



Committed to serve

Link Age

(R.O.) New No.90, Rama Naicken Street, Nungambakkam, Chennai 600 034.

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

Bestow
unconditional love

VOLUME : 09

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From the Editor cum Chairman

HISTORICAL MILES STONES

We are going to commemorate the 17th Annual Day of Senior Citizens Bureau as well as the 9th year publication of "Link Age" on August 26, 2012. It gives me a great pride and pleasure to recall the historical background of our prestigious institution, its popular monthly journal and its special publications.

In early 1996, several discussions were held under the auspicious of Probus Club of Chennai, then Madras, headed by Thiru R. Venkatesan, IA & AS (LM/DM-7) with all the Senior Citizens Forums at Chennai viz. Probus Club of Madras East headed by late Thiru M.K. Deenadayalan, IPS (R) LM-5 and then President of All India Federation of Pensioners Associations, Probus Club of Anna Nagar, headed by Er. V. Hariharan, LM-143 and Past Chairman SCB and Tamilnadu (then West Madras) Senior Citizens Association, headed by Thiru L.M. Vasagam, IAS (R), LM-753 to primarily provide free information and guidance to the needy, from all sections of society, pooling together the expertise and wisdom of Senior Citizens thru a separate organisation. Late Dr. S.M. Diaz, Late M. Balaji from Rotary Club of Madras were the special invitees. I was then Secretary of Probus Club of Madras.

The model was Citizens Advice Bureau, London, founded after World War-2. Accordingly the new organisation was named as "Madras Citizens Advice Bureau", then changed as "Citizens Advice Bureau" and subsequently in 2002 as "Senior Citizens Bureau", while registering under TN Societies Act.

The Chairman Emeritus and founding Chairman Maj. Gen. Aban Naidu, PVSM, AVSM, M-in-D, laid a very strong foundation and nurtured it to the present glory with his body and soul. With the cooperation and contribution of all those connected with the Bureau, for example Maj. Gen. Aban Naidu, Padmasri Dr. V.S. Natarajan, Thiruvalargal SP. Ambrose,

R. Venkatesan, P.S. Santhana Krishnan and S. Radhakrishnan, it was possible for me to put all my energy and time, to take it to the present height thru my committed involvement in various capacities right from its inception in March 1996.



The first publication entitled "A Guide" was brought out by then Chairman Maj. Gen. Aban Naidu in 1996 from the Bureau. It was meticulously carved out with every detail to its perfection like logo, slogan etc. It was in July 2004, the first issue of our monthly journal "Link Age" came out after I have completed all statutory provisions laid down by Registrar of News Paper of India, New Delhi and Post Master General, Chennai successfully, without involving any 3rd party agency. It was a strenuous task to manage single handedly for a transformation from adhoc newsletter to an elegant registered and licenced (with all Govt. concessions) publication.

Both the "Bureau" and "Link Age" are marching forward strongly inspite of many constraints such as lack of infrastructure, man-power and resources. I have ambitious projects lined up for the next 2 decades (though sky is the limit) to work for welfare of the Senior Citizens and for the society at large. I want the selfless young old to lead and bear the torch for Senior Citizens Bureau. Let us commemorate the historical days in a fitting manner.

Thanks a lot : I am overwhelmed with "Care and Share" showered on me by personal visits, phone calls, SMS, E-mails and letters from honourable members, friends and relatives. I am getting better and slowly resuming exercise and walking as advised by my ortho doctor. I am very thankful to all of you. ❖

(Dr. Capt. M. SINGARAJA, SM, C.Eng.)

Announcement

17th Annual Day of SCB and 9th year publication of "Link Age" will be observed at 10.30 a.m. on August 26, 2012, at Saraswat Association, 89 (28), Ormes Road, Kilpauk, Chennai - 10. (Ph : 26412036) (opp to Bains School), followed by AGM. Invitation will be sent in due course. Your august presence is solicited. ❖

All India Senior Citizens Solidarity Day will be observed in response to the call given by AISCCON, to highlight the plight of Senior Citizens and apathy of both Central and State Govts. on August 16, 2012. To mark the occasion, a short procession from Anna Nagar Tower Park to Anna Nagar Ladies Club and a get-together there-on will be held at 07.30 a.m. on August 16, 2012, by all Senior Citizens Forums. Please join and raise your voice. ❖

Notice for AGM

Notice is hereby given that AGM of SCB (Senior Citizens Bureau) will be held at 11.30 a.m. on August 26, 2012 at Saraswat Association, 89 (28), Ormes Road, Kilpauk, Chennai - 10. (Ph : 26412036) (opp to Bains School). Life members and Annual members on the roll as on date are eligible to attend, to transact the following business.

- 1) Adoption of Annual Report for 2011 - 12.
- 2) Adoption of Annual Accounts for 2011-12.
- 3) Election of Office Bearers and EC Members to fill up Vacancy.
- 4) Appointment of Auditor and approval of Audit fees.
- 5) Any other business subject to prior notice and approval of the Chair. ❖

Chennai - 34.
01-08-2012

Secretary General I/C
Senior Citizens Bureau

News from Net Working Associates

The Kilpauk Residents' Welfare Association (KRWA) invites you with your family to celebrate "The Kilpauk Utsav 2012" from 6.00 p.m. to 8.00 p.m. on Sunday, the 12.08.2012 at S.C.S. Kothari Academy for Women, 17, Venkatapathi Street, Kilpauk, Chennai - 10.

Highlights : Rendering Educational aid to under privileged Children and aid for destitute Senior Citizens of ARUWE; Awarding "Kilpauk Ratna Award" to Dr. K.M. Cherian; Awarding "Life Time Achievement Award" to Sri. S. Hasthimull Chordia; Awarding "Person of the Year" to Mr. Rikab Chand Bafna and Mrs. Chitralekha; Tribute to 100 years of India Cinema : A colourful dance exposition by Residents and school children of Kilpauk. *For details please contact : Mr. Prakash H. Lulla, 98418866747.* ❖

Reminder I : Third U3A International Conference 2012 on Vasudhaiv Kutumbakam - One World One Family through U3A & Holistic Living will be held at Chinmaya Vibhooti, Post Kolwan, Taluka Mulshi, Distt. Pune - 412 408 on October 12 - 14, 2012, it is organised by : Indian Society of U3As, jointly with Central Chinmaya Vanaprastha Sansthan & Janseva Foundation, Pune. About 500-600 delegates from all over the world associated with U3A movement, senior citizens organisations, institutions and individuals engaged in the field of training, research and action programmes relating to age care, Gerontology, Geriatrics and academicians are expected to participate in the conference. Interested is U3A member may submit by post / email their registration form along with registration fee of Rs.1,550/-

Please Note : 20% discount is admissible for spouse / accompanying person. The registration fee covers expenses towards conference kit and food & stay from lunch on 12.10.2012 to 14.10.2012. To add Rs.600/- per day/night of extra stay. One can remit by Demand Draft / AT PAR cheques drawn in favour of India Society of U3As payable at Udaipur, Rajasthan, or by NEFT (Bank's IFS code SBIN0011406) directly in ISU3As SBI a/c No.30430637901.

Transport from Mumbai & Pune : Delegates disembarking at Mumbai should take prepaid taxi and reach Chinmaya Mission (Sandeepany Sadhanalaya) at Powai near Powai Gardens & opposite Hotel Renaissance, where they can refresh/stay overnight, from where arranged/shared Taxis/Transport will be made available. Contact : Ms. Saria, Mob : +91 9820093879, E-mail : ccmt@chinmayamission.com ❖

Reminder I : 12th Annual Conference of All India Senior Citizens Confederation (AISCCON) will be held on 2nd and 3rd November 2012 at RDR Auditorium, Edappazhanji, Thiruvananthapuram. It is hosted by Senior Citizens Service Council, Kerala. **Please Note :** If you need accommodation please submit your forms so as to reach us on or before 15th September 2012. If you don't require accommodation you may submit your registration forms on or before 20th September 2012. Please send your Registration forms and payment to P. Chandrasenan, Chairman, Registration Committee, AISCCON 12th Conference KGOB Building, Oottukuzhy, Thiruvananthapuram - 695 001. Ph : (0471) 2334980, Email : <aisconconference2012@seniorcitizensservicecouncil.org> www.seniorcitizensservicecouncil.org>. Registration charges is Rs.600 per delegate and Rs.1,000 for Reception Committee Membership. Accommodation charges (approx) from 2nd November morning to 4th November morning 2012 are : Dormitory @ Rs.400 for 2 nights, Non-AC Room @Rs.800 for 2 nights and AC Room Rs.1200 for 2 nights. *For details please contact S. Haneefa Rawther, Secretary, Ph : 9446362105.* ❖

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INDO-UK workshop on Elder Care is scheduled to be held on 22nd & 23rd September 2012 at Hotel Savera, R.K. Salai, Chennai - 4, on theme "Comprehensive Care for the Elder". It is organised by : Neurosciences India Group in association with TINS-VHS, IBI, RCPE, Registration fee is Rs.4,000/- and it can be done online at www.marundeshwaa.com, DD/at par cheque in favour of "Neurosciences India Group" payable at Chennai may be sent to the conference secretariat at Marundeshwara Enterprises, A2, Shanthy Apartments, 18, T.T.K. 1st Cross Street, Alwarpet, Chennai - 18, Ph : 2435 3079/7194, 2432 8152, Telefax : 2432 065, E-mail : info@marundeshwara.com, Website : www.marundeshwara.com ❖

Thiru R. Venkatesan, IA & AS, our Life and Donor Member and PP/Probus Club of Chennai gave a talk on "Profile of Probus Club of Chennai" at 10.00 a.m. on July 28, 2012 at Russian Cultural Centre, Chennai. Our Chairman and PP Probus Club, Capt. M.S., participated. The new EC took office. ❖

FOSWL (Friends on Same Wave Length) India, Chennai Chapter, conducted its monthly meeting at 5.30 p.m. on Sunday, the 29th July 2012 at Kandaswami Naidu College for Men, Anna Nagar (E), Chennai - 102. Our Chairman gave an interesting talk on "How to ensure a happy living on Old Age", with a lively interaction. ❖

Citizens Centre, Nehru Salai, Uthukottai - 602 206 (Ph : 944864983), affiliated to Uthukottai Retired Officials Association, conducted an awareness programme on Rain Water Harvesting and Conservation of Energy on July 27, 2012. ❖

Tamilnadu Elders Welfare Association, conducted a seminar on "Health Care of Senior Citizens" and felicitated Thiru K.R. Gangadharan, President of International Federation on Ageing (IFA), Canada, on July 29, 2012 at Thanjavur, in the august presence of Hon. Minister for Housing, GOT, Thiru R. Vaidyalingam. ❖

Obituary

We record the sad demise of the following with profound grief.

Tmt. S. Ambujavalli (76), spouse of Yogi S. Sarveswara Rao, LM 313 of Chennai, Nungambakkam passed away peacefully and suddenly on July 11, 2012. ❖

Tmt. Parvathy Thampy (87), LM 585 of Chennai Kilpauk passed away recently after brief illness. ❖

Our heartfelt condolence and homage to the bereaved family members.

From Senior Geriatrician and Patron

பணத்தை நம்புங்கள்

முதுமைக்காலத்தில் பணம் மிகமிக அவசியம். இவ்வுலகில் உண்மையான அன்பிற்கோ, பாசத்திற்கோ மதிப்பு இல்லை. ஆனால், பணம் இருப்பவர்களைத் தான் இவ்வுலகம் மதிக்கிறது. முதுமையில் உறவினர்கள், நண்பர்களைவிட பணம் தான் அவசியம். அதை நம்பலாம்.

“பாணையிலே சோறு இருந்தால் பூனைகளும் சொந்தமடா!”

பணமில்லாமல் முதுமையில் பலர் வறுமையில் வாழ்கிறார்கள். கிராமத்தில் வாழும் முதியவர்களையே வறுமை அதிகமாகத் தாக்கிறது. முதுமை, தனிமை, வறுமை மற்றும் நோய்கள் என பல முதியவர்கள் நம்நாட்டில் துன்புறுகிறார்கள்.

ஒளவையார் தற்பொழுது இருந்திருந்தால் இப்படித் தான் பாடி இருப்பார். இது என் கருத்து!

“கொடிது கொடிது முதுமையில் பிணியும், வறுமையும், தனிமையும்”.

தேவைக்குமேல் அதிகமாக சொத்துக்களினாலும் தொல்லைகள் ஏற்படும். பெரியவர் எப்பொழுது இறப்பார்? அந்தச் சொத்து எப்பொழுது நம் கைக்கு வரும் என்று எதிர்பார்க்கும் இளைய தலைமுறையினர் நிறையபேர் இருக்கிறார்கள். முதியவரின் இறப்புக்குக்கூட வருத்தம் காட்டாமல் அவருடைய சொத்துக்காகச் சண்டை போடும் இளைஞர்கள் இக்காலத்தில் பலர் உள்ளனர். ஆகையால், முதுமையில் பணம் ஓரளவுக்கு அவசியமே. நடுத்தர வயதிலிருந்தே முதுமைக்காலத்திற்காக ஒரு கட்டாய சேமிப்பை ஏற்படுத்திக்கொள்ள வேண்டும். எக்காரணத்தைக் கொண்டும் அப்பணத்தை வேறு எதற்கும் செலவிடக் கூடாது.

முதியவர்கள் தன் சொத்துக்களை முழுமையாகத் தன் வாரிசுக்குக் கொடுத்துவிடக் கூடாது. ஏனென்றால், சொத்துக்கள் கைமாறியவுடன் வாரிசுகளின் மனமும் மாறும். பின்பு முதியவர்கள் இருப்பது நடுத்தெரு அல்லது முதியோர் இல்லம் தான். தனக்கு என்று வைத்துக்கொண்டுதான் பிறருக்கு உதவி செய்ய வேண்டும். ❖

பத்மஸ்ரீ டாக்டர் வ.செ. நடராசன்
முதியோர் மருத்துவர்

Additions

2) LM 804 Ph : 98409 05493

Mr. R. KALAISELVAN

G2, Akila Apartments, No.3, Dr. Ambedkar Street, Arumbakkam, Chennai - 600 106. ❖

Changes

1) LM 100 Ph : 9444275144

Mr. K.N. KRISHNA MURTHY

C/o. The Manager, Meenakshi Residency, No.197 (89), Lake View Road, West Mambalam, Chennai - 600 033. ❖

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Birthdays : August*Wishing you a Cheerful, Peaceful and Prosperous Life*

Sl. No.	D.O.B	Memb No.	Name
1.	01-08-1930	LM 268	Thiru B.V. Balasubramaniam
2.	02-08-1943	LM 518	Thiru E. Nagaraja Sarma
3.	03-08-1942	LM 684	Thiru Justin Paul
4.	05-08-1936	LM 298	Thiru N. Sethuraman
5.	07-08-1937	LM 583	Thiru Olney Aaron
6.	07-08-1933	AM 686	Thiru V.S. Natarajan
7.	10-08-1932	LM 613	Thiru G. Seshadri
8.	11-08-1936	LM 458	Thiru N. Balasubramanian
9.	13-08-1933	DM 007	Thiru R. Venkatesan
10.	13-08-1913	LM 117	Thiru N. Jagannathan
11.	14-08-1937	LM 515	Thiru M.L. Amarnath
12.	14-08-1936	LM 485	Thiru C. Visweswara Raju
13.	14-08-1948	LM 22	Thiru R. Harinder Sagar Naidu
14.	15-08-1933	LM 540	Thiru K.S. Mani
15.	15-08-1936	LM 23	Thiru T.V. Hariharan
16.	15-08-1937	LM 680	Thiru S.N. Kolandan
17.	15-08-1939	AM 106	Thiru D. Gnanasekaran
18.	16-08-1948	LM 740	Thiru S. Antonysamy
19.	17-08-1949	LM 596	Tmt. Umakanthan
20.	18-08-1944	LM 617	Tmt. Chandra Veeraraghavan
21.	19-08-1942	LM 574	Dr. R. Vasanthavalli
22.	23-08-1931	LM 332	Thiru H. Krishnamurthi
23.	23-08-1935	LM 239	Thiru A.R. Loganathan
24.	23-08-1932	LM 754	Thiru P.K. Uma Shankar
25.	24-08-1944	LM 608	Tmt. A. Rajeswari
26.	26-08-1948	LM 649	Dr. A.J. Prem Kumar Satya
27.	27-08-1934	LM 137	Dr. Gomathi Narayanan
28.	28-08-1940	LM 250	Thiru B. Augustin
29.	30-08-1927	AM 134	Tmt. M.N. Duraisamy Ammal

Your liberal contribution to Sunshine Fund is solicited**Mail Box**

Dr. S. Ramaswamy, M.B.B.S., M.Sc., F.I.M.S.A., F.A.M.S., FAS. Professor of Anatomy (Retd.), Hypno Therapist & Psycho Therapist, writes, Dear Dr. M. Singaraja,

I am very happy to inform you that I have been elected "Fellow" of Anatomical Society (formerly Anatomical Society of Gr. Britain and Ireland). A message received from the Hon. Secretary of Anatomical Society is appended below:

"I write to congratulate you on your election to Fellowship of the Anatomical Society and enclose a certificate. As a Senior Member and now Fellow, you are entitled to all the rights and privileges of a Full Member free of charge, may use the designation 'FAS' after your name and receive an electronic copy of Journal of Anatomy, also free of charge."

Editor : Congrats and wish you many more feathers. ❖

National / International Days - August

01-07, 08	World Breast Feeding Week	(I)
01-08	World Day of Cooperatives	(I)
05-08	World Friendship Day	(I)
06-08	Hiroshima Day	(I)
12-08	Youth Day	(N)
15-08	Independence Day	(N)

Note : (N) = National (I) = International

Welcome to Our Family Fold**I NEW MEMBERS**

1. Mr. K.P. Chandran	LM 803
2. Mr. R. Kalaiselvan	LM 804

Acknowledgment*Thanks a lot & God Bless You***I. Sunshine Fund**

1. Tmt. Kousalya Sarathay, LM 19	₹ 300/-
2. Thiru S.K. Janarthanan, AM 447	₹ 100/-
3. Thiru S.K. Vasudevan, LM 18	₹ 100/-
4. Thiru M. Munuswami, LM 794	₹ 1000/-
5. Thiru L.V. Rajarathnam, LM 60	₹ 200/-

Note : AM/LM = Annual / Life Member - JSL = Journal Subscriber Life
PM/DM/HM = Patron/Donor/Honorary Member

Greetings

Our warm greetings and compliments to Mrs. Lalita Hari and Mrs. Payal Prem Kumar, Inner Wheel Club on the occasion of the Wedding of their Children Shibani and Siddharth on July 8, 2012 at Chennai, in the august presence of Maj. Gen. Aban Naidu, PVSM, AVSM, M-in-D, our Chairman Emeritus, Dr. Vijayalakshmi, New Delhi, Dr. Vayu Naidu, our Life Members and their families, who are supporting Senior Citizens Bureau, right from the inception. ❖

Dr. Lion D.S. Ramaiah, LM was awarded "Sevai Selvar" by Sri Sarada Vidyalaya Matriculation Higher Secondary School, Ulunderpet on July 15, 2012, in recognition of his contribution for New Class rooms. ❖