

தமிழ் மூத்த பிரசைகள் சங்கம் (நி.ச.வே) பதிவு

‘உறவு’



‘URAVU’

News Letter



Tamil Senior Citizens' Association (NSW) Inc.

அச்சியர் : வீ.எம். தேவராஜன்

Editor : V.M. Thevarajan

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வருடாந்தப் பொதுக் கூட்ட அறிவித்தல்

Notice of Annual General Meeting

தமிழ் மூத்த பிரசைகள் சங்கத்தின் முப்பதாவது வருடாந்தப் பொதுக் கூட்டம் 2022ம் ஆண்டு செப்ரெம்பர் மாதம் 29ம் திகதி வியாழக்கிழமை, மு.ப. 9.30 மணியளவில் ஸ்ரத்த்பீல்ட், ஹோம்புஷ் வீதி, இலக்கம் 65ல் அமைந்துள்ள நகர சபை மண்டபத்தில் நடைபெறவுள்ளது.

Notice is hereby given that the thirtieth Annual General Meeting of the Tamil Senior Citizens' Association (NSW) Inc. will be held on Thursday 29th September 2022 at 9.30 a.m. at Strathfield Town Hall, No.65 Homebush Road, Strathfield, NSW 2135.

Business:

The business of the Annual General Meeting shall be as follows:

1. தலைவர் அறிக்கை.
2. 2021 வருடாந்த பொதுக் கூட்ட அறிக்கையினை உறுதிப்படுத்தல்
3. முகாமைத்துவக் குழுவின் வருடாந்த அறிக்கைகள் ஆய்வு. (2021/22)
4. கணக்காய்வு செய்யப்பட்ட நிதி அறிக்கைகளின் ஆய்வு (2021/22)
5. வருடாந்த அங்கத்துவச் சந்தா பற்றி மறு பரிசீலனை செய்தல்.
6. வேறு விடயங்கள் யாதாயினும்.
7. 2022/2023 ஆண்டுக்கான முகாமைத்துவக் குழு தேர்வு.
8. ஒழுக்காற்றுக் குழுவுக்கான அங்கத்தினர் தேர்வு.
9. தேர்தல் அலுவலர் ஒருவரை நியமித்தல்.
10. கணக்காய்வாளர் ஒருவரை நியமித்தல்.
11. கூட்டம் நிறைவு காணல்.

1. Message from the President.
2. To confirm the minutes of the AGM held in 2021.
3. To receive and consider the Annual Reports of the Committee of Management. (2021/22)
4. To receive and consider the Audited Annual Financial Statements. (2021/22)
5. To review the Annual Membership Subscriptions.
6. Any other business.
7. To elect the Committee of Management for the ensuing year 2022/2023.
8. To elect members of the Disciplinary Committee.
9. Appointment of a Returning Officer.
10. Appointment of an Auditor.
11. Close of business.

By order of the Management Committee.

P. Elango
Secretary,
Tamil Senior Citizens' Association

பொ. இளங்கோ
செயலாளர்,
தமிழ் மூத்த பிரசைகள் சங்கம்.

மண்டபத்துள் முகக்கவசம் அணிதல் அவசியம்
என்பதை தயவுசெய்து கவனத்தில் கொள்ளவும்

Please note that it is mandatory to wear a
face mask inside the hall.

MANAGEMENT COMMITTEE OF THE TAMIL SENIOR CITIZENS' ASSOCIATION – 2021/2022



Seated : Exec. Members : Mrs. K. Jeganathan, Mrs N.Yogarajah. Asst. Treasurer: Mr.A. Naguleswaran, President: Mr. P. Panchadcharam, Secretary : Mr. P. Elango, Asst. Secretary : Dr A. Ganeshalingam, Exec. Member : Mrs. P. Thangarajah
Standing : Messrs V. Santhirasegaram, S. Karunalayan, R. Shanmuganathan, S.Ponmailainathan
Inset : Vice President: Messrs K. Ratnakumar, Treasurer: N. Thuraisingham, Exec Memb. E. Xavier

2022- Board of Trustees of the Tamil Senior Citizens' Benevolent Society (NSW) Inc.



Seated: Messrs.: Dr R.K Pillay (TSCA Rep.), Mr N.S.Thiru (Treasurer) Mr Arumugam Perumynar (President), Mr S.Ketharanathan (Secretary), Mr N Thuraisingham (Asst.Treasurer).
Standing : Messrs. V. Santhirasegaram (Asst.Secretary, S. Logendran Asst. Treasurer, R. Ratnakumar (Asst. Secretary) == Inset : Mr. K. Kalvalai Seyon (TSCA Rep.)

Minutes of ANNUAL GENERAL MEETING 2021- 22 held on 9th December 2021

at Strathfield Town Hall, Homebush Rd., Strathfield.

The twenty ninth Annual General Meeting of the NSW Tamil Senior Citizens Association was held from 10.30 am on Thursday 09 September 2021 at Strathfield Town Hall, Strathfield. After ascertaining that the required quorum is present Mr. A. Sivathondan, President, declared that the meeting is open.

There were 100 members in attendance.

The meeting started with a rendition of the Australian National Anthem followed by 'Thamizh Mozhli Vazhlthu' by Mrs Vasugi Mahadevan and Mrs Vimala Vigneswaran. The Association Anthem was sung by Mrs Kanagambikai Jeganathan.

The names of 68 members who had passed away after the last Annual General Meeting were read out by the President, and a two minutes silence was observed in their memory.

PRESIDENT'S ADDRESS

The President in his address said that he had been connected to the Association from the year 2003 when he started as the Auditor and Returning Officer for both the Association and BENSOC. He said he created a record by continuously serving in these capacities till he became a member of Tamil seniors and Bensoc. He further said "I have continued as returning officer of Bensoc without a break. For the last 4 years I was serving as the President of this Association. It was a critical time when our Association was requested to pay 19,000 dollars per year as rent for the Bates Street Hall. I made representations to the Council in this issue and with the help and support of two Councillors I was able to get a discount of 95%. By this not only our Association got benefitted but also all the other similar organizations using this hall. This achievement of ours was appreciated by the MP for Strathfield, Hon Jodi McKay who caused our Association to be awarded a Certificate of appreciation for the services to the Community. I hope that we will be able to use this concession in the coming years too. After March 2020 we didn't have meetings in the Bates Street premises due to the pandemic but we started to have our meetings weekly via Google Meet. Earlier we were arranging speeches and special programmes only on the 4th Thursday of every month but we were able to arrange speeches and special programmes every Thursday, via Google Meet and the meetings were well attended and enjoyed by everyone during the lockdown. We were able to arrange speakers from Jaffna, USA and singer from Kerala, India.

Two of our members Mrs Swarnajothi Pararajasingham and Dr Vythilingam Sabaratnam had celebrated their 100th Birthday a week back and I interviewed both of them. The video clips of the interview will be shown to you during the course of this meeting.

I wish to thank all who supported me in different ways but I do not wish to name them as I may miss a name or two. Still I wish to mention two names, one is Secretary Thevarajan. I wish to thank him for all the work. We never had occasions to disagree. He agrees to my suggestions and I always agreed to what he suggested. This is how we worked. The other person whom I want to thank is my wife who is indisposed and not here now. I couldn't have done my duties as President satisfactorily if not for the support and encouragement given by her. Hence a big thank you to her."

Minutes of the Previous AGM

Next, the Minutes of the previous AGM held on 14th Sept. 2019 which was circulated with the Notice of AGM was taken as read. This was proposed as a correct record of the proceedings of the AGM by Mr Logenthiran and seconded by Mrs Pathma Thangarajah and was adopted.

Annual Report for the year 2019-20

The above Annual Report which was circulated with the notice of AGM was proposed as a correct record by Mr K. Thanga Raja and seconded by Mr K.S. Rajanayagam and was carried.

Annual Report for the year 2020-21

The Annual Report for the year 2020-21 which was also sent to the members with the notice of AGM was taken as read and was proposed by Mr Samy Pasupati and seconded by Mr S. Ponmailainathan as a correct record. It was unanimously adopted.

Financial Report for the year 2019-20

The Financial Report for the year 2019-20 which was circulated with the AGM Notice was proposed as a correct record by Mr Bala Thirunavukkarasu and was seconded by Mr S. Mylvaganam. It was unanimously adopted.

Financial Report for the year 2020-21

The above report which was sent to all members with the AGM Notice was taken as read. The report was unanimously adopted on being proposed by Mr T. Prabakaran and seconded by Mr M. Mahalingam.

Review of the Annual Subscriptions for Membership

Mr Ponmailainathan suggested that the present annual subscription of \$20 should continue and the audience unanimously accepted the suggestion. The President announced that the present subscription will continue.

Any other business

The video clip of the interview our President had with Mrs Swarnajothy Pararajasingham who celebrated her 100th Birthday in November, was played to the members present.

The video recording of the interview our President had with Dr Vythilingam Sabaratnam who celebrated his 100th Birthday on the 1st of December was also played to the audience.

The President said that some of our members have asked him whether it is possible to have the meetings on Saturdays instead of Thursdays. Now that our Constitution has been amended making the age of admission as members to be 50 years, they will not be able to attend our meetings on week days as they will still be in employment. Hence it will be an encouragement to young people to join our Association. Mr Prabakaran and Mr Santhiran expressed opinion against this suggestion. Mr Kalvalai Seyon expressed his opinion that when we accept the working people as members we must give them the opportunity of attending our meetings by changing it to Saturday. The President finally said that there are pluses and minuses and requested the new Committee to consider all this and take action on this matter. No decision was made on this issue.

The President continuing his speech said that there is a new building for Community Centre built by the Strathfield Council in Flemington. The Council promised to give the building for our use during last year but they were unable to give it as the Dept. of Elections was using it for work connected with the local govt. elections. The President requested the new committee to pursue action and explore the possibility of shifting to Flemington.

Mr Santhiran made a speech congratulating the President and the Committee for the excellent work done during the past four years despite the cruel pandemic.

Mr Ponmailainathan praised the President and the Committee for the marvellous job they have done. Mr Nicolas Rajanayagam too thanked the President and Secretary for the wonderful job they have done. Mr Logenthiran too spoke praising the services of the President and the publication of the Magazine.

Mr Santhiran spoke again and said : Mr Thevarajan is maintaining our Association website in a way really better than what he and Ramanathan had done. He said “ The News Bulletin too looks very beautiful but even you would have noticed the Sri Lanka Flag in the front page which is causing pain of mind to me. We are all Australians, but if he is putting the Sri Lankan Flag he should have included the Indian flag too as there are members who are Indians”. Then the Secretary said: We were born in Sri Lanka.” For that Mr Santhiran retorted “what about them, the Indians” Then Secretary said “majority are Sri Lankans”. Then he said “That is why Sinhalese are telling that they are the majority and wants us all to get out.”.

Following the above speeches the President invited the Returning Officer to announce the new members of the Management Committee for the year 2021/22.

ELECTION OF COMMITTEE OF MANAGEMENT

The Returning Officer took the chair and declared the results of the election for the Committee of Management for the year 2021/22 that took place on 25 November 2021, where all positions were elected uncontested:

Committee of Management – 25 November 2021			
Office	Nominee	Proposer	Seconder
President	Paramasamy PANCHADCHARAM	Karthigesu KARUNALAYAN	Kanagaratnam THANGA RAJA
Vice President	Karthigesu RATNAKUMAR	Subramaniam KARUNALAYAN	Mahalingam MOHANKUMAR
Secretary	Ponniah ELANGO	Kanagaratnam THANGA RAJA	Paramasamy PANCHADCHARAM
Treasurer	Nandapala THURASINGHAM	Arunasalam SIVATHONDAN	Neville Selliah THIRU
Asst. Secretary	Dr Arumugam GANESHALINGAM	Vettivelu Murugesu THEVARAJAN	Mrs Susee GANESHALINGAM
Asst. Treasurer	Arumugam NAGULESWARAN	Kanapathipillai KUNASEELAN	Mrs Chowthamini KUNASEELAN
Committee Member 1	Mahalingam MOHANKUMAR	Subramaniam KARUNALAYAN	Karthigesu RATNAKUMAR
Committee Member 2	Subramaniam PONMAILAINATHAN	Vettivelu Murugesu THEVARAJAN	Mrs Puvaneswary PONMAILAINATHAN
Committee Member 3	Subramaniam KARUNALAYAN	Karthigesu RATNAKUMAR	Mahalingam MOHANKUMAR
Committee Member 4	Mrs Nightingale YOGARAJAH	Subramaniam KARUNALAYAN	Mrs Gunapackiam KARUNALAYAN
Committee Member 5	Vallipuram SANTHIRASEGARAM	Subramaniam KARUNALAYAN	Paramasamy PANCHADCHARAM
Committee Member 6	Elmo XAVIER	Subramaniam KARUNALAYAN	Mrs Gunapackiam KARUNALAYAN
Committee Member 7	Mrs Kanagambikai JEGANATHAN	Paramasamy PANCHADCHARAM	Subramaniam KARUNALAYAN
Committee Member 8	Rajaratnam SHANMUGANATHAN	Paramasamy PANCHADCHARAM	Mrs Kalaivani PANCHADCHARAM

The rest of the meeting proceeded with Mr P. Panchadcharam on the chair. He called for nomination of members to the Disciplinary Committee. The following were nominated and elected unanimously:

Name of DC member	Name of Proposer	Name of Seconder
1. Mr Shiva Pasupati	Mr S. Logenthiran	Mr A. Sivathondan
2. Mr N.C. Rajanayagam	Mr. S. Logenthiran	Mr S. Ponmailainathan
3. Mr S. Suntheralingam	Mr A. Sivathondan	Mr S. Logenthiran
4. Mr G. Santhiran	Mr S. Logenthiran	Mr N. Thuraisingham

APPOINTMENT OF RETURNING OFFICER

Mr A. Sivathondan was proposed to serve as Returning Officer for the year 2021-22 by Mr N. Murugesu and seconded by Mr N.C. Rajanayagam. In the absence of any other names Mr A. Sivathondan was declared appointed.

APPOINTMENT OF HONORARY AUDITOR

Mr R.P. Nadarajan was proposed as Honorary Auditor by Mr A. Sivathondan and seconded by Mr V M Thevarajan. In the absence of any other names Mr R.P. Nadarajan was declared appointed.

Finally the President Mr Panchadcharam addressed the members and thanked them for placing confidence in him and electing him unanimously as the President. He assured that he will endeavour to his best to uplift and work for the betterment of the Association. He sought the support and cooperation of all the members in all the activities of the Association.

Following it the President declared the meeting closed at 12.20 pm and the members were served with sumptuous lunch.

V.M. Thevarajan
Secretary, TSCA (2019/21)

TSCA INDOOR GAMES COMPETITION 2022/23

Games shall be played in Bates Street Strathfield Community Centre. A member may participate in **maximum of three** of the undermentioned games:

Games shall be played on Thursdays as scheduled in the community Centre commencing at 10.00AM or earlier with the prior arrangement with the competitor/s concerned and the Organising Committee. Walkover will be conceded if any player does report at 10.15AM

1. Bridge -Contract Open
2. Carrom -Doubles Men
3. Carrom – Doubles Women
4. Carrom -Singles Men
5. Carrom – singles Women
6. Chess – Open
7. Draughts – Open
8. Rummy 'o' Board Game – Open
9. Scrabble – Open
10. Table Tennis Singles
11. Table Tennis Doubles

Preliminary games could be played off at any venue before the scheduled date with prior notification to the Organising Committee. Semi-finals and finals shall be played at the community centre. **Some games will be played in the afternoons, if the hall is used for other activities of the Association in the morning.**

Members who wish to participate in the games are requested to give their names and name of the games to:

Mr S Karunakaran: Chairman of Games email: karulayan@optusnet.com.au or

Mr P Elango : Secretary email ponniah.elango@gmail.com

Entries close at 12.15PM on 29 September 2022 and Games commences on 13 October 2022.

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 9th 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 26th August 2021. This edition of Uravu (2022) covers the activities from 27th August 2021 to 15th 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.Gnanasampanthan 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 Ninaiththaal Vaalalaam" (வாழ 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 "Uyirizhai" ("உயிரிழை") Organisation which is operating in Vanni looking after those who suffered spinal injuries. Finally our monthly "Isai Ārangam" 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 1st Mondays and 3rd 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.



**NOMINATION TO THE COMMITTEE OF MANAGEMENT OF THE
TAMIL SENIOR CITIZENS' ASSOCIATION (NSW) Inc. FOR THE YEAR 2022/23**

Nominations close at 12.00 Noon on Thursday, 15th September 2022.

(TO BE FILLED IN BLOCK CAPITALS)

PROPOSER

I,(Memb. No.....) propose the
name ofto the position of
.....for the year 2022/2023.

.....
Signature and date

SECONDER

I, (Memb. No.....) second the
nomination ofto the position of
.....for the year 2022/2023.

.....
Signature and date

CONSENT

I,(Memb. No.....) consent to
my nomination to the position offor the year 2022/2023.

.....
Signature and date

You may cut here ✂-----

Relevant extracts of the Constitution of the Tamil Senior Citizens' Association (NSW) Inc.

8.1 The Committee of Management shall consist of the following 14 members who have been members of the Association for not less than 12 months:-

(a) President (b) Vice President (c) Secretary (d) Assistant Secretary (e) Treasurer

(f) Asst. Treasurer and (g) Eight (8) Executive members.

5.2 The annual membership fee for the current financial year shall be due on 1st July of that year and become payable not later than the last Thursday preceding the date of Annual General Meeting, provided the right to vote at the Annual General Meeting or to nominate or be nominated for membership to the Committee shall not be before the payment of the annual membership fees.

8.3 A member can be nominated for only one post. If multiple nominations are received for the same member, all such nominations will be declared null and void.

8.5 Nominations duly proposed and seconded by two eligible members, with the signed consent of nominee, should reach the Returning Officer at least ten (10) days before the Annual General Meeting. (ie. by 15th Sept. 2022. Nominations will close at 12.00 Noon on Thursday, 15th Sept. 2022. Our office in the Community Centre 1 B Bates Street, Homebush will be open from 10.00 a.m. to 12.00 Noon on this day to facilitate members to hand in Nomination Papers.

24.2 All nominations for the posts of office bearers will be made on appropriate forms and sent in sealed envelopes addressed to the Returning Officer at the official address of the Association.

The Returning Officer's Address :- The Returning Officer,
P.O.Box 2127,
Homebush West, NSW 2140



GUIDELINES FOR ELECTION PROCEDURES OF THE MANAGEMENT COMMITTEE 2022 / 2023

Nomination papers for election of the Management Committee are attached. Nominations close at 12 Noon on Thursday 15th September 2022. Our office in the Community Centre, 1 B Bates Street, Homebush will be open from 9.00 a.m to 12 Noon on this day to facilitate members to hand in Nomination Papers.

1. Only members who have paid up their annual subscriptions up to date including the subscriptions for the current year July 2022 to June 2023, have the right to vote and participate at the General Meeting. Persons who have not paid their due membership fees will not be eligible to attend the AGM or to nominate or to be nominated for membership to the Management Committee.
2. The Returning Officer will open the Nomination Papers at 12 Noon on Thursday, 15th September 2022 in the Bates Street Community Centre and announce the names of the candidates standing for election. Members are welcome to attend this.
3. Only one set of ballot papers will be issued by the Returning Officer when members enter the voting area after their names are marked off on the list of members.
4. The Returning Officer may (if necessary) request some form of acceptable identification to check the names before the issue of ballot papers.
5. Ballot paper of different colours will be issued for the different set of office bearers (President, Vice President, Secretary, Asst. Secretary, Treasurer, Asst. Treasurer, and Executive Members).
6. Members can either place a cross or a tick against the nominees they want to cast their vote for.
7. In the case of voting for the President, Vice President, Secretary, Asst. Secretary, Treasurer, Asst. Treasurer, please vote for one nominee only. In the case of voting for Executive Members please vote for any eight nominees of your choice, however, if you vote for less than eight it will be counted as votes for the respective nominees. But, if you vote for more than the number of vacancies available, the Returning Officer will reject the ballot.
8. Counting may continue while the election is still in progress but no interim results or trend analysis will be available to any person.
9. The Returning Officer may provide assistance to any member who is having difficulty in reading the ballot paper or requires physical assistance with regard to the casting of votes.
10. The Returning Officer's decision shall be final with regard to the conduct of the election of the Management Committee.
11. Members will be sent in for voting in accordance with the numbers of their lunch tickets. Please co-operate by complying with the numbers as announced.

Please help us to conduct the elections in an orderly manner.

All members are invited to attend the meeting and lend your support to your Management Committee. All members who enter the hall and register, will be provided with a free copy of the Directory of Members.



“ ப்ரைவெச் ” (PRIVACY)

வயதான பிறகு கணவன் மனைவிக்கு ப்ரைவெசி தேவைப்படாதா? உண்மையில் வயதான பிறகுதான் பெரும்பாலான ஆண்கள் மனைவியைப் புரிந்துகொள்ளத் துவங்குகிறார்கள். மனைவியின் சின்ன சின்ன விருப்பு வெறுப்புகள் அவர்கள் கண்களில் படுகின்றன. எது செய்தாலும் மனைவியின் செளகரியத்தையும் கணக்கில் எடுக்கவேண்டும் என்று தோன்றுவதே வயதான பிறகுதான். அதற்கு முன் வரை எப்படியிருந்தாலும் சமாளித்துக்கொள்வாள் அவளுக்கெதற்கு preference கொடுக்கவேண்டும் என்ற எண்ணம் (சிலருக்கு) ஓடும். மனைவியை ஆண்கள் காதலிக்கத் துவங்குவதே ஐம்பது வயதிற்கு மேல்தான். மனைவியின் உடல் வனப்பு மறைந்து அன்பும் அக்கறையும் கண்ணில் படும் வயது அது. கணவருக்கு வெல்லச்சீடை பிடிக்குமென்று கூட ஒன்றை இலையில் போடும்போதோ, எடுத்து வைத்துக் கொடுத்தாலோ, கிழங்களுக்கு இந்த வயசிலும் ரொமான்ஸ் பாரேன் என்று காதுபடப் பேசாத இளையோர் அமையவேண்டும். எங்கேயாவது மனைவிக்குப் பிடித்த தின்பண்டங்களைப் பார்த்தால் வாங்கிக்கொண்டு வந்து அதை பகிரங்கமாகக் கொடுக்கமுடியாமல் திணறும் ஆண்கள் பலர். நேரடியாகக் கொடுக்க ஈகோ இடம் தராது. மற்றொரு விஷயம், சிறு வயதில் முகத்திற்கு நேராகப் பல விஷயங்கள் பேசியபோதும் அமைதியாகக் கேட்டுக்கொண்ட அதே பெண்ணில்லை அவள். பெண்களுக்கு ஆண்களை விட மனோ பலமும், குடும்ப விஷயத்தில் அனுபவமும் அதிகம். எனவே, இப்போது கன்னா பின்னாவென்று பேசினால் திருப்பிக் கேட்டுவிடுவாளோ என்று ஒரு தயக்கம்.

அப்பா அம்மா ரும்தானே என்று பெற்ற மகனோ மகளோ கதவைத் தட்டாமல் அவர்களது தனியறையில் நுழைவது அவர்களுக்கு சங்கடம் தரும். தனியறை இல்லாவிட்டாலும் கூட அவர்கள் இருவரின் உரையாடலை கவனிப்பதையும், அதில் குறுக்கே நுழைந்து பதில் சொல்வதையும் பெரும்பாலும் அவர்கள் விரும்புவதில்லை. 60 வயது வரை மனைவியை வீட்டில் விட்டுவிட்டு அலுவலக வேலை என்று ஊர் ஊராகச் சுற்றிவிட்டு, வயதானபின் ஒருநாள் கூட மனைவியைப் பிரிய முடியாமல் தவிக்கும் பல பெரியவர்கள் உண்டு. காமம், மற்றும் உடல் சார்ந்த விஷயங்களுக்காகத்தான் ப்ரைவெசி என்றல்ல. அன்பையும் காதலையும் பரிமாறிக்கொள்ள பெரியவர்களுக்கு ப்ரைவெசி தேவைப்படுகிறது. அதை மதிக்கும் இளைய தலைமுறை அமைந்தால் அது வரமாகும்.

பெண்

ஒரு பெண்ணின் வாழ்க்கை நன்றாக அமைவது முதல் பாகம் பெற்றோரைப் பொறுத்தும், இரண்டாம் பாகம் கணவரைப் பொறுத்தும், மூன்றாம் பாகம் பிள்ளைகளைப் பொறுத்தும் அமைகிறது. ஏனென்றால் அவள் அவளுக்காக வாழ்வதேயில்லை

Our Members at the A.G.M. - 2021



Members at our Weekly Meetings



If undeliverable return to :-

Tamil Senior Citizen's Association NSW Inc.,

P.O.Box 2127,

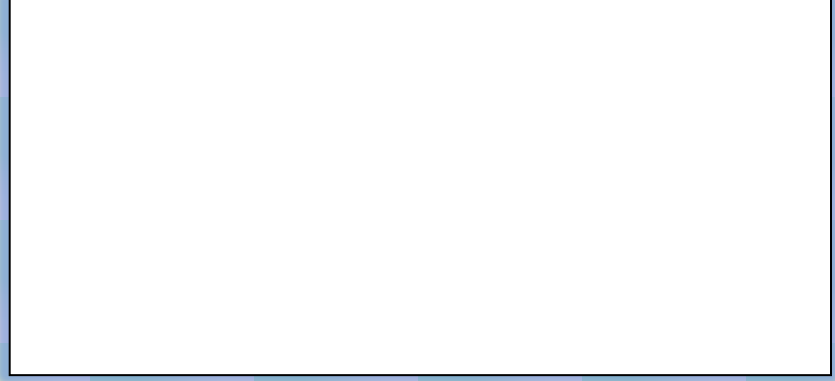
HOME BUSH WEST, NSW 2140



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அன்பு உறவுகளே !

உங்கள் நண்பர்களையும், சொந்தங்களையும் எமது சங்கத்தில் இணைந்து கொண்டு தாமும் பயன் பெற்று, அதே நேரம் சக உறுப்பினர்க்கும் உதவிட ஊக்குவிக்குமாறு வேண்டுகிறோம். மேலும் விபரங்களையும், விண்ணப்ப படிவத்தையும் எமது இணைய தளமான tamilseniors.org.au இன் ஊடாக பெற்றுக் கொள்ளலாம்.

Dear friends,

Please encourage your friends and relatives to join our Association and get benefitted while helping others. For further details and Membership Application Form, please visit our website tamilseniors.org.au