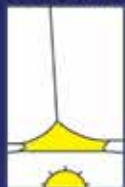


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ISSUE #3, 2022

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Patricia Crossley:
from Belmont with Love

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Comments from the Board

As we say goodbye to 2022, some of us may be excited and counting the days to the new year, whilst others may be filled with dread of the uncertainty and fear of life, virus, loneliness, the list can go on.

Keeping fit, socializing and maintaining your wits are key factors to longevity and good health. Staying safe is important but don't be trapped with fear in your day to day activities. Embracing the future and all that it brings would contribute to a strong spirit, powerful mind and wholesome body

Next year, will be a remarkable milestone in the life of TTARP, since we are turning 30. A thirty year anniversary for any organization is indeed inspirational, and we promise to continue to listen and serve our membership providing you with exceptional services and enhanced benefits.

We will be celebrating this achievement all year in 2023, and would like to keep you in the loop, so ensure all your contact information with us is updated (email, phone, mailing address). Social Media communication is becoming more popular among our members, so we ask you to Like and Follow us on Facebook and Instagram.

Big Things are Happening so Stay Connected !!

WISHING ALL OUR MEMBERS A WONDERFUL NEW YEAR.
WE LOOK FORWARD TO SEEING YOU IN 2023.

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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 rides on the Water Taxi between POS and San Fernando.
7. Fee Exemption on certain bank services (e.g. Bank Drafts and bank statements for US Visas)
8. Preferential rates on fixed deposits at Banks and certain Credit Unions.
9. Increased the range of CDAP medications for ailments common to Senior Citizens.
10. 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.
11. Increased non-taxable annual income allowances from \$72,000 to \$84,000 for all citizens.
12. The Senior Citizen 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.
13. 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.
14. Removal of semi-annual Life Certificate for NIS Pensioners.
15. 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.
16. Walk-Over constructed to assist senior citizens and others travelling to and from the Tobago Ferry Port and Water Taxi service.

* * * *

November 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.

* * * *

November 2022

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PEMBROKE CULTURAL STARS (Tobago Zone)

by Carmen Charles, Secretary.

In September, members of the Tobago Pembroke Cultural Stars held its Birthday Gift giving ceremony at our Meeting Hall, Goldsborough, Tobago. Members whose birthday were during the period June to September received a birthday gift and celebrated with refreshment and dance.



PRIMNATH GOOPTAR

Humming Bird Medal (Gold) Recipient

Primnath Gooptar is a writer, biographer, social worker, cultural promoter, former school principal, Hindi film scholar and lecturer in Indian Cinema, UWI, and a TTARP Member. He holds a PhD in Cultural Studies (UTT) [The Impact of Indian movies on the Identity of East Indian in Trinidad] and has written eleven books.

He was President of the Sangre Grande Ramleela Committee for 25 years and President of the Sangre Grande Phagwa Committee for 30 years. He was also a member of the Sant Nagar Hindu Mandir and the Sant Nagar Ramayan and Chowtal Goal.

TTARP wish to congratulate Primnath on being awarded the Humming Bird Medal (Gold) at the 53rd National Awards, held on Saturday 24th September. We are proud of you!



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Wear Your Mask



ROYALS (Princes Town / Rio Claro Zone)

by Angela Guerra, Member.

At an AGM held on 17th September a new executive was elected for the Term Sept 2022 to Aug 2024. The new Chairman, Ronnie Roberts is a retired public servant (30 years service), and a certified Surveying & Construction Technician. He has a passion to train people, and his hobbies are sports and event planning. His term as Chairman will reflect democracy, accountability and transparency.

TOUR OF PARAMIN

As the Covid restrictions eased earlier this year, "The Royals" immediately sprang into action to quickly organize an outing to the home of Seasoning ... "PARAMIN". Within a few hours all forty (40) seats were sold out.

Members ecstatically boarded a Bus and a Maxi to Paramin, where upon arriving to Maraval, we switched to four suitable vehicles capable of handling the terrain. Our lead tour guide Mr. Ricardo was very knowledgeable and provided history of the Village in both English and Patois.

Exploring the Paramin Village, we stopped for photo shoots while absorbing breathtaking views. We saw villagers enjoying a coffee brew and a large mud oven being used. The villagers were

extremely hospitable.

Our destination, the La Vigie Lookout, was recently upgraded, and we were astounded at the sight from the many viewing decks, all equipped with binoculars. After experiencing the beauty of Trinidad from this angle, we enjoyed a delicious lunch and entertained ourselves.

We visited the "Toolum" factory and then took a steep, meandering descent to the Paramin RC School, where our trip culminated with words of appreciation and a prayer by Fr Greenidge, who was part of the trip.

No visit to Paramin is complete without getting a bundle of seasoning which were pre-ordered. The day ended with a refreshing sea bath at Chagville Beach.



Left to right: Angela Guerra - Assistant Secretary, Ronnie Roberts - Chairman, Ramchand Kalipersad - PRO, Annmarie Paul Roberts - Secretary, Yvette Scantlebury Mc Shine - Trustee, Carol Ragoonansingh - Assistant Treasurer, Maureen Griffith Lewis - Trustee, Mervyn Tobias - Vice Chairman, Esther Saunders Thomas - Trustee, Patricia Noel - Treasurer. Missing: Goolazees Chan Trustee



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80



Walk for Resilience
 organized and managed by TTARP on 1st October 2022
 at Nelson Mandela Park, St. Clair, Port of Spain





WALK FOR RESILIENCE





THANK YOU!!!

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To all our Participants (TTARP Members/Others) and Corporate Supporters who took part in our Walk for Resilience in commemoration of International Day of Older Persons.
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CRUZERS (Santa Cruz Zone)

by Yvette Wright, Member.

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*Treasurer Renae De Four presents
Lena Augustus with her prize at
our "in house" Bingo*



*Top: Members pose with Santa at Christmas
in July at the Green Market.*

*Left: Berna (L) and Brenda (R) biological
sisters "squeeze" in Santa.*



*Malcolm Armstrong 96 years, celebrate with
Mary Wallace at her 80th birthday.*



*Jacqueline Austin (Chairperson) pose
in African attire ready for Emancipation
celebration.*



*Euphemia Durant posed at The
Trade and Investment Convention in
The Centre of Excellence.*





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AT HEART



PATRICIA CROSSLEY

From Belmont with Love

When she fell in love and got married, Patricia Crossley moved to Belmont, her husband's hometown. She says: "The Bible tells you, you have to follow your husband"—so she did, saying, "I never looked back."

It's a move that resulted in enduring friendships. The community helped Patricia, and she, in turn, found ways to nurture the community.

A forthright lady now in her seventies, we met in the Belmont Community Centre on a quiet Sunday morning. Sporting Brazil's cheerful yellow and green football jersey, Patricia is a passionate football fan.

It's no accident we're meeting at the recently refurbished Belmont Community Centre. Patricia was President of the Centre for a decade, and is now a Trustee. She's been going to the Centre for as long as she can remember.

"I was born and raised in Richmond Street, Port of Spain, the first of seven children to a Trinidadian mother and a Bajan father," she shares. She moved to Belmont in the late sixties. Her children all went to primary school in the area, and she made friends in the community and got involved.

Carnival is close to her heart. She helped start two children's mas bands, Classic Productions and

Eureka. And she recalls the excitement of Belmont masman Jason Griffith launching his fancy sailor band every year in the old community centre.

She was also a devoted mas player in Peter Minshall's Carnival street theatres every year from 1976 to the mid-eighties, until he stopped bringing out big bands.

She fondly remembers Reign of the Sons - a family and friends Belmont mas band designed, made, and played by residents in 1971. "People took home their costume and made it themselves, with advice from the designer. I remember Eric Williams even visited our little old mas camp once, in upper Belmont Circular Road!"

Patricia is active in the Prime Minister's Best Village Trophy competition,



which celebrates folk traditions. She says Best Village emerged from the good work of the Emancipation Support Committee, which in 2018 awarded her their Spirit of Emancipation Award to recognize her years of community service.

The Belmont Community Centre is an important touchstone in Patricia's life: "I was always in the Centre, helping." The Centre was where Belmont people came to have wedding receptions, christen their babies, or take classes on home-made wine, woodwork, cooking, and other subjects for fun as well as for skills to use in small businesses.

Patricia took classes in laying floor tiles, candle-making, and home-made soaps. She'd later get certified in container gardening by the Ministry



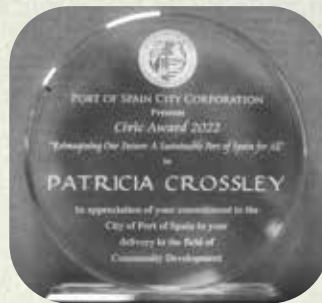
by Shereen Ann Ali

of Agriculture, and coordinated the Grow Box Training course from 2005-2010 at community centres in Belmont, Cascade, St Ann's and Woodbrook. "People learned to grow all kinds of vegetables, including pak choy, sweet peppers, ochroe, pimento, lettuce, and melongene," she shares.

Over the years, Patricia became the Belmont Community Centre's Welfare Officer, Vice Chairman, Chairman, and then President from 2010-2020. Today, she is proud of the new facilities at the Centre.

With its exterior painted in patriotic white and red, the Centre now boasts a modern kitchen for cooking classes, an IT room, a small library, office facilities, and a small gym. There is also a multifunctional auditorium that can be used for meetings, or income-earning Latin dancing classes. And outside, there's a sheltered space with steel pans for music lessons.

Patricia's community activities go beyond the Centre. Alongside activists Faith Wiltshire, Hazel Brown and others, Patricia in 1971 co-founded the Housewives Association of Trinidad and Tobago



(HATT) which fought for women's rights and greater consumer awareness. HATT was active from 1972 to 1982. HATT's activism contributed in no small measure to the establishment of the Trinidad and Tobago Bureau of Standards in 1974.

Patricia is a living example of the belief that if you want to improve something, you must get involved and make your voice heard. She's been a member of the St George West Community Council for five years. She, along with Gloria Jones, also co-founded the Belmont B's, one of TTARP's Zonal Groups.

The Belmont B's is a very active group of retirees,

who represent TTARP's good work by their outreach programmes to assist fellow seniors in need. The group keeps their spark alive through many shared activities.

Patricia showed me the "Golden Heroes" booklet for the Belmont B's 2012 special ceremony which honoured outstanding citizens in the community. Leafing through its pages, names leap out that convey the depth of the talent and energy which exists in Belmont.

For example, there's Lennox Belle, the "businessman with a sweet hand", a former police officer who established Belle's Creole Cuisine and guesthouse. Other names include Frank de Freitas, a neighbourhood printer;



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architect and philanthropist Alvin Dorset; Burrokeets International, a mas band that does charity work for Belmont; Casablanca Steelband; Jason Griffith, famous sailor band artist; the griot calypsonian David Rudder, whose roots are in Belmont; the late great artist LeRoy Clarke; and many others.

These people's strivings, talent and contributions are the true wealth of Belmont. Patricia feels proud to have played a part in honouring them.

Patricia believes you have to grow up in a community to be an effective community council representative. She says to help people, you need to know them on the ground. You need to know their personalities, concerns, and challenges.

She shares: "Although people may quarrel, it's important to make up. Because in the twinkle of an eye, you hear someone has passed. I believe while we are here, we must do our best. Life isn't anything until we make it what we imagine it could be; until we make it what we want it to be."

**"I was BORN
and RAISED IN
RICHMOND STREET,
PORT OF SPAIN,
THE FIRST OF
seven CHILDREN
to a TRINIDADIAN
MOTHER and a
BAJAN FATHER"**

INVESTING AND RETIREMENT PLANNING

“The question isn’t at what age I want to retire; it’s at what income?” *George Foreman*

It pays to plan for your retirement as early as possible, however, this planning is especially important in those five to 10 years before you retire. By following a few basic principles, anyone can be a successful investor and enjoy a happy, comfortable retirement.

Road to Retirement Checklist

• When can I retire?

Getting a good idea of where your savings need to be at retirement is an important first step to successful retirement planning.

• Prioritise your financial goals.

While you may have many pressing financial goals, your retirement goals are no less important.

• Select your retirement investments.

There are a range of investments, including stocks, bonds and mutual funds. Determining the right mix of investments depends on how long you have until retirement and how comfortable you are with risk.

Qualified financial advisors are usually equipped to provide persons with the insight and expertise needed for retirement planning. When creating an investment portfolio at or near retirement, it is recommended that a larger portion of the portfolio be exposed to fixed income

instruments such as bond mutual funds. These types of mutual funds allow you to access fixed income instruments that are suitable for investors with a medium-term horizon and are looking to mitigate against inflation, which reduces the value of your savings. As an investor, you benefit from the growth of your capital within the medium-term.

When you retire, income generation becomes top priority. While you consider medium-term investment options, you can invest in a more stable, low-earning, short-term investment vehicle to preserve and protect your capital. Repurchase agreements, also referred to as repos, are also great investments to help you manage short-term expenses. This instrument provides competitive fixed interest rates compared to savings accounts and are available in flexible terms from 90 days to three years.

“It’s not how much money you make, but how much money you keep, how hard it works for you, and how many generations you keep it for.”

Robert Kiyosaki

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Are We Prepared ?

There is an old saying, if your neighbor’s house is on fire wet yours.

To all victims of Hurricane Ian, we wish you a speedy recovery.

Hurricanes are having devastating effects in many countries, and precaution must be adhered to before, during, and post disaster.

Before- dissemination of information as to the seriousness of the hurricane, and instructions to vacate homes and seek shelter elsewhere.

Post – elderly and disabled persons must be given attention to ensure meals and medications are provided. Psychological rehabilitation for all is also important. Motivation, support and financial assistance is important to rebuild.

Having managed the COVID-19 crisis fairly well, we have learnt to put aside differences and bond together. The elderly and disabled were given a fair share of attention during COVID-19, and if that focus can be transferred to our disaster program, our survival rate will increase.

We should never become complacent and take things for granted.



Anton La Fond
An advocate for the elderly and disabled
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EASTERN ANGELS (Arima Zone - EAAZ)

by Annette Young, Public Relations Officer.

Trini River Lime

In what can only be described as a leap of faith, in July, a few members attended the first outing since the resumption of activities after Covid-19. It was a special trip since it was part of our 20th Anniversary celebrations.

Thirty-eight members went to a Trini River Lime in Matura, on a day of brilliant sunshine in the midst of a period of uncertain and severe weather.

The rustic and serene ambience of the Trini River Lime venue provided a get-



away experience for EAAZ tourists who enjoyed river-bathing, hanging out poolside, pool-dipping, water-sliding, card playing or just "chilling" under the huts. The fun activities concluded with sharing in the Anniversary cake and toasting EAAZ's health and continued existence.

Emancipate Yourself!

The EAAZ celebrated Emancipation Day with Choir Members giving renditions fitting for the occasion, and Modelling of African wear by members.



A Splash of Toco

After a brief break over the August period, in late September a strengthened and enthusiastic Tours Committee arranged a trip to the north eastern tip of the island.

Despite a late start, forty-five EAAZ members made the long, winding but pleasurable trip to Jammev Nature Resort tucked away in Hambug Trace, Toco.



Members enjoying the catered lunch and settling into their comfort niches, whether it was to splash, sun-bathe, hang out at the infinity pool, play card games in the "chill" of the conference room or to simply relax and chat.

We were blessed with beautiful weather which helped to enhance the day's activities. We thank the Zonal Executive, the organizing committee, our understanding participants, the drivers, others who contributed and above all, the Almighty for granting us a safe trip.

CSO



EVENTS PROGRAMME 2023

HEAD OFFICE

For Information contact: 497-2687 / 221-7771

Jan Carnival Fete
April Health & Wellness
May 7th Mother's Day Brunch
June 16-20 Trip to CURACAO

BELMONT "b's"

For Information contact: 385-8951/ 626-0009

Jan 3rd Executive Meeting
Apr 15th Visit to Santa Cruz Green Market
TBA Calypso Tent
Apr 25th Monthly Meeting
Jan 24th Monthly Meeting; Carnival Lime
Apr 29th Fun and Games; Easter Hat Parade
Feb 7th Executive Meeting
May 2nd Executive Meeting
Feb 14th Visit to Carnival Museum; Valentine Celebration
May 4th Visit to Sandy Hill Resort
Feb 28th Monthly Meeting; Social Evening
May 30th Indian Arrival Day Function
Mar 1st Executive Meeting
Mar 4th Church Day
Mar 30th Family Day
TBA Visit to Sanderson Park
Apr 4th Executive Meeting

CHAGUANAS "Central Pride"

For Information contact: 386-8623; 481-3762, 786-4084

Jan Interactive Meeting
Jan Fundraiser Bar-B-Que
Feb 9th Carnival Lime

PRINCES TOWN/RIO CLARO "Royals"

For Information contact: 375-5112/ 322-6723 / 754-5361

Jan 23rd Church Service
TBA Mayaro Beach Lime
Feb 8th Visit to Mas Cam and Pan yard
TBA Sunset Nature Park
Feb 12th Attend Calypso Fiesta Semi Finals
Apr 15th Birthday Celebrations
Feb 14th Valentine's Day Lime – Paradise Park - Moruga
TBA Ed UI Fitr
Feb 16th Visit to Calypso Tent
Apr 30th St. Stephen Parish Harvest
Feb 18th Carnival Celebration
May 20th Mother's Day Celebration
Mar 18th Shouters Baptist Celebration
TBA Visit to La Vega Estate (Gran Couva)
Mar 25th Blackman Ranch & Visit to Home for the Aged

SANTA CRUZ "CRUZERS"

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Jan Thanksgiving Service
Apr Fashion Show & Easter Parade
Feb Valentine Day Event
May Visit to Curacao
Mar Birthdays at Clifton Hill



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FOREVER GREEN (Fyzabad Zone)

by Parmatie Geeta Deokiesingh, Assistant Secretary

Our first General meeting since Covid, was held in May, with just twenty members in attendance to plan our upcoming events.

Our Mother's/ Father's Day Thanksgiving function and Fashion Show was held in June at the Thick Village Community Centre. An amazing fashion show with models beautifully dressed in Formal, Casual, Church, Country and Western wear, climaxed our evening.



'Christmas in July' to honor January to June birthday celebrants consisted of a lavish buffet style Christmas Luncheon, DJ Music, Birthday gifts, and "Santa Claus" token for all other members provided by the Trinidad & Tobago Fire Services.



Thirty-five (35) members assembled at the Fyzabad Regional Community Complex in August at 7.00am for a Tour to Paramin, which included a visit to Cameron Hill, a seasoning stall and La Vigie Paramin Lookout. The view from the lookout was breath taking, with beautifully managed landscapes, and recreational areas provided for cooking and leisure activities. Lunch was catered in Paramin, which was delightfully tasty and fit for a king.



"Virtual Bingo" was held in September with prizes donated by members of the group. It was a fun filled, nail biting, exciting game, with players shouting 'Bingo' from all over the country.

80





CENTRAL PRIDE (Central Zone) by Yvonne Knights, Public Relations Officer.

From Emancipation to Independence

Central Pride has been focusing on virtual challenges and meetings as we strive to keep the Zone active. Our Members responded extremely well to our Emancipation and Independence challenges.



Central Pride wishes to convey a very Merry Christmas and a Bright and Prosperous 2023 to all as we bravely face the New Year and the challenges which may come our way.





THE CORALS (Tobago Zone)

by Selby Cole, Chairman

Our Vice-Chairman, Winston Gordon received his instruments from the Honourable Minister of Sport and Community Development, Shamfa Cudjoe.



A Master in the Mpower Project

The Vice-Chairman of our Corals Zone, Winston Gordon, has been appointed as a Master in the Mpower Programme. This Project was recently launched under the auspices of the Ministry of Sport and Community Development.

This Programme is built on four (4) tenets- Empower, Embrace, Educate and Elevate. It will consist of Talks and Block Discussions, Life Skills Training, Career Guidance and Mentoring. As an Mpower Appointee, he will share his story and experiences to Young Males of this Country.

We are confident that our Vice-Chairman would execute his duties with professionalism.



A Corals Member standing next to a painting at the Central Bank Museum, Trinidad.



Our Trustee, Pamela Hepburn, presenting a token to a Lecturer on Alzheimers, Marilyn Procope-Beckles.

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The Ageing Breasts

Ageing Breasts are something that we seldom pay much attention to. Especially since, from a socially appropriate standpoint, women ought not to be too hung up (literally and figuratively) by the stature of their breasts, especially, as and when women are deemed to be getting older. Well, the truth is, concerns with ones' ageing breasts, have more to do with comfort and well-being and less to do with vanity.

What are Ageing Breasts?

As women advance in age, and especially at the onset of menopause, some bodily attributes change radically – both physically and genetically.

Some of these physiological changes are derived from fluctuations in hormonal activity which can contribute to a plethora of effects ranging from weight changes to changes in breast tissue composition.

This is relevant to women of varied ethnicities, cultures and geographies, where there is a consistent and direct correlation between a sense of comfort, well-being, confidence and of course self-esteem.

How to cope -

mentally, physically and psychologically? Over the years, women have resorted to diverse coping mechanisms, to address their physiological changes



that are attributed to their breasts - namely lifestyle changes and adaptations that would help them with their overall mental and physical wellbeing and an especially towards having a better appreciation of these changes, in ways that are unique to their own life experiences and expectations.

Recognizing Ageing breasts

Appreciating and understanding our bodies are the core to recognizing and addressing the many changes that come with ageing and especially during the menopause. More and more, women are making the time to have a deeper connection with their bodies and breasts and are acting upon being more attuned to their bodily changes during their ageing and especially at the onset of their menopausal experience. With this, it means that women can articulate their concerns more openly and with less self-judgement.

What can be done to prevent?

Over the years, a great

value of emphasis has been placed on methodologies that support and encourage body agency. This is especially of greatest importance, along the lines of the interventions that are suitable for each stage of the woman's advancement in age and, the changes that impact her physiology and by extension her breasts.

It is of significance therefore to adopt a more dedicated and deliberate approach to that very experience that was innate to catalysing comfort by systematically addressing one's needs.

During the worldwide pandemic, many women would have adopted a more 'relaxed' approach to their bra use – to perhaps one specific bra that was relegated to most of the day-to-day activities, and in some instances, no bra whatsoever – including the hours of working from home.

Some of these women may have also experienced other types of bodily discomfort – namely in the back and shoulder regions which they may not have



By Nicole Joseph-Chin

Nicole Joseph-Chin is an internationally certified Bra and Mastectomy Fitter whose focus is on the incorporation of breast health as a catalyst to sustainable wellbeing.

She can be reached at msbrafit@gmail.com or at 868-755-1496.

attributed to their overall physical discomfort and self-consciousness.

Inside of this equation, any women who might have also been impacted by clinical breast diagnoses, resulting in a mastectomy may have been further affected in significant ways.

Therefore, the solution is not a one size fits all, or a cookie cutter application to comfort – but a collective of professional interventions that will make comfort and confidence a priority and a sustainable solution to wellbeing. At the core of this collective of solutions is making the time to review one's bra comfort during the varied changes during our lifecycle, so as to adopt the care that is aligned to adhering to the values of joy of ageing, along with comfort and wellbeing in its totality.



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Recipe

Green Beans in Creamy Sauce

Ingredients

- 500g/1lb green beans , trimmed, cut into ~5cm / 2" pieces
- 150g/ 5oz bacon , chopped (use streaky, not lean)
- 2 garlic cloves , finely minced
- 1/2 cup chicken or vegetable stock / broth , low sodium
- 1 cup cream , heavy/thickened (Note 1)
- 1/2 cup parmesan , finely grated (best to grate your own)
- Black pepper , freshly ground

1. Trim and chop the green beans;
2. Cook the bacon bits first so they release all that tasty fat;
3. Cook garlic until golden then stir in the green beans to coat it in all that flavour;
4. Add chicken stock/broth then cover with a lid.
5. Add cream and parmesan, then simmer for a minute or two to thicken;
6. Garnish with bacon, black pepper and a little extra parmesan if you want.

How to serve these green beans

It's intended as a side dish that's a little bit fancy, worthy of a place at a holiday occasion – think Christmas, Thanksgiving, Easter. Serve it over pasta, rice, potatoes, quinoa or other starches. Or just some bread for mopping. It can also be used as a sauce over grilled or pan seared proteins, like pork chops or breast. Perfection!






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social eyes
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Laughter



I remember sneaking out my House to go to Parties
Now, I sneak out of Parties to go to my House.

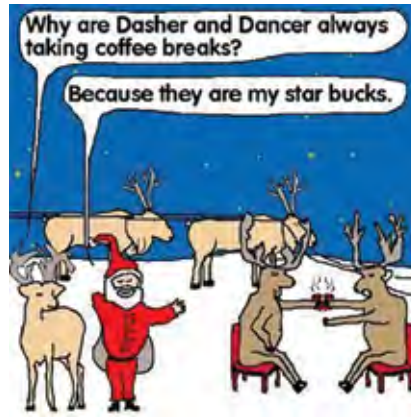
Youth is when you're allowed to stay up on New Year's Eve.
Middle age is when you're forced to.

Q: What do dentists call their x-rays?
A: Tooth pics!

Q : Why do mummies like Christmas so much?
A: Because of all the wrapping!

Q: What is a New Year's resolution?
A: Something that goes in one year and out the other.

Q: What did the little champagne bottle call his father?
A: Pop!



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TTARP Zonal Groups

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

ARIMA "Eastern Angels" est. June 2002

Meeting Place Arima Tennis Club – Railway Road, Arima
Meeting Date & Time Every Friday (except Public Holidays)
from 12:00 noon – 6:00 pm
Chairman Peter NOCK - 718-9571 | 310-5929 / 1nocksypetes@gmail.com
Treasurer Margaret ISAAC - 775-8292 | 374-6806
ovableprincess58@gmail.com
Secretary Carol BAIN - 754-0077 / carolcbain@yahoo.com
PRO Esther KNIGHTS - 783-8646 / eknights19@gmail.com
T-Shirt Colour Lime Green

BELMONT "Bees" est. June 2005

Meeting Place TBA
Meeting Date & Time 4th Tuesday of each month @ 5:00 pm
Chairman Jemma CARRINGTON - 385-8951 / gemmacarrington@gmail.com
Vice Chairman Joseph Stanley JOB - 770-5029
Treasurer Jennilyn HAMBLYN-RAPHAEL - 716-0169
jennilynraphael@hotmail.com
Secretary Linda RICHARDSON - 626-0009 / lindarichardson364@gmail.com
PRO Joshua PHILLIPS - 707-5228 / phylofrye@hotmail.com
T-Shirt Colour Gold

CENTRAL "Central Pride" est. March 2003

Meeting Place Chaguanas Community Centre – Chaguanas
Meeting Date & Time 2nd Thursday of each month @ 10:00 am.
Chairman Faith CALLISTE - 386-8623 | 481-3762
faithcalliste51@yahoo.com
Treasurer Portia DE SILVA-FILL - 786-4084 / portiadelsilva@yahoo.com
PRO Yvonne KNIGHTS - 687-1062 / 219-2171
y.knights59@yahoo.com
T-Shirt Colour Orange

DIEGO MARTIN "Western Pearls" est. January 2011

Meeting Place Diego Martin Boys RC School – Church Street, Diego Martin
Meeting Date & Time 2nd Saturday of each month @ 3-5 pm
Chairman Emerita SAMBRANO-CHURCHE - 758-4601
keyevents14@gmail.com
Treasurer Greta FRANK - 778-7960 / donnafrankpierre@gmail.com
Asst. Secretary Aneta GEORGE - 724-5846 / blessed1fg@gmail.com
T-Shirt Colour Burgundy

FYZABAD "Forever Green" est. March 2007

Meeting Place Fyzabad Regional Community Complex
Meeting Date & Time 3rd Thursday of each month @ 10:00 am.
Chairman Monica NELSON - 394-5571 | 649-1866
monicanelson1960@gmail.com
Vice Chairman Judith DE BOULAY - 736-0962 | 677-5207
jdeboulay@gmail.com
Treasurer Hermina TIMOTHY - 354-1204 / herminatimothy@hotmail.com
Secretary Kay FRANCIS - 742-0229 | 389-9180 / kaygf@hotmail.com
T-Shirt Colour Green

LA BREA "Black Gold" est. July 2011

Meeting Place Vessigny Community Centre – Southern Main Road, Vessigny
Meeting Date & Time 3rd Thursday of each month @ 5-7 pm
Chairman Dennis MARCHAN - 774-2701 / dennismarchan110@gmail.com
Vice Chairman Angela CARTY-JOSEPH 747-3927
T-Shirt Colour Lilac

HEAD OFFICE:

45 Tragarete Road, Port of Spain.

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

PEMBROKE (Tobago) "Cultural Stars" est. March 2009

Meeting Place Quarters #126, Cow Farm, Goldsborough, Tobago
Meeting Date & Time 2nd Monday of each month @ 4:00 pm
Chairman Leccia ROSS 639-3029 | 391-2228
Vice Chairman Agnes ALFRED 635-0818 | 398-6045
Treasurer Umilta EDWARDS 780-4308 meltaedwards@gmail.com
Secretary Carmen CHARLES 759-4244
carmencharles27@gmail.com / carmencharles27@hotmail.com
T-Shirt Colour Orange/Green

PRINCES TOWN/RIO CLARO "Royals" est. January 2001

Meeting Place Princes Town Senior Activity Centre
Cor. High Street & Lothians Junction, Princes Town,
St. Stephen's Anglican Church Parish Hall.
Meeting Date & Time 3rd Saturday of each month @ 2:00 pm
Chairman Ronnie ROBERTS - 375-5112 / 656-2149
ronnierobert10@gmail.com
Vice Chairman Mervyn TOBIAS - 706-4564 / tobiasmervyn@gmail.com
Treasurer Patricia NOEL - 779-3459 / patnoel2@gmail.com
Secretary Annmarie PAUL-ROBERTS - 754-5361 | 656-2149
anniepr89@gmail.com
PRO Ramchand KALIPERSAD - 359-3042 / rkaliip@gmail.com
T-Shirt Colour White

SAN FERNANDO "Purple Diamonds" est. June 1997

Meeting Place Pleasantville Community Centre, Pleasantville, San Fernando
Meeting Date & Time 2nd Tuesday of each month @ 10:30 am
Chairman Carl RYAN - 777-8576 / cjryan@conflictresponseinstitute.com
Treasurer Maureen TAYLOR-STEPHENSON - 776-6411 / tbevery45@yahoo.com
Secretary Norma GEORGE-OCHOA - 330-0437 / ngnormav@gmail.com
PRO Hollis CLIFTON - 462-2738 / pandiaspora@gmail.com
T-Shirt Colour Purple

SANTA CRUZ "Cruzzers" est. June 2010

Meeting Place Bourg Mulatresse Parish Hall, Santa Cruz
Meeting Date & Time 4th Friday of each month @ 5:00 pm
Chairman Jacqueline AUSTIN - 396-6389 / jeularia50@hotmail.com
Treasurer Raena De FOUR - 797-3384 / raenadefour@yahoo.com
Secretary Janice CHASE - 689-9465 | 729-6680 / janicechase73@gmail.com
T-Shirt Colour Turquoise

Tobago "Corals" est. August 2001

Meeting Place Happy Haven School - Signal Hill, Tobago
Meeting Date & Time 2nd Saturday of each month @ 3:00 pm
Chairman Selby COLE - 390-0142 / selby_cole@yahoo.com
Vice-Chairman Winston GORDON - 678-9393 / winstonegordon@gmail.com
Treasurer Geoffrey LEWIS - 752-8992 / lewisgbg@gmail.com
Secretary Rawle ANDERSON - 374-8677 / andersonrawle@yahoo.com
T-Shirt Colour Blue/Gold



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