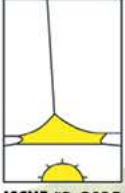


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Q&A with Mr. Dylan Thomas, Consultant Complex Spine and Scoliosis Surgeon.



MR. DYLAN THOMAS
CONSULTANT SPINE & SCOLIOSIS SURGEON
MBBS, DM, FICS, FRCS (ED, GLASS), FACS
MBTT & RCS APPROVED
COMPLEX SPINE FELLOWSHIP (UK)

Q. What is a Complex Spinal Surgeon/Complex Orthopedic Spinal Surgeon?

A. A fellowship trained surgeon who performs advanced spinal surgical techniques. This usually involves the use of implants, assessing spinal alignment, performing spinal reconstruction, deformity correction (e.g. Scoliosis), and revision spine surgery. This surgeon operates exclusively on the entire spine from occiput (base of skull), neck, upper back, lower back to pelvis. The surgeries also involve anterior and/or posterior approaches to the spine.

Q. What type of training did you undergo to become a Consultant Complex Spine and Scoliosis Surgeon?

A. Initially, I completed undergraduate training to become a medical doctor. Then I completed my Doctorate in Medicine (DM) Orthopedics training program. Finally, the Royal College of Surgeons accredited operative fellowship, in Complex Spinal Surgery in adult and pediatric patients. In brief, my training in performing spinal surgeries began in 2009, culminating with the completion of my fellowship in 2019. From 2020 to present I have been performing spinal surgery in the capacity of Consultant Spine and Scoliosis Surgeon. However, I have been exclusively performing spinal surgeries since 2017. In total I have been operating on Spines for over 15 years.

Q. Do you find your work fulfilling?

A. Yes, very much so. Due to the complex nature of the job and the very narrow margin for error, it pushes me to be innovative, yet patient-centered. Every spine is unique, every patient is unique. What is most rewarding, is my day-to-day interactions with patients and their relatives, when they relay how the surgeries and their rehabilitation improved their quality of life. It lessened their pain and disability, improving their general happiness and well-being, giving them the opportunity to get back to living and participating in life. That for me is the driving force behind my work. With the support of God and my family I show up each day for my patients, ready to do the best I can for them.



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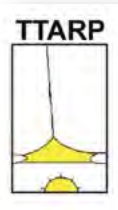
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COMMENTS FROM THE BOARD

TTARP Supports Tax Free Pension Proposal

The Trinidad and Tobago Association of Retired Persons (TTARP) welcomes the recent proposal by the Honourable Kamla Persad-Bissessar, SC, Prime Minister of the Republic of Trinidad and Tobago, to exempt pensions from taxation for individuals over the age of 60.

As an organization representing more than 43,000 seniors across the country, we fully support any initiative that helps ease the financial burden on retirees. Many of our members have given decades of dedicated service to Trinidad and Tobago and now rely on fixed incomes. The taxation of their pension earnings significantly impacts their ability to maintain a basic standard of living, often leading to financial strain.

We share the view that taxing pensions at this stage of life amounts to a form of double taxation and does not adequately honour the contributions made during their working years.



TTARP believes that it is both timely and fair to review and amend current tax laws to reflect the value of lifelong service. We commend the Prime Minister's proposal and look forward to further dialogue and legislative progress on this important matter.



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TTARP BENEFITS

BENEFITS FOR PERSONS AGED 50 YEARS AND OVER

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. Check the TTARP Discount Directory for providers in Trinidad and Tobago.

BENEFITS FOR PERSONS AGED 60 YEARS AND OVER

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 rides in Trinidad and Tobago with presentation of Driver's Permit or National Identification Card.
6. Free rides on the Water Taxi between POS and San Fernando with presentation of Driver's Permit or National Identification Card.
7. Fee Exemption on certain bank services (e.g. Bank Drafts and bank statements for US Visas)
8. Preferential rates on fixed deposits at Financial Institutions.
9. Increased range of CDAP medications for ailments common to Senior Citizens.
10. Extended Medical Care hours of services at Public Health 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. Retired Government employees will now receive an interim pension of three thousand five hundred dollars (\$3,500) per month, while their pension records are being processed. When verified, the retired employee will receive the correct pension and a lump sum for arrears.
13. Residents of Trinidad and Tobago, both nationals and non-nationals, will no longer be required to submit a Life Certificate twice per year to continue receiving their NIS Pensions.
14. Retired Government Pensioners, who are nationals of Trinidad and Tobago, will no longer be required to present themselves as proof of life existence if they submit their birth certificate PIN number to the Pension Management Branch, Treasury Division.
15. Walk-Over constructed in Port of Spain, with a wheelchair ramp, to assist senior citizens and others travelling to and from the Tobago Ferry Port and Water Taxi service.

* * * *

August 2025

OTHER

In context of approved GORTT National Budget 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 allowance 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) Increase in non-taxable Annual Income allowances to \$90,000 for all citizens.
- h) 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.
- i) There is a collaboration between the Ministry of the People, Social Development and 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.

* * * *

August 2025

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

Growing and Glowing Together

The Purple Diamonds have truly been growing and glowing together over the past few months, with our monthly tours being a highlight for all. In March, we took a scenic road trip to Mayaro and Guayaguayare. April saw us journeying to Toco and Matelot, followed by a May excursion to Los Iros and Icacos, and in June, we visited the Angostura Factory and La Vega Estate—all thoroughly enjoyed by our members.

Our monthly meetings were vibrant and meaningful, as we took time to recognize national and religious observances that brought members together in reflection and celebration.

We honoured International Women's Day with special tributes to our senior ladies aged 89 to 90. April was marked by the observance of both Eid ul Fitr and Easter, celebrated with warmth and unity. In May, we highlighted Indian Arrival Day with a beautiful cultural performance on the sitar by Mungal Patasar, which was well received by our members.

A major highlight came in June, when we hosted a combined Mother's and Father's Day celebration. The event featured door prizes and special awards for our Eldest Male (91 years) and Eldest Female (89 years), along with prizes for Best Dressed and Best Talent, the latter won by a member who had everyone laughing with a stand-up comedy act. Our guest speaker, Mrs. Hazel Manning, presented members with flowers in appreciation of their contributions to society.

In July, we celebrated Emancipation Day with a colourful display of African wear and an informative presentation on Diabetes.



Hazel Manning addressing the audience.



ZONAL NEWS - CORALS (Tobago Zone) by Selby Cole – Chairman

Down La Vega Way

The Corals Zone headed to La Vega Estate, Gran Couva, in late May 2025—and interest was so high, many had booked flights a month in advance to secure their spots with CAL.

Nearly 40 participants took the first two morning flights out of ANR Airport, joined in Trinidad by Corals members who live in both islands. At Piarco, two maxis—coordinated by Peter Nock of the Arima Zone—were waiting to take them inland. The Arima Angels, proudly wearing their green, also came along for the ride.

At La Vega, Members quickly got their entrance wrist bands, and wasted no time exploring the lush estate and snapping up plants (yes, some had already checked what they could bring back on the plane). Lunch in the cabanas

was the next priority—until the rains came!

The wet atmosphere, however, did not “dampen” the spirits of our adventurous crowd, some already begun trekking through the tracks and pathways on the Estate. With plans like tilapia fishing cut short, the group made the most of their extra time by squeezing in some shopping at the malls close to Piarco. On the return flight, they got a special “Welcome Aboard” announcement from the CAL captain.

A wet day, a fun crew, and memories well worth the trip.



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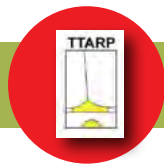
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Cruzers Cruising On

Making the Most of Our Golden Years

In the scenic valley of Santa Cruz, the Cruzers continue to thrive—balancing fun, learning, and connection as we navigate our golden years together.

We kicked off with an engaging T&TEC Public Education session, led by Jonathan Hinkson. His talk on energy efficiency and safety sparked so much interest, he returned for a second round!

April brought celebration, as our Cruzers dancers wowed the crowd and captured first place at a San Fernando dance challenge—proof that we’ve all found our rhythm.

In May, four Cruzers executives attended TTARP’s Zonal Leadership Retreat, returning energized and refocused to serve our members. That same month, we hosted our very first Mother’s & Father’s Day Celebration, transforming our meeting hall into an elegant banquet space. Guests were treated to music by Melissa Prescod and Friends, a dazzling dance performance, and heartfelt tributes to our oldest and youngest parents. The event was such a hit, we’re considering making it an annual event.

June saw 40 Cruzers head off to Tobago for a weekend of sea, sun, and sweet moments. From roasting breadfruit in Castara to swimming at Pigeon Point and the Nylon Pool, the island getaway was unforgettable. The only question on everyone’s lips? “When are we going back?” Back home, many members signed up for TATT’s tech course for seniors, eager to dive deeper into the digital world—including AI.

The Cruzers remain vibrant, curious, and ready for whatever comes next.



Guests at Mother's and Father's Day Celebration



Cruzers Dance Challenge winners



At Pigeon Point



At No Man's Island Tobago



Roasted breadfruit and roasted fish



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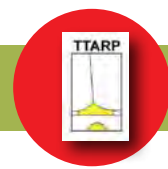
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Wellness & Togetherness

The Fyzabad Forever Green Zone has been buzzing with activity as members enjoyed a mix of fun, learning, and heartfelt celebration over the past few months.

An exciting in-house Bingo was held in March where awesome prizes included an ice cream maker, a food processor, and a standing fan—setting the tone for the upcoming events. A well-attended health fair, where simple chair and floor exercises were led by Errol Blackett and Arthur Yearwood from Nutrilite. The event featured useful health talks on breathing techniques and burn care, along with screenings for diabetes, blood pressure, and eye health, thanks to Niala Syne-Alexander, Diabetic Association of T&T (Siparia Chapter) and Ferguson Optical.

Our birthday celebration brought together those born between January and April for cake, laughs, and good company. There was even time to honour our hardworking team at a special outing for Administrative Professionals Day, held at Art's Café in La Romain. In April, Members were also introduced to a fascinating AI health scanner during a lively presentation by Juliana Joseph, representing a company out of Mexico which sparked interest and conversation.

A road trip to Toco brought sunshine and smiles as more than 50 members took in the scenic views and ended the day with a refreshing sea bath. The weather had threatened to spoil the fun, but the day turned out to be perfect.

The highlight of the season was our Mother's/Father's Day function, filled with great food, music, laughter, and heartfelt moments. DJ Cool Moodee had the crowd dancing and cheering on our models during a lively fashion showcase. We were especially proud to recognize Mrs. Hermina Timothy as Mother of the Year and Mr. Michael Boodoosingh as Father of the Year, both celebrated for their outstanding service and dedication to the group. It was a most wonderful and enjoyable day with great music for our young and young at heart.

Fyzabad Forever Green continues to live up to its name—growing strong, staying active, and spreading joy every step of the way.



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Why Does My Knee Hurt?

As we get older, it's not uncommon to feel occasional aches and pains. But when your knee starts hurting and doesn't seem to get better, it can be frustrating, even alarming. Knee pain is one of the most common complaints among people over 50, and it can interfere with your ability to walk, climb stairs, or enjoy your regular activities. So, what's behind this discomfort and when should you seek professional help?

Common Causes of Knee Pain After 50

Osteoarthritis: This is the most frequent cause of knee pain in older adults. Over time, the cartilage that cushions the joints wears down, leading to stiffness, swelling, and pain—especially after activity or first thing in the morning.

Meniscus Tears: The meniscus is a piece of cartilage that provides cushioning between the thigh and shin bones. It can tear due to twisting movements or wear-and-tear, and often causes pain, locking, or a feeling that the knee is giving way.

Bursitis: Bursa are small fluid-filled sacs that reduce friction in the joints. These can become inflamed from overuse or pressure, leading to swelling and pain at the front or inner side of the knee.

Tendonitis: Overuse or strain can irritate the tendons around the knee. This is especially common if you've recently started new activities or increased your level of exercise.

Rheumatoid Arthritis: While less common than osteoarthritis, autoimmune conditions like rheumatoid arthritis can cause chronic joint inflammation, leading to persistent pain and stiffness in the knees.

Metabolic Disease: Particularly gout, which is due to elevated uric acid levels that deposits crystals in the joints.

Devascularization: Loss of blood supply to particular areas of bone around the knee joint can occur at any age but in the elderly, it can be the cause of transient or long term pain.

What Can You Do at Home?

If your knee pain is mild, there are several conservative measures you can try at home:

Rest: Avoid activities that make the pain worse.

Ice: Apply an ice pack for 15–20 minutes several times a day.

Compression: Use a knee brace or wrap to reduce swelling.

Elevation: Raise your leg to help with circulation and swelling.

Gentle Exercises: Stretching and low-impact activities like swimming can help strengthen muscles without overloading the joint.

Over-the-counter pain relievers: OTC medication, like paracetamol or ibuprofen may also offer short-term relief.

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Mr. Derrick Lousaing
Consultant Orthopaedic Surgeon

When Should You See a Specialist?

If your knee pain lasts more than a few weeks, limits your mobility, or keeps you up at night, *it's time to get it checked*. Persistent pain may signal an underlying issue that requires more than home care.

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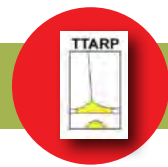
For more severe or persistent cases, we provide surgical options such as:

- **Minimally invasive arthroscopic procedures**,

- **Realignment surgeries**

- **Total or partial knee replacements**

If conservative home remedies have not brought relief, our team is here to help you find the best long-term solution for your comfort and mobility.



A Day in the Swamp

“Even those afraid of the pirogue couldn’t help but marvel at the magic of the swamp.”

Many senior citizens in Trinidad and Tobago have never experienced the natural wonder of the Caroni Swamp—until now. For many TTARP members, this tour brought classroom memories to life, even for those initially hesitant to board the pirogue that would take them through the winding Caroni River.

The group gathered at the Winston Nanan Caroni Bird Sanctuary jetty, where safety protocols were thoroughly enforced before and during the two-and-a-half-hour tour. The air was thick with insect repellent as members prepared to explore the mangrove ecosystem.

As the boat glided through the calm waters, members gazed at Cascabel Tree Boas resting in the trees above, bark in red, black, and white hues, and the colourful Masked Cardinal bird. Along the way, they spotted Silky Anteaters, Egrets, red crabs (the Scarlet Ibis’s favourite snack), and even Flamingos feeding in shallow water. The day ended in serene beauty as the sun set, casting a golden glow on a peaceful day’s journey.



Fellowship and Fun in the Heart of La Vega

“The games were so intense, some members nearly missed the plant sale!”

The TTARP Diego Martin Rubies enjoyed a day of camaraderie and nature during a Friday trip to La Vega



Estate in Gran Couva. Members arrived with good spirits, picnic bags, seasoned meats to barbecue on the grill near their rented hut by the Fishing Pool.

Despite early challenges lighting the barbecue pit, teamwork saved the day, and members happily shared homemade dishes. Some walked the scenic grounds, admired the flora, and snapped photos against the estate’s manicured landscape.

The Divine Mercy Shrine offered a quiet space for prayer and reflection, while others enjoyed lively rounds of board and hand games under the hut. The excitement was so high that a few almost missed the plant sale featuring a wide selection of flowers, fruit trees, and gardening items at discounted prices.



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SUNITY MAHARAJ

IS FAR MORE THAN A FAMILIAR NAME IN NEWS AND PUBLIC AFFAIRS.

With over 45 years as a journalist and multimedia professional, she has navigated the corridors of both print and broadcast media in Trinidad and Tobago, chronicling many of the nation's most significant events.

Now, at the age of 66, when others are slipping comfortably into retirement, Maharaj has leapt into a whole new venture in digital media with the same passion with which she once embraced traditional media. **"Exhilarating and exhausting" is how she describes the first few weeks of managing Caribbean Newsroom, an online radio station and YouTube channel.**

While her foray into digital media is recent, her company Caribbean Newsroom dates back to 2004, the year she left Caribbean Communications Ltd after a fifth stint during which she was Head of News at CCN-TV6 and Editor-in-chief of the Trinidad Express.

Since then, she has produced several special media projects including independent documentaries, taken on media and communications consultancies, written a Sunday Express column for years and developed and delivered journalism training programmes,

among other things. For two years between 2007-2009 she took up the position of Group Executive for Content at One Caribbean Media, the parent company of CCN.

In October 2023 she was appointed an Independent senator, serving until the parliament was dissolved in February this year to make way for general elections. She described the experience as "interesting but not as useful" as the work she does outside of parliament.

A lot of that work has involved advocacy and community engagement which has been conducted through the independent non-profit Lloyd Best Institute of the Caribbean (LBIC) with which Maharaj has been associated since 1987, when she first took up the position of editor of its monthly Trinidad and Tobago Review.

The institute was founded in 1977 by her late husband, the economist and public intellectual, Lloyd Best. It was initially called the Trinidad and Tobago Institute of the West Indies but later renamed in Best's honour.

The LBIC's mission, she explained, has always been to activate and realise the potential of the Caribbean by pursuing a development path taken on

the Caribbean's own terms.

The leaders of CARICOM can only do so much; it is the people who hold the power to bring us together and transform our many little islands into the force that it can be," says Maharaj.

In this mission, Maharaj believes that the missing link has always been a genuinely Caribbean media that knows and understands the region, and can report on it as a single community of many expressions.

This perspective is what has informed her recent turn to online media.

Maharaj explains: "Internet-based technology is the solution that the Caribbean has needed to surmount the challenges of a geography by which bodies of water separate us from each other. Before the internet, broadcasting and printing across the Caribbean Sea was a hugely expensive proposition requiring satellite technology. Today, the technology to facilitate regional conversations, connections and collaborations literally lies in the hands of the average persons."

Her decision to take on the challenge at this time has everything to do with the impact of internet-based



by Peter Campbell

social media on traditional or legacy media such as newspapers and free-to-air television and radio stations.

"The internet has changed almost everything about traditional media - the economic model, the organisational structure and the work processes. What remains unchanged, however, are the power of facts and the ability to tell a compelling story," asserts Maharaj.

Maharaj's deepest concern is that the speed at which traditional media is losing its audiences to social media threatens the fabric of our democracy.

"Frankly, I have been stunned by the inability of the media to mount an effective challenge in saving itself, both as an industry and as a constitutionally-protected institution. For over 20 years we have been aware of the risk and now, today, with the threat of social media being amplified as it accelerates into the age of Artificial Intelligence (AI), the battle has become very much more difficult," said Maharaj.

The great danger Maharaj sees is the shaping of social media as a space for freedom of expression without the guard rails of professional media and when combined with "the algorithms that push people into silos as captive markets, the future before us looks both wonderful and terrifying."

"How does one find truth in the virtual world where everyone is speaking from their own subjective experience and interest?" she asks.

Compounding this, she says, is the emergence of AI "which is taking us into a whole new world of unreality at warp speed."

She further asks again: "How do we cope in a world where we can no longer trust what we see with our own two eyes or hear with our own two ears?"

She notes that all of this is happening just when legacy media is heading down for the count and the public's need to know things "for a fact" is at its most urgent.

For Maharaj, the media's remit in the current circumstances is to invest in, engage with, and occupy spaces anchored by integrity of purpose and accuracy of information on social media to which people can turn for the certainty of truth.

She asserts that the media's responsibility to

serve the public's right to know is critical to our aspiration to an effective and functional democracy. "The media is the designated institution for keeping everyone equally informed through the dissemination of a common set of shared facts. This is a public service that we took for granted until social media arrived with its multiple universes of alternative facts," says Maharaj.

With the techno-genie already out of the bottle, she contends that the options for the media are not to try and roll back the clock or to surrender but to meet the challenge where it resides – in social media.

She acknowledges that this is easier said than done because the media's business model based on advertising income and free content is not easily adaptable to social media "which is an altogether different animal."

Said Maharaj: "For better or worse, many people are now functioning as their own media and wish to retain their content for their own purposes, including monetisation.

Further, while this is happening, the media's role as gate-keeper has shrunk with the expansion of access to information through public data bases and transparency laws such as the Freedom of Information Act which give individuals the right



to access information directly."

boldness to design media for a new and rapidly evolving world."



Despite these challenging times, Maharaj believes that an exciting era is upon us, where the opportunity is being presented "for agile minds, innovative spirits and entrepreneurial

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EMBRACING A NEW CHAPTER WITH PURPOSE AND JOY

Turning 60 is not the end of the road—it's a doorway into a new chapter filled with freedom, wisdom, and untapped potential. While society often emphasizes youth, those beyond 60 know a powerful truth: life doesn't diminish with age—it deepens.

A Wealth of Wisdom

By the time you reach 60, you've lived through decades of learning. Every challenge, success, heartbreak, and triumph has shaped you into a reservoir of wisdom. This wealth of experience makes people in this age group some of the best mentors, advisors, and leaders in both families and communities. Life beyond 60 offers the chance to share those lessons, not as lectures, but as stories that can inspire others.

Health as a Priority, Not an Obstacle

While physical changes are inevitable, aging doesn't mean surrendering to decline. In fact, many people in their 60s and 70s are more health-conscious than ever. With better nutrition, regular movement (like walking, swimming, or yoga), and mindfulness practices, you can maintain vitality well into your later years.

Preventative care, holistic therapies, and natural supplements also offer pathways to support the body gently and effectively. Whether you're managing chronic conditions or simply optimizing wellness, it's never too late to prioritize your health.

A Second Wind for Passion and Purpose

Retirement or semi-retirement frees up time that was once spent raising families or climbing career ladders. Now is the time to rediscover passions put on hold—whether it's painting, writing, gardening, volunteering, or even starting a small business.

Many people also find that after 60, they crave deeper meaning. Some turn to spirituality, community service, or reconnecting with nature. Others find



by Basdeo Ganpat, TTARP Member

purpose in mentoring younger generations or getting involved in causes close to their hearts.

Social Connection and Joy

One of the secrets to thriving beyond 60 is staying socially active. Loneliness can creep in during retirement, so cultivating friendships, joining community groups, or participating in local events can help maintain emotional well-being.

Laughter, too, becomes essential. Watching a comedy, playing with grandchildren, or simply enjoying a light-hearted chat with a neighbor can lift the spirit and remind us that joy is timeless.

The Gift of Perspective

Those over 60 often carry a special perspective: an appreciation for the moment. There's less pressure to prove oneself, more patience, and a clearer sense of what truly matters. This clarity allows for more intentional living—being present, grateful, and content with simplicity.

Final Thoughts

Life beyond 60 isn't about winding down—it's about opening up. With health, wisdom, and freedom on your side, these years can be some of the richest yet. So whether you're 60, 70, or 90—this is your time. Live it boldly, gracefully, and with heart.



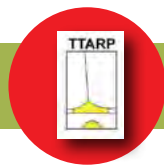
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ZONAL NEWS - CENTRAL PRIDE (Chaguanas Zone) by Gainder Maharaj, Secretary

Giving Thanks and Celebrating Together

Central Pride continues to thrive, creating meaningful experiences for members and celebrating milestones with gratitude and joy.

The period began with our Grand 22nd Anniversary Celebration on March 27, 2025. Under the theme “Give Thanks,” we honoured everyone who contributed to our growth—especially past executives who served the Zone with dedication.

In April, our annual Tea Party and Fashion Show dazzled attendees. A fusion of senior and junior models brought fresh energy to the runway, leaving the audience delighted.

We proudly hosted the TTARP Zonal Retreat for Executives on April 30. Participants found the sessions relevant, enriching, and a valuable guide for future planning.

On Mother’s Day (May 11), members were pampered like royalty, enjoying entertainment, food, and shared fellowship with sister zones. The joint Mother’s/Father’s Day Celebration on June 17 continued the joy with a beautiful setting, engaging performances, and great company.

Our Birthday Club remains a cherished way to honour members and show appreciation for their continued support.

Amid the celebrations, we mourned the passing of Lystra Miguel on June 7. A long-serving executive and beloved member, Lystra’s contributions and spirit will be deeply missed.



Central Pride 22nd Anniversary Celebration



Annual Fashion Show



Central Pride Executive Members attended a one day Zonal Retreat



Mothers and Fathers Day Luncheon



Mother's Day, celebrating our Mothers



Central Pride members attends the funeral of Lystra Miguel, a past Executive member.

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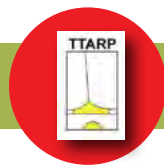
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Eastern Angels in Action

The Eastern Angels Arima Zone (EAAZ) kept members engaged and active throughout the period, hosting a variety of events including elections, lectures, outings, and celebrations.

The newly formed Education Committee collaborated with the Trinidad and Tobago Securities Exchange Commission (TTSEC) to present a timely lecture on scams, fraud, and financial safety—highlighting the importance of protecting personal accounts and transactions.

April began with a lively visit to the Pigeon Peas Festival, where members enjoyed local cuisine and wowed the



Officers 2025 to 2027 term.



Group at the Pigeon Peas Festival.

crowd with energetic line dancing. The Social Services Committee also led an outreach at Js Nursing Home, treating residents and staff to a full-course meal and gifting hand towels, T-shirts, and house dresses. The month ended with a festive Easter Bonnet Parade, where participants in glamorously decorated hats were awarded prizes and gifts.



The first place participant Helen Kiteme Baldwin.



Participants.



Group of Participants.



Our Arrival in the Spice Isle.

In May, 39 members toured Grenada, staying at the Royalton All-Inclusive Resort. Each night featured themed dress events—Back to Africa, White Night, and Tropical Fiesta—with prizes for best outfits. Members also enjoyed visits to the Spice Market, Chocolate Factory, and souvenir shops.

June brought sadness with the passing of two valued members, Stephen Dillon and Rudolph Nash, both remembered for their strong contributions to the organization.

The month concluded with a grand Mother's/Father's Day Gala, hosted by the Social Services Committee. Guests were welcomed with wine, entertained with a fashion show, live performances, and pan music, and treated to a delicious meal. The event ended with joyful dancing and heartfelt thanks from members.



One of our senior members receiving a gift.



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Royals on The Move

The Royals have been out and about in grand style! Our members turned out in large numbers for several events, with two in particular standing out — the June Angostura Tour and the Mango Meleé at the Centre of Excellence. It was a fun and fascinating two-in-one experience!

At our 6th Monthly Meeting in June 2025, we took time to observe Eid-ul-Adha, Labour Day, and Corpus Christi. We also hosted a spirited Father's Day celebration, where we honoured the Oldest Dad, the Most Talented Dad, and the Best Dancing Dad and Partner — all while enjoying live entertainment by Ancil Valley.

The Royals also joined in the Central Pride Zone's combined Father's and Mother's Day Luncheon, sharing in the joy, laughter, and camaraderie of our golden years.

Looking ahead, we're thrilled to announce that the Royals will be celebrating our 25th Anniversary with a Gala Award Ceremony on Saturday 17th January 2026 at JR&D Convention Centre, Princes Town, starting at 11:00 a.m.

COME AND CELEBRATE WITH US!



TTARP

A Tribute in Verse

by Ramchand Kalipersad

Treasurer, Princes Town (Royals) Zone - 2025

***In the blue waters of the Caribbean Sea
Trinidad and Tobago hold a treasure for all to see.
TTARP stands out tall, with many tales to tell,
Evidence of lives having lived very well.***

***With laughter that dances in the gentle breeze,
And the strength that endures life's choppy seas.
Our members gleam with a radiant light,
Guiding us with compassion, both day and night.***

***Wrinkles displayed with elegance and grace,
Each smile an inkling of a cherished place.
From dreams of the young to the golden years,
TTARP nurtures traditions, that bring forth cheers.***

***In the rhythm of steelpan and calypso song,
Lives the souls of the forever strong.
A people compassionate with love and care,
A testament to the bonds we all share.***

***With hearts full of affection and hands in unity,
TTARP's strength resides in its community.
A beacon of hope, shining like the sun,
Together we rise supporting everyone.***

***A salute to TTARP, with gratitude, profound,
For the love and lessons that always abound.
May your legacy continue to inspire,
Fuelling dreams and setting hearts afire.
In Trinidad and Tobago, let our spirits soar high,
A heartfelt tribute to TTARP as we reach for the sky.***



Tulum & Panama Experience

A spirited group of ten TTARP members departed Port of Spain on June 20th, 2025, for a trip to Tulum, Mexico, and Panama City, Panama. Upon arrival in Tulum, their scheduled hotel, Kore Tulum Retreat and Spa Resort, was unexpectedly closed due to last-minute renovations. The group was relocated to Aloft Tulum, which, while comfortable, did not offer the expected all-inclusive experience.



To make up for the inconvenience, A's Travel Service arranged and covered the costs for a day trip to Chichen Itza and a guided visit for some members to the Tulum Ruins and Jaguar Park. These efforts were appreciated and helped uplift the group's spirits.

The group continued to Panama on June 23rd, enjoying seamless travel and three days of independent exploration, including shopping at Albbrook Mall, a city tour, and a visit to the impressive Miraflores Locks.

They returned home on July 27th. Despite the initial setback, the group remained positive and made the most of their time, reflecting the resilient and adventurous TTARP spirit. Both Tulum and Panama remain destinations worth revisiting.



DANCING THROUGH THE GOLDEN YEARS

By Michelle Hernandez, TTARP Member



“Life is better when you dance!” ... Anonymous



Choreographer and dancer Anna Halprin (born Hannah Dorothy Schuman) lived to 100 years as a result of using dance as a tool for healing even with her own battle with cancer. She shaped and developed tools that dance instructors use today.

This beautiful Art Form can reshape your senior years in many ways so let's explore some of the main benefits:

1. Mental Health - Dance has proven to improve the moods of individuals and slow early dementia. The use of the brain to remember routines stimulate the electrodes in the brain, especially as a retiree who may not be as active mentally compared to work life.

2. Physical Health Benefits - As you get older you are always reminded to keep moving to avoid losing mobility. However, with pain from aging especially at the joints, it can deter us from getting up and moving. By simply putting on some music, especially old time favorites such as (Joey Lewis or the Temptations), pain or no pain you feel inclined to get up and move. That's the influencing power of dance and this immediately produces happy feelings because it releases endorphins in you reminding of happier times.

3. Socializing – We may not regard this as important as the previous two benefits but it is truly beneficial. As we age, a lot of seniors become isolated maybe because of the death of a spouse and grief can wear down your mental health. Also some family members dictating your life as to what you should and should not do, forgetting you are an adult with plenty of life left in you. Coming out and socializing and dancing with fellow retirees have proven you gain new friendships, reconnecting with old school/ work mates and I have also heard stories of finding love in your golden years.

Let's summarize the overall health benefits of dancing according to Google:

Physical Benefits:

- It Improves cardiovascular health: Dancing, especially aerobic styles, can improve heart health and boost endurance
- Muscle and Bone strength: Dancing strengthens muscle and bones, potentially reducing the risk of osteoporosis
- Flexibility and Balance: Dance movements, like those in ballet or other styles require stretching and balancing thereby improving flexibility and coordination
- Weight management: Dancing can be fun and an effective way to burn calories and lose weight
- Posture: Dancing encourages proper body alignment thus improving posture

Mental and Emotional Benefits:

- Mood enhancement: Dancing releases endorphins, which can reduce stress and anxiety and improve mood
- Cognitive function: Studies suggest that dancing improves memory and other cognitive skills
- Social Connection: Dancing can foster social interaction and provide a sense of community
- Self Confidence: Learning and performing dance moves can boost self-esteem and confidence

We can list all the amazing benefits for our wonderful readers—but nothing beats experiencing it for yourself. Like that moment at your next social event when the Electric Slide starts playing... and you jump up to give it a whirl! Even if you've got two left feet, don't worry—the music will carry you. It's all about the joy, the energy, and just being in the moment.

CSO



“Dance is the hidden language of the soul” ... Martha Graham

RECIPE

Pineapple Chicken Stir-Fry

A sweet-and-savory one-pan dish that brings the taste of the tropics to your table

Serves: 4 - Prep Time: 15 mins
Cook Time: 15 mins

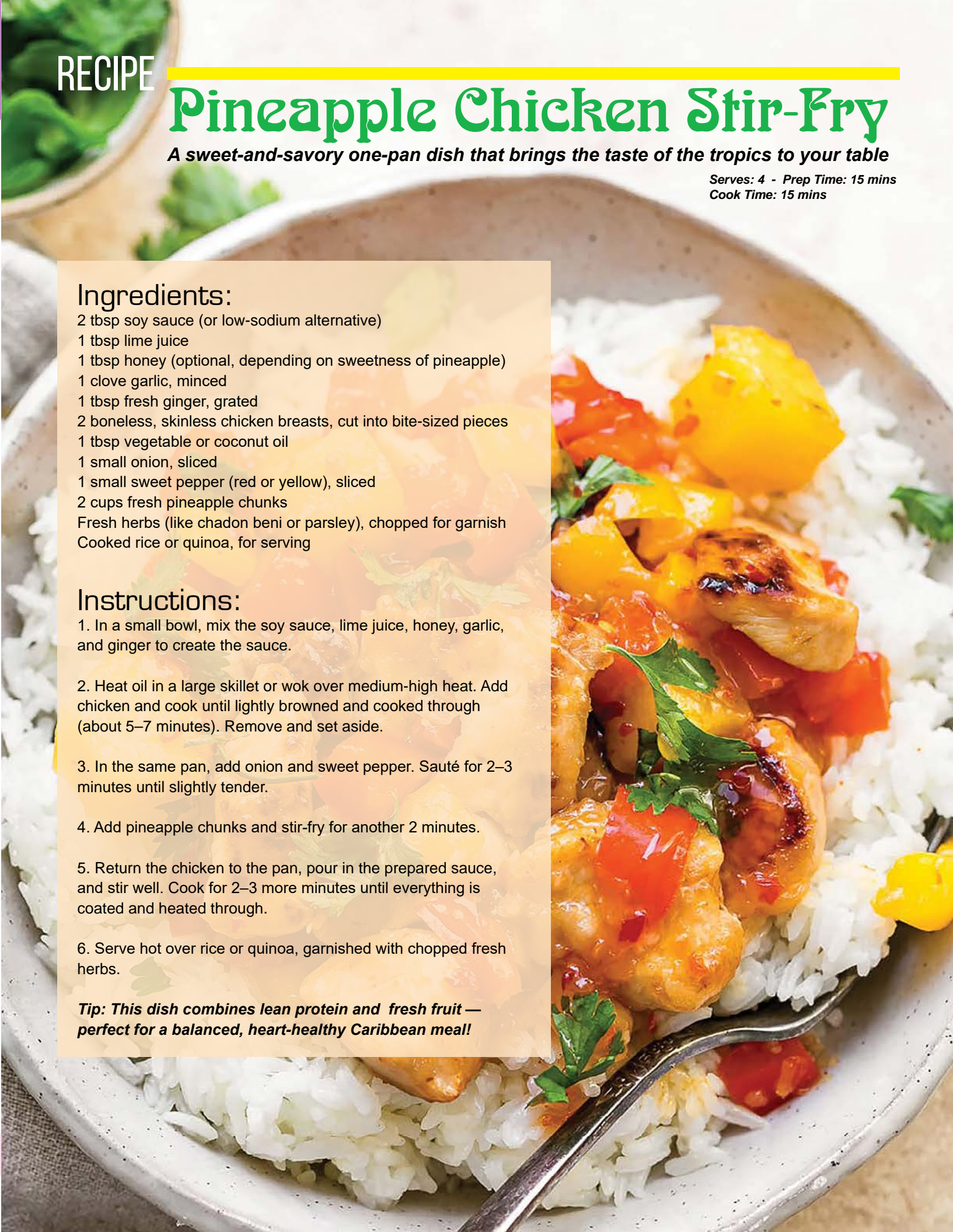
Ingredients:

- 2 tbsp soy sauce (or low-sodium alternative)
- 1 tbsp lime juice
- 1 tbsp honey (optional, depending on sweetness of pineapple)
- 1 clove garlic, minced
- 1 tbsp fresh ginger, grated
- 2 boneless, skinless chicken breasts, cut into bite-sized pieces
- 1 tbsp vegetable or coconut oil
- 1 small onion, sliced
- 1 small sweet pepper (red or yellow), sliced
- 2 cups fresh pineapple chunks
- Fresh herbs (like chadon beni or parsley), chopped for garnish
- Cooked rice or quinoa, for serving

Instructions:

1. In a small bowl, mix the soy sauce, lime juice, honey, garlic, and ginger to create the sauce.
2. Heat oil in a large skillet or wok over medium-high heat. Add chicken and cook until lightly browned and cooked through (about 5–7 minutes). Remove and set aside.
3. In the same pan, add onion and sweet pepper. Sauté for 2–3 minutes until slightly tender.
4. Add pineapple chunks and stir-fry for another 2 minutes.
5. Return the chicken to the pan, pour in the prepared sauce, and stir well. Cook for 2–3 more minutes until everything is coated and heated through.
6. Serve hot over rice or quinoa, garnished with chopped fresh herbs.

Tip: This dish combines lean protein and fresh fruit — perfect for a balanced, heart-healthy Caribbean meal!



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Email: info@jtasupermarkets.com
Facebook: JTA Supermarket
Website: www.jtasupermarkets.com
3% DISCOUNT;
DISCOUNT NOT APPLICABLE TO PURCHASE JTA VOUCHER/GIFT CARDS/PHONE CARDS/CIGARETTES AND EVENT TICKETS

KERVIN SMITH & SON BUSINESS SERVICES LTD.

Category - (FUNERAL HOMES)
#40 QUESNEL STREET, ARIMA | Tel: 610-2690
Email: ksandsons6@gmail.com
Facebook: KSsandsons6@gmail.com
5% DISCOUNT OFF YOUR PACKAGE

LA ROCHE UNIQUE DESIGNS BOUTIQUE & GIFT SHOP

Category - (RETAIL STORES)
BAY STREET, CHARLOTTEVILLE MICRO ENTERPRISE CENTRE,
2ND FLOOR K3, TOBAGO | Tel: 275-7921; 460-8875
Email: shoplarochedesigns@gmail.com
Facebook: Laroche Unique Designs Boutique & Gift Shop
10% DISCOUNT OFF LA ROCHE & ANGEL EYES ITEMS;
3% DISCOUNT OFF OTHER ITEMS – NON-LA ROCHE;
CASH PURCHASE ONLY. CARD MACHINE AVAILABLE WITH FEES.

LEAH JOHN'S FASHION

Category - (CLOTHING STORES)
2nd FLOOR LA PIQUE PLAZA SAN FERNANDO | Tel: 357-6480
Facebook: LJ's Fashion
20% DISCOUNT OFF ON ALL APPAREL;
10% DISCOUNT OFF ACCESSORIES AND HANDBAGS

MARAJ WHOLESALERS LTD

Category - (HOME CARE)
#53-54 TIDCO INDUSTRIES ESTATE, FREDERICK SETTLEMENT,
CARONI | Tel: 645-9588; 392-7864
Email: info@marajwholesalersltd.com
Facebook: Maraj Wholesalers Ltd.
Website: www.marajwholesalersltd
7% DISCOUNT ON ALL ITEMS EXCEPT ITEMS ON SALES.

MED LAB SERVICES LTD.

Category - (MEDICAL LABS)
#30 CIPERO STREET SAN FERNANDO | 657-1326; 288-5994
BETHESDA MEDICAL CLINIC STORE BAY LOCAL ROAD CROWN
POINT TOBAGO | 340-6768
Email: medlabservicesltd@hotmail.com medlabservices7@gmail.com
15% DISCOUNT OFF ON ALL BLOOD TEST;
10% DISCOUNT OFF ON ECK TESTINGS

MOVIETOWNE

Category - (CINEMAS)
LOT #1D & 1E MOVIETOWNE BOULEVARD, INVADERS BAY,
PORT OF SPAIN | Tel: 627-2002
MOVIETOWNE SOUTH – CORINTH STREET, SAN FERNANDO
Website: www.movietowne.com
MONDAY TO THURSDAY - \$25;
FRIDAY BEFORE 4PM- \$30;
FRIDAY AFTER 4PM - \$40;
SATURDAYS AND SUNDAYS ALL DAY - \$40

Additional Discount Providers - AUGUST 2025

MPHARMACY

Category - (PHARMACIES)
3 CHOOTOO ROAD, ARANGUEZ SOUTH - Tel: 800-4969;
St. Ann's: 104 CASCADE ROAD, ST. ANNS -797-6619;
St. Augustine: COR SELLIER ST. & EMR., ST. AUGUSTINE – 797-6594;
9TH SOUTH BRENTWOOD AVE & REGENT, BRENTWOOD,
EDINBURGH VILLAGE - 797-6616;
WESTERN MAIN RD, WESTMOORINGS - 797-6621;
9 ALYCE GLEN SHOPPING CENTRE, MORNE COCO ROAD, PETIT VALLEY – 797-6626;
COR SOUTH TRUNK RD & BAMBOOBAY RD, LA ROMAIN - 797-6630;
MANDALAY GARDENS, BUENA VISTA ESTATE, ARIMA - 797-6633;
GOPAUL SHOPPING COMPLEX, MARABELLA - 797-6628;
111 SADDLE ROAD, MARAVAL - 797-6652;
TRINICITY INDUSTRIAL ESTATE, TISSUE DR., TACARIGUA - 797-6653
MOVIETOWNE SOUTH – CORINTH STREET, SAN FERNANDO
Facebook: Mpharmacy
Instagram: mpharmacytt
3% DISCOUNT OFF EVERYTHING STORE WIDE EXCEPT THE ITEMS ALREADY DISCOUNTED.

MUSCLE AND MOBILITY CLINIC

Category - (HEALTH CARE)
5 POUI VIEW, VALSAYN | Tel: 275-4247
Instagram: muscle and mobility clinic
20% DISCOUNT OFF INITIAL CONSULTATION;
15% DISCOUNT OFF SERVICES

MY TRIP TRINIDAD & TOBAGO CO. LTD

Category - (TRANSPORTATION SERVICES)
#36 BUSHE STREET, PORT OF SPAIN | Tel: 742-9405
Email: info@mytrip-tt.com
Facebook: mytriptrinidadandtobago
10% DISCOUNT ON ALL SERVICES; ADDITIONAL DISCOUNTS CAN BE APPLIED BASED ON SERVICE TYPES.

NICE US GERIATRIC HOME CARE TRAINING AND AGENCY LTD.

Category - (HEALTH CARE AND GERIATRIC CARE)
BLDG A, #28 KEATE STREET SAN FERNANDO | Tel: 252-6423
Email: nice.us.geriatric.training@gmail.com
Facebook: Nice Us Geriatric
website: www.niceusgeriatric.com
10% DISCOUNT OFF FIRST MONTHLY PAYMENT ON HOMW CARE SERVICE PACKAGES OF MORE THAT 120 HOURS.

NYACK LAW

Category - (LEGAL SERVICES)
LEVEL 8 GULF CITY COMPLEX, GULF VIEW, SAN F'DO
Tel: 341-3417
Email: admin@nyack-law.com
25% DISCOUNT ON WILLS/PROBATES/LETTTER OF ADMIN;
12.5 % DISCOUNT ON ALL OTHER MATTERS.

OTC DENTAL

Category - (DENTAL CARE)
18 ELIZABETH STREET ST. CLAIR | Tel: 628-8606; 371-6715
Email: otc dental123@gmail.com
7% DISCOUNT ON SERVICES OFFERED

SCRIBBLES AND QUILLS LIMITED

Category - (BOOKSTORES)
6 GASTON STREET, LANGE PARK, CHAGUANAS | Tel: 780-3763
Facebook: Scribbles and Quills
Website: www.scribblesandquills.com
6.5% DISCOUNT OFF ENTIRE PURCHASE IN STORE

SKIF TRINIDAD AND TOBAGO

Category - (HEALTH AND WELLNESS)
LA JOYA SPORTING COMPLEX | Tel: 704-1045; 358-1428
Tel: 639-2536; 730-4283
Facebook: skiftrnt
Website: skiftrinidadandtobago.com
10% DISCOUNT ON MONTHLY & ANNUAL MEMBERSHIP FEES.

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Category - (HOTELS/GUEST HOUSES/RESORTS)
21 ALLFIELD TRACE SOUTH, LOWLANDS, TOBAGO
Tel: 639-2536; 730-4283
Facebook: Tecu Coral Reef Hotel
Website: tecutt.com/resorts
5% DISCOUNT OFF TOTAL ROOM NIGHTS ON PRESENTATION OF TTARP MEMBERSHIP CARD

THE SMILE COLLECTIVE DENTAL STUDIO LTD.

Category - (DENTAL CARE)
#43-45 WOODFORD ST., SUITE 103, NEWTOWN | Tel: 726-7463
Email: thesmilecollectiveltd@gmail.com
10% DISCOUNT ON EXAMINATIONS, X-RAYS, FLOURIDE TREATMENT;
5% DISCOUNT ON DENTAL CLEANINGS (INCLUDING DEEP CLEANING WITH ANAESTHETIC);
5% DISCOUNT ON FILLINGS;
5% DISCOUNT ON DENTURE, CROWNS AND BRIDGES

THE STROKE & DIABETES CENTER

Category - (MEDICAL/LABS)
UNIT #10 PIARCO PLAZA, CORNER CHURCHILL ROOSEVELT HIGHWAY & BWIA BLVD.;
CORNER TUMPUNA ROAD & CIPRIANI TRACE, ARIMA;
78 INDEPENDENCE AVENUE, SAN FERNANDO
Tel: 225-4120
Email: sdcfrontdesk2017@gmail.com
Facebook: The Stroke & Diabetes Center
Email: strokediabetescenter.com
5% DISCOUNT OFF DR. GERARD ANTOINE INITIAL CONSULTATION;
5% DISCOUNT OFF DR. GERARD ANTOINE FOLLOW UP VISITS;
5% DISCOUNT OFF DR. MELINDA NANCOO ENDOCRINOLOGIST VISITS.

VILLA JEANIE TOBAGO

Category - (HOTEL/GUEST HOUSES/RESORTS)
51 DELPECHE DRIVE BACELOT GARDENS TOBAGO
Tel: 391-2073
Email: hoveestatetobago.com
LOW SEASON (SEPT 1st – DEC 15th) 25% DISCOUNT;
MID SEASON: (JAN 15th - MARCH 15th)>(MAY 1st - JUNE 30th)15% DISCOUNT;
HIGH SEASON:(DEC 16th – JAN 14th)>(MARCH 16th – APR 30th)>(JUL 1st – AUG 31st) 5% DISCOUNT

WESTSHORE LABS LTD

Category - (MEDICAL/LABS)
#239 WESTERN MAIN ROAD, POS | Tel: 251-4611; 251-4612
Email: labs@westshorelabs.net
5% DISCOUNT ON CASH & DEBIT CARD PAYMENTS

WONDER CARE MEDICAL CENTRE

Category - (MEDICAL)
LP. 250 SOUTHERN MAIN ROAD CUNUPIA
Tel: 251-9626; 237-8259
Email: wondercaremedicaltt@gmail.com
10% OFF MEDICAL CONSULTATIONS (GP & SPECIALIST), LABS, MEDICATIONS. NOT ON SPECIAL OFFERS/PACKAGES.

WRIGHT'S LOCK TECHS

Category - (LOCKSMITHS)
#110 EASTERN MAIN ROAD, ST. AUGUSTINE | Tel: 295-7400
Email: wrightlocktechs@gmail.com
Facebook: Wrights Lock Tech
website: www.wrightlocktechs.com
10% DISCOUNT OFF ALL SERVICES IN STORE – KEY DUPLICATION, KEY PROGRAMMING, IGNITION REPAIR AND PRODUCTS SOLD AT STORE.

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Laughter



"Age Adds Flavour
- We are not Old,
we are Seasoned!"

What should you do
if your puppy isn't
feeling well?

Take him to the dog-tor.



I was told I needed to
stop acting like a
flamingo...

So I put my foot down



What does a loaf of bread
say to a friend after
doing them a favor?
It's the yeast I could do.

Southern Living

"A wife got so mad at her
husband she packed his bags and
told him to get out. As he walked
to the door she yelled, 'I hope
you die a long, slow, painful
death.' He turned around and
said, 'So, you want me to stay?'"

What do you do if a teacher
rolls her eyes at you?

Pick them up and roll them
back to her!



Why was the bus
driver sad?

Everyone was talking
behind their back.

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