



CATHOLIC ASSOCIATION OF SOUTH KANARA

Founded in 1914

(Regn. No. MNG/130/2015-17)

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EDITORIAL



We have just been beneficiaries of the joys and blessings of the Risen Lord! Easter bestows a joy in the heart and abiding peace that only a risen Christ can transmit. We in the Editorial Team take a lot of trouble to do the Cover because we want it to be meaningful and carry a profound message.

When we looked out for verses for Easter I felt the presence of the risen Lord and felt that we are so privileged... for He is close to all who call on Him. I wish the many joys of Easter to all our dear readers and well-wishers. May the message of Easter fill you with eternal Love.

Soon after we celebrated International Women's Day in March, we had the ban of the documentary titled "India's Daughter" featured by BBC and the horrific rape of a 71 year old nun in a convent school in West Bengal. Flavia Agnes, the well-known legal expert and activist of Majlis-Mumbai has given her take on this ban and a student of the nun who was raped in West Bengal is providing a consoling picture of Catholic Schools and their contributions to secular education in India. The 'Dreamcatcher' has come out with yet another inspiring story.

We have two articles related to Easter by E.Saldanha and Veronica Shearer respectively. Veronica also takes us on a journey to the Holy Land through an 'out-of-the-box' perspective! There are two internet accessed articles - one by Meghna Pant and the other by Farah Baria on recent events affecting the minorities.

I hope the 100 point quiz by Dr Michael Lobo on 100 Leading Lady Singers of the 20th Century will be of interest to the readers.

April 7th is observed as World Health Day – it was the day the World Health Organisation (WHO) was established in 1948. Since my husband worked for WHO for 13 years, I had the privilege of being a UN wife and the unique honor of being the President of the United Nations Women's Association in Dhaka-Bangladesh during 1996-1998. **The theme for World Health Day 2015 is Food Security – From Farm to Plate : Make Food Safe.** Safe food is distinct from food security. Food safety is an area of public health action to protect consumers from the risks of food poisoning and foodborne diseases.

Unsafe food can lead to a range of health problems: diarrhoeal disease, viral disease, reproductive and developmental problems, cancers. About 200 different diseases and illnesses are linked to food/water. Food safety is thus a prerequisite for food security. We all need to have safe, healthy and nutritious food for a healthy and long life!!

CASK organised a very successful workshop in honor of International Women’s Day at the School of Social Work, Roshni Nilaya on 9th March 2015. Joan Lobo provides further details.

The next CASK programme will be on 19th April - an Eye Camp at Concepta Hospital, Kinnigoli in collaboration with Fr Muller Medical College. This will be followed by a seminar on the ‘Issues and concerns of the Christian Community’ on 1st May 2015, in collaboration with the Sylvester Frank Foundation. All members of CASK are cordially invited.

Until next time Patsy Lobo

ANNOUNCEMENT

Seminar on the ‘Issues and Concerns of the Christian Community’

Jointly organised by the Sylvester Frank Centenary Foundation and the Catholic Association of South Kanara (CASK)

Date - Wednesday, **1st of May 2015**

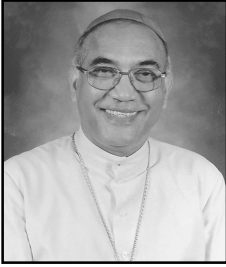
Time - 9.30 a.m. - 1.30 p.m. followed by lunch

Venue - St Aloysius College Auditorium, Light House Hill

Topics to be debated

1. Overview of the Issues and concerns of our community - The way ahead - Mr F. T. R. Colaso, IPS (Rtd), former DGP, Karnataka.
2. Constitution and Minorities - Dr Sabastian, SDM College, Mangalore.
3. Crimes against women - Flavia Agnes, Activist, Mumbai
4. Role of the Media in tackling issues and concerns - Mr Ronald Fernandes, Bureau Chief, Deccan Herald, Mangalore.
5. Ghar Vapsi - Fr Vinod Mascarenhas
6. Challenges of Effective parenting - Prof. Elsie Tharien, HOD, Dept of Psychology, St Agnes College, Mangalore

All members of CASK are cordially invited.



EASTER MESSAGE

His Lordship Aloysius Paul D'Souza – Patron of CASK


Happy Easter to all the Members of CASK. Let us rejoice not just today, but for the rest of our lives. Jesus Christ who died has risen and he is alive forever. Emeritus Pope Benedict XVI in 2012 said “We too, who have journeyed through the desert of Lent and the sorrowful days of the Passion, raise the cry of victory at Easter. HE has Risen! HE has truly Risen!!”

Easter is the feast of the Resurrection of Jesus. It is the central doctrine of Christianity. According to St Paul, the entire Christian Faith hinges upon the centrality of the Resurrection of Jesus and hope for a Life after death. He says “If Christ has not raised, your faith is futile and you are still in your sins. Then those also who have died in Christ have perished. If for this life only we have hopes in Christ, we are of all the people most to be pitied. But in fact Christ has been raised from the dead, the first fruits of those who have died” (1Cor 15:17-20)

Easter brings us the good news that we should be living as people of joy, praise and thanksgiving. We are Christians – that means we have risen with Christ! and we share in his anointing through our Baptism. Yes, we are going to suffer sometimes. Yes, we are all going to die some day. But at Easter, we know that death is not the end. We know that by the mercy of God, we are going to live forever in heaven with Him. Knowing this should make us smile even when we have pain and disappointment in our lives.

The empty tomb that the Apostles saw is the fact of the Resurrection. They believed because they saw his empty tomb. We did not see his empty tomb. We believe their words because we know that his Resurrection totally changed the way they lived. We know from history that everyone of his twelve apostles suffered to the extreme to bear witness to Jesus and his Resurrection. All but one of them was killed for their faith. Yet, they rejoiced to be counted worthy to suffer for Jesus. On Easter Sunday, we have to remember to pray for all those who are still suffering and dying for this faith in our world today.

Let us therefore live our lives with Joy and be more grateful, every single day, for God's tender mercies in our lives. Let us get up every morning and try to be less selfish, to serve our brothers and sisters with love and to proclaim to the whole world that Jesus Christ is alive. Let us always live with the joy of his resurrection. May the Risen Lord bless you all.

+ 
Most Rev Aloysius Paul D'Souza,
Bishop of Mangalore.



THE PRESIDENT SPEAKS

THE HEART IS A POWERFUL TOOL

The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart. - **Helen Keller**

On Palm Sunday, while in Mumbai, I had an opportunity to attend Mass where the service was in Hindi and the entire laity present belonged to the North-Eastern states of India. I felt humbled to ponder that within our community on an all India basis we have a lot to do and a long way to go, for the uplift of the economically and socially backward strata of society.

It is here the article written by Julio Reberio, 'As a Christian suddenly I am a stranger in my own country' flashed across my mind that here is a voice from the heart that has given us a wake-up call on our minority tag as Indian citizens. The call for the security of minorities and the effect in armed services was further endorsed by former Chief of Naval Staff, Admiral Sushil Kumar, on national television channels.

Justice Kurien Joseph of the Supreme Court of India expressed his sentiments too over the Easter weekend baring the inequity towards minorities, staining the fabric of secularism in our democracy. The issue of institutional interest being more important than the individual interest will be debated from now on.

The fundamental question is who is serving whom? Is it the individual at the service of the state or the state at the service of the individual? The Preamble of our Constitution 'we the people' highlights this aspect. Only in Communism and Nazism the State is supreme.

To educate us further on this issue, Sylvester Frank Centenary Foundation Chairman, Prof Edmund Frank, will sponsor a seminar with Catholic Association of South Kanara. We have this event slated for 1st of May and it is open to all. Details are given in this issue for you to evaluate the speakers and the topics selected.

CASK congratulates our own Ms Aafreen Rachel Vaz on being crowned Miss India first Runner-up. We wish Ms Vaz all the very best for the International event to follow. On the national front we had our Saina Nehwal take up the No. 1 seed in Women World Badminton. Our tennis star, Sania Mirza, is just 145 ranking points away from No.

1 spot in women double tennis rankings. We have had Mary Kom, the world boxing champ at 32 years, preparing for the Rio Olympics. Can we look forward to three gold medals from these three ladies at the next Olympics? Their hearts definitely are in the category of super-women as they conquer physical and mental fitness to be world class. Perhaps more youngsters will take up individual sports disciplines and the focus from cricket gets diverted for a change.

We need to bow our heads in shame at the incident in Bihar few days back. The photographs of parents scaling the walls of exam halls to assist their children to cheat in the exams speaks of India's failing education system. Where is the Indian value system? The 'Economist' of 28th March- 3rd April 2015 on page 31 carries an article on Education in India titled 'Wall of shame'. The damage done with this one picture alone, across the globe, will adversely affect future Indian students and the Indian educational qualifications. Can we remain silent spectators to this? My answer is simple – "Practice what you preach and follow the law, our Dharma (Duty). This is applicable in all fields of life and not the education sector alone.

It is with a sense of satisfaction that CASK has implemented the Pure Drinking Water Scheme under Swacch Bharath Abhiyan at St. Raphael School, Badiyar on 30th March 2015 - the beneficiaries being 233 children. I am happy to inform that the second project will be taken up soon at St. Anthony Higher Primary School Gardady (7 km from Badiyar). This school has a strength of 225 children. George and Thelma Pais have come forward as sponsors for the full costs incurred. The third eye camp in collaboration with Fr Muller Medical College Hospital will be held at Concetta Hospital, Kinnigoli, between 9 AM to 1.30 PM on 19th April 2015. You are more than welcome to join the office bearers and GC team to Kinnigoli on 19th April to learn more of our social activities.

On a personal note, on behalf of all of you let us wish Dr Derek Lobo all the best on achieving the Biblical age of three score and ten (70) on 29th March 2015. Congratulations to Derek and Patsy on completing their 45th Wedding Anniversary. This is a special mention made for the contribution they have made to CASK. This couple works for CASK and '*Mangalore*' from their hearts. Jai Hind.

Capt. J. P. Menezes

CELEBRATING WOMEN - BY CASK

Joan Lobo

“If you educate a man, you educate a man, If you educate a woman, you educate a generation”

Well! What better way to celebrate the International Womens Day with this inspiring quote which set the tone for the programme on 9th March 2015, held at the School of Social Work- Roshni Nilaya, by the Catholic Association of South Kanara in collaboration with Inner Wheel Club of Mangalore North & the Women’s Cell of the college. After rendition of a beautiful prayer song by a few students, a warm welcome was accorded by Prof. Shobhana Manohar, Head of the English department of the college. Ms. Naura, the MC of the evening went through the proceedings with elan. The ceremonial Lamp was lit by Dr. Derek Lobo-ex president of CASK, Nayana Fernandes-Vice President of CASK, Nalini Kini- President of Inner Wheel club of Mangalore North, Prof. Malini Hebbar-Keynote speaker and Prof. Shobhana Manohar of Roshni Nilaya. The programme was attended by 96 enthusiastic students.

The Chief Guest of the evening Ms. Malini Hebbar - Professor of the department of English of St Agnes College, gave a most inspiring and scintillating speech on how the women of today are often faceless and nameless. She illustrated her very inspiring speech with a slide presentation. She said “Women’s Day is about recognizing the achievements of women, appreciating the progress made towards equality, but most importantly, it’s about highlighting how far we still have to go to rid our society of entrenched inequality. “To every woman who gave birth, to every taxpayer and citizen of this nation, we have fought for everybody else’s equal rights,” in the words of Patricia Arquette “It’s our time to have wage equality once and for all and equal rights for women. A common misconception is that the issues can only be addressed at a glacially slow pace. They are seen as being so systemic that many people either choose to deny that gender inequality exists, or come to believe that their individual efforts can’t have any impact on sexism in society. Recognizing that systemic problems within

a society are determined by everyday interactions with the actual people that make up that society is the first step to empowering individuals who are marginalised by oppressive narratives, irrational taboos and economic inequality. Every single person has a part to play in the formation and destruction of gender inequality. Becoming aware of your potential to contribute to changing people's attitudes to sex, gender and reproductive rights is what International Women's Day is all about. She quoted Gloria Steinem who said "I came to India and what was here half a century ago is still here ... and yet there is everything else". After this thought provoking speech, the students were then divided into groups and given different topics such as **Women as leaders, Women as professionals, Women and Violence, Women as homemakers, Women and discrimination** where after a short discussion, they presented their opinions and views and also depicted their thoughts in a role play on each of the subjects which sent a strong message by young minds to all present. It was gratifying to see the male students playing their part with equal enthusiasm if not more to project women as heroines in their own right. Dr Derek Lobo then conducted a quiz on women achievers and celebrities which added to the excitement as they played the guessing game.

To summarise the thoughts of the students, International Women's Day, was a day to celebrate women's triumphs, and also to consider what more can be done to confront the reality that so many women face. Of all the challenges that women and girls face, having no voice is among the most intolerable. This day is a reminder of the sacrifices made by women on every front. It is a day to acknowledge the immense strength women exhibit in their day-to-day lives throughout the year. In today's context, Women's Day should focus more on those women living in the rural parts of India too. They are not even aware that such a day exists but they continue to make a huge difference to their own lives and that of others. The need of the hour is to make them understand their importance and worth. Women's Day is an occasion to acknowledge their strength. Attributing one day to celebrate womanhood does not justify the capabilities and achievements of women. Nonetheless, this day at least gives an opportunity to acknowledge the

sacrifices of women. **This day serves as a podium to pay homage to womanhood..** Woman has been gifted with the power to create **which is the greatest attribute of a woman which often goes unrecognized.**

Women's Day is the celebration of the identity of a woman and to salute womanhood. To ably manage the two roles of a professional career and home requires a lot of effort and strength, which a woman is capable of. This day gives the world the opportunity to celebrate this capability.

At the end of the programme, every lady walked with their held high, nourished and filled with more confidence and feeling more empowered to walk into brighter tomorrows!

CASK was also represented by Mr & Mrs Oswald D'Cunha, Thelma Pais, Zita Farias, Joan Lobo and Patsy Lobo - convener of the programme.

EASTER AND THE CROSS

E.Saldanha

His Cross and His Message: The Cross is a revelation in itself! The message centers on "The Cross of Calvary". The all important message bespeaks of the Message of Love- and individual love from Him to one who is called to serve Him in truth and spirit having spiritual implications and eternal consequences.

It's all about "His Love!" It's a spiritual transformation from Christ to follow Jesus on the path chosen by Him- It bespeaks of His Passion for the kingdom of God. It is the playing out of the divine plan as prophesized by the prophets of the Old Testament.

It unfolds the mystical distant deity who suffered a most cruel death in love for humanity, but responds with a compassionate love. Four thousand years before Christ's birth, the prophet Isaiah foretold of this event. For an Easter reading, see the legacy of this prophecy declared in Isaiah 53:1-12 and the confirmation of the same in Mark 15:22-24. It confirms the removal of alienation between God and us sinners, and a restoration of our union with the Savior.

It declares the final victory as He rose from the grave, having overcome sin, death and the forces of evil.

What was the cost of this purchase? The price was not paid with silver and gold, but with the blood of Christ alone.

The Cross Message signifies the playing out of the Why, Where, When and How . . . with the all important question being Why?

His Cross of Salvation: Salvation is a matter of Grace - Salvation belongs to our Lord. Man cannot earn Salvation for himself-We are truly helpless in saving ourselves- only Jesus has succeeded in absolute sinlessness - see Bible reading Hebrews 7:26. Many ask "If He was truly God, Why then could He not save Himself? The scriptures teach us that the Father sent His son Jesus to the Cross for the sins and the Salvation of the world (John 3:16) (Matthew 3-6:28) It was a covenant poured out for forgiveness! Not all our offerings of flowers, fragrance and frankincense, sacrificial blood of animals and rivers of tears and pleas can save us! The substitution for our sins was chosen by His Father in Heaven for the sins of mankind. His son, the Messiah, the Crowned Prince was now to be adorned with a Crown of Thorns, whipped, lashed, beaten and nailed to a cross to be a victory over sin!

Salvation is a gift - An identity changer to all who are called. The spectacle of His death is not enough to gaze at only on Good Friday service - but for all who believe in Christ, and this innocent death should be a joyful remembrance of Him, with our gratitude abounding! Only His Love can melt the heart of stone in repentance -His LoveSee Romans 2:4.

His Cross of Partnership : What a union! What a pact! What a promise! So, why do we weep for this tragedy?

Yes, Christ died on the cross, but we must remember that we carry His cross in Partnership with Him. Do you recall the Bible reading about Simon of Cyrene carrying the cross with Jesus?....And they laid on Him the cross to carry it behind Jesus(Luke 23:26).

Yes, Christ carried a cross and Simon was chosen to carry it in partnership. So also do we have to share our earthly cross with our Lord and try to endure it. His promise of a Partnership has always

been offered. Often, broken hearted people declare that the cross they carried is unbearable in weight! Beloved Christian - Your cross is His Cross as well! The teacher, our master, will instruct you where to go for fresh supplies of strength for your body and soul in all your affliction.

Without Him we can do nothing! He does not play favorites with His blessings of Partnership. For centuries now, he has visited and touched the hardened hearts and souls of mankind and in return given them a renewed life - a change of heart-an identity changer!

Our loving Christ has visited the rich and the beggar, the healthy and the sick, the eunuch, the adulteress, the wise and the foolish and the atheist, touching their wooden souls and giving them a renewed change of heart - not out of compulsion, but to the blessings of a new nature and Partnership. This was His love from the Cross - the Grace of our Christ so magnificently displayed!

So we do not blush about your Christianity when asked or wear the cross only as a jeweled ornament! In turn, wear it as a believer in Christ -the chosen people! Seldom has there been a time like now, when Christianity trembles on the brink of fear of extinction. We need to be assured that our Savior's spirit is still with us on earth. So pray for committed hearts, bold voices, and powerful speakers, singing voices and winning battles for the Glory of His Harvest. The battle is not ours but His!

How much do we spend on reading His word and assuring our hearts with His comforting promises? Many sadly whisper in their hearts" No! This is not for me", climb higher and exercise your calling! The Glorious Gospel lifts us pilgrims on eagle's wings with ease! Not all the wealth that the banks of the world offer can compare to the wealth of His Assurance and Blessing from our Master who works with us. Then bring your empty cisterns and fill abundantly at His Fountain of Grace while singing in a jubilant chorus.

"When I stand before the throne, Dressed in beauty not my own;
When I see Thee as Thou art, Love Thee with unsinning heart; Then,
Lord, shall I fully know... Not till then — How much I owe"

Happy Easter - 2015 Years of Celebration since He Has Risen!

BIBLE LANDS UNEARTHED

Veronica Shearer, Morpeth-UK

What a great injustice to have been a cradle Catholic... to take my religion for granted and allow it to be grounded in blind faith. Since migrating to the UK in 1992, I realised that I had missed so much in India, by swallowing everything that was fed to us from the pulpit and from those who taught me in my various convent schools. It was thanks to my parish priest in Maidenhead, UK, in the late 1990's that I began Scripture study and attended a two week summer school every year in Dublin, where professors of Theology from around the globe lectured on serious and wonderful subjects. The topics ranged from The Women in the Gospel of St Luke to the Dead Sea Scrolls and from Christian Art to the Five Books of Moses (Torah). These were just a few of the amazing subjects we studied. I was like a sponge, absorbing it all and thirsting for more.

Then almost 15 years later. I decided to continue this study by hosting a weekly Bible Study session in our home, where a group of us from different Christian denominations meet for two hours of study. We're each armed with a different translation of the Bible and various reference books and commentaries. Two hours flash by and we have hardly touched the surface of the chapter we are working on. It has taken us a whole year to go through the Gospel of St Mathew and now we have embarked on Luke. It is fascinating to see how much these Gospel writers rely on the Old Testament... a book we Catholics were discouraged from reading, in the good old days. But it has been so enlightening having friends from the Methodist Church, the Anglican Church and the United Reform in our study group because they have a far deeper knowledge of the Old Testament. It was this study that threw light on the Jewishness of Mathew's Gospel and tempted me to visit the Holy Land where it all began! We were there just last month. The Holy Land is the seat of three great religions – Judaism, Christianity and Islam, yet we, Christians take it as our motherland and our birth right. How deluded we are!

For years Christian pilgrims have visited the Holy Land and found

it an awesome experience and so did I. The first jaw-dropping moment was when we landed in Tel Aviv and the guide informed us that we had to brace ourselves for snow in Jerusalem! Coming from the north of England we thought we had said goodbye to the cold for a fortnight but lo and behold....we had to tramp across the snow-covered steps to our hotel and then to the Church of the Holy Sepulchre the next morning.

Our trip began with the death of Christ and ended with his birth....maybe to show us that death is not the end. I had never thought seriously about the distance from the place of crucifixion to the tomb where Our Lord was laid. To my surprise the Church of the Holy Sepulchre houses both! We visited this church at 6am, when it was dark and the old, smooth steps were blanketed in snow. To make it even more atmospheric, there were loud crashes of thunder and flashes of lightning lit our winding route to the church. We entered this with trepidation, not knowing what we were going to see. We first walked up stone steps to Golgotha in pitch darkness. We then came down and were immediately taken to a tiny cave, hardly a few metres away, where we celebrated Mass. It was here that Jesus was laid to rest! Who would have thought that Golgotha and the tomb where Our Lord was laid were so close to each other?

The next day we were escorted to the Antonia Fortress to walk the way of the cross....once again on snow-covered streets. In our minds, thanks to the Stations of the Cross that we pray every year at Lent and the films made on Jesus, we imagined Jesus carrying His cross for miles up to Golgotha. But here we snaked through cobbled streets praying the stations – all 14 of them, ending at the Holy Sepulchre church where we had been the previous day. It was all quite surreal!

The Garden of Gethsemane was not how I had imagined it and neither was the Mount of Olives. But our walk to the Wailing Wall that night opened our eyes to the faith and devotion that our Jewish brethren have. I then realised that Jesus was trying to open the eyes of His fellow Jews to a more love-filled attitude to Judaism....He wasn't starting a new religion. His disciples and Paul did that and we followed. We now kill each other in His name and start different sects of Christianity in His name. What a travesty!

Another eye-opener was our visit to Bethlehem. The shock we received to drive through a heavily guarded city surrounded by high walls fringed with barbed wire. The Christians lived within these walls almost like a gated community. The next mind-blowing experience was in the Church of the Nativity. We actually saw the place where Baby Jesus lay. It was deep within the bowels of a gigantic church. It was sad to hear that various denominations of Christianity were fighting with each other to lay claim of ownership to this church and the others. What a shame!

Visiting the Sea of Galilee and actually facing it from our bedroom was a shock in itself as was a boat ride on an old wooden boat that Jesus and His disciples would have used. In addition, the trip to Cana in Galilee where we renewed our marriage vows and a drive to the River Jordan, where we renewed our Baptismal promises, made the New Testament burst with life! Then onto Tabgha In the same place (not far from Capernaum) facing the Sea of Galilee is a well watered land in which lush grasses grow, with numerous trees and palms. Nearby are seven springs which provide abundant water. In this fruitful garden Jesus fed five thousand people with five loaves of bread and two fish. There was a lovely mosaic on the floor of the church with 4 loaves and two fish! Why four and not five? We could be the fifth! This was another heart-stopping moment. To think that we, as Christians are the fifth loaf! Our duty is to feed each other with love and compassion...in fact the Mount of the Beatitudes where Jesus is supposed to have preached the Sermon on the Mount, summarised my faith. In one fell swoop I realised how privileged I was to be a Christian and how much my religion has to offer.

I could go on in rapture at the wondrous places we visited, from Mount Tabor (The scene of the Transfiguration) to Jericho, from the Qumran in the desert and the Mount of Temptation where Jesus was tempted to Nazareth where Jesus grew up.... For the twenty one of us the Bible came alive. It gave us a new lease of life and a determination to live out our Christian ministry. Happy Easter to one and all of you! May the Risen Lord grant you new life, new attitudes and a new approach to your faith.

BELIEVE (4)

Dreamcatcher

“Hardships make or break people” – Margaret Mitchell, Gone with the Wind

It’s impossible. A quadriplegic in a wheelchair, competing in marathons, triathlons and even in the famously grueling Ironman triathlons. It’s impossible, and yet here he comes again across the finish line, ahead of others in the race, with that radiant smile spectators have come to expect and love.

Rick Hoyt has crossed over 631 of those finish lines in the last twenty years, often in the top fifty percent, sometimes even as a winner. But he never crossed alone. Sometimes in front of him or behind him is the other half of the Hoyt team his father Dick.

People say what Dick does is impossible too – a middle aged man jogging mile after mile pushing another man in a wheelchair. Peddling Rick on a bicycle up and down unforgiving hills and pulling Rick two miles or more through the water as he swims.

The Hoyt family has made a habit of doing the impossible.

When Rick was born in 1962, the doctors told his parents Dick and Judy, that their newborn son would bring them nothing but heartache and urged them to put him in an institution. As a spastic quadriplegic with cerebral palsy, Rick was expected to live out his life as a vegetable. At least that’s what the doctors said.

Dick and Judy ignored the expert’s advice and brought their son home in North Reading, Massachusetts. They were determined to raise Rick just as they would any other child. Back then, experts didn’t know a lot about cerebral palsy and weren’t sure of the full extent of Rick’s “disability”. Learning to live with a child with Rick’s anticipated disabilities were considered beyond the capabilities of any parent. But the Hoyts weren’t typical parents. They set to prove that “disabilities” are merely challenges to be overcome, not impassable barriers.

Rick’s only way to communicate was nodding his head yes, or shaking it no. Speech professionals said he would never be able to

speaking. The Hoyts believed otherwise and raised \$5,000/- that they donated to Tufts University to help build the first interactive communicator. The device allowed a speechless person to “talk” by scrolling electronically through rows of letters and numbers and make selections to form complete messages. When Rick was twelve, the communicator was finally ready for testing. The engineers from Tufts and the entire Hoyt family excitedly stood around Rick waiting for his first words. Rick used his head to touch the electronics and spelled out “Go Bruins” – for his favorite hockey team.

“We all laughed” said Dick. “He confirmed what we had believed all along – Rick has a healthy active mind and a great sense of humor”

Because of Rick’s avid interest in sports, the entire family took him fishing, canoeing and even rock climbing, strapping him to his fathers back. The Hoyts witnessed Rick’s sense of adventure and challenge and saw a person with a normal mind, human needs and hopes who longed to be respected. The interactive communicator played a key role in enabling Rick to express himself and his interests and revealed his curious, intelligent personality. Yet schools refused to enroll Rick since he could not walk, feed himself or talk on his own. At fourteen, because of his increasing ability to “speak” through his communicator and a new law mandating the right of all children to attend school. Rick finally gained admittance to high school, where special aides helped him with physical tasks he was unable to handle. It was during this remarkable period of personal growth that Rick found the catalyst for his incredible athletic career.

In 1977, when Rick was sixteen, he learned of a five mile road race that would be held to benefit a college student who was injured in an automobile accident. Using his communicator Rick told his dad that he wanted to “run” in the race as his contribution. Dick’s initial reaction was shock. “I thought, I’m forty, a guy who jogs a couple of days to keep my weight down, but hardly a seasoned runner. I was concerned about how I could participate in such a race pushing Rick in his wheelchair. But I knew it meant a lot to him so I said, okay, we’ll try it”

After the race, Dick could hardly move for two weeks. He was in agony. But one night as he soaked his aching muscles in Epsom salt,

Rick came home and typed a message that changed Dick's life forever: "Dad, when I am running, it feels like I am not handicapped anymore". Finally Rick had found something that gave him freedom like nothing else. At that point, Dick knew what he had to do. If Rick wanted to become an athlete and compete, Dick would loan him his arms and legs to make it happen. But to do so, Dick needed to design a lighter running chair so he wouldn't kill himself in the process.

Over the next two years, while Dick and an engineer designed and built the special chair, Rick and his father continued training and racing locally using the old chair. When the new chair was ready in September 1979, father and son entered their first official race, a five mile race in Springfield, Massachusetts. They finished 150th out of the 300 runners. They ran races in different cities every weekend. One of those races was the world famous Boston Marathon – a grueling 26.2 miles. Rick and his father applied in the wheel chair division where paraplegics had been racing on their own for years. But Rick was a quadriplegic who required a racing partner hence was turned down. The Hoyts joined the race anyway, lining up behind the wheelchairs. Neither the sponsors nor the organizers would acknowledge their presence, but the spectators along the city streets did and they applauded and cheered them on. When the Hoyts finished, the crowd was jubilant. Out of the 7,400 runners, the Hoyts finished in the top 90 per cent. This race was the first of the many Boston Marathons they would enter and finish.

During these years, Rick also proved himself to be much more than just an athlete. He earned a degree in special education from Boston University becoming the first "nonspeaking" quadriplegics to graduate from college.

By 1984 Dick had become an accomplished runner and was invited to race in triathlons. Triathlons are the Herculean races that combine long-distance swimming, long distance bicycling and cross country running. The organizers wanted Dick – but only if he could compete alone. He refused. The next year the organizers made the same offer, but again Dick refused to participate without his son. Dick told the organizers - "Rick was the one who got me into this, I have no desire to compete alone. He is the one who drives me. Besides without Rick,

I wouldn't even know what to do with my arms”.

Finally the race officials approved Rick's participation if Dick could devise safe, durable equipment that would enable both of them to compete. Never mind that Dick didn't even know how to swim and hadn't been on a bicycle since he was six years old. After what his son had already accomplished, those seemed like small details to overcome.

Dick started training and devising the equipment that would help him tow Rick through water and pedal him by bicycle. The bicycle weighed 60 pounds and Rick weighed 90 pounds and Dick weighed 170 that would be 320 pounds moving up and down hills pushing relentlessly across agonizing physical and mental barriers. Rick and Dick completed that triathlon and every subsequent triathlon they entered usually finishing in the top half of the competition.

Along the way, Dick developed a motto “There is nothing we cannot do together”. Dick was right. Together father and son completed the infamous Ironman competition, a race most people are happy just to survive – 2.4 miles of swimming, 112 miles on a bike and 26.2 miles of running. Because of the extreme condition of the Ironman race located on the big island of Hawaii -100 degree heat, high humidity and unrelenting hills, this race required special preparation. To train, they competed in local races every week-end for a year. During the week while Rick was in school, Dick trained alone daily. He swam 2 miles, ran eight miles and biked forty miles while pushing a 100 pound bag of cement in Ricks running and biking chairs. Dick and his son have since competed in and finished four Ironman competitions.

They have also biked and run across United States from Los Angeles to Boston covering 3,735 miles in forty five days without a single day off. And after completing fifteen Boston marathons – the race where they were initially rejected back in 1981, they were honored on the marathon's 100th anniversary as the event's centennial's heroes.

Dick still insists it is his son not him who is the athlete “I don't know what it is, but when I get behind his chair, there's something that happens. Rick is the driving force of the team. I loan him my body, but it is Rick's spirit that keeps us going”

In 2013 the Hoyts had planned to make the 2013 Boston Marathon their last as a duo. But then they and 5,000 runners were denied reaching the finish line because of the bombing.

However in 2014 when Dick turned 73 and Rick 52, with his painful back, ran the marathon only to honor the human spirit of those killed and injured in the bombing.

For the Hoyts, what place they finished was not important. From the moment they were at the starting line, every race was a victory.

For as long as I can remember, people said I would never be able to do anything. My parents and I believed I could and have been proving them wrong ever since – Rick Hoyt

DON'T WE HAVE ENOUGH DRAMA IN OUR LIVES ?

Patsy Lobo

Having loved Drama and having scripted and choreographed many plays over the years in our many postings in India and abroad, I am often asked the titled question and hence I wish to highlight the fact that there is so much of drama in our daily lives.

March 27 was World Drama Day. I wish to take off on a tangent and ask the question: Show me a person who does not have a drama instinct and I will salute you!

A journey be it by airplane or train is always a sensational reading experience for me. During my recent travels to Indonesia, Thailand and specially Vietnam,(a hidden gem that only those visiting the country will be able to realize) I picked up readings from ‘Tiny Buddhas’s Guide’ by Lori Deschine. It revealed so much and was a great inspiration to me, so much so I wish to share this information with my readers.

Children : He does not play soldier, he is a soldier. She does not play Mamma, she is Mamma. Every move of the parents is copied and enacted as we all see our children growing up. Way back in 1975, I used to wonder why my 4-year old son would parade up and down in our front verandah pretending to be a soldier. That was because we were at that time in war-torn Ethiopia and he always saw many soldiers around at every nook and corner. Later my daughter played ‘Teacher’

simply because I would as a teacher come back from work with a load of books to correct and always talk about their school and mine over the dinner table. She would wear the sari that I had used that day, don my high heel shoes and with ruler in hand and books on the table, carry on an imaginary class room scenario.

Drama from my two kids would always enthrall me or sometimes irritate me but also make me think! Drama is an essential part of every individual and is not to be reserved for a specific few who might be good in music, dance and song as most of us feel. I wish to present to you the poem “The Busy Child” by Josephine Preston Peabody

I have so many things to do, I don't know when I shall be through.
To-day I had to watch the rain come sliding down the window-pane.
And I was humming, all the time, around my head, a kind of rhyme,
And blowing softly on the glass, To see the dimness come and pass.
I made a picture, with my breath Rubbed out to show the underneath.
I built a city on the floor; And then I went and was a War.
And I escaped, from square to square, that's greener on the carpet, there,
until at last, I came to us: But it was very dangerous. —
Because if I had stepped Outside, I made believe I should have died!
And now I have the boat to mend; and all our supper to pretend.
I am so Busy, all the day, I haven't any time to play

Yes, the CHILD is busy in an imaginative world all day....acting, humming, singing, dancing, pretending.....!!

We tell our children Fairy tales simply because we want to conform to the tragedy or comedy and the fairy tales we had from childhood. At times we want to have a make believe life we never had as a child and make up one for our children. Is this not drama in real life? I often wish I could start a TV channel with no war, no strife, no shooting and fighting specially for children but if wishes were horses' beggars would ride! I guess my channel would soon go into liquidation says my family.

As Teenagers: We create strife, misunderstanding, tension, problems and more as soon as the teens start. Do we parents add to this Drama by over reacting, saying things we don't mean and adding to the drama in the teenagers life? Do we become the **DRAMA QUEENS / KINGS?**

AS Newly-Weds: Once again do we succumb to Peace, Quietness, Calmness, Awareness, Happiness, Courage, Appreciation and Self Fulfillment as newly married couples? Or do we add to the Drama and get involved with things we should never ever, do we try and turn a deaf ear to what is said but may not really be meant and add fuel to fire when there is so much to adjust to in the initial years? Drama in full form for at this time one feels immature, and lonely if not loved enough.

As Senior Citizens: When we grow older and become senior citizens things get even more complicated for there is so much that is taken for granted. We need a moment from Time to time to look at the mirror in the eyes of our own eyes for in those eyes there is truth and peace and love that has sustained all the years of strife and storms... the properties of Love and take pride in the fact that we are the magic couple the makers of Life and Love. **How much of Drama can be avoided I ask?**

Gossip breeds Drama and excitement and most of us relate to it as we are so intent in watching the TV serial “Desperate Housewives” and men thrive on the fact that Gossip is only for Women. No, not true! Men gossip equally if not more. I quote from an article in the Times of India dated December 2014 by Soumitra Das. She refers to a study which establishes that men are the biggest chatterboxes and more likely to talk for the sake of talking. Who does not like Gossip...it is spicy isn't it? What do you say about this Drama? Is it not there in our lives each day, each hour in some form or the other?

To end I do agree that **“That Life without Drama is Boring”**, however let us not make too many assumptions that hurt, lets not blow out of proportion the Drama episodes of our lives and that of others for no reason at all, let's not always believe the grapevine, and fight fire for fire but be a bigger person.

A few points to ponder on: Recognize when you might be creating Drama. Don't feed into other people's Drama. Be slow to label other people as creating Drama...love them a little more. Learn from drama!

I've often heard the saying and probably quoted it myself “Mangalore is full of gossip!” Why only “Mangalore” it could be any where else! However, simple non-malicious gossip is a sign of bonding but we need to curb and prevent malicious and hurtful gossip. Let's not be a contributor but be a whistle blower to fight especially when we know the gossip turning out to be ‘damaging’ to someone!

WHY EXTREMISTS MUST STOP THE MINDLESS VIOLENCE AGAINST MINORITIES IN INDIA

Meghna Pant (forwarded by John Monteiro)

In 2010, I visited The Missionaries of Charity in Kolkata to pay homage at Mother Teresa's tomb. Along the road towards the building were swarms of the sick, disabled, disfigured, the mentally ill, the aged, and the homeless. A leprosy affected person put his hand out. I took a coin from my purse. I meant to place it on his outstretched palm. But on leaning over, I cringed. I try to be kind, each day a little more, but I couldn't do it. I couldn't touch him. So I tossed the coin in his direction, avoided his reddened eyes and quickly walked away in shame.

I entered the Mother Teresa's sober tomb and my shame worsened. While I shuddered at the thought of touching a leprosy affected person, she had embraced those with the disease. She had given shelter to hundreds of destitute while living in austerity that was in deep disproportion to her fame. Only a person in possession of a great sense of service to others could have spent her entire life like this.

Five years later, the senior most RSS leader claimed that the primary objective of Mother Theresa's missionary work was conversion.

Three weeks later a 71-year-old nun of a convent school was gang-raped near Kolkata by six men. It was one of India's most shameful moments.

I have spent a big portion of my life around Christians. My school, Villa Theresa, was Roman Catholic and St Xavier's, where I went for college, was run by Indian Jesuits. We sang 'Jana Gana Mana' in the morning, followed by The Lord's Prayer. We went to the school church and sat on the pews listening in rapture to stories about Saint Francis of Assisi and Shivaji. We prayed to Lord Jesus and we prayed to Lord Shiva. Diversity was a way of life, not an effort at brainwashing or conversion.

The Christians in India are a small minority. At 2.5 per cent of the total population, they are significantly smaller than other minorities, like say the Muslims who are 14 per cent of our populace. And even in those small numbers, they have given India its most prized asset:

Education.

And what is India giving back to them? In recent months many acts of violence have taken place against the Christian community, including burning of churches, re-conversion of Christians to Hinduism by force, distribution of threatening literature, and defacement of Bibles. This week, around the same time as the nun was raped, a cross at a church in Haryana was forcibly replaced with a Hanuman idol.

The ongoing violence is a matter of great national shame, especially in our country that has a history of tolerance. Worse still, most of it is politically motivated. According to media reports, much of it stems from fringe elements of Hindu organisations such as the Bajrang Dal, Vishva Hindu Parishad, and Rashtriya Swayamsevak Sangh. They're doing this to avenge Christian missionaries and their alleged 'aggressive conversion drives' which they think have forced good Hindus to convert.

Forced conversions? Look at our population figure. Does it look like we're running out of Hindus? Read our law. Article 25 of the Indian Constitution guarantees freedom of religion. Conversion is an individual choice. If a person wants to convert their religion, their shoes, their refrigerator, it is their choice. It is not the business of the state to check whether someone is spreading their mat or crossing their heart or ringing a bell.

Yet, since December 2014, a series of re-conversion ceremonies of Christians i.e. ghar wapsi (homecomings) campaign have been conducted and attacks on Christian institutions are becoming more frequent.

Instead of leading by violence, why don't they lead by example? Make Hinduism a religion that attracts those in need of faith. Instead of disparaging dead saints and denigrating charitable work for the poor, look after your people by providing basic education, decent living conditions and selfless service.

These extremists are emboldened because they expect Christians not to react. After all, Christians in India are generally viewed as a peace-loving community.

But against the power of evil, even the good fold into a Faustian

pact. If such attacks continue then at some point the Christian community may react and snap. Julio Ribeiro tells us that they're already feeling under siege. So has Admiral Sushil Kumar. What will they do? It will be sad if Christians also become the bad guys. It will be shocking if Christians also start seeing violence as necessary in the name of a higher good. It will be even worse if they take back what they've given so generously to our nation: Their educational institutions that shape the brightest minds in India and give the youth a moral rudder, and their charitable institutions that provide selfless service to the needy. Let's hope it doesn't come to that.

We are happy that Prime Minister Modi has spoken out against the acts of religious fanaticism. We know that he is as concerned about extremism as we are. But that is not enough. You have to do something to stem the violence. You have to take punitive action. You have to stop the aggressors.

Don't let this unconverted Hindu woman be shamed in front of her Christian friends. Don't let the rights of religious minorities in our predominantly Hindu country be forsaken. Stop this madness now.

Meghna Pant is an award-winning author and journalist

THE NUN WHO WAS RAPED IN WEST BENGAL WAS MY SCHOOL PRINCIPAL

Farah Baria (forwarded by Remy L.Pai-Mumbai)

Sister was a quiet, soft-spoken, gentle soul, with nerves of finely tempered steel. She was not like a principal at all - Slightly built and almost ethereal. She would glide down our school corridors in her spotless white habit to stand silently outside a noisy classroom until the chattering died down. No admonitions were necessary. We were simply given the space to examine our own behaviour, and correct it.

Ours was a secular, democratic school. We elected our head girl and house captains by secret ballot. Both students and teachers could take their complaints to the principal's office and be heard with equal fairness. She would rebuke us for our impertinence, then discreetly call in the teacher and encourage her to review her approach.

Back then, the morning prayer was followed by the national anthem. On Fridays, while the Catholic girls went for choir, the rest of us were taught bhajans and regaled with stories of Lord Krishna. In our class of 40 girls, barely a fifth were Catholic; the rest mostly Hindu, with some Muslims, and a couple of Parsis. By serving you, we are serving Him, the nuns used to say.

For Sister, that unswerving faith was put to the test last Sabbath. Who would rape a 71-year-old nun? And why? The answers are as disturbing as the questions. Rape in this country has become so frighteningly banal that girls in short skirts and an elderly nun wearing a cross are equal targets: Both, it seems, violate our neo-Vedantic sensibilities. Perhaps this also explains the official catatonia. Following the rape, not a single union minister condemned the incident, until growing public ire required a response. Worse, this cowardly crime is the latest in a series of attacks on Christian institutions in our country. This is ironic because while Catholics constitute barely two per cent of our population, we have over 14,539 Catholic schools and colleges, second only to government-run institutions. And in towns and villages across India, a convent education is still the most coveted.

Maybe it's time for our Sisters to stop being taken for granted. Maybe it's time for every Catholic school, college and hospital in the country to protest against this senseless bigotry by closing down indefinitely; or at least until the powers that be wake up and find they have nowhere better to educate their children. Maybe it's time to let India acknowledge her debt to the countless nuns and priests who work selflessly to offer education, healthcare and social services where the Government has failed for over 70 years.

But Sister, of course, won't hear of it. Forgive them, she pleads for her assaulters; they know not what they do. Christianity in India is alive and well.

The elderly nun who was raped last week is an example of amazing serenity and spiritual strength, Cardinal Cleemis said after visiting her in a Kolkata hospital yesterday.

"I went to see the sister in the hospital and that was something amazing: she is so graceful; she says that she is at ease and that she is praying for everyone including the culprits," he told Vatican Radio.

THE FEMININE VOICE

(100 Leading Lady singers of the 20th century : A Quiz)

Compiled by - Dr Michael Lobo

A couple of years ago, I published a set of two books on popular western music. Both books are works of scholarship – especially the book entitled “A Thousand Pages of Songs”, which is quite literally an encyclopaedia on the subject of popular music.

Since the publication of these two books, I have been compiling CDs of old-time songs downloaded from the Internet. “The Feminine Voice” is one such CD; it comprises one hundred hit songs by one hundred different lady singers.

To mark the occasion of International Women’s Day (itself a centenarian, having been instituted on the 8th of March, 1912), I have prepared a quiz of exactly 100 questions – the answer to each question being the name of the lady singer. A hint: the 100 singers are entered in alphabetical order of Christian name – the first two alphabets of the Christian name are provided at the end of each question.

Readers of this article who wish to attempt this quiz may take their time. I will be happy to provide gift copies of the CD to the first ten all-correct entries. I might just add that the answers to all the questions may be found in my books; or on the Internet, but the process of searching the web is likely to prove more laborious.

1. American singer – star of the early 20th century – hits include *Row Row Row* (1920) - AD
2. British singer-star of the 1950s-hits include *Dreamboat* (1955)-AL
3. Scottish singer – her 1981 hit *Japanese Boy* sold a global five million – she was known by the pen-name - AN
4. American singer from Oklahoma – she introduced the song *Paper Roses* in 1960 - AN
5. Canadian country singer – had big hits with *Snowbird* (1970) and *You needed me* (1978) - AN
6. British singer – teenage star of the World War II years – her last major hit was *Lay down your arms* (1956) -AN

7. US singer – leader of the “Teddy Bears”, who had a million-selling hit *To know him is to love him* (1958) - AN
8. American actress – starred in *The way we were* (1973), singing the Oscar-winning title song - BA
9. American singer from Charlotte, North Carolina – her biggest hit was *I dreamed* (1956) - BE
10. British singer from Woking, Surrey – her only major hit was *Tell him* (1963) - BI
11. US country singer – her hit song *Blanket on the Ground* (1975) topped the US country charts - BI
12. US country singer – her hit song *Ode to Billie Joe* (1967) won three Grammys and topped the country charts-BO
13. US singer – teen star of the early ‘60s; she was 15 when she had her first major hit with *Sweet Nothings* (1960)- BR
14. Latin American singer – born in Portugal, but raised in Brazil – known in the US as the Brazilian bombshell - CA
15. British singer – had British hits with the American songs *Sad Movies* (1961) and *Norman* (1962) - CA
16. American singer from New York – her only major hit was *Ivory Tower* (1956), but it was a million-seller - CA
17. British singer – had a major worldwide hit with *You’re my World* (1964) - CI
18. British singer – her hit song *Jack in the Box* was placed fourth in the 1971 Eurovision Song Contest - CL
19. Italian-American singer – biggest-selling female vocalist of the late ‘50s and early ‘60s - CO
20. American singer from Ohio – her hit song *Once a Day* (1964) topped the US country charts for 8 weeks - CO
21. Irish singer – her hit song *All kinds of Everything* won the 1970 Eurovision Song Contest; she was known as - DA
22. American singer/actress – starred in *Singing in the Rain* (1952) and *Tammy* (1957), singing the title song - DE

23. British singer – best remembered for her million-selling children’s hit song *Poppa Piccolino* (1953) - DI
24. American singer – her recording of the Oscar-winning song *Buttons and Bows* (1958) was a million-seller - DI
25. American country singer from Tennessee – her first major hit was *Jolene* (1974) - DO
26. American singer/actress – her songs *Secret Love* (1953) and *Que Sera Sera* (1956) won Academy Awards - DO
27. American country singer/actress – popularly known as ‘Miss Country Sunshine’ after one of her hit songs - DO
28. Slim afro American singer with a sultry voice – her theme song was *Just an Old-Fashioned Girl* (1957) - EA
29. Black American singer – one of the best-known jazz singers of the 20th century - EL
30. US country singer – her 1975 revival of the ‘50s song *If I could only win your love* topped the country charts - EM
31. American ‘blues’ singer – she introduced the song *I got Rhythm* in the stage musical “*Girl Crazy*” (1930) - ET
32. Afro American teen star – best remembered for her hit song *Loco-Motion* (1962) - EV
33. Hungarian born South-African singer – had major hits with *Sugarbush* (1952) and *Pickin’ a Chicken* (1955) - EV
34. American singer from New York – her biggest hit was *Blame it on the Bossa Nova* (1963) - EY
35. American singer/actress – introduced *I’m in the mood for love* in the film “*Every Night at Eight*” (1935) - FR
36. American singer from Texas – her first and biggest hit was *I hear you knocking* (1955) - GA
37. American singer – she was 16 when she recorded *Robot Man* (1959), using the pen-name ‘Jamie Horton’ - GA
38. American singer – her biggest hit *Kiss of Fire* (1952) derives from an Argentine tango - GE

39. Canadian singer – hits include *Seven Lonely Days* (1953) and *Hard to get* (1955) - GI
40. US singer from Philadelphia – her 1956 hit song *The Wayward Wind* topped the US charts for 8 weeks - GO
41. British singer – her hits include the cheery farewell song *Wish me luck as you wave me goodbye* (1939) - GR
42. British child star – introduced the song *Let's get together* in the Disney film “The Parent Trap” (1961) - HA
43. London schoolgirl – she was just 14 when she had her first hit *Don't treat me like a child* (1961) - HE
44. US singer and World War II entertainer; injured in a plane crash in 1943 – hits include *I'll walk alone* - JA
45. American singer – had major hits with *Fascination* (1957) and *The day the rains came* (1958) - JA
46. American singer/actress of the 1930s – especially remembered for her partnership with Nelson Eddy - JE
47. American singer from California – had major hits with *Shrimp Boats* (1951) and *You belong to me* (1952) - JO
48. US singer – star of the late '60s – specialized in folk songs and songs of protest (as a civil rights activist) - JO
49. American country singer – best remembered for her hit song *Queen of the House* (1966) - JO
50. Canadian singer – wrote and introduced *Woodstock* (1969), about a rock music festival held in New York - JO
51. Australian singer – lead singer of the 1960s pop group “The Seekers” – hits include *The Carnival is over* - JU
52. American singer/actress of the 1930s and 1940s – films include “Meet me in St Louis” (1944) - JU
53. British singer/actress of the 1960s – starred in the stage version of “My Fair Lady”, though not in the film - JU
54. American singer – superstar of the early '70s – her brother Richard accompanied her on piano - KA

55. British singer – best remembered for her hit song *Wuthering Heights* (1978), based on Emily Bronte’s novel- KA
56. Native American (Red Indian) – hits include *Wheel of Fortune* (1952) and *Rock and Roll Waltz* (1956) - KA
57. American singer – hits include *Little Things mean a lot* and *In the Chapel in the Moonlight* (both 1954) - KI
58. Afro American singer – her theme song was *Stormy Weather* (1943) from the film of the same name - LE
59. American singer – best remembered for her ‘teen-weepie’ song *It’s My Party* (1963) - LE
60. American singer – had a million-selling hit with her 1978 revival of the 1963 song *Blue Bayou* - LI
61. American singer – was 15 in 1961 when she had a big hit with the 30-year-old song *I’ve told every little star* - LI
62. American singer/actress – won a best-actress Oscar for her performance in the film “Cabaret” (1972) - LI
63. Austrian singer – her biggest hit was *Seemann*, a million-seller – she was known simply by her first name - LO
64. US country singer – best remembered for her autobiographical song *A Coal Miner’s Daughter* (1970) - LO
65. Scottish singer – hits include *To Sir with Love* (1967), *Boom Bang-a-Bang* (1969) – known by her pet name - LU
66. US country singer – best remembered for the song *Rose Garden* (1968), on the theme of compromise in life - LY
67. American singer from New York – her only major hit was *Bobby’s Girl* (1962), but it was a million-seller - MA
68. American singer – hits include *Moonlight in Vermont* (1944) and *A Tree in the Meadow* (1948) - MA
69. British singer – daughter of an Austrian baroness – hits include *As Tears go by* (1964) - MA
70. Famous American actress – starred in the film *River of no Return* (1954), singing the title song - MA

71. American singer/actress of the 1920s – hits include *Tea for Two* from the stage musical “No No Nanette” - MA
72. British singer – hits include *Knock knock who’s there* – placed 2nd in the 1970 Eurovision Song Contest - MA
73. Afro American singer from Detroit – her biggest hit was *My Guy* (1964), a US chart-topper - MA
74. Welsh singer – her biggest hit was *Like I do* (1962) – set to the music of Ponchielli’s *Dance of the Hours* - MA
75. Greek singer – starred in the film *Never on Sunday* (1960) – the title song won the Academy Award - ME
76. Jamaican singer – best remembered for her 1964 revival of the 1956 song *My Boy Lollipop* - MI
77. Greek singer – her album *Over and Over* (1969) was in the British charts for over 100 weeks - NA
78. American singer – her biggest hit was the aggressive *These boots were made for walking* (1966) - NA
79. German singer – her song *A Little Peace* won the 1982 Eurovision Song Contest - NI
80. British singer – superstar of the 1970s – her million-sellers include *Let me be there* (1973) - OL
81. Japanese-American singer – best remembered for *I enjoy being a girl* (1958) from “Flower Drum Song” - PA
82. US country singer – died in an air crash in 1963; her 1985 film biopic was called *Sweet Dreams of you* - PA
83. US superstar of the 1950s – her hit *Tennessee Waltz* is one of the biggest of all time; sales exceed 10 million - PA
84. American singer – leading jazz singer of the ‘40s/‘50s – her biggest hit was *Manana is soon enough for me* - PE
85. US singer – she was just 15 when her hit song *I will follow him* soared to the top of the US charts in 1963 - PE
86. British singer – hits include *Little Shoemaker* (1954), *Sailor* (1961), *Romeo* (1962), and *Downtown* (1964) - PE
87. Afro American singer – best remembered for *Killing me softly with his song* (1973), a US chart-topper - RO

88. American singer – had many million-sellers in the early 1950s, including *This Old House* (1954) - RO
89. Irish singer – very popular in Britain in the 1950s; topped the British charts with *Softly, Softly* (1955) - RU
90. Afro American singer – introduced the song *Lucky Lips* (1957), later revived by Cliff Richard - RU
91. US singer of the '20s/'30s – her 1955 film biopic was entitled *Love me or Leave me* after one of her songs - RU
92. British singer – her hit song *Puppet on a String* won the 1967 Eurovision Song Contest - SA
93. American country singer – best remembered for her plaintive ballad *Single Girl* (1966) - SA
94. American jazz singer – won a lifetime achievement Grammy in 1990; hits include *Broken-Hearted Melody* - SA
95. British singer – recorded theme songs of many James Bond films, notably *Goldfinger* (1964) - SH
96. American country singer – her biggest hit was the heart-rending ballad *End of the World* (1964) - SK
97. American singer – her biggest hits were *Sad Movies* (1961) and *Norman* (1962) - SU
98. American country singer – best remembered for her song *Stand by your man* (1968) - TA
99. American singer – had six million sellers in the early '50s, commencing with *Music! Music! Music!* (1950) - TE
100. British singer – superstar of the World War II era – still alive; will complete 98 on 20 March 2015 - VE

*Answers to be sent by e-mail to - caskmangalore@yahoo.com
and Dr Michael Lobo - michael_lobo92@yahoo.com*

Deadline: 15th May 2015

A WARM WELCOME TO THE NEW LIFE MEMBERS

1. Capt Darryl Mathias – Mangalore
2. Mr Pius Donald D'Souza – Mangalore/Chickmagalur
3. Dr Lylah Coelho – Mumbai

THE DOCUMENTARY "INDIA'S DAUGHTER" MY TAKE

Flavia Agnes, Majlis-Mumbai

If we have to break new ground, rather than get enmeshed with same old clichéd rhetoric about why men rape women, we need to understand what goes on in the minds of rapists from our own class backgrounds

It is indeed alarming to watch our parliamentarians, police, media and voices within civil society - a handful of “power” feminists, other feminists with their dissenting views, and human rights defenders - embroiled in a bitter controversy over a film that was to be telecast worldwide, including India, on March 8, 2015. It almost appears as if telecasting the BBC documentary ‘India’s Daughter’ will make or break us. Well, I think differently.

The ecosystem built laboriously by women who gave their entire life to making rape unacceptable to us as a nation has a solid base. It cannot be destroyed by the telecast of one documentary. What is especially surprising is that the only arm of the state that ought to be concerned with this issue - whether the telecast, while the appeal against death penalty awarded to the accused is pending, will mar the scope of a fair trial - is silent in this debate. Legal ground alone could justify postponement of the scheduled telecast. But a justice system plagued with inordinate delays, perhaps, lacks the moral heft to engage with this debate.

At the outset, let me confess - I have not seen the film. But the diverse opinions expressed by experts across board, compel me to get engaged. The several complex strands have created a mangled tapestry, which renders a linear response difficult. However, to simplify: Do I support the ban - No. I strongly oppose the culture of banning. And every progressive civil society voice should react sharply against any such move by the state, whether it’s to save its women or hide its shame.

Two views emerge from those who have seen the film. First - it pricks our conscience, it holds up a mirror to our society and would be greatly beneficial as a tool to raising awareness among the youth. The

second in this realm, less euphoric, is that it is a mediocre documentary with nothing new in it. But it does not warrant a ban. The opposition to the telecast is also at two levels: The manner in which the death-row convict and lawyers are projected would whip up the clamour for death penalty, particularly in the context of the class background of the convicts. This may lead to more cases of rape and death. Second, and more forceful, is that it justifies misogynist arguments by airing them openly - foremost among them being that women invite rape.

But as Brinda Karat has pointed out in an article, there is nothing new in this argument. Our senior police officers, politicians, religious leaders, even judges have endorsed this openly. A death row convict mouthing it does not give it credence; it only serves to demonise him.

The filmmaker, Leslee Udwin, has included the views of his lawyer, the parents of the victim, as well as the powerful voice of Justice Leila Seth, who was part of the Verma Committee. None of them have expressed concerns over the documentary's telecast. According to the filmmaker, the new ground she has traversed is to give us a peep into the criminal and unrepentant mind of a convict on death row: The chilling "normalcy" with which he says girls are responsible for getting raped.

I would like to momentarily pause on another statement he's made: "If she had not struggled, we would not have killed her". Most find this abhorring. Does it mean that women should quietly succumb to rape without a protest? Well, my response, relying on what a few gangrape survivors have shared with me, is: Should we not develop a survival instinct among our women beyond pepper strays, mobile apps, karate lessons and CCTV surveillance?

The words of a friend from a distant past, who not only survived rape but became a renowned novelist and columnist continues to haunt me: "My only concern during the rape was that I should emerge alive at the end of it. So I talked to them, pleaded with them to be gentle, not to hurt me, to think of their mothers and sisters. This brought in some change, they calmed down and did not kill me."

Another young woman, who survived brutal gangrape recently, confided: "As I kept screaming, the rapist held up a broken bottle and threatened to slit my throat. My only concern was that I should survive

this ordeal, I didn't want to die." The culture of parading "real victims" is not only accepted but applauded in talk shows like Satyamev Jayate. Udwin has gone a step further and shown us "real rapists".

In our effort to support victims/survivors as part of our Rahat programme, I come across many rapists and their lawyers and am privy to the humiliating comments and grueling cross-examinations in courtrooms. If we can get into the minds of all of them, it will help us to guide young women beyond the rhetoric. And since cases of fathers raping daughters far outnumber "stranger rapes", it would be most instructive to probe their minds first.

Let's take the case of Asmita (name changed), just 19, an undergrad student in a technical college, who was sexually abused by her father from the time she was 12 years old. Her elder sister too had been brutally raped by her father, which Asmita witnessed when she was barely six. After many years, one day when he assaulted Asmita during her exams, she went to the local police and filed a complaint. Her entire family turned against her. The defence lawyer tried to argue that she had filed a false complaint when her father chided her for roaming with her boyfriend. They even fudged a birth certificate to get him out of the stringent Child Sexual Abuse Act. So the conviction was under a milder section - 354 for molestation - and he was awarded two years punishment and had to pay her Rs 25,000 as compensation.

While admitting the appeal, the high court granted him bail without even ensuring that he pays the amount awarded as compensation, since he was her father and guardian. Today, at 19, Asmita is without a family, while her father is back home where it is "business as usual".

It would be useful to probe the mind of such fathers and also the judge who admitted the appeal, released the convict on bail without providing any financial or physical security to the girl.

The controversy around the BBC documentary has served to give the documentary undue publicity because "Nirbhaya" is the magic word - it attracts heightened response on both sides of the fence.

But if we have to break new ground, rather than get enmeshed with same old clichéd rhetoric about why men rape women, we need

to understand what goes on in the minds of rapists from our own class backgrounds and to revisit the long forgotten ones. The rape, torture and murder of Manorama in Manipur by the India Army, the rape and murder of teenagers in Budaun, UP, all need exploring. Let us break new ground rather than whip up dead horses by engaging in outdated debates.

The writer is a women's rights lawyer

“KAJU SUMMIT’ AND KAJU FEST” IN HONOR OF THE DIAMOND JUBILEE OF The Karnataka Cashew Manufacturers Association

The Diamond Jubilee of the Karnataka Cashew Manufacturers Association(KCMA) was celebrated at the Dr T.M.A.Pai Convention



Hall on 14-15 March, 2015 under the themes “KAJU SUMMIT” and “KAJU FEST”. Karnataka Minister for Health & Family Welfare U.T.Khader inaugurated the Summit on 14th March.

The Chairman of the Diamond Jubilee committee – Walter D’Souza informed that 7 people started this association 60 years ago. “In 1955, it had 7 processes under the name Mangalore Cashew Association. When we celebrated our golden jubilee we had 100 units and today we have 400 units. From a mere 12 crore revenue in 1950, we have now crossed a revenue of Rs. 2400 crore. Exports have increased from Rs. 8 crore to Rs. 800 crore. We have to empower our farmers. Machinery will be on exhibition at the summit. Experts will present the papers. We are planning a Public-Private Partnership(PPP) concept to further promote cashew cultivation, processing, marketing and exports”

In his address, Karnataka Minister for Health-U T Khader congratulated the early pioneers of the cashew industry in Mangalore and recalled their contribution to the growth of the industry which resulted

in the upliftment of the local farmers and the poor by providing them employment. Sharing of ideas and network at the summit will ensure the betterment of the cashew industry. He urged better promotion and marketing of cashew products on lines similar to products like eggs and more research on the benefits so that the industry can further flourish.

In his address-J R Lobo MLA Mangaluru South said that the Cashew industry plays an important role in our economy as it contributes to the national exports pool. “Undivided Dakshina Kannada district has many cashew industries and they are facing labor problem. In Karnataka, industries are growing but what about the raw material? Cashew cultivation needs to be made economical. The main concern of the summit is the farmers. Now we are importing raw materials. To increase the cultivation all of us have to join together”.

The 2-day programme was illuminating to the delegates who came from all the cashew growing states of India and also entertaining. Day-1 events included a Cashew Machinery Exhibition “Kaju Tech”. The Technical sessions included – Market Round-up, Era of the machines, Strategy & Branding. Day-2 events included a technical session on ‘Evolving a Cashew Policy’ and ‘Developing a Road Map to take India to the top of the Cashew Production Chain’.

The concluding programme included a ‘Mad Ad competition’ presenting Kaju in a nutty way for Business School students and a ‘Cashew Based Cookery Competition’ which received a record 74 cashew based recipes from housewives and Catering College students. Former President of CASK – Dr Derek Lobo and Editor of “*Mangalore*” Patsy Lobo were the Chief Guests at the Prize Distribution Ceremony for the Cookery Competition and also cut a huge cashew burfi produced by Phalguni Cashew company.

Rahul Kamath, President KCMA, Walter D’Souza – Chairman of the Diamond Jubilee Committee, B Ramanath Kamath, Honorary chairman of the Diamond jubilee committee, R K Boodesh, chairman, federation for cashew industries and other Officebearers deserve kudos for organizing an excellent Cashew Summit.

KAJU FEST COOKERY CONTEST FIRST PRIZE WINNER - AVERYL RODRIGUES



Baked chicken Breasts, stuffed with roasted cashew nuts+spinach+feta cheese in hot & sweet sauce with tender cashew nuts

Ingredients: 6 skinless, boneless chicken breasts; 100 gms. feta cheese (solid or crumbled); 100 gms. broken cashew nuts; 1 onion; 1 bunch fresh spinach; 2 tbsp. dill leaves or fennel leaves; 2 tbsp. olive oil; 1 tbsp. butter or ghee; Cooking spray (olive oil / veg. oil); Cooking twine for tying

Dry Marinade: 1 tsp. paprika; 1 tsp. garlic powder; 1 tsp oregano; 1 tsp. freshly crushed pepper

For Sauce: 1 cup chicken stock; 1 tbsp. corn flour; 1 tbsp. barbeque sauce; 1 tbsp. thai chilli sauce; 6 flakes garlic; 3 - 4 kashmiri chillies; 1 tsp. olive oil; 1 tbsp. cooking butter; 2 tbsp. honey; 10-15 tender cashew nuts

Method: Finely chop onion, spinach and dill/fennel leaves. Roast cashew nuts in butter / ghee until light brown and set aside. Heat 2 tbsp. olive oil at medium high in a pan. Sauté onion over low heat until soft but not browned. Add spinach and dill/fennel leaves, cooking until wilted and moisture has evaporated. Transfer to a bowl, allow to cool. Now add crumbled feta cheese and mix well. Season with pepper to taste.

Butterfly the chicken breasts, place in a plastic bag and pound to be thin.

Mix the dry ingredients in a shallow dish. Dip the breast pieces in this. Keep two pieces of twine on a flat tray and place a chicken piece on them. Now place some cashew nut and spinach mix diagonally on the chicken piece and close it like you would fold a mat and tie with the twine. Spray the baking dish, lay the chicken pieces 3 or 4 at a time, and spray again on them. Preheat the oven and then bake for 15-30 minutes or until cooked.

Method for Sauce: Heat olive oil and butter in a wok. Add finely chopped garlic and chopped chillies. Saute until light brown. Add chicken stock and bring to a boil. Add barbeque sauce, thai chilli sauce and honey. Lastly add corn flour mixed in little water. When sauce thickens pour over the stuffed chicken and serve with following accompaniments.

Serve with the following:

- Baked masala potatoes.
- Tender beans sauted in butter.
- Carrots and apple garnish.
- Sauteed shallots.
- Sauteed red and yellow bell peppers.
- Sauteed leeks or asparagus.
- Parsley garlic bread

Interview with Averyl :

1. At what age did you show an interest in cooking?

During my childhood days, I remember preparing a tomato sukka, independently at the age of 8 or 9. My mother had taken my ill grandmother to a doctor and had not returned until lunch time. I wanted to surprise them by cooking something new. So I bought tomatoes from a nearby shop and cooked them like a sukka and made congie. I still remember the smile on both my grandmother's and mother's face while they had this meal and was appreciated by them.

I would be in the kitchen during my holidays and also followed my mom to the fish market and used to beg my mom to give me to cut fish, pour batter in the "sanna / idli moulds" etc. at my very tender age.

I would make snacks for my cousins who visited us from Bombay and Bangalore during their vacations, while I was a high school student.

2. Whom were you influenced by, who really inspired you?

Yes, definitely I was influenced by my grandma's cooking and later my mother's cooking. I owe them a lot. They encouraged me, when I wanted to try out something different in the kitchen.

The appreciation I received from my husband, son, brother, family members and friends, definitely has added to my enthusiasm in cooking.

3. What credentials do you have to your credit?

For the past several years, I am the Recipe Editor for daijiworld.com. Recently my cookery show “The Roshow” was telecasted on daijiworldTV24*7. I have completed about 19 episodes so far. The show is telecast every Sunday at 11.30 am, with 3 repeat shows throughout the week.

I have judged many cookery competitions in Dubai and Mangalore.

Other than cooking I have acted in Konkani plays in lead roles. To name a few, “Sune mazar Hasta” and “Kuvallyachi Vaal” of the late Chafra De Costa, “Ganttichi Thor” of Hemacharya and “Matharo chorbela” of Francis Fernandes, Cascia in Mangalore and Dubai. I am also a sports lover. During my college days I played volleyball and had represented Mangalore University. Later, I was part of throwball team of Mangalore Konkans, Dubai and still continue to be. Currently I play shuttle badminton at Lions club.

4. What message do you have for the young house wives, young couples of today regarding the running of the house, cooking, keeping things going in a family?

I am very much concerned of today’s young generation. I feel all must learn the basics of cooking, while they are young and at school. Cooking is an Art and is an integral part of our living. One day or the other, we have to shoulder the responsibility of feeding our family. We will know how healthy and how hygienic the food is, when it’s cooked at home. It’s not wise to think of depending on domestic helpers for our food. Eating out excessively is not only expensive but also can cause health issues.

The joy you experience from the appreciation from your dear ones is a great gift for all the efforts you put in your cooking.

My advise to house wives, young couples and others is “Cook with lot of patience, dedication and serve it with a dash of LOVE”

5. What did you try for the contest and how did you decide to do?

I never got a chance to participate in any cookery contest in the past 20 years. I heard about “Kaju Fest” contest just the previous day of the contest. Something pricked me from within to participate. I

decided to participate just 3 hours before the contest. Since we had to use cashew nuts in the dish, I thought of a modification in the recipe I had and tried it out quickly and also prepared a sauce of my own, which could go along with the dish and hence came out with a dish labeled “Baked chicken Breasts, stuffed with roasted cashew nuts, spinach and feta cheese in hot and sweet sauce with tender cashew nuts”.

I was thrilled when I bagged the First Prize at the contest!!

KAJU FEST COOKERY CONTEST THIRD PRIZE WINNER - ANNE GOVEAS



CASHEW NUT STUFFED KARELA

Ingredients:

- 3 or 4 - medium sized karelas (bitter gourd) preferably straight ones
- 1- tea cup finely chopped mixed vegetables. (peas,carrots,cauliflower,beans,)
- (for non vegetarians you can use 1 tea cup prawns or chicken or mutton mince)
- 1/2 or 3/4 cup tender cashew nuts or normal roasted cashew nuts.
- 1- large well cooked and mashed potato.
- 1/2 teaspoon ginger garlic paste.
- 1/2 teaspoon each red chilli pd, coriander pd, jeera pd, garamasala and sugar.
- 2 - medium sized onions, 2 finely chopped green chillies.
- Salt to taste and coriander leaves to garnish.

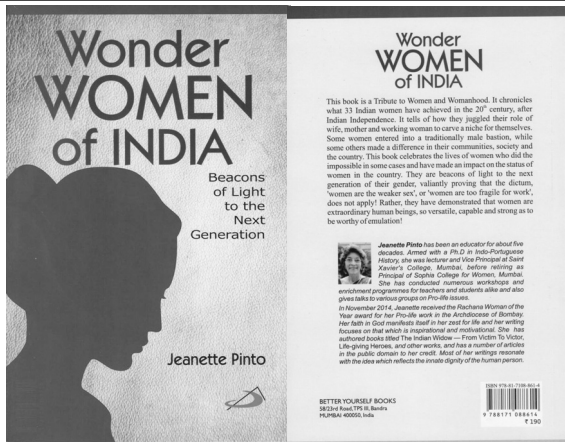
Method:

1. Clean and slit the whole karelas remove seeds and soak in salt water for 5-10 minutes. Then cook in salt water for about 5-10 minutes.Remove and keep aside.
2. Heat 1 or 2 table spoons of oil or ghee fry the onions and chilli add ginger garlic paste and fry well.
3. Add the cooked vegetables and all the powders, salt to taste and

sugar .Mix well .

4. Once it is cooled, add the mashed potato and the finely chopped coriander leaves.
5. Lastly add the cashew nuts and mix well.
6. Fill this mixture tightly into the slit karelas and refrigerate for at least 20 to 30 minutes.
7. Using a sharp knife cut into 3/4 inch rounds.
8. Dip in bread crumbs and cornstarch and shallow fry.
9. For non veg. You can dip in egg and bread crumbs and fry till crisp.

“WONDER WOMEN OF INDIA” AUTHORED BY DR JEANETTE PINTO RELEASED



The book celebrates womanhood. It features 33 Indian Women who deserve salutation, for they are not only achievers in their fields of work, but who are also an inspiration not just to our generation but to generations to come.

The book was released on 15th March during the Women's Day programme organised by the Women's Commission, Archdiocese of Bombay at St. Joseph's Church Grounds, Krista Shanthi Dham, Mira Road East. His Lordship, Bishop Percival J. Fernandez released the book with his blessings.

NEWS & NOTES

FBB FEMINA MISS INDIA 2015 – AAFREEN RACHEL VAZ FROM MANGALORE FIRST RUNNER-UP



The First Runner-up at the FBB Femina Miss India 2015 is Aafreen Rachel Vaz, a medical student from Mangalore! The grand finale of the prestigious contest was held on March 28, 2015 at Mumbai at a glittering function attended by Bollywood actors - Kareena Kapoor Khan, Jacqueline Fernandez and Shahid Kapoor. The panel of judges included Bollywood Actors Anil Kapoor and John Abraham and Producer Firoz A.Nadiadwala.

Aditi Arya from Gurgaon was crowned Miss India World 2015 and Vartika Singh was crowned the second runner-up.

During the semi-final round, Aafreen impressed judges when she said ‘Be your own best friend’ to a question on her favourite motivational quote. In the final, when the top five were asked the common question ‘At what age do most people become old and what is the secret to staying young?’ Aafreen’s reply was, ‘Transition from young to old is subjective...when you start behaving old you feel old and if you smile then you stay young.’

She was crowned by Miss India International 2014 Jhataleka Malhotra. This year, 21 contestants from across the country participated in the beauty pageant, only 5 made it to the final round. As a result of securing the top three spots, Aditi will represent India at Miss World 2015, Aafreen Vaz will participate at Miss International 2015, while Vartika will take part at the Miss Grand International beauty pageants.

Aafreen was born in Mumbai and later migrated to New Zealand along with her parents. Her father was in the army. She is studying medicine in AJ Institute of Medical Sciences in Mangaluru and started her modelling career with Fashion ABCD in the city. She is the brand ambassador of Fashion ABCD. Asked to describe herself in 5 words she said-Persistent, Hardworking, Confident, Empathetic and Considerate.

CASK congratulates Aafreen Vaz on being crowned Miss India International and wishes her further success and a bright future!

BETHANY CONGREGATION CELEBRATES INTERNATIONAL WOMEN'S DAY

The Sahodaya Bethany Seva Kendra and Sahodaya Bethany Mahila Okutta celebrated International Women's Day at the Bethany Generalate at Bendur on 15th March 2015. Women representatives across religions and professions actively participated.

The speakers included Mrs Radhika Nayak, Entrepreneur-Adilaxmi Industries; Mrs Mariamma Thomas, Advocate; Mrs Devi Prabha, Head-Economics Dept-St Agnes College; Mrs Sabiha Fatima, Sub-Editor of the Women's magazine 'Anupama'; Sr Sandhya B.S., Superior of Bethany; Sr Michaelle B.S., Coordinator of Sahodaya; Sr Lillis B.S., Assistant General of Bethany Congregation presided. The President of the Bethany Mahila Okutta-Mrs Sunitha welcomed and Ms Sandhya of Mangalamukhi thanked the Bethany sisters for organizing the programme.

In her address Radhika Nayak said "It is possible for a woman to achieve anything, if only she has the courage to face the challenges of life. Mrs Mariamma Thomas spoke on 'Constitutional Values in the Present Society' and highlighted the laws that protect women against sexual harassment and other atrocities. She lamented the fact that women often consider themselves weak, even though they ably carry out all the responsibilities of the family, including contributing to the family income. Mrs Sabiha Fatima urged the women present to promote a life of peace, love and collaboration and to have respect for each other as persons and community".

In her address as Chief Guest, Ms Devi Prabha spoke about the need for identifying and encouraging women entrepreneurs. "By the year 2018, it is expected that women will generate more income than men and thus rule the society" she said.

The programme concluded with a cultural programme by various women's groups and distribution of prizes to children and women who won Sahodaya competitive exams and various competitions.

CASK places on record its appreciation to the Bethany Sisters for their efforts towards Women's Empowerment.

MRS MARGARET ALVA CONFERRED MOTHER ALOYSIA DISTINGUISHED AGNESIAN AWARD



St. Agnes College (Autonomous), Mangaluru and Agnesian Alumnae Association, organized Mother Mary Aloysia A.C. Endowment Lecture - 2015 on 18th March 2015 in the College Auditorium. Mother Mary Aloysia A.C. was the first woman from India to receive

the “Kaiser-E-Hind Gold Medal I Class Award” from the British Government for her outstanding services in the field of Women’s Education at her time. Smt. Margaret Alva, Former Governor of Uttarakhand and Rajasthan States delivered the endowment lecture on the topic “Women in Politics – Prospects and Challenges”. This was the first endowment lecture organized by the College. During the programme, “Mother Mary Aloysia A.C. Award for Distinguished Agnesian” was conferred on Smt. Margaret Alva for her yeomen services to the society in different capacities.

CASK congratulates to Smt. Margaret Alva on this well deserved award.

JACINTHA ALFRED ELECTED AS THE NEW MAYOR OF MANGALORE CITY CORPORATION



Mrs Jacintha Vijay Alfred, the Congress Corporator from Ward-39(Falnir) has been elected as the new Mayor of Mangalore City. The election was held on 12th March. Mr Purushottam Chitrapur also from the Congress has been elected Deputy Mayor.

Jacintha Alfred has declared that she would give priority and focus on four areas – drinking water, drainage system, Women’s empowerment and Housing in the city

CASK offers its congratulations to Jacintha Alfred and wishes her a fruitful tenure as the Mayor of Mangalore.

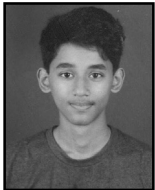
BLASIVS M. D'SOUZA ROAD



In a welcome move, yet another prominent road in Mangalore is named after an eminent Mangalorean Catholic. The main road from Collector's Gate or popularly Balmatta Circle to Karavali Circle in Bendorewell, currently called 'Balmatta Road' is designated as Blasius M.D'Souza Road. The late Mr Blasius D'Souza ably served Mangalore city, South Kanara District and Karnataka State in various capacities – Minister for Law and Labour, President – District Congress Committee, President-Mangalore City Municipal Council and contributed as an Office-bearer of several Associations.

CASK requests all the businesses and residents of the Balmatta Road to switch to the new name of the road and thereby honor an eminent citizen of our beloved city.

ACHIEVEMENT OF YOUNG ADITH D'SOUZA



Adith D'Souza, a student of Standard-10 of St Aloysius High School along with his partner won the First Place in the State Level Model competition held recently at Dharwad. He and his partner represented Karnataka State at the South India Zonal Level Competition – South India Science Fair at Thrissur-Kerala State and have stood First and have been chosen for the National Level competition to be held later this year. Adith is the son of Vinod and Jeanette D'Souza of Lalbagh-Mangalore.

CASK congratulates Adith on his achievement and wishes him and his partner success at the National Level meet.

SHIVAMOGGA: SMSSS CELEBRATES SILVER JUBILEE - PROF. EDMUND FRANK HONOURED

Shimoga Multi Purpose Social Service Society (SMSSS) celebrated the Silver Jubilee on 10th March 2015 under the leadership of the Bishop of Shimoga, Dr. Francis Serrao SJ, in the premises of the

Sacred Heart Institutions. Archbishop Bernard Moras of Bangalore presided and Mr. Oscar Fernandes Former Union Minister was the Chief Guest.

Chaitanya Shri Award which is instituted by SMSSS and awarded every year to those who make remarkable contributions to promote social justice, communal harmony and Social service was presented to Veerabhadra Chennamalla Swamijee.

Kirimane Ratnakar - Minister for Primary and Secondary Education inaugurated the Vidyadeya Programme instituted to educate the poor children and honoured Prof. Edmund Frank the first donor of this project, who presented a cheque of Rs. 2 Lakhs to Bishop Serrao to that effect. K.B. Prasanna Kumar, the local MLA handed over 100 houses constructed by SMSSS for the shelterless on the occasion. About 15,000 delegates from Self Help groups, farmer clubs and elected members of several governance bodies participated.

OBITUARIES - MARCH/APRIL

CASK offers its sincere condolences to the families of the following members of our community, who passed away recently:

1. Vincent Rego (64), Bondel, husband of Emilia Dorothy Rego, father of Donald Joywin Rego, on March 7, 2015.
2. Cynthia D'Cruz (81), New Delhi, wife of Joaquim D'Cruz, mother of Prem/Sylvia, Dilip/Genevieve, Vinita/Umesh, Vivek/Samanta and Dr Anil D'Cruz/Manisha - Director TATA Memorial Hospital, Mumbai, on March 8, 2015.
3. Rosy D'Souza (84), Rosario, D/o Late Lawrence & late Catherine D'Souza, sister of late Cycilia, Juliana, Willy, late Sebastian & Francis, on March 8, 2015.
4. Dr Thomas Francis Rodrigues, Udupi, husband of Dr Celine Rodrigues, father of Sneha/Maxwill, Roshni/Dr. Alfred, Brijesh/Dr. Savitha, Sandesh, on March 8, 2015.
5. Lucy Sequeira (79), Bendur, daughter of the late J M Sequeira & late Gracy Sequeira, sister of late Leo Sequeira, late Raymond Sequeira, late Joseph Sequeira, Agnes Lobo, Rev Sr Virgilia AC, on March 9, 2015.

6. Carmine D'Costa (76), Kaikamba/Kulshekar, wife of Norbert D'Costa, mother of Godwin/Marina, Victor/Sabrina & Vanita/Jossy, on March 12, 2015.
7. Juliana Fernandes nee Vas (79), Valencia, wife of the late Oswald Fernandes, mother of Bapsy/Rowan, Herman/Mina, Benzita/Ajay, Margaret, Suzan/Ravi, Zeena/Amin, late Marieta, on March 13, 2015.
8. Lancy D'Souza (71), Bendur, husband of Ida D'Souza, father of Nancy D'Souza, father-in-law of Prakash D'Souza, on March 13, 2015.
9. Flavia Fernandes (92), Bangalore, wife of late Dr Teddy, mother of Rose, Paul, Anne, Joe, Evie, Susie and Lisa on March 13, 2015.
10. Denver Fernandes (72), Bendur, husband of Kitty Fernandes, Father of Sonia/Vivek, Seymour & Sam, on March 14, 2015.
11. Sylvester Sequeira (93), Kirem, husband of Celestine, father of late Winnifred/Valerian, Santan/Angeline, Celine/John, Doris/Maxim, Norbert/Eveline and later Faustine, on March 16, 2015.
12. Edwin D'Souza (86), Angelore, husband of Mary D'Souza, father of Ivan/Anna, Merwin/Belinda, Canute/Mariette, Donald/Beena, on March 17, 2015.
13. Terry Vas (81), Bejai, wife of late Eddy Vas, mother of Fr Vernon, Peter/Jovita, Anne/Jimmy on March 17, 2015.
14. Sr M. Yolaine AC (76), St Mary's Convent, Falnir, on March 18, 2015.
15. Flossy Mathias (79), Bendur, Wife of late Cyprian Mathias, Mother of Harold/Cynthia, Precilla/Joseph D'Costa, Ronald/Lavina and Anitha/Praveen D'Costa, on March 23, 2015.
16. Sr Victoria Shenoy (77), St Joseph's Convent, sister of Sr Hildegard Shenoy, Victoria Vaz and Rev Monsignor Leslie F Shenoy, on March 30, 2015.
17. Lena D'Silva (89), Bejai, wife of late James D'Silva, mother of Oscar/Malini, Pamela/Archibald, Raynah/late Lancelot, Marina/Gaulbert & Jovina/late Brian, on March 31, 2015.
18. Boniface Silverius Rodrigues (59) Milagres, son of late Kajitan Peter & late Roselyn Rodrigues, brother of Peter C Rodrigues, Clare/Christopher Coelho & the late John Rodrigues April 3, 2015.
19. Mary D'Souza (77), Valencia, wife of late Raymond Pinto, Valencia, mother of Jossy/Geetha, Edwin/late Helen & Jessie/Clifford Alvares, on April 5, 2015.