board Member, **Reynold Cooper** declared the EXPO officially open.

The variety of Booth Exhibitors consisted of medical, financial, insurance, optometry, travel, beauty, dental, cars, among so many other products and service providers which members

were delighted to interact with. The information provided was greatly valued and the stage was set for tangible networking opportunities. The Booth Exhibitors were creative and interactive, and offered samples, giveaways, testing chances to win prizes which made the learning experience that more appealing to members.

The afternoon Health/ Financial Segment covered interesting topics from the leaders in their field - renowned local heart specialist **Dr. Ronald Henry; Dr. Marlon Mencia** - Anthroplasty Surgeon (Joints & Bones); **Ms. Jehan Ali** - Optometrist



and **Ms. Arlene Stephen** - Investment Communications Specialist.

The second day of the Expo, a Sunday Brunch was held which kept members entertained while others visited the Exhibition. The Zones demonstrated their versatility and talent and had members in stitches.

There are so many persons and companies who must be thanked for all their assistance in making this event so special, but it will be remiss if special thanks was not acknowledge for Denise, Michelle, Louise, Pauline, Merle and Pat .





BELMONT B's



TEA IN MUMBAI, INDIA

The Belmont B's "travelled" all the way to Mumbai, India for our Tea Evening this year, and our Members came out in their finery to authenticate the occasion. The DJ had us dancing to popular Hindi songs, where Mr Pierre and several of the ladies showed off their skills on the dance floor. Ivy McLean, ably supported by Chandra and Kamla, did an elegant number, with Kamla doing a sexy, energetic chutney dance.

Despite the revelry, we took time at this function to present hampers to two of our members who had suffered losses in the recent floods. They were very gratefully received.

FIRE SAFETY

At our October general meeting, one of our members, Delano George, a retired fire officer, made a presentation on fire safety. Mr. George has a wealth of information and the session was interactive, informative and very apt. He made us see the importance of investing in a fire extinguisher for the home – a small expense to prevent a disastrous loss. At that meeting, we also gathered donations for the victims of the flooding which recently devastated parts of East Trinidad.

REPUBLIC FUN

This year we decided to spend Republic Day together for a day of fun and games. The air rang with the loud smacking of dominoes, the shouts of the All Fours teams and all the other card games. There was a good turn-out of members who really appreciated the camaraderie of the event. We look forward to our next fun function.

ARIMA ZONE - continued

MEMBER PROFILE

THELMA WALDRON - 100 years young



It is a rare privilege and an honour for the Eastern Angels Arima Zone to have among our membership, a Centenarian in the person of Thelma Waldron. Her 100th birthday celebration was a momentous occasion, and we took pride in paying her homage for her dedicated service and unstinting contributions to the enhancement and promotion of the operations of the Zone.

Our esteemed guest of honour who was born in Woodbrook on August 30, 1918, to the late Albert and Eugenia Woods, sees her only challenge as the inability to rid herself of the niggling pains in her fingers and knees. She is grateful for life and the health she enjoys, considering the plight of others who have not yet reached that milestone.

She spent her early years in the district of her birth where she was known as "The Hairdresser" until she moved to Diamond Vale in Diego Martin. Thelma, who was an only child, is the mother of five, [two (2) boys and three (3) girls], from a union with her late husband Errol Waldron. She is the proud grandmother of eight (8) and great-grandmother of more than twelve (12). In response to what was the secret to her longevity, she said, "I tried to do my best" and offered as advice to others, "Always try to do your best."

Our Centenarian was presented with a token and stuck a cake with the President - Peter Nock, while, Lucia David sang "Have I told you lately that I Love You" and Justin Subran serenaded her with "Those were the days my Friend". We wished her God's richest Blessings, continued good health and many more years in the love and care of her family.

by Annette Young - EASTERN ANGELS ARIMA PRO.

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TTARP Responsible Persons



FANTASTIC CHINA 2018 by Mayling Younglao

In October, forty four TTARP members left Trinidad bound for China via the City of New York. We spent one night in the Big Apple and boarded Air China the very next day to China. We were all prepared for the long 13 hour flight, during which time members got up every two to three hours to walk the aisles, stretch, chat and just "lime" to pass the time.

Our first entrance into China was in Beijing, where we meet our Tour Guide Hoi. Hoi is the most connected, efficient, and humorous person who has an excellent command of the English Language. Recognising me as the group leader, he immediately pulled me aside and assured me that he is now in charge, and that we are in good hands since he boasted that he was great at his job and has been doing so for 20 years.

I am in China so "ah taking buff". What Hoi did not know is that a Trini doesn't "fight for wok", so I was only too happy to relinquish my tasks. And

what a fabulous job he did!! He took us through the various tours using two apparatus, one was his green florescent bag pack which he assured us was the only one in the whole of China, the second was his whispers, which was a device with head phones. We were each told very sternly that "if you are not hearing my voice" you are out of range so get yourselves back in range." It worked.... no one got lost or strayed away, a rare achievement in group tours.

Beijing
We visited the Tiananmen Square the largest Square in the world, The Forbidden City, the former seat of the emperors of the Ming and Qing dynasties that is now the home of the National Palace Museum and The Summer Palace, that was the Royal retreat. We took a scenic Boat Ride on the Kunming Lake. We climbed the The Great Wall which is over 4000 miles - I made it to Level 3, but at least twenty members, all with various knees, back and even heart issues made it to Level 8. I am particularly

proud of Heather Arthur, who showed that with determination one can achieve what doctors and advisers say is impossible. Two other members Rawle Sylvester and Leroy Guy made it to the 12th Level. Next we visited the Ming Tombs which is the burial site of 13 Emperors. We were given a view of how the Chinese lived for centuries in ancient narrow back alleys (Hutong). This tour was done by rickshaws with each holding only 4 persons. What a pretty picture we made with a dozen red rickshaws going through the alleys. We were even invited to the home of a local family for lunch.

Added to the above tours we had the famous Peking Duck Dinner and a fabulous "Legend of Kung Fu" show at the Red Theatre. Quite memorable in Beijing for me, was the six Herbal Doctors who made very accurate medical diagnosis from simply observing and slight touches without speaking one word of English. Amazing! We were all then pampered with foot massages and some of

us(me) were also lucky to get a back massage also.

Xian
Our tour continued to Xian via Air China, which was a two hour flight from Beijing. Hoi, our tour guide, actually had our boarding passes waiting for us at the airport, this was well received and showed his connections. Much to our surprise and pleasure he stayed with us throughout the entire tour of the other Provinces. At our Hotel check in, all our rooms and keys were awaiting our arrival so that too was hassle-free. The Xian local guide was named Allie, and she took us first to one of the worlds' archaeological discoveries - Terra Cota Army buried with Emperor Qin that was discovered in 1974 after being buried for 22 centuries. This is one of the World Heritage sites, and it is totally Incredible.... Emperor Qin Shi requested that thousands of life size soldiers and horses with their armour be buried with him to safeguard him in the afterlife. This truly is a world wonder.

Shanghai
The best was left for last, Shanghai was definitely the WOW factor on the trip, the hotel with its huge inviting foyer, staircase and architectural design was astonishing. The welcome feast that awaited us upon arrival was well received by these weary travellers, but our day had just started. With very little time to freshen up we were off again on a boat ride that can eclipse the Thames of London, what a spectacle. This is indeed a modern City with all the glitz and glamour to boost our energy. We walked down the Bund, a long stretch of a paved walkway with its entire walls covered with live colourful flowers. On our

exit, as if to put China back in perspective we toured the very first Bank in Shanghai and marvelled at its structure and carvings. I think a book would have to be written as space does not allow me the opportunity to write everything. From the fishing for my own oyster and discovering the pearls inside and learning now to recognise the genuine gem to seeing the live worms and their cocoon go through the various stages before one strand of silk thread is attained. Watching a live acrobatic show. Going through the canal, similar to the Gondola's of Paris and YES the Chinese were serenading us along. Attending the Tea market

and learning and sampling a variety of teas and being cringing on the road when a man on a scooter with baby and mother, a child of school age balance across eight lane of traffic all going at top speed with no helmets. Observing the sculpture of raw jade into beautiful jewels and ornaments was priceless. Do you know the calypso "That is Lie" well we can confirm that a tailor can sew clothes over night and that is no lie. Six members grabbed the opportunity of having outfits tailor-made by Chinese Master Tailor recommended by our tour guide Mr. Hoi. The tailor came to the hotel about 6pm in the afternoon and measured the members, the very next day there

were six ecstatic members with their new perfectly fitted clothing including a man's suit with shirt and tie. I would not have believe it if I was not there with them choosing their styles and material. Unbelievable.

Members enjoyed all eight acclaimed Chinese World Heritage sites in the three provinces we visited, and then we heading to New York City for two days of shopping before heading back home.

Our NEXT trip will be in May 2019 to Alaska don't just read about it come and experience for yourself!





CHAGUANAS ZONE - Central Pride

History of Central Pride Zone March 2003 to May 2018

A long-term working relationship led to the formation of TTARP Central, when some time after retirement, Mrs. Joyce Wong Sang, then Executive Board member of TTARP, approached Mr. Ramnath Ramcharitar for assistance in the formation of the Central Zone. TTARP (Central) saw its genesis at 29 Max Murphy Street, Chaguanas in the backyard of the late Mr. Abidh Hosein, our first Chairman. The initial stage was set in the company of Messrs. Iqubal Hydal, Silochan Bisnath, Dipchand Baldeo and Ramlal Rattansingh

The inaugural meeting took place on March 24, 2003 at Presentation College, Chaguanas, where the first executive was elected and then duly installed by Mrs. Joyce Wong Sang. That first executive comprised:

Chairman	- Abidh Hosein
Vice Chairperson	- Rajwatti Bhaggan -Wegner
Secretary	- Iqubal Hydal
Asst. Secretary	- Silochan Bisnath
Treasurer	- Dipchand Baldeo
P.R.O.	- Joy Griffith- Layne
Committee Members	- Rajkumar Krishna Persad, - Dave Macintosh and - Ramlal Rattansingh

Despite the role played by Mr. Ramcharitar in the formation of the Zone, he did not accept office as he was heavily involved with his fledging business as a National Insurance Consultant.

During this early period, meetings were held at various venues including the then Chaguanas Junior Secondary School, Presentation College, the Central Indoor Sport Arena, the Catholic Family Centre and the homes of its members. This continued until 2006 when on the initiative of Mesdames Mairon Ali and Rajwatti Bhaggan-Wegner, an application was successfully made to the then Ministry of Social Development to form the Chaguanas Senior Activity Centre. This marriage between TTARP Central and the Ministry, enabled the zone to find a convenient, centralized location at 41 Jasmine Avenue, Edinburgh Gardens, Chaguanas. The inaugural opening of the Centre by the then Hon Minister Anthony Roberts, was held on November 29, 2006. The Centre was officially

launched on March 1st 2007 by Dr. Jennifer Rouse, Director of Ageing of the Division of Ageing. This action opened the zone and enabled persons who were not TTARP Members to participate in activities from Mondays to Fridays from 9.00a.m to 3.00p.m. These activities comprised of Dancing, Aerobics, Yoga, Tai Chi, Singing and Computer studies.

The Centre was eventually closed in January 2017 in spite of TTARP's best efforts to keep it afloat, and the TTARP Zone reconvene its operation exclusively for TTARP Members in March 2017 at The Central Indoor Sport Arena in Chaguanas.

Over the years, Central Pride indulged in several field trips and hosted many seasonal activities and out-reach programmes ably led by Abid Hosein 2003-2006; Iqubal Hydal 2006-2009; Rajwatti Bhaggan-Wegner 2010-2012; Janet Rawlins 2012-2017 and Faith Calliste 2017-. Present. These Chairpersons have been assisted by an Executive Zonal Board.

On May 24th 2018 we held our AGM, and a new Zonal Executive Zonal was elected :

Chairperson	-Faith Calliste,
Vice Chairperson	- Victoria Griffith
Secretary	- Lynette Drakes- Brown,
Asst. Secretary	- Tessa Bruno
Treasurer	-Portia De Silva-Ifill,
Asst Treasurer	- Ann Williams
Committee Members	- Janet Rawlins, Cynthia Amoroso, Lynda Richards, Carol Huggins-Benjamin, Kathleen Meharris, Theresa Williams.

Trustees
PRO
- Janis David and Lisa Johnson
- Yvonne Knights.



CHAGUANAS ZONE - Continued

The Board is ably assisted by the Entertainment and Fundraising (EFR) Committee led by Mrs. Eileen Chrysostom and the Assets Committee led by Mrs. Portia De Silva-Ifill. The EFR Committee meet as the need arises to plan, coordinate and make recommendations on the various social events being undertaken by the Zone. The Assets Committee's main function is the demarcation of assets acquired by the Zone and the Centre.

The central philosophy of TTARP (Central) has always been to create a family of senior citizens who will indulge in social and cultural activities which will give greater joy to their lives during their golden years.

At present we have approximately eighty (80) members who actively participate in various activities and field trips hosted by the Zone. On behalf of the Zonal Executive a special thank you is extended to all former Executive members who have skillfully and unselfishly served this organization over the years. Special thanks go out to that first group of members who had the insight and took the initiative and responsibility to bring a zone to the Central region now affectionately called Central Pride. Their efforts have piloted TTARP (Central) to the vibrant organization it is today.

*Submitted by:
Iqubal Hydal, Founding member
Kissoondaye Bassarath, Former Vice Chairperson &
Yvonne Knights, PRO*

La Playa del Este

Ninety three (93) members and well-wishers visited the above mentioned resort in Salybia. We departed Chaguanas at 8.45a.m and arrived at the resort 2 hours later, where we had a welcome drink, and enjoyed a delicious lunch and dessert before setting out to enjoy the facilities. Members enjoyed the man- made water fall and the swimming pools, some enjoyed the Jacuzzis, the hammock deck, the beach or the serene environment. Others tried to enjoy a bit of everything.



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An Evening of fashion, Entertainment and Eats”

A Fashion Show and Tea Party dubbed ‘an Evening of Fashion, Entertainment and Eats’ was held at the Central Indoor Sport Arena, Chaguana. The theme was ‘Live, Love and Laugh’. The programme brought the theme to life as it comprised inter alia of singing, dance demos, drumology, steel band music, comedy and modelling in Casual, Elegantly Casual, Ethnic and Formal wear, inclusive of a wedding party. At break time a delicious Tea Plate and hot or cold drinks were served. The DJ was our own Michael Lawrence. Congrats to the organising team for a job well done.



Bernadette Brathwaite in formal wear.



Christine Berahazar modelling an African outfit.



Lawrence Haynes and Kathleen Meharris in formal wear,



Lisa Johnson in an East Indian outfit.



The Bridal Party.

B'day Celebrations and Christmas in July:

Members of the Golden Voices and well-wishers met to celebrate the birthdays of those born between April to July in conjunction with Christmas in July. The mood was indeed festive as we sang and danced to sweet music and enjoyed the eats, inclusive of pastelles, ham, cake, ice cream and non-alcoholic drinks.



The birthday celebrants –Standing (LtoR) : Erma La Borde, Ann Williams, Francis Bruzual, Sita Ramsaroop, Parbatti Patel, Cynthia Amoroso and Flora Dickerson. Sitting: Mrs. Clairon Roberts (92 years old).

Condolences

Our Condolences go out to the loved ones of Mrs. Victoria Griffith, former Vice Chairperson who died on July 18th while vacationing in Grenada. Victoria was involved in various activities in the Zone and will be sorely missed. We thank all who took the time to express their sympathies to the Zone and her loved ones. May her soul rest in peace.



Victoria Griffith and Chris Kallideen as they represented the Zone at the Fiesta.



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TTARP ZONAL GROUPS

All Members are invited to join a Zone most convenient.

ARIMA "Eastern Angels"

Meeting Place - Arima Tennis Club – Railway Road, Arima
 Meeting Date and Time - 1st Friday of each month @ 3:00 p.m.
 - Every Friday (except Public Holidays) from 1:00 pm – 6:00 pm
 - Peter NOCK, 718-9571 / 310-5929
 Chairman - Carol BAIN
 Secretary - Margaret ISAAC
 Treasurer - harrypeters@yahoo.com or 1nocksypetes@gmail.com
 Email - 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,
 or 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 @ 11:00 am.
 Chairman - Faith CALLISTE, 386-8623
 PRO - Yvonne KNIGHTS, 665-7315
 Treasurer - Portia DE SILVA-IFILL, 786-4084
 Email - ttarpcentral@yahoo.com, y.knights59@yahoo.com,
 portiadelsilva@yahoo.com, faithcalliste51@yahoo.com
 Colour T shirt - ORANGE

DIEGO MARTIN "Western Pearls"

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

FYZABAD "Evergreen"

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

LA BREA "Black Gold"

Meeting Place - La Brea Community Centre
 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 - Siparia Community Centre
 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
 PRO - Ramchand KALIPERSAD, 359-3042
 Treasurer - Patricia NOEL, 779-3459
 Email - anniepr89@gmail.com
 Colour T's shirt - WHITE

SANTA CRUZ "Cruzers"

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

SAN FERNANDO "Purple Diamond"

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

TOBAGO "Corals"

Meeting Place - Happy Haven School - Signal Hill, Tobago
 Meeting Date and Time - 2nd Saturday of each month @ 3:00 p.m.
 Chairman - Selby COLE, 753-2760 / 390-0142
 Vice Chairperson - Joan BRATHWAITE, 483-3207
 Secretary - Rawle ANDERSON, 374-8677
 Email - ttarptobago@yahoo.com or andersonrawle@yahoo.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 - Lecia ROSS, 780-3761 / 391-2228
 Vice Chairperson - Agnes ALFRED, 398-6045
 Secretary - Carmen CHARLES, 759-4244
 Email - understatedbrilliance@hotmail.com
 or carmencharles27@hotmail.com
 Colour T's shirt - ORANGE/GREEN

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Events Programme 2019

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- Jan 13th - TTARP Ole Mas Competition & Cooler Lime
- April - Annual Health Fair
- May - Mothers Day Tea & Toast
- May 18th - 28th - Alaska Cruise
- July - Friendship Gathering (Dutch- bring eats or drinks)
- Aug - TBA
- Sept - Annual General Meeting
- Oct - Annual 5K
- Nov - TBA
- Dec 1st - Christmas Luncheon

ARIMA "Eastern ANGELS"

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

- Jan 4th - Ends Lime
- Jan 11th - Monthly Meeting
- Feb 1st - Monthly Meeting
- Feb 15th - EAAZ Carnival Lime
- Feb 23rd - Carnival Fete Combine with Arima Tennis Club
- Mar 1st - Monthly Meeting
- Mar 13th - Carnival Cool Down
- Mar 29th - Quarterly Birthday Celebrations
- Apr 5th - Monthly Meeting
- Apr 24th - Sports & Family Day
- Apr 26th - Easter Bonnet Parade
- May 10th - 16th - Trip to Panama Cancun, Mexico
- May 31st - Mothers/ Fathers' Day Function
- Jun 7th - Monthly Meeting
- Jun 28th - Quarterly Birthday Celebrations

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.

- Jan 22nd - Monthly Meeting; Carnival Lime; Calypso Competition
- Feb 14th - Valentine Day Calypso Lime
- Feb 19th - Monthly Meeting / Lecture
- Mar 26th - Monthly Meeting / Lecture
- Mar 30th - Family Fun/ Sports Day in the Hollows
- Apr 23rd - Monthly Meeting
- Apr 27th - Thanksgiving Prayer Breakfast
- May 3rd - 5th Exchange Visit to Tobago
- May 25th - Monthly Meeting
- May 30th - Indian Arrival Day Lime
- June 15th or 19th - Mothers'/Fathers' Day Function
- June 25th - B's Annual General Meeting
- June 27th - Know Your Country tour to Icacos Coconut Oil Factory
- July 23rd - Monthly Meeting; Emancipation Day Celebration
- July 7th/9th or 15th – 25th – Overseas Travel
- Every third Saturday – Fun and Games

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.

- Jan 15th - Interactive Meeting
- Jan 26th - In-house BINGO
- Feb 23rd - Carnival Lime
- Mar (DTBA) - Trip to Tobago
- Mar 14th - Interactive Meeting
- Apr (DTBA) - Games Lime
- Apr 27th - Hat Parade
- May 7th - Interactive Meeting
- May 23rd - Chaguanas AGM
- May (DTBA) - PTSC Bus Tour/Petting Zoo
- Jun 6th - Games Lime
- Jun 26th - Mothers'/Fathers' Day Event – Jaffa's
- July 6th - Fashion Show
- July 11th /18th - Interactive Meeting
- August - VACATION
- Sept 17th - Interactive Meeting
- Sept (DTBA) - Republic Day Free Show
- Oct 24th - Cultural Appreciation Day/Thanksgiving
- Nov 14th - Interactive Meeting
- Dec 5th - Christmas Luncheon

FYZABAD "Forever Green"

Meeting Place: Siparia Community Centre.
Contact Person: Errol BAPTISTE (Chairperson) 753-9862 or Kay FRANCIS (Sec) 742-0229 or FFGZ- 329-5052
Meeting Date and Time: 3rd Thursday of each month @ 10:00 a.m.

- Jan 17th - Monthly Meeting
- Jan 24th - Field Trip to Toco
- Feb 14th - Celebration of Love
- Feb 21st - Monthly Meeting
- Mar 21st - Monthly Meeting
- Mar 28th - Wild Fowl Trust - PaP
- Apr 18th - Monthly Meeting
- Apr 25th - Birthday Celebration (Jan – Apr)
- May 16th - Monthly Meeting
- May 21st - Visit to Grenada (8 days)
- Jun 20th - Monthly Meeting
- Jun 27th - Mothers/Fathers Day Tea Party & Fashion Show

PRINCES TOWN/RIO CLARO "Royals"

Meeting Place: - Siparia Community Centre
Contact Person: Stanley, JOSEPH (Chairperson) 348-0956 or Annmarie, PAUL-ROBERTS (Secretary) 322-6723 / 754-5361
Meeting Date and Time: 3rd Saturday of each month @ 2:00 p.m.

- Jan 14th - Thanksgiving Service
- TBA - Visit to Tobago
- Jan 19th - Meeting - Election of Officer
- TBA - Birthday Celebrations
- TBA - Trip to Tobago
- TBA - Visits to Aged homes

Tobago "Pembroke Cultural Stars"

Meeting Place: Pembroke Community Centre – Todd Street
Contact Person: Leccia ROSS (Chairperson) 780-3761/391-2228 or Carmen CHARLES (Secretary) 759-4244
Meeting Date and Time: 2nd Monday of each month @ 4:00 pm.

- Jan 9th - Sick Visit
- Jan 14th - General Meeting
- Jan 28th - Social Activities
- Feb 11th - General Meeting
- Feb 25th - Social Activities
- Mar 11th - General Meeting
- Mar 14th - Anniversary Celebration
- Mar (TBA) - Church Visit
- Mar 25th - Social Activities
- Mar (TBA) - Know Your Country
- Apr 3rd - Sick Visit
- Apr 7th - Church Visit
- Apr 8th - General Meeting
- Apr (TBA) - Social Activities
- May 9th to 18th - Caribbean Cruise
- May (TBA) - Pembroke Annual General Meeting
- May (TBA) - Church Visit
- May 27th - Social Activities
- June 5th - Sick Visit
- June 10th - General meeting
- June 19th - Celebration of Mothers' & Fathers' Day
- June (TBA) - Church Visit
- June 24th - 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.

- Jan 12th - Corals 12th Annual General Meeting (Election of Offices)
- Feb 9th - Valentine's In house Activities
- Mar 9th - Lecture/Presentation
- Apr 13th - TBA
- May 11th - Mothers' Day Luncheon
- June 8th - Visit to Pigeon Point Resort to Celebrate Fathers' Day

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Recipe

HOME MADE CHOW CHOW



This is the ultimate Caribbean Christmas condiment that is easily paired with a slice of ham. This pickle/relish can easily be used on meats for that added kick.

PREP TIME: 1 HOUR AND 25 MINS
COOK TIME: 30 MINS
TOTAL TIME: 1 HOURS AND 55 MINS

INGREDIENTS:

- 2 large sweet peppers (one red, one green) chopped
- 1 cup chopped cauliflower
- 1 cup chopped sweet onion (or regular onion)
- 1 carrot, chopped
- 8 pimento peppers, chopped (optional)
- 1 tablespoon salt
- 5 tablespoons sugar
- 2 tablespoons turmeric powder
- 10 cloves
- 2 1/2 cups vinegar
- 2 1/2 tablespoons mustard
- 2 tablespoons cornstarch
- Water

INSTRUCTIONS:

1. Make sure that all vegetables are cut to small, uniform sizes
2. Cover with water and add salt and mix. Leave to sit in brine for at least an hour (or overnight)
3. In a deep pot add sugar, turmeric, cloves, vinegar, mustard and cornstarch
4. Whisk mixture till it starts to boil, trying to get rid of any lumps that may have formed
5. Lower stove to a simmer for about 10 minutes as you continue to whisk
6. Strain mixture to get rid of cloves
7. Add back to pot on medium heat and drain vegetables of water used for brine
8. Add vegetables to mustard liquid and incorporate
9. Bring to a boil then lower to a simmer as mixture thickens up while randomly giving it a stir.
10. Once at a nice relish texture, remove from heat and store in an airtight, sterile jar.

HomeMadeZagat.com

The perfect topping for your Christmas ham, this chow chow is the ideal pairing. Pickle vegetables in a mustard base is the perfect holiday condiment.

There are some things that just need to be in your house at Christmas time. I guess we would call them Christmas staples? Without them, it wasn't really Christmas.

Chow chow is one of those staples. Is it possible to eat ham without chow chow? This is a must have on the breakfast table once ham is there. Ham sandwiches on Christmas morning needed to have fresh bread, fresh ham and a dollop of chow chow on it. Without it, it just wouldn't be right.

This recipe for making Chow Chow uses everyday vegetables that have been brined and then simmered in a mustard base giving you that perfect kick to top a variety of options.

I love being able to make my own chow chow so I'm able to use vegetables I love to eat, versus being stuck with the store brand of whatever they choose to throw in.

Chow chow is pickled vegetables in a sauce. Why is it called chow chow I am not sure? I actually tried to research it but did not find anything.

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Excerpts from "Tighten Yuh Belt!"

by Fitz Herbert-Reid, TTARP Member

Teacher: A preposition is a word you must not end a sentence with.

An Australian came to the Caribbean island on a vacation. One day the Australian was crossing the street and a motorist almost knocked him down. The motorist shouted, "You came to this country-to-die?" The Australian politely replied, "No, I came to this country yester-die".

The owner of an electrical store told one of the workers to go down town and buy a plug and socket. When the worker returned, the owner asked, "Why is the plug wet?". The worker replied, "You told me to buy a plug and suck-it".

A little boy, very excited, told his mother that his teacher said he seems to be interested in becoming an Astronaut.
 Mother : That's fantastic, why did she say so?
 Little Boy : She says that I am only occupying space in the classroom.

Newly Wed Wife : Why are you looking at our Marriage Certificate so long?
 Husband: I am looking for the expiry date.

A middle-aged woman reminded her doctor, "Doc, you told me menopause is a time in a woman's life when men should pause, you and I know that, but do men, including my husband know that?"

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