



Government of the Republic of Trinidad and Tobago

Ministry of Social Development and Family Services



MEDIA RELEASE

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FOR IMMEDIATE RELEASE

Priority: HIGH

Mr Da Costa McDonald celebrates 104th birthday

Port-of-Spain --- The Ministry of Social Development and Family Services continues to honour persons who have attained the age of one-hundred and over. The latest person to be honoured is Mr Da Costa McDonald who celebrated his 104th birthday, on August 13th, 1918. Mr McDonald was visited by Quelyn Joseph and Hannah Ramroop Millet, Inspectors of the Division of Ageing, where he was presented with his Certificate of Honour and Achievement, a hamper courtesy of the National Agricultural Marketing and Development Corporation (NAMDEVCO) and a birthday cake sponsored by the Kiss Baking Company.

According to Mr McDonald, garlic and no meat are the secrets to longevity. "Persons must learn to take things easy and be humble" said Mr McDonald.

Mr McDonald was born in St Patrick County, Grenada. He was married to his wife, Nevlyn Noel McDonald for 51 years. His favourite memory is actually his wedding day. He also reminisced on the good times at UBOT-Shell, where he was employed as a Gauger between 1941 to 1967.

Mr McDonald took the opportunity to impart words of wisdom to the younger generation, stating to listen to their elders and watch their diet. He expressed words of gratitude to members of the Division of Ageing stating that he felt like a king to be celebrating his birthday at this age.

The Ministry of Social Development and Family Services encourages family members and loved ones, Members of Parliament, Local Government representatives, friends, and neighbours to salute our nation's centenarians by registering them for the National Centenarian 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).

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Hannah Ramroop Millet, Inspector of the Division of Ageing presents Mr McDonald with a Certificate of Honour and Achievement



Mr McDonald and relatives at his birthday celebration