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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 : 10

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CONGRATULATIONS

With great pride and joy, we convey our warm greetings and compliments to Hon'ble PM of India, Thiru Narendra Damodardas Modi on his new assignment after his spectacular victory of NDA, in Lokh Saba election 2014. We wish him all success to transform India to the fore front in Democracy Ranking, Quality of life Index and Human Development Score from the current position of 72, 42 and 136 respectively, in global ranking. In this connection we appeal to him with a 10 point note as appended below for consideration and further action.

1) The Floods cause terrible havoc every now and then with loss of life, property and water, of millions worth. Rehabilitation is a mammoth task. Alternatively establish linkage of water ways and storage and demolish encroachments.

2) Build, operate and maintain (green) public transport and infrastructure free from dust and smoke. Encourage mass rapid transport and prohibit private transport within city. Renovate rail tracks and carriages. Provide equal facilities to all road users including pedestrians.

3) Ensure clean, fair and transparent single queue system everywhere, in public and private transaction. Maintain least time to give good result with accountability for every employee, MLA, MP and Minister. Root out the corruption, black money and middle men, in delivery mechanism.

4) Restore independence, honesty and discipline in every phase of governance, viz., Judiciary, Police, Military, Para military and Administration to discharges their duties without fear or favour.

5) Implement judiciously all acts, rules and regulations. We have enough. Reward the best and punish the worst persons involved.

6) Instill honesty, morality, dedication, confidence and tolerance in all sections of the society. Make every citizen, group and organization realize social responsibility. Reap happiness, good will and equality (no gender bias).



7) Regulate the media, commerce, trade, business and industry including banking and financial markets, as social and people oriented, free from exploitation. Protect young entrepreneurs and small ventures.

8) Keep agriculture (60% rain fed) and rural economy at the top. Invoke rain with trees, forest and clean emission. Modernize and give live hood to village / rural industry. Arrest rural migration. Provide urban amenities in rural areas (PURA).

9) Decentralize all central departments other than Defence, Power, External Affairs, Communication, Rail, Air, and Water transport. State Autonomy must be primary objective with regional development at equal footing. Introduce RTI to Political parties, CBI, Judiciary and Commissions.

10) Attract and encourage new and young entrepreneurs with special zones for all spheres of their innovation, discovery, import substitutes and mass consumption at cheap rates. Provide perennial employment in projects such as inter connecting rivers, irrigating barren lands including deserts. They can convert waste to wealth. ❖

(Capt. Dr. M. SINGARAJA, SM, C.Eng.)
Chairman / Senior Citizens Bureau

Announcement - 158th - 160th Program

Commemoration of 19th Annual Day of Senior Citizens Bureau (Sweet 19), 11th Anniversary of our monthly journal "Link Age" and 9th World Elder Abuse Awareness Day will be held at 10.30 AM, on June 21, 2014, (Saturday) at Library Auditorium, Ethiraj College for Women, 70, Ethiraj Salai, Egmore, Chennai - 8. Invitation will be sent in due course. Please mark the day in your diary and attend without fail. ❖

Notice for 12th AGM for the Financial Year 2013 - 14 (161st Program)

Notice is hereby given that AGM of SCB Financial Year 2013-14 will be held at 12.00 p.m. on June 21, 2013 at Library Auditorium, Ethiraj College for Women, 70, Ethiraj Salai, Egmore, Chennai - 8. Members currently on the roll as on date are eligible to transact the business as per following agenda :

- 1) Adoption of the minutes of 11th AGM for FY 2012-13, held on 21.07.2013.
- 2) Adoption of Annual Report for FY 2013-14.
- 3) Adoption of Accounts for FY 2013-14.
- 4) Election to the vacancies in the EC for the term up to 2015 -16. Nomination can be filed to contest over and above the nominations approved by the current EC.
- 5) Appointment of Auditors and approval of Audit fees.
- 6) Any other business subject to prior notice and approval of the Chair. ❖

Chennai - 34.
26.05.2014

Secretary General I/C
Senior Citizens Bureau

Congrats

Our enthusiastic senior member Mr. S.R. Satakopan (91), LM-598, is celebrating the wedding of his grand daughter Aparna, D/o. Mr. Srinivasa Ragavan with Bharat, S/o. R. Kirthivasan at 9.30 a.m. on June 4, 2014, at Kandhimathi Kalyana Mandapam, North Board Road, Chennai and Reception on 7th June 2014, at Tip Top Plaza, LBS Marg, Thane (W), Mumbai at 7 p.m. We wish the young couple a happy and prosperous wedded life. ❖

Deletion

LM 557 Ph : 044 24426692 D.O.B. : 13.10.1945
Thiru R. Pandiyan, CE/PWD (R)
No.44, K.K. Road, Samudra Apartment,
No.10, Valmiki Nagar, Thiruvanmiyur, Chennai - 600 041.

தங்கள் கவனத்திற்கு / Kind attention

நமது மன்றத்தின் 19-ஆம் ஆண்டு விழாவும், "லின்க் ஏஜ்" பத்திரிகையின் 11-ஆம் ஆண்டு விழாவும், மூத்த குடிமக்கள் உலக இழிவு ஒழிப்பு விழிப்புணர்வு நாள் விழாவும், பேரவைக் கூட்டமும் 21.06.14 அன்று நடைபெறுகிறது. அழைப்பிதழ் தனியாக அனுப்பப்படும். தவறாது கலந்து கொண்டு சிறப்பிக்கவும். ❖

News from our Networking Associates

Dr. T.S. Ramaswamy, Senior Advocate, a learned speaker and writer is giving discourse in Thamizh on Nammalvar's Thiruvai Mozhi - Bagawath Vishayam" (Magnum Opus of Hinduism), at 36, Car Street, Near Parthasarathy Temple, Triplicane, Chennai - 5 on Saturday, Sunday & Public Holidays at 3.00 p.m. from 7th June 2014 onwards. For registration Ph : 94444 53270. ❖

FOSWL India, Chennai Anna Nagar, invites you for its monthly meeting at 5pm. On Sunday, 22-06-2014, at Sundaram Medical Foundation (SMF) Hospital, Shanthi Colony, Anna Nagar (W), Chennai - 40. Dr. G.S. Kailash, Consultant, Allergy & Asthma Specialist, Kauvery Hospital, Alwarpet, Chennai - 18. speaks on the topic "How to avoid going to a Doctor". ❖

Probus Club of Chennai is holding its AGM at 10.000 a.m. on June 28, 2014 at Russian Cultural Centre, Alwarpet, Chennai - 18. ❖

TANSECA is holding its AGM and open session at 10.00 a.m. on June 8, 2014 at open session Chinmaya Mission Vidyalaya, Ann Nagar, Chennai - 40. ❖

Additions

1) LM 861 Ph : 98416 68296 DOB : 22.02.1950
Thiru S. Ramachandran
New 12, Old 56, Josier Street,
Nungabakkam, Chennai - 600 034. ❖

Changes

1) LM 834 Ph : 98407 64174 D.O.B. : 20.02.1948
Thiru V. Sainath
91, Paper Mills Road, Next to Krishna Sweets,
Perambur, Chennai - 600 011.
2) LM 418 Ph : 94427 94100 D.O.B. : 18.05.1946
Thiru A.G. Arumugam
Senkkathir Illam, 1/361, Thirumoolar Veedhi,
Alagapuram Nagarmalai Salai, Salem - 636 016. ❖

Obitury

LM 748 Ph : 95435 39773
Thiru V.S. Kandaswamy
No.U-1, Lloyds Road, Lloyds Road, Royapettah, Chennai - 14
LM 610 Ph : 044 24350923
Thiru P.S. Manian
No.9/5, First Cross Street, West C.I.T. Nagar, Chennai - 35.
LM 503 Ph : 93806 85951
Thiru K.G. Poornachandriah
No.18/8, Elakandappam Street, 3rd Floor, Park Town,
Chennai - 600 003. ❖

Our respectful Homage and heartfelt condolence to their bereaved family.

Report on Activities

Senior Citizens Bureau - 157th Program - "DEMNTIA", held on 27.04.2014



A view of the dais



A section of the audience

A special programme on "DEMNTIA", was held at Kauvery Hospital, Alwarpet, Chennai-18, on Sunday, the 27th April 2014, from 10-30 am to 12-00 pm. After silent invocation. Mr. Prakash H Lulla welcomed the gathering. He extended a warm welcome to the Chairman Dr. Capt. M. Singaraja, on his return from Dubai. He warmly welcomed the chief guest Dr. Prithika Chary, MD. DM., Ph.D., MNAMS, Mch., Senior Consultant Neurologist, Neuro Surgeon & Epiletologist, and all members. The chairman honored the chief guest and introduced her as a person of rare distinction being a Neurologist, Neurosurgeon, a great social activist who has brought about a sea change in the treatment of epilepsy treatment and bring awareness in integrating patients with family and society. He acknowledged the presence of our distinguished senior members Prof. Dr. S. Ramaswamy and Prof. Dr. T.S. Kanaka.

Then Dr. Prithika Chary, made a power point presentation on the topic "DEMENTIA". She said that the average age of mortality was 55 yrs in 1955 and in 2050 it could be 77 yrs. She felt, a person is living longer but not healthier. This was due to endocrine changes, anabolic and catabolic reasons and wear and tear. As a person ages his/her, Hippocampus the memory centre starts to shrink, the white matter and cells do get smaller and result in poor transporting, poor interconnectivity, lesser memory and focus, lesser responsiveness, lesser visual navigation, poor distance reading, poor color coding and matching, low flexibility, more irritability, etc., This can be called DEMENTIA or popularly as Alzheimer disease. In some cases this is treated with Growth Hormones under strict doctors care. This reduces aging levels; promotes vascular and physical activity. There are about 70 to 80 types of Dementia called Vascular, Toxic, Degenerative, Traumatic, Informix, Dysfunctional etc., A DG PET SCAN can reveal the true nature or level of aging. People come only when they have low memory, low motor functioning, poor recognition, mis-handling money, misplacing things,

poor timing, wandering, repetitive speech etc. She advised that by avoiding alcohol, head injury, obesity, drugs, diabetes, high BP, taking excess sugar and untreated depression. What should one do, to improve his self: Keep good company, be positive, visualize concepts of music, colors, smell, take interest in new projects, play brain games, such as Sudoku, chess, caroms, cube. She advised one should have a good combination of food like 50% being vegetables and fruits, 25% being wheat, rice etc, and 25% peas, chana, rajmaa. A 30 minutes walking should be ones time table each day. Also she gave a valuable MANTHRA for happy life. 1) Have a positive attitude, do meditate. 2) Forget and forgive all that does not go well and lastly 3) Be a nice soul, help all, do good to reduce the pain of all. (if necessary keep a diary of your good deeds). Dr. Prithika Chary enticed all present for 75 minutes. God does send his angels to remind us how and what we should do. Kauvery Hospital gave a PRIVILEGE CARD to all members, which entitles a special discount offers on consulting, diagnostic, OP, IP, Ambulance services and drugs. It was a very memorable and useful programme. ❖

- PHL

The EC meeting for the month of April was held on 27th April 14 at 12 noon, immediately after our monthly meeting at Kauvery Hospital. Chairman Capt. Dr. M. Singaraja presided over and welcomed the members. EC member Mr. S. Lakshminarayan read out the minutes of the last meeting held on 23.3.14, which was approved. He greeted the members whose birthdays were in April. The chairman wished Mr. S.Laksminarayan and Mr. C. Pannerselvam who were present, many happy returns. The vice chairman Mr. Prakash H Lulla, presented the unaudited accounts for the year 2013-14 in detail. The EC unanimously approved the same to send it to the Auditors and passed the following resolutions.

1. The EC unanimously approved to write off the Bad Debts of Rs. 5499/- reaming in the books of account for a long

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Birthdays : June

Wishing you a Cheerful, Peaceful and Prosperous Life

Sl. No.	D.O.B	Memb No.	Name
1	01-06-1943	LM 765	Dr. R. Nirmala
2	01-06-1936	AM 358	Thiru D. Sundaramurthy
3	01-06-1938	LM 83	Thiru P. Loganathan
4	01-06-1946	LM 835	Thiru Perumal T.K.
5	01-06-1928	LM 216	Thiru Ramesh S. Chickermane
6	01-06-1947	LM 603	Wg. Cdr. M. Murugesan
7	01-06-1944	LM 310	Thiru C. Sankara Raju
8	02-06-1932	LM 28	Er. R. Vijayarangam
9	03-06-1950	LM 756	Dr. E. Santhakumari
10	04-06-1944	LM 782	Thiru J.R. Bashyam
11	04-06-1931	LM 43	Er. M.D. Vijayarangam
12	05-06-1937	LM 462	Thiru K. Sundaravaradan
13	05-06-1946	LM 731	Thiru P. Ponnambalam
14	05-06-1937	LM 751	Thiru P. Ranganathan
15	06-06-1935	AM 652	Thiru K. Ayyasamy
16	06-06-1941	JSL 725	Thiru T. Govindarajan
17	06-06-1938	LM 612	Brig. K. Muthulakshmi
18	07-06-1934	LM 185	Thiru G. Joseph
19	08-06-1923	LM 528	Er. C. Madhavan
20	08-06-1940	LM 787	Thiru K. Pandurangan
21	09-06-1930	LM 786	Tmt. Jean Canthaswamy
22	09-06-1947	LM 793	Er. R. Rajendran
23	10-06-1934	LM 72	Tmt. V. Leela Srinivasan
24	10-06-1939	LM 794	Thiru V. Munuswami
25	10-06-1939	LM 02	Dr. V.S. Natarajan
26	12-06-1939	LM 591	Thiru T.L. Anantharaman
27	14-06-1948	LM 555	Thiru A.K. Gandhiraja
28	15-06-1948	LM 488	Er. K. Anandan
29	15-06-1937	LM 12	Dr. V. Balambal
30	15-06-1943	LM 802	Tmt. V. Rukmani
31	15-06-1934	LM 29	Er. S. Ranganatha Rao
32	16-06-1940	LM 165	Tmt. Chandra Shasi Kumar
33	16-06-1931	LM 683	Er. A.P. Kandappan
34	17-06-1940	LM 614	Er. S. Vignaraja
35	18-06-1936	LM 211	Thiru M. Kuppusami
36	19-06-1932	LM 801	Thiru M. Venkata Raju
37	21-06-1930	LM 519	Thiru V. Sitaraman
38	22-06-1937	LM 064	Thiru N.R. Nagarajhen
39	23-06-1937	JSL 452	Thiru S.M. Chellaswamy
40	23-06-1934	DM 327	Prof. K. Aludiapillai, IAS (Retd.)
41	26-06-1938	LM 735	Er. K. Duraisamy
42	26-06-1947	LM 218	Thiru P.K. Jaya Prakash
43	26-06-1949	LM 526	Dr. G. Vijayalakshmi
44	29-06-1931	JSL 737	Dr. T.S. Ramaswamy

Your liberal contribution to Sunshine Fund is solicited

Welcome to Our Family Fold

I. NEW MEMBER

1. Thiru S. Ramachandran LM 861

Acknowledgment

Thanks a lot & God Bless You

I. Sunshine Fund

1. Thiru S. Venkataswamy LM 483 ₹ 1000/-
2. Thiru M. Mahadevan LM 160 ₹ 500/-

II. Donation Fund

1. Thiru S.R. Satakopan, IARS LM 598 ₹ 1500/-

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

National / International Days June

05-06	World Environment Day	(I)
06-06	International Olympic Association Establishment Day	(I)
15-06	World Elder Abuse Awareness Day	(I)
17-06	Fathers Day	(I)
20-06	World Refugees Day	(I)
27-06	World Diabetes Day	(I)

Note : N = National I = International

EC Meeting contd. from page 3

time arising out of the dispute between the former Secretary General and former Treasurer .

2. The EC unanimously approved to take Steel Cupboard-small, worth of Rs. 3000/- into the fixed assets, which was donated by Chairman Emeritus, General Aban Naidu.

3. The EC unanimously authorized the core group to nominate the suitable members for the existing vacancies in the EC.

The Chairman gave details of programmes to come, viz, Health Camps, AGM, Annual day celebrations, and World Elders Day. He wished that health programmes as well as health tips, topics of interest to the elders could be reproduced in a book form, for the benefit of all. This book could be distributed on special occasions. All members are requested to get sponsors and advertisements, so as to reduce the cost. He highlighted the ensuing world conference of U3A in Kathmandu. On our members request, the chairman happily reminisced his visit to his son and family at Dubai. He highlighted the best standards followed in all respects of good governance by the ruler. There is no interference, barriers, waste of time and energy. This was due to high involvement of all, in charge of admin, health, infrastructure, tourism, pollution control, hygiene, etc. He felt sure, this could happen everywhere. The chairman appreciated Dr. Lakshmiathy Ramesh and marketing team of the Kauvery Hospital, for their cooperation and support. He complimented Tmt. P.S. Rajam, for her generous regular contribution of pack lunch. The treasurer Dr. R. Nirmala proposed a vote of thanks. ❖