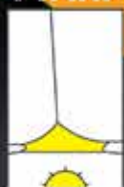


TTARP



ISSUE #2, 2022

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50Q



L. Anthony Watkins

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San Fernando - Cross Crossing, Shopping Ctr

657-2256 / 2343



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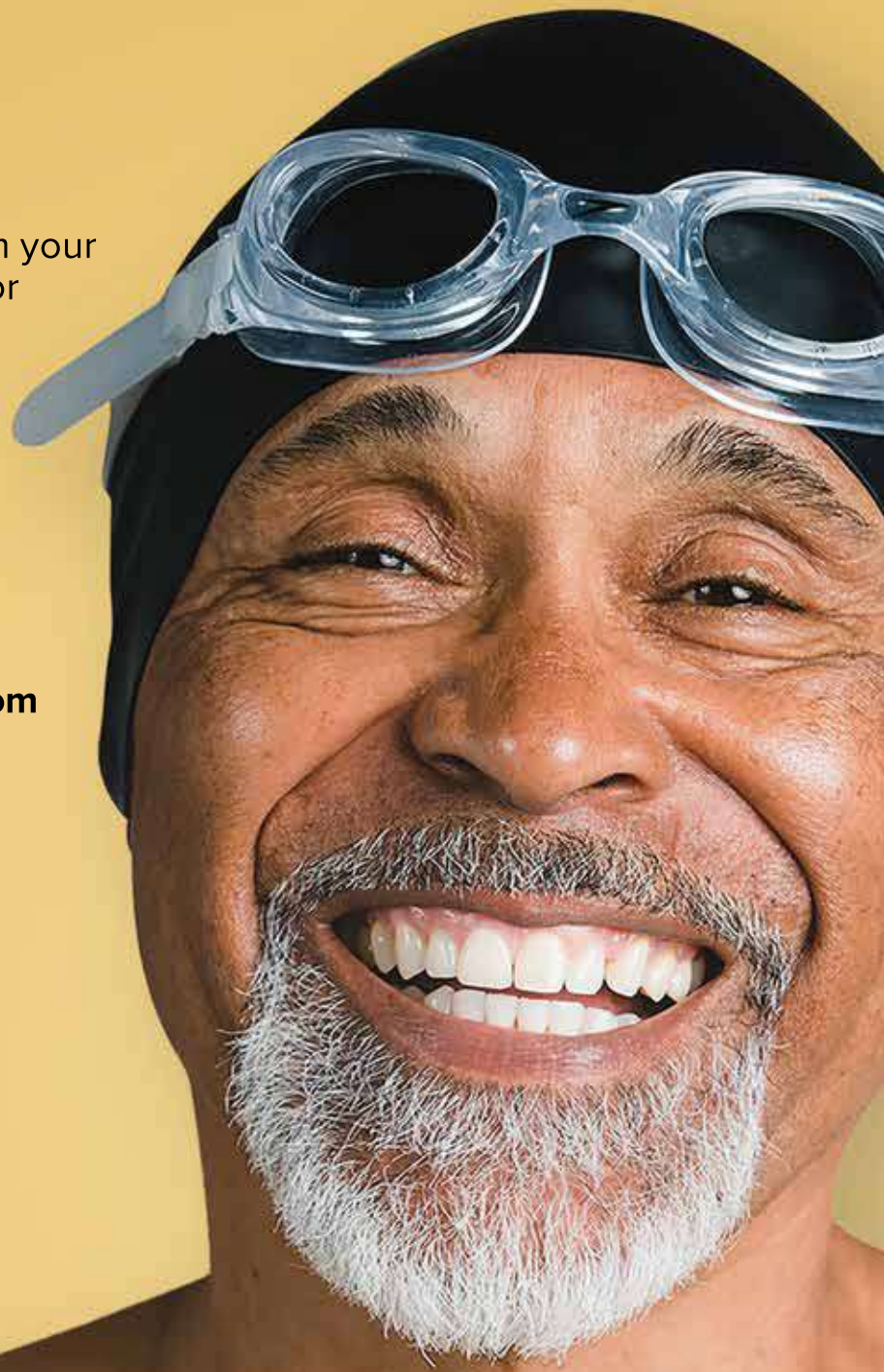
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Comments from the Board

The sudden advancement in worldwide technology is amazing, quick and efficient. However, it can also be overwhelming, inaccessible and tedious to many, as they try to conduct basic public and private transactions. To be independent is a key mission of TTARP for our members since reliance can make one vulnerable and feel inadequate.


Almost all companies and enterprises are going the online route for the payment of Bills; Purchase of Goods and Services; and Making Queries and Complaints. Human interaction is being waned.

Many independent members live alone, may be unwilling to share sensitive financial details with family members or may not have the tools and resources (smart phones, email addresses, computers, printers) or knowledge to do these transactions.

We have heard the cries of our members, and so in our 2022/2023 recommendations to the Ministry of Finance for the National Budget we are requesting from a social standpoint that all Institutions (Banks, Hospitals, Government Offices, Pharmacies, and other places where seniors visit daily to transact business), should have a dedicated space with a simpler process.

This implementation can go a long way in creating awareness and sensitivity among the public and younger generation, and will hopefully restore some much needed love, respect and patience in our nation.

CSO


DEPOSIT INSURANCE CORPORATION
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Joint accounts held in combination with single (individual) accounts




Here's how deposit insurance coverage works...

Jan and Ben have a joint account for TT\$125,000 and they each have separate single (individual) accounts for TT\$125,000.


Their deposit insurance coverage will be TT\$187,500 each:


Single (Individual) Account	TT\$125,000
+	
Half of Joint Account	TT\$ 62,500
Deposit Insurance Coverage	TT\$187,500 (Each)


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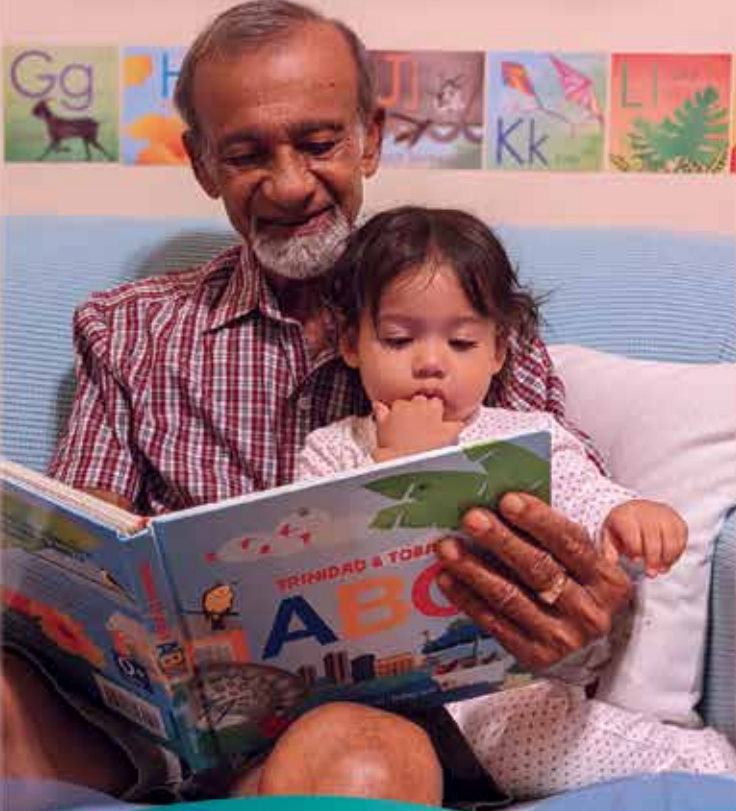
Deposit Insurance Corporation Trinidad and Tobago





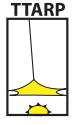
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TTARP BENEFITS

A. NATIONAL BENEFITS FOR PERSONS AGE 50+

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

B. NATIONAL BENEFITS FOR PERSONS AGE 60+

The following are TTARP's Recommendations to the Government of the Republic of Trinidad and Tobago (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 premium payments for 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 sailing 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. Increased the range of CDAP medications for ailments common to Senior Citizens.
11. Extended Medical Care hours of services at Community Centers from 7am to 4pm, to 7am to 7pm, and in certain areas from 7am to 10pm.
12. Increased non-taxable annual income allowances from \$60,000 to \$72,000 to \$84,000 for all citizens.
13. The Senior Citizens Grant has been increased to \$3,500 (max) per month dependent on a means test for other Retirement Income from NIS and Occupational Pensions which must not exceed \$5,500 per month.
14. Retiring Government employees will now receive an interim pension of three thousand dollars (\$3,000), while their work records are processed, when verified, the retired employee will receive the correct pension and a lump sum for arrears.
15. Removal of semi-annual Life Certificate for NIS Pensioners.
16. 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.
17. Walk-Over constructed to assist senior citizens and others travelling to and from the Tobago Ferry Port and Water Taxi service.
18. Government Pensioners to have their pensions adjusted based on the cost of living schedule of the Central Statistical Office.

* * * *

August 2022

OTHER

In context of approved GORTT National Budget 2021/2022 the following are some additional improvements which Senior Citizens (and Others) shall enjoy :-

- a) All first-time home owners will qualify for a tax-free allowance of Thirty Thousand Dollars (\$30,000).
- b) Employed persons will benefit from a non- taxable increase from Fifty Thousand Dollars (\$50,000) to Sixty Thousand Dollars (\$60,000) for NIS and other contributory Pensions.
- c) Value Added Tax (VAT) has been removed from many basic food items, such as biscuits, cooking oil, canned vegetables, canned meat and fish, cornflakes, curry, juice, sausages, ham, ketchup, pigtail, and bottled water.
- d) Electricity and Water rate rebates to be increased from 25% to 30% for bills LESS THAN Three Hundred Dollars (\$300.00).
- e) Removal of VAT and Duties on therapy equipment for treatment of vision, hearing and physical disabilities.
- f) Removal of VAT and Import duties on computer equipment which should make these important communication devices cheaper.
- g) All Citizens will have access to Free WIFI internet connections at Transport Hubs, Public Hospitals, Schools and Libraries.

* * * *

August 2022



Congratulations to the TTARP Executive Board

In December 2021, TTARP held its virtual Annual General Meeting where the Executive Board was elected and nominated.

*L to R: **Peter Nock** – Executive Member, **Neville Navarro** – Executive Member, **Patricia Crossley** – Executive Member, **Francis Raymond** – Honorary Treasurer, **Peter Peña** – President, **Mayling Younglao** – Honorary Secretary, **Emerita Sombrano-Churche** – Executive Member, **Selby Cole** – Executive Member, and **Reynold Cooper** – Executive Member. Inset: **Cecil Paul** – 1st Vice President, **Geoffrey Lewis** – 2nd Vice President.*

Mission:

TTARP is a legally registered, non-profit organization for mature persons age fifty (50) and over. It aggressively seeks the best interest of its members towards four (4) main objectives: -

- To enhance the quality of life of mature citizens.
- To promote their independence, dignity and purpose.
- To lead in determining their role in society.
- To improve the image of the golden years.



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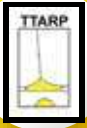
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ROYALS (Princes Town / Rio Claro Zone)

by Angela Guerra , Member.

Ship Ahoy to Monos Island!

Can you recall childlike feelings of excitement and sleeplessness before a trip? This voyage inspired those same feelings for sixty-two Royal members an early Saturday morning in March.

Monos Island lies in the Dragon Mouth between Trinidad and Venezuela. It was named after the noisy red howler monkeys and presently consists of a small population with a beach that is peculiarly perched between the mountains.

We boarded the buses in Princes Town with backpacks, bags, coolers, mats, chairs and 'toute bagai' with music blasting. Upon arriving, we trekked for about 5 minutes to the beach, and relished the cold, calm, blue waters. Of course the food, drinks, atmosphere and most importantly each other's company were awesome.

What a truly, unforgettable experience; if not to all, to many. At least once a year we would like to go to a place never visited before. Go "ROYALS", wherever life takes you, go with your heart.



Schedule of Activities (August to December 2022)

AUGUST 20th - Monthly meeting, Birthday Celebration, Tea Party & Fashion Show from 2:00 pm

AUGUST 31st - 60th Anniversary Independence Parade Queens Park Savannah Port of Spain, followed by sea bath at Macqueripe Beach

SEPTEMBER 17th - Monthly meeting and AGM. Election

SEPTEMBER 24th - Road trip to Cedros Village, Pitch Lake Atlantic LNG Plant, Sea Bath

OCTOBER 15th - Monthly meeting, Divali Celebration from 2:00 pm

October 26th – 30th - Tobago Carnival

NOVEMBER 19th - Monthly meeting with Birthday Celebrations from 2:00 pm

NOVEMBER 30th - Visit Malls in North and South Trinidad

DECEMBER 17th - Christmas Luncheon





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You may complain to (Telecommunications Authority of Trinidad and Tobago (TATT) if you have an unresolved complaint in relation to the following services:

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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.

How to Complain to TATT?

1. Call 800-TATT (800-8288) Toll Free
2. Email to info@tatt.org.tt
3. Fax via 674-1055
4. In person at TATT's Offices in Trinidad and Tobago

TATT's Consumer Services are FREE!



Before You Call TATT!

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 and other communication with your provider *e.g. dates on which a technician may have visited or planned to visit*
- Letters from your provider
- Details on the provider's attempts to resolve the matter.

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.

www.tatt.org.tt



Trinidad Office:
#5, Eighth Avenue Extension,
off Twelfth Street,
Barataria, Trinidad

Tobago Office:
Shop #D 48
Lowlands Mall,
Lowlands, Tobago



DIGICEL FOUNDATION PARTNERSHIP WITH PEMBROKE CULTURAL STARS



The Pembroke Cultural Stars of Tobago is pleased to announce that the Digicel Foundation has approved a grant of One Hundred Thousand dollars (\$100,000) to assist the Zone with the

renovation of its new Home and Senior Citizen Activity Centre. This new location is a former government quarters situated at #126 Cow Farm Road, Goldsborough, Tobago.

The launch of this Project was held on 29th April 2022, in attendance were Assemblyman Faith B Yisreal, Secretary for Health- THA; Miss Ethlyn John, Chief Administrator -THA; Ms. Georgina Peterkin, Director of Digicel; Cindy-Ann Currency, Operation Manager of Digicel Foundation, other invited guests and members of our Executive Committee.

It was indeed a momentous occasion, the Executive Board would like to thank the Digicel Foundation for their support and generosity on behalf of all TTARP Members.

THE OPENING

The first official event at our new meeting place, was held on Monday 20th June 2022, in honor of all Mothers, Fathers, and Birthday celebrants, whose special day fell in the first half of the year. Everyone was elated to be together again.



Gift giving



Best Dressed Mother and Father



5 K WALK/RUN - RAINBOW CUP

Barbara Mc Kenna-Duke, one of our members participated in the Rainbow Cup, 5K Walk/Run, held at Turtle Beach, Tobago on Saturday 11th June, she placed 3rd in her age group (60 and over) and 66th overall. We were there to cheer her on and felt so proud.

VISIT TO CENTRAL BANK MUSEUM

A few of our members joined with members of our sister group "Tobago Corals" in June for a visit to the Central Bank Museum in Trinidad where they toured the facilities.



How to Deal with Bunions ?

A bunion [hallux valgus] is a deformity of the big toe in which the 1st metatarsal bone of the foot moves away from its original position and twists into a pronated position such that the big toe joint (MTP joint) becomes more angulated. There is a "bump" at the joint of the first ray and proximal phalanx of the big toe, which is an ugly but common deformity that affects women more than men and many times because of a genetic predisposition to this condition. It can also occur in adolescence in those who have ligamentous laxity and the propensity for this deformation.

This unsightly condition can cause pain and lead to difficulty in finding appropriate footwear as the front of the foot gets broader and sometimes causes problems with walking. In the severe cases, the big toe jams against the 2nd toe and there can be crossover toe deformities (the 2nd or sometimes even the 3rd toe goes on top of the big toe) which add to the unsightliness, pain and dysfunction. The treatment of bunions include prevention, amelioration by the use of night splints, or in advanced cases, surgery of different types depending on the grade of the bunion. The recognition of the genetic predisposition

will allow appropriate selection of footwear for those who have this condition in the family. If it begins to progress, then a bunion night splint may be prescribed to help straighten the deformity and prevent its progress. These bunion night splints are sometimes difficult to maintain as they are often kicked off by the wearer during the night.

There are different grades of bunions from mild, moderate, to severe and very severe. This grading is based on an x-ray analysis of the foot. These x-rays are done in the standing position and allows the measurement of the 2 main angles that are used to determine the degree

of severity. Depending on the grade of severity of the bunion, the appropriate surgical correction will be decided. This may be from a simple soft tissue operation to realign the toe and balance the abnormal forces in simple cases; to bone cutting operations, which involve the first metatarsal or even the big toe. With the proper grading and appropriate surgery, the correction is usually mildly discomforting and successful in most cases. The post-operative care following a bunion correction includes the use of special platform type shoes (Darco wedge boots in which the front of the platform is absent) which allows the wearer to walk on the heel without putting pressure on the operative



*Dr. Godfrey Araujo
Consultant Orthopaedic Surgeon
BSc. MBBS, FRCS (Ed.) Glas.*

area in the foot.

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BEWARE OF SCAMMERS !



In this modern world of connectivity, everyone needs to exercise caution in their everyday lives, especially when it comes to being scammed out of their hard-earned dollars. Scamming is a full-time job for some persons, as they prey on the vulnerable, such as Seniors, who they may consider easy targets. Your Personal Information can be easily accessible, especially if one knows where to look and has devious intentions. Basic data such as Name, Address, Phone Numbers, Email, Date of Birth, Children and Grandchildren names can be obtained with a click of a mouse now, since these are sometimes all posted on social media profiles or can be sourced through other means.

These scammers may pretend they are calling from bonafide agencies or companies and provide you with your personal basic data which you have innocently placed in the public domain. You may then let your guard down and trust the caller, who may sound very professional and friendly, or may sometimes have foreign accents. They may tactfully request further personal details of yourself or your family, such as Bank Account Details, Credit Card Numbers and CV codes, Passcodes, ID, Drivers Permit and Passport Numbers etc. which they will now use to conduct even greater fraud.

There are various types of Scams out there, here are some of the more popular types, which you should be made aware of:-

Emergency or Grandparent scam

The scammer will contact the senior, claiming that a family member or grandchild was involved in an accident, robbery or arrested and that a fee or fine would be required for the release of the family member. Sometimes, the scammer may pose as the grandchild, sobbing in a scared barely audible voice that he or she is in trouble, and to "Don't tell Mom and Dad". The phone may then be passed on to scammer #2 who may pretend to be a police, lawyer or doctor providing more details.

Extortion scam

This scammer may pretend to have some private information about you or family members, such as a link to a crime, compromising photos or videos, or something which may be damaging to you or your family's reputation if it becomes public. It

can be an email stating that they know your password to a private account, they have your adult website browsing history or they will install malware on your computer. Payments are sometimes demanded in Bitcoin.



Editor: Michelle Nunes

Bank scam

The scammers may pretend they are calling from a financial institution investigating unusual activities on your account. To further assist they may ask for your bank card PIN or online banking login information. With this information, they can possibly clear out your account.

Prize scam

Everyone likes to win something. The scammer may email or call the victim to say that they have won a lottery or sweepstake, even though they had not entered. To redeem the prize, the victim is then told they must pay taxes or duties.

To avoid being scammed:-

1. Never give out personal information on the phone.
2. Tell a family member or friend.
3. Feel free to Hang up or Don't Respond to the Call, Text, WhatsApp or Email Message.

If you feel you have been scammed, report it to the Trinidad and Tobago Police Service Fraud Squad and/or to the relevant agency/company.

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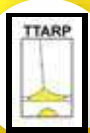
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THE CRUZERS (Santa Cruz Zone) by Euphemia Durant

TOGETHER AGAIN

What a two years we experienced during the COVID Lock Down!!! TTARPer's, as like the entire country, went through a 'no/limited activity' period. Virtual and other means of connectivity allowed for some form of participation by Zones but there is nothing like face to face interaction.

Our monthly Meetings resumed on 27th May, with an attendance that was extremely encouraging.

We are all anxiously and cautiously awaiting the resumption of our much loved outings/activities like in olden days. Meanwhile, we continue to overcome the challenges facing us. Soon, we shall be able to physically greet our fellow TTARPer's under one setting.

80



Secretary Janice Chase
proudly promoting TTARP at
Tru Valu in San Juan.



Cruzers together again at the Green Market
Christmas in July



In June, only four Cruzers ventured to the Green
Market in our Zone's home town.

BUDGET WITH FAITH - "The Journey of Becoming"



In December of 2020 the author had just finished reading "Becoming" by Michelle Obama, and was feeling a sense of unhappiness and loneliness in her life. With a wonderful husband, great kids and building a dream home, one may think life was pretty perfect, however something was missing and she decided to embark on a journey of seeing herself through the eyes of God and working on her faith pillar.

A greater purpose of helping and serving women through her experiences was formed, and she now coaches women on how to budget, save and become debt-free through her recently published book titled "Budget With Faith" which is available for sale at \$250.

Candice Shade-Cooke
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L. Anthony Watkins



By Shereen Ann Ali

Watkins believes people who've been blessed with talents and opportunities in their earlier years can pay it forward to the next generation. He applies this to himself. "I have been blessed. Let me now be a blessing. While I am alive and I can do things for others, I do." Presently, Watkins holds the position of CEO of Odyssey CONSULTinc Ltd., an organizational development business he founded in 1989.

"My parents were primary school teachers who both taught at Mason Hall, Tobago in the 1940s before moving to Arima. I was born in Nettoville, in Arima, in 1949 to a Tobagonian mother and a Trinidadian father," says Watkins. He has wonderful memories of travelling through the eastern countryside with his father, who'd sometimes take him and his brothers driving while on some of his work trips.

"Growing up in Arima in the 1950s, there was horseracing, so it was a hotbed of activity, and lots of fun. People like Neil Guisseppi and Gordon Draper were my classmates at the Arima Boys Government Primary School. We passed the College Exhibition in the same year, 1959, and I went on to secondary school at St Mary's College in Port of Spain. By that time, my parents had separated, and I was living with my mom in San Juan, but I always felt more rooted in Arima. I think of there as my home neighbourhood, my heart, my navel string is in Arima."

After his school days at St Mary's College, he left for Canada to study Geography and Spanish in 1968. But soon he encountered the field of behavioral psychology, which fascinated him. He graduated from the University of Toronto with a degree in Psychology and Sociology.

Fast forward to his post-university years, and Watkins at one point was doing a course in juvenile probation. One day, he needed a book for the course, and took a bus to the publishers to get it, but missed his stop. When he stepped



From prisons to schools to the executive suite, Entrepreneur Anthony Watkins believes in the value of behavioral insight to effect change.

Mr. L. Anthony Watkins has an understanding gaze and the hint of a smile that immediately puts you at ease. At the age of 73, he holds the perspective that one must clearly differentiate between a work career and a life. He believes that these two are not the same because at some point, your working career will end, but your life should not come to a standstill since "Your life is a series of turning points."

"Retirement is just another turning point. For 40 odd years, other people determine what you do, suddenly when you retire it's all up to you."

When that time comes, one has to gauge the level of importance for different aspects of their life, and allocate their time accordingly—whether it's pursuing personal interests, being with family, doing community work, or maintaining business relationships.

"Many people find value through their work, making their career their identity. But life's changes will push us to let go of certain things. So, you have to consider: how will you get a sense of purpose when you don't have a job anymore?"

out of the bus, he saw a large sign: “Mimico Correctional Centre.”

“That’s interesting,” he said to himself. And walked in. That serendipitous visit led to a job as a Correctional Officer at Mimico when he was just 23 years old. The job involved custodial restraint and training in behavioural psychology to help prepare reports for inmates due to go before the Parole Board.

Watkins remembers being impressed by the “de-carceration” movement in Canada at that time, involving out-of-prison programmes and pretrial psychiatric assessment of offenders. He spoke about Ontario’s Temporary Absence programme, which gave day-passes to offenders to continue attending full-time school, or work at jobs—so they could still earn a salary while serving their sentence.

These ideas gave Watkins inspiration for reform of Trinidad’s prison system on his return to Trinidad in 1980. But the authorities had other ideas.

And so, Watkins’ life took a different turn. He became a Guidance Officer for Northeastern College in Sangre Grande and Toco Composite from 1981 to 1989.

An illness had him confined to bed for a week, and while laid up, eating lots of watermelon and getting familiar with every crack and crevice in the ceiling, he reflected inward which triggered another turning point in his life. He was searching for a spiritual connection.

By 1987, he’d embraced the Spiritual Baptist faith, which continues to be a touchstone in his life. He’s been helping Baptist youth since the late 1990s through the Foundation for Academic Advancement of Spiritual Baptist Youth (FAASBY). The group offers scholarships to children from the Spiritual Baptist community. “Today, we have engineers and other professionals who’ve benefited from the academic, financial, and spiritual support of FAASBY,” he says with a note of quiet pride.

The cusp of the 1990s marked another fork in his life, as Watkins, now in his early 40s, decided to take the leap from a government job to the private sector. That was a difficult time in Trinidad, with the NAR struggling with IMF imperatives, public outcry over the removal of the Cost of Living Allowance, and the introduction of Value Added Tax. The economy was suffering.

“Friends told me, ‘Boy, you are crazy, starting a business now’—but when something is to be born, it must be born,” Watkins reflects, saying he felt a mix of trepidation and excitement at launching his own business. A decision he

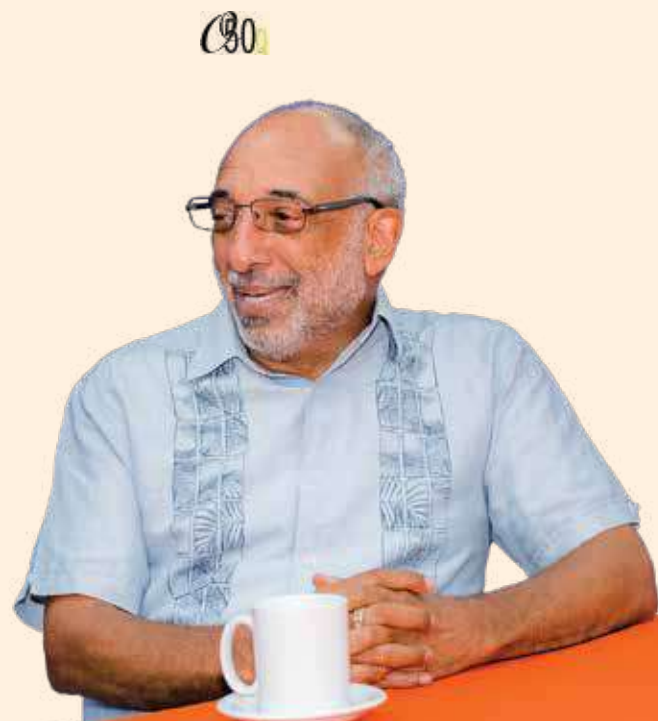



has never regretted.

In 2019, Watkins earned the Public Service Medal of Merit (Gold) for his service to organisations, and in 2020, the University of Trinidad and Tobago awarded him an honorary Doctorate of Laws.

Watkins values the role of TTARP in connecting people and building relationships. He notes TTARP is an important voice in raising critical issues affecting seniors, such as the impacts of ageing, health concerns, access to goods and services, crime, and the rising cost of living.

He reminds us that it’s important for older people to relax and enjoy life too. With a twinkle in his eye, he reminisces about his younger days when he’d spirit his girlfriend (now wife) away for long, romantic drives to enjoy full moon nights at Toco. These days, he may be in his 70s, but he still enjoys time well spent with loved ones in Trinidad’s beautiful natural spaces.





Think Positive!

Always



Anton La Fond
*An advocate for the elderly
and disabled*
Lafondant55@yahoo.com

Globally, positive thinking is a refreshing concept meant to be accepted by humanity. As the world rotates on its axis, there is a sense that movements are beginning to operate in an oval direction, causing distortion to surface. Mankind has become technical and shifted from the boundaries of logic, such that one may think that susceptible conditions are lurking as it pertains to good intentions.

At one time, it was easy to understand the rudiments of doing good and feeling proud about it. Now, it is difficult to ascertain whether good has turned bad, and bad has gotten worse. Moving from the position of perplexity, a rush of imperious thoughts form a glow of faithful points that move me to act in a peremptory manner.

As an advocate for the elderly and disabled, over the years I have found that my writing tends to lean towards negative angles, which may create the wrong impression, and place the said folks that I advocate for, in a corner of despair. Life has to be a figure of glowing principles, so much that love must be at the forefront of everything. Love is germinated from God and must always be remembered as a positive concept. Why has societies worldwide moved away from being humble but drawn closer to despicable actions? I slip into a mood of doubt, and question whether some unknown chemical has penetrated the atmosphere.

A word that has lost its importance today is "Truthfulness". Society no longer

endeavour to speak the truth. Everything is fitted into a bucket of false and untrue habits. There was a time when, if you were found to be associated with false actions or words, you were deemed incompetent. Today, tables have turned. Egregiousness has now placed its meaning on many folks, causing a pattern of disrespect to enter the door of greed and obsession. The time to change or revert to a humble and polite society, is now. I look forward to the resumption of giving credit where it is due. How nice it would be if communities could display a united nature.

As a person with a humble disposition, my tendency or inclination to think in a positive manner convinces me that society can revert to doing good, where the negative will castrate itself and grace ooze into the hearts of many.

The elderly and disabled must maintain hope that positive thinking will rise and that Society will cultivate the positive soil that once produced fertile crops of outstanding and respectful citizens. Positive thinking always produces positive results and that should be at the helm of all objectives.

Trinidad and Tobago have to grow in strength to prove that in troubled times we can survive and be victorious. Our society is in a hole with plenty talk, do little and criticise. We should be aspiring to little talk, solid action, great success. This concept will surely uplift and glorify our ingratitude. The objective must be to influence future generations to emulate our actions.

Positive thinking will always be the tool for progress to light the way for good and prosperous decisions. The solution of any problem is to apply love and kindness. Let's go forth with a simple form of reciprocation to show that loving one another is spiritually healthy. Our elderly and disabled need to be lifted high, with lots of appreciation and embedded with the love needed. Time to light the way forward and ask for God's blessings in 2022.

A word that
has lost its
importance
today is
"Truthfulness".



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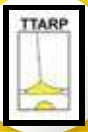


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EASTERN ANGELS (Arima Zone - EAAZ)

by Annette Young, Public Relations Officer.

Living It Up!

Giving Thanks

The opportunity to resume our social gatherings and rekindle ties started off with a Thanksgiving Ceremony on May 6, 2022.

Specially invited guests were:- Mr. Cagney Casimire, the Mayor of Arima and Chairman of the Arima Borough Corporation; The Treasurer of the Arima Tennis Club, Representatives from other Zones. The Mayor of Arima gave a comprehensive overview of his plans for the borough of Arima.

Members were thrilled at our Chairman, Peter Nock's announcement that the EAAZ will be resuming regular activities every Friday at the Arima Tennis Club

Lynette Maule lead a short memorial for members who passed during the Pandemic.



The Chairman giving his address



Lynette Maule lighting the candle for the memorial



(LtoR) Sitting: Carol Bain, Annette Young, His Worship The Mayor Alderman Cagney Casimire, Peter Nock. Standing: Ethan Benjamin, Mr. Roger Brathwaite, Ms. Jacqueline Austin and Ms. Emerita Sambrano-Churche.

Mothers and Fathers Day Celebration

The Eastern Angels are known for hosting quality events and this one certainly did not disappoint. Mistress of Ceremony, Ms. Mary Belcon did a marvelous job. Margaret Rodriguez sang 'Speak to the Mountain', followed by 'Never, Ever Worry' by Lester Blackman.

Ann Marie Kerr, Allison Johnson-Parks, Wayne Huggins, Jennifer Williams, Ethan Benjamin, Linda Phillip, Gloria Jules-Osbourne and Claudette Webster flaunted their outfits during the model segment.

A melodic interlude by Lynn Andrews, Lloyd Jack, Louis Caraballo, and Justin Subran filled the atmosphere.

- Best Dressed Males selected were Wayne Huggins and Lloyd Jack.
- Best Dressed Females selected were Gloria Jules-Osbourne and Rayma Alleyne.

FATHER OF THE YEAR -

Ethan Benjamin is a retired Agronomist at the Ministry of Food Production and a member of TTARP since 2008. He serves as a member of the EAAZ Events and Education Committee. He loves social interaction, gardening, reading, looking at movies and dancing.



MOTHER OF THE YEAR -

Althea Hazelwood is the mother of five children, three with special needs. She affirms that her experience has moulded her into a strong independent woman. Nine years ago she joined TTARP, and considers the EAAZ leisure activities as part of her self-care routine because "you can't take care of others if you don't first care for yourself".





PURPLE DIAMONDS (San Fernando Zone)
by Norma George-Ochoa

WE ARE BACK !

Finally, after more than two years, the Purple Diamonds San Fernando Zone held its first face to face meetings in May. In order to accommodate the large membership, two separate meetings were held.

Members were ecstatic to meet and socialize despite the limitations imposed. Our guest speaker June Doyle, a motivational speaker, and entertainer Hezekiah Joseph were extremely accommodating, agreeing to be present on both occasions.



Members thoroughly enjoyed themselves and all females were happy to be presented with tokens for Mother's Day. The announcement to resume classes for Line Dance, Dance Movement Therapy and Computer/ Social Media Usage was greatly welcomed.

At our June meeting, dance icon Eugene Joseph delivered an inspiring message and orchestrated a "seated" group dance.

Purple Diamonds meetings has seen an attendance of approximately 100 members and we will continue to find ways to adjust safely in the new normal.

CSO



Glaucoma is one of the leading causes of blindness in the world.¹

What is Glaucoma?

It is a complex disease that damage to the optic nerve leads progressive vision loss and irreversible. Usually, this damage is caused by an increase in pressure inside the eye.²

Risk factors

- Over 60 years old
- Older Hispanics
- Afro descendants
- People who have relatives with glaucoma
- People with Myopia
- Diabetics
- People who use corticosteroids in a prolonged way

1. Datos y estadísticas sobre el glaucoma [Internet]. Glaucoma Research Foundation. [cited 2 February 2021]. Recuperado de: <http://www.glaucoma.org/es/datos-y-estadisticas-sobre-el-glaucoma.php>
2. <https://glaucoma.org/datos-y-estadisticas-sobre-el-glaucoma/> (consultado 17-05-2022).

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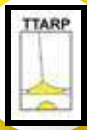
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BLACK GOLD (La Brea Zone)

by Dennis Marchan, Chairperson

It has been a long time since we last had any activity within our group, nevertheless the will to go forward has been generated by our online chat group.

La Brea was once a fast paced and lucrative industrial business area, but has since shifted to become a more laid back community. The vibrant water front, where large ships docked and brought in expatriates from various countries, introduced a history of a mixed culture.

It will be accurate to say that La Brea has seen better years. The Black Gold Zone continues to do its part to uplift the community and its members. The introduction of our WhatsApp chat group allowed members to feel connected and to share tips about daily life, cooking,

health care, spiritual and psychological issues. Arrangement has been made to use The Vessigny Community Center for activities after two years of inactivity, and we

thank all those who came out to assist in the preparation for our first face to face event.

Sadly, we have lost some members due to natural causes as well as the pandemic. All God's richest blessings to all the members families, may they be strong during this trying time.

And to all TTARP members throughout the country, blessings to you as well.

These photos are a short trip down memory lane on past events.

CSO





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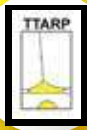
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CENTRAL PRIDE (Central Zone)

by Yvonne Knights, Public Relations Officer.

The Revival

Central Pride is cautiously emerging from lock-down mode with sixty persons attending an Interactive meeting in May and hosting their AGM on June 23rd.

On May 30th Indian Arrival Day, we hosted our final virtual event challenging our members to dress up and post pictures of themselves on the chat. A few ladies accepted the challenge and donned their ethnic wear for the occasion.

On June 2, 2022 Cynthia Amoroso, a past Board Member celebrated her eighty-sixth (86th) birthday in style at Kazza Restaurant, Couva. Happy Birthday !!!

Gemma Sylvester attained her seventy third (73rd) birthday on June 19th, she is a former member of the Golden Voices, our in-house choir. Happy Birthday !!



Cynthia Amoroso posed for a picture on her eighty-sixth (86th) birthday.



Sherry Patel



Erma Hector



Indra Ali



Christine Berahazar



Kathleen Meharris



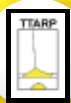
Gemma gives a bright smile.



Lisa Johnson



Members of the Board pose with our Presiding Officer, Kern Williams at our AGM on June 23rd . Front row from left to right: - Jennifer Floyd, Committee Member; Faith Calliste, Chairperson; Lynette Drakes-Brown, Trustee; Lisa Johnson, Committee Member; Marjorie Alleyne-Thomas, Secretary. Second row from l to r:- Carol Huggins- Benjamin and Gainer Maharaj, Committee Members; Marilyn Duncan-Butler, Asst. Secretary; Theresa Williams Asst. Treasurer; Third row from l to r:- Portia De Silva-Ifill, Treasurer; Patricia Paul, Committee Member. Top row l to r: Bernadette Brathwaite, Committee Member; Yvonne Knights, PRO and Florence Smith-Skinner, Vice Chairperson.



THE CORALS (Tobago Zone)
by Selby Cole, Chairman

ANNOUNCEMENT

TOBAGO PAYMENT CENTER

Please be advised that, with effect from **TUESDAY, June 28th, 2022**, person wishing to JOIN TTARP or RENEW their membership cards can do so at the Scarborough Methodist Church, Corner of MAIN and PICTON Sts., Scarborough, Tobago – (this location is right opposite the Scarborough Methodist Church).

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Are Contact Lenses for Me?

Joshua sat in the coffee house waiting for his 10am meeting. Yes, he was retired, but he still had a lot of work to do. He moved his head up to look at the clock on the wall, his vision took a moment to adjust: 10:30am. He looked down at his laptop taking another moment to adjust. He hoped that the warmth from his cup would have relaxed his nerves but the persistent fog crept on his spectacle lenses instead. Left with no choice, he wiped his brand new lenses with tissue, causing scratches in its delicate coating.

Just like Joshua, you may feel like your current spectacles may not fit into your lifestyle. Even when your gorgeous pair of spectacles featuring the latest coatings deliver superb clarity and glare protection, it may leave you to feel that there is something missing from your visual experience. Then it may be time to ask your optometrist if contact lenses are right for you.

Contact lenses may offer solutions to some of the problems faced while wearing your glasses. Nowadays, contact lenses rarely fall off so it's ideal if you have an active lifestyle and do things that may cause your glasses to fall or get damaged, including sports, dancing or playing with children.

With recent advancement in technology, contact lenses can now cover a wide range of prescription types. This means that persons who were told that they can no longer wear contact lenses because of their age or prescription, may be able to once again.

Some contact lenses can even help with both distance and near tasks such as driving and reading, and unlike glasses, you wouldn't need to move your head up and down to improve clarity. Many persons wear contact lenses not because of vision and functionality, but because of how they look and feel when they are not wearing any glasses.

While contact lenses offer a certain sense of freedom,



you still have to be responsible if you choose to wear them. Whether it be for cosmetic reasons or otherwise, all contact lenses should be assessed by an optometrist to ensure that you have a safe experience.

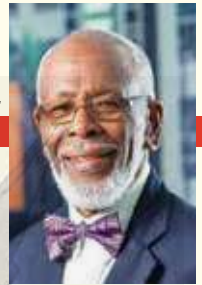
Contact lenses (even coloured non-prescription ones) are considered to be a medical device and improper use can have lasting impact to your vision. Your optometrist will need to know if you have any pre-existing health conditions/problems. Guidelines would be given to let you know what are the safe periods of time to wear your contact lenses. Since over wearing your contact lenses would increase risk of infection or vision loss, it's advised to have a pair of spectacles to use at specific times even if you prefer contact lenses for everyday use.

Contact lenses are a very useful vision correction device that can be used in various situations. Even if you tried contact lenses before, or if you are contemplating it for the first time, your optometrist can help you understand if the latest lenses are worth the try.

By F. S. Sandy, Optometrist BSc (Hons.)
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POEM TRIBUTE TO DEXTER “BLAXX” STEWART

by Trevor Alleyne, Member.



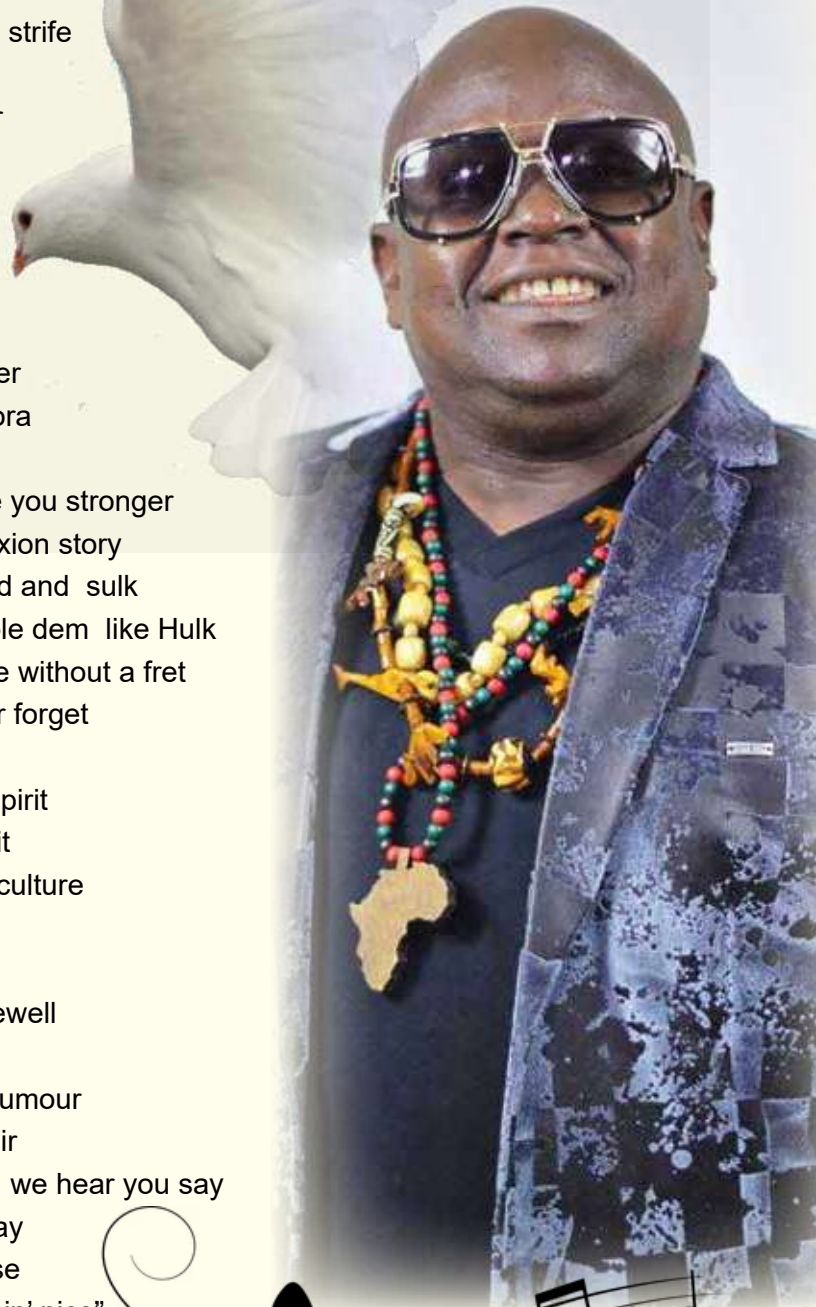
Dey now decide to call you the Godfather of Soca
Because dey only hear you and never listen, pardner
Dey aint listen when yuh sing “I come here to take my Place in Life”
You take Soca higher than jammin’ bumper and crying strife
The messages in your songs were loud and clear
You had a quiet swag that drew fans from far and near

“Spread yuh hands and leggo” was your mantra
Commanding us all to enjoy the free spirit of Soca
On stage you were suave and had charisma
Bringing joy, fun and laughter to fans here and yonder
You were an elder with a big heart to nurture the younger
The toast of the Caribbean and the international diaspora

With great strength of character the bad criticism made you stronger
You really had belly to run dem wid dey dotish complexion story
You didn’t run like a coward to cry in a corner and grind and sulk
You scale every mountain and trample dem, and trample dem like Hulk
Off stage you were a class act helping the less fortunate without a fret
The hearts you touched will fondly remember and never forget

No thorn in the flesh could stop your strong mind and spirit
Using your talent to push soca music to its ultimate limit
You were a true ambassador for Trinidad and Tobago culture
To fellow artistes and friends you were a great mentor
A true master of your craft that you performed so well
You have finished your work and reluctantly we bid farewell

We find solace in memories of your sweet music and humour
As you now join those gone before in the heavenly choir
“On my way! On my way On my way! On my waaaaay!” we hear you say
As welcoming angels guide you along the heavenly way
To sing sweetly once again on that big stage in Paradise
“Today my spirit high, trouble out de door and my life goin’ nice”



Recipe

SWEET POTATO & CAULIFLOWER PIE

Ingredients

- 4 Medium Sweet Potatoes (peeled, cubed and boiled until fork tender)
- 1 Head Cauliflower (medium, broken up into florets)
- 1/4 Cup Butter
- 1/4 Cup All-Purpose Flour
- 3 cups Reduced Fat Evaporated Milk (330ml)
- 1/4 Teaspoon Nutmeg Powder (or all-spice powder)
- 3 Units Onion and Garlic Cubes
- 1 Cup Cheddar Cheese (grated)

Directions:

1. Preheat oven to 350F/180C and lightly grease baking dish
2. Arrange sweet potato and cauliflower in dish.
3. In a medium sauce pan over medium heat, melt butter and whisk in flour until well combined
4. Slowly whisk in Full Cream Evaporated Milk and stir until sauce thickens. Remove from heat and add nutmeg, onion & garlic cubes.
5. Pour cream sauce over the sweet potato and cauliflower and top with cheese.
6. Bake in preheated oven for 35 minutes or until cheese is golden. Serve warm, enjoy!



BENEFITS OF CAULIFLOWER

Cauliflower is a cruciferous vegetable that is naturally high in fiber and B-vitamins. It provides antioxidants and phytonutrients that can protect against cancer. It also contains fiber to enhance weight loss and digestion, choline that is essential for learning and memory, and many other important nutrients.

BENEFITS OF SWEET POTATOE

Just one sweet potato gives you 400% of the vitamin A you need each day. This helps keep your eyes healthy as well as your immune system, your body's defense against germs. It's also good for your reproductive system and organs like your heart and kidneys.



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	- quaminalouise@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 - portiadelsilva@yahoo.com or faithcalliste51@yahoo.com
Colour T shirt	- ORANGE

DIEGO MARTIN "Western Pearls"

Meeting Place	- North Diego Martin Community Centre, Church St., Diego Martin
Meeting Date and Time	- 2nd Saturday of each month @ 3-5 p.m.
Chairman	- Emerita SAMBRANO-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, rkaliip@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	- Jacqueline AUSTIN, 396-6389
Secretary	- Janice CHASE, 689-9465 / 729-6680
Email	- jeularia50@hotmail.com, janicechase73@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	- ttarptobagocorals@gmail.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 carmencharles27@hotmail.com
Colour T's shirt	- ORANGE/GREEN

Additional Discount Providers

JULY 2022

ACCESS HEALTH TT

Category - (HEALTH CARE)
UNIT 4A PREMIUM COMMERCIAL
COMPLEX, EL SOCORRO EXTENSION
ROAD #1, SAN JUAN | Tel: 774-6736
Email: accesshealthtt@gmail.com
Facebook: Access Health TT
Website: www.accesshealthtt
**10% DISCOUNT OFF & MEDICAL
ADVICE ACROSS THE BOARD.**

ADVANCE ULTRASOUND SOLUTIONS LTD

Category - (MEDICAL LAB)
CORNER GOOD HOPE & ROOPSINGH
STREETS, SANGRE GRANDE. | Tel:
240-1971; 706-4299
Email: advanceusltd@gmail.com
Facebook: Advance Ultrasound Solutions Ltd.
**10% DISCOUNT OFF ON ALL
SERVICES.**

AID ALLIES MEDICAL LIMITED

Category - (AMBULANCE SERVICES)
4A, ALEXANDRA STREET, ST. CLAIR |
Tel: 498-2265
Email: aidalliesmedical@gmail.com
Facebook: Aid Allies Medical
20% DISCOUNT

ANSA BANK LIMITED

Category - (FINANCIAL SERVICES)
FURNESS HOUSE, #90
INDEPENDENCE SQ., POS |
Tel: 225-1096
#8, ST. JAMES STREET, SAN
FERNANDO | Tel: 225-1125
#1 ENDEAVOUR ROAD, CHAGUANAS |
Tel: 225-1113
Website: ansabank.com
Facebook: Ansa Bank
**NO FEES ON ACCOUNTS FOR
DEPOSIT AND SAVINGS, LOANS AND
NEW CHEQUING ACCOUNTS.**

CINQ COUTAIN LIMITED TRADING AS OOGY WAWA

Category - (RETAIL STORE)
ANR ROBINSON INTERNATIONAL
AIRPORT, TOBAGO
Tel: 231-2065
Email: coutain.cinqcoutain@gmail.com
**10% OFF ALL PURCHASES WITH THE
EXCEPTION OF CIGARETTES AND
ANY OTHER ITEMS ON PROMOTION.**

COUSINS' SERVICES

Category - (AUTO CARE)
1 MORNE COCO ROAD, DIEGO
MARTIN | Tel: 238-0065
Email: cousinsservicesstt@gmail.com
Facebook: Cousins Services
**10% OFF LABOUR WHEN YOU USE
OUR PARTS; (DISCOUNT DOES NOT
APPLY IF CUSTOMER SUPPLIES
THEIR OWN PARTS)**

DENTAL CARE AND IMPLANT CENTRE

Category - (DENTAL CARE)
145 TRAGARETE ROAD, PORT OF
SPAIN | Tel: 622-5806
Email: nicodont@outlook.com
Facebook: Dental Care & Implant Centre
Website: www.dentalcarett.com
10% OFF LISTING RATE

DE ELLE DANIEL & ASSOCIATES LTD.

Category - (LEGAL SERVICES)
#1 TAYLOR STREET, PORT OF SPAIN |
Tel: 241-3772
Email: info@dldaniel.com
Facebook: DelleDanielandAssociates
Website: dldaniel.com
**12% DISCOUNT OFF LEGAL
ADMINISTRATIVE SERVICES**

DEVELOPMENT FINANCE LIMITED (DFL)

Category - (PROFESSIONAL SERVICES
– FINANCIAL SERVICES)
10 CIPRIANI BOULEVARD, PORT OF
SPAIN
LEEL 1, MARITIME CENTRE, 29TH
TENTH AVENUE, BARATARIA
Tel: 625-0007
Email: info@dfibusiness.com
Facebook: dfibusiness
Website: www.dfibusiness.com
**SPECIAL RATES FOR TTARP
MEMBERS ON FIXED DEPOSITS
SERVICES OFFERED: FIXED
DEPOSITS, CORPORATE LOANS,
FOREIGN EXCHANGE SERVICES AND
MERCHANT BANKING SERVICES.**

HENDERSON SHIPPING SERVICE

Category - (CUSTOMS BROKERAGE)
22 GATACRE STREET, WOODBROOK
Tel: 235-3720; 473-8772; 678-7225
Email: infor@hendersonshipping.com
**10% DISCOUNT OFF EXCEPT ON THE
FREIGHT CHARGES**

HEXAGON MEDICAL LABS

Category - (MEDICAL LAB)
UNIT 2, ANVA PLAZA, #16-18 EASTERN
MAIN ROAD, TUNAPUNA
VIMALA MEDICAL CENTRE – 175,

EASTERN MAIN ROAD, Opp. Hosein's
Roti Shop, TUNAPUNA
Tel: 465-9714
Email: hexagonlabs@gmail.com
Facebook: hexagon labs
Website: hexagon medical labs
**5% DISCOUNT OFF ON ALL BLOOD
TESTS**

MY CARE OPTICAL

Category - (EYE/OPTICAL CARE)
SUITE 103, BRENTWOOD
PROFESSIONAL CENTRE,
#1 BRENTWOOD AVENUE (NORTH)
CHAGUANAS – EXT. 3
#5 BRABANT STREET, WOODBROOK
– EXT. 2
Tel: 235-5669 EXT 1
Email: mcoptical.icare@gmail.com
Facebook: MY CARE OPTICAL
Website: mycareoptical.com
**5% OFF ALL SERVICES
50% OFF COUPON ON PROGRESSIVE/
BIFOCAL LENSES WITH PURCHASE
OF FRAMES**

MYHEALTHSPOT

Category - (HEALTH CARE)
9 4TH STREET WEST, MONTAGUE
AVENUE, TRINCITY
Tel: 492-8705
Email: care@myhealthspot.org
Facebook: MY HEALTH SPOT
Website: www.myhealthspot.org
**10% OFF DOCTOR VISITS. DOES NOT
INCLUDE COST OF LABS, BLOOD
TEST AND MEDICATIONS.**

PAPADUMS INDIAN JOINT

Category - (RESTAURANT)
MARAVAL PLAZA, SADDLE ROAD,
MARAVAL
Tel: 388-6000; 389-2060; 336-4646
Email: streetseastshd@gmail.com
Facebook: @gopapadums
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CHAI FOR EVERY PURCHASE OVER
\$100.00**

STETHAN DRUGS

Category - (PHARMACY)
UNIT NO. 4, HEARTLAND MALL,
CORNER NARSALOO RAMAYA ROAD &
SOOGRIM TRACE, CHAGUANAS | Tel:
220-8705
Facebook: Stethan Drugs
**5% DISCOUNT OFF ON OVER THE
COUNTER (OTC) AND PHARMACY
DISPENSARY ITEMS (NOT SUBJECT
TO SALE ITEMS).**

TEHILAH TRAINING CENTRE

Category - (GYM/FITNESS/PERSONAL TRAINING)
73 ST. VINCENT STREET, TUNAPUNA |
Tel: 798-9167
Facebook: Tehilah Training Centre
15% OFF CLASSES IN DANCE FITNESS, STRETCHING, LATIN & ZUMBA.

THE DENTAL INSTITUTE

Category - (DENTAL CARE)
78 MORNE COCO ROAD, PETIT VALLEY | Tel: 610-8345
Email: info@thedentin.com
Facebook: The Dental Institute
15% DISCOUNT OFF CLEANING – MONDAYS & FRIDAYS
10% DISCOUNT OFF NON-PROSTHETIC WORK
5% DISCOUNT OF PROSTHETIC WORK

THE SANGHA TRINIDAD

Category - (HEALTH CARE)
#6 SCOTT STREET, ST. CLAIR | Tel: 730-YOGA (9642)
Email: manager@sanghayogatrinidad.com
Facebook: Sangha Yoga Trinidad
Website: www.sanghayogatrinidad.com
YOGA PASS – MONTH UNLIMITED - \$450.

THERALIFE LIMITED

Category - (HEALTH CARE)
4 SERPENTINE ROAD ST. CLAIR | Tel: 223-0230
Email: therallifelt@gmail.com
Facebook: Theralife Limited
Website: www.therallifelt.com
10% DISCOUNT OFF TREATMENT SESSIONS AND EVALUATIONS
(Treatment Package NOT included)

TRINIDAD & TOBAGO WARRIOR FITNESS

Category - (GYM/FITNESS/PERSONAL TRAINING)
#23 MENDEZ DRIVE, CHAMPS FLEURS | Tel: 376-1586
Email: tandtwarriorfit@gmail.com
AQUATIC FITNESS – 10%
AQUATIC THERAPY – 10 %

TRUE DEAL SUPERMARKET

Category - (SUPERMARKET)
83 BOURG MULATRESSE, LOWER SANTA CRUZ
Tel: 240-5430; 360-5543
Email: truedealsupermarket@gmail.com
2% DISCOUNT ON GROCERY ITEMS ONLY.

TWIN PHARMACY AND CONVENIENCE STORE LTD.

Category - (PHARMACY)
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Email: twinpharmconvenstore@gmail.com
5% OFF PRESCRIPTION AND OVER THE COUNTER ITEMS.

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Email: winnt@ain.md
Website: www.wineurosciences.com
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10% OFF ON SURGICAL PROCEDURES

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Email: mycheckpoint@rahamutgroup.com
Facebook: CheckPoint868
Website: www.mycheckpointservices.com
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Category - (SUPERMARKET)
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Tel: 232-6963; 620-3246; 735-0727
Email: befreefoods@gmail.com
Facebook: The Organic Grocery- Be Free Foods
Discount 2.5% on credit card / debit card or cash.
No discount allowed on discounted items

Membership Card must be shown to get discount
Membership card must be current and not expired
Proof of ID – optional

BELGROVES FUNERAL HOME COMPANY LIMITED

Category - (FUNERAL SERVICES)
#2-6 BELGROVE LANE, COFFEE STREET, SAN FERNANDO – Tel: 652-2178
#1 RICHARDSON STREET, POINT FORTIN – 648-2178
#10 ORANGE GROVE ROAD, TRINCITY – 645-2178
64 SOUTHERN MAIN ROAD, EDINBURGH VILLAGE, CHAGUANAS – 672-2178
LOT #4 AUCHENSKEOCH, BUCCOO BAY ROAD, TOBAGO Tel: 639-2350
Email: services@belgroves.com
Facebook: Belgrovet
15 % DISCOUNT ON ALL INTERNAL SERVICES OF OUR FUNERAL HOME TO TTARP MEMBERS

CLOSET RED PLUS SIZE BOUTIQUE LTD.

Category - (RETAIL STORES)
#19, 4TH STREET, MT LAMBERT – 293-4341
Union Plaza, 142 UNION ROAD, MARABELLA - 318-8921
PORT MALL, SCARBOROUGH, TOBAGO – 265-2957
Email: closetred@live.com
Facebook: Closet Red Plus Size Boutique
Website: Closet Red Plus Size Boutique
5% discount on all full priced clothing items ONLY, this excludes any items that are already on sale or on clearance

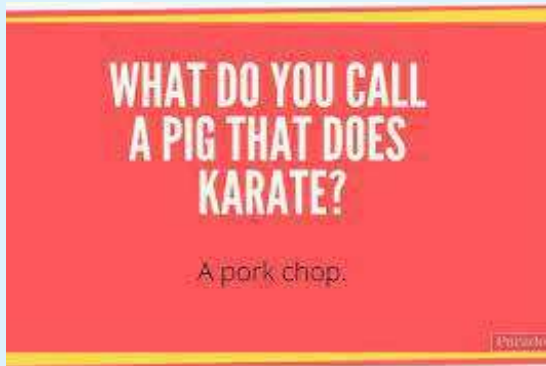
OPTOMETRISTS TODAY

- Category - (EYE/OPTICAL CARE)
PORT OF SPAIN; GRAND BAZAAR; CENTRE CITY MALL; GULF CITY MALL; TRINCITY MALL; ARIMA; PRICE PLAZA; C3 CENTRE; WESTMALL
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Facebook: Optometrists Today
20% DISCOUNT OFF COMPLETE SPECTACLES
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Category - (AGRICULTURAL SUPPLIES/PLANT)
CENTURY DRIVE, TRINCITY INDUSTRIAL ESTATE, MACOYA
Tel: 235.5795
Website: www.theplantpeopleltd.com
Facebook: The Plant People Ltd.
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