

**ANNUAL REPORT FOR 2021 / 2022 by the Committee of Management**  
**For the period 09 December 2021 to 15 August 2022**

### **1. Management Committee**

A new Management Committee was elected to office uncontested at the Annual General Meeting held on the 9<sup>th</sup> of December 2021.

The first meeting of the Committee was held via Google Meet on Thursday 16/12/2021. Until 15/08//2022, a total of 9 Committee Meetings were held with more than 80% of the members attending each of the meetings.

### **3. Membership**

11 new members joined the Association and 23 members had passed away during this period. The total membership stands at 670 as of 15 August 2022.

### **4. Our Activities**

2021 URAVU covered the activities up to 26<sup>th</sup> August 2021. This edition of Uravu (2022) covers the activities from 27<sup>th</sup> August 2021 to 15<sup>th</sup> August 2022.

#### **Summary:**

All TSCA activities continued via Google Meet until 15/06/2022. From 16/06/2022 the meetings and programmes are taking place face-to-face at Strathfield Community Centre, located at 1B Bates Street, Homebush West and the exercise classes are continuing every Mondays via Google Meet. By having the meeting via Google Meet we were able to get overseas and interstate speakers to address us.

#### **SEPTEMBER**

Thursday 02 - "Isai Arangam" was held with the participation of 14 members who sang film songs and entertained the audience.

Thursday 09 - Dr (Mrs) Sivarathy Ketheeswaran gave a carnatic music recital which was well received by the audience.

Thursday 16 – Well known Tamil orator, poet and researcher Dr Malini Ananda Krishnan delivered a speech on "We are our happiness and sorrow". This was well appreciated by the audience.

Thursday 23 - Dr G.Gnanasampathan delivered a speech on "Search for what you know." and Mr P. Panchadcharam spoke on

"World Disasters and Planetary Positions at that time". Both the speeches were very interesting and were appreciated by the audience.

Thursday 30 - Sleep & Respiratory Physician, Dr (Mrs) Rajeev Ratnavadivel spoke on "Sleep Health & Ageing" which was relevant to the Seniors and was very beneficial.

#### **OCTOBER 2021:**

Thursday 7 - "Isai Arangam" - 15 members participated and sang their favourite songs and displayed their talents. This was enjoyed by everyone.

Thursday 14 - Prof. Paul Manuel delivered a speech on "Which is a shadow? Which is real?" Paul is a great storyteller. His speech was well received by the audience as it was all about our motherland.

Thursday 21 - Consultant Eye Surgeon Dr Narmadai Deva delivered an interesting speech on "Age Related Eye diseases". Our members asked several questions and the speaker answered them with details and cleared their doubts.

Thursday 28 - Members' Day - Consultant Gynaecologist & Obstetrician Dr A Ganeshalingam delivered a very useful speech on "Menopause and its Consequences". All our lady members listened to the speech attentively.

#### **NOVEMBER**

Thursday 4 - Deepavali Celebrations - Mrs Ketheeswary Paheerathan gave us a music recital and Ms Sounthari Ganeshan spoke on "தமிழர் வாழ்வில் இசைத் தமிழ்". Both programmes were very much appreciated by all.

Thursday 11 - "Isai Arangam" - 18 members participated with enthusiasm and sang songs of their choice which was enjoyed by everyone.

Thursday 18 - Dr M. Varagunan joined from Canada via Google Meet and gave a fantastic medical advice for several diseases of the aged population. He also sang some favourite songs of seniors. It was really a memorable day.

#### **DECEMBER 2021**

Thursday 2 - Farewell to Hon. Jodi McKay MP

for Strathfield who is retiring from politics. President Mr. A. Sivathondan, Past Presidents, Mr S. Suntheralingam, Mr Shiva Pasupati and Mr K.S. Rajanayagam praised and thanked her for the services rendered by her to the Tamil Community and the Tamil Senior Citizens' Association. Hon Jodi McKay addressed the audience and thanked us for the love and support shown by our Community and especially our Association.

Thursday 9 - The Annual General Meeting was held from 9.30 a.m. at the Strathfield Town Hall with the required quorum despite the restrictions due to the pandemic. A new Committee was elected unanimously. See their names elsewhere.

One of our member Mrs Swarnajothi Pararajasingam celebrated her 100th birthday on the 27th of Nov. 2021 and the Association President Mr A. Sivathondan interviewed her and congratulated her on behalf of the members of TSCA. The interview was shown in the AGM.

Another member Dr V. Sabaratnam too celebrated his 100th Birthday on the 1st of Dec. 2021 and our Association President Mr A. Sivathondan interviewed him and congratulated him on behalf of all the members of TSCA. The interview was shown in the AGM.

Thursday 16 - Christmas was celebrated with carol. Mrs Nithi Sivathondan was Mistress of Ceremony (MC). Reverend Nadarajah delivered the Christmas message and blessed the participants. Two people did bible reading and 12 people sang carols.

23/12/2021 to 09/01/2022

Activities of Tamil Senior Citizens Association were closed for Christmas / New Year / Thai Pongal from 23/12/2021 till 09/01/2022. Activities restarted with the exercise class on 10/01/2022.

## **JANUARY 2022**

Thursday 13 - Dr Nadarajah Rajeskannan, Family Physician of Civic Park Medical Centre, Pendle Hill delivered a speech on "அதிகரிக்கும் Covid 19 தாக்கத்திலிருந்து தப்பிக்க முடியுமா?" He spoke in detail about the symptoms, management, and the effects as well as side effects of vaccines. He also stressed on the importance of having the booster dose. His

speech was very informative and especially focused on the safety measures to be followed by the seniors.

Thursday 20 - "Pongal Vilaazh" was celebrated with a special speech by well-known orator and philanthropist Senchotselvar Dr Aaru Thirumurugan. He joined from Jaffna via Google Meet and gave a speech on "Pongal & Spirituality". He gave an interesting speech detailing how the Pongal festival symbolizes the Tamil Culture. Pongal is celebrated as a Thanksgiving Day when people show gratitude to the Sun God for giving bumper harvest and pray for his grace to shower abundance. His delivery was very engaging.

Thursday 27 - Dr Varagunan Mahadevan joined from Canada and delivered a speech on "Corona 19 – Yesterday, Today and Tomorrow". He enlightened the audience on the importance of vaccines, the risks involved and the preventive measures we should bear in mind. He also explained on the myths and facts on this subject and wiped off all fears in our minds about Corona. This multi-talented medical practitioner sang songs from movies as an interlude and it was really a treat to all.

Thursday 03 - "Isai Arangam" programme was held with the participation of 17 members enthusiastically singing songs from movies. The President encouraged every participant by his positive comments and on the whole the singers and the audience online enjoyed the programme.

Thursday 10 - Mr Mahadev Aiyar Jeyaramasarma delivered an interesting and motivational speech on the topic "Vaazha Ninaithhaal Vaalalaam" (வாழ் நினைத்தால் வாழலாம்). He quoted great saints like Valluvar, Sampanthar and Thiumoolar and explained in detail that our thoughts and actions should be good for the life to be good. He referred to even movie songs to reiterate the topic he chose to speak. In short, the speech was enlightening and stimulating and was well received by the listeners.

Thursday 17 - Dr. S. Amutha, Asst. Professor of Bharathidasan University, Trichy, Tamil Nadu, joined us from India and delivered a speech on "Truth is always bitter". Her approach was comprehensive and went into details of the

various instances we face bitterness in life and how we can overcome these and make life sweet and enjoyable. Her wise words enlightened and boosted the quality of our life.

Thursday 24 – Prof. A. Shanmugasadas of Jaffna University delivered a speech on “Tamil Literature, via Google Meet. He opened his speech describing the pride and history of Tamil Language which is the oldest language in the world. Then he spoke about the old epics like Thirukkural, Ramayanam Mahabharatham, Silappathikaaram and Tamil classical anthologies (எட்டு தொகை, பத்துப்பாட்டு). These epics remain as the source of Tamil Culture and civilization.

### **MARCH**

Thursday 03 - "Isai Arangam" - 19 of our members participated in this programme and displayed their talents in singing songs from movies. Everyone enjoyed this programme and all were anxiously waiting for the next programme.

Thursday 10 - "Women's Day" - TSCA celebrated this day with speeches of two renowned speakers. Dr Chandrika Subramanian, Principal Solicitor, Lawyer and Barrister from "SUCCESS LAWYERS & BARRISTERS", delivered a speech on the topic "Women's Day". She explained about the different roles played by women in our day-to-day life and said that they are the back bone of a family. She also mentioned that for the first time in the history of Tamil Nadu, a lady Mayor has been appointed for Chennai. Following her speech, Mr M. I. Jeyarama Sarma delivered a speech on "Boon & Life" "வரமும் வாழ்வும்". He said that even the talent of singing is a blessing of God because all are not blessed with that talent. If we analyse each phase of our life, we can find a blessing in disguise.

Thursday 24 - Mr. M. Vamadevan, Retired Secretary for the Ministry of Estate Infrastructure, Housing and Social Development, Sri Lanka joined via Google Meet and delivered a speech on "Expectations of Upcountry Tamils". He explained in his speech the discrimination shown by the Government and how they are treated as second class citizens. Following his speech, Mr T. Thirunanthakumar spoke on the subject "Tamil

Literature", quoting Bharathy and Kamban. His vast knowledge on the subject was well presented in his speech which was enjoyed by the audience.

### **APRIL**

Thursday 7 - "Isai Arangam" - 22 members participated and showcased their talent in singing. It was a treat for the audience and all were awaiting for the next monthly event.

Thursday 14 – There was no programme on this day, because it was Tamil / Hindu New Year day

Thursday 21 - "New Year Celebrations" - Mr. R. Radhakrishnan spoke about the Tamil New Year in detail about how our ancestors celebrated this day with devotion and how we have all forgotten all the customs. Prof. Mrs Gnana Kulenthiran delivered a speech on "Eelathu Sithar Yogar Swamikal". She narrated about her experiences with the Yogi and how her whole family worshipped him as Guru and how He guided and moulded their life to become blissful.

Thursday 28 - "Members' Day" - Dr Nithi Kanagaratnam delivered a speech on "Kaalai Vilaankani" which gave us the knowledge of the benefits of "Vilaankani" when taken in the morning. His speech focussed on the medicinal value of fruits and how it is beneficial to a healthy living.

### **MAY**

Thursday 05 - "Isai Arangam" - 16 members participated with enthusiasm and sang songs of their choice exhibiting their talents in singing. The singers and the audience enjoyed the performance.

Thursday 12 - Well known Tamil Activist and orator Mr Mylvaganam Thanapalasingam delivered a speech on the topic "Tamil and Religion". His speech with analysis of both Tamil and Hinduism was very informative and exhibited his vast knowledge in the field of Tamil Literature and religion. The speech was well received by the audience.

Thursday 19 - "Paadum Meen" Mr Suppiah Srisantharajah, well known writer and a lawyer by profession delivered a very informative speech on "Service to Tamil Language and Education by Swami Vipulanandar" via Google Meet. He mentioned in his speech that

Vipulanandar was an early pioneer associated with the Indian based Ramakrishna Mission in Sri Lanka. Along with other reformers, Vipulanandar was instrumental in the revival of the Hindu religion and native traditions in Sri Lanka after a long period of dormancy and decline during the previous 500 years of colonial rule by various European powers. His delivery was so engaging that the audience lost all track of time.

Thursday 26- Mr Maran Nandan Chithambaram, LLB, spoke on "Generational Gap and Seniors". It was an enlightening and stimulating presentation. He explored the lack of respect shown by the present day youth towards the elders and the negative aspect of that. A lively discussion followed after the speech.

## **JUNE**

Thursday 02 - "Isai Arangam"- 14 members participated and sang their favourite songs to the amusement of the audience.

Thursday 09 - Mr Linga Lingaratnam delivered a speech on "Power of Meditation" and his speech was well received and appreciated by the audience. His speech was mainly based on his own divine experiences and readings. It was really a memorable presentation.

Thursday 16 – This is the first day the TSCA started face-to-face meeting since 23/07/2020. Mr S. Ponmailainathan presented videos of familiar and not-so-familiar popular old Tamil songs, (1930's to 1950's), sang them and explained their context and greatness which was enjoyed by all. He was followed by Dr. Varagunan who spoke on "Pain Management" and sang a few songs entertaining the audience. Mr S. and Mrs P. Ponmailainathan celebrated their Wedding Anniversary and sponsored the lunch.

Thursday 23 - Dr Paran Sithamparakumar delivered a speech on the topic "How to live happily". It was more like a discussion with the participation of the audience. It was well appreciated by all and was a memorable day. Mr K. Ratnakumar celebrated his birthday and sponsored the lunch for the day.

Thursday 30 - Dr Nirmala Chrishanthan, FRCGP. Senior Lecturer, University of Notre Dame, delivered a speech on "Lack of Sleep".

The audience thoroughly enjoyed her presentation and the delivery was so engaging that the audience lost all track of time. Mrs Rita Sathiyamoorthy sponsored the lunch in remembrance of her late husband and in-law Mr Ponnampalam.

## **JULY**

Thursday 07 - Ms Zoe Rock, Research Assistant and her team attached to the Westmead Applied Research Centre of The University of Sydney, Faculty of Medicine and Health, carried out a baseline survey amongst our members to gauge their current knowledge of CPR. Then Mr. Sugumar, the ETA Secretary followed with his presentation and explained about the "Uvirizhai" ("உயிரிழை") Organisation which is operating in Vanni looking after those who suffered spinal injuries. Finally our monthly "Isai Arangam" programme took place with about eleven members participating with enthusiasm and sang songs which were very much appreciated by the audience for their efforts. The lunch was sponsored by Mr Mohankumar.

Thursday 14 - Sangeetha Booshanam Mrs Kala Gnani rendered a lively music recital with mostly devotional songs. Following her rendition Mr Soma Somanathan spoke about the voluntary organization called "Tears of Vanni" which helps the destitutes in Vanni. His service and speech was very much appreciated by the audience. The Board of Trustees of the BENSOC sponsored the lunch.

Thursday 21 - Mr. R. Kumaraswamipillai delivered a speech on the topic "Muthumaiyil Semmai" and the audience thoroughly enjoyed his presentation. It was very relevant to the seniors, stimulating, enlightening and the delivery was so engaging that all listeners lost track of time. Mr Gowrishankar followed him and entertained with his songs and hilarious comedies. It was really a memorable day for all. The lunch was sponsored by Mrs Jeeva Navarathinam in memory of her sister.

Thursday 28 - Mr Navaratnam Raguram gave a short speech about "Aadi Amavasai" which is a holy day for Hindus who fast on this day in remembrance of their late father. Following it Mr Fernando Rodrigo delivered a speech on the topic "My experiences in Saudi Arabia". He explained in detail about the culture and the surprising Muslim Marriage Traditions. The

audience enjoyed his presentation. It was thoughtful of him to add those personal observations on his experiences. Mr C. Sivasooriar sponsored the lunch in remembrance of his late father.

## **AUGUST**

Thursday 4 – ‘Isai Arangam’ - About 10 of our members sang their favourite songs and entertained the audience showcasing their inborn talents. Mr Shanmuganathan proposed the vote of thanks. Mrs B. Gananadha celebrated her birthday and sponsored the lunch for the day.

Thursday 11 - Mr. Fouad Antonius of Jesmond Aged Care delivered a presentation on "Home Care for Elderly". This was translated to Tamil by Ms Dalreen Samuel. Mr Antonius explained in detail about the different services provided by the Government to the aged and the recent changes to the regulation which empowers the end user. He also explained how Jesmond Aged Care delivers these services and how the Tamil Seniors could access those services through them. This was followed by lively discussion where the members brought out their own experiences and difficulties. This was clarified by Mr Antonius. Mr Elankeeran and Mr Logan who were present and helped to clarify the issues and concerns raised by the members. The speech and discussions and the question and answers were really informative and beneficial to the seniors. The Secretary Mr Elango delivered the vote of thanks. The lunch was sponsored by Jesmond Nursing Home.

## **5. Physical Exercise Classes**

Since 27.7.2020 physical exercise classes are being conducted on every Monday of the week via “Google Meet.”, under the able guidance of Mrs Sarojinidevi Nallanthuvan. From July 2022, the classes are being conducted every 1<sup>st</sup> Mondays and 3<sup>rd</sup> Mondays of the months. Our sincere gratitude to her and to Mr Panchadcharam who assisted her when needed. These exercises offer great benefits to our members to live a longer and healthier life.

## **6. Arts & Crafts**

No Arts & Crafts activities took place this year because of Covid restrictions.

## **7. Indoor & Outdoor Games**

Due to Covid restrictions no outdoor or indoor games competition could be organized this year. From 13/03/2022, the Bates Street Community Centre is open every Thursdays for those who were participating in indoor games and they are using it to play carom and bridge.

## **8. “Isai Arangam & Iyal Arangam**

Once a month members are afforded the opportunity to exhibit their singing skills as well as making speeches. Members are showing keen interest in participating in the Isai Arangam while there is not much of response with regard to making speeches in the Iyal Arangam programme.

## **9. Website**

TSCA’s website is actively managed by Mr. V.M. Thevarajan with the Weekly Journal, photos and video albums. This website serves to keep our members and the world to know about our activities and to know about their S.L Pensions. Many thanks to Mr Thevarajan for his great service, dedication and efforts.

## **10. Photographs**

Mr Kunaseelan takes photographs of the activities of our Association in our weekly meetings and these are being sent to all members who have email facilities by the secretary. Thank you Mr Kunaseelan for the excellent photographs.

## **11. Acknowledgements**

We would like to commend all those, especially our past presidents and other office bearers, who supported us in ensuring that the TSCA continues to be a strong and loud voice in our efforts to improve the quality of life for the seniors.

The Management Committee has great pleasure in gratefully acknowledging the enormous contributions made by our members in various ways enabling us to accomplish our tasks to the best of our ability. Sincere thanks to those who work unheralded.

- Mr. N.Murugesu for opening and closing the centre.
- Mr Logenthiran, Mr Santhirasekaram and Mr Murugesu for arranging the hall in the

mornings, stacking the chairs back in the afternoon and cleaning the hall.

- Mr Naguleswaran for purchasing the provisions, cups, plates, tidying up the membership register, member's directory etc.
- Mrs Padma Thangarajah, Mrs Kanagambikai Jeganathan, and Mrs Suwendrani Naguleswaran, Mrs Kamala Sivanandarajasingham, Mrs Saro Suntheralingam and Mrs Sarojini Nallanthuwan for assisting in the preparation of tea, arranging the lunch table and serving lunch.
- Mr Panchadcharam, Mr Santhirasegaram, Mr Logenthiran, Mr Thevarajan for organizing the audio and video systems.
- Dr Ganeshalingham for organising the singers for Isai Arangam and editing of the programme videos.
- Mr. Panchadcharam for arranging the weekly programmes and ably presiding the weekly meetings.
- Mr. Karunalayan and Mr Perumainar for assisting in transporting lunches from restaurants.
- Mr. Ratnakumar for organising lunches from Sydney Murugan Temple and liaising with Strathfield Council
- All the singers who sang cinema, and devotional songs.
- Mr. Sivathondan in helping to satisfy the reporting requirement of ACNC and acquittal of Strathfield Council grant and functioning as the Returning Officer.

We also express our thanks to:

- Strathfield Municipal Council for allowing us the use of the Community Centre Hall for our weekly gatherings at a concession rate of hire, the town hall for AGM, Airey Park for our annual outdoor game competitions and the office space for BENSOC, our affiliate.
- Members and their families who hosted lunch at our meetings.
- Editor of "Uravu" & Members' Directory Mr Thevarajan for doing the designing and print layout as well, thereby saving a considerable amount of dollars for the Association.
- A.T.B.C for making radio announcements about our activities.

- "abc Print Shop" for printing our News Bulletin "Uravu" and the Members' Directory.
- RAMS, and Sydney Murugan Temple for the catering.
- Our Honorary Auditor Mr. R.P. Nadarajan for his remarkable service.

### **Concluding Remarks**

Finally, the management committee wishes to acknowledge the great efforts and contribution of the outgoing President Mr Panchadcharam towards the smooth and skillful operation of the association during his tenure. His ability to organise lunch sponsorships is phenomenal. All of us at TSCA wish him well for the future.

Before becoming the secretary I had minimal exposure to the working of the TSCA. The guidance given to me by Mr Panchadcharam and Mr Thevarajan made it easy for me to settle down in my duties and responsibilities. As the secretary I wish to place on record the guidance and assistance given to me by both of them. My thanks to all the committee members for their cooperation.

On behalf of the Management Committee and on my own as the Secretary of the Association, I wish to record my appreciation and gratitude for the trust and confidence you have placed on us. We wish the Association and each and every one of the members a bright future in the coming years.

On behalf of the Management Committee

P. Elango  
Secretary, TSCA.

### **TSCA Annual subscriptions**

Our Financial Report for the current (2021-2022) year shows that a sum of \$4690 is due from the members as annual subscriptions. Hence, members are kindly requested to pay the dues before the AGM and give their continued co-operation.