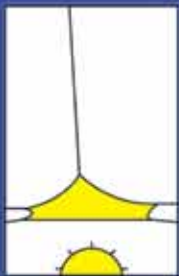


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ISSUE #2, 2020

50Q

A WOMAN OF RESILIENCE

Arminda Seebaran





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# Contents

- 20** Princes Town / Rio Claro Zone
- 22** Chaguanas Zone
- 24** If you have lost a loved one during the COVID-19 pandemic
- 26** Get Safe Online encourages Senior citizens to "Live Safe Online."
- 28** Additional Discount Providers
- 30** Recipe: Tandoori Chicken
- 31** Laughter
- 32** Tobago (Corals) Zone

- 4** Comments from the Board
- 4** TTARP Benefits
- 6** Arima Zone
- 8** A Different World Order: An opportunity to build back better
- 10** Caring for the Elderly/Aging/Immunocompromised Population
- 12** TTARP's Recommendations for Budget 2020/2021
- 14** Why were our Elders silent?
- 16** A Woman Of Resilience - Arminda Seebaran
- 18** Some Of The 1993 Pioneer Members Of TTARP

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# Comments from the Board

In these unprecedented days of COVID-19, the country continues to experience the challenges of the "New Normal" as outlined by the Ministry of Health. We urge you to continue to follow the guidelines bearing in mind that none of us are immune to this very serious virus.

Do not overlook the risk of family and friends who may visit regularly. In most cases because they are frequent visitors or close family one may forget to practice social distancing, the wearing of a mask, removal of shoes and washing of hands as it may indicate mistrust.

This virus is extremely active and anyone can come into contact with the virus in a spur of a moment. So please exercise all necessary precautions when in contact with family, friends, neighbours, the gardener, the postman, the pharmacist, the doctor, the cashiers, any and every one you may interact with.

At TTARP, we continue to provide avenues to keep in touch and to ensure that your membership continues to be active. Follow us on Facebook for updates, and contact us (via phone or email) with any changes to your mailing address, phone numbers or email address.

Our Website ([www.ttarp.org](http://www.ttarp.org)) has also been upgraded, so persons can now Join the Association or Renew online. In the very near future, the TTARP Mobile App will also be launched. Stay tuned.

Please continue to social distance, wear your mask and save lives.



## 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.

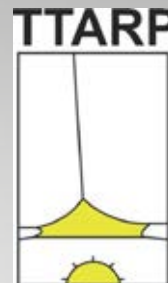
### BENEFITS FOR AGE 60+

- 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.

\* \* \* \*

September 2020

# Great News!



## You Can Now Join TTARP or Renew your Membership ONLINE



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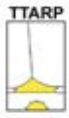


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## EASTERN ANGELS

(Arima Zone - EAAZ)

by Annette Young, Public Relations Officer.

### Carnival Lime 2020

'Very entertaining', 'I had a great time', 'a beautiful afternoon', 'another enjoyable function from the Events Committee', these were some of the feedback coming from members after our 2020 Carnival Lime at the Arima Tennis Club on Friday February 14.

The Carnival Lime was, of course, a fixture on our Calendar of Events. This time, members were invited to bring their drinks while a small selection of eats was offered for sale. The programme featured 'Ole Mas' and 'Vintage Calypso' presented by members of the zone in a space that had been decorated before-hand by hard-working members of the Events Committee, to look like a carnival venue.



Zonal Chairman, Mr. Peter Nock delivered a brief address and invited the audience to sing the National Anthem to get the proceedings under way. It being Valentine's Day a touch of romance seemed in order so Justin Subran our Musical Director was invited to serenade the lovers in the audience with a medley of love songs and he presented flowers to a few 'special' ladies.

After that it was ninety minutes of 'calypso and mas'. The audience enjoyed some of the old favourites from Blakie, Zandolie, Shadow and Funny. The singers were choir members Lynn Andrews, Lester Blackman, Justin Subran, Lloyd Jack and Louis Caraballo. They were supported by back-up singers and instrumentalists also from the choir and at times by the audience singing along.

Two 'ole mas' bands paraded before an enthusiastic audience of about 14,000 members and guests. These bands demonstrated the high level of serious thought and planning and even financial sacrifice with which members approached the activity.

The Band, 'Back to Basics' went back in time to a lifestyle of 'jooking boards', 'coal pots' and the enamel 'posey', with two ladies frantically trying to communicate via 'a piece of



marling and two klim pan'. And then there was the band, 'Ole Time Mas Come back Again' with immaculate sailor outfits and provocative 'Dame Lorraines'. There were sailors in full uniform, sailors stoking fire, sailors throwing powder and sailors on shore leave and they were all the focus of saucy 'Dame Lorraines'.

Finally came the lone 'ole mas' individual, Frank Sealey with a portrayal entitled 'I Not In Dat'. He stood quietly with a book of placards which he turned page by page distancing himself from murder, robbery, incest, drug abuse, misogyny and buggery. 'I too ole for dat', His last placard said as he turned away to reveal a small, strategically placed 'No Entry' sign on his backside.

The 'ole mas' was at times thought provoking, at times shocking, at times reminiscent and mostly hilarious. In other words, 'it was real ole mas' much to the enjoyment of the audience.

Stage presentations then gave way to DJ Tyrone George who provided a lively mix of music for dancing and jumping. Old favourites like 'The Electric Bogey' and 'Trinidad All Stars Woman on the Bass' helped to close the evening on a real high. By 6 O'clock with the kitchen all sold out and the coolers depleted, EAAZ members were on their way home satisfied and perhaps like true Trininis, planning for next year. High Fives for the Events Committee!

Photos by Ronald Orr







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# A Different World Order: An opportunity to build back better

By Dr Sanjay Pooran | MD, FRCPI, FFPHMI, FFPH, FHKCCM, LLB, MBA, DSc  
Specialist Infectious Disease and Public Health Physician and Fellow in International Strategy



It's humanities mea-culpa moment. Years of arrogance, bipartisan politics and a bunch of conspiracy theories that lack data driven scientific credibility has us wondering, is there any end in sight for what has become our daily fear of the unknown? The elegance and versatility of COVID-19 is matched in equal part to the death and destruction that seems boundless as civil liberties appear more like a privilege than an inherited right.

Our daily routines and challenges, have shaped our fears and insecurities for a future that unravels to the rocky road of generational genocide. We speak of days after, whatever that means could include discovering an effective vaccine, trading it for profit or favour, administering it to every human on earth, or adjusting our lives because an effective vaccine may prove elusive.

Global currents frame working our experiences of immediate and emerging crises are pervasive, omnipresent, and interdependent. It has been months since many countries implemented a lockdown to fight against the spread of the coronavirus. Many of us are planning what to do and where to go when the lockdown restrictions are lifted, however it is crucial to maintain adherence to the necessary measures to avoid infection even after lockdown. We need to be constantly reminded that the risks of contracting or spreading COVID-19 while taking care of your health during this period remain very high.

The forecasts appear one by one. Some of them are more optimistic, some not. But almost everyone agrees that, despite a decline of such unprecedented scale, humanity will still find the strength to recover. Values will change our lives and habits will change, and our homes will also change under that influence. With that in mind, here are some predictions for the changes that might occur.

## Home as the new office

During quarantine, most are forced to work from home. There will be those who on the first day after the quarantine, race to meet colleagues and drink that office coffee. But there will be others who will not want to return to the office. More attention will be given to the arrangement of the workplace at home. Spatial

organisation will change, with the place to work at home no longer a desk with a parody of an office chair and a lamp, slotted somewhere in the corner of the living room or under the stairs. Now it will be a completely separate room with large windows, blackout curtains and comfortable furniture. It will be technically equipped and sound-insulated. In response, offices will make more of an effort to win us back. Everything that the top companies have will become commonplace.

## Houses, not apartments

High-rise buildings were designed to organise as many people as possible in one place. Health and hygiene were not a consideration. In times of pandemic, it is necessary to reduce contact with everything that is used in multi-storey buildings: elevators, elevator buttons, door handles, surfaces and, above all, neighbours. After forced self-isolation on different floors above the ground, often without a balcony or terrace, we will all desperately want to have a house. It can be small, but with a courtyard and a terrace where you can have coffee in the morning. Throughout time, the primary function of the house has been safety. Initially, it served as a hiding place from bad weather and predatory animals. Then, tall stone fortresses were built to prevent the enemy from getting in. Today, people need a house that can effectively provide social isolation. More than an escape from routine and urban chaos, the house now offers a retreat from viruses and infections. Urbanisation takes a step back as we relocate to small villages and city suburbs.

## Self-sufficient power and water

The buildings of the future will be proud and independent, with their own water supply and heating. Geothermal wells are gaining popularity already. In addition to water, they can partially provide a home with heating. There will be several other sources of heating to have as a safety net: a stove, a fireplace, a solid fuel boiler, a fuel generator, solar panels. Autonomous mini-stations generating alternative power will become a reality. The goal will be independence from the outside world, minimising risks in the case of a full shutdown. Satellite internet is currently an expensive and inconvenient service, accessible only to certain individuals



and organisations, such as maritime transport, mining and construction companies, and military organisations. In the future, developments for civilian use will be accelerated, offering us very quick access to the internet.

## Rejection of mass industry

People around the world have been struck by photos revealing a new sky over China. After two months of forced abandonment of mass production, they could finally breathe fresh air. There are many more pleasant discoveries ahead. The new world will be about things that matter. There will be fewer objects, and they will be chosen more responsibly. More questions will be asked: are they made of natural materials? Does their production harm the planet? In addition, Governments will have to maintain local manufacturers to restore economic performance. Once you leave export and import, you will no longer be such frivolous cosmopolitans.

Wash your hands, stay at home and let's create a new worthy life that the planet will no longer want to lose.



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# PAHO

## Caring for the Elderly/Aging/Immunocompromised Population

While the COVID-19 virus can affect people of all ages, people who are over 60 and/or living with an underlying medical condition, or are immunocompromised are at greater risk.

Here are some ways in which you can protect yourself if you are over 60 and/or living with underlying medical conditions:

- Monitor your health for symptoms of COVID-19, like fever, coughing and difficulty breathing.
- If you have COVID-19 symptoms, contact a healthcare provider immediately, or call the Ministry of Health hotline at 877-WELL.
- If anyone in your household has symptoms, avoid physical contact and/or having visitors, and take heightened prevention measures.
- Try to maintain a healthy lifestyle: eat nutritious foods, get enough sleep, don't smoke, stay active and limit alcohol use.
- Remember to wash your hands frequently, keep objects and surfaces regularly disinfected, and keep the house well ventilated.
- Avoid sharing items like glasses, cutlery and towels with others.
- Keep taking your normal medications and make sure that you have at least a month's stock of all your regular medicines, in case it is necessary to stay at home. If you do need to stay at home, reach out to a trusted friend or family member to deliver groceries and other necessary items to your home.
- Follow physical distancing measures in your area and avoid shared spaces and large gatherings.
- Maintain your health appointments. When going to the doctor, wear a mask and avoid public transport as much as possible.
- Stay socially connected; maintain contact with friends/relatives frequently via social media, telephone or video chat. If you are feeling stressed or overwhelmed, reach out to your healthcare provider or someone you trust.
- Make a plan with a trusted relative or friend and decide how transportation will be arranged to seek healthcare.

### References:

- <https://www.paho.org/en/documents/infographic-covid-19-ways-you-can-help-elderly-and-people-underlying-conditions-living>

- <https://www.paho.org/en/documents/infographic-covid-19-ways-help-elderly-and-or-people-underlying-conditions-living-alone>





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# TTARP's Recommendations for Budget 2020/2021

**Each year TTARP submits, on behalf of its members, proposals to the Ministry of Finance for inclusion in the Annual Budget. Some of the benefits gained by seniors resulting from TTARP's submissions over the years are listed in the TTARP Quarterly Magazine on page 4.**

TTARP's Budget Proposals for the fiscal year 2020/2021 are summarized below:

1. Creation of a National Health Database System and the issuance of a National Medical Card for persons 60 years and over.
2. Inclusion of Alzheimer's medications in CDAP.
3. Establishment of a Special Diabetic Institute with emphasis on outpatient care and preventative medicine.
4. Hospitals and Health Care Facilities should have visiting Chiropodists (Podiatrists) at least once per month.
5. There should be regular public health education programmes in dedicated centers throughout Trinidad and Tobago promoting healthy lifestyles.
6. Physical medicine comprising physical therapy, occupational therapy and speech therapy, should be initiated early and successfully, to significantly improve the rehabilitative/curative outcomes for elderly patients. This can also decrease the length of stay and re-hospitalization of elderly patients.
7. The Pension Reform Working Group should review all aspects of pensions and welfare grants. TTARP should be represented on the Pension Reform Working Group
8. In keeping with the revised Homes for Older Persons Act No. 20 of 2007, TTARP should be represented on the Ministry of Social Development and Family Services Oversight Committee.
9. NIS Pensions should be the same dollar amount as the Senior Citizens Grant.
10. Property tax liabilities of house owners 60 years and over should be exempted or reduced based on an annual income below \$72,000.00.
11. Prohibit age discrimination in all sectors of the society.
12. There should be dedicated trained staff at public service offices such as passport, driver's permit, national ID cards etc., on special days each month to specifically treat with providing services to senior citizens.
13. Dollar amount increases in Senior Citizens Grant should also be applied to Government Pensions to the same dollar amount.
14. Fully installed CNG Kits at no cost to Senior Citizens 60 years and over who own and drive private motor vehicles.
15. A walk-over should be constructed for commuters using the Trinidad/Tobago Inter-Island ferry service in Port of Spain.
16. Expansion of the Water Taxi Transport Service to Point Fortin, Central, Cocorite and Carenage to relieve traffic congestion on the roads.
17. TTARP be granted a postal rate reduction or exemption for its quarterly magazine which promotes local business opportunities to companies and TTARP members who patronise those businesses. This will facilitate wider distribution of the magazine in Trinidad and Tobago to the growing number of TTARP membership.

*Prepared by Reynold Cooper – Executive Board Member, TTARP*







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# Why were our Elders silent?



**Anton La Fond**  
*An advocate for the elderly and disabled*

Time to remove the shades of disrespect that are masking the path to justice for the elderly and disabled in our society. For far too long the scales of justice have pitched their tents to cover the progress that is needed to fulfil what is required to uncover and open the way forward for the said folks.

Just imagine the general elections took a silent road as far as the elders were concerned.

Why was this done?

I am always troubled by the concept "if I had known", well, that is too late a statement.

Our elders stood quietly by without making their presence felt during the scattered form of verbal abuse in the election gone. The balance of what was, now dips low for self-motivation.

Well, well! What has this society come to?

No more is love between our people for self righteousness.

It is well-known that silence breeds contempt so with not a sound from our elders, the correct interpretation must be that they were quite content with the behaviour of the populace. One might have thought that based on our history, our elders would have come forward to make serious contributions towards the level of dissatisfaction that occurred over the past months.

The role of our elders is always to lead by example and not to just remain quiet and show no interest. What a sad time this society is going through. Some folks thought Covid-19 was mean but disrespect makes Covid-19 look like a piece of cake,

In times gone by when our elders spoke words of wisdom it plastered the elements to reach the minds of all, leaving no room for dotish responses. Today the sound of silence speaks so loudly it has become deafening. It is a pity that those who are weeping with dismay will have to creep through the hole of injustice and stand for what is right.

Elders are quite aware that impolite or discourteous behaviour could never protrude the wings of justice. Grace has and will always topple the growth of disconcerting views.

Is it that our elders have hit the apex of their lives and are now quite content to ride out into the sunset and turn a blind eye to what's taking place? If that is the case then our history will be in deep trouble.

No way must our elders turn their backs on society as their contribution will always be of tremendous value. Those elders who have passed must be churning in their graves knowing the hard work they put in to have this society where it was - please note I did not say is.

I feel sorry for the spiritual bodyguards. It may appear that their protection has tumbled into space but my advice is to not despair since faith and hope are two powerful ingredients to any problem. We are promised in the Good Book to be "not afraid". It would be interesting to observe if the silence was not sleepiness, for sometimes during our sleep we dream and sometimes dreams become a reality.

Let us begin again and show that we are people of high esteem and shall overcome whatever obstacles may present itself. Now is the time to create harmony among ourselves, together we will see us through this turbulence and can fight Covid -19.

Loving one another is meant to keep us together.

*In the spirit of growth*  
**Anton La Fond**  
*An advocate for the elderly and disabled*





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# A WOMAN OF RESILIENCE

## Arminda Seebaran

Meet Arminda Seebaran. A woman who is no stranger to the world of TTARP having sat on its Executive Board for more than ten years dutifully attending meetings and functions. Now at age 89, Arminda is gentle and poised yet as determined as she was when she supported the rights of women and seniors in her earlier years.

She was born in 1930 in San Francisco de Yare near the city of Maracaibo in Venezuela, as the first child to Lorenza, a Venezuelan citizen, and Alfred De La Rosa, a Trinidadian citizen of mixed Portuguese descent who had gone to work in the oil fields of Maracaibo. When Arminda was just six months old, Alfred accepted a job offer to manage an estate in Trinidad and so the family moved to Trinidad where they lived for a few months down the islands at Chacachacare before moving to various cocoa estates where her three siblings were born. Her father had two children from his previous marriage in Trinidad and so Arminda was also able to meet her half-brother and half-sister in Cunupia.

Arminda would tell her



children many stories, including one of the journey by donkey cart from an estate in Maracas Bay to the General Hospital for the birth of her younger brother, Pablo. In those days the road from Maracas Bay was not yet built so it took several hours through the forested mountain trails to get to the capital City of Port of Spain. Arminda was sharp and bright, she attended Haig's Girl's High

School, a premiere private school, where she got a full Senior Cambridge Certificate, the then equivalent of CXC, at a time when, in order to get your certificate, you had to pass all the subjects at once.

Her childhood days are full of memories riding bicycles through the countryside, particularly to the airport to see the planes take off or

land. Other pastimes were table tennis and playing various card games, All Fours being a favourite. Arminda remembered the train line running just twenty feet away from their front gate and the days when the now, City Gate, was an exciting and busy train station. As a young adult she rode her bicycle everywhere but before owning a bicycle they would walk from one village to the next, or if they were lucky to hitch a ride on a donkey or bison cart to get to the next village.

Arminda's first job was as a teacher at the Kelly Village Primary School and after one year was posted to Caiwal R.C. school just beyond Mayaro, which was very far away from home. She showed her true grit by boarding with a family in Sangre Grande to make her commute easier, and spoke of missing the only bus from Sangre Grande to Sangre Chequito, where she had to walk, hitch a ride by wagon, or get towed on the steering handle of someone else's bicycle.

She married her husband Leo Percival Bertram Seebaran, at age 22 and they had seven children





not getting up and going to work. More importantly, she also got involved with TTARP, where she sat on the board for about ten years and actively participated in the organization's activities.

Arminda was instrumental in developing many social activities for TTARP including the concept of a friendship gathering which was a huge success and allowed members to come together to socialize, network and meet each other, with the men providing the drinks and the ladies all the sumptuous eats with volunteer guest artistes and music. This event started on the inside of the Stollmeyer's Castle which TTARP quickly outgrew, but it bore fruit to another concept which led to the formation of the many zonal groups which now exist throughout Trinidad and Tobago.

Arminda has always been unrelenting in her support of TTARP and we look forward to celebrating her 90th birthday with her in December.

90

and through it all she never stopped working. After working with the Eastern Caribbean Currency Board for a few years, in 1966 she joined BWIA, now called Caribbean Airlines.

Arminda was a fiercely independent woman who despite never obtaining her driver's license, allowed nothing to stop her and made it to church religiously every Sunday with all her children by her side. She worked passionately at work and at home; was an amazing cook, baked lovely bread on Saturdays and always catered to everyone's needs as best as she could.

Arminda was always involved, always abreast of current affairs in the country and internationally, dedicated to the church, from being on the pulpit giving out communion, to volunteering her children to bake cakes for harvest and bazaars, to her involvement in the union at work. At BWIA, she was an executive of CATTU, the airline's union, fighting for fair representation and rights for airline workers for many years,

After retiring from the airline at age 60, Arminda proceeded to take on a new job of running a Lotto machine at the family bar in Caroni for the next twenty years of her life. She could not envision herself

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# SOME OF THE 1993 PIONEER MEMBERS OF TTARP



*By Joan Lowhar, Member of the Executive Board, TTARP*

*A*n organization by itself is naught without its members. And so, we continue to acknowledge those pioneer members who joined the Association when we were formed in 1993, and who have continued to be loyal members twenty-seven years later in 2020.

In following up, I found him in bright spirits. The magazine was read to him by his nurse, and he said, "words cannot express how I feel about this gesture of TTARP, showing appreciation, by acknowledging us, as the early members of TTARP".



## **VICTOR CUFFY**

Victor Cuffy was born in 1926, and presently lives in Point Cumana. At the time of joining TTARP, he recalls that there were probably just about 20 or 30 members, and he worked at T& TEC as a Costing Supervisor, where he was quite instrumental in encouraging many employees of T&TEC to join TTARP. When informed that the current TTARP membership is about 40,000 persons he expressed great surprise.

He described TTARP as a very productive organization, recalling that the last meetings he attended were at Maraval, but because of health reasons his movements have been restrained. He did not know of the Zonal expansion of the Association.

His wife passed, and they had three children. He is being taken care of by a nurse, and though he did receive the last magazine he could not read it because of his declining sight. The nurse promised to read some of the articles for him, including this special column.



## **THELMA FORDE**

A powerful voice answered the phone, and to my astonishment in bold expression I heard, "I am Thelma Forde". As one of the eldest members of TTARP having turned 99 years old on the 23rd August, you could've imagined my surprise.

Her daughter, Carol Augustin confirmed that Thelma answers all her phone calls and persons always comment on her strong voice which showed no sign of age. Thelma proudly stated that she had no health issues except for a fractured hip which she had sustained from a fall and did inhibit her movements, but fortunately she was not bed ridden. She had Issue # 3, 2019 of the 050Q TTARP magazine in front of her, and attested to reading all of the Magazines. The most recent magazine Issue #1 for 2020 was not yet received.

When I enquired how she passed her time, she replied,



"listening to the radio, chatting on the telephone and eating my belly full". She said that she was married to Oscar Forde who passed in 1995 and he was also a member of TTARP; they had four children of which three were still alive. She was not a "country girl", having lived in town all her life, was born on Woodford Street, attended Woodbrook EC Primary School, and now lives in Carenage.

Her daughter reported that she had a good sense of humour, and her brain was fully intact. She was a hardworking mother, dedicated to the home, her husband and children. She worked at the West Indian Tobacco Company (WITCO) for thirty-six (36) years.



## ELMA JAMES WILDMAN

A Tobagonian by birth who came to Trinidad in the year 1956 in search of employment resided in La Brea. Elma James-Wildman said that she is a private person, but she appreciated the effort of TTARP in recognizing its earliest members.

She was introduced to TTARP by an officer at Republic Bank, Point Fortin, during TTARP'S early promotions in 1993 and have since benefitted from the many discounts. She described the magazines as very readable and interesting.

She had surgery on her eyes, but has no other health issues and can perform all household chores without assistance. She left Trinidad and returned to Bethel, Tobago the place of her birth, in the year 2000. She was married in the year 1992 to Dunstan Williams who passed in 2013, he was also a member of TTARP. This was her

second marriage, and although late in life, it was a very happy one and they travelled to many countries.

Her hobbies were sewing, handicraft, knitting and hat making. However, her principal occupation was being in the service of God. She said that in her church community, and community as a whole she was recognized by all, especially the young people, as a well-known leader. She had served as a Sunday school teacher, Secretary, and had filled many other roles at the La Brea Methodist Church, and has continued to give this quality service at the Montgomery Moravian Church in Tobago.



## COVID 19 AND AH MISSING TTARP.

*By Annmarie Paul-Roberts (Secretary, Princes Town Rio Claro "Royals")*

Since Covid reach  
We cannot to each reach.  
No third Saturday meetings,  
No exchange of greetings.

Because of Covid virus,  
quarterly birthday celebration squash,  
We shared gifts, eats and drinks,  
Since Covid we could only rethink.

One day we drove through Paramin, oh it was so exciting.  
Next we visited malls downtown, now with the pandemic is only lock down.

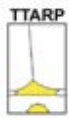
Ah missing TTARP bad, we not seeing the executive, remember how they are so effective.  
But worst of all is not seeing Mayling at all.

Also missing the hard working office staff, because of this Corona they can't plan nothing.  
As a result we not celebrating.

Ah missing TTARP, TTARP forever young, but don't worry.  
It may not be in a hurry, but someday to come,  
we will again sing a TTARP song.







## ROYALS

(Princes Town / Rio Claro Zone)

By Ramchand Kalipersad - PRO

# Royals Visit Green Market and Paramin Village.

On Saturday 14th March 2020, members of the "The Princes Town Royals" visited The Green Market at Santa Cruz and Paramin. After leaving Santa Cruz we journeyed to bottom of the Paramin Hill where we boarded three maxis to Paramin, whose drivers would be our tour guides for the day.

On that lovely, sunny day they took us along the steep, winding roads some of which were concrete. The rolling hillsides were planted with different types of crops ... truly amazing. Paramin is famously known for its herbs and seasonings. No visitor leaves Paramin without buying at least one bundle of seasonings and toolum made at the local toolum factory.

Our guides were very knowledgeable about all things Paramin; a place where everyone knows everyone else. They pointed out all places of interest and made stops where necessary. At one of these stops we were treated to genuine Paramin corn soup and coffee.

We marvelled at the poster of "The Paramin Man", Mr. Francis Felix who lived to a healthy one hundred and twelve (112) years.



*Waiting at bottom of the Paramin Hill*

The highlight of the trip was reaching the look-out at the top of the hill, which is one of the highest points on the island with a breathtaking view. The air was noticeably cooler, and we stared and ponder the day's events and our return journey.

CSO



*Some members at the lookout (Highest point)*

*Below: Enjoying corn soup*







## Making a Complaint to TATT!

### Before You Call TATT!

You may complain to TATT if you have an unresolved complaint in relation to the following services:

1. Mobile and Fixed Line Telephone
2. Mobile and Fixed Internet
3. Subscription Television (Cable and Satellite)

Complaints include: wrongful disconnection, loss of or poor quality of service and incorrect billing.

#### When Should You Complain?

Make your complaint to TATT after you have done the following and your matter is still unresolved:

1. You must first complain to your provider.
2. Be sure to:
  - a) Say "this is an official complaint".
  - b) Ask when the matter should be resolved.
3. Your provider will record your complaint and let you know when the matter should be resolved.
4. If the time you were given passes and the matter was not resolved, or if you are unsatisfied with the resolution **then you may complain to TATT.**

#### *Please Note:*

***You cannot complain to TATT at the same time you lodge your complaint with the provider. Your provider must be given the opportunity to resolve the matter within the timeframe given.***

#### How to Complain to TATT?

1. Call 800-TATT (800-8288) Toll Free
2. Email to [info@tatt.org.tt](mailto:info@tatt.org.tt)
3. Fax via 674-1055

Ensure you have all important documents and information relevant to your complaint available such as:

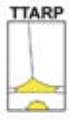
- Registered owner's full name
- Account number
- Bills
- Contracts
- Email communication with your provider
- Letters from your provider
- Details on the provider's attempts to resolve the matter.

*E.g. dates on which a technician may have visited or planned to visit.*

**TATT's Consumer Services are FREE!**

[www.tatt.org.tt](http://www.tatt.org.tt)





## CENTRAL PRIDE (Chaguanas Zone) by Yvonne Knights, PRO.

### Virtual Hat Parade

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, was able to surprise the general membership with a virtual Hat Parade. As was previously arranged, the models took photographs of themselves in various designed hats and matching outfits. These were sent to Mrs. Huggins-Benjamin who was able to create a video. The video featuring the models, children and grandchildren, was placed on the WhatsApp chat group and on Face book on April 18th, the day originally scheduled for the Hat Parade. Below and to the right are photos of some of the models.



BUTTERFLY PRINCESS



PRETTY



PINK BUNNY



PINK FLOWERS



EASTER TWILIGHT



EASTER BEAUTY

On June 19th 2020, some friends paid a visit to Ms. Gemma Sylvester, one of the Golden Voices, in celebration of her birthday. She had previously suffered a stroke and was unable to join us for quite some time. They ensured that there were ice cream and cake to celebrate the day.

80



Gemma Sylvester is all smiles as she greeted her guests on her birthday, June 19th



School friends and members of TTARP Central did not forget Gemma on her big day



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# If you have lost a loved one during the COVID-19 pandemic

Grieving the loss of a loved one while coping with the fear and anxiety related to the COVID-19 pandemic can be especially overwhelming. Social distancing, “stay-at-home orders,” and limits on the size of in-person gatherings have changed the way friends and family can gather and grieve, including holding traditional funeral services, regardless of whether or not the person’s death was due to COVID-19. However, these types of prevention strategies are important to slow the spread of COVID-19.

Some actions you can take to help you cope with feelings of grief after the loss of a loved one include:

## Connecting with other people

- Invite people to call you or host conference calls with family and friends.
- Share stories and pictures via mailed letters, email, phone, video chat or via apps or social media (e.g. WhatsApp, Facebook).
- Coordinate a Memorial for family and friends to honor your loved one by reciting a selected poem, spiritual reading, or prayer within their own households.

## Creating memories or rituals.

- Develop a virtual memory book, blog, or webpage to remember your loved one, and ask family and friends to contribute their memories and stories.
- Take part in an activity, such as planting a tree or preparing a favorite meal, that has significance to you and the loved one who died.

## Asking for help from others

- Seek out grief counseling, mental health services, support groups via phone or online
- Seek spiritual support from faith-based organizations.
- Seek support from other trusted community leaders and friends.

During the COVID-19 pandemic, the family and close friends of a person who died of COVID-19 may experience stigma, such as social avoidance or rejection. Stigma hurts everyone by creating fear or anger towards other people. Some people may avoid contacting you, your family members, and friends when they would normally reach out to you. Stigma related to COVID-19 is less likely to occur when people know the facts.

## If you feel distress from other types of loss or change

During the COVID-19 pandemic, you may feel grief due to loss of a job; inability to connect in-person with friends, family or religious organizations; missing special

events (such as graduations, weddings, vacations); and experiencing drastic changes to daily routines and ways of life that bring comfort. You may also feel a sense of guilt for grieving over losses that seem less important than loss of life. Grief is a universal emotion; there is no right or wrong way to experience it, and all losses are significant.

Here are some ways to cope with feelings of grief:

## Acknowledge your losses and your feelings of grief.

- Some people find comfort through art, gardening, writing, talking to friends or family, cooking, music, gardening etc .

## Consider developing new rituals in your daily routine

- People who live together may consider playing board games and exercising together outdoors.
- People who live alone or are separated from their loved ones may consider interacting through phone calls and apps that allow for playing games together virtually.

**If you are worried about future losses, try to stay in the present and focus on aspects of your life that you have control over right now.**

## Helping Children/Grand-children cope with grief

Children may have a particularly hard time understanding and coping with the loss of a loved one.

To support a child who may be experiencing grief:

- Ask questions to determine the child’s emotional state and better understand their perceptions of the event.
- Allow time to grieve by allowing them to express thoughts or feelings in creative ways.
- Provide age and developmentally appropriate answers.
- Maintain routines as much as possible.
- Spend time with the child, reading, coloring, or doing other activities they enjoy.
- Signs that children may need additional assistance include changes in their behavior (such as acting out, not interested in daily activities, changes in eating and sleeping habits, persistent anxiety, sadness, or depression). Speak to your child’s healthcare provider if troubling reactions seem to go on too long, interfere with school or relationships with friends or family, or if you are unsure of or concerned about how your child is doing.

[www.cdc.gov](http://www.cdc.gov)

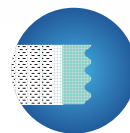






# 「THE ORIGINAL IS BACK **AND BETTER** **THAN BEFORE**」

The Original Hospital Pack Adult Disposable Briefs are back with the improvements you asked for. We're giving you a **wide front and back core, strong secure grip tapes**, perfect body fit and now with a **soft outer fabric** for skin comfort. This is everything that you've been looking for in an adult diaper!



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SAFE ONLINE CITIZEN

# LIVE SAFE ONLINE

It's Your Space, Protect it.



## Get Safe Online encourages Senior citizens to “Live Safe Online.”

According to Get Safe Online, a UK-based non-profit, COVID-19 has made it even more important for senior citizens to be vigilant when online. Not only has the pandemic influenced the way people interact offline. It has now created alternative lifestyles and activities centered around new digital habits and, in some sense, created new virtual living spaces that can make seniors more vulnerable to fraudsters. “Online” is becoming, even more, a way of life and safety on the internet has to be given the same level of attention as physical spaces, i.e., homes, and workplaces.

In 2019, the organization launched twelve (12) internet safety websites in the Caribbean. The countries are Antigua and Barbuda, Bahamas, Barbados, Belize, Dominica, Grenada, Guyana, Jamaica, St. Kitts and Nevis, St. Lucia, St. Vincent and the Grenadines, and Trinidad and Tobago. The websites’ launch was supported by a marketing campaign that saw over 750,000 persons visiting the twelve (12) sites and credited the fact that online safety is indeed a concern in Caribbean countries. The websites and the supporting campaign were launched through funding from the UK Commonwealth

Cybersecurity Programme under the Foreign and Commonwealth Office in the UK.

In 2020, Get Safe Online continues to encourage senior citizens to “Live Safe Online”. Here are some online scams which the NGO believes seniors in Trinidad and Tobago should be aware of:

### Banking Fraud

You receive an email or text from an unknown sender that tells you that your bank account is compromised and you need to visit a website and provide your personal and financial information.

### Online Romance Scam

You meet someone on social media that professes their undying love but requires you to keep it secret and send them money, even though you have never met them.

### Pyramid/Circle Schemes

These schemes can be described as unsustainable business models. They promise you a substantial return on investment if you recruit other persons. You may also be required to pay a joining fee.

### Long Lost Relative Scam

Unscrupulous persons will call or email senior citizens in an attempt to get money. They use directories and other



databases to access information and exploit it. This scam commonly targets senior citizens who mostly live alone with little contact with relatives.

## Pension Fraud

Pension scammers are very clever and sophisticated; they use several methods to trick you into giving them your pension money. But there are plenty of tell-tale signs that can help you spot a scam and practices you can use to guard against them.

Online scams can target you via text, emails, or social media. Here are some tips to help you spot a scammer

- You've met someone online who wants you to keep the relationship secret.
- Someone who contacts you claiming to be a relative but doesn't want to reveal their name.
- Someone who reaches out to you claiming to be in trouble and needs you to send money immediately.
- You receive unsolicited approaches over the phone, via email or text message or by a doorstep caller.
- You receive offers of transferring your money into a single overseas investment, with guaranteed returns of 8% or higher.
- You receive offers or mentions of 'one-off investments', time-bound offers, upfront cash incentives, 'free pension reviews,' or 'government initiatives'.
- You are asked to provide your phone number and home address and personal financial information.
- You are pressured to speed up the transfer process through a courier service or a visit from an insistent representative.
- You are provided with marketing materials, but limited contact details for the adviser or company providing the offers.

## How to protect yourself

- Never keep an online relationship secret.
- Don't send money to anyone you don't know.
- Contact your bank or other financial institution through the regular route if you receive a message.

- Never divulge financial or personal information to a cold caller, or in response to an email, text, direct message or on social media.
- Get as much information as you can about the company's background.
- If you are unsure about an offer you have received or if something doesn't sound right, seek professional advice.
- Never be rushed, pressured, or harassed into deciding on your pension.
- Take your time and check before proceeding.
- If in doubt, contact the actual organization a communication claims to come from, on the phone number you know to be correct (and not the number or email address quoted on the communication).

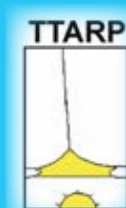
## What you should do if you suspect scam or fraud

- Tell a family member
- Call the police immediately
- Contact your bank or other financial institution to stop payments

Get Safe Online encourages every citizen to enjoy the internet but do so safely. For more online safety tips, visit Trinidad and Tobago's dedicated internet safety resource at [www.getsafeonline.tt](http://www.getsafeonline.tt)

*Are you interested in partnering with Get Safe Online and would like to receive printed material, or have a creative way to support Get Safe Online's Campaign? Please contact the Caribbean Press Office at ODEM Creative Media Limited, email address [creativemedia@odemcompanies.com](mailto:creativemedia@odemcompanies.com).*

# TELL A FRIEND TO JOIN TTARP



# Additional Discount Providers

## SEPTEMBER 2020

### **Allen's Funeral Home Ltd.**

(Funeral Home)

#108, Eastern Main Road, Tunapuna  
Tel: 663-1829 / 1969

Facebook: Allen's Funeral Home Ltd  
**15% off all services.**

### **AZ ZAHARA GARDENS CENTRE**

(Garden Centre)

3B, Freeman Road, St. Augustine  
Tel – 662-8889

5% on any purchase except for sale or discounted items.

### **BOOKS ETC**

(Book Store)

#14, Navet Road, San Fernando  
Tel: 653-2665 / 657-6857

#58, Frederick Street, Port of Spain  
Tel: 625-2665 / 623-1201

Facebook: Keith Khan's Books Etc  
**5% Discount off School Books**

**10% Discount off General Books**

**10% Discount off Stationery**

**Note: Customer must present TTARP card to acquire discount.**

### **Camden Food Stores (Supermarket)**

#2A, Couva Main Road, Couva  
Tel: 222-5324

Facebook: Camden Food Stores  
**3% Discount off (Not applicable to products on Special)**

### **Dentally Secure Ltd**

(Dental Service)

#17, Marli Street, Newtown, Port of Spain  
Tel: 622-7875 (office) 374-8255 (cell)

**20% off Examination and X-Rays**

**10% off Dental Services not requiring a lab fee**

**5 % off Dental Services requiring a lab fee**

### **El Kapporeth Chambers**

(Legal Services)

2nd Floor Aranguez Plaza, #163,  
Aranguez Main Road, Aranguez.

Tel: 341-3417 / 228-2865

**25% Discount off on Wills/Probate/ Letters of Administration**

**12.5% Discount off on All other matters**

### **Excellent Vision**

**Optometrists** (Eyecare Services)

Unit 34-35 TLH Building, Milford Road, Scarborough, Tobago

Tel – 639-3030

#87, Charlotte Street, Port of Spain  
Tel – 610-3030

Facebook: excellent vision optometrists

**10% off (frames and Lenses) or Any Better Option ie. (Promotional Offer).**

### **Gaspar Grande Hotel and Conference Centre Ltd.**

(Hospitality)

#3, Allan Drive, Enterprise, Chaguanas.

Tel: 672-5133

Facebook: Gaspre Island Vacation Resort

**10% Discount off Total Purchase for TTARP Members.**

### **Horizon Dental Clinic Ltd.**

(Dentistry)

#22 Mausica Road, D'Abadie  
Tel: 392-DENT (3368)

Facebook: Horizon-dental

**50% off Dental Consultation**

**10% off Dental Routine Procedures**

**5% off Laboratory Procedures**

### **Leprechaun Mini Mart Ltd.**

(Small Grocery)

#43, Eastern Main Road, Tacarigua  
Tel: 610-3502 or 374-1607

Facebook: Leprechaun Mini Mart  
**5% Discount off.**

### **Mosco Insect Screens Ltd.**

(Professional Services, Trinidad

Discount Partners, Home Improvement, Pest Control)

#69, Limehead Road, Chase Village, Chaguanas

Tel: 330-1743

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

Facebook: Mosco Insect Screens

**5% Discount off Screens and Screen Doors**

### **Pearly Whites Dental Care Ltd.**

(Dental Care)

#18, Picton Street, Newtown, Port of Spain

Tel: 628-2329 / 298-0580

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

Facebook: Pearly Whites Dental Care

**20% Off Dental Examination**

**10% Off All Other Dental Services.**

### **Pharma Centre**

(Pharmacy)

#103, Cascade Road, Cascade  
Tel: 241-5681

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

Facebook: Pharma Centre

**5% off total purchases by TTARP members**

**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,  
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Tel: 639-9377

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

Facebook: Plantation Beach Villas

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**Pristine Dental Solution**

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Upper Level, Atlantic Plaza, Atlantic  
Boulevard, Pt. Lisas, Couva

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Facebook: Pristine Dental Solutions

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**Rasam Restaurant** (Food)

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Facebook: Rasam Restaurant

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

Facebook Red Box Illustrations

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Shoes)

Capital Plaza, 11-13, Frederick St.  
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Frederick St. Port of Spain

Tel: 219-1190

Facebook: Shoeland Shoe Store

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**Siro Home** (Home Store)

Shop 7-10 Morshead Plaza, Bethany,  
Tobago.

Tel – 631-1200

Shop 3001 Fernandes Compound,  
#101 EMR Laventille

Tel – 235-4268

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

Facebook: Siro home

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Facebook: The Maurice Academy of  
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Facebook: True Dry Cleaning and  
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# Recipe

## Tandoori Chicken

Tandoori Chicken is an Indian dish, that got its name from the bell-shaped tandoor clay oven which is also used to make naan, or Indian flatbread.

Skinless legs and thighs are the preferred cuts, and are marinated in a tenderizing mixture of yogurt, lemon juice, and spices and the meat slashed to the bone in several places to help the marinade penetrate and the chicken cook more quickly.

The chicken gets its characteristic red hue from either lots of fiery chile or the addition of red food dye (not recommended).



### Ingredients

- 2 pounds chicken legs, no skin (8 legs)
- 2 cups greek yogurt
- 1 teaspoon Kosher salt
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon ground ginger
- 1 teaspoon paprika
- 1 teaspoon turmeric
- 1 tablespoon garam masala
- 1 teaspoon cayenne pepper
- 1 teaspoon yellow food coloring
- 1 teaspoon red food coloring
- 1 lemon , juiced

### Instructions

1. Put all ingredients into a large bowl and mix well.
2. Cover the bowl with plastic wrap, then let marinade in the refrigerator for at least 8 hours, preferably 24 hours.
3. Remove the majority of the marinade before cooking the chicken.
4. Grill Instructions: Heat the oiled grill to medium-high heat and cook the chicken until cooked through, 10-12 minutes.
5. Oven Instructions: Preheat the oven to 400 degrees fahrenheit and cook on a sheet pan for 25-30 minutes.

If you don't have garam masala? You can make your own garam masala spice mix at home! Garam Masala Spice Mix:

- 2 tablespoons cumin
- 1 tablespoon coriander
- 1 tablespoon cardamom
- 1 tablespoon ground black pepper
- 2 teaspoons cinnamon
- 1 teaspoon ground cloves
- 1 teaspoon nutmeg



# Laughter



## Funny Things Kids May Say

I'm doing my makeup before a party: eyeshadow, mascara, lipstick...

My son: Mom, why are you drawing on your face?

Me: To make myself very-very beautiful, honey.

My son: It won't help....

A boy, who was about 6 years old, was having a conversation with his dad:

Dad: Don't go into the puddle, your feet will get soaked.

Look both ways, or a car might hit you.

Don't climb the fence, you might fall.

Don't jump off the deck, you'll break your leg.

The boy: Dad, are you a coward?

My child brings home a new toy car from kindergarten. I ask him:

- Where did you get the toy?

- Oh, Jason and I traded...

- He gave you a car and what did you give him?

He thought and replied:

- I kicked him.

We were having lunch and my daughter wasn't behaving.

Me: Jane, stop this already! You're behaving terribly! Your grandparents are coming and I'm going to tell them how naughty you are being!

Jane: Please don't tell them! I want it to be a surprise!

My daughter (6 years old) was eating soup and I suggested adding some onions or garlic.

Daughter: I don't want that.

Me: Onions and garlic kill germs.

Daughter: I wish chocolate killed germs.

My grandmother and I came home and saw my daughter (4 years old).

My grandma asks: Are you home alone? Where is your dad? My daughter shook her head and pointed to the bedroom: He is putting me to sleep in the bedroom.



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## TOBAGO CORALS

by Selby Cole

### Christmas As We Remembered

This Christmas Function was held at the comfortable and homely surroundings of the Cafe Coco Restaurant, Crown Point, Tobago last December.

In addition to some spontaneous offerings from some of our own Members, the Planning Committee took the time to invite noted Tobago Performer, Mr. Bindley B. This artiste, has recorded several original Christmas renditions which are popular at that time of the year.

With his infectious spirit, he was able to get many of our guests off their seats and on to the dance floor. It was the first time some of our usually reserved Members took to the floor and organized a "conga line".

This event was awesome for the Corals.



### "WhatsApp" with YOU

New Circumstances encourage innovative methods. As a result of the lockdown instituted throughout the world, our Corals Group had to devise alternative methods of keeping in contact with each other. Our WhatsApp chat group has been very instrumental in maintaining a communication stream with many of our Members. With this relatively modern medium, our Committee Members have continued to correspond with our clan for several uses such as:-

- To encourage our Members to get an e-mail address/
- To host Tutorial Sessions in computer subjects, board games (e.g. sudoku), riddles and puzzles to keep the mind active.
- An Online Talent Contest has been organized for our Members' participation, especially since, due to the present situation, our Annual Variety Concert has been cancelled for the current year. Members were asked to register, and are presently in the process of vying for

prizes, under the watchful eyes of competent Judges. Contestants must send in their presentations via our WhatsApp Chat Group, whereby the rest of the Members can enjoy these contributions, all in the comfort of their own homes.

- On a daily basis, Members post many inspirational and informative messages and videos, thereby making certain that none of us are bored, or have nothing to occupy our time. Of course, some rules have had to be put in place, in order that our content remains "responsible"--in accordance with our age.
- Would you believe also, that, since, generally, no face-to-face visitation can be carried out to our Sick or Shut-in Members, or those who have had bereavements, much of our emphasis in this matter is now being done via the phone? We suppose you could term this new venture VIRTUAL VISITATION.

C80



# 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
Vice Chairman	- Carol BAIN, 754-0077
Asst Secretary	- Patricia YOUNG, 773-3844
Treasurer	- Margaret ISAAC, 775-8292 / 374-6806
Email	- 1nocksypetes@gmail.com, ovableprincess58@gmail.com, annette_d55@yahoo.com, 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
Treasurer	- Genevieve HOLDER, 624-0932
PRO	- Louise QUAMINA, 792-3017 / 623-7453
Email	- quaminlouise@yahoo.com, ledano_lecic@yahoo.com
Colour T's shirt	- GOLD

## CHAGUANAS "Central Pride"

Meeting Place	- Central Indoor Sports Arena – Manic Street, Chaguanas.
Meeting Date and Time	- Every other month @ 11:00 am.
Chairman	- Faith CALLISTE, 386-8623 / 481-3762
PRO	- Yvonne KNIGHTS, 219-2171
Treasurer	- Portia DE SILVA-IFILL, 786-4084
Email	- ttarpcentral@yahoo.com or y.knights59@yahoo.com - portiadesilva@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-CHURCHE, 758-4601
Secretary	- Claudette SMITH, 757-5199
Treasurer	- Greta FRANK, 778-7960
Email	- keyevents14@gmail.com, claudettes238@gmail.com
Colour T's shirt	- BURGUNDY

## FYZABAD "Evergreen"

Meeting Place	- Fyzabad Regional Community Complex
Meeting Date and Time	- 3rd Thursday of each month @ 3:30 pm.
Chairman	- Monica NELSON, 394-5571 / 649-1866
Vice Chairman	- Judith DE BOULAY, 736-0962 / 677-5207
Secretary	- Kay FRANCIS, 742-0229 / 389-9180 / 649-5761
Email	- monicanelson1960@gmail.com, 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
Secretary	- Yvonne HENDRICKSON-MARCHAN – 744-7049
Email	- dennismarchan110@gmail.com - yvonnehendrickson6@gmail.com
Colour T's shirt	- LILAC

## HEAD OFFICE:

45 Tragarete Road, Port of Spain.

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

## PRINCES TOWN/RIO CLARO "Royals"

Meeting Place	- Princes Town Senior Activity Centre Cor. High Street & Lothains Junction, Princes Town, St. Stephens Anglican Church Compound.
Meeting Date and Time	- 3rd Saturday of each month @ 2:00 p.m.
Vice Chairman	- Franklyn FARRELL, 655-7836
Secretary	- Annmarie PAUL-ROBERTS, 754-5361 / 288-3503
PRO	- Ramchand KALIPERSAD, 359-3042
Treasurer	- Patricia NOEL, 779-3459
Email	- anniepr89@gmail.com, rkali@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 - drosalesgray@gmail.com - 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, 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, andersonrawle@yahoo.com, selby_cole@yahoo.com
Colour T's shirt	- BLUE/GOLD

## TOBAGO (Pembroke "Cultural Stars")

Meeting Place	- Quarters #126, Goldsborough, Tobago
Meeting Date and Time	- 2nd Monday of each month @ 4:00 p.m.
Chairperson	- Lecia ROSS, 639-3029 / 391-2228
Vice Chairperson	- Agnes ALFRED, 635-0818 / 398-6045
Secretary	- Carmen CHARLES, 759-4244
Email	- carmencharles27@gmail.com
Colour T's shirt	- ORANGE/GREEN



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