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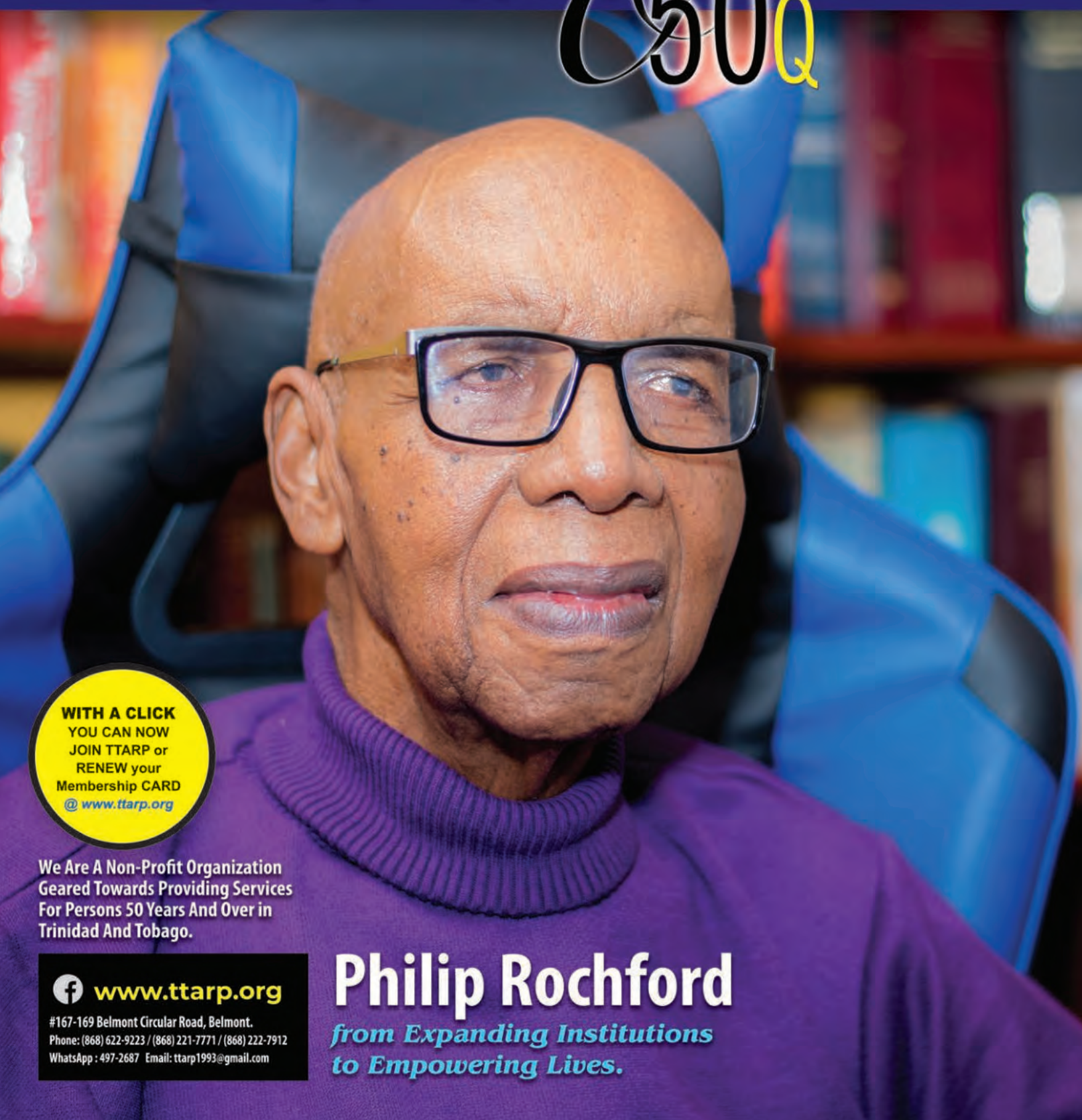


ISSUE #1, 2024  
83rd Release

# TTARP

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# COMMENTS FROM THE BOARD

Dear Members,

It is important to express a sense of gratitude for the positive aspects of life in Trinidad and Tobago, despite the challenges that the country faces.

Recognizing the problems highlighted in the media and the challenges with the cost of living, crime, pensions, health care, and social systems are issues that need attention.

Many people find strength and resilience in acknowledging both the difficulties and the blessings in their lives. It's commendable to maintain an optimistic outlook while also advocating for improvements in areas that need attention. By acknowledging the fortunate aspects of life in Trinidad and Tobago, it may be easier to address the challenges with a sense of hope and determination.

A reflection on the blessings and daily challenges we face, embraced with the spirit of love, forgiveness, and acceptance can indeed make a positive impact on our lives and the lives of those around us.

Celebrating the diversity of religious cultures in our country is truly special and serves as a reminder of the harmony that can exist among different beliefs. This year, T&T recognized and celebrated Easter, Shouter Baptist and Eid simultaneously and in harmony,

We ask for Peace, Joy, and Unity in our beloved nation.



## CALLING ALL TOBAGO MEMBERS!!

If you are a TTARP Member living in Tobago and have not made actual contact with The Tobago "Corals Zone" or Tobago "Cultural Stars" Zone, we would like to meet YOU in person.

Our Meetings and events are open for ALL members to attend. Feel free to give us a shout. Our numbers can be found in the last few pages of this magazine.



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# CHRISTMAS By The SEA

TTARP's Head Office kicked off the yuletide season in style with a delightful luncheon at the picturesque venue, The Anchorage in Chaguaramas! It was heartwarming to see happy individuals enjoying their golden years together. The entertainment, Christmas meal, and abundance of door prizes surely added to the festive atmosphere. Meeting and greeting each other, adorned in fashionable clothing, made the event even more memorable. It's wonderful to know that members look forward to this annual treat and that it brings so much joy and camaraderie.

Here are some highlights of the event...

080





# 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 2024

## 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 personal tax deduction up to a maximum sum of \$60,000 on combined contributions to approved pension funds, annuity plans, and National Insurance.
- 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 for an appointment.

\* \* \* \*

April 2024

## MEMBERSHIP DRIVE

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New Member must say who referred them.  
Payment can be collected at the office.



# SHINGLES (HERPES ZOSTER) AND DIABETES MELLITUS

## WHAT IS SHINGLES?

- It is the result of the reactivation of the varicella zoster virus (VZV) that causes chickenpox<sup>1</sup>
- The infection will travel along sensory nerves to skin and causes:<sup>2</sup>
  - Rash
  - Pain
- Near all the population by the age of 40 will be infected by VZV.<sup>3</sup>



**1 in 3**

people will have reactivation of the virus and will get shingles.<sup>4</sup>

## WHAT IS THE RELATIONSHIP BETWEEN SHINGLES AND DIABETES?



**Diabetes is a common condition:**

» **422 million** population has diabetes.<sup>5</sup>



more risk of shingles.<sup>6</sup>



**Age is a risk factor too:**  
≥ 65 years higher incidence of shingles.<sup>7</sup>



**Poor glycemic control:**  
HbA1c increases to >6.5 after herpes zoster diagnosis in 24 % of patients (adapted from 6)



### Remember:

If you have diabetes and suffer from shingles, the duration of the disease is longer and can be much more severe.<sup>6</sup>

## IT IS MORE THAN JUST AN INFECTION .... IT IS AN INTERFERENCE WITH ACTIVITIES OF DAILY LIVING:



- More than 60% of patients will suffer from insomnia or sleep disorders.<sup>8</sup>**

- Patients will suffer from mood swings, anxiety, and depression. Pain will interfere with the enjoyment of life in more than half of patients.<sup>8</sup>**



- Patients will have problems with walking and performing general activities.<sup>8</sup>**



**Ask your doctor about shingles prevention!**

\*Based on a cohort of 261 patients

**REFERENCES:** 1. Cohen JL. Clinical practice: Herpes zoster. N Engl J Med. 2013 Jul 18;369(3):255-63. 2. Papagianni M, Metallidis S, Tziomalos K. Herpes Zoster and Diabetes Mellitus: A Review. Diabetes Ther. 2018 Apr;9(2):545-550. 3. Kilgore PE, Kruszon-Moran D, Seward JF, Jumaan A, Van Loon FP, Forghani B, McQuillan GM, Wharton M, Fehrs LJ, Cossen CK, Hadler SC. Varicella in Americans from NHANES III: implications for control through routine immunization. J Med Virol. 2003;70 Suppl 1:S111-8. 4. Harpaz R, et al. MMWR Recomm Rep. 2008. 3. Kawai K, et al. BMJ Open. 2014. 5. World Health Organization. WHO. diabetes. Available at: <https://www.who.int/news-room/fact-sheets/detail/diabetes>. Last visited: March 01 2024. 6. Muñoz-Quiles C, López-Lacort M, Ampudia-Blasco FJ, Díez-Domingo J. Risk and impact of herpes zoster on patients with diabetes: A population-based study, 2009-2014. Hum Vaccin Immunother. 2017 Nov 2;13(11):2606-2611. 7. Lai SW, Liu CS, Kuo YH, Lin CL, Hwang BF, Liao KF. The incidence of herpes zoster in patients with diabetes mellitus: A meta-analysis of cohort studies. Medicine (Baltimore). 2021 Apr 23;100(16):e25292. 8. Drolet M, Brisson M, Schmader KE, Levin MJ, Johnson R, Oxman MN, Patrick D, Blanchette C, Mansi JA. The impact of herpes zoster and postherpetic neuralgia on health-related quality of life: a prospective study. CMAJ. 2010 Nov 9;182(16):1731-6.

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NP-TT-HZU-ADVR-240001. Approval date: February 2024. Expiration date: April 2024.



## ZONAL NEWS

### CRUZERS (Santa Cruz Zone)

by Norma L. Isaacs, Zonal Communications Officer and  
Euphemia Durant, Cruiser Member

After our short one-month break, Cruzers continued with our activities on the road with a trip to the lush Paramin hills in August 2023. Among places visited was Our Lady of Guadalupe R.C. Church where Mass is conducted in the native Patois language every fourth Sunday. Of course, no visit to Paramin is complete without coming away with bundles of seasoning.



In September of last year, some Cruzers members began dance classes with the very capable tutor, Ms Michelle Hernandez. Also in September, Cruzers was an exhibitor at TTARP's 30th Anniversary EXPO 2023.

We visited Tobago for the Blue Food Festival in Bloody Bay in October where the locals exhibited their products, sampling ice cream, liqueur, wine and other delicacies all made from dasheen.

Last November Cruzers took a trip to Erin Farm to purchase ham, pork and other meats for Christmas. And in December, the Cruzers attending a Bingo hosted by South/Central Zones at the Pleasantville Community Centre, where Cruiser Gemma Gilkes won a prize.

Our Annual Christmas Lunch was held at Woodford Café, Chaguanas. In addition to the Yuletide celebrations, this was also the occasion to celebrate Birthdays which fell during the fourth quarter. We were privileged to have TTARP's Executive Member, Emerita Sambrano-Churche join us to celebrate her birthday which was the same day as our Luncheon, December 7th.

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## ZONAL NEWS

### THE CORALS (Tobago Zone)

by Selby Cole, Chairman

#### CARNIVAL WITH THE CORALS

Have you ever been to a Carnival Event and been asked to fill out a Survey Sheet? Then, perhaps you are a Member of the TTARP Tobago Corals Group!

While planning our Carnival Dutch Affair recently, we received word from Head Office that they wanted us to accommodate a doctoral student on her project on "Older Persons Perception of Aging Experience in T&T". She must have been astonished, and so we anxiously look forward to the results of her survey.

In the end however, between having snacks of geera chicken, corn soup and macaroni pie, and taking part in a conga line, our inventive Group Members still found time to fill out the detailed questionnaire our lovely visitor presented to us that day. The photos attached to this article would show what a great time we all had.

And so, as the months of this year go by, the Corals clan wait expectantly to see what other surprises our Social Committee has in store for our lively Members.

#### CHRISTMAS Joy

Picturesque surroundings, an impromptu Dress Parade by our Ladies, and lovely nostalgic music, provided by our very own in-house Keyboardist, were the main features of our Corals Christmas Luncheon.

#### SHALL WE DANCE???

When our Group held its Annual Variety Concert in August last year, little did we know that this would spiral our Zone to begin a Ballroom Dancing Class in earnest.

Indeed, some of our Members enjoyed themselves so much on stage, during a particular Dance routine, that Participants felt this initiative was a "natural progression". And so, our Dance Classes began. Now, every Tuesday, our budding Dancers receive instructions in the Rhumba and the Merengue, and are even becoming proficient in the Electric Slide.

The rest of us, "sitting Members" excitedly wait to see what skills our male and female Dancing Participants are preparing to display to us at our upcoming August Event.







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# TTARP CARNIVAL Mix & Mingle

The TTARP Carnival Mix & Mingle Party held on Tuesday, 16th January 2024, at The Anchorage, proved to be a resounding success, attracting a diverse crowd of attendees eager to kick off the carnival season with flair and festivity. The event fostered community spirit, celebrated the cultural richness of Trinidad and Tobago, and provided a platform for members to socialize and connect in a vibrant atmosphere. The event facilitated ample opportunities for attendees to mix and mingle, fostering camaraderie and connections among guests. Patrons were served a delectable array of local delicacies that tantalized their taste buds, with savoury doubles and corn soup.

The highlight of the event was the ole mas parade, displayed by members of the Princes Town Zonal group who showcased humorous creativity and style.

Overall, the TTARP Carnival Mix & Mingle Party succeeded in delivering an unforgettable celebration and carnival spirit. Through a dynamic blend of music, dance, food, and friendship.

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## ZONAL NEWS

### EASTERN ANGELS (Arima Zone)

by Esther Knights, PRO

#### ACTIVITIES TO KEEP EVERYONE BUSY !

In November, the EAAZ engaged in a tour to the Paramin Hills. This tour was very insightful with our tour guide providing interesting stories of the Paramin community. On arrival at the lookout, the breathtaking view of the ocean and its islands was awesome.

Our choir held its annual concert to an audience which included members of the Princes Town/Rio Claro Zone, the scintillating performances were received with lusty cheers.

Sadly, four of the EAAZ's longstanding members including Doreen Thomas-Charles, the Zone's first Chairperson passed during the month of November.

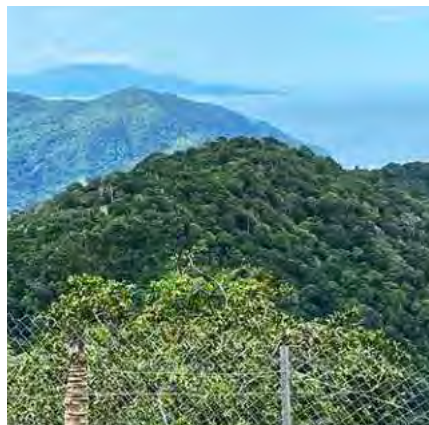
Our Zone's Christmas Luncheon and Children's Christmas Party were held in December. At the luncheon members partook in a splendid meal and lapped up the live entertainment provided by our guest musician saxophonist Mr. Ghany. The DJ also provided music to keep us dancing.

The Children's Christmas Party catered for seventy-five children, who were amused with face painting, horseback riding, games, treats, goodie bags and gifts. Two cartoon characters were in attendance, much to their delight.

A Christmas Fiesta closed off the year, where persons were able to secure Christmas goodies and craft items at reasonable costs.

At the start of the new year, members were invited to attend a talk on Personal Security and Crime Prevention hosted by the Education Committee and presented by Darren Carmichael. Members were advised of simple actions they could implement to reduce the possibility of becoming a victim of crime.

In February, we held our Carnival Bacchanal. This event was well patronised by members as well as our zonal counterparts from Princes Town and Central Pride. The audience was treated to ole mas portrayals such as the De Hole Blinkin' Market and Karen Storming D Funeral. What Bacchanal !





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# PHILIP GUY ROCHFORD

## FROM EXPANDING INSTITUTIONS TO EMPOWERING LIVES!



By Peter Campbell



Philip Guy Rochford is the consummate trailblazer!

From growing and transforming institutions to motivating and empowering lives, his life's work has been intricately interwoven within the history-charting progress of Trinidad and Tobago. Testimony of this is his pioneering roles in carving the course of some of this country's leading institutions in the '70s, to penning world acclaimed motivational books at the turn of the century.

He didn't have any success manual back then. In maneuvering the challenging terrains which confronted his paths, he used lessons derived from his accomplishments in documenting success strategies: tactics extracted from rigorous preparation, hammered with commitment and sharpened with his most lethal weapon, sound character!

A successful son of our soil in business and respected internationally as a motivational author, Rochford's stellar contributions led to his 1975 award of the Humming Bird Medal (Gold) for Economics. As a Queen's Royal College (QRC) graduate, he whetted his feet a few years in the Public Service, serving in clerical positions at various Ministries. Beneficial experiences, but Rochford wanted more!

**"I was always driven in improving my circumstances and during my earlier years I had a strong pull towards law and journalism,"** said Rochford, seated comfortably in his study at his Couva home. Law and journalism, however, were not on his cards. Destiny had a different calling.

In 1960, he commenced studies in money and

banking at the Oxford College of Technology, transferring to the University of Hull to study business economics. **"I took every opportunity offered back then to deepen my knowledge and speed up my maturity,"** said Rochford.

This positive outlook worked well for him and returning home in 1964 plunged himself back into the Public Service as an economist assigned to the Ministry of Finance. His climb was rapid, being appointed Staff Assistant to the Minister of Finance and then Acting Senior Economist. The pivotal turning point was 1966. The doors of the Banking world swung open, landing him the position of Central Bank's Corporate Secretary.

**"Foreign banks at that time did not allow locals to serve as Chief Executives in their home countries...however I decided to take a route for that position,"** said Rochford. With his focus firmly set on the prize, Rochford's banking career boomed! And with it came uninterrupted learnings

and exposure in monetary economics.

His Attorney-at-Law craving, however, did not diminish. In 1970, about to jet off to London to fulfil this dream, destiny again stepped in. He was approached to fill the Chief Executive position of the newly minted National Commercial Bank of Trinidad and Tobago (NCB). **"While I wanted to be a barrister-at-law, I felt I had an obligation to rise to this occasion, as for the first time a son of the soil was being offered such an opportunity,"** said Rochford.

At that time seven international banks were registered to do business in T&T. None had a citizen as its helm. For Rochford, it was an opportunity to participate in the country's awakening of national self-confidence and establishing indigenous competence in finance and business.

With much excitement swirling around NCB's birth, Rochford held steadfast and measured. He knew the tall order that lay ahead. One he



needed to conquer! **“The challenge was debunking misconceptions that local citizens couldn’t manage a commercial bank and establishing in people’s minds that the bank was competent,”** said Rochford. And conquered he did!

With Rochford at the controls, the Bank introduced products and services which redounded to the improvement of the citizenry’s lives and which saw a steady rise in market share. **“I saw the wheels of the bank moving...we were causing a buzz,”** said Rochford who held the Bank’s reigns as Executive Chairman and Chief Executive for 23 years, passing the baton on retirement at age 60.

While blazing his trail in banking, Rochford was again called upon to impart his business acumen with the establishment of two other national institutions. First was the newly established T&T National Petroleum Marketing Company Limited. As its non-executive Chairman, he oversaw placement of the marketing of the domestic petroleum products into local hands.

**‘All production were in the hands of international companies and the government held the view that the domestic marketing of products could be handled locally,’** said Rochford, adding that NP eventually acquired 100 percent market share.

In 1979, he yet again accepted the challenge to integrate the international and domestic air services of T&T. He went on to develop a new vision for the airline and established an operational platform for success. **“These demonstrated at that time that locals were fully capable of handling their affairs,”** quipped Rochford.

Retirement, however, only signaled for Rochford the beginning of a new career.

**“During my banking years, people would always need advice or in solving problems,”** said Rochford. It became clear then he needed to deal with people’s attitudes and methods of thinking. It was this recognition that drove Rochford into Life Coaching, presenting practical avenues that will inspire people to claim better lives.

Rochford’s focus shifted from Expanding Institutions to Empowering Lives.

His initial coaching formula took the form of newspaper articles, outlining success strategies. Buoyed by the vast positive feedback, he was drawn to recording his thoughts and experiences. In 2004, he commenced his first book Live a Life of “Virtual” Success.

**“The underlying factor that prevents persons from reaching their full potential is the limitations they place on**

**themselves,”** said Rochford, who has penned 10 books spanning various fields, including his own autobiography Glimpses of Greatness.

At 91, Rochford spends his days quietly with his wife Edlin, as well as having the fulfilment of his family and friends around. This, he says, keeps an active mind, which in turn keeps an active body. He admonishes retirees to do the same, always keeping themselves occupied.

As his earlier years, Rochford continues to valiantly trek forward. He’s nowhere near letting up for he knows all too well that with living, many more glimpses of greatness can be accomplished.



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# UNRAVELLING THE Icy Grip:

## FROZEN SHOULDER OCCURRENCE IN MENOPAUSE AND APPROPRIATE TREATMENT STRATEGIES



*By Godfrey Araujo  
BSc. MBBS FRCS Ed., Glasg.  
Consultant Orthopaedic Surgeon*

### Introduction:

Menopause, a transformative phase in a woman's life, brings about numerous hormonal changes that can impact various aspects of health. One often-overlooked consequence of menopause is the increased likelihood of developing frozen shoulder, a condition marked by pain and stiffness in the shoulder joint. Understanding the connection between menopause and frozen shoulder and implementing appropriate treatment strategies is essential for managing this challenging condition.

### Menopause and Frozen Shoulder:

Frozen shoulder, clinically known as adhesive capsulitis, is characterized by the inflammation and thickening of the shoulder joint capsule, leading to restricted movement. While it can affect individuals of any age or gender, the incidence rises notably during menopause. Fluctuations in hormonal levels, particularly a decrease in estrogen, are believed to contribute to the development of frozen shoulder in menopausal women. Estrogen plays a role in maintaining joint health and collagen production, and its decline may contribute to the inflammatory changes in the shoulder joint.

### Symptoms and Impact:

Menopausal women experiencing frozen shoulder often report pain, stiffness, and a gradual loss of shoulder mobility. Everyday activities such as dressing,

reaching overhead, or even sleeping can become challenging, affecting overall quality of life. Recognizing the symptoms early is crucial for prompt intervention and effective management.

### Appropriate Treatment Strategies:

#### Physical Therapy:

Physical therapy plays a pivotal role in the treatment of frozen shoulder. Therapists employ targeted exercises to improve shoulder mobility, reduce pain, and prevent further stiffness. A structured rehabilitation program tailored to individual needs can significantly enhance the recovery process.

#### Pain Management:

Menopausal women with frozen shoulder may benefit from pain management strategies, including nonsteroidal anti-inflammatory drugs (NSAIDs) or corticosteroid injections. These interventions aim to alleviate pain and reduce inflammation, facilitating more effective participation in physical therapy.

#### Heat and Cold Therapy:

Applying heat or cold to the affected shoulder can help alleviate symptoms. Heat promotes blood circulation and relaxation, while cold therapy can reduce inflammation. Alternate use of heat and cold as advised by healthcare professionals can offer relief.

#### Joint Distension and Manipulation:

In cases of severe stiffness, healthcare providers may recommend joint distension or manipulation under anaesthesia. This procedure involves stretching the shoulder joint capsule to improve mobility. It is typically followed by post-procedural rehabilitation to maintain the gained range of motion.

#### Hormone Replacement Therapy (HRT):

Hormone Replacement Therapy which involves supplementing estrogen, may be considered for menopausal women with





frozen shoulder. While controversial and not suitable for everyone, HRY has shown some positive effects in reducing inflammation and improving joint health. Consultation with a healthcare professional is essential to assess the risks and benefits of HRT based on individual health factors

### Conclusion:

Frozen shoulder during menopause presents a unique set of challenges, necessitating a multidimensional approach to treatment. Understanding the interplay between hormonal changes and joint health is crucial for tailoring interventions effectively. Timely and appropriate treatment strategies, ranging from physical therapy to hormonal interventions, can significantly improve the outcomes for menopausal women grappling with the icy grip of frozen shoulder. Seeking professional guidance and adopting a proactive stance towards managing this condition ensures a smoother transition through menopause and a return to pain-free shoulder function. At Fracture and Orthopaedic Clinic, we are available for consultation of any of your Musculo-skeletal problems including shoulder pain and loss of function which may be due to Frozen Shoulder. Call us or come in for further information and management of your shoulder pain.

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## ZONAL NEWS

### ROYALS (Princes Town / Rio Claro Zone) by Angela Guerra, Assistant Secretary

#### Royals Award CEREMONY

TTARP Royals Zone commemorated the 30th Anniversary of TTARP as well as the Zone's 22nd Anniversary in grand style on Saturday 19th August 2023.

This was an opportunity to honour and award three Past Chairpersons - Margaret Rampersad, Stanley Joseph and Sandra Cameron. Eight persons with ten plus years of being loyal Royal Members qualified for Long Service Awards, they are Patricia Noel, Carol Ragoonanansingh, Leemoy Rampersdasingh, Maureen Griffith-Lewis, Esther Saunders-Thomas, Marilyn Dickson, Lystra Holder-Ruiz and Barbara Paynter.

Special mention must be made of Margaret Rampersad, who was a Past Chairperson instrumental in the formation of the Royals.



We were delighted to have in our presence, the Honorary Secretary of TTARP, Mayling Younglao, who delivered the feature address, as well as other Head Office Staff. Also gracing us with their presence were representatives from Zones hailing from Arima, Central Pride, Diego Martin, Fyzabad, La Brea and San Fernando as well as a house full of Royal members.

As the ceremony progressed, each Zonal representative brought greetings and were entertained by Indian Dancing, a Saxophonist and treated to a delicious meal.

Our hearts were filled with gratitude and contentment, and we thank all who contributed. It is said that beauty lies not only in the idea but in the people who brings it together. We are so proud to be part of this esteemed organisation.

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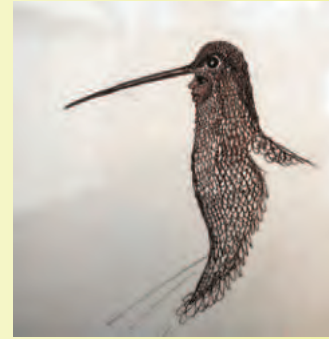


# PETER Minshall

## Land of the Hummingbird Exhibition

Minshall was born in Georgetown, Guyana on July 16, 1941, but moved to Trinidad as a small child. Growing up in the capital, Port of Spain, Minshall was exposed to Carnival from a young age. When Minshall's mother asked him to create a costume for his adopted sister Sherry-Ann Guy (Coelho) to wear for carnival 1974, it was the pivotal event in Minshall's Carnival career. The costume he created was called "From the Land of the Hummingbird". According to him, it took five weeks, 12 people, 104 feathers, each one made of 150 different pieces of fabric. The costume was an immediate sensation and became a major icon of Trinidad Carnival.

Baachacs Collective, a Curating Archiving Company specialising in preserving, digitising, and packaging artefacts of cultural significance hosted an Exhibition at the Killarney Castle from January 23rd to March 9th 2024, highlighting the original working drawings of this masterpiece. TTARP was proud to be a supporter of this monumental event. 



*Photos Courtesy Maria Nunes Photography*



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## ZONAL NEWS

### BLACK GOLD (La Brea Zone)

by Michelle Mohammed-John

#### GIVING BACK

La Brea Black Gold Seniors started the new year with giving back to their community, some members of the executive who were present were Dennis Marchan-President, Ezra Vaughn-Vice President, Kerlin Roberts-Treasurer and Michelle Mohammed-John -PRO, who visited the Point Fortin Senior Citizens Home located in Teachier Village.

The home has eighteen senior residents. La Brea Black Gold Seniors distributed food vouchers worth one hundred dollars (\$100.00) to each person to be redeemed at Persad's Supermarket. Some of the residents who received their vouchers were Joseph Hinds, Valerie Lewis, Nobert Baptiste, Cecil Bartholomew, Mitchell Cayene, Reynold Montique, Dane Kendall, Clyde Dindial, Rodel Noel, Althea Alexander, Rose Joseph. Matron Charmaine Billy received the remaining vouchers to be distributed among the residents who were not in attendance on behalf of La Brea Black Gold Seniors.



#### CHRISTMAS is A BLESSING

La Brea Black Gold Seniors ended the year with a luncheon at the Neighborhood Grill Restaurant in Point Fortin, where not even the rains could have stopped members from showing up. Everyone was ready and eager to meet, greet and socialize.

We gave Thanks to our Creator for another Christmas and reminded everyone of the reason for the season.







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## ZONAL NEWS

### CENTRAL PRIDE (Central Zone)

by Marilyn Duncan-Butler, Public Relations Officer.

Central Pride's Executive continues to pursue meaningful activities that will contribute to the enhancement of its members.

Our annual Christmas Luncheon was held in early December 2023, at the newly refurbished Cascadia Hotel and Conference Centre. It was indeed a memorable event, full of fun, fellowship, sumptuous food and by all means an array fashion.

Next was the visit to the Pigeon Peas Festival on the 27th January, 2024 in Diego Martin, which was the first of its kind to Central Pride, but as usual, we embraced it with great expectation and without a doubt, the members had an awesome time.

Our annual Carnival lime and Ole Mas and Calypso competition was held on the last day of January 2024. Bigger and better than before. It was a "blast", nothing short of an amazing event. The presentations by the participants and other entertainers were excellent. We aimed to please, and the patrons were undeniably thrilled.

©80





# Our Dubai Experience

## November 2023



by Senator Hazel Thompson-Ahye, H.B.M



TTARP Marketing said come, pay Dubai a visit  
Come, enjoy and take it off your bucket list  
We start to make payments, plan for the event  
Expectations were high, would be worth every cent.  
Aren't we going with Buzz?  
(Chorus: Oh! Lard Oh.)

We staying at five- star hotel Dusit Thani  
Who cares if we're retired and are Grandpa and Granny?  
Some went first night to the Observatory  
And a spectacular sunset they did see  
We riding in Carol or Leah bus?  
(Chorus: Oh! Lard Oh)

Next was Al Fahidi District and the Souks  
I'm not sure if we got bargains or was a flooks  
Le Perle was a show case of entertainment world class.  
Marina Mall was enticing, and fountain show unsurpassed.  
Was that not a romantic ride on the lake?  
(Chorus: Oh! Lard Oh)

The Dragon Mart made some overspend  
After camel riding and safari, one had to go on the mend  
We dressed up and enjoyed such a delicious dinner  
That we thought this trip for sure was a winner.  
Was not that fire dancer the best?  
(Chorus: Oh! Lard Oh)

After our free day was Abu Dhabi.  
Spectacular! Such opulence we did see.  
As the power of the human imagination  
Gave birth to a first-class nation.  
Are there possibilities for us?  
(Chorus: Oh! Lard Oh.)

The Dubai Frame, world's largest, was quite an event  
It's a museum, an observatory and a monument.

Many world commonalities were  
seen in Global Village  
Yet in the world exist so many  
wars and pillage.  
Will we ever forget the splendour  
of Miracle Garden?  
(Chorus: Oh! Lard Oh.)



After night time cruise showcasing the Trini wine  
This feat was repeated in our Last Lap Booty Brunch time.  
Happy shoppers, fellow travellers, friends in this desert land  
We've looked out for one another and lent a helping hand.  
How can we say Good bye?  
(Chorus: Oh! Lard Oh.)

I will miss you all, when we take our leave  
But not let us not forget each other, please.  
Thank you, Carol, Stephan, Leah and Gem  
Our drivers and guides, we are so grateful to them.  
When is the next lime?  
(Chorus: Oh! Lard Oh)



# DELAYING AND REVERSING Frailty!



Eucalyptus has just celebrated another year, but no one remembered. He spends most of his time at home and sometimes goes a week without seeing people. He rarely talks to anyone, has lost contact with friends and spends most of his time watching television. Eucalyptus misses several meals because he does not have the energy to prepare them. For his birthday he felt very depressed and spent the day in bed hoping it to be his last.

Chamomile is in frequent touch with friends and family who surprised her with a birthday celebration. She walks with neighbours regularly, is a member of a 55+ social club taking part in exercise classes, nutrition workshops and social nights.

In the abovementioned, we see circumstances that are experienced by many. Nevertheless, a greater percentage of persons have similar experiences like in the first scenario. If Eucalyptus or Chamomile were to experience a fall or pneumonia, who do you think would likely get help? Chamomile would most likely get a ride to the doctor or a visit in the hospital. Several people will also check in on her and arrange assistance while she recovers. Eucalyptus, however, would be unlikely to get much help and more likely than Chamomile to fare poorly if his health became challenged. Eucalyptus has progressed to frailty and in the following aspects: nutritionally frail, physically frail, psychologically

frail and socially frail. Frailty can have multifaceted contributors, including physical, psychological, social and environmental elements. It increases the risks of illness, falls, dependency, disability, and death. Frailty increases with age and affects both the brain and the body leaving one vulnerable, both immediately and in the future.

Older people who are frail can have difficulty coping with minor illnesses and events, such as infections and constipation, and they can be more susceptible to side effects from certain medications. There are those who live healthy and active lifestyles, while others grow weaker, move slower and become less active over time.

Nutrition risk and malnutrition are prevalent in older adults

and contribute to the onset of frailty. They lead to difficulty with everyday tasks, higher risk for falls and fractures, weight loss and functional impairment or need for institutionalised care or hospitalisations.

Nutrition intake is associated with several frailty criteria, including low muscle strength, feelings of exhaustion, reduced physical activity and slow walking speed. Frailty, in turn, can reduce nutrition intake and have negative consequences for nutritional status. Tackling nutritional risk factors offers an opportunity in primary prevention of undernutrition, malnutrition and physical frailty. People who are physically frail have less physiological strength and a reduced biological ability to bounce back from illness or injury. There is loss of strength and endurance, exhaustion and reduced physical capacity. Self-neglect has also been linked to physical function, reduced nutritional intake and poor social support (social frailty).

“Frailty can have multifaceted contributors.”  
Nutritional, physical frailty and



By Nicole Allsop  
Registered Dietitian Nutritionist  
and Exercise Specialist.  
1-868-229-7928

reduced function can certainly be accelerated by social frailty. The prevalence of social frailty among older adults is high. Social isolation and loneliness are contributors to developing frailty and reduced quality of life. Increased social support is associated with lower frailty. Socially frail older adults have a higher possibility of not eating three full meals a day which increases the risk of malnutrition. Timely preventative action would prevent frailty and progression/deterioration. Recognising frailty early allows for enhanced care. The prevention, delay or amelioration of frailty should remain a top priority. Both pre-frail and frail seniors should get Registered Dietitian led nutritional guidance, perform various exercise activities that includes aerobic, resistance, balance, and flexibility activities, and be socially active.





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# Events Programme

## HEAD OFFICE

167-169, Belmont Circular Road, Belmont, Port of Spain

Contact Number: 497-2687 / 221-7771

May 5th Mother's Day Concert & Tea

31st May – 4th June Curacao Trip

Aug BINGO

23rd August – 2nd Sept - Hawaiian Cruise

## ARIMA "EASTERN ANGELS"

Meeting Place: Arima Tennis Club – Railway Road, Arima

Contact Person: Carol BAIN (Chairperson) 754-0077 | Peter NOCK (2nd V/Chairperson)

718-9571 | Esther KNIGHTS (PRO) 783-7646

Meeting Date and Time: Every Friday (except Public Holidays) from 1:00 pm – 6:00 pm

May 3rd	Monthly Meeting
May 17th	Diet & Nutrition Presentation
May 20th	Zonal Committee Meeting
May 31st	Indian Arrival Day Celebration
June 7th	Monthly Meeting
June 14th	Mothers & Father's Day Celebration
June 17th	Zonal Committee Meeting
June 21st	Lecture – Abuse of Elderly
June 26th	Outing – Pappy's Ranch
Jul 5th	Monthly Meeting
July 15th	Zonal Committee Meeting
July 19th	Fun & Games Evening
July 24th	EAAZ Anniversary Celebration
July 29th	EAAZ Anniversary Celebration
Aug 2nd	Monthly Meeting/Emancipation Day Dress Up
Aug 16th	Lecture- Cancer Awareness
Aug 19th	Zonal Committee Meeting
Aug 21st	Outing to Harry's Water Park

## 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.

May 7th	Executive Meeting
May 15th	Mothers' Day at HYATT
May 18th	Outing & Family Day
May 28th	General Meeting
May 30th	Holiday
June 4th	Executive Meeting
June 19th	Mother's & Father's Day Function
June 25th	General Meeting
July 2nd	Executive Meeting
July 12th	Tobago Weekend
July 23rd	Emancipation Celebration
Aug 6th	Executive Meeting
Aug 17th	Day Out
Aug 27th	General Meeting Independence Lime

## CHAGUANAS "CENTRAL PRIDE"

Meeting Place: Flaming Work Ministry Auditorium, Caroni Savannah Road, Chaguanas

Contact Person: Faith CALLISTE (Chairperson) 481-3762 / Portia De Silva Ifill (Treasurer) 738-3157

Meeting Date and Time: 2nd Monday of each month @ 10:00 am.

May 15th	Mother's / Father's Day Event
Jul 3rd	Visit to La Playa del Este
May 22th	Interactive & AGM Meeting
Jul 24th	Interactive Meeting
Jun 12th	Visit to Rancho Quemano Estate
Aug	Closed for Vacation

## LA BREA "BLACK GOLD"

Meeting Place: Vessigny Community Centre, Southern Main Road, Vessigny.

Contact Person: Dennis MARCHAN (Chairperson) 774-2701 / Ezra VAUGHN (Vice Chairman) 389-8346 / Jo Anne BOWEN DELYSIA (Secretary) 764-9132

Meeting Date and Time: 3rd Thursday of each Month @ 3:30 p.m.

May 16th	Games Day at Seniors Home
June 20th	Monthly Meeting
May 16th	Monthly Meeting
July TBA	Cake/Bake Sale (Fundraiser)
June TBA	Mothers & Fathers' Day Program
July 18th	Monthly Meeting

## 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 25th	Visit to Salybia /Toco
June 22nd	Mayaro/Manzanilla

## SANTA CRUZ "CRUZERS"

Meeting Place: - Mary Immaculate Queen of the Universe (MIQU) R.C. Church Hall, Sun Valley Road, Lower Santa Cruz

Contact Person: Yvette CUPIDORE-WRIGHT (Chairperson) 386-7350 or Chairman MAULE (Secretary) 784-6934

Meeting Date and Time: 4th Friday of each month @ 5:00 p.m.

May	In House Mothers Day/Fathers Day Celebration
June	Proposed trip to Harry's Water Park
July	Proposed Road Trip or Mall Hopping
Aug	Trip to Panama

## TOBAGO "CORALS"

Meeting Place: Happy Haven – Signal Hill Main Road, Signal Hill, Tobago

Contact Person: Selby COLE (Chairperson) 390-0142 or Zilpah EDWARDS-MOORE (PRO) 758-0853

Meeting Date and Time: 2nd Saturday of each month @ 3:00 pm.

May	Visit to Wild Fowl Trust or Caroni Bird Sanctuary
July	Day out with Pembroke Cultural Stars at the Heritage Park
June	Moths'/Fathers' Day Luncheon
Aug 24th	Annual Variety Concert – Scarborough Library Auditorium

## TOBAGO "PEMBROKE CULTURAL STARS"

Meeting Place: #126 Cow Farm Road, Goldsborough, Tobago

Contact Person: Leccia ROSS (Chairperson) 780-3761/391-2228 or Carmen CHARLES (Secretary) 759-4244

Meeting Date and Time: 2nd Monday of each month @ 4:00 pm.

May 5th	Bell Garden AC Church Harvest
TBA	Visit to a Home for the Elderly
May 8th	Executive Meeting
May 13th	General Meeting
May 24th	Brunch Sale
May 30th	Planting & Cleaning of Compound
Jun 5th	Executive Meeting
Jun 10th	General Meeting
Jun 19th	Mothers'/Fathers' Day Celebration
July 3rd	Executive Meeting
July 8th	General Meeting
July 22nd	Activity Evening - Lecture
Jun 24th	Social Evening – Birthday Celebration
Aug 7th	Executive Meeting
Aug 12th	General Meeting
TBA	Ten Days Travel Plan
TBA	Visit to Trinidad
Aug 26th	Activity Evening

# RECIPE



## AVOCADO SUSHI CAKE

### INGREDIENTS

- 375 ml (1½ cups) Sushi Rice: The base of the cake, providing a sticky and flavorful layer.
- 20 ml (4 tsp) Sugar: Balances the vinegar's acidity, enhancing the rice's taste.
- 45 ml (3 tbsp) Rice Vinegar: Gives the rice its characteristic sushi flavor.
- 2 Nori Sheets: Adds a crisp, seaweed flavor, contrasting with the other textures.
- 2 Avocados, thinly sliced: Offers a creamy, rich layer, complementing the fish.
- 500 g Fresh Salmon, thinly sliced: Provides the main protein, adding freshness and color.
- 5 ml (1 tsp) each Black and White Sesame Seeds: Decorative and flavorful topping.
- Extra Avocado to serve: Enhances presentation and adds more avocado goodness.
- 125 ml (½ cup) Soy Sauce: Serves as a savory dipping sauce.
- 60 ml (¼ cup) Finely Grated Fresh Ginger: Adds a spicy, aromatic kick to the sauce.

### INSTRUCTIONS

1. Prepare the Sushi Rice: Follow the package instructions to soak, simmer, and steam the rice. Mix in a cooled vinegar and sugar solution for the perfect sushi rice texture.
2. Layering the Cake: Line your baking tin with paper and a nori sheet. Spread half the rice, followed by avocado slices and salmon, creating distinct layers.
3. Repeat the Layers: Add another nori sheet, the remaining rice, and layers of avocado and salmon to complete the assembly.
4. Chill and Serve: Refrigerate the cake until firm. To serve, invert the cake onto a platter, garnish with sesame seeds, and accompany with soy sauce mixed with ginger.

### TIPS, NOTES, STORING, AND REHEATING

- Tips: Enhance the flavor by serving with wasabi paste or pickled ginger. Experiment with different fillings like crab meat or cucumber for variety.
- Notes: If you're not a fan of raw fish, consider using smoked salmon or cooked shrimp as alternatives.
- Storing: Wrap the sushi cake tightly in cling film and refrigerate for up to 24 hours. Avoid freezing, as it can alter the texture of the ingredients.
- Reheating: Sushi cakes are best enjoyed cold. If you must warm it, do so gently, ensuring not to cook the raw ingredients.

Find it online: <https://recipecastle.com/avocado-sushi-cake/>





## ZONAL NEWS

### PEMBROKE (Tobago Zone)

Submitted by Carmen Charles.

#### CHRISTMAS

The Pembroke Cultural Stars had a delightful time at their Annual Christmas Dinner Celebration! Celebrating on the 4th of January at the Tobago Hotel School in Mt. St. George was a wonderful setting. Exchanging gifts and dancing to fantastic music was the perfect way to celebrate together. It's always heartwarming for the zonal members to come together to enjoy each other's company during the holiday season.



#### VISITING GRENADA

What a fantastic and educational trip to the Isle of Spice, Grenada! Exploring the lakes, waterfalls, and different parts of the country was an enriching experience. And of course, enjoying some relaxation time at the beach to soak in the sun and sea sounds was the perfect way to unwind after exploring. We thoroughly enjoyed the short visit and look forward to future trips to Grenada!



#### RELAXING AT PIGEON POINT

It was wonderful for the members of the Pembroke Cultural Stars to enjoy some relaxation time at Pigeon Point Beach after their tour around the island. Pigeon Point Beach is known for its pristine white sand and crystal-clear waters, making it the perfect spot to unwind and soak in the beauty of Tobago. After a day of exploring and learning more about their country, taking some time to relax and enjoy the beach sounds like a well-deserved treat.



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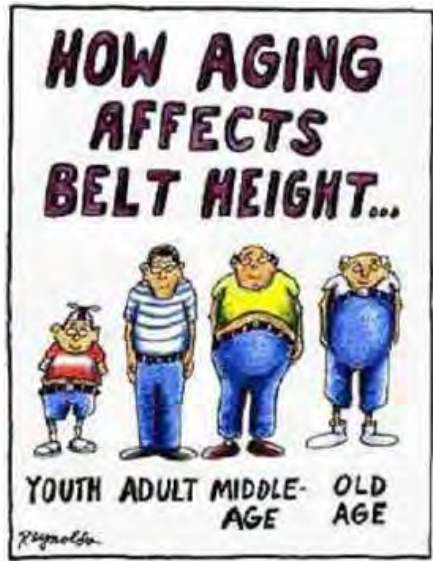
# Laughter



OMG, I'm rich!  
Silver in the hair,  
Gold in the teeth,  
Crystals in the kidney,  
Sugar in the blood,  
Lead in the butt,  
Iron in the arteries,  
and an inexhaustible  
supply of natural gas!  
*I never thought I would  
accumulate such wealth!*



My husband cooks for  
me like I'm a goddess—  
by placing burnt  
offerings before me.



People born in the  
50's have lived in  
7 decades, 2 centuries  
& 2 millenniums.  
We had the best  
music, fastest cars,  
Drive-in theaters,  
soda fountains  
& happy days.  
And we are not  
even that old yet,  
we're just that cool.



## Benefits of Laughing

- ▷ Decreases Stress
- ▷ Natural Pain Killer
- ▷ Improves Breathing
- ▷ Helps You Lose Weight
- ▷ Makes You Look Young
- ▷ Reduces Heart Disease
- ▷ Sleep Better



The secret of staying  
young is to live  
honestly, eat slowly,  
and lie about your age.

**Why do golfers  
wear two pairs  
of pants?**  
  
In case they get a  
hole in one.







# ZONAL GROUPS

**ALL MEMBERS ARE ENCOURAGED TO JOIN A GROUP CONVENIENT TO YOU !**

## HEAD OFFICE:

#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

### 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 alexiskd671@gmail.com  
PRO Esther KNIGHTS 783-8646 eknights19@gmail.com  
T-Shirt Colour Lime Green

### BELMONT "Bees" est. June 2005

Meeting Place St. Margaret's Anglican Church Hall – #93, Belmont Circular Road, Belmont  
Meeting Date & Time 4th Tuesday of each month @ 5:00 pm  
Chairman Sandra MORGAN 792-0263 sandramorgan85@yahoo.com  
Vice Chairman Joseph Stanley JOB 770-5029  
Treasurer Jennilyn HAMBLYN-RAPHAEL 716-0169 jennilynraphael@hotmail.com  
Secretary Linda RICHARDSON 626-0009 | 295-6957 lindarichardson364@gmail.com  
PRO Joshua PHILLIPS 707-5228 phylofrye@hotmail.com  
T-Shirt Colour Gold

### CENTRAL "Central Pride" est. March 2003

Meeting Place St. Thomas Anglican Church Parish Hall, St Thomas Village, Chaguanas.  
Meeting Date & Time 2nd Monday of each month @ 10:00 am.  
Chairman Faith CALLISTE 481-3762 faithcalliste51@yahoo.com  
Vice Chairman Florence SMITH-SKINNER 757-0858 floski15@hotmail.com  
Treasurer Portia DE SILVA-IFILL 786-4084 portiadelsilva@yahoo.com  
Secretary Marjorie ALLEYNE-THOMAS 295-5653 mat3874@hotmail.com  
PRO Marilyn DUNCAN-BUTLER 479-6977 Maridunc1@yahoo.com  
T-Shirt Colour Orange

### DIEGO MARTIN "Onyx" July 13th 2023/ est. January 2011

Meeting Place Diego Martin South Community Centre  
#1 Senior Street, Four Roads, Street, Diego Martin  
Meeting Date & Time Last Thursday of each month @ 3-5 pm  
Chairman  
Treasurer  
Asst. Secretary  
T-Shirt Colour

### 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 @ 3.30 - 6 pm  
Chairman Dennis MARCHAN 774-2701 dennismarchan110@gmail.com  
Vice Chairman Ezra VAUGHN 389-8346 Ezra54@hotmail.com  
Treasurer Kerlin ROBERTS-JAMES 380-5782 kerlinrobertsjames@yahoo.com  
Secretary Jo-Anne BOWEN-DELYSIA 764-9132 joannedelysia@gmail.com  
PRO Michelle MOHAMMED-JOHN 780-6515 sweetface65tt@yahoo.com  
T-Shirt Colour Lilac

### PEMBROKE (Tobago) "Cultural Stars" est. unknown

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 St. Stephens Anglican Church Parish Hall.  
Cor. High Street & Lothians Junction, Princes Town  
Meeting Date & Time 3rd Saturday of each month @ 2:00 pm  
Chairman Ronnie ROBERTS 375-5112 / 656-2149 ronnirobert10@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 rkali@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 cjrany@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\_co@yahoo.com  
Vice-Chairman Elton RICHARDSON 754-8620 elstephenrich@gmail.com  
Treasurer Geoffrey LEWIS 752-8992 lewisgbg@gmail.com  
PRO Zilpah EDWARDS-MOORE 758-0853 zilpahm@gmail.com  
T-Shirt Colour Blue/Gold



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