



MEDIA RELEASE

Wednesday, October 2, 2024

FOR IMMEDIATE RELEASE

“Girl Dad” Victor Adams Celebrates 100th Birthday Agnes Nedd Celebrates 101

On September 30, 2024, Victor Adams celebrated his remarkable 100th birthday. The former auto body straightener and avid cricket enthusiast attributes his longevity to good eating and proper rest. His favorite meal is dhal, rice, and bhagi. Reflecting on his younger years, Mr. Adams, affectionately called “Proning,” said a minor mishap led him to become the “best auto body straightener in Trinidad.”

“From the age of 14, I went to work in a mechanic shop. I knew this was for me, especially as I knocked out my teeth with the hammer in the shop.”

A devoted family man, Mr. Adams takes pride in his large family, sharing that meeting his wife and raising eight beautiful daughters is his greatest accomplishment. “I met my spouse, Pearl Huggins, at a fair in San Juan in 1945, seventy-nine (79) years ago. We had eight (8) girls, including two (2) twin daughters, twenty-nine (29) grandchildren, thirty-nine (39) great-grandchildren, and five (5) great-great-grandchildren.”

Pearl passed away in 2023. “I miss her so much,” he said.

His large family comes as no surprise, as he himself is the eldest of nine siblings—six boys and three girls. His mother, Mary Lenah Saldenah, immigrated to Trinidad from Madeira Island, Portugal, while his father, James Willie Adams, was the son of an indentured woman from India and a Barbadian immigrant.

Grenada native Ms. Agnes Nedd also celebrated her birthday in September, turning 101 on September 25, 2024. Fondly known as “Madam Captain” due to her husband's background as a fisherman, she attributes her longevity to prayer, healthy eating, and being surrounded by caring people who look out for one another.

Both centenarians were visited by Ms. Lauren Peters and Ms. Giselle Peters of the Ministry’s Division of Ageing on behalf of the Minister of Social Development and Family Services, Senator the Honourable Donna Cox, to honour them under the National Centenarian Programme.

To register your loved one for the Programme, persons are encouraged to visit the Ministry's website at www.social.gov.tt to complete the online form or contact the Division of Ageing at 623-2608, Ext. 2001 to 2009, or 800-OPIC (6742).

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Ms. Agnes Nedd celebrates her 101st birthday with her granddaughter at her Arima home.



Mr. Victor Adams celebrates his 100th birthday milestone surrounded by loved ones.



Mr. Adams poses for a special photo with his primary caregiver, Kevin.