



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**

**Put down the guns, says new centenarian Cathleen Bernard.**

It is not uncommon among older persons for the incorrect birthdate to be registered on their documents. The same can be said for Ms. Cathleen Bernard whose birthdate is registered as March 29, 1923. However, the very lucid and well-spoken centenarian indicated that her date of birth is in fact April 4, 1923 and hence, marked her 100<sup>th</sup> birthday among family and friends on that special day at her Pleasantville, San Fernando home.

Ms. Bernard credited her longevity to loving God, being kind and hating no one but did admit to drinking one to two bottles of Guinness per day and on other occasions, a glass of vodka.

The mother and grandmother of one noted that she was indeed grateful to achieve the milestone. “I thank God for reaching 100, being of sound mind and body and can still take care of myself after God. I thank God for blessing me, for being able to help my sister raise her children, and to see they all grow up to decent people” said Ms. Bernard.

Ms. Bernard also expressed her concerns about the younger generation and encouraged them to put down guns. “Love God, everyone, and put the guns down, follow god words, do good, and make peace” said Ms. Bernard who further admitted to working at Simpson’s Funeral Home, a few restaurants and “anything else that was available and legal” to provide for herself and her family.

The Ministry of Social Development and Family Services encourages persons to join us as we recognise and salute our nation’s centenarians for recognition under the National Centenarian Programme. Persons may visit the Ministry’s website at [www.social.gov.tt](http://www.social.gov.tt) for more information or contact the Division of Ageing at 623 – 2608; Ext 2001 to 2009 or 800-OPIC (6742).

<ENDS>



*Ms. Cathleen Bernard receives her birthday cake from Joselle John-Whiteman, Family Service Social Worker of the Ministry of Social Development and Family Services.*





*Ms. Cathleen Bernard displays her Certificate of Honour and Achievement.*



*Ms. Bernard celebrates with her birthday with family and friends.*