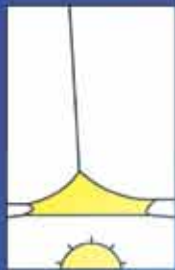


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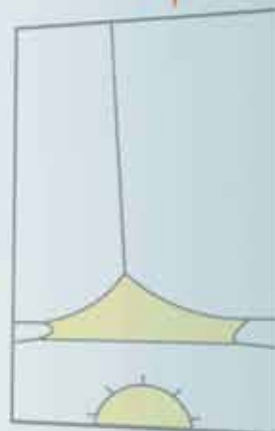


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ISSUE #3, 2020

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Tomorrow...



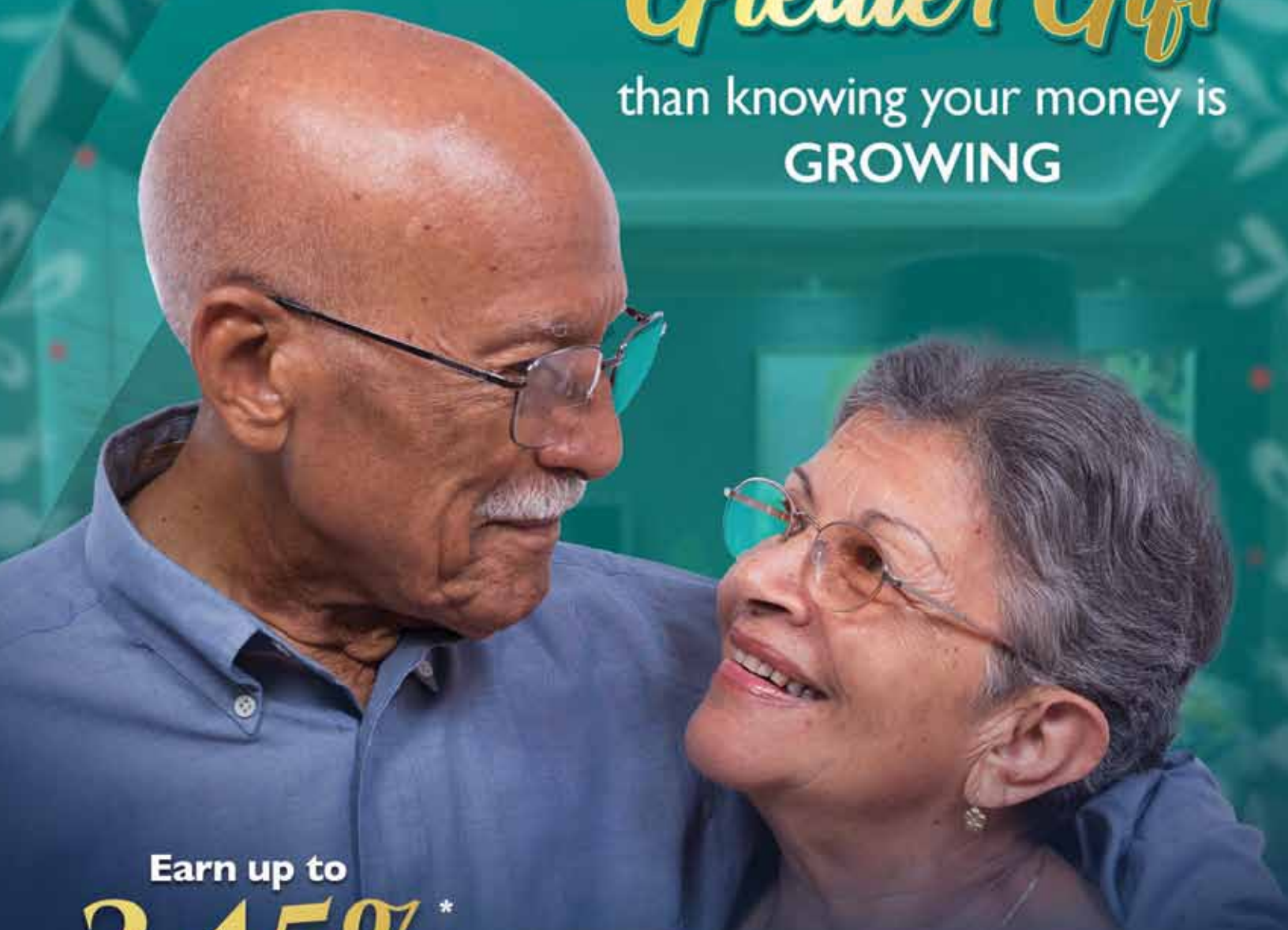
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Comments from the Board

Here we are again, it's the season of Christmas.

This year has certainly dealt us a blow, yet if we are reading this, we have lots to be thankful for, and should rejoice and smile. We made it to the end of 2020.

Hit fast forward to 2021, a year that we are counting on to be the platform much needed to build new dreams, hope, and provide solutions.

We are still adjusting to the new normal, and some are coping better than others. Covid 19 has re-prioritized life, and with Christmas around the corner, the message of love, faith, and hope is even more pertinent in this pandemic world.

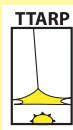
TTARP encourage you to reflect on your relationship with family, friends and your God and strengthen their bonds. We continue to be a pillar for our Senior Citizens, and as stated by our President Peter Pena, "we face a future with both enormous opportunity and untold challenges. In order to serve people better we (TTARP) 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."

Merry Christmas and a bright 2021 from President Peter Pena, the Executive Board and the Staff of TTARP.

Please note :-

- 1. TTARP has introduced ONLINE PAYMENT for new or renewing members. (see Ad on page 5).**
- 2. A Resolution was passed to postpone the Annual General Meeting (AGM) until further notice due to Covid restrictions.**



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+

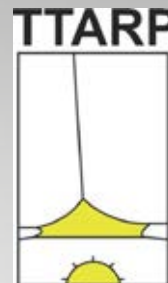
- **The following are TTARP's Recommendations to GORTT and others on behalf of Senior Citizens now in effect :-**
1. Fee Exemption for the renewal of a Trinidad and Tobago Passport.
 2. Fee Exemption for the renewal of a Trinidad and Tobago Driver's Permit.
 3. Exemption from Trinidad and Tobago Airport 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 2020



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THE CRUZERS (Santa Cruz Zone)

by 'Cruzers' Trustee 1 Euphemia Durant

MERRY
Christmas
& HAPPY NEW YEAR

Cruzers COVID Initiative

Due to the onset of the global pandemic, COVID-19, and following the instructions of the Government, guided by the very knowledgeable health professionals, Cruzers held its last monthly meeting in February 2020. Since then some members have been keeping in touch, virtually, thanks to modern technology. Email and Whatsapp, through our Cruzers Chat Group, have definitely brought a level of mental stability to some of us! No doubt, too, prayers have kept us afloat.

Our biggest disappointment, however, came when it was realised that the event for our 10th Anniversary celebrations had to be cancelled. Much planning had already gone into us hosting our fellow TTARPer on June 13th but the pandemic dictated otherwise. However, the Executive unanimously took a decision to re-direct our anniversary budget towards providing a measure of relief to some members of our Group in light of the economic situation being faced.

In keeping with the Mission of our Group, this initiative was extended to some members of our Santa Cruz/ Bourg Mulatresse/San Juan Communities. As a result, we were able to provide twenty-seven (27) persons



Cruzers Zonal Communication Officer, Jacqueline Austin presents a bouquet to 'Pain & Nutrition Therapist' Mrs. Anna Kay Seaton after a lecture at the February 2020 monthly meeting.

with supermarket vouchers worth Four hundred dollars (\$400.00) each which enabled them to purchase groceries based on their individual needs.

We at Cruzers continue to be safe and look forward to meeting with our fellow TTARPer in the future.
"WE ARE ALL IN THIS TOGETHER".

CB0

Throwback



Mr.Cecil Paul being presented with his token at Mother's /Father's Day celebration last year



*African Queens
Brenda Agard
and
Charmain Maule
at Cruzers
Emancipation
function 2019*



Cruzers Christmas dinner 2019



Lady in Red Joan Morrison models at Cruzers Tea party 2018



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Here's to good health: Tips for using Coconut Oil

by Rachael Greene



Island living is synonymous with picturesque beaches comprising white sand, blue water and coconut trees. Often overlooked due to widespread availability, these slender, dancing silhouettes often seen in the background of teeth-filled vacation photographs now command the forefront of scientific research and discovery.

Central to this research is the oil produced using the coconut meat also known as copra (endosperm) from within the seed. Research has cemented its place as one of the best oils for use due to its intrinsic qualities and variety of uses.



Coconut Oil is a proven, natural bactericide and virucide. The oil is about 50% lauric acid which turns into monolaurin upon consumption. This compound is responsible for the antiviral, antimicrobial and antifungal properties. So convinced was the pioneer researcher of lauric acid Dr. Jon Kabara, that he developed and patented lauricidin for internal use, a "monolaurin" extract derived from Coconut Oil, stating that "Our monolaurin is a natural, plant-based medium chain saturated fatty acid extracted from Coconut Oil that offers unique health-promoting properties".

Companies today produce a range of body care products based on the Coconut Oil extract, including toothpaste, deodorant, hand cream, body lotion and hand sanitizer. All of which we can make for ourselves in the kitchen.

Most of us are familiar with the traditional uses of Coconut Oil for cooking, hair and skin care. Try replacing all hard fats in baking with Coconut Oil and you will taste and smell the difference.

The Coconut Research Center summarizes some of the health benefits of this new superfood based on scientific studies:

1. Nourishes the brain- It improves cognitive function, and stalls, or even reverses, neurodegenerative diseases like Alzheimers.

2. Supports the immune system – destroy viruses and bacteria which cause influenza, hepatitis, ulcers, throat infections, urinary tract infections, pneumonia, gum disease and cavities.
3. Kills fungi and yeasts - that cause candidiasis, ringworm, athlete's foot, thrush, diaper rash and other infections.
4. Provides a nutritional source of quick energy- boosts energy and endurance.
5. Keeps diabetes in check - Improves insulin secretion and utilization of blood glucose.
6. Controls cholesterol: Lauric acid protects your heart by reducing bad cholesterol while increasing good cholesterol.
7. Helps protect against osteoporosis.
8. Softens skin and reduces dryness and flaking.
9. Promotes healthy hair and complexion.

What are the ways to get the best benefits of Coconut Oil?

a) Use as a food supplement daily for vibrant health and energy – one to three tablespoons per day. If you can't drink it straight then just drizzle on your food.

b) Oil pulling is an ancient practice of swishing about one tablespoon of oil in your mouth for about twenty minutes and then discarding it. This helps to reduce bacteria that causes cavities and plaque and bad breath.

c) Frequent users claim that this mask works better than Botox to tighten the skin! Mix 1 egg white, 1 teaspoon of Coconut Oil and 1 teaspoon of lemon juice. Apply the mask on your face and let it stay for 15 minutes. Once it is done, rinse off with normal water.

d) A very effective deodorant can be made using 6 Tablespoons Coconut Oil, 4 Tablespoons baking soda, 4 Tablespoons arrowroot or cornstarch, essential oils (optional).

e) Massage the soles of your feet before bedtime. A good foot massage relaxes, gives a good night sleep and helps to ease pain caused by poor circulation.

Go get yourself some or make your own Coconut Oil and experience all the benefits that good "ole" Coconut Oil can bring to you.



In Memoriam Carol Vasquez

The Board and Management of TTARP express sorrow at the passing of Carol who was the Founder and President of the Grenada Association of Retired Persons (GARP) from 2010 -2020.

TTARP was instrumental in providing guidance during the formation of GARP, and over the years both organizations maintained a bond.

Carol, will surely be missed by her counterparts in Trinidad & Tobago.

May she Rest in Eternal Peace.

BELMONT B's (Belmont Zone)

by Lydia Pierre, Member



Greeting

The members of the TTARP Belmont B's extend best wishes to the entire TTARP family and hope we all maintain good health and happiness during these challenging times. We beseech all to keep to the advised protocols to ensure we all come out of this tunnel of despair strong, healthy and wiser for the experience.



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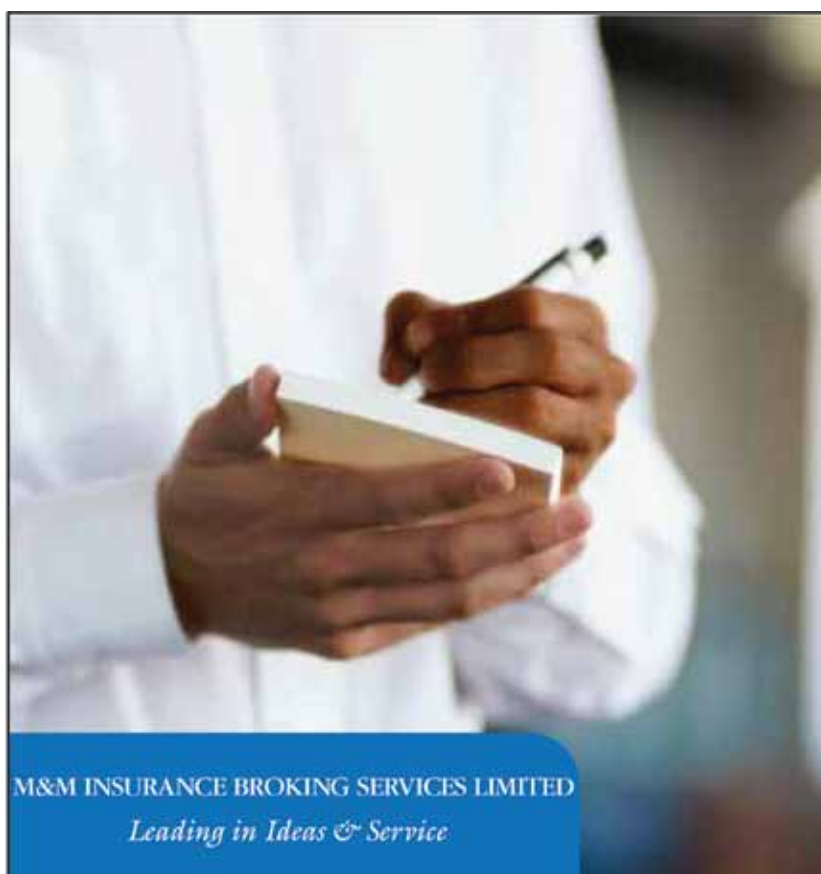
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Chocolate does not judge, **Chocolate Understands**

By Dr. Sanjay Pooran - MD, FRCPI, FFPHMI, FFPH, MFFLM, LLB, MBA, MSc
Specialist Infectious Disease Physician and Consultant Public Health Physician



Make life funny they say. You know, see the best in all situations. Don't know why folks say they are waiting for 2020 to end, as if all problems this year come to a grinding halt on December 31st.

I say embrace the change. Its funny when you scan Facebook, and the proverbial best of intentions happy monkey jumps at you with lustful abandon wearing spandex and carrying a yoga mat.

With our waistlines pushing grocery carts down the happy lane of contentious sugary heaven, we have come to embrace that the sweet delights of distraction, give us solace in times of hardship. (COVID-19 anyone?)



What is it about chocolate that speaks to our own desires of wanting comfort, as she cradles our insecurities with thick strokes of delicious and devilish treats? Chocolate has been touted as a

treatment for agitation, anaemia, angina and asthma. It has been said to awaken appetite and act as an aphrodisiac.

You may have noticed we're still on the letter A.

So, let's get to the specifics and avoid adding to considerable existing confusion, it is the seeds of the Theobroma cacao tree that have, over hundreds of years, been linked to cures and therapies for more than 100 diseases and conditions. Their status as a cure-all dates back over 2,000 years, having spread from the Olmecs, Maya and Aztecs, via the Spanish conquistadors, into Europe from the 16th century. What we have today is the product of clever marketing and scientific manipulation engineered by lobbyists.

Milk and white chocolate are loaded with sugar and fat that trigger a dopamine fix, the latter two really should just be called "highly-processed interpretations of chocolate," because that's basically what they are. It's the processed sugars, salts and fats that make these varieties so tasty — which also makes them addictive.

New age living has told us that dark chocolate is better. But, before you dance the night away, note that they too are still high in fat, calories, caffeine and contains sugar. So, moderation would be key.

As we enter the new year with an unstable fabric of delusional resolutions, we must make small steps towards eliminating years of indulgent chocolate addiction. Those who dislike the bitter taste of dark chocolate can try these tricks to train our brain to appreciate it:-

1. **Start with a low percentage cacao.** Start low, go slow, and move up, overtime this will be the most practical approach.
2. **Eat more fruit.** Opting for fruit when you have a craving for something sugary is a move to train your taste buds over time to recognize natural sources of sweetness versus things chock full of added sugars.
3. **Decrease intake of milk/white chocolate.** If you eat milk/white chocolate and then have dark chocolate, the dark will probably taste awful. Consume more dark and it will naturally start to taste better.
4. **Psychological** - We tend to like unhealthy things because they overpower our neurochemical responses. Convince yourself of the benefits with healthier foods, over time they won't be as aversive.
5. **Get creative with pairings.** Pair dark chocolate with something naturally sweet like blueberries or raspberries or another fruit.

Also try to walk 10,000 steps a day! Good Luck the struggle is real.



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EASTERN ANGELS (Arima Zone - EAAZ)

by Annette Young, Public Relations Officer.

MERRY
Christmas
& HAPPY NEW YEAR

From Secretary to Vice Chair CAROL BAIN (TTARP EAAZ Member)

Carol Bain retired from bpTT in June 2014 and is currently enjoying her retirement with her three children, three grandchildren, and 83 years old mother, who is a joy and lives in Mayaro.

Certified in Events Management and a trained facilitator in Customer Service, she has a passion for service and therefore serving others comes naturally. Co-ordinating enjoyable events and working under pressure is a joy, and she always gives

her best to ensure that events are run smoothly.

An active member of TTARP Arima Zone since September 2017, she joined with the distinct knowledge that this was for leisure only, a place to lime when the weekend comes. Lo and behold one day while sitting quietly in the hall of the Arima Tennis Club, she was asked to take the minutes for the Chairman's meeting. The next month it happened again. It was approaching election time and she discovered they needed a new secretary. She was nominated, she accepted and was elected Secretary in 2019.

The secretarial role came to an end when she was

nominated Vice Chairman and elected via a by-election in February 2020, replacing the incumbent who had resigned.

Carol is also an active member of the Arima Santa Rosa Lions Club, having served as President in 2016-2017, and now again in 2020-2021. With a certificate in Advance Leadership training from the Lions Club International, she is the leader of 35 members of the Arima Santa Rosa Lions Club.

As the Vice Chair of TTARP's EAAZ, her wish is for the members to become self-sufficient; emotionally and intellectually independent.

Her Advice: "Do it all and



An elegant Carol Bain.

take life enjoyment to the max."

Her Watch Words: "Everyone makes mistakes – Relax, it's going to be alright"

Restricted Activities Due to Covid-19

- One of our vibrant and loved member, Thecklar Austin passed on Friday 23rd October, regrettably we could not attend physically, but many of us followed the online link and were able to pay our respects virtually.
- We had our ice breaker Zoom Meeting on October 28th 2020, and it was a pleasure to see so many familiar faces. It was such a happy hour.
- The Elected Committee held its first meeting on 5th November, where an elected members' Christmas dinner was planned. A menu of choice. Old talk and lime. Model your own clothes. Show off your Jerusalem dance and toast with enamel cups. The Members' luncheon of dumplings and salt fish is carded for December.
- A member, Sylvia Shallowe received an Award at the opening of the Arima Community Centre. Sylvia began her school life at the Arima Girl's Government Primary

School and by 1972 she was qualified as a trained teacher. In 2003, Sylvia joined TTARP's Eastern Angels Arima Zone where she served in various



TTARP Member, Sylvia Shallowe, wearing a red dress in the front row, at the opening of the Arima Community Centre where she was thanked for her contribution.

positions. At present, she is the Head of the Education Committee and was on the team that successfully nominated TTARP to receive the Humming Bird Medal Gold in the 2019 National Awards Programme.

- We are maintaining contact with our older members age 80 and over, some of whom are not too well, but most yearn for our regular Friday meetings.

- Members who were scheduled to go on a cruise under the stewardship of Mrs. Margaret Isaac, were quite elated to be refunded, less two hundred dollars due to the exchange rate. Thank you, Margaret.

"A Story - Once upon a time there was a virus called Covid-19"

by member Elizabeth Nicholas of Arima Zone

Once there was a virus
called Covid-19.
No one knew him, no one
knew about him.
He just appeared like a
thief in the night causing
turmoil throughout the
entire Universe.
Where he really come
from? Everybody wants to
know.

Some say he was born
in China around October
2019.
He was created to cause
havoc in America but
instead he back fired on
them Chinese and started
licking them up just so
killing thousands.
He did not stop there,
he play hero and spread
he germs all over, even
reaching we sweet twin
island of Trinidad and
Tobago.

"Why oh why?"
We had to change we
lifestyle to something call
New Normal, shutting
down we schools, we
cinemas, we beaches,
some of we work places
and even we bars.
"You done know how we
Trinis like to party, fete and
lime we could only gather
in ten.
How you expect we to
survive ?

God and all get in the

melee, we social distancing
from him.
First no church now only
50 percent attendance.
Borders are closed,
Tobago was a no no only
if you essential you could
go, but yet still we Spanish
counterparts coming in by
the boat loads.
"Ah feel you Mr. Covid 19
coming with them".

Washing hands regularly
with soap and water is
something we learn since
we small.
Imagine if we sick we have
to stay home.
How will we know what
wrong with we and get
better? We have to visit a
doctor or the hospital, you
don't think so?

Eight months now and
Covid still causing
destruction in the place.
The worst scenario for
we Trini is that it cause
the BEST show on Earth,
'We Carnival' to stop. It
didn't stop Labour Day
in Brooklyn or President
Donnie although they say
he was tested positive. "Ah
wonder fuh what"!

Wearing of mask is
necessary. Never in my
wildest dreams did I think
I would have seen people
entering banks with masks
on normal and is not a hold



up.
"So Mr. Covid 19, tell meh
nah how we could get rid
of yuh"?

"So you don't know? I hear
a woman name Kam...
Bee.... saying the sun will
kill me, and some Mark
man say drink puncheon

and lime".
"Dat is true"?
"Ha ha! I don't know where
they get they M.A.D.
from but don't worry this
pandemic will soon be
over.
I done see they open back
beaches, cinemas, casinos
and people gone back to
work normal.
Things coming to come".

"So we go be able to
function at we 'Old Normal'
soon"?
"Well.....I just close down
the World to do a slight
renovation really ."
"What....."!
"Yes, there will be a
GRAND opening soon just
have faith, pray, meditate
and follow procedures".

"Be Safe and Save
Life".





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Positive Energy



Ruth Salandy,
73 years, Western
Pearls Zone

Fit as a fiddle I am,
I beam with pride re:
the fruits of my labour.
Never regretted the
choice that I made
I can always share
with my neighbour.



**Shaffina
Mohammed**
56 years, Assistant
Secretary

Real Estate Agent showing
land to potential client
What a great feeling
helping people purchase
land.



**Annmarie Paul-
Roberts**
60 years , Secretary
Princes Town Rio Claro

The same way a car
is designed to go fast
we are designed to
move..... Our health
is our most valuable
wealth.



Irmin McKenzie
74years, San Fernando
Purple Diamonds

'In the time of your life....
LIVE!!!!.
Live joyously. Stay active.
Stay engaged. Stay
curious'.



Kylmin Duncan
68 years

I feel very happy
when my friend's
family and
neighbours say
how my roucou
improves their food
and enhances the
colour.



Neil Salandy

63 years pictured with
his parents John &
Evelyn Salandy (ages
98 and 94yrs), Both now
deceased about 4 years
now.



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Looking forward to 2021?

Not so fast....



By Dr Sanjay Pooran

Not so long-ago our world seemed pretty predetermined. Following a path of least resistance, we drifted between the colloquial conversations that life should not and could not (dare I be so arrogant), be a reflection of our own limiting beliefs and stunted ambitions. Ambitions driven by a lack of evidence and formulations of storytelling leaving Santa Claus wondering whether his naughty and nice list is worth the ambivalence from which it was created. Easter Bunny take note, tooth fairy stand back this is not your gig!

So, the door closes ever so slowly on 2020, it's the kind of slow that makes watching paint dry akin to formula one racing. We wait watching as it closes, making sure as to not hit us on the way out, tiptoeing towards the sunshine of 2021, destined to relegate 2020 to the forgotten hills of yesteryear.

The end of the year comes draped with the festivities of Christmas, designed to pour the flavor of hope and the strength of mankind into a ribbon of resolve, whose currency will not devalue at the turn of the season. That currency and a new found strength in evolving technologies should give us hope, that life with its many twists and turns, presents opportunities for growth (personal or otherwise), and this is part of the journey called life. Our response both collectively and individually speaks volumes to the human capacity of resolve and understanding.

Let's take a moment and respect those for whom this fight ended in defeat but resulted in a win for mankind, so that we can and must dance between the raindrops, soaking in the hope that yes, the new year, albeit slightly different, will present us with gifts of hope and survival.

There is no Christmas like a Trini Christmas. Even the afternoon shine of the sun has a different kind of

reverence. I cannot describe it. Stuck in traffic at this time somehow does not bring the same level of anxiety, as you can picture each vehicle moving slowly along to the sound of Daisy Voisin or Scrunter. Maybe you are thinking of the past comforts of Christmas which have now

been replaced by the isolation of rules and regulation destined to fight off COVID, or maybe the convenience of having a family outing to the shopping mall curtailed.

In the land of soca and sun, do not let the inconvenience of regulation stop the party in your veins. You must Obey the Regulations, Obey the Restrictions because they will save the lives of you and your loved ones, but let that Spirit of the season burn deep within the recesses of your own consciousness. That Spirit is what will carry you through this season and the next.

Let's take a trip back. The vibrations of Daisy Voisin having been immortalized through her music which

spreads a timeless message of hope, love, peace, tolerance and solidarity. Parang shapes the corridors of hope and festive engagement. If you are feeling a bit lonely and isolated this season, crank up to high bass your favorite songs and dance with wild abandon, regardless of who may be looking or laughing, and create your own Christmas experience.

Feeling the humbug hangover? Maybe it's time to renew old acquaintances. Pull out the book of numbers and make that connection. Perhaps there was an old flame or a secret crush (yes you know who you are). Ever wondered what it was like to have a crush before all this social media hype? You sit back and formulate physical attributes from mental recollections and match them to memory. Ahh the good old days. Now it's all about filter this and filter that. Well my readers tis the season to dance and make merry. If it's one thing this year has taught us, never let an



opportunity pass you by, love might be just a call away, no matter your age!

Creation is the child of crisis, and the crucible from which we drink, will ensure that no matter the problem, there will be a solution. At the time of writing we have not one possible vaccine, but six (6)! In under one year. If that is not a Christmas present worth noting nothing is.

Exercise the mind and innovate your experience to lasting memories. Create the fruit cake of your year, and savor every taste, every flavor so the mental gratification will override any feelings of sadness or loneliness. Find time for passion and compassion, and replace the retail therapy for which this season is known, with sharing knowledge and experiences.

It's been a tough year, mentally exhausting wondering if this isolation will ever end. But guess what? As in the Cover Photo of this Magazine, the grass has never looked greener and the sky is so blue. So, yes, we did have climate change this year and for once it was positive (albeit small), but our planet got to breathe again. We were forced to do like Richard "Nappy" Mayers and "Bring back the Ole Time Days" and what better time to do that than at Christmas.

So, dear TTARP Members, as we close the door on 2020, we look forward to opening the door to a brighter and more hopeful 2021.

Stay Safe.



NOTICE FOR TTARP's O50Q MAGAZINE

Every financial TTARP member should receive THREE (3) O50Q Magazines each year. The Magazines are published and distributed in the months of April, August and December.

They are MAILED directly to the address we have on file, and TTPOST may take anywhere from one week to two months to deliver.

If you DO NOT RECEIVE a magazine, it may be because of the following reasons :

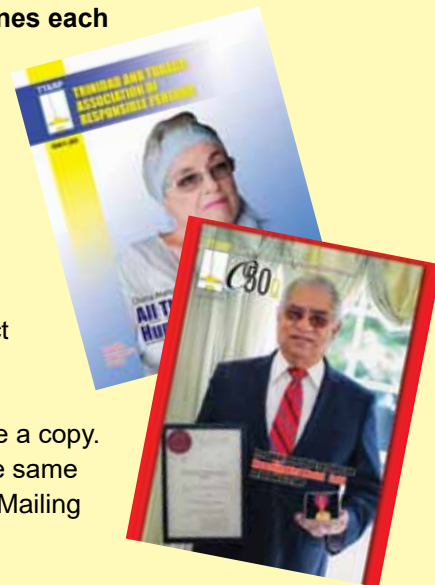
1. Your Address needs to be updated or corrected at TTARP. Please contact us.
2. Your Membership has expired. Please check your expiry date on card.
3. Your Payment has not yet been received. Only financial members receive a copy.
4. You were taken off the Mailing List because two or more persons with the same surname live at your address. You can request to be placed back on the Mailing List
5. You need to go to your local Post Office to collect your mail.

If none of the above applies, you can arrange to collect a copy of the magazine at our Tragarete Road Head Office.

Please note:

- We will not mail another copy to you.
- You can opt-in to receive Online Magazine Subscription only by sending us an email at ttarp1993@gmail.com with your name, card number and email address. You will not receive a hard copy via TTPost with this option.

Thank You. We need to stay in Touch!!



SOME OF THE 1993 PIONEER MEMBERS OF TTARP



By Joan Lowhar, Member of the Executive Board, TTARP

This feature continues to highlight some of the early Members of the organization who joined within our first year of formation (1993), and who has loyally maintained their Membership over the past twenty- seven years.



Lloyd Paul

It was a very inspiring phone conversation with Lloyd Paul, assisted by his daughter, Lystra Paul, who is also a member of TTARP. I was first astonished, when I asked him how he was occupying his time, and he replied, **"Looking for a job"**. His daughter then described to me his humorous spirit.

He was an ardent reader who occupied his time with crossword puzzles and word searches, and at 97 years his mind was sound, had no serious illnesses, and would routinely do his medical visits twice per year.

He was married to Rachael Paul, who passed in the year 2005; parenting five boys and two girls. A daughter predeceased him, leaving him with one daughter, Lystra who lives with him. Three of his sons live in the United States of America, and two live in Trinidad. Originally from L'anse Noir, Toco, he changed residence to Morvant in the year 1957. He worked at the Port Authority as a Senior Pay Sheet Clerk from where he retired in the year 1983. Until last year, he was a diligent church member of Rose Hill Moravian Church, heading the Men's Ministries, but after experiencing a fall, he no longer goes out on his own volition but waits to be accompanied.

He is the only surviving sibling of his parents, and although most of his family lives abroad, including grandchildren, nieces and nephews, there is a close relationship between him and them, as they recognise him as the patriarch of the family with years of wisdom from experience. They often seek his advice on matters, and keep in constant touch with him through video calling and the Family Chat group which was established. He said that the happiest day of his life was when they all returned to Trinidad and gathered for a family reunion in 2014.

He is a well-recognized elder in the district of Morvant, and was awarded some years ago, by the Cajuca Old

Boys and Girls Association for being one of the seniors of Morvant who contributed to the life of the community. This Association is now run by the generation after him and got its name from the street, Cajuca Street, Morvant.

With respect to TTARP, he mentioned that he and his peers had good times at the Annual General Meetings, and he enjoyed reading the articles in the Magazines.



Mary Patricia Milne

"I am very blessed". These were the words repeated intermittently, during our conversation. In a serene area of Diego Martin, she and her husband, James Milne were one of the first occupants of the fourteen villas where she still lives. Sadly, James passed twelve years ago. They parented three children, the only boy died, one girl

lives in Tobago and the other in Barbados.

She continued, ***"I live alone, but I am not lonely, for we live as one big family in this little community"***. She said that the residents were in communication with her on a daily basis and met all her needs. She celebrated her 92nd birthday on the 19th November.

Originally from San Fernando, she attended St. Joseph's Convent School, where she taught for a short time after leaving school. It became necessary for her family to reside in Port of Spain, because her father, Fabien Camacho who was a magistrate and later a judge, was transferred to the Courts of Port of Spain.

She subsequently married and travelled extensively with her late husband, James who was an employee of Texaco. She boasted of loving to drive from the age of 18 years, and never having an accident, and stopped only last year after sustaining a broken hip, but has recovered remarkably for she is now able to walk. She was accustomed to driving to do all her chores and shopping before the accident.

When asked whether she intended to drive when fully recovered, she replied negatively and explained, in words to the effect, that ***"one should be willing to concede***

when a chapter in one's life has come to a close".

She was inspired to join TTARP after hearing a lecture for seniors by Patrick Castagne, the composer of the National Anthem of Trinidad and Tobago, held at the St. Patrick's RC Church, Newtown. The theme of the lecture in her view, was the advantages of senior citizens joining an organization to support one another. She took the advice and became a member of TTARP.



Jocelyn Yearwood

On approaching her for an interview, she pondered whether she had any worthy contribution to make. However, after being explained that she had already made one of the best contributions by being one of the founding members of the

organization who has remained faithful, and for that reason TTARP in turn was recognising members like herself by highlighting them in the Magazine, she slowly complied.

She grew up at Belmont, received her secondary education at Tranquillity Government Intermediate School, as it was then called. At the early age of eight years she dreamt of being a teacher, so after leaving school she pursued that career. She was a graduate of the Teachers' Training College, and after marrying and having two children, she attended the University of The West Indies and obtained a Bachelor of Arts Degree in Economics and Sociology.

Her love for teaching was essentially at the primary level where the foundation is laid, she emphasized. She taught at many schools and ended her teaching career at the Mucurapo Senior Comprehensive.

She was married to Martin Yearwood in 1958 who was a public servant. He furthered his education, became an Attorney-at-Law, and was employed at the Department of the Attorney General. He died in the year 2008. They parented two children, a boy and a girl.

She commented that she thought the magazines were rather informative and interesting.





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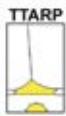
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ROYALS (Princes Town / Rio Claro Zone)

By Ramchand Kalipersad - PRO

MERRY
Christmas
& HAPPY NEW YEAR

Brief History of our Region

Princes Town

Princes Town is located in south Trinidad, east of San Fernando, west of Rio Claro and north of Moruga. Therefore, it serves as an administrative centre for a major part of south Trinidad. It has developed a name as a main shopping town for the southern region and is reputed to be one of the fastest growing towns in the Republic.

Originally known as the Amerindian Mission of Savana Grande, it was renamed after the 1880 visit by Prince Albert and Prince George. The Princes each planted a Poui tree at the Anglican Church yard. These trees are still surviving today after one hundred and forty (140) years.

The sugar industry was the major employer for most residents in the area. With the closing of it the factory in 2003, hundreds of workers were put on the breadline. In the area of culture, the early East Indian families brought to Cedar Hill Village, the festival of Ramleela.

Rio Claro

Rio Claro is the largest town in south-eastern Trinidad. It lies east of Princes Town, west of Mayaro and northwest of Guayaguayare. It is the major commercial centre for south-eastern Trinidad. It lies in a mainly agricultural area and the seat of the Mayaro Rio Claro Regional Corporation.

In the 1770's Spanish surveyors named "Rio Claro" after a small stream. A "Rest House" was built in 1850 when a road was cut from Princes Town to Mayaro. When the Government Railway was extended to the area the Name Rio Claro was formalised.

Hunting, lumber jacking and farming form a large part of subsistence in the area though it's not the main form of employment. Navet Village about 5 kilometres from the Town Centre is famous for dasheen plantations.

The town is known for its many rum shops; having over 2 dozen in a one-kilometre area of town centre. The main reason being it's one of the last towns before reaching the Guayaguayare Oil Fields. These watering holes form a useful part in social activities and interaction in the area.



Poui Tree Planted by Prince George in 1880



Devil's Woodyard mud volcano in New Grant, first appeared in 1852. (National Trust Site)



Rio Claro Scale House (used in the colonial area for weighing oversized lorries a National Heritage Site)



Dasheen field in Navet Village



St. Therese RC Church, Rio Claro, built in 1928

References:

- Anthony, Michael (2001). *Historical Dictionary of Trinidad and Tobago*
- George Montique. *History of Rio Claro.*
- "Community Register PTRC"





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- Letters from your provider
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Shop #D 48
Lowlands Mall,
Lowlands, Tobago



TOBAGO CORALS

by Selby Cole

MERRY
Christmas
& HAPPY NEW YEAR

More Discount Providers for Tobago

The Corals Zone is on a concerted drive to increase the number of TTARP Discount Providers in Tobago. Presently, quite a few of the Business places which offer discounts in the Sister Isle are Entities based in Trinidad, which have Branches “over here”. While some of these Companies just mentioned can also be found in the Tobago Section of the Discount Directory, our Group has requested separate listings for all such Businesses, since, when shopping for goods, some of these same Branches could otherwise be overlooked by Consumers. An approach is now underway to have many home-grown Businesses added to the list of Tobago locations.

Needless to say, such an undertaking has to be a two-way street, since, in addition to being an advantage to our own Members, they themselves are expected to patronize the respective Merchants in return (“one hand can’t clap”). And so, Dentists, Opticians, Groceries and Hardware Stores, even Legal Luminaries are being approached by the Zone’s hard-working Public Relations Officer, Zilpah Edwards-Moore.

In addition, individual Group Members are being encouraged to bring on board Providers with whom they deal, by personally carrying invitations to these locations. It goes without saying that this Discount Thrust is expected to increase the number of Tobagonians who eventually become Members of TTARP.

I Dare You

Have you ever been given a challenge, had your doubts or misgivings, but eventually benefited from the results? Recently, several Members of our Group challenged one of our female Singers to enter a Virtual Vintage Calypso Competition here in Tobago. Would you believe she entered—and she got the first place in the Contest?

Yes, folks, our Member, Carol Francis, known in the Calypso World as “Timeless”, won the Competition hands-down, singing a composition of the Mighty Bomber, entitled, the “Bomber’s Dream”. In this rendition, Bomber relates how he went to sleep, and dreamt about the Mighty Spoiler, who gives him some useful advice about themes on which to sing.

Decked out like the famous Bard, in his well-tailored suit, broad tie, hat and dark glasses, our girl really gave a good account of herself. With this useful feat under her belt, our Star of the Day is the living proof that challenges—and dares—can very often work out to our benefit.

So, Members, the next time those around you give you challenges, or encourage you to higher heights, don’t even think twice. You just might come out on top, with one more achievement to boast about.



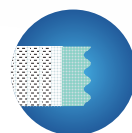
Carol Francis, The winner of a Tobago Virtual Vintage Calypso Competition.





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CENTRAL PRIDE (Chaguanas Zone)

by Yvonne Knights, PRO.

MERRY
Christmas
& HAPPY NEW YEAR

On March 13th the Covid 19 pandemic halted all activities at the Zone. Much to our delight and in spite of the challenges presented, the Coordinator of the Central Pride Models, Mrs. Carol Huggins-Benjamin, broke the monotony of the new normal by presenting to the general membership on October 18th a virtual Fashion Show entitled 'End of Year Fashion Collection 2020'. The Show was divided into four (4) segments – Casual Demin; Lydia's Collection; Designer Spotlight and Formal Glitter and Glamour, featured both models and their grandchildren. Attached are some of our models showing pieces in the various segments.



Christine Berahazar models a colourful African dress/pants outfit in Lydia's Collection



Karen Nesbit models a formal outfit with matching accessories in the Glitter and Glamour segment of the show.



Pat Paul models a black and white African outfit in Lydia's collection



Erma Hector models a formal outfit with accompanying mask in the Designer Spotlight



Lawrence Haynes in a casual denim outfit.



Karen Nesbitt models an African dress in Lydia's collection



Pat Paul models a Jumper, with and without an over coat, in the Casual Denim segment.



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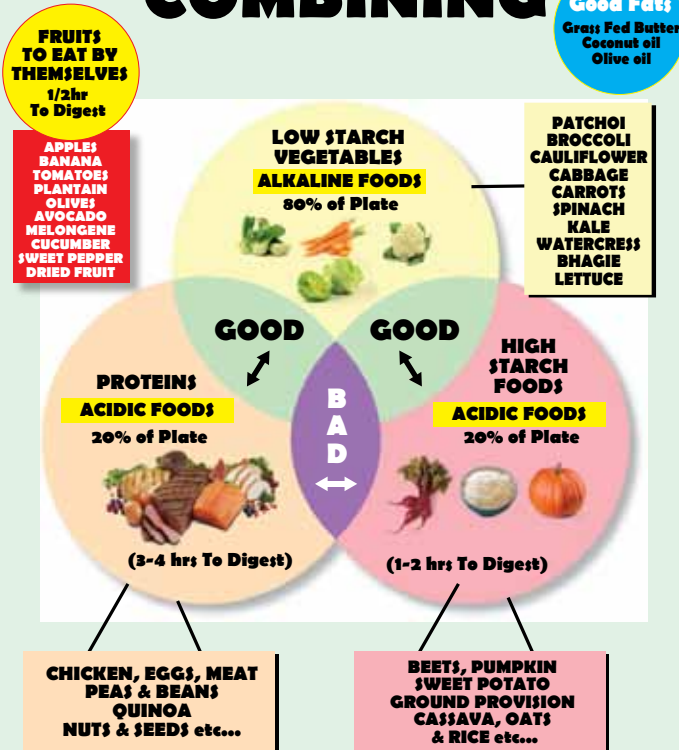
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FOOD COMBINING

by Tracy Lee Son
Certified Health Coach
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acid reflux. In addition, many persons who suffer with acid reflux or digestive issues believe that they have too much acid in the stomach and it is actually quite the opposite. They do not have enough stomach acid which is why digestion is so difficult. As we get older, digestion seems to be on everyone's mind.

Here are Seven (7) Tips to ensure that you digest your food the way the body was meant to:-

1. Do not drink and eat at the same time – if you do, you are diluting stomach acid and making digestion very difficult. (Drink a glass of water ½ hour before your meal and then wait to drink water 1 hour after your meal).
2. Create your own stomach acid to improve digestion. (Grate ½ teaspoon of ginger and add a sprinkle of Himalayan Pink Salt to it and have this just before your meal or when you get acid reflux. The Hydrochloric Acid in Himalayan Pink salt mixed with the ginger creates the right environment for digestion as it improves stomach acid).
3. Do not overeat - You do not leave enough room for digestion to effectively take place.
4. Do not eat between meals – When you are constantly eating, the body has to leave the digestion process of the meal you just ate and attend to the new meal at hand. This causes gas, bloating and indigestion.
5. Chew slowly – Digestion begins in the mouth when saliva is mixed with food. Chewing slowing improves the digestion process.
6. Food Combine – See chart (Never put protein and starches in the same meal, always eat fruit on an empty stomach and never eat fruit after a meal).
7. Give thanks for your meal – Gratitude is the foundation for healing.

Food Combining Simplified

- Eat Animal Protein with low starch vegetables
- Eat Peas and Beans with low starch vegetables
- Eat Quinoa with low starch vegetables
- Eat Hi Starch vegetables with low starch vegetables
- Eat fruit on an empty stomach in the morning and never after a meal

When foods are eaten together that are NOT properly combined, the result is bloating, gas and indigestion. This causes the body to crave sugars as a means of a quick source of energy as the poorly combined meal offered no nourishment to the body. This can eventually lead to malnutrition and low lying systemic inflammation and all the conditions associated with it.

*F*ood combining is the term used for an idea that certain foods pair well together, while others do not. The belief is that combining foods improperly can lead to negative health and digestive effect.

In this article, we would look at Food Combining to overcome Acid Reflux, improve Digestive issues and so much more.

As a Certified Health Coach who studied at the largest nutrition school in the world (The Institute of Integrative Nutrition), I have learnt how food could be your medicine. Working with clients of all ages, we always start with digestion. Once you can get digestion right then you can create energy to heal. You can also reduce inflammation in the body and as such you can improve blood sugar, blood pressure, reduce pain in the body and so much more.

In our nation rich in cuisine, we believe that healthy eating means we need to fill our plates with food from all food groups – protein, starch, peas and beans, salad and fruit followed by dessert all at the same time. Nothing could be farther from the truth. You see, our bodies use different enzymes to break down different foods. Some foods need acidic enzymes and some need alkaline.

When we fill our plates and engage enzymes of both acidic and alkaline together, we are effectively neutralizing stomach acids, hence many persons take medication for

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Website: Lauren-Prince-Construction-Company-Ltd.

Facebook: LP Construction Company Ltd.

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Facebook: Leprechaun Mini Mart

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(Professional Services, Trinidad
Discount Partners, Home
Improvement, Pest Control)

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Facebook: Mosco Insect Screens

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Tel: 298-5848

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#18, Picton Street, Newtown, Port of Spain

Tel: 628-2329 / 298-0580

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Facebook: Pearly Whites Dental Care
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Website www.pharmacentrett.com
Facebook: Pharma Centre
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Not to be used in conjunction with any other offer.
Maximum Single discount applies.
(ie. if there is a 10% promotion – a single 10% will supercede the TTARP discount).

PLANTATION BEACH VILLAS LTD. (Villa Resort)
Stonehaven Bay Road, Blackrock, Tobago
Tel: 639-9377
Website www.plantationbeachvillas.com
Facebook: Plantation Beach Villas
10% Discount off Accommodation

PRISTINE DENTAL SOLUTION
Upper Level, Atlantic Plaza, Atlantic Boulevard, Pt. Lisas, Couva
Tel: 610-7375 / 361-7929
Facebook: Pristine Dental Solutions
10% Discount off all dental services, exclusive of those that require lab work.

PRO TOOLS LTD.
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Tel: 290-4000
Facebook: Protocolstt
5% discount off

REDBOX ILLUSTRATIONS (Graphic Designing)
Lp. #51A, Irving Street, Francis Avenue, VIA Osborne Lane, Petit Bourg, San Juan.
Tel: 731-4773
Website www.redboxillustrations.com
Facebook Red Box Illustrations
10% Discount on Graphic Designing Project

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Recipe

Roasted Butternut Squash

Butternut squash is so good on its own, that barely any seasoning is needed. This recipe is so simple and easy.

Ingredients

- 1 butternut squash - peeled, seeded, and cut into 1-inch cubes
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- salt and ground black pepper to taste

Directions

Step 1

Preheat oven to 400 degrees F (200 degrees C).

Step 2

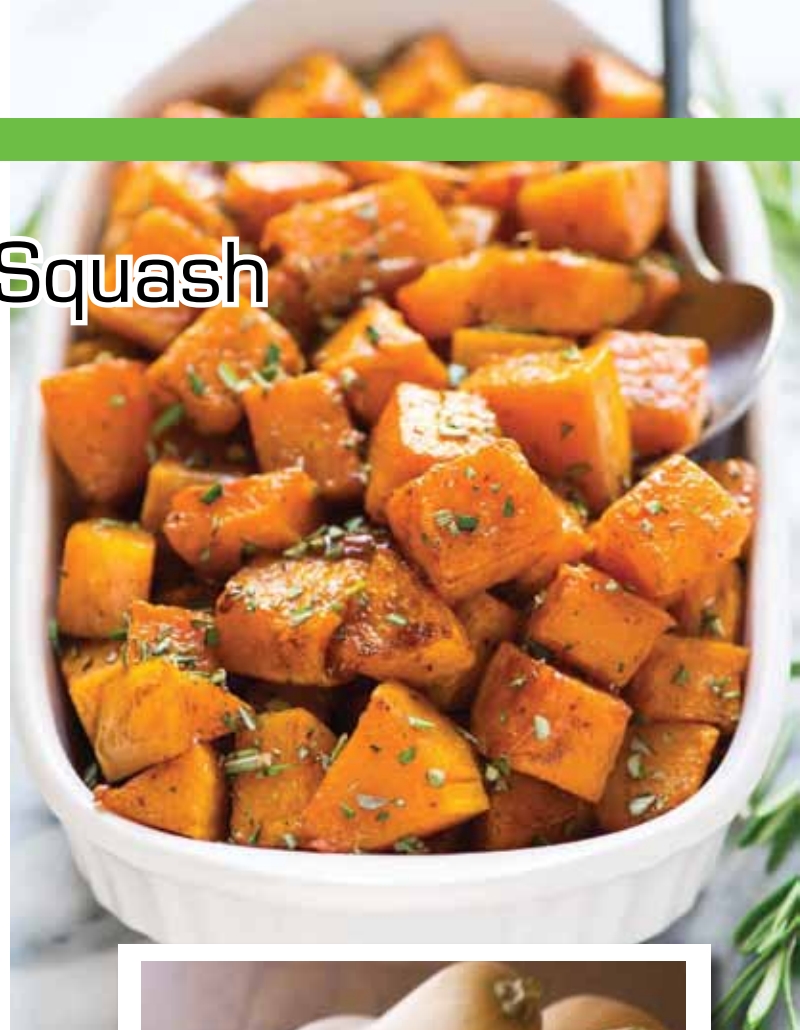
Toss butternut squash with olive oil and garlic in a large bowl. Season with salt and black pepper. Arrange coated squash on a baking sheet.

Step 3

Roast in the preheated oven until squash is tender and lightly browned, 25 to 30 minutes.

What Butternut Squash Can Do for You

- It's a great hydrator. One serving of butternut squash is roughly 87% water, which can help keep you hydrated.
- It's good for your immunity . Like other orange-colored fruits and vegetables, butternut squash is full of beta-carotene and alpha-carotene. Your body converts them to vitamin A, which is important for your immune system.
- It's excellent for your eyes. Butternut squash has lutein and zeaxanthin, often found in yellow fruits and vegetables as well as eggs. These protect your eyes from ultraviolet rays.
- It's a good source of fiber. Foods high in dietary fiber can help keep your weight in balance and lower your cancer risk. Research show colorectal cancer, in particular.
- It can help your blood pressure. Butternut squash is high in potassium, which can help keep your blood pressure in check.
- Its fiber helps with blood sugar. Butternut squash contains a type of fiber that's not digestible. If you have diabetes, it can help keep your blood sugar from rising after eating.



How to Peel Butternut Squash

Butternut squash is known for its thick, tough skin. Peeling it can be quite an arm workout, but there are a few ways to make it easier:

1. Cut a thin slice off the bottom and top so it will stand flat on a cutting board. Then use a knife or peeler to slice the skin off from the top to the bottom. Always cut away from your body.
2. Pierce the squash a few times with a fork and put it in the microwave for a minute or two. This will soften the skin and make it easier to peel.
3. Cut it in half and bake the squash with the skin on. It will easily peel away after it's done cooking.

PANDEMIC *Laughter*



- If you see me leaving this group, please add me again. It's just that I'm so desperate to go out!
- Never in my wildest dreams have I imagined myself entering a bank, wearing a mask, and asking for money.
- Never thought my hands would one day consume so much alcohol. Doctors are now looking at a new disease called cirrhosis of the hands.
- Quarantine seems like a Netflix series: just when you think it's over, they release the next season.
- I'm starting to like this mask thing. I went to the supermarket yesterday and two people that I owe money to didn't recognize me.
- Those complaining 2020 didn't have enough holidays, what now?!
- I need to social distance myself from my fridge; I tested positive for excess weight!
- I'm not planning on adding 2020 to my age. I didn't even use it!
- We want to publicly apologize to the year 2019 for all the bad things we said about it.
- My washing machine only accepts pyjamas these days. I put in a pair of jeans and a message popped up : "Stay Home"

CB0

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Maintaining private medical practice during the pandemic

The Covid-19 pandemic has sent ripples through all facets of societies in the world.

I think to be fair we have all recovered from the initial shock to the news of this terribly infective virus that can cause death to the vulnerable in our population. Having taken heed of the recommendations to avoid or restrict transmission which were

- Social distancing
- Face and nose covering
- Repetitive hand washing and sanitizing

Our big question is where do we go from here ?

The early news of a vaccination with high efficacy rate of 90% percent has been a sigh of relief for most people, but the practical part of distributing and vaccinating 60% of populations at least to create herd immunity remains a logistical nightmare in practical terms, particularly for smaller countries with less robust infrastructure.

The pandemic has been particularly hard on orthopaedic practices since a large percentage of our patients are in the vulnerable spectrum of elderly patients with pre-existing co morbidities. We at FAOC have done all that is necessary to protect staff and patients and to maintain a reasonable service.

For the staff, team assignment has allowed possible contamination to be restricted to only the team working together at the time. For the patients, all patients are being Covid tested prior to surgery so that our elderly patients who require hip and knee replacement surgery can be operated on safely and efficiently. We have cut our inpatient hospital stay to 1 1/2 days which decreases the possibility of nosocomial transmission so the benefit to the patient has been shorter stay and an expeditious delivery of elective procedures. In that light, the pandemic has forced improved and optimized care for our hip and knee replacement patients and has made most of the sports medicine operative procedures same day.



Dr. Derrick Lousaing

We are committed to continue improving our delivery of care. Our Clinic remains open full time to serve our patients and we are at present leaning to new technologies for surface and air sterilization to keep everyone safe. Our introductions will be FAR UVC technology and long-term surface sterilization into our environment in early 2021 will be crucial to maintaining sterility in our environment. Have a blessed and safe season.

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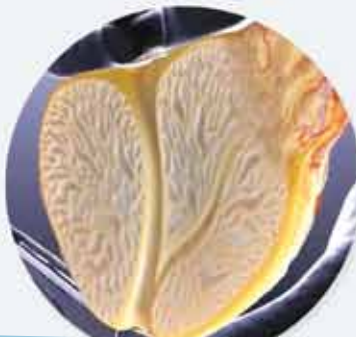
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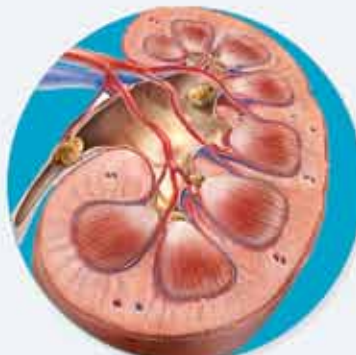
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