



MEDIA RELEASE

July 22, 2022

Priority: HIGH

FOR IMMEDIATE RELEASE

Centenarian Lloyd Kellman is thankful and blessed at 102

For some centenarians the secret to longevity is prayer and faith, for others, it's hard work. For Lloyd Vivian Kellman, the key to his longevity is hereditary. Mr. Kellman celebrated his 102nd birthday on Saturday 23rd July 2022 and believes that the secret to longevity is "partly in his genes as his grandmother lived to one hundred and eight years and his father to ninety-eight years. Mr. Kellman also suggests maintaining a good diet involving natural foods as he consumed "lots of cow's milk in his youth."

Mr. Kellman was born in Cane Garden, St Andrew Barbados on July 23rd, 1920. The second of four children, Mr. Kellman recalled sailing from Barbados to Trinidad in a schooner in 1941 to enlist as an officer in the Trinidad and Tobago Police Service. Though he retired from the service in 1975, Mr. Kellman noted that the most memorable moments occurred during his period of service. He recalled driving Queen Elizabeth The Queen Mother in 1962, former Commissioner of Police, Eric Beadon, and British Governor of Trinidad and Tobago, Sir Solomon Hochoy. Mr. Kellman also indicated that he was part of the detail guarding Uriah "Buzz" Butler on Nelson Island.

Prior to joining the Service, Mr. Kellman recalled growing up in Barbados and "*always having an abundance of food*" as his family cultivated sugar cane, sweet potato, yam, and reared cows on family-owned land. He also recalled attending the nearby St Saviour's Boys School and St. Saviour's Anglican Church where he spent many hours memorizing scriptures and singing hymns.

He noted that the most important lessons learned in his life are to be kind, generous, and to have strong faith and he is proudest of his marriage to his wife Avis Kellman of 65 years with whom he has four children - three girls and one boy – and five grandchildren. Mr. Kellman now spends his time relaxing on his veranda, spending time with his family and at age 102 and in relatively good health, he is simply thankful and feels blessed.

The Ministry of Social Development and Family Services was pleased to honour Mr. Kellman and encourage family and loved ones, Members of Parliament, Local Government representatives, friends, and neighbours to salute our nation's centenarians by registering for the Programme. Persons may visit the Ministry's website at www.social.gov.tt and complete the online form or print a downloadable form for completion.

Completed forms may be dropped off at the nearest Social Welfare Office or emailed to the Division of Ageing at opic@social.gov.tt. For more information, persons may contact the Division of Ageing at 623 – 2608; Ext 2001 to 2009 or 800-OPIC (6742).