



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

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## From the Editor cum Chairman

### Status of Singles

More than widows, the widower feels very miserable. On retirement, he loses his profession full of authority, comfort and status. Like wise with loss of his spouse, he is deprived of his boss status. He is no longer comfortable in his daily activities of life. He feels lack of quality life, quality food and quality time. His spouse has adjusted with every body and every thing. She has sacrificed so many things directly or indirectly. The widower laments his helplessness and loneliness. He goes into the state of depression and mental agony. He resents mostly every body and every thing around. He refuses to accept the reality of new world. He has to depend upon the new players. Unlike better half, others even paid employees are in a hurry and inclined to do things in their own fashion. They cannot bear with pulling up. Better half is not here to put up with all commands. Those were the nice days of non violent reaction by life partner. Nothing big was demanded in return for love or even for bickering. But now only money speaks.

Singles with reasonable heavy purse need not hesitate to win over those around with good gift for their birth days, wedding days and important festivals. They can renew their contacts with friends, colleagues, relatives, near and dear. They have to accept what it is today and what comes up every day. They cannot expect others to change, they can change rather. No doubt it is difficult, especially when living with wards or dependants. This is the best thing to do. You can have a TV, Phone, Nutritious food, routine health check up, food supplements, past time of your choice. The problems become acute, if you are infirm and depend upon an assistant or escort. The physical and mental strain is more. We see people cursing themselves as well as others. We have to bear in mind that the problem is not peculiar to oneself. It is same every where. As long as you are conscious, you have to cope up with situation with mental make up. Yoga and Breathing exercise will be handy.

There are other alternatives. A descent quality old age commune is one. There are fairly dedicated NGOs, Voluntary organisations, Ashrams, Homes where many singles, couples spend their time peacefully and happily. There are remarried couples reaping the benefit of their maturity, wealth and health. The life is same and common to every body, widow, widower or elderly couple. But the way of living is in one's own hand. ❖

### தனி மரம் தோப்பாகலாம்

மூத்த தம்பதியரில் யார் ஒருவல் காலமானாலும் மற்றவர் அநேகமாக அனாதையாகி விட்ட நிலைக்கு உள்ளாகிறார்கள். கணவனை இழந்த மனைவி ஓரளவுக்கு சமாளித்துக் கொண்டாலும், மனைவியை இழந்த கணவனால் இழப்பை தாங்கிக் கொள்ள முடியவில்லை. மீளாத துயரத்தக்கு ஆளாகின்றார். அதிலும் எதற்கெடுத்தாலும் மனைவியை முற்றிலும் சார்ந்திருந்த கணவன் அல்லல்படுவதற்கு அளவே இல்லை. அதிகார பலத்தை, சுற்றி இருப்பவர்கள் மீது காண்பிக்கும் போது [தன்னையும் அறியாமல் இயல்பாகக் கூட இருக்கலாம்], சண்டை, சச்சரவு, முரண்பாடுகள் தலை தூக்குகின்றன. தனிமை வாட்டுகிறது, இயலாமை வேதனை அளிக்கிறது. உடல் பலவீனம், நிலைமையை இன்னும் மோசமாக்குகிறது. மனச்சோர்வு அதிகரிக்கிறது. உற்சாகம், பிடிப்பு குறைகிறது. எல்லாவற்றுக்கும் எரிச்சல் ஏற்படுகிறது. விரக்தி மேலிடுகிறது.

சூழ்நிலைக்கு ஏற்றவாறு தன்னை மாற்றிக் கொண்டு அனுசரித்துப் போவதாலும் மற்றவர்களை ஏற்றுக் கொண்டு ஒத்துப் போவதாலும் சங்கடங்கள் குறையும். யதார்த்த நிலையை ஏற்றுக் கொள்ள வேண்டும். பழையதை நினைத்துக் கனவு காணுவதைத் தவிர்க்கும் வகையில் சுற்றியிருப்பவர்களுக்குப் பிடித்தவற்றில் கவனம் செலுத்த வேண்டும். விட்டுப்போன பொழுது போக்குப் பழக்கங்களை, நண்பர்களை நாடவேண்டும். கைதியாக தன்னை வைத்துக் கொள்ளாமல் வெளியே போக வர இருக்க வேண்டும். சுற்றுலா செல்ல வேண்டும். தற்காப்புப் பேண வேண்டும். தாராளமாகச் செலவு செய்ய வேண்டும். சுற்றியிருப்பவர்களை அன்பாலும் பரிசுப் பொருளாலும் தன்வசப்படுத்த வேண்டும். தனக்கென்று தனியாக தொலைக் காட்சி பெட்டி, தொலைபேசி வைத்துக் கொள்ள வேண்டும். சிறிய தேவைகளுக்காவும், வேலைகளுக்காவும் பிறரை ஏவாமல் பார்த்துக் கொள்ள வேண்டும். முதுமைக் கேற்றவாறு நடைப் பயிற்சி, உடற் பயிற்சி, சத்தான உணவு, மருத்துவப் பராமரிப்பு முதலானவற்றை தானாகவோ உறவுக்காரர்கள் உதவியுடனோ மேற்கொள்ள வேண்டும். பொருள் ஆதாரத்தை இவற்றுக்கெல்லாம் சேர்த்து வைத்திருந்தால் கவலையில்லை. யாருக்காவும் எதிர்பார்த்துக் கொண்டிருக்க தேவையில்லை. பிள்ளைகளையோ உறவினர்களையோ நம்பியிருக்கக் கூடிய சூழ்நிலை இருந்தால் சிரமமே. இதைக் கவனத்தில் கொள்ள வேண்டும்.

பொருளாதரம் போதுமானதாக இருந்தால் எல்லா வசதிகளுக்கும் செலவு செய்து சுதந்திரமாகவே இருக்கலாம். தரமான முதியோர் இல்லங்களை நாடலாம். ஓய்வூதியம் வாங்கும் பலர் சிறந்த சேவை நிறுவனங்களில் இணைத்துக் கொண்டு தொண்டு செய்து கொண்டு நிம்மதியாக இருக்கிறார்கள். ஆசிரமங்களில் சேர்ந்து கொண்டவர்களும் இருக்கிறார்கள். இருக்கும் இடத்தில் மகிழ்ச்சியாகவும் மன அமைதியாகவும் இருப்பது முக்கியம். இடம் எதுவாக வேண்டுமானாலும் இருக்கலாம். முற்போக்கான சிலர் முதுமையிலும் துணையைத் தேர்ந்தெடுத்து மறுமணம் செய்து கொண்டு உற்சாகமாக இருக்கிறார்கள். புது வாழ்க்கையைச் சுவைக்கத் தெரிய வேண்டும். எல்லாம் அவரவர் கையில். அநேகமாக, இவை தனித்து வாழும் மூத்த தம்பதியருக்கும் கைம் பெண்களுக்கும் பொருந்தும். ❖

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

**Invitation**
**144th Programme**  
**SENIOR CITIZENS BUREAU**

 [R.O.] 90, Rama Street, Nungambakkam, Chennai - 34.  
 Ph : (044) 2823 1388 E-mail : m.s.raja@sify.com

*Cordially invites for a presentation on*
**“MYTHS AND FACTS IN MEDICINE”**
**Date & Time :** June 23, 2013, Sunday, 10.30 Hrs.

**Venue :** *Institution of Valuers Hall A/C,*
*Shop No.4, Right Wing, Ground Floor, TNHB Complex  
 Near Navasakthi Vinayakar Temple, Luz, Mylapore, Chennai-4.*
**Guest Speaker :** *Dr. G.S. Kailash, M.D., DTCD.*
*(Consultant Physician, Asthma & Allergic  
 Clinic, Kutcheri Road, Mylapore, Chennai)*
**Presided by :** *Capt. Dr. M. Singaraja, SM, C.Eng,*
*(Chairman, Senior Citizens Bureau, Chennai)*
**All are welcome.**
**Brig. K. Muthulaxmi**  
*Secretary General*
**Note:** *EC members are requested to attend EC meeting  
 at 12.00 Hrs. following the above programme, at the  
 same venue.*
**News from our Networking Associates**
**Probus Club of Chennai is holding its AGM,** at Russian Culture Centre, 74, Kasturi Rangan Road, Chennai, at 10.35 a.m. on 22.06.2013. Ph : 97899 74100

**FOSWL India, Chennai Anna Nagar** invites you for its monthly meet at 05.00 pm on Sunday, 30.05.2013 at NICM, Shanthi Colony, Anna Nagar, Chennai - 40 for a talk on the topic “Land Marks in India’s struggle for freedom” by Prof. N. Bhakthavathsalam (Retd.), Pachaiappas College. Ph : 9941328377

**Tamil Nadu Senior Citizens Association** has held its open session at 10.00 a.m. followed by business session at 11.30 a.m. of its 26th AGM on 08.06.2013, at Chinmaya Vidyalaya, Anna Nagar, Chennai - 40. Ph : 26213908

**Respect Age International (RAI), Agra** conducted “know your India” program to NRI Youth at Agra on 10.05.13 at Agra. A delegation of 30 young NRI from 7 Countries participated. RAI did an orientation training to the delegates on “how to treat the Senior Citizens in a respectful and dignified way”.

**Dignity Foundation (DF),** has held a day long event entitled “Championship Carnival” to promote social networking among Senior Citizens, from 11 a.m. to 7 p.m. (with subscription Lunch and Dinner) on 07.06.2013 at Andhra Club, T. Nagar, Chennai - 17. Ph : 2471 7232.

**Padmashri Dr. V.S. Natarjan, MD, FRCP,** DSc.(Hon), Senior Geriatric Physican and IPP / Senior Citizens Bureau, cordially invites you to the inauguration of “**Geriatric Immunization Centre**”, by **Dr. V. Kanagasabai, MD,** Dean, MMC, Chennai. at 5.00 p.m. on 12.06.2013, Wednesday, at the Egmore Benefit Society Limited, Opp : Adiparasakthi Clinic, New No.25 (13), Flower’s Road, Kilpauk, Chennai. (044) 2641 2030.

**Additions**

1) LM 791 Ph : 044 26701783 DOB : 07.10.1934

**Thiru Lokiah Naiud, S.Rly (Retd.)**

 53 (23), 4th Main Road, Jawahar Nagar,  
 Chennai - 600 082.

**Changes**

1) JSL 198 Ph : 99944869033 D.O.B. :

**Thiru M.N. Somayajalu**

 “SRI NILAYAM”, Plot B-26, Door No.2/1124-C, 9th Cross,  
 Rajaji Nagar, (West MM Nagar), Mookandapalli,  
 Hosur - 635 126.

2) JSL 549 Ph : D.O.B. :

**Thiru A.R. Kumarasamy**

 Rama Rathna Illam,  
 III-A, Kulathumetu Street, Kallakurichi - 606 202.

3) LM 801 Ph : 9884486378 D.O.B. : 19.06.1932

**Thiru M. Venkata Raju**

 904/1, 6th Street, New Kubera Nagar,  
 Madipakkam, Chennai - 600 091.

4) LM 802 Ph : 9884486378 D.O.B. : 15.06.1943

**Tmt. V. Rukmani**

 904/1, 6th Street, New Kubera Nagar,  
 Madipakkam, Chennai - 600 091.

**Wedding Bells - Congrats**
**Prof. Dr. B. Krishnaswamy, MD (JSL 759) HOD,** Geriatric Medicine, MMC & GH, Chennai - 3, celebrated the Wedding of his son Dr. K. Balasubramanian, MDS with Dr. Dhathri Priya, BDS on 12.05.13, at GRT Grand, Chennai - 17.

**Mr. S.T. Krishnamurthy, (LM 741),** celebrated the Wedding of his grand daughter S. Sobhithaa with N. Ashwath, on 13.05.2013, at AIOBEU Swastika, Chennai - 4.

**Mr. S. Sarveswara Rau, (LM 313),** celebrated the Wedding of his son S. Venkat Naveen with Dr. K.J. Kaviya, on 23.05.2013 at Madras Race Club, Chennai - 32.

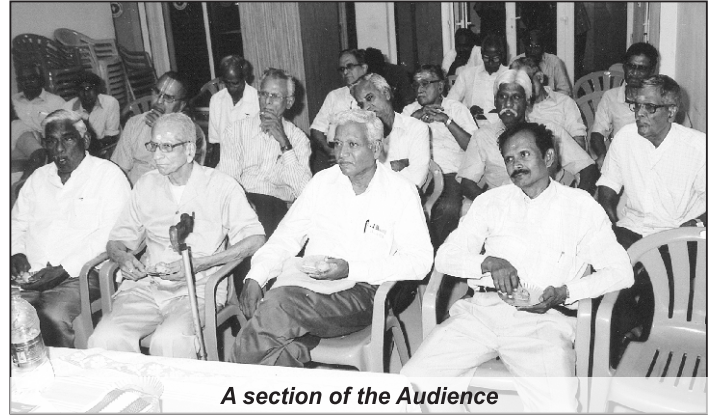
**Our best wishes to the new couples for a happy and prosperous wedded life.**

## Report on Activities of the Bureau

### Senior Citizens Bureau - 143rd Program - "Judiciary Today"



Chief Guest addressing



A section of the Audience

The ambience and air conditioning of Institution of Valuers Hall was soothing to the simmering heat wave at 10.30 Hrs, on 26.05.2013 for our programme on "Judiciary Today". Homage was paid to the deceased of our members and a minute's silence was observed before the commencement of the meeting (please see obituary column elsewhere in this issue). After invocation, EC Member Thiru S. Lakshmi Naraynan, greeted 32 members whose birthdays fall on the month of May, welcomed 2 new members and thanked 4 members for their contribution towards "Sushine Fund". (Please refer Link Age - May 2013 issue for details).

The Chairman in his welcome address, paid rich tribute to the Chief Guest Dr. T.S. Ramaswami, Senior-Advocate, High Court of Madras for his excellence in the field of Legal Matters, Vaishnavism, Cricket, Oration and Creative writing. During his active practice in the High Courts of Madras, Bangalore and Supreme Court, he had the privilege of appearing for M.K.T. Bhagavathar, Pasumpon Thevar, Kamaraj & MGR. He was the Govt. Counsel for Justice W.S. Krishna Commission of enquiry. He is the former Secretary of Madras Bar Association, General Secretary of Sri Vaishnav Yathi (Jeeyar) Sammelan. He has brought Vadakalai & Thenkalai Jeeyars in a single platform and united under common rules. He is the Former President of TSR Cricket Coaching Academy, which has produced 30 boys to play for State and 4 for India, including Badrinath and Aswin. He has authored 2 books in English and 4 in Tamil, the latest being, ஸ்ரீ வியாச பகவான் அருளிய "மோட்ச தர்மம்" (மகாபாரதம் - சாந்திபர்வம் - 2) (எனிய தமிழில் இனிய சாரம்). He has prepared and published a pocket book on "Will and Settlement", free of cost. He has been helping Senior Citizens with free advice on legal cases and our members are benefitted. He can be contacted on evening of Saturdays and Sundays on Ph : (044) 2844 2526 for appointments. The Chairman cited the cheating and deliberate delays in cases of Senior Citizens by the advocates. He referred to the recent inconclusive discussion on PIL by AISCCON. While the Chairman commended the positive developments in Judiciary, he reminded about Self Regulation mentioned recently by Hon. President of India, at Kolkatta.

The learned Chief Guest in his address, covered many important areas. Duties and Powers of Judiciary are clear in the Constitution. Directive Principles are not enforceable by Law. But Sec 23 & 47 are enforceable. Article 41 guarantees remedy to older persons. All Senior Citizens must stand united and they can fight for justice if deprived of, under Sec 41. It is deplorable that 15,000 Senior Citizens are abandoned by their sons & daughters at Khumbamela, while they come to wash off their sins. Senior Citizens Maintenance Act 2007 provides relief for shelter, food, care & maintenance by their wards & relatives if they are not self supportive. They are despirited

and depressed. SCFs together have to promote mutual help & support. They must develop fellowship & friendship among themselves.

He stressed that Judicial activism for Senior Citizens must be speeded up. Court must meet the expenditure of Senior Citizens Cases. Separate posting at the top for them must be ensured. Whatever may be the suffering, he cannot seek to kill himself. Not born as right and death not as right. Judges can exercise their discretionary powers, to help Senior Citizens as well as others. They cannot be accused of delay. The mechanism is not disposal spree Justice hurried is Justice buried. Unlike other depts, the corruption is very low. Media is not encroached by Judiciary as projected. As Head of the State stated in Kolkata, Judiciary can be self regulated, to be independent and transparent. At the same time there must be a balanced legislature, executive and judiciary. We must pay attention to the grievances of public rather than that of politicians to be impartial and independent. Honesty and integrity of judges w/o fear, favour, nepotism and corruption have earned reputation. He has quoted cases as examples from his own experience like Kundrakudi Panchayat Prohibition and Justice W.S. Krishnaswamy Commission of enquiry. There was a lively discussion thereafter. Dr. R. Nirmala, Treasurer, proposed a Vote of thanks. ❖

**EC meeting for the month of May 2013**, was held at 12.00 p.m. on 26.05.13 after monthly meeting. The Chairman presided over and conducted business. EC Member PM Pandian read out the minutes of the last meeting held on 20.04.13, which was adopted unanimously. EC Member, Er. S. Ranganatha Rao, on behalf of the Treasurer read out the balance sheet for the year 2012-13, which was adopted unanimously. The Chairman explained the details of TDS, deducted by IOB/Kilpauk.

He proposed to open another a/c with Tamilnadu State Apex Co-operative Bank, Chennai, in addition to the existing a/c at IOB/Kilpauk and Axis Bank/Chennai Main. He referred to the cases of other SCFs and Regd. bodies. The same was approved unanimously. Regarding election in the ensuing AGM to be held on 23.06.13, he proposed that the EC can recommend the existing EC members for another spell, as per Bye-Law. Any other nomination also is welcome. The same was approved unanimously. As usual, commemoration of 18th Annual Day of the Bureau, 10th Anniversary of Link Age and Observance of World Elder Abuse Awareness Day will be held together on 23.06.13. After a Vote of thanks by EC Members Er. V.S. Balakrishna Raja, the meeting was adjourned. ❖

**Note:** In view of indisposition of Chairman & Vice Chairman and leave of absence (abroad) of Secretary General, AGM and Commemoration of other functions are postponed. ❖

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### Birthdays : June

Wishing you a Cheerful, Peaceful and Prosperous Life

Sl. No.	D.O.B	Memb No.	Name
1	01-06-1928	LM 216	Thiru Ramesh S. Chickermane
2	01-06-1936	AM 358	Thiru D. Sundaramurthy
3	01-06-1938	LM 83	Thiru P. Loganathan
4	01-06-1943	LM 765	Dr. R. Nirmala
5	01-06-1944	LM 310	Thiru C. Sankara Raju
6	01-06-1947	LM 603	Wg. Cdr. M. Murugesan
7	02-06-1932	LM 28	Er. R. Vijayarangam
8	03-06-1950	LM 756	Dr. E. Santhakumari
9	04-06-1931	LM 43	Er. M.D. Vijayarangam
10	04-06-1944	LM 782	Thiru J.R. Bashyam
11	05-06-1937	LM 751	Thiru P. Ranganathan
12	05-06-1937	LM 462	Thiru K. Sundaravaradan
13	05-06-1946	LM 731	Thiru P. Ponnambalam
14	06-06-1935	AM 652	Thiru K. Ayyasamy
15	06-06-1938	LM 612	Brig. K. Muthulaxmi
16	06-06-1941	JSL 725	Thiru T. Govindarajan
17	07-06-1934	LM 185	Thiru G. Joseph
18	08-06-1923	LM 528	Er. C. Madhavan
19	08-06-1940	LM 787	Thiru K. Pandurangan
20	09-06-1930	LM 786	Tmt. Jean Canthaswamy
21	09-06-1947	LM 793	Thiru R. Rajendran
22	10-06-1934	LM 72	Tmt. V. Leela Srinivasan
23	10-06-1937	LM 554	Thiru K.S. Radhakrishnan
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	15-06-1934	LM 29	Er. S. Ranganatha Rao
29	15-06-1937	LM 12	Dr. V. Balambal
30	15-06-1943	LM 802	Tmt. V. Rukmani
31	15-06-1948	LM 488	Thiru K. Anandan
32	16-06-1931	LM 683	Er. A.P. Kandappan
33	16-06-1940	LM 165	Tmt. Chandra Shasi Kumar
34	17-06-1940	LM 614	Er. S. Vignaraja
35	19-06-1932	LM 801	Thiru M. Venkata Raju
36	21-06-1930	LM 519	Thiru V. Sitaraman
37	22-06-1937	LM 058	Thiru C.S. Mani Arasan
38	22-06-1937	LM 064	Thiru N.R. Nagarajhen
39	23-06-1937	JSL 452	Thiru S.M. Chellaswamy
40	26-06-1938	LM 735	Er. K. Duraisamy
41	26-06-1947	LM 218	Thiru P.K. Jaya Prakash
42	26-06-1949	LM 526	Dr. G. Vijayalakshmi
43	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 Lokiah Naidu LM 791

#### I. RENEWAL

1. Thiru G. Vemana Reddy AM 526  
2. Thiru A.R. Kumaraswamy JSL 549  
3. Thiru R. Selvaraj AM 459

#### II. CONVERSION AM to LM

1. Thiru M. Chidambaram LM 577

### Acknowledgment

Thanks a lot & God Bless You

#### I. Sunshine Fund

1. Thiru K.R. Narayanan LM 115 ₹ 300/-  
2. Thiru G. Rengaswamy LM 114 ₹ 1000/  
3. Er. R. Madhavan LM 419 ₹ 500/-  
4. Thiru P. Ponnambalam LM 731 ₹ 1000/-  
5. Er. S. Ranganatha Rao LM 29 ₹ 500/-  
6. Er. D. Ponnudurai Swamy LM 749 ₹ 500/-

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)  
17-06 Fathers Day (I)  
20-06 World Refugees Day (I)  
27-06 World Diabetes Day (I)

Note : N = National I = International

### Obituary

**Tmt. S.Uma (69)**, spouse of Mr. Sadasivam, (LM 454), passed away on 08.05.2013, at West Mambalam Hospital, after pilgrimage to the family diety near karur. ❖

**Tmt. K. Saraswathi (80)**, spouse of Mr. A. Kanthimathinathan, (AM 507), passed away on 13.05.2013, at Hosur Hospital after treatment for fracture. ❖

**Tmt. S. Vedavalli (75)**, spouse of Mr. G. Seshadri (LM 613), passed away on 15.05.2013, after prolonged illness at Mogappair (E), Chennai - 37. ❖

**Our heart felt condolence to the members of bereaved family.**