



ELDERS' VOICE

April 2026

Editor: Dr P I John

**News Bulletin of The Senior Citizens' Forum, Kottayam.
For private circulation only**

From the President's Desk

Dear Esteemed Members,

It is with deep gratitude and humility that I write this message as the newly elected President of our Senior Citizens Forum. I sincerely thank each one of you for the trust and confidence you have placed in me. This responsibility is not merely a position of honour, but a commitment to serve, to listen, and to work together for the welfare and enrichment of all our members.

Our forum is more than just an association; it is a family bound by shared experiences, wisdom, and mutual respect. Each member brings a lifetime of knowledge, values, and contributions that continue to inspire younger generations and strengthen our community. I firmly believe that age is not a limitation but a powerful asset —

a stage of life filled with insight, resilience, and meaningful engagement.

As we move forward, our focus will be on:

- Promoting active and healthy ageing
- Encouraging social interaction and companionship
- Organizing informative and cultural programs
- Supporting members in times of need
- Strengthening our bond with the wider community.

I also look forward to introducing new initiatives that enhance participation and ensure that every voice is heard. Your suggestions, guidance, and involvement will be vital in shaping the path ahead. Let us continue to make this forum a vibrant space where friendships flourish and experiences are celebrated.



Together, with unity and cooperation, we can build a supportive environment that upholds dignity, respect, and joy in this meaningful phase of life.

Let us step forward with optimism, enthusiasm, and a renewed spirit of togetherness.

With warm regards and best wishes to all,

Kochurani Mathew

President, SCF

JAI SENIOR CITIZENS' FORUM !!



Message from Mrs India 2025

Elders' Voice Feb 2026

It is with immense pleasure and joy I want to mention that the experience my husband and I had with the senior citizen's forum was so heart warming and inspiring. It was awesome to see the real vibe in those seniors. Really I don't want to call them seniors. They are the youths enjoying their golden years. Seeing the 95 year old appacha

driving and actively participating in the gathering, gives me inspiration to look forward. This is the way people should look forward for enjoying their golden years. What I felt was that we sustain vitality by being a member and showing up for such gatherings. Thank you for inviting us. God bless all your endeavors.

Editor's Take:

Writing for the Elders' Voice

I am writing this to you as the new Editor of the Elders' Voice, our newsletter.

I have been doing the layout of the Newsletter, both the print and mobile version for the past few years. The mobile version was my innovation, realizing that a large number of readers would prefer the convenience of reading the newsletter on their mobile.

While doing the layout, I could not but realize that very few of our members contribute to the newsletter. This is unfortunate,

since one of the functions of the newsletter is to consolidate our fellowship. Writing in the newsletter is an important channel for communicating with your friends.

It need not be a serious article. It can be about something that you are passionate about, an insight you got, about an incident in your life, about a friend, about your children. A couple of hundred words is enough. You can scribble it on a piece of paper and send it to me. You can scribble something on a piece of paper and send it to me, I shall manage the rest. You can write in Malayalam or English.

As the new editor, I implore all of you to consider writing something for the newsletter.



Omana Abraham's tribute to Smt Annamma Alex in this issue is an example. However, you need not wait for your friends to die before writing about them.

I fervently hope for a flowering of the Elders' Voice authorship!!

We have a guest contribution - a poem - by Dr.Mathew Joys, the consort of our recent chief guest.

P I John



Scenes from the General Body meeting

1. Dr Markose Arackal adorning the President with the collar
2. Smt Pushpa Mathew summarising decisions on the social welfare fund
3. P I Mani in reminiscence
4. Lizzy Kunnath offering the prayer
5. Shri A M Mathew offering the vote of thanks

Seen in Sassy!

Cat's Claw Creeper (Dolichandra unguis-cati, outside Prof Sivashankara Pillai and Dr Santhakumari's Home. Currently listed as a Category I invasive plant





Remembering Annamma Alex, Venkadathu

Omana Abraham

എനിക്ക് മിസ്സിസ് ഓമന അലക്സുമായി പരിചയമാവുന്നത് SCF വഴിയാണ് . അപൂർവ്വം



ചില മീറ്റിങ്ങുകളിൽ ഞങ്ങൾ കണ്ടു മുട്ടാറുണ്ടായിരുന്നു. പിന്നീട് എച്ച് ഐ വി എയ്ഡ്സ് ബാധിതർക്ക് വേണ്ടി കുമാരനെല്ലൂരിൽ പ്രവർത്തിച്ചുവന്നിരുന്ന CASS എന്ന് ചാരിറ്റബിൾ സൊസൈറ്റിയുടെ പ്രവർത്തനത്തിലൂടെ ഞങ്ങളുടെ ബന്ധം കൂടുതൽ ദൃഢം ആയി . സൊസൈറ്റിയുടെ വൈസ് ചെയർ പേഴ്സൺ ഓമനയും ട്രഷറർ ഞാനും ആയിരുന്നു . കൊച്ചിൻ സ്റ്റോക്ക് എക്സ്ചേഞ്ചിന്റെ പ്രസിഡന്റ് ആയി പ്രവർത്തിച്ചിരുന്ന ഞാൻ

ഏറെ സന്തോഷത്തോടെയാണ് ഓമനയുമായി CASS ന്റെ പ്രവർത്തനങ്ങളിൽ സഹകരിച്ചിരുന്നത് . ദുരിതവും അവശതയും അനുഭവിച്ചിരുന്ന നിരലംബരായ എയ്ഡ്സ് രോഗികളോട് ഓമന കാണിച്ചിരുന്ന സഹാനുഭൂതിയും അവർക്കുവേണ്ടി മറ്റുള്ളവരോട് സഹായം അഭ്യർത്ഥിക്കുന്നു രീതിയും കണ്ടുപഠിക്കേണ്ടതെന്നായിരുന്നു . യാതൊരു ലാഭേച്ഛയും പ്രതീക്ഷിക്കാതെ അപരർക്ക് വേണ്ടി പ്രവർത്തിക്കുന്ന രീതി എല്ലാവർക്കും ഒരു മാതൃക ആയിരുന്നു ഞങ്ങൾ ഒരുമിച്ച് അനേകം ആളുകളെ CASS ന്റെ പ്രവർത്തനങ്ങളിൽ സഹകരിപ്പിക്കുവാൻ ശ്രമിച്ചിട്ടുണ്ട് ഓമനയുടെ പരിശ്രമത്തിന്റെ ഫലമായി ധാരാളം പ്രോജക്റ്റുകൾ രോഗികൾക്ക് വേണ്ടി ലഭ്യമാക്കാൻ സാധിച്ചു തന്റെ ചുറ്റുമുള്ള സാധുക്കളായ ആളുകളുടെ ജീവിത നിലവാരം മെച്ചപ്പെടുത്തുന്നതിന് വേണ്ടി വളരെയധികം സാമ്പത്തിക സഹായം നൽകുകയും അവരെ വിവിധങ്ങളായ തൊഴിലുകൾ പഠിപ്പിച്ചു ഉപജീവന മാർഗങ്ങൾ കണ്ടെത്തി കൊടുക്കുകയും ചെയ്തിട്ടുള്ള ഒരു മഹനീയ വ്യക്തി ആയിരുന്നു ഓമന . നല്ല ഒരു ഭാര്യ, കുട്ടികൾക്ക് നല്ല ഒരു അമ്മ, കൊച്ചു മക്കൾക്ക് നല്ലൊരു വലയമ്മച്ചി, നല്ലൊരു സുഹൃത്ത് ,പാവപ്പെട്ടവർക്ക് ഒരു ആശ്രയം അതായിരുന്നു ഞാൻ മനസ്സിലാക്കിയ ഓമന

The Charity Fund

The Charity Fund Committee had met and presented their proposals to the General Body during the meeting on 13th March. The fund had been set up in 2024 and members had contributed for the Wayanad tragedy at that time. There was no further activity in the fund until there was a proposal recently to construct a house for a poor widow and her family, for which a minimum amount of Rs 5 lacs would be required. Some members did contribute but we couldn't achieve the target amount. Hence the committee decided to wind up the fund and distribute the available Rs 1.9 lacs to some deserving individuals or organisations decided by the General Body for which there would be a formal function organised.



Pushpa Annie Mathew

Secretary's Corner

As we bid farewell to another year, we're grateful for your unwavering support and cooperation that made our Senior Citizens Forum thrive. We pay our respects to the five members who left for their heavenly abode this year.



P. C. John - George Varghese - Prof. John Joseph - Laly Mathew Puliken - Annamma Alex

Rest In Peace dear members. We cherish the moments we shared friendship. Let us strengthen the Forum by welcoming new members and creating a vibrant community together. Congratulations to Mrs. Kochurani Mathew and team on their new roles - we're excited for the journey ahead!
Saleema Joseph

Office Bearers 2026-27

President :Mrs. Kochurani Mathew

Vice president :Ms. Saleema Joseph

Secretary :Mr Joseph Mathew

Joint secretary :Prof. K. M. Varghese

Treasurer :Mr. V. G. Shyam

Editor :Dr. P. I. John

Governing Board members

Dr. Sivasankara Pillai - Prof. Dr. N. C. Santhakumari

Mr. John Kunnathu - Mr. Jiji Thomas

Mr. P. I. Mani (Ex officio)

Special invitees

Dr. Mathew Parackal - Mr. A. M. Mathew

Prof. P. C. Varghese - Mrs. Omana Abraham

Dr. Joseph Cherian - Mr. K. K. Mathew

Mr. M. Gopinathan - Mrs. Dhanya Gopinathan

Prof. Babu Joseph - Mrs. Pushpa Annie Mathew

Mr. M. Manoharan - Mr. Bhasi Ipe

Forum Photographer

Mrs Minnu John



Scenes at the 27th March Meeting

1. Smt Daisy Cherian introducing the Chief Guest 2. Prof P C Varghese and Mrs Leelamma Varghese receiving the prize for largest attendance 3. Shri Bhasi Ipe gets a price for maximum attendance 4 &5. The Chief Guest with the new President 6. Prof Babu Joseph's comments 7. Prof K M Varghese swearing in the President Mrs Rani Mathew 8. Felicitations to Shri P I Mani 9. Governing Council members swearing in



Chant Over the Ashes

Woe to the builders of fire.
 Woe to the keepers of thunder.
 Woe to those who speak peace
 with fire in their mouths.
 You said, The sun will not set.
 The sun sets. It sets in embers.
 It sets behind broken walls.
 It sets on names no one calls
 anymore.
 The sky remembers.
 The rivers remember.
 Tigris remembers.
 Euphrates remembers.
 They carried cradles.

Now they carry grief.
 You planted iron in the furrows.
 You watered it with fear.
 Hatred rose obediently.
 Children learned its alphabet.
 You blessed the sword.
 You perfumed the chain.
 You called ruin salvation.
 Justice stood waiting—
 you darkened her eyes.
 Time wore a garment—you tore
 it.
 When thirst split the tongue,
 when a child whispered “water,”
 when a mother lifted dust
 instead of bread—fire answered.
 steel answered.
 silence answered.
 Look. Dust. Stone.
 A doll without arms.
 A door without a house.
 A lullaby without a tone
 anymore.
 Listen. Beneath the rubble—
 hands. Searching. Bleeding.
 Refusing.
 One pulse. One breath.
 One small ember saying no to
 the dark.

Tell us—What did you win?
 What did you secure?
 What crown is fashioned from
 ash?
 Count your triumphs in coffins.
 Measure your glory in echoes.
 When memory stands like a
 judge,
 when the smoke of the small
 slain rises,
 when history speaks without
 trembling—
 Will your heart crack?
 Will your eyes rain?
 Or will the innocent
 continue to rise like offerings—
 brief flames consumed for
 power?
 Until swords fall silent.
 Until fire forgets obedience.
 Until mercy is learned.

Dr. Mathew Joys is the Vice
 Chairman of Indo American
 Press Club and Global Media
 chairman of Global Indian
 Council- an accredited journalist
 and columnist in English and
 Malayalam publications.



1. The Birth day celebrants of March 2. Shri Prem Prakash rendering a beautiful Hindi song

Happy Wedding Anniversary

April 2026

Bhasi Ipe and Molly Ipe 54th
George Philip and Jolly 48th
Joseph Cherian and Maya 51st

Happy Birthday

April Birthdays

3rd - Jacob George
5th - P J Issacs
9th - George Mathew
13th - Soosy Isaac
14th - Rev Dr Koshy Mathews
7th - M Manoharan
23rd - VG Shyam
26th - Simon K Poulose



Meeting on 27th March.

1. Nancy Abraham delivering a remembrance song
2. Members who passed in 2025-26
3. The chief guest Prof Sosan George speaking
4. Mrs Saleema Joseph receiving the award for the most efficient secretary
5. Mrs Santhakumari being honoured
6. The new Editor being sworn in
7. Shri V G Shyam presenting shri Mani with a portrait

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