

Dulles South Senior Center in Loudoun County Virginia - one of the vital Institutions in their Communities

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I was so happy to know that Nepal does not celebrate Independence Day but Nepal celebrates democracy day. Just after a few days of celebration of Indian Independence Day last 14 August 2023, Professor Dr. Uttam Karmacharya told me about Nepal after meeting him several times in our Dulles South Senior Center Virginia. I was so proud of Nepal and Nepalese people like Professor Dr. Karmacharya who is so proud of Nationalism and Patriotism.

I came to know that he has been to the USA and visited some states earlier, but he has not joined any Senior Center of the USA as an elderly person. This year we are very fortunate to see him joining the Dulles South Senior Center 24950 Riding Center Drive, south riding VA 20152 five days a week from Monday to Friday. Because of his friendlier-friendship and expertise in keeping public relations with people of different nationalities, he has become very close not only to the members of the senior center but also very familiar to the staff and advisory board members participating in different activities. I found him very impressed with Polynesian show led by the Alola Ladies & Dulles South Ukulele group as impressed as from other weekly activities. My mother Ms. Siew Chang has been so impressed with his personal honor and respect of his heartfelt greeting style as and when we meet each other in the Senior Center as I used to carry my elder mother aged 90 older in a wheelchair inside the center.

Within few weeks of his registration and in several meeting, we came to know that Professor Karmacharya was very interested to share and disseminate all possible activities of the DSSC VA in Nepal as a consultant advisor of three different elderly care organizations of Nepal soon. Therefore, he requested me to write an Article of this Center with its outstanding activities.

We are very happy to know that he is drafting a booklet entitled "Development and Promotion of Elderly Care Concept and Promotion in Nepal with Special Reference to Highlights and Exemplary Memorial Days with Dulles South Senior Center Virginia" Hope my article will be equally useful to publish in his upcoming booklet also .

Background

Dulles South Senior Center and all other senior centers in Loudoun County, Virginia are vital institutions in their communities. Senior centers go beyond being gathering places for the senior community. Senior centers help aging adults enjoy the company of their peers and participate in activities that are healthy and fun. These facilities provide seniors with everything they might need in one central location. They offer various programs and activities, resources, and social engagements. Participating in a senior center creates opportunities to enhance one's physical and mental health, chances to meet people in their own age group, and become involved in different groups and activities. I am a member of the Dulles South Senior Center (DSSC) and I am writing to highlight some of the many benefits that are offered.

1. Health, Fitness, and Wellness programs. DSSC offers several fitness programs that include Chair Yoga, Tai Chi, Line Dance, and

Dance Fitness classes. Members benefit from these fitness activities to maintain a healthy and thriving lifestyle. Physical fitness improves balance, memory and concentration. There are also rooms for billiards, ping pong, volleyball, and board games. DSSC also provides blood pressure screenings and hearing tests on a monthly basis. During flu season, the local hospital provides flu shots for members at the senior center.

2. Transportation services. Some members do not drive and DSSC provides transportation for a minimal fee. Participants are picked up

from their homes and brought to the center, and are dropped off to their homes on the return trip. This service allows those to come to the senior center and participate when their adult children and family members cannot provide transportation.

3. Shopping trips. DSSC offers monthly shopping trips to local stores for those members that cannot drive and would like to shop to purchase needed items for themselves.

4. Educational and arts programs. On a regular basis, the senior center invites medical professionals to educate and inform members on various health topics. The topics include arthritis pain, muscle pain, fall prevention, and more. The center offers different art classes, such as knitting and crochet, quilting, and origami.

5. Special events and programs. The senior members of DSSC come from many different countries and represent many nationalities. DSSC recognizes and supports all holiday celebrations that are associated with different countries. Here at DSSC, we celebrate the major American holidays, Asian holidays, Hispanic Heritage Month, and Indian holidays.

6. Volunteer opportunities. Volunteers are very important to the senior center as they are needed in order to maintain the center's operation. DSSC rely on volunteers to carry out the center's activities. There are volunteers who are dance instructors, English instructors, kitchen workers, front desk helpers, and more. Volunteers are also there to support the senior center participants.

7. Meal program. DSSC provides daily hot lunches for the members. The meals are nutritionally balanced to ensure that members get a healthy meal. The cost of the lunch is paid by the members in the form of a monetary donation. The Loudoun County Government subsidizes the meal program in order to keep the cost low for members.

8. DSSC Advisory Board. The Advisory Board is the organization that supports and promotes senior programs offered through DSSC. The Board serves as an advocate for senior members and can make recommendations and assist the DSSC staff in planning, financing, developing and implementing senior functions and activities. The Advisory Board consists of current DSSC members and they have meetings once a month.

In conclusion, senior centers are a vital part of every community. They help the senior population achieve a good quality of life, social interaction, and overall life satisfaction.

During our meeting we are fortunate to exchange important documents as our memories to keep in touch in the future for the promotion of Senior Citizens of different countries to develop international understanding and cosmopolitanism.



Smash And Grab

By Sunanda Datta Ray

Contd....
CHAPTER 9

When New Delhi finally made up its mind to be firm, it cited the example of the US and Panama in respect of the canal zone. There was irony in the choice. History could hardly have provided a more unfortunate parallel. Kaul, otherwise a polished and astute diplomat, tried to persuade the Chogyal to agree to a form of association that is probably the modern world's most blatant instance of might and chicanery triumphing over justice. When the ruler hesitated, he was accused of prevarication.

Whoever in the external affairs ministry dredged up this analogy and briefed Kaul could not have been informed of world reactions to the canal zone agreement. For the 1903 treaty between John Hay, the US secretary of state, and Phillipine Bunau-Varilla, a French commercial adventurer who had bought up a number of Colombian delegates representing the Panama secessionist movement, has long been recognized as a cruel hoax perpetrated through fraud, political subversion, and military aggression. contd...

The promise of US support for their goal persuaded the Colombians to allow the Frenchman to negotiate on their behalf. The treaty Bunau-Varilla achieved granted the US "in perpetuity the use, occupation and control of a zone of land" and further allowed it "all the rights, power and authority within the same... which the United States would have if it were sovereign of the territory... to the exclusion of the exercise by the republic of Panama of any such sovereign rights, power or authority". Under these terms, Panama was excluded from exercising any sovereignty over a portion of its territory. The US position was that Panama retained titular jurisdiction, but nothing more. Almost all that the Latin republic was able to secure after more than 70 years of striving was that its flag would fly with the Stars and Stripes.

It would be interesting to know what the outraged General Omar Torrijos Herrera, who ruled Panama for so many years, might have had to say if he ever learnt that Mrs Gandhi had tried to force a similar iniquitous arrangement on a snail! neighbour. At the 1976 Non-aligned Nations Summit Conference in Colombo, the general spoke with moving deference of Mahatma Gandhi's liberal spirit to which India was heir. Mrs Gandhi was foremost among the Afro-Asian leaders in encouraging Herrera's determination to recover lost territory, roundly denouncing American imperialism. The Third World shared Latin America's justified resentment of the deceit that had been practised on Panama. Leading Americans were equally critical. Dean Rusk compared the canal zone agreement to the unequal treaties imposed on the Manchu and Ottoman empires. He was convinced that the Hague court would strike it down. Even Henry Kissinger admitted that it was not "an equitable and freely negotiated agreement".

Panama took its grievance to the UN Security Council in 1973. Among the 14 countries to support its contention were such staunch friends of the United States as Australia, Austria, France, and Kenya. An embarrassed Britain, still saddled with vestiges of colonial empire, thought it more prudent to abstain, but the move was frustrated only by the US veto. Eventually, however, world pressure, the demands of liberal opinion at home, and the need to refurbish the American dream after the long nightmare of Vietnam, persuaded the Carter administration to initiate steps to restore what had been so unfairly acquired.

This was the model of power and arrogance, devoid of morality, on which Kaul sought to rebuild India's relationship with Sikkim. "One of my efforts as foreign secretary", he recalls, "was in September 1972 to have a democratic autonomous Sikkim as long as defence, communications and security remained with us, and remove the incongruous and ugly appellation of 'protectorate' from the treaty." A more astute tactician than the Chogyal proved to be might, at this point, have thought of explaining his dilemma and the implications of India's demand to his politicians. But there is little evidence that even the study group or the external affairs committee were taken fully into confidence. Instead, the Chogyal sought Bajpai's permission to consult an eminent British constitutional lawyer, Sir Humphrey Wallock who was at All Soul's College, Oxford (he later became president of the International Court of Justice). He was asked to comment exhaustively on the Indian proposal's legal and constitutional implications while Nani A. Palkhivala, the Indian jurist, tempered some of his views in the light of political reality. The Chogyal then suggested to Kaul that the amended clause should read: "There shall be perpetual peace" and friendship between the government of India and the government of Sikkim and between the people of India and Sikkim. Sikkim in full sovereign rights enters into a permanent association with the government of India and entrusts to them the rights and responsibilities stipulated in this treaty hereunder.

When Kaul questioned the phrase "in full sovereign rights", the Chogyal drew his attention to the 1817 treaty of Titaiya which recognized the Namgyal dynasty's rule over Sikkim "in full sovereignty". He could also have said that the 1950 treaty could not have been signed except between sovereign powers and that even if sovereignty were still restricted, Sikkim was entitled to hope-as India did before 1947-to graduate to full independence. But the question was an idle one; Delhi had no intention of giving away anything. Kaul tried to convince the Chogyal that the durbar could at once operate its own posts and telegraphs if he unconditionally accepted the amendment; Sikkim would join the Colombo Plan six months later, and the WHO and the ILO after a further interval. The only reason for this staggered advance was to avoid upsetting Hindu extremists in the Jana Sangh and its militant wing, the Rashtriya Swayamsevak Sangh (RSS), who regarded the entire sub-continent as Akhand Bharat. Or so Kaul argued. contd...



