



SEPTEMBER
2022

ELDERS' VOICE

FOR PRIVATE CIRCULATION ONLY

News Bulletin of
Senior Citizens' Forum Kottayam

Editor
Pushpa Mathew

President's Message

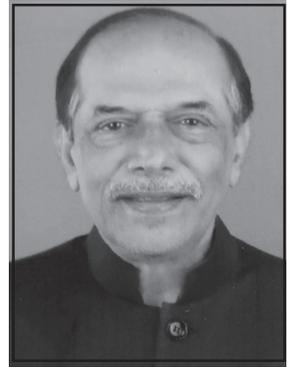
Dr. Joseph Cherian

Come September, and we have the promise of Onam. It commemorates the annual return of the mythical King Mahabali, celebrates the end of the rainy days of the monsoon season, and welcomes the harvest. The Senior Citizens' Forum is drawing up great plans to celebrate the festival for the members' enjoyment on 17th Sept at a farm house near Pala.

Come September is also the 61st year of the eponymous song sung by Bobby Darin in the movie of the same name, which stars Rock Hudson and Gina Lollobrigida. This is a hilarious and romantic story of a successful New York businessman (Rock Hudson) visiting his Italian villa to relax and romance with his girlfriend (Gina Lollobrigida). Gina is deeply in love with Rock Hudson and fervently hopes that he will propose marriage to her. Her wish comes true in the end after many unexpected developments, making the movie fun to watch. Those who are sentimental about old movies can watch this on the Amazon Prime Channel.

In a musical vein, the great singer Freddie Mercury, a Zanzibar-born British rock singer and songwriter, was born on September 5, 1946-75 years ago. Freddie, known initially as Ferrokh Bulsara, had Parsi parents who had emigrated from India to Zanzibar. His father was employed by the British government. Impressed by the strong, blues-based style of rock performances by the likes of Jimi Hendrix, Bulsara began his musical life with groups

in London. He befriended guitarist Brian May and drummer Roger Taylor, who had a band named "Smile", and in 1970, when Smile's lead singer left the band, Bulsara took his place. He renamed the group as "Queen" and changed his own name to Freddie Mercury. His time with Queen was the basis of the film "Bohemian Rhapsody".



September 8, the day of Onam, is also a memorable day in world history. Three months after invading Russia in June, German troops set siege to Leningrad-Russia's former capital which was a key objective in Hitler's advance toward Moscow on September 8, 1941. By November, largely surrounded by Germans and Finnish allies, the city's more than two million residents were cut off from food, coal and oil supply lines. The siege ended with the Soviet Army's advance in January 1944. So, it is ironic that present-day Russia has laid a siege on the cities of Ukraine, forgetting the tragedy they themselves had to bear.

We have started making up the lost membership in the Senior Citizens' Forum. In a Governing Board meeting which took place last week, we approved the applications of a few members. This process has to continue until we raise the membership level to our past numbers. I urge each of you to pledge that you would bring in at least one new member.



Induction of 4 new members



Prof. Babu Joseph addressing the gathering

<https://www.seniorcitizensktm.net/>

<http://www.scfktm.com/>

Editor's Musings

Pushpa Mathew

Hello Everyone,

ONAM is here and it is time for celebration – new clothes (Onnakodi), cultural programmes, (Pookkalam, Thiruvathiraetc.) and of course the mouth-watering “Ona Sadya”. After 2 years of restrictions due to the pandemic, everyone is looking forward to celebrate this year with exuberance and gay abandon.

This year the Senior Citizens Forum proposes to celebrate Onam on 17th Sept at a farm house on the outskirts of Pala. The house is spacious and located in a picturesque spot surrounded by an array of different fruit trees. The hosts are experts in making honey, dry fruits, fruit juices, wines and “Idi Irachi”. The hostess will answer queries regarding the preparation and preservation of various items available at their centre. A full blown sadya will be served as well. All members are requested to participate in the Onam celebrations and give your names **latest by 10th Sept** to the Secretary or on our WhatsApp page, so that arrangements can be made accordingly.

At our meeting on the 12th August, our member, Prof Babu Joseph spoke on the topic “If I were to be the Chief Minister of Kerala for one year”. He put forth a multitude of proposals and suggestions. Since it was a topic of interest for all members, there was an active discussion with numerous queries and suggestions. A detailed summary of the talk has been given in this issue.

On 26th August, Pushpa Annie Mathew took oath as the Editor of our monthly newsletter, “Elders’ Voice” and Prof Santhakumari took oath as the Asstt Editor of the same.

Four new members too were inducted into the Forum by administering them the oath by the President, Dr Joseph Cherian:

1. Mr Chackochen Manalel
2. Mrs Indira Krishnankutty

3. Mrs. Lily George
 4. Mrs. Kochashima Thomas
- We welcome the new members and look forward to their regular and active participation in all activities of the Forum.



The guest speaker of the day was Adv. Binoy Jose. As President of the Service Co-operative Bank at Kannamala near Erumeli, he noticed that the local farmers were not getting adequate remuneration for their rubber cultivation. So he persuaded them to cultivate “kaanthari” alongside their rubber and assured them a minimum support price of Rs 250/- Every Tuesday the “kaanthari” would be collected and the farmers’ bank accounts credited with the money. The farmers were thus able to get a regular income and the bank, in turn would contact bulk buyers and exporters to sell the produce. Encouraged by the success in “kaanthari”, he forayed into marketing other produce like vegetables, ginger, turmeric and honey as well as meat and fish. Thus the villagers were able to generate a variety of products, which the bank would market for them and give them a secure living with regular income.

As mentioned earlier, in this issue we carry a summarized version of the talk on 12th August, written by Prof Babu Joseph himself. Do read his suggestions and proposals for making Kerala truly “God’s own country”

We also have an article by Mrs. Minnu John on practicing Feng Shui, a Chinese craft on how to organize a home to create harmony and balance.

For the information of all members, our Secretary, Mr. Simon Poulouse has enumerated the salient points that were discussed at the Governing Body meeting held on 17th August. This too appears in this issue.

Looking forward to seeing you all at our Onam get together on 17th Sept. **Don’t forget to give your names before 10th Sept.**



MINUTES OF THE GOVERNING BODY MEETING – 17.08.2022

Simon K Poulouse

A meeting of the Governing Body was held on 17/08/22. Ten members attended the meeting.

1. It was decided to admit 7 new members.
2. It was decided to buy and give a basic mobile phone to Mr. Perumal, who helps in setting up the chairs, banner etc. for our meetings. Dr P I John volunteered to bear the cost.

3. It was decided to continue the SCF website. It shall be operated by Dr P I John. The cost shall be met from the SCF fund.
4. Onam celebrations will be held on 17/09/22. Several sites were discussed. Details will be informed #
5. It was decided by the majority to have no more corporate talks. The only dissent was from Mr.P I Mani.

(Cont. to Page No. 4)

PRACTISING FENG SHUI

Minnu John



Even as a child, I was very fond of prettifying the rooms in our house and keeping everything neat and perfect. After my marriage, we had to live in rented houses for many years and I continued the practice of keeping everything spick and span. My dreams of putting my principles into practice arrived when we built a home in a suburb of Ahmedabad called Bopal.

My husband wrote about the house: "We converted the piece of barren land into a lush green forest: perhaps to remind us of the emerald-green Kerala. We planted Korean grass and made a contoured lawn slopping away from the house. With time, trees grew, the barren earth bloomed into a garden and the speckled sunlight played on the verdant lawn. Flowers nodded to the passing wind and the house slowly turned into a home".

By this time, I had become a firm believer in the Chinese craft of Feng Shui. I learnt this from the book "Feng Shui - 80 Golden Ways to Goodluck" by Nitin and Seema Parakh. The literal meaning of Feng shui is "the way of wind and water". Feng shui is to do with how space within a room is organised to create harmony and balance. This organisation is meant to bring positive energy inside your home. This makes your life feel both energised and balanced.

In feng shui, your entrance area is the path through which energy enters your home. In our home in Bopal, the architect had built a wall near the entrance. On my insistence, the top half of the wall was removed, opening it up. When we came to Kottayam and purchased an apartment, I again

faced the problem of a blocking wall. Fortunately, we had a large painting which showed a landscape opening into distant hills and meadows, which I hang on the wall as a remedy.

Those who practice Feng shui enhance the energy of a space by using the five elements (earth, metal, water, wood, and fire). These elements interact with each other and enhance the effects mutually. A colour characteristic of the element can simulate it. Each element has its characteristic colours that can be brought through the decor. For example, fire represents fame, inspiration, and how well we are known. It's also related to our passions and emotions. Fire is appropriate to the South corner. To simulate fire through colour, reds and fiery oranges are good choices. Add a red chair or a table draped in yellow cover.

As you move through the rooms in your house, you should not encounter hindrances. This may need some effort in arranging the furniture. Feng shui favours efficiency, and so it's essential to clear your path of obstacles and make your flow as free as possible.

Arranging sofas and chairs in the living room should be in such a way that people should be able to see the door. Chairs should not be kept floating in the middle of a room. You should be able to watch the person coming in.

I have read that many people have reported the positive effect that feng shui has had on their lives. I personally vouch for this. However, it cannot solve all the troubles in your life. My husband, a rational thinker, is a little skeptical about my belief in feng shui. However, he good-heartedly complies with my home decoration ideas. But he could not help but write a poem, which ends like this:

**Feng Shui reigns in the garden,
green with bamboos,
and the jade plants tumble
from pots
trying to tickle the earth
You may say that I live a
charmed life,
in harmony with spirits
except that Feng Shui determines
where I shall rest and repose.**



Mrs. Soosy Isaac proposes the vote of thanks. Pres. Dr. Joseph Cherian, Secy Mr. Simon Poulouse and the guest speaker Adv. Binoy Jose can be seen.

IF I WERE TO BE THE CHIEF MINISTER OF KERALA FOR ONE YEAR

Prof. Babu Joseph



1. ഇ.എം.ശങ്കരൻ നമ്പൂതിരിപ്പാടിന്റെ അഭിപ്രായം മാനിച്ചു കേരളത്തിൽ മുഖ്യമന്ത്രി ഉൾപ്പടെ 6 മന്ത്രിമാർ മതി.
2. മന്ത്രിമാരുടെ പേഴ്സണൽ സ്റ്റാഫ് എണ്ണം കുറയ്ക്കുകയും അവരെ ഡെപ്യൂട്ടേഷൻ അടിസ്ഥാനത്തിൽ നിയമിക്കുകയും ചെയ്യുക.
3. ഒരു ഹൈപവർ ജൂഡീഷ്യൽ കമ്മീഷൻ വച്ച് രാഷ്ട്രീയക്കാരുടെ ആസ്തികൾ എങ്ങനെ ഉണ്ടായി എന്ന് സമഗ്ര അന്വേഷണം നടത്തുക.
4. നഷ്ടത്തിൽ ഓടുന്ന എല്ലാ പൊതുമേഖല വ്യവസായങ്ങളും സിയാൽ മോഡലിൽ പുനഃസംഘടിപ്പിക്കുക.
5. പൊതുമേഖല, സ്വകാര്യമേഖല കുത്തകകൾ അവസാനിപ്പിക്കുക.
6. സംസ്ഥാന തലസ്ഥാനത്തും, ജില്ലാ ആസ്ഥാനത്തും കേന്ദ്രീകരിച്ചിരിക്കുന്ന ഉദ്യോഗസ്ഥരെ ഫലപ്രദമായ രീതിയിൽ പഞ്ചായത്ത് തലത്തിലേക്ക് പുനർവിന്യസിക്കുക.
7. ഓരോ മാസവും സർക്കാർ മേഖലയിലും സ്വകാര്യമേഖലയിലും സൃഷ്ടിച്ച തൊഴിലിൽ അവസരങ്ങൾ എത്രയെന്നു പരസ്യപ്പെടുത്തുക.
8. അഴിമതി കുറയ്ക്കാൻ വേണ്ട അധികാരത്തോടുകൂടിയ ഓംബുഡ്സ്മാൻ/ലോകപാൽ ബിൽ പാസ്സാക്കുക.
9. ഡിജിറ്റൽ നിയമനത്തിൽ രാഷ്ട്രീയ

- പരിഗണന അവസാനിപ്പിച്ചു ഡിജിറ്റലൈസേഷൻ പ്രവർത്തനം രാഷ്ട്രീയ മുക്തമാക്കുക.
10. സ്വകാര്യ പങ്കാളിത്തത്തോടെ കിഴക്കമ്പലം മോഡൽ 100 സ്കാർട്ട് പഞ്ചായത്തുകൾക്കു രൂപം കൊടുക്കുക.
11. കാർഷികരംഗത്തും വ്യാവസായിക മേഖലയിലും കൂടുതൽ മൂലധനനികേഷനും പ്രോത്സാഹിപ്പിക്കുന്ന നയം സ്വീകരിച്ചു കൂടുതൽ തൊഴിലവസരങ്ങൾ സൃഷ്ടിക്കുക.
12. ടൂറിസം, ആയുർവേദം സാധ്യതകൾ പരമാവധി പ്രയോജനപ്പെടുത്തുക.
13. സർക്കാർ കടമെടുപ്പും ധൂർത്തും നിയന്ത്രണവിധേയമാക്കുക.
14. സ്റ്റാമ്പ് ഡ്യൂട്ടി, രജിസ്ട്രേഷൻ ചാർജ്ജ് 5% ആയി കുറയ്ക്കുക. സർക്കാർ വരുമാനം കൂടും.
15. പ്ലാനേഷൻ കോർപ്പറേഷൻ ഭൂമി കേരളത്തിലെ ഭവനരഹിതർക്കു പതിച്ചു നൽകുക.
16. സ്വകാര്യ തോട്ടത്തിൽ കർഷകർക്ക് ഇഷ്ടമുള്ള വിളകൾ കൃഷിചെയ്യാനുള്ള അനുവാദം നൽകി തൊഴിൽ സാധ്യതകൾ കൂട്ടുക.
17. അടിസ്ഥാന സൗകര്യ വികസനത്തിന് പ്രത്യേകിച്ച് ജലഗതാഗതത്തിന് ഊന്നൽ നൽകുക.
18. കേരളത്തിലും, ഇന്ത്യയിലും, വിദേശത്തുമുള്ള ജോലിസാധ്യതകളെക്കുറിച്ച് പഠിച്ച് അതിനനുസ

- രണമായ വിദ്യാഭ്യാസം നമ്മുടെ കുട്ടികൾക്ക് നൽകുക.
19. മുഖ്യബോധം, നൈപുണ്യവികസനം ഇവയ്ക്ക് പ്രാധാന്യം നൽകുന്ന വിദ്യാഭ്യാസം കുട്ടികൾക്ക് നൽകുക.
 20. യൂണിവേഴ്സിറ്റി, ജൂഡീഷ്യറി, പോലീസ് തുടങ്ങിയ സ്ഥാപനങ്ങളെ രാഷ്ട്രീയ ഇടപെടലിൽ നിന്ന് മുക്തമാക്കുക.
 21. പരിസ്ഥിതി ലോല പ്രദേശങ്ങൾക്ക് സംരക്ഷണം നൽകുക.
 22. 10 ലക്ഷം ഭവനങ്ങൾ അടുത്ത 5 വർഷങ്ങൾ കൊണ്ട് പണിത് കേരളം സമ്പൂർണ്ണ ഭവനമുള്ള സംസ്ഥാനം ആയി മാറുക.
 23. സർക്കാരിന്റെ പെൻഷൻ, റേഷൻ ആനുകൂല്യങ്ങൾ അർഹതയുള്ളവർക്ക് മാത്രമായി പരിമിതപ്പെടുത്തുക.

Your suggestions on the above are invited.

Minutes of the Governing Body Meeting – 17.08.2022

(Cont. from Page No. 2)

6. It was felt by the members to look for some permanent building for conducting meetings and functions of the SCF. Mr. P I Mani suggested several sites. It was decided to go into the details.

As decided at the Governing Body meeting, Dr Joseph Cherian, Mr. P I Mani and Prof K M Varghese visited a farm house on the outskirts of Pala. The house is spacious and located in a picturesque spot surrounded by an array of fruit trees. It was decided to hold our Onam get together at this place. A full blown Onam Sadya will be served. All members are requested to keep 17th Sept free to enjoy our Onam programme.

WISH YOU ALL A VERY HAPPY BIRTHDAY

May your birthday and every day ahead be filled with the warmth of love, the joy of good health and blessings in abundance!

Mrs. Lizzy John	20 th September
Prof. John Joseph	20 th September
Dr. Mathew Parackal	27 th September