



വർണ്ണകൈരളി Varnakairali

Issue 1, 2015-2016 | FOR MEMBERS ONLY

PRESIDENT'S MESSAGE

Greetings to all members. Namaskaram!

Varnakairali is back after three years of dormancy. To call it dormancy is not entirely correct. It was a forced dormancy with many members of the Exco Committee expressing various views on the need to have a Newsletter in this era of technology. Websites and social media such as Facebook etc seem to be the order of the day. Postal rates have increased followed with unreliable service.

However, this changed with the return of old guards into the Committee in 2015. The newly elected Exco Committee is an amalgam of both the old and new. Thus, leaving a perfect balance to serve members of all age groups. Yes! The new Committee is committed to serve its members and this issue of the Varnakairali is the first canon to announce its arrival. Therefore, I urge all members of SFTMA to update your membership record by furnishing us your latest postal address, email and h/p number.

Selangor and FT are supposed to have the most Malayalees in the country. But unfortunately our membership base has been stagnant at 600 for many years. Many aged members have passed on and the younger ones are not too keen to join SFTMA or similar kindred Associations. Some even detest to be identified as a Malayalee and want to follow the 1Malaysia path. Yes, we encourage such trends but thrive to be proud to know your heritage, background and culture. Monumental efforts had been compiled by people to acknowledge their roots. So, please do take the initiative

EDITOR'S CORNER

Opportunity for SFTMA Members

The SFTMA Committee would like to inform that members of the Association, their family and friends could place an advertisement of their business in the Varnakairali. This Newsletter is printed thrice a year and is mailed to all members. Your business information will certainly provide members the information, which could help increase in your sales. The newsletter will also be posted on our website. As the cost of material, printing and postage of Varnakairali has increased; the profits from the

Onasamsakal!

Happy Onam

to all members!

to join SFTMA. In this issue we are enclosing a membership form to be passed to your friends and family.

Over the next few months, we have lined up many activities starting off with the Onam Sadhya (August 30) and the Onam Cultural Nite 2015 (September 19) to mention a few. Our Ladies Wing has been very active over the last one year but was unable to reach out to members due to website and emails, not being patronized by most senior members. Hence, the need to revive the newsletter. I would like to take this opportunity to thank Ms. Hilda, the editor and her teammates to revive this newsletter.

Onam falls on 28th August 2015, and to all Malayalees – My humble Pranams and Onaashamsagal.

Please do come and partake in our celebrations.

Ravindranath G Menon

President, SFTMA

advertisements will be used to further upgrade the quality of our newsletter and offset the cost of production. Kindly contact any of the Committee Members to find out the rates and to book your space. We hope that you will enjoy the first edition of Varnakairali for this year. If you have an article to share or feedback on this newsletter, please do email to varnakairalisftm@yahoo.com. A special Thank You to Ms. Annesha Arunasalam for her services with proofreading this issue. Thank you.

SFTMA COMMITTEE MEMBERS 2015-2017

PATRONS:

Datuk Ir. Dr. M.S. Pillay
Mdm. YB Shanta Menon
Mr. M R Chandran
YBhg. Tan Sri Ravindran Menon
Mr. G. Satheesan

SFTMA COMMITTEE MEMBERS 2015-2017

PRINCIPAL OFFICE BEARERS

Mr Ravindranath Menon
President
h/p 0122131556
ravigmenon2606@gmail.com

Mr. Sukumaran Nair
Vice President I
0193353851
snair@innovasirc.com

Mr. Velayuthan
Vice President II
0162074074
vssp6@yahoo.com

Ms. Hilda Alposilva
General Secretary
0166201240
hildasftma@gmail.com

Mdm. Geetha Padmanabhan
Asst. General Secretary
0122893317
geepadman@gmail.com

Mr. Vanu Menon
Treasurer
0193154305
vanumenon@yahoo.com

MEMBERS:

Mdm. Valsala Rajaram
0163366436
valsalarajaram@hotmail.com

Mdm. Krishnamu Gopal
Ladies Chair
0194611735
krishnamugopal@yahoo.com

Mdm. Letha Mathavan
Arts, Culture & Senior Citizen Committee
Chair
0123051111
lethakrishnan@hotmail.com

Mdm. Shanta Nair
Member
0166412909
shantanair@yahoo.co.uk

Mr. Revi J. Pillai
Member
0162123077
jrevipillai@yahoo.com

Mr. Shaqeel Prakash
Youth & Sports Chair
0123373327
shaqeel_sp@yahoo.com

Mr. Muralidaran Mogana Dass
Youth & Sports Asst. Chair
0123923619
muralidass@yahoo.com

AUDITORS:

Mr. Sukumaran K.P.B. Menon
Mr. Paramasewal Krisnan



SFTMA COMMITTEE MEMBERS 2015-2017

Seated from Left: Velayuthan, Vice President II, Hilda Alposilva, Hon. Secretary, G Satheesan, Patron, Datuk Ir. Dr. M.S. Pillay, Patron, Ravindranath Menon, President, Sukumaran N.K.Nair, Vice President I, Venugopal Menon, Treasurer Standing from Left: Revi J Pillai, Valsala Rajaram, Shanta Nair, Krishnamu Gopal, Letha Krishnan, Shaqeel Prakash

Co-opted Members not in picture:
Geetha Padman, Asst. Secretary & Muralidaran Dass

Selangor & Federal Territory Malayalee Association (SFTMA) / Persatuan Malayae Selangor & Wilayah Persekutuan

Date Established: **November 18, 1952**

HISTORY OF SFTMA

Selangor & Federal Territory Malayalee Association (SFTMA) formerly known as Kerala Samajam Selangor (KSS) was one of the earliest Malayalee organizations to be registered on 18th November 1952 in Malaysia. Mr. P.N. Pillai was the first President of this organisation.

The formation of KSS now known as Selangor & Federal Territory Malayalee Association (SFTMA) was to cater to the social and cultural needs of Malayalees in Selangor and the Federal Territory. Malayalees are those people who hailed from the then States of Travancore, Cochin and Malabar in South India, now called Kerala, with a language of their own called Malayalam. Malayalees have their own traditions and culture and celebrate the festival called Onam, irrespective of their social or religious difference.

SFTMA's AIMS AND OBJECTIVES:

1. To promote the cultural, social, educational and economic advancement of its members.
2. To provide encouragement and opportunities for the youth members to mingle freely and thereby to foster goodwill and understanding among themselves.
3. To provide encouragement and opportunities for the youth members to actively participate in youth activities organised and conducted from time to time by Federal or State Government.
4. To encourage education by providing financial assistance to the deserving members or their children.
5. To render all possible assistance to the needy and deserving members and their dependents in particular and also the needy Malayalees in general.

AMMA Matters

AMMA Foundation and All Malaysia Malayalee Association jointly launched a new 'sister' CSR initiative to its current and well-established 'Right To Learn' programme, called 'My Right to Play'. The 'Right to Learn' and now 'My Right To Play' projects are based on the belief that all children have potential given the right approach and time to develop. Children learn best through play-based activities, which require the right attitude and spirit, dedication and perseverance. 'My Right to Play' will work with sports federations, clubs and sports personalities to help instill these values in our children, while learning new skills.

SCHOLARSHIP PROGRAMME

The AMMA Foundation Scholarship Award programme forms an integral part of AMMA Foundation's foundation. The principal objective is to assist talented and deserving Malaysian students who are financially challenged to pursue their studies at approved institutions of higher learning in Malaysia.

The Scholarship programme was developed to encourage and assist eligible candidates who do not have adequate resources, to pursue diploma / undergraduate or postgraduate qualifications at a recognised college / university. Applicants will be assessed on the basis of both merit and need and will also have to meet the specific eligibility criteria and requirements for the relevant scholarships offered by the Foundation from time to time. Successful Applicants will be invited for an interview with the Foundation's Scholarship Committee.

The current Scholarship and specific requirements offered by the Foundation is set as below:

V D NAIR

- Scholarship loans, convertible to grant upon reaching target grades, is restricted only to Malaysians, with a maximum amount of RM30,000 per student, ideally RM10,000 per student per year, with means and merit tested, household income criteria test (say RM60,000 per annum) and an academic excellence test (outstanding grades, minimum grades, co-curricular).
- The Scholarship loan/grant will only be for diploma or degree courses in any educational subject matter. Students from backgrounds of Plantation industries in Malaysia who are pursuing Agriculture and Agrifood courses are encouraged to apply as well.

COMMUNICATION

The Foundation has a full time Office Manager and an Executive Assistant at its office located at Taman Tun Dr Ismail, Kuala Lumpur. Our website www.ammafoundation.com.my contains all necessary information relating to the Foundation.

AMMA Foundation / AMMA Learning Centre

No. 40-B, 2nd Floor
Lorong Rahim Kajai 14, Taman Tun Dr Ismail
60000 Kuala Lumpur
T: +603 7725 8001 / 02 | Fax: +603 7725 2070
W: www.ammafoundation.com.my
E: svnathan@ammafoundation.com.my

(*) do visit our website and LIKE us on Facebook to receive updates

HAPPENINGS!

"Unity Beneath Tropical Skies"

by Madam Valsala Rajaram

AMMA ladies from all over Malaysia gathered at Flamingo Hotel by the beach from 29 May - 31 May, 2015 for a time of fun, learning and fellowship.

On Friday, 29th May, North Malaysia Malayalee Samajam (NMMS) hosted a dinner at their very majestic Samajam building. We were transported to the venue by two coaches and had a wonderful Chinese dinner and were entertained by a live band that played some old Tamil, Hindi and Malayalam songs.



AMMA LADIES SEMINAR "UNITY BENEATH TROPICAL SKIES"
29th-31st MAY 2015 HOTEL FLAMINGO BY THE BEACH, PENANG

On Saturday, 30th May all the ladies came dressed in Kerala Sarees looking very elegant and stunning. After breakfast the seminar started with a welcoming address by the President of NMMS followed by lighting of the Nilavaluku by AMMA President Datuk Suseela Menon, AMMA ladies Chairperson Mrs. Sheela Menon and NMMS Ladies Chairperson, Datin Dr. Padmajah.

The seminar started with Consumers Association Penang (CAP) giving a presentation on herbal plants and how to make compost at home. After a short tea break we had a session on etiquette and table setting by Mrs. Sheila Menon and Mrs. Valsala Rajaram.

The seminar continued after lunch with a make-up session, saree tying, and thereafter, followed by a session on "Self Realisation" by Ms. Dhanya Nambiar. After a very interesting session we broke up for tea and all returned to their rooms to change for a BBQ dinner at the hotel.

Before dinner, a certificate of attendance was presented to all by AMMA President, followed by an activity of getting to know one another. There were some lucky draws and two prizes were given to the best-dressed ladies based on the theme "Ethnic Indian with bling-bling". We then adjourned for dinner.

On Sunday, 31st May, was our last day in Penang. A tele-match was held at the hotel ballroom, after which we were given a tour of the heritage sites and art work. After having typical Penang stall food and shopping for foodstuff, we had to leave beautiful Penang and headed home with pleasant memories!

MALAYALAM FILM FESTIVAL 2015

As part of the Festivals of India, the High Commission of India in Malaysia, (with the support of the Malaysian Ministry of Tourism and Culture) and the All Malaysian Malayalee Association (AMMA) organized the 2015 Malayalee Film Festival on June 6th and 7th at One City, Subang Jaya. SFTMA Ladies Wing played a key role in supporting the event.



This festival commenced with an inaugural ceremony held on Saturday 6th June at the Horizon Room, e-City hotel, Subang Jaya.

AMMA also hosted a dinner with several dignitaries on June 5th at the Royal Selangor Club Bukit Kiara @ 7:00 pm with Madhu & Kaviyoor Ponnamma.

It is our hope that the Malayalee community take advantage of such events to support us by attending in strong force. Kudos to AMMA and the team!



A TOUCH OF GOLD! – JUNE 2015

In conjunction with Mothers Day, the Ladies Wing organized a Hi-tea specially for mothers themed “Mothers are Gold”. The event that was held at the Royal Selangor Club welcomed over 50 mothers, including daughters, daughters-in-law and nieces rejoiced with good food and great fun.

The evening started off with Madam Hilda (Hon. Secretary of SFTMA) who welcomed and thanked everyone for their support and attendance, followed by Madam Krishnamu, Ladies Chair who led the evening.



A high tea was a spread of noodles, roti jala with chicken curry, nyonya kuih, sweet appam, kesari, fruits, coffee and tea which satisfied the taste buds of our guests. Next, games were organized to entertain the ladies. The guests had a marvelous time.

The Ladies Wing would like to take this opportunity to thank each and everyone involved in making this event a success.

FATHER’S DAY FIESTA – July 2015

Once again 50 odd SFTMA members and friends attended the Father’s day event held recently at the Royal Selangor Club Dataran.

Madam Krishnamu welcomed the guests and spoke the importance of roles as a father in each family, as well as single mothers. She also thanked everyone for their support in attending the event, including individual contributions in the form of kind or cash.

The most interesting part of the game was the ‘likes’ and ‘dislikes’ of their husbands from their wives point of view.



It was an evening filled with laughter, good food and mingling among great friends.

The Ladies Wing once again would like to take the opportunity to thank everyone for being supportive of this event.

WELCOME TO OUR NEW MEMBERS

- Mr. Kadambanath, Annual Associate Membership
- Vishu Vivekananda, Life Membership

INVITATION TO BECOME A MEMBER

We invite all Malaysian Malayalees to become Life Members of SFTMA and expat Malayalees as Associate Members. The rates are as follows:

Ordinary Membership (Applicant & Spouse must be a Malayalee as defined under Clause 4 (3) of the constitution)

- Life Membership (Individual)

RM 150 + RM 5 Entrance Fee

- Life Membership with Spouse

RM 200 + RM 5 Entrance Fee

(to complete two separate forms)

- Annual Membership (Individual)

RM 24 + RM 5 Entrance Fee

Associate Membership

(Non Malayalee Spouse or Expatriate Malayalee)

- Life Membership

RM 100 + RM 5 Entrance Fee

- Annual Membership

RM 15 + RM 5 Entrance Fee

Associate Membership (Non Malayalee Spouse or Expatriate Malayalee)

Please encourage family, friends and all young professionals to become members of the Association. Membership Form can be accessible from our website www.sftma.org.my or contact any of the Committee Members to enquire.



HEALTH CORNER

Ayurveda: A Science of Herbal Nutrition

"The doctor of the future will give no medicine but he will initiate interest in the patients in the care of human frame, in diet and in the cause and prevention of disease", Thomas Edison.

Ayurvedic formulations are customarily the incorporation of different herbs that could be used to cure most diseases. Besides that, ayurvedic formulation can be divided into three vital aspects such as balance, integrity and synergy in relation to the human body and mind- Vata, Pitta and Kapha.



The process of nutritional ayurvedic formulations is considered to be very specific and significant. Firstly, the nutritional herbs are purified and processed with other plants. The main purpose of this purifying process is to enhance the herb's bioavailability and effectiveness. For example, the 'Triphala' is a good herbal creation that can be used for both herbal detox and rejuvenating aid. It could also be used to treat constipation, eye disorders and skin disorders. Moreover, most of these ayurvedic formulations play dual roles especially in supporting and improving health or even curing numerous disorders. Ayurvedic procedures are proven to be the outcome of typical and traditional treatment that was developed thousands of years before the advancement of chemical medicines.



The term 'Ayurveda' is also known as the "science of longevity". This is because it offers a complete system that contributes to a long healthy life without medication. Ayurvedic centers offer special programs to help individuals to rejuvenate their bodies with appropriate diet and nutrition. However, these programs require plenty of patience, dedication and commitments from the patients to succeed. Furthermore, ayurvedic programs are considered to be user-friendly and educational. It supports one to become more responsible and empowered.

Ultimately, Ayurvedic cooking is considered to be therapeutic with the appropriate and right amount of herbs. There are six main elements of taste which originated from fire, water, air, space and earth. These six elements have the same properties as sweet, salty, sour, pungent, bitter and astringent. One need to acquire the six taste for a balance and healing diet. Spices are predominantly used in Ayurvedic cooking such as turmeric, ginger, cumin, fenugreek, coriander and cardamom.



To illustrate, spices have certain components that provide an uncommon blend of six tastes that greatly improves one's appetite and digestion of food. In the 21st century, modern research acknowledges and validates the benefits of many spices used in Ayurvedic nutrition. For instance, turmeric is considered to be highly effective in treating type two diabetes, skin diseases, infections and inflammatory disorders. On the other hand, cumin, coriander, fennel, nutmeg and cardamom are used to treat respiratory congestion, fevers and colds.

The five key benefits of ayurvedic nutrition are:

1. Respects the uniqueness of an individual
2. Emphasizes on the prevention of diseases
3. Empowers the society to take responsibility on their own health
4. Offers natural ways of curing diseases and promoting importance of health
5. Cost-effective and safe for groups of all ages



RECIPE

Coconut Cake Recipe

Contributed by Madam Krishnamu Gopal

Greetings from Sweet Sensations. Below is a recipe for a very simple cake. A cake that is easy to make when you are in a rush and still want to bake. Happy baking!

175g butter
 250g castor sugar
 90g desiccated coconut
 125ml plain yogurt
 1/2tsp vanilla extract
 3 eggs
 225g all purpose flour
 + 1tsp baking powder
 Desiccated coconut for sprinkling
 optional)



- * Preheat oven to 170 C. Prepare a 9x5 cake tin. Grease and set aside
- * With an electric mixer, whisk all ingredients together for about 3 minutes until mixture is well combined.
- * Pour mixture into cake pan till 3/4 full.
- * Bake for 55 minutes. Insert a skewer into cake, and if it comes out clean, cake is baked.
- * Sprinkle desiccated coconut and serve.

OBITUARY

On behalf of SFTMA we extend our heartfelt condolence to the families of the departed.

Mr. A.R. Fernandez
 (Former President of SFTMA)

Madam Sowmini Rajappan

Mr. V.K. Aravindakshan
 (former auditor of SFTMA)

Mr. P.K. Kaimal

Mr. Surendran Menon
 (Former Committee Member of SFTMA)

Mr. P.V. Menon

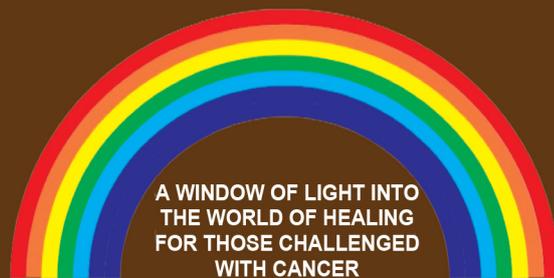
Please do inform us if you know of any community members that have passed on.

Rest in Peace



Dr APJ Abdul Kalam
 May your soul rest in peace, The greatest President and Scientist. India will surely miss you!

5th MALAYSIAN INTERNATIONAL CONFERENCE ON HOLISTIC HEALING FOR CANCER



A WINDOW OF LIGHT INTO
THE WORLD OF HEALING
FOR THOSE CHALLENGED
WITH CANCER

CANSURVIVE CENTRE MALAYSIA BERHAD
A NON-PROFIT CANCER CHARITY ORGANISATION
(903023-M)

Date : 3rd October 2015, Saturday
Time : 9.00 am to 5.00 pm
Venue : Sime Darby Convention Centre,
Bukit Kiara, KL



Theme : Environment & Cancer

Cancer is a renegade system of growth inside the human body. The changes that must occur inside for cancer to flourish are genetic changes, but factors outside the body also play a role.

Humans do not exist in contaminant-free surroundings. Over a lifetime, a person's internal genetic makeup persistently interacts with external factors. Factors outside the body such as diet, smoking, alcohol use, hormone levels, or exposures to certain viruses and cancer-linked chemicals (carcinogens) over time may collectively conspire with internal genetic mutations to destabilize normal checks and balances on growth and maturation.

REGISTRATION FORM (Please write clearly)

NAME : _____

DESIGNATION : _____

MAILING ADDRESS : _____

TELEPHONE : _____ MOBILE : _____ EMAIL : _____

Pre Registration Fee RM30 payable to : MAYBANK ACCOUNT NUMBER : 514301125719

Please indicate

- I am a Cancer patient Survivor Have a relative suffering from Cancer
 Care giver Health Professional Knowledge Seeker.



Onashamsakal

The President & Committee Members of the
SELANGOR AND FEDERAL TERRITORY MALAYALEE ASSOCIATION (SFTMA)
cordially invite you to an

Onasadhya

on Sunday, 30 August 2015,
from 11:30 am to 2:00 pm
(lunch will be served at 1:00 pm)

at the NUPW Hall, Jalan Templer, Petaling Jaya.

www.sftma.org.my

Please contact us to get your invitation:

Revi Pillai 016 212 3077 | Venugopal 019 315 4305 or any other committee members.

Entrance by Invitation Card Only.

Contact members in the respective areas to get your tickets

| <u>Name</u> | <u>H/P</u> | <u>Email</u> |
|---|--------------------------|--|
| Petaling Jaya / Kelana Jaya Mr. Ravindranath Menon | 0122131556 | ravigmenon2606@gmail.com |
| Mr. Shaqeel Prakash Mdm. Geetha | 0123373327 0122893317 | shaqeel_sp@yahoo.com geepadman@gmail.com |
| Subang Jaya/Puchong Mr. Vanugopal Menon | 0193154305 | vanumenon@yahoo.com |
| Shah Alam / Klang Mr. Velayuthan | 0162074074 | vssp6@yahoo.com |
| Putra Heights Mdm. Valsala | 0163366436 | valsalarajaram@hotmail.com |
| Old Klang Road / Kuala Lumpur Mdm. Krishnamu | 0194611735 | krishnamugopal@yahoo.com |
| Mdm. Shanta Nair Mr. Sukumaran Nair | 0166412909 0193353851 | shantanair@yahoo.co.uk snair@innovasirc.com |
| Ampang / Melawati / Gombak Ms. Hilda A. | 0166201240 | hildasftma@gmail.com |
| Bangsar / Damansara Mdm. Letha Krishnan com | 0123051111 | lethakrishnan@hotmail.com |
| Mr. Muralidaran Mr. Revi Pillai | 0123923619 0162123077 | muralidass@yahoo.com jrevipillai@yahoo.com |
| Selayang / Batu Caves / Rawang / Sri Damansara Philo D'Cruz | 0123112404 | philo.palani@gmail.com |

ONAM CELEBRATIONS

Article by: Murkot Ramunny, reproduced from KERALA CALLING

Onam is celebrated wherever the Malayali lives. Considered the national festival of Kerala, which takes place during the harvest season, it has a traditional legendary background. In Kerala the festivities are centered round the family, details of which differ in different places.

My childhood memory is centered round the flower carpet, the lovely vegetarian food and 'payasams' in banana leaves and the new clothes. The flower carpet, starting with almost as a symbol on the first day, grows larger day by day, till the climax is reached on the last two days. Every member of the family joins in, some with suggestions, welcome and not so welcome, to the youngsters actively involved in drawing the patterns and filling them with flowers. The designs, which were traditional in olden days have changed, and more and more ideas have come in encroached by modernity and global village. Significant changes have taken place in the traditional gathering of flowers. In childhood we went round the fields where harvest was over, the hill slopes, the fencing round houses or fields, and collected wild flowers, particularly the tiny ones, which easily fitted in the various patterns drawn on the ground. We all carried, 'komma' as they were known in our place, small baskets made out of weeds, hung round the necks. Children from neighbourhood joined us, as we in group moved from field to field. We sang, we frolicked, enjoying the evening breeze of the post monsoon days.

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Years later, returning home for Onam holidays from College, we found that changes were taking place. Fields were dwindling, slopes were being built up. Little children did not go out in groups to collect the lovely little flowers which nature's bounty had bestowed on them. Now it were the days of bigger boys, who stealthily encroached the private garden that had come up around bungalows and huge buildings. Flowers were literally stolen, and in the hurry, pots were broken, in some cases deliberately. We had entered a modern era. No more small flowers that fitted into the various pattern, but large petals of potted plants had to be cut into small pieces. Years passed. We too had grown up; somehow we managed to get leave to go home for Onam. In our little town the entire scene had changed. The roadsides were lined up with flower vendors,

from neighbouring states. Flowers were very different, but of various hues; sales were brisk. The buyers were mothers and sisters accompanied by the smaller boys. Our aspect of the world of Onam had changed completely. The flower carpets continued, but with different shapes, patterns and colours. The same old vegetarian food with payasam in banana leaves continued. New clothes were welcome. But they had changed from the original traditional ones. Onam sales were all over the town. Their wares, a mixture of the old and the new.

We had to spend many an Onam outside Kerala and even outside our country. Wherever the Malayali lived there was Onam celebration. The atmosphere was entirely different. According to the state or even country, there were differences in the celebrations. It was no longer a family festivity.

All the Malayalis, of every caste and religion gathered together weeks and months earlier to chalk out the programme. Everywhere it was Kerala's national festival. A little bit of Kerala was uprooted and transplanted in Bengal, Maharashtra, Nepal, Germany and U.S.A. There are Kerala clubs, Malayali associations and even Indian associations that took the initiative to organise, take part and celebrate Onam. Some items, unavailable, were ordered all the way from Kerala. I remember some young men who could get leave, proceeding to Kerala earlier, to get some items for Onam lunch. Every man, woman and child managed to dress as they would in Kerala. Old clothes would be brought out, new ones bought or sent for and some even borrowed, on that day. The Malayali took pride in his identity.

The chosen place, a huge hall, a hotel or a club would be decorated with tender coconut leaves, where available, or from where it could be obtained from neighbouring places. Close initiations were allowed. The giant flower carpet would have consumed hours to take shape. The experts in calnery, the artists who decorated the place, the dancers and music experts who laboured hard to initiate the movie into Malayali art, woke up to a new dawn of joy, happiness, unity and equality, that was Onam.

Wherever there is a Malayali there would be Onam, I said. Be it the Indian Embassy, the headquarters of armed forces, universities, industrial enterprises, men and women of Kerala, the rich and not so rich, the senior and junior all formed to organise Onam.

People of other states and countries are all invited. The Malayali exhibits his wares, his culture, his identity and unity to the world. At lunch, the women are asked to sit on mats on the floor and men serve them. Later the men take their seat and women serve them. Unusual to many non Malayalis, but a common custom at Onam celebration. Every one feels proud of being a Malayali.

In the words of Sree Narayana Gur "Without difference in caste or rancour of religion This is an ideal place Where all live in brotherhood" In the evening of my life, I sit under a tree in a corner of Kerala, surrounded by greenery all round, the beautiful birds singing their own songs and blue sky above, the western breeze blowing, as I count the days for Onam.



A NOVEL WAY OF TEACHING MALAYALAM

The month of Chingam means new beginnings for Malayalis. Such a beginning, to kindle interest among children in Malayalam language, will complete a fruitful year this Chingam. Malayalam Pallikkoodam, led by poet V. Madhusoodanan Nair, has evoked good response. "Malayalam has become an alien language to our children. Many are unable read or write the language, even converse in it confidently. In fact, many cannot even pronounce their names properly, Sharika becomes Sarika and Shivan, Siva. This is a crime to our culture," he says. The Pallikkoodam was also started as a protest against the governments which have been denying Malayalam its due in schools. "It is an attempt to regain the voice of the language. We give emphasis to pronunciation."

The Pallikkoodam follows the traditional style of teaching, the one followed by the asans (teachers) of yesteryear — stress-free, without homework and exams. Children learn the letters by writing in sand. Through folk songs and stories, they are brought in close contact with Kerala's heritage. "Initially, many children were reluctant to speak the language. Teachers made children shout, roar, and laugh and they slowly came out of this invisible shell. They were made to recite small poems and sing long-forgotten folk songs," says Jessy Narayanan, coordinator of the Pallikkoodam.

Playing with nature

Then only was the alphabet taught. "We made them write in sand once or twice, not 10 or 100 times as they do in school. Since they were writing in sand with fingertip, the letters were etched in their memory," she says. Children were also taught to make toys from palm fronds, plantain leaves and jackfruit leaves. "Most were alien to the idea of fashioning out playthings from nature. They were in awe when we taught them to make spoons from jackfruit leaves and eerkkil (midrib of coconut fronds), and caps, watches, and rattles from plantain leaves and coconut fronds," adds Ms. Narayanan.

"JUST LEARNING TO THINK IN ANOTHER LANGUAGE ALLOWS YOU TO SEE YOUR OWN CULTURE IN A BETTER VIEWPOINT."

GATES MCFADDEN

The Pallikkoodam, in the past one year, has organised interactive sessions with famous figures. Poet Sugathakumari, film-maker Adoor Gopalakrishnan, and Malayalam University Vice Chancellor K. Jayakumar were among those who gave children their time and views. Lets eradicate Mother tongue illiteracy .

UPCOMING EVENTS:

SAVE THE DATE:

- Sunday, August 31, 2015 – Onasadhya at the NUPW Hall, Old Kelang Road
- Saturday, September 19, 2015 – Onam Kalasandhya at PJ Civic Center, PJ

Look out for details on our website at www.sftma.org.my

ARTS AND CULTURE

1. Malayalam classes as well as learning to speak good Malayalam through drama classes are available. Those interested, please contact Madam Letha Madhavan at 012 305 1111.

MAJOR TOURIST DESTINATIONS IN SOUTH / CENTRAL KERALA

Published by Ratheesh R.Nath - Source: website

- Cochin – In most cases this is the place you land in Kerala. If you are interested in Cochin sightseeing, you can either do this on the first day – upon arrival at Cochin, or if you have enough time on last day, go for it.
- Munnar – This is the best tourist spot in Kerala. You'd love to see it 100 times. Munnar is a hill station.
- Thekkady – Thekkady has the Periyar wild life Sanctuary that you can visit when you go for boating at Thekkady. Thekkady has a lot of adventurous activities and eco tourism activities too.
- Alleppey/Kumarakom – This is the place where you can go for a houseboat cruise. Alleppey also has a lot of resorts to relax, and there is also a beautiful beach.
- Trivandrum- The capital city
- Kovalam – Lovely beaches
- Kanyakumari – Though this is in Tamil Nadu, if you are travelling up to Trivandrum (and if time permits), it is advisable to have a visit.
- Athirapilly-Vazhachal – Biggest water falls in Kerala.
- Cherai – Another beach near Cochin.
- Guruvayoor – Pilgrim place, the famous Krishna temple. There is an elephant sanctuary at this place with more than 65 elephants.



Alleppey / Kumarakom Kerala



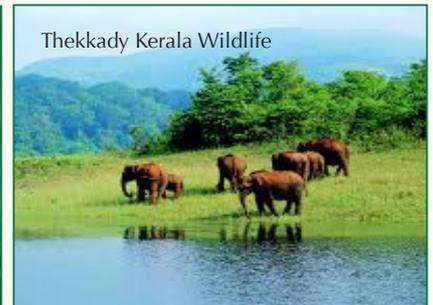
Cherai Beach Kerala



Athirapilly-Vazhachal Waterfalls



Thekkady Kerala Wildlife



Munnar Kerala



Kovalam beaches Kerala



Thekkady Kerala



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Contact: Mr. Muralidaran Mogana Dass

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Email: muralidass@yahoo.com



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SFTMA

Onam Cultural Nite 2015

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Saturday 19 - 9 - 2015

7.31pm PJ Civic Centre

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