



MEDIA RELEASE

October 18, 2022

FOR IMMEDIATE RELEASE

Priority: HIGH

Former Texaco Chemist celebrates 100th birthday

Fruits and exercise are the keys to longevity according to new centenarian Mr. Dular Sooklal who celebrated his 100th birthday on October 4, 2022. “I ate a lot of fruits and vegetables which we grew ourselves,” said Mr. Sooklal. “Also, I walked miles to school and rode my bike from Philippine to Pointe-a-Pierre. So plenty exercise and I eat rice and dhal daily.”

Mr. Sooklal’s “longevity diet” can also be credited to his upbringing as he recalled there being an abundance of fruit trees including mangoes, pomerac, plums, and oranges. “Everybody could take from a neighbour’s yard.”

Mr. Sooklal, the son of an indentured immigrant, was born on October 4, 1922, in Hermitage Village, San Fernando. He attended the Hermitage CMI School and then the San Fernando Boys School. This he said formed his proudest moment as he indicated that he was the lone person in his village to attend school in San Fernando.

Mr. Sooklal also indicated that he was employed as a Chemist in the Research Lab at Texaco for over forty years, further noting that up until the age of ninety-four, he read the national geographic and that the advancements in Chemistry and Science are beyond what he would have imagined as a child growing up.

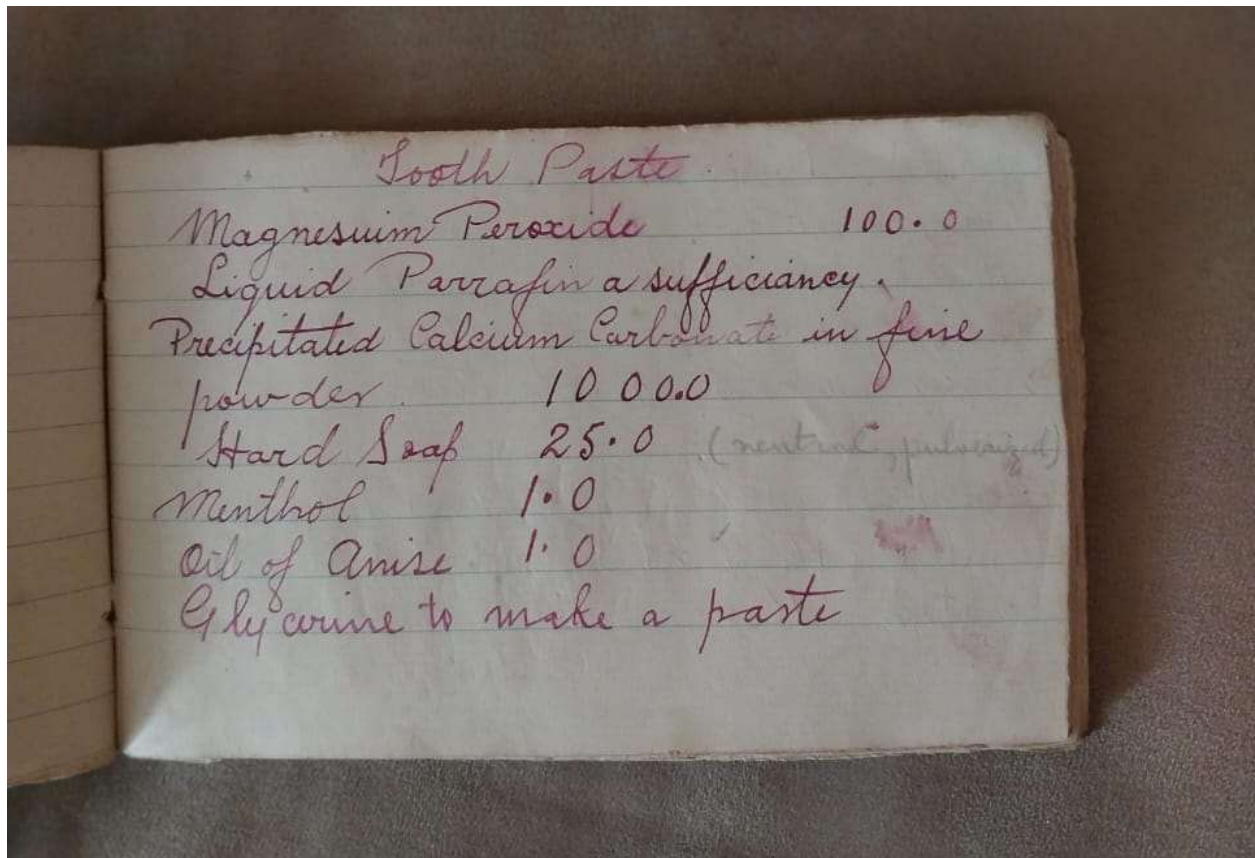
Following retirement, Mr. Sooklal indicated that he travelled “a lot to the United States, India, and Canada.” He further indicated that he now enjoys relaxing with loved ones. The father of nine, grandfather of twenty-four, and great-grandfather of nine also indicated that he has written a biography for his loved ones. During the visit, Mr. Sooklal shared a book with records from 1939 with ‘recipes’ to create toothpaste and hair colouring cream to name a few. These were notes made during his brief employment at a pharmacy.

For achieving the milestone, Mr. Sooklal was presented with his Certificate of Honour and Achievement, a fruit hamper courtesy NAMDEVCO and a Birthday cake sponsored by the Kiss Baking Company.

To register your loved one for recognition under the National Centenarian Programme, please visit the Ministry’s website at www.social.gov.tt to 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).



Mr. Sooklal displays his Certificate of Honour and Achievement.



Mr. Sooklal shares his recipe for toothpaste written in 1939 during his brief employment at a pharmacy