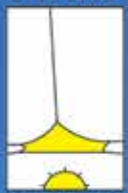


TTARP



ISSUE #1, 2023

...an Association of Responsible Persons

50Q

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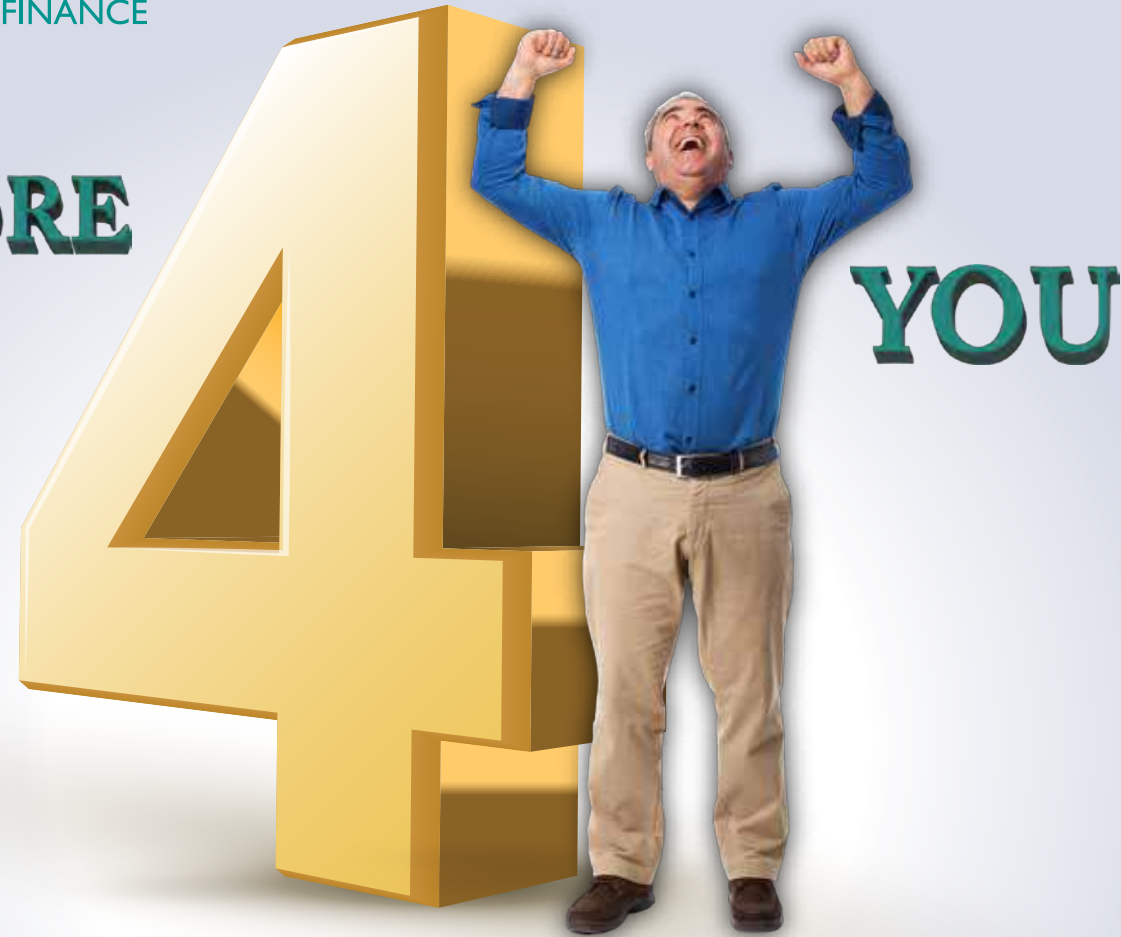
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Comments from the Board

Our Dear Members

At long last, TTARP is proud to announce the Relocation of our Head Office to #167-169 Belmont Circular Road, Belmont. This year 2023, is also quite significant since it also commemorates TTARP's 30th Anniversary, having been formed in 1993.

The time has flown by, and we have established wonderful consistent relations over the years with many corporate partners. Special mention must be made to M&M Insurance Brokers who have been at our side through thick and thin, Republic Bank Limited, First Citizens Bank, Optometrists Today, DFL, HealthNet Caribbean, Massy Stores and Tru Valu Supermarket. There are many others as well who would have contributed to our growth and stability, and that full list can be found in TTARP's Discount Directory which can be collected at the Head Office or viewed and saved online at www.ttarp.org

We thank the leaders- TTARP's President, Peter Pena who have offered his expertise, guidance and time unwaveringly, the dedicated Executive Board Members, the active Zonal Executives and Committees, efficient Management, friendly Staff, professional Consultants, experienced Promoters, willing Volunteers and of course you , our loyal members.

Come Visit us at our New Head Office, invite a friend or family member to Join TTARP or remind them to renew their Membership. Become involved in the Association.

Thirty years young and going strong.




"WHY I LOVE TTARP"
*By Ronnie Roberts, Chairman
Princes Town/ Rio Claro Zone.*

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 TTARP Forever Young
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TTARP Forever
 TTARP Forever Young
 Ah love TTARP ah could never go wrong
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 Domino we playing
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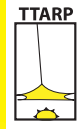

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TTARP BENEFITS

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 updated 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 which are 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. 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.
12. 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.
13. Removal of semi-annual Life Certificate for NIS Pensioners.
14. 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.
15. Walk-Over constructed to assist senior citizens and others travelling to and from the Tobago Ferry Port and Water Taxi service.

* * * *

April 2023

OTHER

In context of approved GORTT National Budget 2022/2023 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 35% 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.
- h) Increase non-taxable Annual Income allowances to \$90,000 for all citizens.
- i) All taxes (including Customs Duty, Online Purchase Tax and Value Added Tax) on individual components in CCTV systems, including cameras and DVRs, are waived with effect from January 1st 2023.
- j) There is a collaboration between the Ministry of Social Development & Family Services, IGOVTT and TTConnect to allow senior citizens to submit their Life Declaration Certificate Form by calling the toll free number 800-8826.

April 2023

MEMBERSHIP DRIVE

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Congrats **NORRIS Ferguson** "Humming Bird Medal Bronze"

Norris Ferguson has been a longstanding member of TTARP since March 2009. In 2022, he was awarded the National Hummingbird Medal Bronze in the sphere of Sport.

He has been involved in Sports Administration since 1989, and received several awards as a result, in 2016 he completed the UWI/FIFA/CIES Postgraduate Diploma in Sports Management. Norris currently serves as a FIFA Safety and Security Officer/Match Commissioner/Integrity Officer.

Over the years, he has been the recipient of many awards from institutions such as the Central Football Association, the Southern Football Association, the Trinidad and Tobago Police Service, the P&B Soccer Coaching School, the TT Pro League Match Commissioner, the FC Santa Rosa, the Caribbean Stars and Stars Soccer Review magazine, and T&T Players Association of the USA.



TTARP would like to wish Norris Ferguson heartfelt congrats on such grand nationwide recognition for his contribution in Sport.



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CRUZERS (Santa Cruz Zone)

CRUZERS ON THE MOVE AGAIN

Contributors are Yvette Wright and Euphemia Durant

The old adage "time heals" are words that humankind can use as their daily mantra. Cruzers are certainly on the move again, as we are slowly with Divine mercies coming out of the dark after the pandemic. Despite the sometimes-depressing activities swirling around, we take advantage of the "good days" as we anticipate a resumption of the fun life we enjoyed pre-Covid.

One such event was our Christmas Luncheon where over sixty happy members converged at Woodford Cafe in Chaguanas to partake in a sumptuous meal. It was very encouraging.

The trip to Erin Farm was another bumper turnout as members journeyed to the southern end of our beautiful island for a wonderful day.

Our visit to the Central Bank Money Museum exposed members to very informative history of our currency. International Day of Older Persons' event hosted in collaboration with TTARP and the Ministry of Social Development and Family Services found us out and about once again.

We are moving on to bigger and better things, with God's richest blessings.



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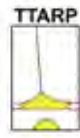
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ROYALS (Princes Town / Rio Claro Zone)

CARNIVAL SHOW *by Ronnie Roberts, Chairman*

Sixty members attended, which was considered a success since it was Carnival week conflicting with many other activities. The show had three categories competing :-

1. Old Mas with emphasis on placards, won by Ronnie and Ann Marie Roberts portraying "Up Grade Na Ronnie"
2. Ex Tempo to Sing It or Say It Freestyle or by using written material with the 'Santimanitay' rhythm – on one of three topics which were only given out on the morning so members could prepare- Why I Love TTARP, I am a Senior Citizen, Carnival. This category was won by Ann Marie Roberts.
3. Kaiso Monarch - Sing a Verse and Chorus of any Calypso, won by Joseph Smith performing Tourist Lego.

This was good fun with great laughter, with audience reaction acting as Judge.



VALENTINE'S CELEBRATION

by Angela Guerra, Assistant Secretary.

Valentine's Day may bring bittersweet emotions leading to anxiety or depression of the memory of lost loved ones. The Royals thought it important to stave off loneliness on this special day of "LOVE".

Decked in red and white, fifty-two Royalians went to Moruga Beach Facility, with a stop at Paradise. Members settled in their niches, sharing lunches, drinks and chit-chat, enjoying each other's company. Much to our delight, we were serenaded to "That's what friends are for" by a member, a toast by our beloved Chairman, and tasty desserts. Walking along the sand, we enjoyed the serenity.



HEAD OFFICE Mix and Mingle Carnival Lime @ Rock Back on the Bay, Chaguaramas

Trinis love to party and lime, and so do our TTARPees. Our Mix and Mingle Carnival Lime was energized with hit after hit of soca music from throughout the years. Complimentary bake and shark and rum punch shots plus fully packed coolers on a sunny day by the oceanside in the open air with great people was just what the TTARPee doctor ordered.

Choo Choo Train dance, bended knees, hands in the air.

"We jumped like we never jumped

Wave like we never waved

Whine like we never whined before"

What memories were created! Looking forward to 2024 Mix and Mingle, don't miss it !!



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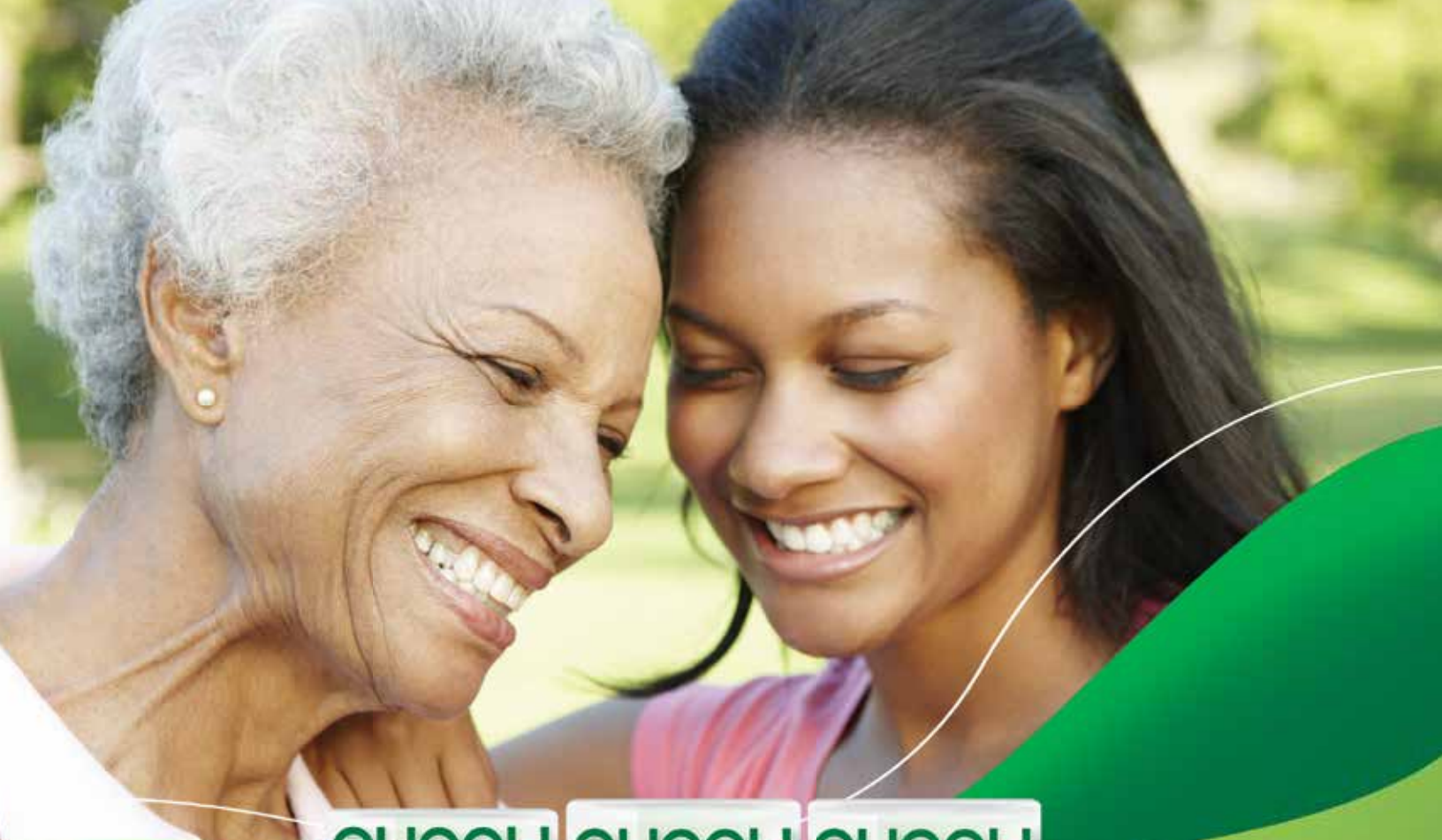
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THE CORALS (Tobago Zone)
by Selby Cole, Chairman



One of our announcers for the day

Radio Tambrin's Annual Elders Day

Once per year in November/ December, Tobago's Radio Tambrin FM 92.7, invite the Executives of the Zone to be Announcers for One Day. Apty dubbed Elders Day, they are asked to read the News and Advertisements, and to participate in on-air interviews with Cultural Icons and Village Personalities.



One of our radio announcers



Corals Committee Members elected at January AGM

This particular Radio Station is extremely popular worldwide, and listeners tune in from the United States, Canada, Germany and Switzerland (just to name a few of the locations).

We applaud Tambrin Radio Station in Tobago for its innovation, for creating a worthwhile and enjoyable project which allows us to exhibit unknown talents. And for allowing Listeners to be aware that Elders are useful and versatile !



Christmas Luncheon



Corals member beside the Christmas decor

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MEDICAL ASSOCIATES HOSPITAL FIRST IN THE CARIBBEAN TO BE AWARDED INTERNATIONAL ACCREDITATION

On February 15th, 2023, privately-owned Trinidad-based Medical Associates Hospital was assessed and found to meet with Germany's Temos International Healthcare Accreditation Standards, for "Quality in Medical Care," and received international accreditation, becoming the only hospital in the Caribbean region to have this certification. Another division of Medical Associates Hospital to have been awarded international accreditation is the Trinidad & Tobago IVF & Fertility Centre.

Medical Associates Hospital was officially notified of its accreditation status in early March, 2023 after having completed a five-day accreditation survey conducted by two Temos International surveyors.

Temos International Healthcare Accreditation assist hospitals, clinics and medical travel coordinators find their highest performance levels and to achieve excellence in all aspects of patient management; through good governance, transparency, and continuous quality improvement, resulting in the best possible patient care experience.

The Temos Accreditation Seal is there to demonstrate to patients both domestic and international, that Medical Associates Hospital has implemented procedures and policies designed to mitigate risks to medical travel patients, domestic patient care, and enhance the patient experience across each step of the patient journey.



Medical director; Dr. Aroon Naraynsigh displays Certificate of Accreditation from Temos International.

Through Temos' professional assessment and accreditation seal, it is the Mission of Medical Associates Hospital that the hospital is:

- Preferred by patients for the safety and quality assurance of the environment.
- Recommended by patients to their families and friends.
- Preferred by Physicians for quality work and patient services.
- Chosen by payors for their clients.
- Appreciated by employees as beneficial for personal professional development.

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COVER STORY

TTARP's HEAD OFFICE Vision Accomplished

#167-169 Belmont Circular Road, Belmont

Almost twenty years ago in 2004, TTARP had the foresight to purchase a building which was previously known as the Briggs Preparatory School for children at Primary Level. It was our intention to renovate, repair and occupy these premises as our Head Office.

This feat was actually accomplished for a very short time circa 2004, and we moved our Head Office from Boissierre Village in Maraval to the newly acquired Belmont site.

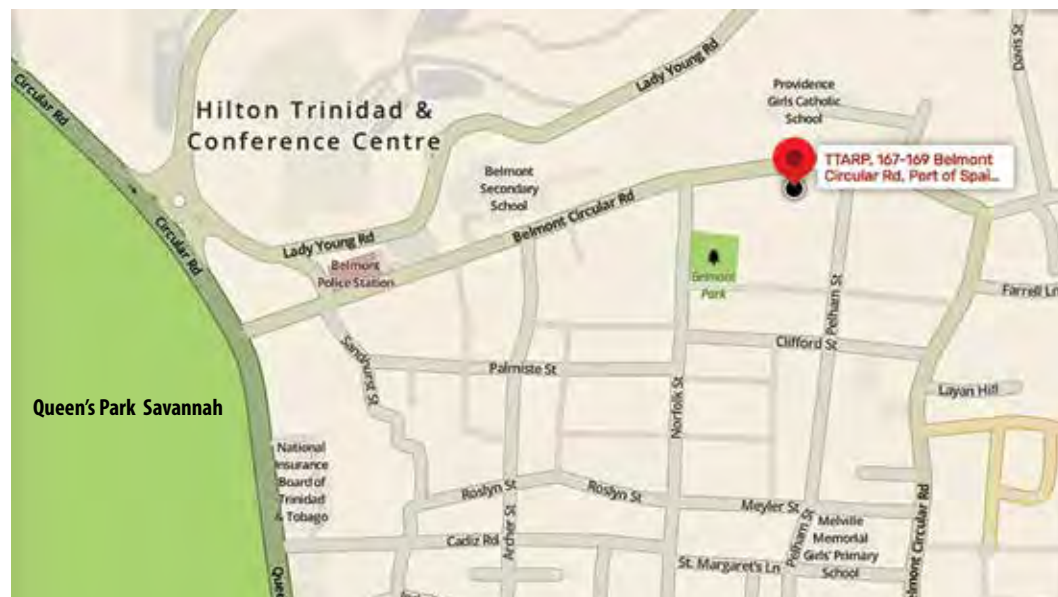
After occupying for just about a month or so, the then Minister of Education, Hazel Manning came knocking on our doors.

The Belmont Boys RC school was condemned and considered unsafe for the children and there were no facilities that could accommodate that number of students. They were searching for a suitable location within the Belmont community to temporarily relocate the school while the repairs were being done and TTARP was asked to consider renting the Building to the Government.

Being a responsible organization, we couldn't say no to the children's education, and so after formalizing our agreement with the Ministry, we quickly packed up all our belongings and moved yet again, to Tragarete Road, Port of Spain where we stayed for seventeen years.

After we regained possession of our Building, it was found to be in dire need of major repairs and so had to be demolished. Finding the perfect design, contractor and at the right price was a lengthy process which at times seemed elusive. Several quotations and bids

Map of our New Location at 167-169 Belmont Circular Road, Belmont.



By Michelle Nunes
Editor-in-Chief



were forthcoming in our quest to make the ideal decision. Finally, we can say that at Age 30, in the year 2023, TTARP... an Association of Responsible Persons (tagline) registered legally as Trinidad and Tobago Association of Retired Persons has settled in a place we can call Home.

Standing two storeys high with several offices and our own conference room to conduct our executive and zonal meetings, we are indeed delighted. This may seem pretty basic in most offices, but for those who have been members with us for the past few years, they would be aware of our lack of space and the inconvenience of conducting regular meetings at external venues simply because we could not accommodate.



At our new Head Office, we are also still under construction, so please bear with us a short while again as we try to complete our building. At the back of the property, there is parking available and a Hall being built to accommodate small events and meetings.

Our 30th Year Anniversary celebratory events will include an Expo in September at the Centre of Excellence, as well as other activities throughout the year. Stay tuned to our social media pages on Facebook and Instagram for updates. At times, we will also send emails and text messages.

We are committed to common goals and aspirations of friendships and knowledge, honour, loyalty, transparency, respect for self and others; while promoting and cultivating leadership skills, unity, comradery, and integrity, gaining a sense of social identity, personal development, community service initiatives, mutual benefits, and building lasting connections – As eloquently explained by Carl Ryan, President, Purple Diamonds, San Fernando Zone.

2023 must be the Best Year ever for TTARP. We are in the Prime of our Life at Thirty Years Old. And we have relocated to a spanking New Head Office Building. Proud to be TTARP !

We hope to see you soon.



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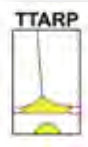


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EASTERN ANGELS (Arima Zone - EAAZ)

by Esther Knights, Public Relations Officer.

The Eastern Angels has been quite active during the past few months, hosting a Christmas Luncheon, a Children's Christmas Party, a Lecture by Dr Jennifer Rouse, Carnival events, and a grand function honouring members over age eighty.

At the Christmas Luncheon, over eighty members were treated to a pan interlude by Mahalia Thomas and vocal renditions by the choir. After the formalities, members danced to music provided by DJ Mr. George.



The Social Service Committee executed a successful Children's Christmas Party, where the kids were treated to musical items, treat bags, ice cream, a bouncy castle, and games. Mickey and Mini Mouse characters entertained the kids, posing for pictures; Santa Claus distributed gifts and had a photo session, the excitement on the faces of the children was apparent.



The Education Committee

organised a lecture by Dr. Jennifer Rouse where over one hundred members attended. Dr. Rouse captivated the audience with her comprehensive delivery on the topic 'Coping with Social



and Psychological Challenges of Ageing in the Environment'. Participants were encouraged to:

- Live responsibly
- Embrace technology
- Look at their mindset
- Grow and age gracefully

Additionally, Dr Rouse emphasised the importance of adequate rest, nutrition, and exercise as vital components required to enjoy our later years.



Then came Carnival, the Tours Committee organised a trip to the Central Pride Zone, where thirty-eight were hosted, enjoying a meal, ole mas' characters, and others.

It culminated into a party-like atmosphere. Later that month, we had our Carnival festivities of ole mas' characters and calypso renditions by choir members. The audience showed their appreciation through their thunderous applause.. The rendition 'Carnival time Again' was also a favourite with the audience. Artiste Oscar B was a surprise guest artiste and gave a scintillating performance. Over two hundred people attended this event.

After Carnival, we had a cool down lime at Forest Edge, a facility as the name suggests nestled at the forest's edge in Sangre Grande. Members appreciated the

ambiance, played card games and dominoes, enjoyed the social interaction. Others cooled down in the inviting pools. A truly relaxing time.



Social Services produced a grand function to honour Members age eighty and over in March. While the honourees were being escorted to their seats at the gaily decorated dining area, the announcer abruptly requested that the music and everyone must stop and dramatically, a red carpet was rolled out for them. After each of the honourees was presented with certificates and tokens of appreciation.



The EAAZ provide opportunities to keep our members lively and encouraged.



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What is Arthritis? Inflammation or swelling of one or more joints.

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There are two (2) major distinctive groups of arthritic conditions:

1) Inflammatory group
- There are several types. This can occur at any age, affects multiple joints and is usually a systemic disease such as Rheumatoid Arthritis.

2) Degenerative group
- Arthritis which is as a result of wear. This wear to the joint can be a natural phenomenon over time or it can be due to anatomical variations of the joint and/or traumatic injuries. This is the more common Osteo-arthritis.

The most common joints affected that cause patients to seek opinions and help are the knees, the hips and the shoulder joints. The presenting complaints are usually pain, loss of normal function of the joint and possible deformity that is visible to the patient. Once the process has started, it continues to deteriorate with time.

The treatments vary depending on the degree of arthritic conditions with the mainstay of early treatment involving medications: either pharmaceutical anti-inflammatory drugs or

nonpharmaceutical anti-inflammatory drugs and treatment to general conditions that may be part of an inflammatory arthritis. The usual recommendations in the early stages are behavior modification which will include activity changes, loss or optimization of weight and reduction of impact loading depending on the activities in which the patient is involved. Exercises are used and follow the same guidelines.

There are minimally intrusive measures that may sometimes help in treating some focal arthritic conditions of the joints and there are also injectables of various types that can be used to help to decrease the inflammation in the joint. In recent times, there are injectables that are said to promote or have some regenerative capacity to the cartilage surfaces of the joint and includes gels and stem cell preparations.

In patients who fail to get any sustainable or long-term relief from the above, these patients will then require more intrusive measures. Intrusive measures are operative and vary in nature depending on the time of presentation and the degree of arthritic changes. In early cases, it is possible to have joint preservation procedures. These procedures are mainly designed to unload areas of a joint that are being overloaded and therefore degenerate and become painful. These are usually alignment procedures which are done mainly around the knee (to correct bow legs or knock knees) and sometimes around the hip with less successful results.

With regards to severe arthritic changes, once the cartilage surfaces have been

worn completely and therefore there is very little surface residual to either recover or regenerate, then replacement surgery becomes necessary. Replacement particularly in the knees can be partial where only the damaged surfaces are replaced. In patients who have more panoramic disease, they require a total or full joint replacement where all the surfaces that are damaged are replaced in their entirety. The overall outcomes exceed 90% success rates.

If you feel you have a condition that may be amenable to treatment, please contact your doctors for further advice and direction.

- **Derrick Lousaing**
Consultant Orthopaedic Surgeon
Fracture and Orthopaedic Clinic Ltd

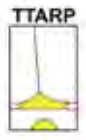
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FOREVER GREEN (Fyzabad Zone)
by *Parmatie Geeta Deokiesingh, Assistant Secretary*

In October 2022, T&TEC Electrical Association for Women, under Esther Titus and Wilma Skeete, of the Siparia Branch, presented an overview on conserving electricity and the safe use of electrical appliances. Four members were presented with gifts during a Question and Answer segment.

Kelvin Semper, President of the Electrical Association, offered helpful advice - "Only buy newly manufactured designed devices, because they are energy savers, not secondhand ones."



Members of TTARP and T&TEC Electrical Association for Women

The Zone hosted their Christmas Luncheon in November 2022, where everyone received a wine glass as a token on entry. A sumptuous meal was served, prepared by a Caterer, while Christmas and Parang music played. Tokens were presented to the oldest Male: Norbert Matthews, and Female: Rebecca Bernard, which were donated by our PRO Errol Blackett.



TTARP Attendees



Rebecca Bernard



Norbert Matthews

A Birthday Celebration for July to December Celebrants was held in December 2022. Members served delicious home cooked foods, and the melodious music, together with Birthday Gifts and tokens for everyone, added to the festivities.



Eight members journeyed to The Anchorage, Chaguaramas, for TTARP'S Head Office Christmas by the Sea in December, where gift bags, fabulous entertainment, a lavish meal and great comradery was enjoyed by all in a relaxed atmosphere.



Three members attended TTARP's Head Office Carnival Mix & Mingle Cooler Lime at Rock Back on the Bay Chaguaramas, in January 2023. On entry, Bake and Shark was served with a drink. The music was captivating, ambience was great, and we sure did mix and mingle.

Forty-eight members assembled at Fyzabad's Regional Community Complex for our journey to 'FIREHOUSE' Penal Rock Road, to celebrate Valentine's Day. Elegantly dressed in our red outfits, we enjoyed singing, modelling, dancing, and sharing experiences about our best moments in life.



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So be sure to check out the various plans that providers offer. TATT also publishes a comprehensive overview of what services and rates are available on the market in the local newspapers, every quarter and on our website www.tatt.org.tt.

Remember, that if you stream music and videos, your mobile data needs may be higher than you realise, so think about it and determine the best plan for you in order not to exceed your budget.

Call your provider to find out what is the most suitable plan that will work for you. You don't have to decide right away but, write down the information and give yourself time to consider what is the best option for you.

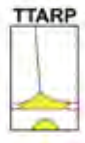
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- Avoid paying for extras you don't need, like parental controls.
- Ask someone you trust to review the contract and help you think through your decision.
- Be willing to change providers for a more competitive plan. Remember, you can port your mobile number from one provider to another at no cost.





PURPLE DIAMONDS (San Fernando Zone)

by Carl J. Ryan, Chairman.



TTARP members from the environs and other areas are welcome to attend our meetings and events. The format of our meeting starts with Health and Safety announcements over our PA System, followed by acknowledging new members, TTARP Prayer, National Anthem, Reports from the Secretary and Treasurer. The Chairman's address follows to conclude the formality.

All our general membership meetings are streamed live worldwide with the assistance of our inhouse videographer, who is also our Public Relations Officer (PRO).

Our executive framework consists of Chairman and Vice Chairman, Secretary and Assistant Secretary, Treasurer and Assistant Treasurer. Trustee and Assistant, and PRO and Assistant, as well as six Management Committee Members.

TTARP Purple diamonds has a large growing membership, at our February 2023 general meeting, there were over 160 members in attendance. In order to achieve higher governance standards of integrity and quality service provision, the Chairman has embarked on reshaping and reorganising the roles and functions of the Executive and Management Committee.

Social Informal Educational Initiatives:

Our first meeting of a new year is conducted with celebratory thanksgiving when we invite religious leaders from various denominations to lead us in prayer and thanksgiving. Members contribute and share food and drinks for that occasion.

With the traumatic impact of world disasters we have lots to be thankful for and so we have dedicated 2023 as the year of Thanksgiving. Members are being asked to donate non-perishable food items quarterly, to be donated to the needy in the community. In a special one-off



request, members donated two thousand four hundred and thirty-two dollars (\$2,432.00) towards the Mother's Union Children Home in San Fernando.

Persons from the community are sometimes invited to present motivational, inspirational, and educational talks which usually concludes with musical entertainment from various invited artists.

Inhouse Classes / Events: Line dance, Therapeutic dance, Keep fit, Computer, Social Media and most recently Chess are a few classes available to members. Some are also involved in playing the steelpan with a community steel band section.

We recognise and celebrate several occasions for example, Christmas, Valentines, Diwali, Eid ul-Fitr, Mother's Day, and Father's Day, to mention a few.

Collaborations, Partnerships: Chairman, Carl Ryan has started an online South Central communication exclusively for Zones Heads of Chaguanas, Fyzabad, Princes Town/Rio Claro, La Brea, and San Fernando. The main objectives are to foster collaborative and supportive sharing relationships. As a Mental Health Consultant, Carl has conducted a successful mental health workshop for the La Brea and Fyzabad Zones.

Visionary / Objective: It is anticipated that TTARP Purple Diamonds San Fernando will eventually own a multipurpose property to call home, and so leave a lasting legacy of progressive development.

God Bless the TTARP Family and may God bless our Nation.



Christmas by the Scenic Waterfront The Anchorage, Chaguaramas

It's been way too long since we have gathered all zones under the Head Office umbrella to celebrate the Yuletide season. In December of 2022, over three hundred members attended a fantastic event with festive dancing, singing and plenty of chatter on the beautiful waterfront of The Anchorage. Food and drink galore, with tons of door prizes and some marvellous entertainment.

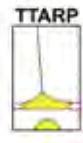
Special thanks to The Anchorage, Boomerang, DJ Himraj, Louis and the Lynx, Anastacia Richardson, Skatie and to our door prizes sponsors:

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CENTRAL PRIDE (Central Zone)

by Yvonne Knights, Public Relations Officer.

Central Pride experienced a metamorphosis over the last six months, as we continue to emerge from the various restrictions of the last two years. Members had grown so accustomed to our virtual activities that, without being prompted, four ladies posted pictures dressed in ethnic wear for Divali.

Virtual activities came to an end when members complained of the constant 'chatter', so the Chat was closed to all but Administrators, which enabled important messages to be easily seen.

Excitement reigned supreme for our first Christmas Luncheon in over two years. This was held with much splendour at Signature Hall, Chaguana with over one hundred and thirty persons. Needless to say, we had a fabulous time,

For Carnival, we had a semi-inclusive Lime at the Chaguana Community Centre. Calypsonian Hamidullah belted out some hot ditties which had the crowd going. Members entertained with their own compositions, traditional ole mas and a band 'Ah Old but not Cold'. Among us were members from our sister Zones – the Eastern Angels from Arima and the Royals from Princes Town. After the formal entertainment, the crowd danced to their hearts' delight courtesy our own DJ Michael Lawrence.

Later in the month of January, some of us journeyed to Chaguaramas to TTARP's Mix and Mingle Cooler Lime with other Zonal groups. Central Pride Models entertained the audience dressed in their traditional mas costumes.



Ode to Carnival

By Barbara Mellows, TTARP Member

O Carnival !
Sweet Carnival!
You are a great celebration!
You are the heart of our nation!
You are the celebration of our freedom.
We celebrate as no other can.
Slaves no more,
Burdensome no more,
Broken no more.

Carnival, with your burst of colour,
Purple, green, blue and yellow,
Shades galore to salute you.
Slaves no more,
Burdensome no more,
Broken no more.

Tom, tom, tom, be dom, be dom boom,
Is the sweet sound of Carnival.
Tom, tom, tom, be dom, be dom boom,
Is the music that gets to you.
It sets you shaking. It sets you gyrating.
It's the music that gets to you.
Slaves no more,
Burdensome no more.
Broken no more.
Carnival! O Carnival ! I love you.



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10 Anti-aging Tips backed by Science

Anti-aging tips are the methods and techniques used to slow the aging process and maintain good health. These tips can help you maintain your youthful appearance and keep you healthy and active as you age.

The first step in anti-aging is to understand the aging process and how it affects your body. As you age, your body undergoes changes in its structure and its functions. Your cells and tissues become less efficient, and your metabolism slows down. As a result, you become more susceptible to disease, and you may experience a decrease in muscle mass and strength.

HERE ARE 10 TIPS TO AGE MORE GRACEFULLY:

- 1. Eat a healthy diet:** A diet rich in fruits, vegetables, whole grains, and lean protein can help slow down the aging process. A study published in The American Journal of Clinical Nutrition found that a diet high in fruits and vegetables was associated with less skin aging.
- 2. Exercise regularly:** Regular exercise can help maintain muscle mass, improve cardiovascular health, and lower the risk of chronic diseases. A study published in the Journal of the American Geriatrics Society found that regular exercise can help prevent age-related declines in physical function.

3. Get enough sleep: Getting enough sleep is crucial for overall health and can help prevent age-related cognitive decline. A study published in the journal Sleep found that sleep deprivation can lead to cognitive impairment.

4. Manage stress: Chronic stress can accelerate the aging process and increase the risk of chronic diseases. A study published in the journal Psychoneuroendocrinology found that chronic stress can accelerate cellular aging.

5. Stay hydrated: Drinking enough water is important for overall health and can help prevent age-related declines in cognitive function. A study published in the Journal of Nutrition, Health & Aging found that dehydration can increase the risk of cognitive impairment in older adults.

6. Avoid smoking: Smoking is one of the biggest contributors to premature aging and can increase the risk of chronic diseases. A study published in the journal Science found that smoking can accelerate cellular aging.

7. Protect your skin: Protecting your skin from the sun and other environmental factors can help prevent skin aging. A study published in the Journal of Investigative Dermatology found that exposure to ultraviolet radiation can accelerate skin aging.

8. Maintain social connections: Maintaining social connections can help prevent age-related cognitive decline and improve overall well-being. A study published in the journal JAMA Psychiatry found that social isolation can increase the risk of cognitive decline.

9. Take care of your teeth: Taking care of your teeth and gums can help prevent age-related cognitive decline and improve overall health. A study published in the journal Neurology found that poor oral health can increase the risk of cognitive decline.

10. Stay mentally active: Staying mentally active can help prevent age-related cognitive decline and improve overall well-being. A study published in the journal Frontiers in Aging Neuroscience found that cognitive stimulation can help prevent age-related cognitive decline.

It is always advisable to see your doctor regularly and get screening tests for various diseases.



Dr. Navi Muradali, MD
CEO, Patient Connect
www.patientconnect.com

SERVICES FOR THE BLIND in Trinidad and Tobago

There are approximately 2.2 billion people living with a visual impairment globally. In Trinidad and Tobago, it is estimated that 79,000 people have a visual impairment and 10,200 are blind. The three leading preventable causes of blindness in this country are cataracts, glaucoma, and diabetic retinopathy.

The quality of life for the blind can be significantly improved through the services offered by the Trinidad and Tobago Blind Welfare Association (TTBWA). The TTBWA has been in existence for over one hundred and eight (108) years, and its mission is to inspire persons who are blind, to exceed expectations through progressive networking with all stakeholders, to add value to the global community through advocacy and inclusion, creating a diverse and equitable society. The organisation's vision is a world that is inclusive, diverse, and equitable for all.

The TTBWA offers the following services:

1. Accessible textbooks for students (Braille, large print, and soft copy)
2. Orientation and Mobility
3. Daily living skills
4. Braille classes
5. Computer literacy in text-to-speech classes
6. Music classes
7. Use of smart devices with text-to-speech classes
8. Consultation on blindness issues



These services are available to all persons whose vision is impaired to the extent that it interferes with or restricts normal activities. Persons who become clients of the association do not have to pay a registration fee for the services being offered. The TTBWA receives referrals from hospitals, professionals in the field of sight, and from relatives or friends of people with visual difficulties.

Additionally, volunteers play an essential role in helping people who are blind or visually impaired access various resources, places, and platforms. A volunteer is someone who willingly provides their time and skills for the benefit of other people without being paid.

The TTBWA accepts volunteers to assist people who are blind or visually impaired with various tasks. These tasks include tutoring, shopping, driving, independent living skills, traveling, converting printed documents into an accessible format, reading, vision screening, and testing blood glucose, blood pressure, and cholesterol levels.

In addition, volunteering has social and mental health benefits. Volunteers get the opportunity to meet new people, share their talents, and develop their social skills. This can help people feel more valued and connected to others. They often have fun while learning about those who are blind or visually impaired.

Before deciding to become a volunteer, people should take into consideration what they want to gain from volunteering, what type of voluntary work they would like to do, and when they are available. They should also consider if someone can benefit from their existing skills and hobbies.

You can become a volunteer to assist persons who are blind or visually impaired by contacting the TTBWA. The knowledge, skills, and enthusiasm that volunteers bring enable the organization to continue to provide a variety of high-quality services to clients.

The TTBWA is seeking volunteers to partner with them to provide vision screening to the public. Vision screening is a basic assessment that identifies reduced vision and eye conditions that may lead to loss of vision. Based on the results, the participant will be informed if they need to visit an ophthalmologist for a comprehensive eye examination.

Email: ttbwa1914@gmail.com
Phone: (868) 324-6041, (868)337-9489
WhatsApp: (868) 395-3086



Pumpkin Pie

Prep Time: 20 mins
Cook Time: 40 mins
Total Time: 1 hrs
Servings: 8
Yield: 1 8- or 9-inch pie

Ingredients

Pastry Crust:

1 1/3 cups all-purpose flour
1/2 teaspoon salt
1/2 cup shortening
3 tablespoons cold water, or more as needed

Filling:

2 cups mashed, cooked pie pumpkin
1 (12 fluid ounce) can evaporated milk
2 large eggs, beaten
3/4 cup packed brown sugar
1/2 teaspoon ground cinnamon, or more to taste
1/2 teaspoon ground ginger, or more to taste
1/2 teaspoon ground nutmeg, or more to taste
1/2 teaspoon salt

To Prepare Mashed Pumpkin:

Cut a fresh pie pumpkin in half. Scoop out and discard seeds and stringy portions. Leave skin on and cut pumpkin into chunks. Measure out 1 1/2 pounds for this recipe to yield 2 cups of mashed, cooked pumpkin. If your pumpkin is larger, consider cooking 3 pounds and doubling the pie recipe above to make two pies.

Place pumpkin chunks in saucepan over medium heat with 1 inch water; bring to a boil. Reduce the heat to low, cover, and simmer until tender, about 30 minutes. Drain and cool. Remove and discard peel. Return pumpkin to the saucepan and mash with a potato masher or use a food mill until smooth.



Directions

1. Preheat the oven to 400 degrees F (200 degrees C).
2. Make the pastry crust: Mix flour and salt together in a bowl. Cut in shortening with a pastry blender until mixture resembles coarse crumbs. Mix in 3 tablespoons water, one at a time, until dough is moist enough to hold together. Add up to 1 more tablespoon water if needed.
3. Shape dough into a ball with lightly floured hands. Roll dough on a lightly floured surface to a thickness of 1/8 inch. Place an 8- or 9-inch pie pan upside-down on the dough; use a sharp knife to cut a circle of dough 1 1/2 inches larger than the pie pan. Remove and discard dough scraps and set pie pan aside.
4. Gently roll circular piece of dough around the rolling pin; transfer it right-side up over the pie pan. Unroll, easing dough into the bottom of the pan. Use two hands to flute the dough around the top edges.
5. Make the filling: Beat pumpkin, evaporated milk, brown sugar, eggs, cinnamon, ginger, nutmeg, and salt in a large bowl with an electric mixer until well combined. Pour into the prepared crust.
6. Bake in the preheated oven until a knife inserted into the filling 1 inch from the edge comes out clean, 40 to 60 minutes. Cover the edges with foil if needed to prevent from burning as the filling cooks.
7. Remove from the oven and cool to room temperature before serving.

For added flavor, you can add butter, vanilla, all spice, or clove to your taste.

Events Programme

HEAD OFFICE

167-169, Belmont Circular Road, Belmont, Port of Spain
Contact Number: 497-2687 / 221-7771
May 26-30 Trip to CURACAO
June 16-20 Trip to CURACAO
July Pop Up Market/Craft Show
Sept Annual General Meeting
Sept TTARP EXPO – 30th Anniversary

ARIMA "Eastern ANGELS"

Meeting Place: Arima Tennis Club – Railway Road, Arima
Contact Person: Peter NOCK (Chairperson) 718-9571; 310-5929 / Carol BAIN (Secretary) 754-0077
Meeting Date and Time: Every Friday (except Public Holidays) from 1:00 pm – 6:00 pm

April 14 Monthly Meeting
April 21 & 28 Tie Dye & Dye Extraction cont.
April 28 Simple guide to Plumbing – demonstration and display by Natures Best Herbal Wisdom
May 5 Monthly Meeting
May 19 & 26 Tie Dye & Dye Extraction cont.
May 25 (TBC) Visit to La Vega
June (DTBC) Outing to Devil Woodyard | Kelrosa Sanctuary
June 2 Monthly Meeting
June 9 Mothers and Fathers' Day
July 7 Monthly Meeting
July EAAZ 21st Anniversary – Planned activities for each Friday
July 14 Karaoke
July 24 Games Day
July 28 Choir Concert
July TBA Preparation of a Will

Belmont "b's"

Meeting Place: No Venue at the moment
Contact Person: Jemma CARRINGTON (Chairperson) 385-8951 / Linda RICHARDSON (Secretary) 626-0009
Meeting Date and Time: 4th Tuesday of each month @ 5:00 pm.
Apr 15th Visit to Santa Cruz Green Market
Apr 25th Monthly Meeting
Apr 29th Fun and Games: Easter Hat Parade
May 2nd Executive Meeting
May 4th Visit to Sandy Hill Resort
May 30th Indian Arrival Day Function
Jun 6th Executive Meeting
Jun 19th Mothers'/Fathers' Day Function
Jun 27th Monthly Meeting
Jun 29th Visit to Cumuto Park

CHAGUANAS "Central Pride"

Meeting Place: Chaguanas Community Centre – Main Road, Chaguanas
Contact Person: Faith CALLISTE (Chairperson) 386-8623; 481-3762 / Portia De Silva Ifill 786-4084
Meeting Date and Time: 2nd Thursday of each month @10:00 am.
Apr 15 Easter Fashion Show
May 9 Interactive Meeting
May 23 Central Pride AGM
May 25 Mothers'/Fathers' Day Event
July 6 Valencia Eco Resort
Jun 15 Visit to the Coconut Factory - Icacos
Jun 29 Games Lime
July 20 Interactive Meeting
Sept 12 Interactive
Sept (DTBA) Talent Show for Seniors
Sept 15 - 24 International Cruise

FYZABAD "FOREVER GREEN"

Contact Person: Monica NELSON(V/Chairperson) 649-1866/ 394-5571 or Kay FRANCIS (Secretary) 742-0229/649-5761 Meeting Date and Time: 3rd Thursday of each month @ 10:00 a.m.
Meeting Place: Fyzabad Regional Community Complex
Apr 20 Raffle Drawing
Apr 27 Birthday Celebration (Jan – Apr)
Apr 29 Visit to the Green Market, Santa Cruz
May 25 In House All Fours Competition
May 26 – Jun 2 Trip to St. Vincent
June 22 Mother's/Father's Day Function & Fashion Show
Jul 27 Christmas in July
Aug 24 Trip to Caura River/Birthday Celebration (May-Aug)
Sept 28 Visit to Harry's Water Park

PRINCES TOWN/RIO CLARO "Royals"

Meeting Place: - Princes Town Senior Activity Centre, Cor. High Street Lothian Junction, Princes Town, St. Stephens Anglican Church Parish Hall.
Contact Person: Ronnie, ROBERTS (Chairperson) 375-5112 or Annmarie, PAUL-ROBERTS (Secretary) 322-6723 / 754-5361
Meeting Date and Time: 3rd Saturday of each month @ 2:00 p.m.
May 6 Point Fortin Borough Day Celebrations Ole Mas
May 20 Ed-ul-Fitr Celebrations
May 30 Visit to Lord Shorty Legacy Blackman's Ranch Plant Shop Brothers Road / Bingo at Devils Woodyard / Anglican Church Family Day
June 8 Joint Mother's & Father's Day Celebration
June 17 Indian Arrival Day Observance Fund Raiser Raffle
July 2 Boat Cruise
July 15 Emancipation Celebrations
Aug 1 Road trip to South Western Peninsula Visiting La Brea, Point Fortin, Cedros; returning via Palo Seco, Siparia Tourist sites.
Aug 19 Independence Celebration
Aug 31 Birthday Celebrations – May – August 2023 Attend Military Parade at Queens Park Savannah / Macquerie Beach Raffle, Bingo, All Fours Competition (Single Table)

SANTA CRUZ "CRUZERS"

Meeting Place: - Mary Immaculate Queen of the Universe (MIQU) R.C. Church Hall, Sun Valley Road, Lower Santa Cruz
Contact Person: Jacqueline AUSTIN (Chairperson) 396-6389 or Janice CHASE (Secretary) 689-9465
Meeting Date and Time: 4th Friday of each month @ 5:00 p.m.
Apr 28 Easter Bonnet & Hat Competition
May 26 Mother's Day Celebration
June 23 A Grand Bingo Event & Fashion Show
Jul Outing to Paramin Lookout
Aug Visit to The Emancipation Village

Tobago "CORALS"

Meeting Place: Happy Haven – Signal Hill Main Road, Signal Hill, Tobago
Contact Person: Selby COLE (Chairperson) 390-0142 or Rawle ANDERSON (Secretary) 374-8677
Meeting Date and Time: 2nd Saturday of each month @ 3:00 pm.
May 18 Outing to Paramin, Maraval
June 4 Luncheon at Waves Restaurant, Black Rock
Aug 26 Variety Concert-Library Auditorium, Scarborough, Tobago
Sept 25 Get-together with the Pembroke Zone

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Facebook: Assurance Health Care Ltd.
5% DISCOUNT OFF.

DON MIGUEL PHARMACY LIMITED

Category - (PHARMACY)
53 DON MIGUEL ROAD, SAN JUAN | Tel: 218-PILL (7455)
Email: donmiguelpharmacy@gmail.com
Facebook: Don Miguel Pharmacy
3% DISCOUNT ON PRESCRIPTIONS AND OTC MEDICATIONS.

DENTAL IMAGEWORKS LIMITED

Category - (DENTAL CARE)
LP. 142 MUNRO ROAD, CHARLIEVILLE, CHAGUANAS
Tel: 222-9152; 470-3742
Facebook: Dental Image TT
10% DISCOUNT ON ALL PROCEDURES.

DR. ALASTAIR MARTIN'S DENTAL OFFICE

Category - (DENTAL CARE)
102 ABERCROMBY STREET, POS | Tel: 623-3129; 498-6826
Email: dralmartin102@gmail.com
10% DISCOUNT OFF LISTED RATE.

ENHANCE REHAB SERVICES LTD.

Category - (HEALTH CARE/PHYSIOTHERAPY)
22 PARK VIEW, ORANGE GROVE ROAD, TRINCITY
Tel: 493-4440; 688-3898
Email: admin@enhancerehabtt.com
Facebook: Enhance Rehab Services TT
Website: www.enhancerehabtt.com
5% DISCOUNT OFF ALL PHYSIOTHERAPY EVALUATIONS AND TREATMENT SESSIONS.

HEALTHONIC DRUG MART LTD

Category - (PHARMACY)
19 CIPERO STREET, SAN FERNANDO - Tel: 283-8634
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Category - (JANITORIAL SERVICES)
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Email: jusbriteenterprises@gmail.com
Website: www.jbeltt.net

20% DISCOUNT OFF RESIDENTIAL JANITORIAL SERVICES; SHAMPOO AND SANITIZE CARPETS AND FURNITURE; STRIP, SEAL AND POLISH OF TERRAZZO FLOORS; SCRUB AND SANITIZE TILE FLOOR AND HARD SURFACES; PRESSURE WASHING YARD AND OUTSIDE WALLS; and OTHER SERVICES AVAILABLE UPON REQUEST. 10% OF COMMERCIAL AND RESIDENTIAL VACCUUM CLEANERS.

KARIWAK DEVELOPMENT COMPANY LIMITED

Category - (HOTELS/GUEST HOUSES/RESORTS)
KARIWAK VILLAGE STREET, STORE BAY LOCAL ROAD, CROWN POINT, TOBAGO | Tel: 639-8442; 688-1884
Email: kariwak@gmail.com
Website: www.kariwak.com
10% DISCOUNT OFF ON ACCOMMODATION ONLY.

LIFECARE MEDICAL AND DENTAL CENTER

Category - (HEALTH CARE)
LP. #2 BACKCHAIN STREET, EL SOCORRO MAIN ROAD, SAN JUAN
Tel: 225-2633; 322-5387; 287-5040
213 SOUTHERN MAIN ROAD (opp. Mode Alive) | Tel: 348-7789
Facebook: Lifecare Medical and Dental Center
5% DISCOUNT ON ALL SERVICES.

LIVHEALTH - A Partner On Your

Healthcare Journey Ltd.
Category - (HEALTH CARE)
63 PETRA STREET, WOODBROOK
Tel: 496-1214; 221-8253
Email: info@livhealthtt.com
Website: www.livhealthtt.com
Facebook: LivHealth/Home Healthcare
10% DISCOUNT OFF PHYSICIAN VISITS ONLY.

MAIDS INTERNATIONAL &

MAINTENANCE

Category - (MAINTENANCE)
17 BELLE VUE, LONG CIRCULAR ROAD, ST. JAMES - 392-8649
63 ARENA ROAD, FREEPORT - WhatsApp: 728-2549
Email: maidsinternationaltt@gmail.com
Website: maidsinternational.wixsite.com/maintenance
5% DISCOUNT OFF ALL SERVICES; INDIVIDUAL OR COMBINED

MATTY'S RESORT INN

Category - (HOTELS/GUEST HOUSES)
LP. #40 CORNER CHURCH & GUAYAGUAYARE ROADS, MAYARO
Tel: 762-2959
Email: mattysinntt@gmail.com
Website: www.mattysinntt.com
Facebook: MattyInntt
5% DISCOUNT OFF ON ACCOMMODATION

PREMIER SPECIALTY CLINIC LIMITED

Category - (MEDICAL LABS)
#26 SOUTHERN MAIN ROAD, CALIFORNIA, COUVA
Tel: 348-6266
Email: info@pscltt.com
Facebook: Premier Specialty Clinic Limited
Website: www.pscltt.com
10% DISCOUNT ON CT SCANS; 10% DISCOUNT ON 3D/4D ULTRASOUNDS; 10% DISCOUNT ON 3D/4D MAMMOGRAMS

RAMKISSOON'S FLOOR AND FURNITURE CLEANING

Category - (JANITORIAL/CLEANING SERVICES)
MISSION ROAD, FREEPORT
Tel: 304-8543; 313-1376
Email: cleanramkissoon@gmail.com
Facebook: Ramkissoons Floor and Furniture Cleaning
10% DISCOUNT ON ALL CLEANING SERVICES.

THERAFIT PHYSIOTHERAPY CLINIC LIMITED

Category - (HEALTH CARE)
6 MARC STREET, MONTROSE, CHAGUANAS
11 GUANAPO STREET ARIMA
Tel: 322-6357; 316-1978
Email: admin@therafitphysio.com
Facebook: Therafit Physio
Website: www.therafitphysio.com

10% DISCOUNT OFF ALL SERVICES.

VIC CORP LABORATORY LTD.

Category - (MEDICAL LABS)
14 GUPPY STREET, VISTABELLA, SANFERNANDO - 652-4583
56 EASTERN MAIN ROAD, CUREPE - 663-4096
SANJIVANI #2 WILSON STREET, ST AUGUSTINE - 235-6667
Website: www.victorialaboratories.com
5% DISCOUNT LINX; 10% DISCOUNT ON CASH; NO DISCOUNT ON CREDIT CARDS; NO DISCOUNT ON PROFILE

VICTORIA LABORATORIES LIMITED

Category - (MEDICAL LABS)
14 GUPPY STREET, VISTABELLA, SAN FERNANDO - 652-4583;
37C PRO QUEEN STREET, ARIMA - 470-9176;
64 PEMBROKE STREET, PORT OF SPAIN - 624-7057;
14 ENDEAVOUR ROAD, CHAGUANAS - 665-1928;
13 CARONI SAVANNAH ROAD, CARONI - 366-2691;
213 SOUTHERN MAIN ROAD, COUVA - 636-4567;
7 LOTHIAN ROAD, PRINCES TOWN - 655-9932;
43 ADVENTURE ROAD, POINT FORTIN - 648-1862;
LOT 111 BACELOT STREET, SCARBOROUGH - 384-7415
Website: www.victorialaboratories.com
5% DISCOUNT LINX; 10% DISCOUNT ON CASH; NO DISCOUNT ON CREDIT CARDS; NO DISCOUNT ON PROFILE

AMENDMENTS

TEJASVI MEDICAL SERVICES LTD.

Category - (HEALTH CARE)
69 EMERALD STREET, ENTERPRISE, CHAGUANAS
Tel: 225-2111
WhatsApp: 720-3791
Email: tejasvimedical@gmail.com
10% OFF GP CONSULTATIONS, INJECTIONS AND SUPPLIES 5% OFF SPECIALIST CONSULTATIONS 20% OFF ECGS CASH OR LINX PAYMENTS ONLY

THE AVENUE PHARMACY

Category - (PHARMACY)
95 ARIAPITA AVENUE, WOODBROOK
Tel: 222-1343
Email: theavenuepharmacy@gmail.com
Facebook: The Avenue Pharmacy
3% DISCOUNT OFF EXCEPT ON

SNACKS AND NEWSPAPERS.

THE DENTAL INSTITUTE LTD.

Category - (DENTAL CARE)
78 MORNE COCO ROAD, PETIT VALLEY
Tel: 610-8345
Email: info@thedentin.com
Facebook: The Dental Institute
15% OFF CLEANING - MON- FRIDAY; 10% OFF NON-PROSTHETIC WORK; 5% OFF PROSTHETIC WORK; NO DISCOUNTS APPLICABLE FOR CREDIT CARD PAYMENTS

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3112/3;
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5% OFF WHITE GUTTERING, WHITE UNDER CEILING AND RADIANT BARRIER; 10% OFF FLASHING; 10% OFF WINDOWS BLINDS.

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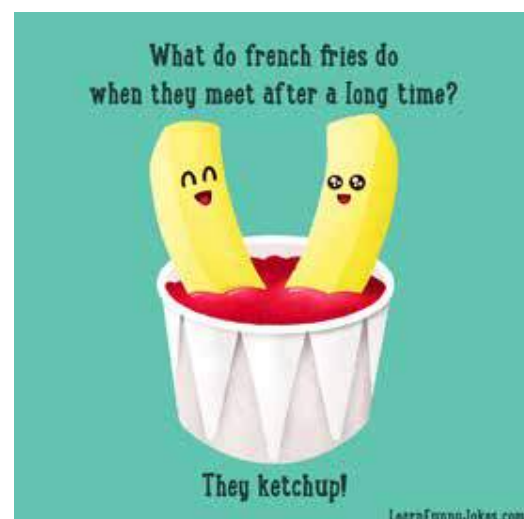
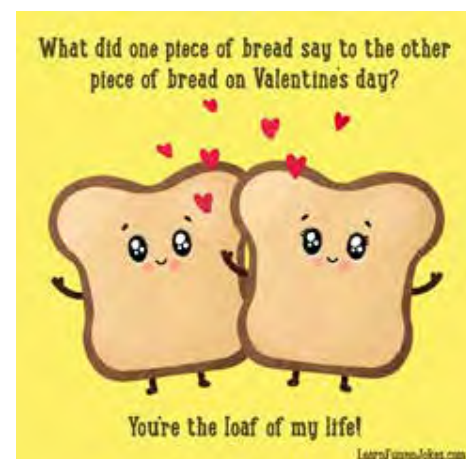
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TTARP Zonal Groups

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 #167-169 Belmont Circular Road, Belmont., Trinidad W.I
 Tel: 622-9223, 222-7912, 221-7771
 WhatsApp: 497-2687
 Email: ttarp1993@gmail.com
 Website: www.ttarp.org

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 Carol BAIN 754-0077 | 360-6954 carolbain@yahoo.com
 1st Vice Chairman Mary BELCON 638-5108 belconmary@gmail.com
 2nd Vice Chairman Peter NOCK 718-9571 1nocksypetes@gmail.com
 Treasurer Louis CARABALLO 686-1354 luistheultimate@yahoo.com
 Secretary Keiva ALEXIS 395-7851 alexiskd761@gmail.com
 PRO Esther KNIGHTS 783-8646 eknights19@gmail.com
 T-Shirt Colour Lime Green

BELMONT "Bees" est. June 2005

Meeting Place No Venue
 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 phylofyre@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-IFILL 786-4084 portiadelsilva@yahoo.com
 Secretary -
 PRO Yvonne KNIGHTS 687-1062 / 219-2171 y.knights59@yahoo.com
 T-Shirt Colour Orang

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
 Treasurer -
 Secretary -
 T-Shirt Colour Lilac



PEMBROKE (Tobago) "Cultural Stars" est. unknown

Meeting Place Quarters #126, Cow Farm, Goldsborough, Tobago
 Meeting Date & Time 2nd MOSS 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 ronnie-robert10@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 rkalip@gmail.com
 T-Shirt Colour White

SAN FERNANDO "Purple Diamonds" est. 1997

Meeting Place Pleasantville Community Centre, Pleasantville, San Fernando
 Meeting Date & Time 1st Tuesday of each month @ 10:30 am
 Chairman Carl RYAN 777-8576 cjryan@conflictresponseinstitute.com
 Treasurer Maureen TAYLOR-STEPHENSON 776-6411 tbeverly45@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 Elton RICHARDSON 754-8620 elstephenrich@gmail.com
 Treasurer Geoffrey LEWIS 752-8992 lewisggbg@gmail.com
 Secretary Rawle ANDERSON 374-8677 andersonrawle@yahoo.com
 T-Shirt Colour Blue/Gold



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