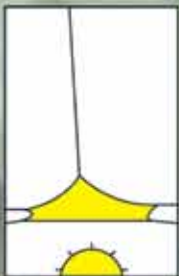


**TTARP** ... an Association of Responsible Persons



ISSUE #3, 2019

**50Q**

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**President Peter Peña receives the  
Hummingbird Medal Gold  
on behalf of TTARP**



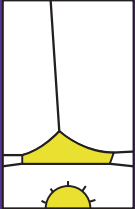


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### DISCLAIMER

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# Comments from the Board

It is that time of the year when we reflect on the months passed and the goals accomplished and the unattained aspirations. For some, 2019 may have been sombre as we may have lost someone close to us, for others it was jubilant celebrations of weddings, anniversaries and welcoming grandchildren.

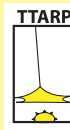
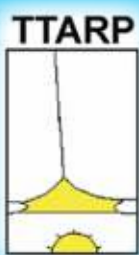
As TTARP Members we should uphold good moral values and differentiate them from unscrupulous habits, and encourage our family members especially the youth to make the right decisions in all aspects of their lives. It is important to be our "brother's keeper", especially in these challenging times where "Crime and the Criminal seem to reign".

As we plan for the new year of 2020, let us do our part to alleviate the trials of the less fortunate in our society; treat our environment with care and respect our leaders and elders.

We pray that we would all have a Merry and **safe** Christmas season and a happy, **safe**, healthy and prosperous 2020 !



## TELL A FRIEND TO JOIN TTARP



# TTARP BENEFITS

## BENEFITS FOR AGE 50 +

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

## BENEFITS FOR AGE 60+

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

1. Fee Exemption for the renewal of a Trinidad and Tobago Passport.
2. Fee Exemption for the renewal of a Trinidad and Tobago Driver's Permit.
3. Exemption from Trinidad and Tobago Airport Departure Tax on Airline Tickets
4. Tax Exemption on General Insurance Policies (e.g. House and Car)
5. Free PTSC Bus Pass for bus rides in Trinidad and Tobago.
6. Free Inter-Island Ferry Pass on vessels on the Trinidad and Tobago sea bridge.
7. Free rides on the Water Taxi between POS and San Fernando.
8. Fee Exemption on certain bank services (e.g. Bank Drafts and bank statements for US Visas)
9. Preferential rates on fixed deposits at Banks and certain Credit Unions.
10. Widening the range of CDAP medications for ailments common to Senior Citizens.
11. Extended Medical Care at community Centers from 7am to 4pm, then from 7am to 7pm, and in certain areas from 7am to 10pm.
12. Increased non-taxable annual income allowances from \$60,000 to \$72,000 for all citizens.
13. The Senior Citizen Grant has been increased to \$3,500 (max) dependent on other Retirement Income from NIS and Occupational Pensions.
14. Special discounts on Application for Electricity and Water Rates for Senior Home Owners only.
15. Retiring Government employees will now receive an interim pension of three thousand dollars (\$3,000), while their work records are processed, when verified, the employee will start receiving the correct pension and will be given a lump sum for arrears.
16. Removal of semi-annual Life Certificate for NIS Pensioners.
17. Retired Government Pensioners will no longer be required to present themselves as proof of life existence as an online link will be established with the Registrar General's office.
18. Walk-Over to be constructed to assist Seniors and others travelling to and from the Tobago Ferry Port.
19. Government Pensioners to have their pensions adjusted based on the cost of living schedule of the Central Statistical Office.

\* \* \* \*

November 2019

# REVIEW OF THE 2019/2020 BUDGET



By Cecil Paul  
Executive Board Member,  
Chairperson of the  
National Issues  
Committee

Each year TTARP submits proposals to the Ministry of Finance on behalf of our Members. Some of the benefits gained by seniors resulting from TTARP's intervention over the years are listed on page 4. TTARP's proposals addressed by our Government in the 2019/2020 budget are listed below :-

## LIFE CERTIFICATES:

This has been an annual exercise for Seniors who receive Government Pensions and Senior Citizens Grant and was particularly distressing for those from remote areas of our country and Tobago. This tedious task of presenting Life Certificates on an annual basis will be discontinued from 2019 through an online connection between the Pensions and Social Welfare Departments of Government and the Registrar of births and deaths. Seniors will no longer be required to present themselves as proof of existence.

## WALK-OVER FOR TOBAGO FERRY PASSENGERS:

Persons have complained over the years of the risks of crossing Wrightson Road when heading to and from the Tobago Ferry Port. Over the years TTARP has proposed to Government that a Walk-Over be constructed to allow safe and easy access back and forth. At present a Walk-Over is being constructed near the water-taxi and breakfast shed areas that will accommodate pedestrians.

## INCREASES IN PUBLIC SERVANTS PENSIONS:

Public Servants have complained of the non-movement of their pensions over the years. TTARP in our submissions to Government requested that some measure of adjustments be implemented so that the static pensions of retired public servants may keep abreast of inflation. The 2019/2020 budget announced that public servant pensions will be increased based on movements of the cost of living index of the Central Statistical Office (CSO). This adjustment will be similar to what obtains in collective agreements known as COLA or Cost of Living Allowance received by unionized workers.

TTARP's leadership is grateful to our Zonal Groups for their proposals and look forward to a continuation to address issues facing senior citizens in our country.



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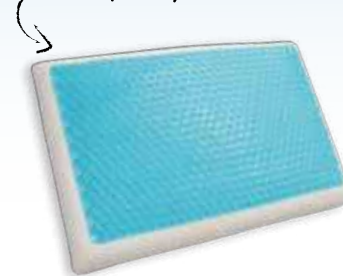
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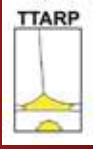
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# TOBAGO CORALS

by Selby Cole, Chairman

This Concert Series which started six (6) years ago, showcase the multitude of our members' talent to raise funds towards erecting a Senior Citizens' Home.

A Concert with a little bit of everything is quite unique, so if you did not attend the recent event staged by the Tobago Corals Zone you certainly missed a treat.


A special monologue tackled the subject of treating the Elderly with respect and love; of course, this piece had to be portrayed by an elderly female with a very sharp tongue. There were harmonica solos from two of our ladies. Not to be outdone, a mens' ensemble of three entertained with the all-time favourite "To all the girls I've loved before".

The perennial problem of getting to and from Tobago by boat was tastefully sang by our very own female Calypsonian (sobriquet "Timeless"). Through her rendition, "The Sea Bridge Story", we learnt the names of all the vessels which traversed the famous inter-island route, as well as a bit of what might have caused the problems over the years.

Eager Patrons got a lesson on what not to do with their retirement money. In the play, "The Final Fiasco", Josephus, who can't seem to find a cent to give his anxious wife, is nevertheless able to purchase a vehicle for his sweetheart Candice. That same car may have to carry the shocked wife to hospital to receive treatment.



*God bless our Nation*

All in all, the audience lapped up the wholesome mixture of home-spun advice, Ballroom dancing, a bevy of mature Models, and lots of entertaining songs. Let's just see what the Corals can come up with next year! 



*The Cast of the "Final Fiasco"*



*The Corals Folk Song Choir*



*The mens' ensemble*



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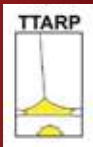
																													
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## PURPLE DIAMONDS (San Fernando)

by Norma George-Ochoa, Chairperson

# Age is just a number!

Our young seniors enjoyed some hectic activities over the past couple months. From braving the challenging journey to parade in Charlottesville Heritage Day and frolicking in the rain at the Launch of Emancipation Village to swimming, hiking, fishing and enjoying the relaxing ambiance of the wonderful Green Pastures Estate Cunaripo. The following month, 250 members took advantage of the various health services providers who participated at our Wellness day event whilst others went on an historical Lopinot tour where they spent time Paranging, Dancing the Cocoa, and Feasting on sumptuous pastelles, paimies, roocoo chicken, and creamed cassava.

Our Golden Years are indeed a storehouse of Treasures.



*Fun at Green Pastures Estate Cunaripo*



*Charlottesville Heritage Tobago*



*Members at the Emancipation Village*

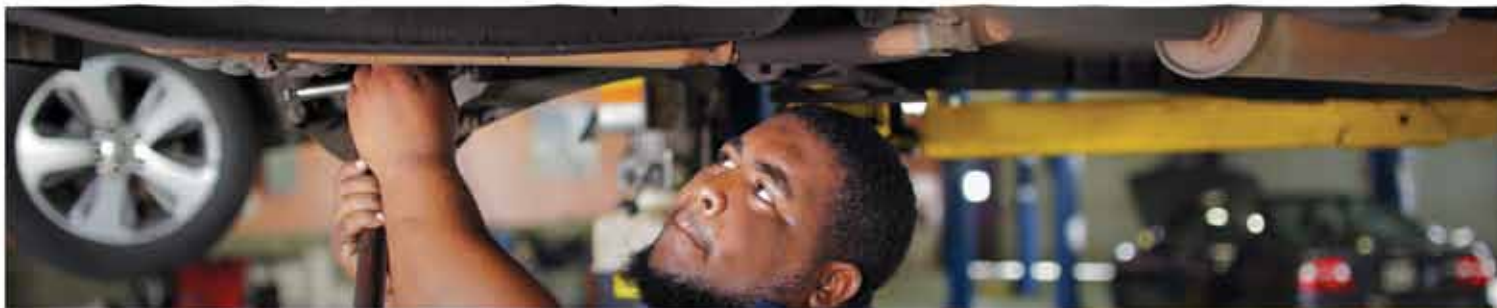


*Graduates of a Computer Class*

*Dance Movement Therapy class with Eugene Joseph*







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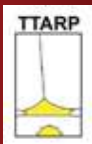
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# BELMONT B's

by Lydia Pierre, Member



*Stanley and Cheryl Job  
sneak away from the crowd*



*Our Syrian ladies pose with Kern*

## Exotic Syria

Every year the Belmont Zone has a themed Tea Afternoon, in October the Arab nation of Syria was selected as the culture to be explored. One hundred members came out in their exotic outfits and to enjoy the delicious cuisine of the Middle East. There were modelling, prizes for various games and dancing to the music provided by our excellent entertainer Kerwin Trotman. We were especially pleased to have Kern Williams, TTARP's Head Office Manager, as our Guest of Honour.

Over the years we have journeyed on our Tea Afternoons to Texas, India, Hawaii and China. Wonder which country we will grace next year? It is sure to be an adventure. Look out for it !

## Hosanna Resort

In August we made our long-anticipated visit to the Hosanna Resort in Toco with a group that filled two large maxis. The journey was an adventure on its own as our drivers selected the back-roads route to the Resort. Those roads were horrendous, broken and pot-holed by the huge trucks carrying aggregate from the quarries. It felt as if we were in a boat on a rough sea. We were not daunted and laughed and joked all the way, though some battled nausea from the bumpy ride.

Upon arrival we were warmly greeted by our host who led us to a comfortable well-appointed area, overlooking the calm Atlantic Ocean where we settled for our lunch. It was the start of a really relaxing, enjoyable day far away from the cares and responsibilities of our daily routine. We roamed the grounds where the lawns were as soft as thick carpets. Some ventured down to the beach but the waters looked so treacherous only our toes got wet.

Entertainment was provided by Kerwin Trotman, who had us in stitches with some rather risqué jokes; and dancing and singing renditions of a variety of back-in-time hits and popular calypsos. What a lovely day spent with friends in a warm and welcoming environment.

80

*View of the Atlantic ocean  
from our balcony*







  
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# Health Literacy

## The key to enlightenment

**Author: Marlon M. Mencia FRCS**  
**Lecturer in Trauma and Orthopaedics (UWI)**  
**Hon. Consultant Orthopaedic Surgeon**

***“Those who have knowledge, don’t predict. Those who predict, don’t have knowledge.” — Lao Tzu, 6th century BC Chinese poet.***

We spend hundreds of thousands of dollars each year performing tests that we hope will give us some idea of how healthy we are and predict our future well-being. While these tests are very good at telling us about our present state of health, they do a poor job of predicting the future.

What if I told you that your ability to direct (not predict) your future well-being was squarely under your control? Well it is, and to do this you will need to understand the term “Health Literacy”. Health Literacy is your ability to read and comprehend basic health information allowing you to make appropriate health decisions. Your Health Literacy is the single best predictor of your health status.

Good Health Literacy permits you to make informed and appropriate

treatment decisions, facilitating more effective and meaningful communication between you and your health care provider. Inadequate Health Literacy, leads to lower utilization of preventative services, more hospitalizations and worse outcomes following surgery. It is estimated that the healthcare costs for patients with limited Health Literacy is about four times that of patients with adequate Health Literacy. The increased expenditure places a tremendous financial burden on the health system.

The American Medical Association Foundation has found that nearly 50% of all English-speaking adults have inadequate Health Literacy.<sup>1</sup> While in Trinidad an unpublished study revealed 90% of patients attending public health clinics had inadequate Health Literacy.<sup>2</sup>

This is very concerning, and suggests that many of us lack the necessary comprehension required to be informed and be involved in shared decision making.

The good news is that we can change this situation by improving

one’s knowledge of basic health information and strengthening our reading and comprehension skills.

Here are some tips for increasing your Health Literacy.

1. **Ask questions.** If you do not understand something ask the doctor to explain it in simple terms that you do understand.

2. **Repeat instructions.** A visit to the doctor can be brief, before you leave make sure that you can restate their instructions in your own words.

3. **Know your medications.** Bring all your medicines to your next medical visit and ask your doctor to review them with you.

Improving one’s knowledge is a two-way street and as health professionals we can assist in the process by using simple language, repeating information and making use of videos and pictorial-enhanced leaflets.<sup>3</sup>

**Your decisions today will determine your health tomorrow!!**

By making a conscious effort to learn more about health-related topics you will be taking perhaps the

most important step in safe guarding your well-being. Patient-centered communication during the decision-making process allows you to discuss treatment options with your doctor in a mutually respectful environment leading to transparency and amicable shared decision making.

“Nothing about me without me” - Valerie Billingham  
 -Through the Patient’s Eyes

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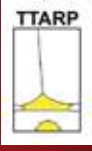
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# AMPLIA



# THE CRUZERS SANTA CRUZ ZONE

By Yvette Wright, Chairperson

## Forging ahead in the Spirit of Comradery

Cruzers continue to see an influx of new members joining our Zone and as such participation in our “in-house” and “outdoors” activities are increasingly well attended.

Members portray feelings of joy and togetherness at these events as can be seen from the photos.



*Members proudly display their tokens of fans given at their annual Mothers’/Fathers’ celebration event.*



*Cruzers pose with their purchases and a hamper donated by Angostura after touring their Museum and Distillery.*

## FUN BINGO

Fun Bingo has become a part of Cruzers “In-house” activity at monthly meetings where Members look forward to relax and just have fun.



*Winners of our fun bingo game show off their prizes.*



*Members at the Emancipation Village.*

## POTLUCK

Cruzers first quarterly birthday celebrations took the form of a “Potluck” where birthday celebrants were serenaded by Assistant Secretary- Janice Chase.

80



*Birthday celebrants for the first quarter January to April 2019.*



*Smiling BINGO winners.*





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# CHANCES ARE... TIMES ARE CHANGING

It is with unbridled pleasure that I grasp this opportunity to congratulate the Trinidad and Tobago Association of Retired Persons (TTARP) on its achievement of being presented with the Humming Bird Medal (Gold) at this year's National Awards ceremony.

There is no question or doubt that TTARP is deserving of this auspicious award! Headed by its President, Mr. Peter Pena, a man known for his penchant to detail and perfection, it was just a matter of time for the organization to have attained such status. To the staff and members of TTARP, keep up the good work, and may the blessing of the Lord remain with you always!

Now it is important that I spend some time on what I consider to be an egregious matter. October 1, 2019 was the twenty-first observance by the United Nations of the International Day of Older Persons (IDOP), and as was expected, high hope for concern about our elders should have been poured out to underscore the love and affection our elderly folks are experiencing to date.

I waited with bated breath to see or hear what sort of concerns and expressions would have been put forward to commemorate this powerful Day in the lives of older persons. To my great surprise, I needed microscopic lens to locate any information pertaining to the said occasion – probably the information was in orbit!

After some serious searching and enquiring, with little or no positive results, a cloud of despair descended upon me, knowing that a significant number of persons feel passionate about the welfare of the elderly.

The question that is embedded in my mind – what could have caused such inaction or a lack of attention? Is T&T becoming an uncaring society? Or is it that we are more complacent about the way in which we treat with our older persons? If any of the above is true, then we as a nation are heading into deterioration of perpetual sadness. If one is to consider the objective of this Day, an important factor leaps forward – that is, love for our elders. Based on the response, or lack thereof, to the observance of IDOP 2019, it is difficult to ascertain whether or not our elders are placed in high esteem.

A very important aspect in the lives of elderly persons that must be dealt with now, is the lack of respect. For starters, the disrespect towards the IDOP 2019 itself was glaring! This only shows that serious emphasis has to be paid to

the way in which our elders are treated and recognized.

Respect for our elders, at one point and time, was held in high esteem. But somehow, in these times, the glow that radiated from the inner qualities of society seems to be castrated. There was a time when respect for our elders was automatic. However, as harsh or impolite as it may sound, in today's world, the disrespect shown to our elders is quite disconcerting.

For example, if an elderly person is driving in accordance with the traffic laws, he or she could be viewed as driving too slow and insulting remarks could be hurled at him or her. If seniors are attempting to board a taxi or bus slowly, they are often brushed aside by younger persons who deny them priority seating. I often ponder about the treatment meted out to our older persons – what brought about this barbaric and hostile attitude towards this target group? Is it because times are changing and access to modern technology is often inaccessible to older persons? If that is the case, then a critical intervention must be made to resolve this absurdity.

What is needed is a collective drive – by this, I mean that elders must seek to unite among themselves and, by doing so, a level of strength will develop that will ensure the way forward. The saying that Unity is Strength is true. So, by coming together, the window of hope will protect the seniors from any intrusion of disrespect.

I heard a statement recently – “The big door of leadership swings on the small hinge of character!” If only the history of our elders could be recognized and remembered, then all they did would not be in vain. It will be noteworthy if our society could feel the depth from which our elders came, and treat them all with the requisite courtesy.

I hope with some deep reflection that a change in attitude will sober our society and bring into our lives the love for one another. I am sure with the aid of the Lord it will be possible. To our elders, keep hope alive, and happy belated International Day of Older Persons 2019!

In the spirit of growth,  
Anton La Fond



**Anton La Fond**





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# TTARP RECEIVES HUMMINGBIRD MEDAL GOLD FOR NATIONAL SERVICE

Having celebrated its Silver Jubilee in 2018 (25 years) and been awarded the Hummingbird Medal Gold for National Service at the 2019 Republic Day National Awards, TTARP ... Trinidad and Tobago Association of Retired (Responsible) Persons certainly has a lot of accomplishments to be proud of.

At the heart of TTARP's achievements for the past 25 years is its bold, positive representation and lobbying on behalf of its 40,000 plus financial Members, geared towards enhancing the standard and quality of their lives. TTARP receiving the Hummingbird Medal Gold is therefore a most fitting tribute, as it secured for its Members and Seniors generally, a wide array of services - ranging from various exemptions and privileges, attractive merchant discounts and also affordable insurance coverage (thanks to the effective workings of M&M Insurance Broking Services which has given outstanding support from inception).

The Awards, instituted in 1969, acknowledges the involvement of citizens and non-nationals who have had significant and positive impact on the twin island Republic.

The Hummingbird Medal, one of four categories (the others being the Order of the Republic of Trinidad and Tobago, the Chaconia Medal and the Public Servants' Medal of Merit) is awarded "to any person who has rendered loyal and devoted service beneficial to Trinidad and Tobago in any field of human endeavour or for gallantry or other humane action."



By Peter Campbell



This Medal is awarded to a maximum of fifteen (15) persons annually, and given in Gold, Silver or Bronze in accordance with the National Awards Committee's "assessment of the level of the service rendered by the recipient."

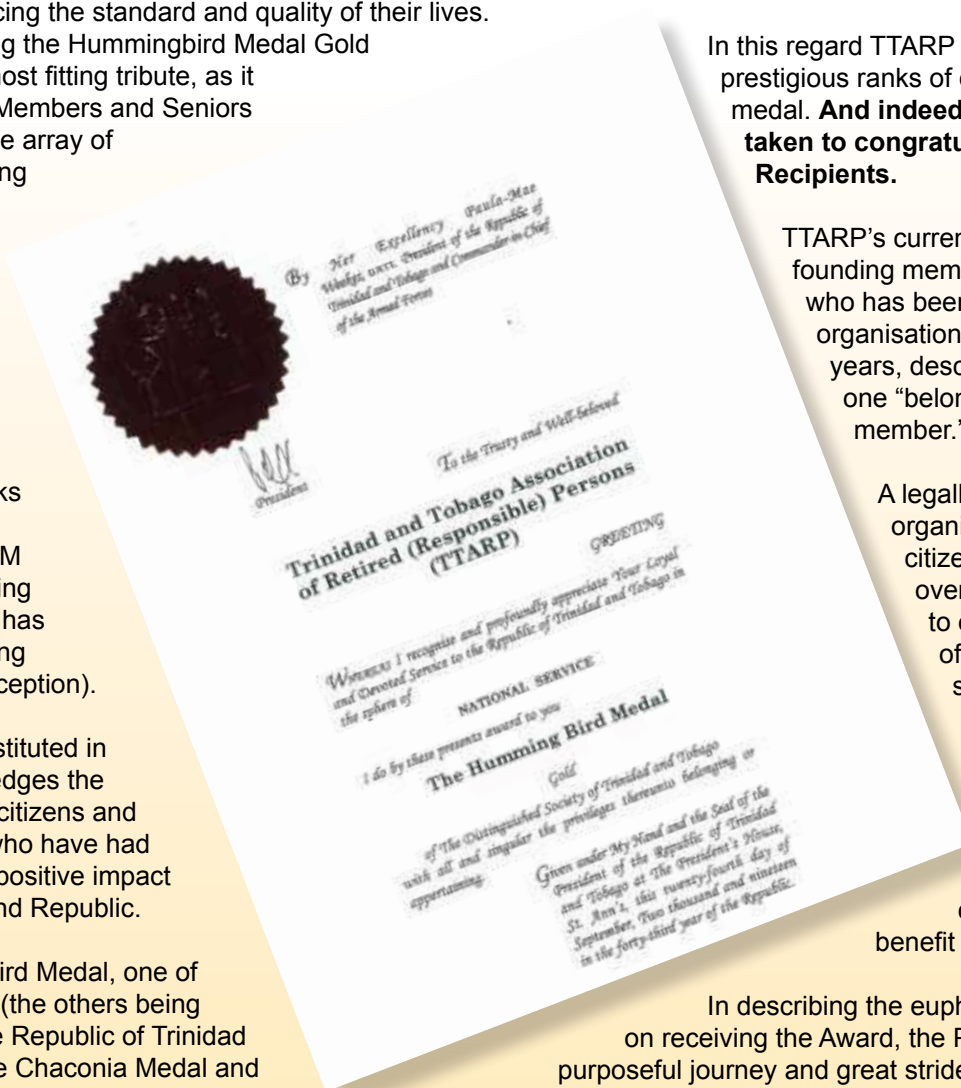
In this regard TTARP has now joined the prestigious ranks of others awarded this medal. **And indeed this opportunity is taken to congratulate all the other 2019 Recipients.**

TTARP's current President (and a founding member), Peter Peña, who has been at the helm of the organisation for the last 20 plus years, describes this attainment as one "belonging to every TTARP member."

A legally registered, non-profit organization for mature citizens age fifty (50) and over, TTARP's Mission is to enhance the quality of life of Seniors in our society, to treat them with the dignity and respect they deserve and to mobilize and utilise their wealth of knowledge and experiences which can be of tremendous benefit if utilized wisely.

In describing the euphoria of the membership on receiving the Award, the President recounts the purposeful journey and great strides which TTARP has taken since its 1993 genesis.

"It came about through satisfying the need for a Seniors organization which through persuasive advocacy, represents appropriate concerns and recommendations





of Seniors and then working steadfastly and following up to ensure proper implementation”.

**“Coincidentally and interestingly, TTARP was launched in the Hummingbird Room of The Trinidad Hilton, almost as if anticipating the Award of the Hummingbird Medal Gold received this year.”**

During the ensuing years, TTARP brokered a multitude of benefits on behalf of its membership including savings at hundreds of merchants Nationwide; representation to the Government on various National Issues; a discount medical plan; social activities for members; free subscription to TTARP’s Magazine; a Members Skills’ Bank.

As the benefits increased, so did membership, jumping from 20,000 in 2010 to 40,000 plus in 2019 thanks to TTARP’s National Executive Board; the unique, one of a kind exuberance and commitment of TTARP’s Honorary Secretary; its Honorary Treasurer and National Issues Committee; Zonal Committees; its Head Office Secretariat and the major contribution of its Marketing Consultant and her group of loyal Promoters, who can often be seen recruiting Members at selected Massy Stores and Tru Valu Supermarkets.

To fully spread the TTARP’s message to all and sundry, the Association went on to form Zonal Groups. Today, TTARP boasts of eleven (11) highly effective Groups (Arima, Belmont, Central, Diego Martin, Fyzabad, La Brea, Princes Town/Rio Claro, San Fernando, Santa Cruz, Tobago Corals and Tobago Pembroke), many of whom came together in recent celebrations to rejoice and reflect on the latest accomplishment.

“The Zones give Seniors a more concentrated opportunity to get together within their communities and to develop innovative and unique projects benefiting their communities,” says President Peña. The Zones provide numerous activities, not just for themselves, but their communities, affording opportunities in recreation, self development, self expression, aerobics, dance, yoga, environmental programmes, music and computer literacy. Zones have also forged relationships with Homes and Shelters, providing support via meals, clothing and motivational lectures.

“These are all TTARP’s success stories over the years which lie squarely on the shoulders of TTARP’s energetic and efficient membership and National Executive and the Award has since served in bolstering the membership, channelling their energies, knowledge and experiences into new and greater endeavours” says President Peña. “Every day we are receiving requests from persons under the qualifying membership age of 50, expressing their eagerness to join the Association, not just because of the



**Her Excellency Paula-Mae Weekes with TTARP’s President Peter Peña and other 2019 National Awards recipients.**

real savings they can obtain, but also because of the new experiences afforded them”.

President Peña expresses his full confidence in the effectiveness of the Executive Board of Directors as well as the Head Office Secretariat and our Marketing Team. He has recognized the deep satisfaction being felt by the entire TTARP fraternity with this National Award which shall motivate us all to accomplish even greater achievements within the Senior Citizens landscape in Trinidad and Tobago.

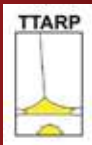
**President Peña also pointed out, “that we face a future with both enormous opportunity and untold challenges. In order to serve people better we will continue to be a strong, powerful and effective advocate; a thought leader; an innovator and influencer; and a voice for multi-cultural and vulnerable Trinbagonians.”**

**“All our results and future prospects signal now more than ever before, that age 50 is more than just achieving a milestone - it’s embracing a whole new world! A world in which we constantly strive to further enhance the lives of those who have contributed in their own ways to our National development and who deserve Recognition, Respect and Caring Attention.”**

★ ★ ★

*NOTE: The Hummingbird Medal Gold along with citation are on display at TTARP’s headquarters. Members are invited to visit and view the memorabilia.*





## EASTERN ANGELS - ARIMA ZONE (EAAZ)

### On Winning a National Award

by Lynette Maule - Member

Republic Day in Trinidad and Tobago (Tuesday 24th September 2019) – was a very significant day for TTARP, as it was on that evening that this Non-Governmental Organization was awarded the Hummingbird Medal Gold in National Service.

The holder of the Nation's Highest Office, The President, Her Excellency Paula-Mae Weekes presented TTARP's President, Mr. Peter Peña with this prestigious Award, which is a fitting tribute for the outstanding service provided to our country for the past twenty-six (26) years.

To celebrate such a great victory, the Arima Eastern Angels hosted a special event ten days later with President Peña and Honorary Secretary, Mayling Younglao in attendance, along with EAAZ's founding member Pamela Hector, previous and present Chairperson and members of Zonal Groups from Belmont, Chaguanas, Diego Martin, Fyzabad, Princes Town/Rio Claro, San Fernando and Santa Cruz.

The highlight of the afternoon was the viewing and photographing of the Hummingbird Medal Gold and Citation received. It was most heartwarming and inspiring to observe the enthusiasm of all members present.



*The Hummingbird Medal Gold and Citation which were extensively photographed.*



*President Peña and The Honorary Secretary.*



*President Peña receives a token from an EAAZ Executive.*



*Members of the Events Committee*



### SEA AWARDS FUNCTION 2019: "PASSING THE BATON"

by Annette Young - PRO

In August, the Service Committee held its fifth SEA Awards Function at the Arima Tennis Club showing appreciation to sixteen students who recently sat the SEA exam.

The feature speaker Avril Orr Johnson and specially invited guest, the Deputy Mayor of Arima provided advice and encouragement to all students in the presence of their parents/grandparents and TTARP Members.

The presentations of the tokens were done by the Deputy Mayor, Our Chairperson and Mr. David Ross.

The recipients of these tokens were:-

- |                          |                     |                       |
|--------------------------|---------------------|-----------------------|
| 1. AMARI HOWE            | 2. ANDRE LA QUERRE  | 3. AYANA JAMES        |
| 4. ANYALIN JOHN          | 5. ARON NICHOLAS    | 6. DESHAUN SUTHERLAND |
| 7. HEZEKIAH RODRIGUEZ    | 8. KAMARON LEWIS    | 9. KESHORA CUMMINGS   |
| 10. LAZARA ROBERTS       | 11. MICHAEL CHARLES | 12. MYA BEGUESSE      |
| 13. OMARI PROCOPE DELZIR | 14. RHONELLE HAMLET | 15. SHAEL G. GALERA   |
| 16. SHERMYLEA SAUNDERS   |                     |                       |



# EMANCIPATION

*Submitted by Lynette Maule - Member*

The Events Committee hosted an affordable, informative and entertaining fashion extravaganza complete with multicultural refreshments for a contribution of \$5.00 per person.

More than two hundred persons, among them, members of Arima's Eastern Angels; Zonal Members of Princes Town, Rio Claro, Diego Martin, and Chaguanas; TTARP's Head Office staff; and other guests were treated to a show that comprised performances by members and specially invited external guest artistes.

Entertainment was provided by DeeJay Kenwyn Scott, well known singer Kissoon Joseph and others. The fashion parade segments allowed members of the various attending zones the opportunity to display their outfits of African, Chinese, Indian and other ethnic ancestry.

Yet another feature was the interesting and informative exhibit of local artifacts and antiques that our forebears used several years ago. The old adage, "Bring back the old time days" became a reality with our EAAZ banner heralding our existence from 2002 to present 2019 quite visible.

Once again, the Events Committee headed by Victoria Williams and her hardworking team, aided by many other members accomplished yet another wonderful memory.

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# Would fish oil ease my shoulder and knee pain?

A few months ago I awoke with severe pain in my right shoulder. I couldn't move my arm more than a few inches to the front or from my side. Simple movements became monumental tasks, and I was not ready for all these aches and pains going into the best years of my life. I started to take a non-steroidal anti-inflammatory drug (NSAID), to ease the pain and improve function. However, I was concerned that taking this drug would only provide symptomatic relief and increase the likelihood of developing long-term side effects.

I have been hearing all the talk about omega-3 supplements and their positive effects to reduce pain and inflammation. As a researcher I wanted to scrutinize the evidence to see whether it supported the oftentimes "over-the-top" media hype. In my online searches I found a well-designed clinical study led by Dr. Hill and her team working at the Queen Elizabeth Hospital in Australia. The findings of her study were published in the highly ranked academic journal *Annals of Rheumatic Disease* in 2016. This study included 202 participants with mild to moderate severity knee osteoarthritis. Participants were randomly given either high-dose fish oil (containing 4500 milligrams omega-3 fatty acids) or low-dose fish oil (containing 500 milligrams omega-3 fatty acids and sunola oil) in 15 milliliters daily for two years.

At the start of the study and at several points throughout knee-specific pain and function scores were obtained using standardized numerical rating scales. At these scheduled visits participants were also asked questions regarding their quality of life and use of paracetamol or NSAIDs for pain relief.

Additionally, MRI scans of the knee were taken at the start and end of the study to measure changes in cartilage volume. The results showed that over the course of the study that high-dose and low-dose fish oil had significant beneficial effects on pain and function scores. Surprisingly, the low-dose fish oil group had lower pain scores at 18



*Yuri Clement (PhD)*

and 24 months and better functional limitation scores at 24 months compared with the high-dose group.

There were no differences between groups regarding quality of life scores or use of NSAIDs for pain relief. However, in the high-dose group there was a significant reduction in use of NSAIDs over the 2-year period. There was no difference between low-dose and high-dose with respect to cartilage volume loss over the period.

So, what does this evidence mean for me? If I have osteoarthritis (but not rheumatoid arthritis or other types of inflammatory arthritis) taking fish oil may reduce my pain and stiffness. There is no need to take very high doses, as a low dose daily should provide relief and help protect my joints. So, I started taking fish oil supplements and within days there was a significant reduction in pain and improvement in function. I had also stopped taking the NSAID for pain relief. Additionally, I should consult my doctor to ensure that taking these supplements does not worsen any underlying medical condition or interact with other medications.

*Yuri Clement (PhD) is a Professor of Pharmacology at the University of the West Indies, St. Augustine campus.*





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# Viva Las Vegas 2019

By Sharon Ramdeen, Member, Vegas Traveler

“All we have to decide is what to do with the time that is given us.”  
(Gandalf, J.R.R Tolkien, The Fellowship of the Ring)  
And so it began.....Thursday 12th September 2019, midnight!

Seventeen enthusiastic strangers set out on a clear, serene flight bound for Las Vegas along with Kern, our Tour Coordinator from TTARP.

The next morning, we arrived safely at the George Bush International Airport, Houston. After a layover of six hours, we travelled again with United Airlines to McCarran International Airport where we touched down happily, safely but very tired.

During the nine minute trip to the Luxor Hotel, comfortably seated in an air-conditioned bus, which allowed us to escape the intense heat outside, we finally arrived at our home for the next week.

On arriving at the hotel, I was in awe of the gigantic Egyptian Sphinx and black grandiose pyramid! My first thought was “Oh gosh ...I am in Egypt!” On entering the check-in lobby, I was in wondrous amazement at the architecture inside the pyramid. I stood and marvelled at this marriage of the ancient and the modern- there were hieroglyphs everywhere, statues of Gods, an oasis, casinos and a



fast food outlet. At any moment I was expecting a Pharaoh to appear.

We checked in as a group and then I decided to take a stroll along the “strip”. The weather was arid. As I passed along sidewalk cafes, I saw an open air band playing live music, with people of different nationalities just ‘chillin out’, chatting and enjoying the ambience.

On Saturday morning, we took a City Bus tour. Gloria, our guide highlighted the history of Paradise and its surroundings in a very comical yet detailed manner. Along the tour, I realised that Paradise was created to inveigle adventurous tourists visually whose dream it was to view everything in one place since it contained replicas of international monuments of the world. We disembarked at the Northern Premium Outlet where we spent the rest of the day shopping. Later that evening, I attended the Blue Men Show which was a production encapsulating techno music, lighting, paper and paint. This dramatic synchronisation was lively, interactive and very entertaining.

The trip to the Grand Canyon West Rim tour took approximately four hours. However, we were driven in luxurious airconditioned buses which made the journey quite relaxing. Along the highway leading to Arizona, we stopped off at the Hoover Dam which was a giant in modern engineering nestled on the Colorado River at the Arizona - Nevada border. It was awesome, truly a sight to behold! This concrete arch-gravity dam found many of us posing for photos of this historic industrial facility.



On arriving at the canyon a few hours later, we changed buses and was taken to the Skywalk – a glass enclosed platform 4000 ft in the air! The feeling was exhilarating and liberating! When I stepped onto this circular glass masterpiece, I felt like I was on top of the world. It felt like walking on air. As far as the eye could see, I beheld the majesty of God’s handiwork- The Grand Canyon. It was spectacular! It was epic! It was, most certainly, a wonder to behold! An arid vastness of red, brown, pink, orange and



cream hues – stratified terrain strewn with little tufts of green vegetation everywhere. Surrounding the Skywalk, one could have seen the many teepees covered with foliage, representative of the Hualapai nation – a people who occupied and owned this reservation land.

Some of the most memorable photos I treasure are from The Grand Canyon trip because its beauty has been etched into my memories.

The next evening I attended the Las Vegas show at Planet Hollywood, a mall, marvellously constructed to imitate that of a movie set. The ceiling depicted a live sky in which the weather changed from sunny to rainy. The aisles along the mall teleported me to Italian cafes, Arabian nights and Russian Cathedrals. “It was a whole new world, a dazzling place I never knew.” (Aladdin)

At the theatre there, I witnessed the Las Vegas show. It was a Broadway musical production of the evolution of Las Vegas from its inception. There were other shows being performed nightly. So at times, due to having free days, the members of my group separated at times to fulfil their own interests.

Our return journey was quite an adventurous one. Fortunately, we got an extra night at the Luxor Hotel due to terrible weather and flooding in Houston which was our connecting flight home. We returned via Newark to our homes safe and sound later the next day.

At the end of my vacation, I had encountered a beautiful group of people, each on his/her own journey. We were brought together and our interaction with each other helped us bond. We came as strangers but we left as friends. Viva Las Vegas!

80



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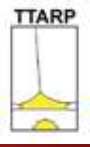
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# ROYALS

## Princes Town / Rio Claro

By Ramchand Kalipersad - PRO

### "Royals" Light over Darkness

In the spirit of togetherness, the "Royals" hosted its 1st Annual Divali Celebration in October. Mrs. Dhropatie Glumness, an esteemed member, shared the significance of Divali and the light over darkness, and related it to our own lives where we should strive to apply this principle of light over darkness.

As with all celebrations, thereafter members partook in a sumptuous and delicious indian meal of roti, channa and aloo, pumpkin, chaitagne, mango, rice, karhee, together with sweets and soft drinks. All provided and prepared by members.

There was a large turnout of members to the event, many elegantly dressed in Indian wear. We look forward to a bigger celebration next year.



*Mrs. Dhropatie Gunness delivering her address*



*Mrs Annmarie Paul-Roberts and Mrs Angela Guerra,*



*Mrs Patricia Noel*



*From Right: Mrs Betty Boland, Mrs Dhropatie Gunness, Mrs Asha Secharan, Mrs Annmarie Paul-Roberts  
Mr. Ramchand Kalipersad, Mrs Zalina Shah, Mrs Angela Guerra, Mrs Patricia Noel, Ms Judy Griffith, and Mrs. Shaffina Mohammed.*





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You have several options to explore, depending on your lifestyle, such as a pre-paid or pay-as-you-go mobile plan, or you may even prefer to choose a post-paid mobile plan that best suits your needs - *and pocket!* The same applies to fixed line Internet and subscription TV services.

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

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

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

**SHOP AROUND! THE CHOICE IS YOURS!  
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FOR YOUR BUDGET AND YOUR NEEDS!**

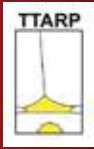
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**DO YOU HAVE  
THE RIGHT PLAN  
FOR YOUR  
NEEDS?**

## Quick tips

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





# CENTRAL PRIDE

by Yvonne Knights, PRO.

## Tea at Jaffa's

Afternoon Tea at Jaffa's in the Queens Park Oval to celebrate Mothers and Fathers was totally awesome. We enjoyed a wide assortment of sumptuous savoury items, various teas and mouth-watering desserts.



*Pretty in Pink Models posing after enjoying the feast at Jaffa's*



*Smiling members about to enjoy their Tea at Jaffa's*

## Gemma and the Voices

The in-house choir, the Golden Voices (GVs) paid a visit to Gemma Sylvester, one of the 'voices' who had been ill and unable to participate in our various activities. Gemma was delighted to see us and together we sang a mixture of gospel, Christmas songs and calypsos. We ended with 'Enjoy Yourself, it's Later than you Think' - one of our signature songs.



*Gemma (seated) is surrounded by members of the GV's.*

## Celebrating our Emancipation

Our ladies were all beautifully dressed in ethnic wear when they attended the Emancipation celebration at the Arima Tennis Club.



*Members Jennifer Floyd and Florence Mc Wellington on their way to Eastern Angels Emancipation Day celebrations*



*Indra Ali, Ruth Henry and Linda Manickchan heading to the Emancipation Celebration*



## Carifesta XIV

Members of Central Pride departed Chaguanas for an exploratory visit to Carifesta XIV where we explored the visual arts display at the Museum and NAPA before proceeding to the Grand Market at the Queens Park Savannah. We excitedly enjoyed the various cultures and sampled the foods from other Caribbean islands.



*Members Erma Hector, Cynthia Amoroso, Indra Ali, Soonita Mohamed and Carol Huggins-Benjamin at Carifesta XIV*

## Celebrating Sweet 16!

A formal ceremony with the National Anthem followed by an all embracing invocation said by representatives of the Muslim, Hindu and Roman Catholic Faiths started the celebration of the Zone 16th Year. Entertainment comprised of jokes, demos by the Tai Chi, Aerobics and Dance classes, a poem on the history of the Zone written by Annmarie Campbell and performed by Beulah Walcott, a monologue by Merle Sandiford and singing by the Golden Voices. Recognition was given to members who have helped us achieve our goals over the years.

80



*Cross Section of the audience at the Thanksgiving and Cultural Event*



*Beulah Walcott  
reciting the Poem*

## I REMEMBER, I REMEMBER

I remember, I remember  
The place where TTARP Central started.  
The lush green plants, the beautiful flowers  
The Edinburgh Garden home, from which we parted  
Was the Senior Activity Centre we called ours.

I remember, I remember  
As the marriage between TTARP Central and  
The Ministry bore fruit  
Then, persons who were not TTARP members  
Joined the recruit  
We came in numbers for Dancing, Aerobics and Yoga  
Enjoying the classes of Singing, Tai Chi and Computer

But, I also remember  
The only thing constant is change  
So we relocated to Max Murphy Street then to  
Central Indoor Sports Arena in exchange.  
We, the senior citizens operate as one family.  
For, like the parent body, that is our philosophy

I remember, I remember  
Every TTARP event was like a 'Scouting for Talent'  
Everybody come out in a pretty garment,  
Looking forward to each Field Trip  
Especially if it's by the pool to take a dip.

Now I know  
That TTARP's goal is the quality of  
our lives to enhance  
To promote our dignity, purpose and  
Our independence.  
Striving to improve the image of each golden year  
And achieving this because they really care

So today, from us all, we remember  
Chairpersons, Secretaries and Treasurers  
Too many to name  
Trustees, PROs and Committee Members  
In TTARP's Hall of Fame.  
We have come a long way  
So we say thanks for what we remember today

*Composed by Annmarie Campbell  
Performed by Beulah Walcott*

# EVENTS Programme **January 2020**

## HEAD OFFICE

45 Tragarete Road, Port of Spain

Contact Number: 622-9223 / 221-7771

Jan	Carnival Cooler Fete
April	Health Wellness
May	Mothers Day Show
July	Friendship Gathering
Aug	BINGO
Sept 10th	Annual General Meeting
Sept 21st - Oct 4th	TTARP Baltic Cruise
Oct 31st	Annual 5K Run/Walk
Dec 6th	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 3rd	Ends Lime
Jan 10th	Monthly Meeting
Feb 7th	Monthly Meeting
Mar DTA	Easter Bonnet Parade
Mar 6th	Monthly Meeting
Mar DTA	Worship Session
Apr 3rd	Monthly Meeting
May 1st	Monthly Meeting
May 15th -26th	8 Nights Southern Caribbean Cruise
June 5th	Monthly Meeting

## Belmont "B's"

Meeting Place: Colm Hall - Belmont Circular Road, Belmont

Contact Person: Gloria JONES (Chairperson) 620-1596 / Delano

GEORGE (Secretary) 792-7120

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

Jan 7th	Executive Meeting
Jan 21st	General Meeting
Feb 11th	General Meeting, In house Calypso Lime
Feb TBA	Calypso Tent Lime
Mar 3rd	Executive Meeting
May 5th	Executive Meeting
Mar 24th	General Meeting - Lecture
May 24th	In-house Holiday lime & Games
May 26th	General Meeting
May 30th	Visit to Green Pastures, Cunaripo
Mar 30th	Annual Family Day in the Hollows
Apr 7th	Executive Meeting
Apr 21st	General Meeting - Lecture
Apr 25th	Annual Prayer/Breakfast
Jun 2nd	Executive Meeting
Jun 11th	Visit to Carat Shed/ Pitch Lake
Jun 16th	General Meeting
Jun 21st	Mothers'/ Fathers' Day Function
June TBA	Bees 15th Anniversary Interfaith Service & Awards
TBA	Visit to Caroni Bird Sanctuary

## 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 16th	Interactive Meeting
Feb 7th	Carnival Lime
Mar 10th	Interactive Meeting
Mar 26th	Games Lime
Apr 12th	Hat Parade
May 7th	Interactive Meeting
May 19th	Central AGM
May 28th	Mothers'/Fathers' Day Event
Jun 10th	Visit to Coconut Factory
Jun 26th	Games Lime

Jul 5th  
Jul 16th

Fashion Show  
Interactive Meeting

## DIEGO MARTIN "Western Pearls"

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

Diego Martin. Contact Person: Emerita SAMBRANO-CHURCHE

(Chairperson) 758-4601

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

Feb 8th General Meeting & Dance Competition

Mar 14th General Meeting & Lecture

Apr 24th - May 1st Overseas Cruise Ship Tour – Puerto Rico, St. Thomas, St. Maarten, St Kitts, St Lucia & Barbados

## 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.

Jan 16th	Fyzabad Zonal AGM
Jan 23rd	Games Day
Feb 14th	Celebration of Love
Feb 20th	Monthly Meeting
Feb 27th	Games Day
Mar 9th	Executive Meeting
Mar 19th	Monthly Meeting
Mar 26th	Games Day
Apr 13th	Executive Meeting
Apr 16th	Monthly Meeting
Apr 23rd	Games Day
May 11th	Executive Meeting
May 21st	Monthly Meeting
May 28th	Games Day
Jun 8th	Executive Meeting
June 18th	Monthly Meeting
Jun 27th	Mothers/Fathers Day

## PRINCES TOWN/RIO CLARO "Royals"

Meeting Place: - Senior Activity Centre, High Street, Princes Town, St.

Stephens Anglican Church Compound.

Contact Person: Stanley, JOSEPH (Chairperson) 348-0956 or Annmarie,

PAUL-ROBERTS (Secretary) 322-6723 / 754-5361

Meeting Date and Time: 3rd Saturday of each month @ 2:00 p.m.

Jan 12th	Thanksgiving Service- Princes Town Presbyterian Church
Jan 18th	Royals Monthly Meeting
Feb 1st	Membership Drive Promotion (Princes Town)
Feb 7th	Visit Calypso Tent
Feb 8th	Visit Home for The Elderly
Feb 13th	Zonal Meeting
Feb 14th	Visit Pan Tents & Mas Camps
Feb 15th	Monthly Meeting Valentine's Day Celebrations
Feb 21st	St. Stephen Anglican Church Cooler Lime
Feb 22nd	Visit to Lady Hochoy Children's Home
Mar 14th	St. Stephen Anglican Church Lenten Boat Cruise
Mar 21st	Royals Monthly Meeting
Apr 4th	Matura Resort & River Lime
Apr 9th	Zonal Meeting
Apr 11th	Visit Home for The Elderly
Apr 18th	Monthly Meeting Birthday Celebrations
Apr 25th	Membership Drive Promotion (Rio Claro)
Apr 29th	St. Stephen Anglican Church Harvest
May 2nd	Point Fortin Borough Day Celebrations
May 16th	Monthly Meeting Mother's Day Celebrations
May 30th	Visit Sandy Hill Nature Park Freeport
Jun 11th	Zonal Meeting
Jun 20th	Royals Monthly Meeting & Father's Day Celebrations
Jun 27th	Road trip to Cedros via La Brea, Point Fortin and returning through Palo Seco, Siparia etc



## SAN FERNANDO "Purple Diamond"

Meeting Place: - Pleasantville Community Centre, #2, Prince Albert Street, Pleasantville, San Fernando

Contact Person: Norma GEORGE-OCHOA (Chairperson) 374-0701 / 225-6979 or Maureen TAYLOR-STEPHENSON (Secretary) 776-6411

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

Jan	Thanksgiving Meeting
Jan	Visit to Seegobin Citrus Estate
Feb	Carnival Ole Mas & Calypso
Feb	Carnival Curry Lime
Feb	Visit to Kaiso Showcase Calypso Tent
Feb	Carnival Getaway to St. Lucia
Mar	Visit to Brasso Seco
Mar	Financial Legal Matters
Apr	Easter Affair
Apr	Visit to Mayaro/Manzanilla
May	Mother's Day Celebration
May	Visit to Matura
Jun	Father's Day Celebrations
Jun	Visit to Tobago

## SANTA CRUZ "Cruzers"

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

Contact Person: Yvette CUPIDORE-WRIGHT (Chairperson) 386-7350 or Chairman MAULE (Secretary) 784-6934

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

Jan 24th	Monthly Meeting, Interactive Session and Prayers
Feb 12th	Know Your Country Tour
Feb 28th	Monthly Meeting & Talent Evening
Mar 11th	Carat Shed & Pitch Lake trip
Mar 27th	Monthly Meeting & Easter Bonnet Parade
Apr 24th	Monthly Meeting & Games Evening
Apr 29th	Clifton Beach trip & Birthday Potluck
May 22nd	Monthly Meeting & Indian Wear & Delicacies Evening
June 4th	CBTT Money Museum visit
Jun 26th	Monthly Meeting & Cruzers 10th Anniversary Celebrations

## TOBAGO "Corals"

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

Contact Person: Selby COLE (Chairperson) 390-0142 or Rawle ANDERSON (Secretary) 374-8677

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

Jan 11th	Corals Annual General Meeting
Feb 8th	Monthly Meeting – Valentine's Day Celebration
Feb 15th	Carnival Lime – Viola's Place Lowlands
Mar 14th	Monthly Meeting – Lecture/ Presentation
Apr 11th	Monthly Meeting – Lecture/ Presentation
May 9th	Monthly Meeting
May 31st	Mothers' and Fathers' Luncheon
Jun 13th	Monthly Meeting
Jun 19th	Pigeon Point Lime (Bring a sharing)

## 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.

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**ST. AUGUSTINE:** Tel/Fax: (868) 645-9526, 107 Eastern Main Road, St Augustine

**SAN JUAN:** Tel/Fax: (868) 638-4754, 150 Lower Boundary Road, El Socorro, San Juan

**CHAGUANAS:** Tel/Fax: 672-6292, 3 Caroni Savannah Road, Chaguanas

**ST. JAMES:** Tel: (868) 622-1406 Fax: (868) 628-8354, 161 Western Main Road, St. James

**SAN FERNANDO:** Tel/Fax: (868) 657-4374, 9 Cipero Street, San Fernando

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# Additional Discount Providers

## NOVEMBER 2019

### **800 Eyes Ltd. (Optical)**

Shops at Trincity, Tissue Drive, Trincity – 800-3937 / 393-3937

Horizon Health Care Building, #9 Hingoo

Lands El Socorro Road Ext. South San Juan – Tel: 314-3937 (EYES)

Golden Door Plaza, # 6 Frederick St., POS -

Tel: 396-3937 (EYES)

Website [www.800eyes.com](http://www.800eyes.com)

Facebook@800eyes

**10% Discount off the Regular Price of complete spectacles only. (Frames & Lens)**

### **Air Support Tactical Security Limited**

(Protective Service Agency – Security Products and Solutions)

#11, Igneri Road, Valsayn (South) – 235-5477

128 Coral View Drive, Gulf View, La Romain, San Fernando 235-5477 Ext - 161

Website [airsupport-tactical.com](http://airsupport-tactical.com)

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

**10% Discount off GPS Tracking / Recovery System purchase (limited to two devices per person)**

**5 % Discount off all products and services Discount cannot be applied or combined with in-house sales/special pricing.**

### **Body Re-Genesis (Beauty Health & Wellness)**

#180, Windsor Drive, Goodwood Park,

Westmoorings.

Tel: 487-5510

**\$10. off Manicure; \$10. off Pedicure; \$10. off Massages**

**5% Discount off All Facials.**

### **Brazzinga (Retail Store)**

#2, Lucknow Street, St. James – Tel: 768-6233

Facebook – Brazzinga

**10% Discount off the purchase of bras, sports bras, panties, shapewear and Shibee Couture products.**

### **Crystal Clear Vision Limited (Optical)**

Unit 164, The Falls @ Westmall, Western Main Rd, Westmoorings

Tel: 610-3937

Facebook – Crystal Clear Vision Limited

**10% Discount**

### **Digital Toms**

(I.T Consultancy, Computer cybersecurity and repairs services)

#42, Campo Street, San Juan

Tel: 280-9841

Facebook – DigitalToms

**Computer Maintenance / repair / support services will incur a flat fee of TT\$100.00.**

**This does not include the cost of hardware and software.**

**Service includes a pickup and next day return.**

### **Dr. Franco's Family Dental Clinic**

(Dental Services)

#128, Caroni Savannah Road, Charlieville

Tel: 665-5137 / 382-5137

**20% Discount off Basic Procedures (extraction, filling and cleaning)**

**15% Discount off Dentures, Crowns,**

**Bridges and Root Canal**

**30% Discount off Fluoride**

**30% Discount off Xrays & Free Checkups**

### **Eco Truffles Eco Spa**

(Natural Skin & Hair Products)

#2, Aneisa Street, Point Lisas, Couva - Tel:

688-3268

#26, Saddle Road, Maraval - Tel: 487-3268

Website – [www.ecotruffles.com](http://www.ecotruffles.com)

Facebook – Eco Truffles

**10% Discount off on Wednesday**

**MUST Show ID**

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

#17, King Street, St. Joseph - Tel: 223-3636

(ENDO)

EndoscopyTT Centre - Shops of Arima,

Tumpuna Road, Arima

Tel: 222-3636 (ENDO)

Website – [www.endoscopytt.com](http://www.endoscopytt.com)

**20% Discount off on First Visit**

**10% Discount off on Procedures Only**

**No Discount on Pathology Testing and Disposable Accessories**

### **Exquisite Dental** (Dental Services)

Warren Street, St. Augustine

Tel: 223-7523

**5% Discount off Cleanings and Fillings**

**7% Discount off Dentures**

### **Foot Trends Ltd.** (Retail Store)

#18 Rust Street, St Clair – Tel: 628-5483

Crocs Ellerslie, Ellerslie Plaza, Maraval – Tel:

225-6618

Crocs Trincity Mall – Tel: 221-2409

Crocs C3 Centre, C3 Mall – Tel: 225-6555

Generation Sportwear, Ellerslie Plaza – Tel:

277-7126

**5% Discount off Each Store**

### **FUNKY Pets** (Pet Shop)

#24, Patna Street, St. James - Tel: 628-0600

Trincity Mall – Tel: 640-8341

Website: [www.funkypetstt.com](http://www.funkypetstt.com)

Facebook: FunkyPetstt

**5% Discount off All Items**

### **Home & Garden Creations Limited**

(Accessories for Home & Garden, Plants)

Cor. Global Ave & Churchill Roosevelt

Highway, Aranguez South

Tel: 645- GROW (4769)

Facebook – home and garden creations

**10% Discount off on Selected Items**

**5% Discount off on All other items**

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

### **Innovative Computer Training Center Ltd.**

(Training and Development)

Top Floor, Corner Southern Main Road & La Clave St., Montrose, Chaguanas.

Tel: 219-ICTC (4282)

Website – [www.ictcedu.com](http://www.ictcedu.com)

**10% off All Training Courses**

### **MOZAIK AUTO LIMITED** (Tyre Shop)

#136, John Street, Chaguanas – Tel: 230-1491

Facebook – Mozaik Auto Ltd

Website – [www.mozaikauto.tt](http://www.mozaikauto.tt)

**5% Discount**

### **Nicholas Wellness Centre Limited**

(Physical Therapy Services - Medical)

#29, Providence Circular, Arima – 794-2626 / 7612814

Facebook – Nicholas Wellness Centre

**5% Discount off on All Services**

### **Positively Home** (Interior Design & Home Decor)

#180, Windsor Drive, Goodwood Park,

Westmoorings.

Tel: 487-5510

Website – [www.shoppositivelyhome.com](http://www.shoppositivelyhome.com)

**5% Discount off Interior Design.**

**10% Discount off Renovation Plans & Drawings.**

**5% Discount off Personal Interior Design Shopping.**

### **Yvette's Healing Space** (Health & Wellness Services)

#69, Eastern Main Road, Arouca

Tel: 298-2546

**5% Discount off All Labour**

### **PRIYADARSHINI** (Retail Clothing & Accessories)

Shop #156, The Falls at Westmall,

Westmoorings, Carenage

Tel: 637-0065

Facebook – Priyadarshini Trinidad

Website – [www.priyadarshinitt.com](http://www.priyadarshinitt.com)

**10% Discount off on Cash or LINX payments OR**

**7% Discount off on Credit Card Payments.**

**Discounts will NOT be in addition to other promos or sales.**

### **RAPHA Holistic Treatment Limited** (Holistic Therapeutic Massage)

#87, Montrose Main Road, Chaguanas

Tel: 753-4307

Facebook – Rapha Holistic Treatment

**5% Discount off on Therapeutic Treatment**



**Roxanne's Beauty Salon Ltd.** (Beauty and Massage Therapy)  
#105 & 106 Cross Crossing Shopping Center, Cross Crossing  
San Fernando. Tel: 657-2984  
Facebook – Roxanne's Beauty Salon  
**5% Discount off on hair services, Monday, Tuesday, Wednesday & Thursday (5% Discount off on retail items).**  
**Not on sale items. No discount on waxing**

**SBT Medical** (Medical Supplies)  
#2-4, Eastern Main Road, San Juan  
Tel: 237-8498 / 725-4728  
Facebook – SBT Medical  
Website – www.sbttrinidad.com  
**5% Discount off Products and Services**

**Simpliu Day Spa & Treats**  
(Full Service Day Spa)  
#36, Hummingbird Drive, Edinburgh 500, Chaguanas  
Tel: 721-3119  
Facebook – Simpliu Day Spa & Treats  
**20% Discount off on Pedicures, Manicures & Facials Every Thursday.**

**State of The Art Automotive Ltd.**  
(Oil Change and Auto Repairs)  
#58, Caroni Savannah Road, Chaguanas  
Tel: 222-0183  
Facebook – State of The Art Automotive  
**10% Discount off on All Labour**

**St Cyr Electrical Supplies**  
Lp#51, Broome Street, Four Roads, Diego Martin - Tel: 290-0080  
**2% Discount off**

**The Family Dentist @ St. Mary's Limited** (Dental Care)  
Lp #53, Mission Road, St Mary's Junction, Freeport  
Tel: 673-4542 / 322-6858  
Facebook – The Family Dentist at St. Mary's Limited  
Email – thefamilydentistatstmarys@gmail.com  
**50% off Dental Checkup**  
**10% off all Dental services not requiring a lab fee.**  
**5% off dental services requiring a lab fee.**

**The Surgical Specialist Centre**  
(Medical/Private Hospital)  
#5, Church Street, St James – 237-5593  
Caroni Savannah Rd. Charlieville, Chaguanas – 672-6639  
Tel: 868 SURGEON (787-4366)  
Facebook – The Surgical Specialist Centre  
Website: www.surgicalspecialist.co  
**One Free upper Gastrointestinal (GI) Endoscopy with One fully pain Screening Colonoscopy \*on the same day\***

**The Vehicle Management Corporation of Trinidad & Tobago**  
(Fleet Management)  
#22, Beetham Gardens, Laventille – Tel: 625-9028  
Union Hall, Cross Crossing, San Fernando – Tel: 652-0396  
Old Government Farm Road, Shaw Park, Tobago – Tel: 639-3540

Facebook – VMCOTT's Auto Stop  
Website: www.vmcott.com  
Email: service.department@vmcott.com  
**Free 40 Point Check.**  
**Free car wash with service.**  
**10% discount off for all TTARP card holders.**  
**10% discount off parts, labour and material.**

**Trinidad Eye Hospital** (Eye care services)  
TIMT Building, Corner Warren St. & Private Rd. St. Augustine.  
Tel: - 645-7565  
Acropolis Medical Centre, #99B, Circular Rd. San Fernando.  
Tel: - 301-8080 / 222-7972  
Royal Palm Plaza, Saddle Road, Maraval – 622-6619  
#153, Mission Road, Freeport – 225-6839  
Website: www.trinidadseyehospital.org  
**Optical Services: 50% Discount off Eye Exam by Optometrist.**  
**10% Discount off Frames, 5% Discount off lenses.**  
**Eye Doctor Services: 25% Discount off initial Eye doctor Consultation. Option to join Subsidized Pricing Programme:**  
**For selection of eye care services, Eye Injections, OCT Scans, Diabetic Eye Screening, Glaucoma Assessment & Cataract Surgery.**

## AMENDMENTS

**Almawi Limited The Holistic Clinic**  
(Health Care)  
Corner Buena Vista & Abercromby Streets, St. Joseph  
Tel: 662-1732 Whatsapp: 480-4325  
Website: www.almawiclinic  
Facebook: Almawi Limited The Holistic Clinic  
**5% Discount off on Manicures & Pedicures, Relaxation Massages and Medical Massages.**

**Bridgewater Nursing and Caring Home** (In home Care giving Services)  
#370, La Horquetta Boulevard, Arima.  
Tel: 750-7901  
Facebook: Bridgewater Nursing and Caring Home  
**15% on ALL Services**  
**PLEASE NOTE CHANGE IN PHONE NUMBER**

**Cosheb Professional Services Ltd.**  
(Oral Health Care)  
#9, Meerut Street, St. James.  
Tel: 680-6612  
**15% discount**  
**PLEASE NOTE CHANGE IN PHONE NUMBER**

**Furniture Plus Limited**  
Churchill Roosevelt Highway, San Juan  
#157 Western Main Road, St James  
#195 Eastern Main Road, Tunapuna  
Cor. Edward Lee & Cipero Streets, San Fernando  
Main Road, Montrose, Chaguanas  
Tumpuna Road, Arima  
Tel: 675-3373  
**10% off on all Furniture**  
**5% off on all large and mini appliances, mattresses and accessories.**  
**Offer does not apply to current promotions.**  
**PLEASE NOTE THE CHANGE IN DISCOUNT.**

## DELETIONS

**Hometown Pharmacy Ltd.**  
**Kristina Shoe Store**  
**Nuvachi Health & Wellness**  
**My Doctor Limited**

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# Recipe

## *Baked Plantain and Spinach Wrap*

This is a healthy, oil-free, low-calorie, baked plantain and spinach wrap! It's super easy to make and really tasty – combining the sweetness of ripe plantains with the spiciness of the spinach filling. It's a perfect meal to serve to guests that have specific dietary needs (i.e. vegans/ people looking to cut cholesterol levels). And, it's pretty too!

Serves 1

Prep Time : 5 min

Cook Time : 20 min

Total Time : 25 min

### For the plantain

1. 1 ripe plantain
2. Salt & ground black pepper to taste

### For the filling

1. 1 Cup Spinach
2. 2 small Red Bell Peppers
3. Pinch of round chilli pepper
4. Pinch of ginger and garlic spice
5. 1 tablespoon soy sauce (reduced salt version)

### Plantain

1. Preheat oven to 400F. Peel plantain and cut lengthwise to 3 or 4 slices
2. Place plantain on an oven tray lined with baking paper. Sprinkle with a pinch of salt and black pepper and place in oven for 15-20 minutes or until fully cooked and golden in color
3. Note: plantain shouldn't be baked until it is too crisp to aid wrapping process

### Filling

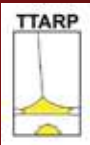
1. Chop spinach and bell peppers and place in a pot with soy sauce. Place pot on medium heat
2. Season with ginger, garlic and chilli peppers
3. Cook for 2-3 minutes, to prevent spinach from going too limp and losing freshness.

### Wrap

1. Wrap plantain in cylindrical form and use toothpick to hold it's shape
2. Scoop a spoonful of spinach filling into each plantain wrap.







## LA BREA - Black Gold

by Denis Marchan, Chairman

### Cancer Walk

An invitation to support a Cancer Awareness Walk by the Fullerton Women's Group in September was readily accepted and the Black Gold Zone and other groups from the district of St. Patrick's took up the challenge. This walk for a cause was well attended and it was agreed to support it again next year.

80



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# Laughter



Reaching the end of a job interview, the Human Resources Officer asks a young engineer “And what starting salary are you looking for?” The engineer replies, “In the region of \$40,000 a month, depending on the benefits package.” The interviewer inquires, “Well, what would you say to a package of five weeks vacation, 14 paid holidays, full medical and dental, company matching retirement fund to 50% of salary, and a company car leased every two years, say, a red Mercedes Benz?” The engineer sits up straight and says, “Wow! Are you kidding?” The interviewer replies, “Yeah, but you started it.”

A: I have the perfect son.

B: Does he smoke?

A: No, he doesn't.

B: Does he drink whiskey?

A: No, he doesn't.

B: Does he ever come home late?

A: No, he doesn't.

B: I guess you really do have the perfect son. How old is he?

A: He will be six months old next Wednesday.

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

In a Catholic school cafeteria, a nun places a note in front of a pile of apples, “Only take one. God is watching.” Further down the line is a pile of cookies. A little boy makes his own note, “Take all you want. God is watching the apples.”

A woman was taking an afternoon nap. When she woke up, she told her husband, “I just dreamed that you gave me a pearl necklace. What do you think it means?” “You'll know tonight,” he said. That evening, the man came home with a small package and gave it to his wife. Delighted, she opened it to find a book entitled “The Meaning of Dreams.”

A mom texts, “Hi! Son, what does IDK, LY, & TTYL mean?” He texts back, “I Don't Know, Love You, & Talk To You Later.” The mom texts him, “It's ok, don't worry about it. I'll ask your sister, love you too.”

A kid asks his dad, “What's a man?” The dad says, “A man is someone who is responsible and cares for their family.” The kid says, “I hope one day I can be a man just like mom!”

Don't break anybody's heart; they only have 1. Break their bones; they have 206.



# TTARP Zonal Groups

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

## ARIMA "Eastern Angels"

Meeting Place - Arima Tennis Club – Railway Road, Arima  
 Meeting Date and Time - 1st Friday of each month @ 3:00 p.m.  
 - Every Friday (except Public Holidays) from 1:00 pm – 6:00 pm  
 Chairman - Peter NOCK, 718-9571 / 310-5929  
 Secretary - Carol BAIN, 754-0077  
 Treasurer - Margaret ISAAC, 775-8292  
 Email - harrypeters@yahoo.com or 1nocksypetes@gmail.com  
 or annette\_d55@yahoo.com or carolcbain@yahoo.com  
 Colour T's shirt - LIME GREEN

## BELMONT "Bees"

Meeting Place - St. Andrews Home, Belmont Circular Rd., Belmont  
 Meeting Date and Time - 4th Tuesday of each month @ 5:00 p.m.  
 Chairman - Gloria JONES, 620-1596  
 Vice Chairman - Stanley JOB, 770-5029  
 Secretary - Delano GEORGE, 792-7120  
 PRO - Louise QUAMINA, 792-3017 / 623-7453  
 Email - patcrossley95@yahoo.com or quaminalouise@yahoo.com,  
 or ledano\_lecic@yahoo.com or gloriajr147@gmail.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 or y.knights59@yahoo.com  
 or portiadelsilva@yahoo.com or faithcalliste51@yahoo.com  
 Colour T shirt - ORANGE

## DIEGO MARTIN "Western Pearls"

Meeting Place - North Diego Martin Community Centre, Church St., Diego Martin  
 Meeting Date and Time - 2nd Saturday of each month @ 3-5 p.m.  
 Chairman - Emerita SAMBRANO-CHRUCHE, 758-4601  
 Vice Chairman - Elizabeth NANTON, 789-7058  
 Secretary - Claudette SMITH, 757-5199  
 Email - keyevents14@gmail.com or claudette238@gmail.com  
 Colour T's shirt - BURGUNDY

## FYZABAD "Evergreen"

Meeting Place - Fyzabad Regional Community Complex  
 Meeting Date and Time - 3rd Thursday of each month @ 10:00 a.m.  
 Chairman - Errol BAPTISTE, 753-9862 / 649-2132  
 Vice Chairman - Monica NELSON, 394-5571 / 649-1866  
 Secretary - Kay FRANCIS, 742-0229 / 389-9180 / 649-5761  
 Email - earlynbaptiste@gmail.com 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 - Dennis MARCHAN – 774-2701  
 Vice Chairman - Angela CARTY-JOSEPH – 747-3927

## HEAD OFFICE:

45 Tragarete Road, Port of Spain.

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

Secretary - Yvonne HENDRICKSON-MARCHAN – 744-7049  
 Email - dennismarchan110@gmail.com or yvonnehendrickson6@gmail.com  
 Colour T's shirt - LILAC

## PRINCES TOWN/RIO CLARO "Royals"

Meeting Place - Princes Town Senior Activity Centre, Cor. High Street & Lathan Junction, Princes Town, St Stephens Anglican Church Compound.  
 Meeting Date and Time - 3rd Saturday of each month @ 2:00 p.m.  
 Chairman - Stanley JOSEPH, 446-6359 / 348-0956  
 Vice Chairman - Barbara PAYNTER, 731-4479  
 Secretary - Annmarie PAUL-ROBERTS, 754-5361 /  
 PRO - Ramchand KALIPERSAD, 359-3042  
 Treasurer - Patricia NOEL, 779-3459  
 Email - anniepr89@gmail.com or rkalip@gmail.com  
 Colour T's shirt - WHITE

## SANTA CRUZ "Cruzers"

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

## SAN FERNANDO "Purple Diamond"

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

## TOBAGO "Corals"

Meeting Place - Happy Haven School - Signal Hill, Tobago  
 Meeting Date and Time - 2nd Saturday of each month @ 3:00 p.m.  
 Chairman - Selby COLE, 390-0142  
 Vice Chairperson - Winston GORDON, 678-9393  
 Secretary - Rawle ANDERSON, 374-8677  
 Email - ttarptobago@yahoo.com or andersonrawle@yahoo.com  
 or selby\_cole@yahoo.com  
 Colour T's shirt - BLUE/YELLOW

## TOBAGO (Pembroke "Cultural Stars")

Meeting Place - Pembroke Heritage Park  
 Meeting Date and Time - 2nd Monday of each month @ 3:30 p.m.  
 Chairperson - Lecia ROSS, 639-3029 / 391-2228  
 Vice Chairperson - Agnes ALFRED, 635-0818 / 398-6045  
 Secretary - Carmen CHARLES, 759-4244  
 Email - meltaedwards@gmail.com or carmencharles27@hotmail.com  
 Colour T's shirt - ORANGE/GREEN



## PROSTATE MANAGEMENT (HIFU)

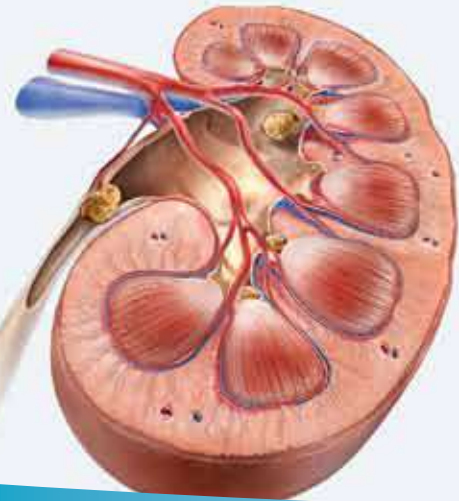
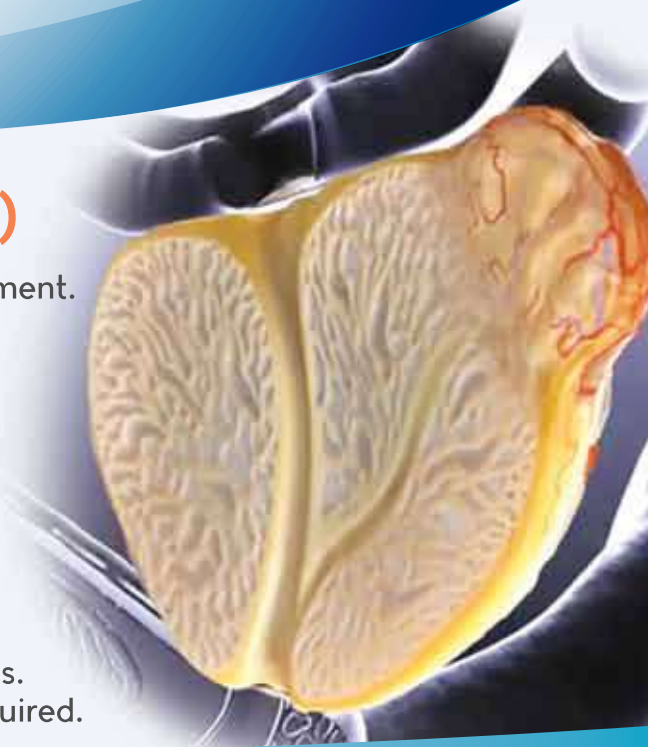
The Prostate has two major areas that demand urgent treatment.

1. Prostate Cancer
2. BPH or Enlarged Prostate

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

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

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



## KIDNEY STONES (LITHOTRIPTER)

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

Other methods of management:

Same day ureteroscopy and internal shattering with a specific laser.

## ERECTILE DYSFUNCTION (IMPOTENCE)

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

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

