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Link Age

(R.O.) 768/1, 9th Street, Anna Nagar West Extn, Chennai - 600 101.

**A Monthly Journal for Service and Advocacy
to all Age Groups, by Senior Citizens Bureau**



Bestow
unconditional love

VOLUME : 14

DECEMBER 2018

ISSUE : 6

*Senior Citizens Bureau Wishes all its members
A Very Happy New Year - 2019*

Message from the Chairman, SCB

Dear Members, As you all know the cyclone 'GAJA' which crossed Vedaranyam coast on the midnight of 15th November had caused severe damages and many people lost their lives and belongings. The relief and rehabilitation work have been under taken by the Government and its machineries. But the losses are very heavy and it seems that it will take many more years for the affected people to come back to normalcy.

Our sympathy and support to all our brothers who have been inflicted with heavy damages and losses. Let us rise together and contribute liberally to CM Relief Fund.

I also take this opportunity to wish all members a very happy and prosperous New Year '2019'

With seasons Greetings

T.V. Nagarajan

(Chairman SCB)

Executive Committee meeting for the month Dec 2018

It is decided to hold Executive Committee meeting on 5th Dec 2018 at the residence of our Secretary General Dr. P. Sethu Seshan 768/1, 9th Street, Anna Nagar, Western Extn, Chennai – 600 101 at 4 PM. The following matters will be discussed to take final decision.

1. To decide the date and venue for the first Quarterly meeting for the Quarter bigining from Jan 2019.
2. To decide advertisement tariff to be collected for the quarterly Link Age magazine.
3. Any other matter with the consent of the Chair.

Secretary General

Editor's Message

With profound sorrow, I share with our members that Cyclone 'GAJA' wrecked with havoc life of people mainly in Nagapattinam, Thiruvavur, Thanjavur, Pudukottai, Sivaganga and Dindigul Districts. The cyclone has caused severe damages to the life and belongings of many people. The affected people are driven to desperate situation. Though Government is doing their best to rehabilitate the people and restore the situation to normalcy, the losses and damages are so much severe that these people are very much in need of help from every one of us. I therefore appeal to all members to come forward to contribute liberally towards CM Relief Fund through our SCB. Earlier when a similar situation arised in our neighbouring State Kerala, we all raise together and contributed a reasonable amount for the Kerala Flood Relief fund. Now since our brothers have been affected by the devastating cyclone, we request once again to contribute liberally to CM relief fund through our SCB.

The contribution can be remitted to our Senior Citizen Bureau A/C with Indian Overseas Bank, Kilpauk. Our SB A/C No: 057101000014780 (IFSC code: IOBA0000571) directly or kindly draw cheque in favour of 'SENIOR CITIZENS BUREAU' and send to the following address.

P. SETHU SESHAN

768/1, 9th Street, Anna Nagar,
Western Extn, Chennai – 101.

I also take this opportunity to advise that the Link Age magazine which is being published monthly, hereafter will be published once in a quarter in a different shape and with more pages containing articles which are relevant to welfare of Senior Citizens. Hence I would like to appeal to all members to send articles of interest both in English & Tamil which are eligible to publish in our Link Age. Members are also dequsted to get some advertisements to improve our funds position.

We plan to release the first quarterly 'Link Age' during the first quarter meeting to be held in the 3rd week of Jan 2019. Date and Venue will be advised later.

Last but not the least, I wish all members a Very Happy New YEAR 2019.

With Seasons Greeting

Dr. P. Sethu Seshan

Secretary SCB

Minuets of 'World Elders Day 2018' (Program No 221)

Date: 15th October 2018, Venue: Library Auditorium, Ethiraj College for Women

Chief Guest: Dr. V. Kanagasabai M.D. Vice Chancellor Bharath University

Guest of Honour: Dr. (Tmt) S. Bhuvaneshwari Principal incharge Ethiraj College for Women Chennai

Presided Over by: T.V. Nagarajan Chairman SCB Chennai

After registration and receiving the Chief Guest the invocation song was sung by one of the students of Ethiraj College. Then pledge was taken against elders abuse.

Dr. (Tmt) K. Navaneetha Lakshmi NSS. Sr. Programme officer Ethiraj College delivered Welcome speech. Honouring of Guests were done by Chairman and Secretary General of Senior Citizen Bureau.

Best sports student Miss Divya and deserving academic bright student Miss Abitha Sri were honoured.

SCB member Dr. (Mrs) V. Vijaalakshmi was honoured for her sports talents. Her talents at this age was very much appreciated.

Same way another member Thiru S.T. Krishnamoorthy of 80 years age was honoured for his talents in swimming.

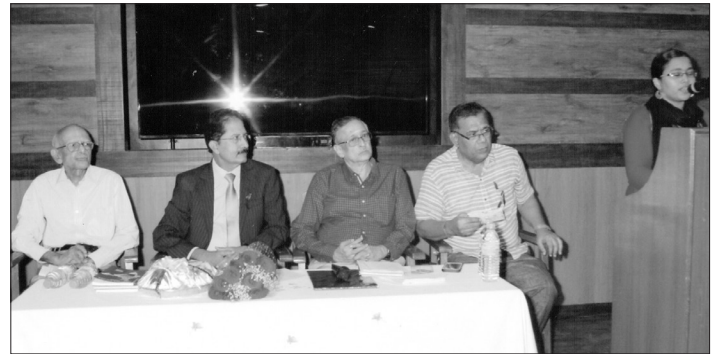
In the presidential address Thiru T.V. Nagarajan Chairman SCB elaborated various aspects of old age related problems and necessity to stay healthy. He also stressed need for keeping mind and body active.

He further insisted that the society should address / solve the problems of the elders, as a sort of Thanks giving for their contribution to that society when they were young and active.

Since Dr (Capt) M. Singaraja Chairman & Emeritus SCB could not attend due to his health conditions, his message about the theme of 'World Elders Day' was read out by Thiru T.V. Nandakumar, Joint Secretary SCB.

The Chief Guest Dr. V. Kanagasabai released the Link Age for the month of October and addressed the forum. His address was quite inspiring and he also explained the existing conditions of elders in a very interesting way filled with humor.

He insisted on the importance of health and pointed out that healthy body houses healthy mind that could radiate happiness all around. He further pointed out that exercising even for a few minutes can keep the body active and walking can also do wonders for active life.



NSS student welcoming the gathering.

The next speaker Thiru R. Venkatesan IA & AS Retired Secretary Govt of India and Cabinet Secretary, spoke about his long association with SCB and appreciated the way of SCB functioning in pursuit of its mission and vision, over the year adobting to the changing conditions and carrying on, for the past 23 years successfully. He was too happy to participate in this memorable function.

Thiru T.V. Hariharan, President Chennai District Small Industrial Association, in his address advised that charity can keep everyone happy. He himself was a living example of this theory which he learned through his long experience. He said even at this age of 80 he is active and healthy because of his continues charity to the Society. He also offered to assist anyone in the forum, who wants to start any small industry.

The next speaker Dr. Noel A. Kanakraj Chairman Indian Road Safety and Welfare Trust spoke about his 3 books written on 'Mother Teresa', Dr. ABJ Abdul Kalam and 'useful tips for elders' and donated all the 3 books to Ethiraj College library.

Dr. Chockalingam famous cardiology consultant made the participants laughing through his humorous talk and he also advised the elders to keep themselves healthy by following simple methods especially in selecting Diets. He further added he was staying healthy all through his life not because he is a cardiologist but because of following certain principles in his way of living. He also advised the students to get themselves free of stress by keeping their mind calm and clear. He ended his speech by saying 'A clear mind can face any challenge but confusion will create stress only'

Since Dr. S. Bhuvaneshwari Principal I/C Ethiraj College could not participate due to her pre. Occupation, Vice Principal Dr. (Mrs) D.B. Usha Rani, addressed the gathering saying she was always happy to participate in the functions of SCB and she also appreciated the services rendered by SCB during the last 23 years.

She also thanked the founders of SCB and thanked SCB for giving her the opportunity to address the august gathering. She also had a word of praise for Dr. Chockalingam for his yeoman service to the society as a cardiologist.

After the group photos session, cultural programme by the NSS students of Ethiraj College were very much appreciated and applauded by every one.

Secretary General Dr. P. Sethu Seshan proposed vote of thanks, thanking Chief Guest and other Guests. He extended special thanks to Thiru T.V. Hariharan for sponsoring the lunch.

With this the function came to a happy end.

Birthdays : December

Wishing you a Cheerful, Peaceful and Prosperous life

S.No.	NAME (Thiru/Tmt.)	MEMB NO.	DOB
1	Rajagopalan, N . Dr	LM:604	1-Dec-1942
2	Menon, M.D. Cdr	LM:788	2-Dec-1946
3	Aravamudha Chary,S	LM:363	3-Dec-1931
4	Sakunthala, S	LM:426	3-Dec-1933
5	Lalitha Govindan, Dr.	LM:689	5-Dec-1948
6	Lakshmi Narayanan, V	LM:605	7-Dec-1946
7	Sampath Kumar, K. Dr.	LM:659	7-Dec-1939
8	Sathyanarayanan, K	LM:481	12-Dec-1941
9	Ramakrishnan, R	LM:791	13-Dec-1936
10	Kanthimathinathan, A	LM:507	14-Dec-1931
11	Venkatraman, L. Er.	LM:724	18-Dec-1940
12	Pramila Ethiraj	LM: 912	19-Dec-1940
13	Rajah, S.P. Er	LM:87	20-Dec-1939
14	Neela Patel, Dr. C/o.Vipanachee	LM:568	22-Dec-1965
15	Krishnamoorthy, N.Capt	LM:257	23-Dec-1940
16	Murahari, M	LM:777	25-Dec-1943
17	Venkata Subramanian V	LM: 932	26-Dec-1942
18	Balakrishnan, A	LM:742	30-Dec-1950
19	Mariapoomnam,G	LM:939	30-Dec-1950

Your liberal contribution to Sun Shine Fund is solicited.

National / International Days - November

01-Dec	World AIDS Day	I
02-Dec	international Day for the Abolition of Slavery	I
03-Dec	World Disabled Day	I
04-Dec	Chemical Accidents Prevention Day	N
04-Dec	Navy Day	N
05-Dec	International Volunteers Day	I
07-Dec	International Civil Aviation Day	I
07-Dec	Armed Forces Flag Day	N
09-Dec	Girl Child Day	N
10-Dec	International Human Rights Day	I
11-Dec	World Childrens Fund Day	I
11-Dec	World Asthma Day	I
14-Dec	National Energy Conservation Day	N
19-Dec	Liberation Day of Goa	N
23-Dec	Kisan Dives (Birthday Charan Singh)	N
25-Dec	X-Mas Day	I
26-Dec	Central Reserve Police Forces (CRPF)Foundation Day	N

Note: N = National / I = International

Obituary

1) We regret to inform the sad demise of Dr. T.S.Kanaka our active member and one of our Social Welfare Committee Member who passed away on 16th November 2018 (86 years old).

She was Asia's first female Neurosurgeon. She also served in Indian Army as a Commissioned Officer during the year 1962 - 1963 Sino Indian War. She enagaged in Madras Medical College, Epidemiological Research Centre, Adayar Cancer Institute, Hindu Mission Hospital and other hospitals. She has been working with T.T.D. (Tirumala) for 30 years. She was formerly listed in the Limca Book of Records for the highest number of blood donation by an individual

We pray for her soul to rest in peace.

2) We also inform sad demise of Thiru. S.R. Satagopan I.A. & A.S. (aged 95 years) who passed away on 14th November 2018 at Mumbai. He was one of our active life member. He had the Honour of receiving the President Award.

We convey our condolences to the bereaved family.

3) Our active & helpful Treasurer for a decade, Dr R Nimala, (80+), passed away due to cardiac arrest, @ 11am, on Dec 2, (Sunday). Our Chairman Emeritus along with other office bearers and EC members paid their last respect with placing a wreath and expressed their deep sorrow in the evening.Our heartfelt condolence to the bereaved family members.

Acknowledgment

Thanks a lot and God bless you:


Donations so far received for Gaja Cyclone Relief Fund:

1.	Captain Dr. M. Singaraja	LM 03	Rs. 1000/-
2.	Mr. S. Jayakumar	LM 546	Rs. 500/-
3.	Mrs. Susila Jayakumar		Rs. 500/-
4.	Mr. S. Prabhakaran	LM 660	Rs. 1000/-
5)	Mr. Rt. Namasivayam	LM 620	Rs. 1000/-

Get Well Soon

Our former EC member and renowned Geriatric Nursing Supdt Tmt Kousalya Sarathy is convalescing after open heart by pass surgery on 29.10.18. We wish and pray for her speedy recovery.

Registered with Registrar of Newspapers for India No.TN/ENG/2004/13996 Date of Publication 7th / 8th of Every Month
Postal Regn. TN/CH(C)/37/2016-2018 and Licenced to post w/o prepayment WPP No.TN/PMG(CCR) WPP/41/16-18



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PUBLISHED IN THE SECOND WEEK OF EVERY MONTH ON 7TH / 8TH AND
POSTED AT PATRIKA CHANNEL, EGMORE RMS. DATE OF POSTING: 7TH DECEMBER, 2018

If undelivered please return to:

LinkAge

C/O Senior Citizens Bureau,
9, Red Cross Road, Egmore,
Chennai - 600 008.

To.