

CATHOLIC ASSOCIATION OF SOUTH KANARA Founded in 1914

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

Catholic Association of South Kanara

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> *Treasurer* Walter D'Sa

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INSIDE....

PAGE

AUGUST 2015

1.	Notice of Annual General Body Meeting	4
2.	Editorial	5
3.	The President Speaks	7
4.	CASK-Annual Report: 2014-2015	9
5.	Let's Welcome India's 69th Independence I with Positive Strokes	-
6.	What Price Freedom?	22
7.	Auditor's Report and Statement	29
8.	Vyakthithva Vikasana Karyagara	36
9.	Tribute to late Irene Mathias	38
10.	CASK Eye-Camp at Chikmagalur	40
11.	Our Country!	41
12.	Bangalore Community College	42
13.	News & Notes	45
14.	Obituaries	49

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NOTICE FOR THE 102nd ANNUAL GENERAL BODY MEETING

To ALL MEMBERS OF CASK

Notice is hereby given for the 102nd Annual General Body Meeting of CASK.

- Date : Sunday, 20th September 2015.
- Time : 10.00 am
- Venue : Auditorium St Aloysius College, Mangalore

AGENDA

- 1. Prayer
- 2. Welcome by the President
- 3. Remembrance Departed Members
- 4. Consideration of the Minutes of the last AGM held on 28th September, 2014.
- 5. Consideration of Annual Report 2014-2015
- 6. Consideration of the Audited Statement of Accounts for the year 2014-2015
- 7. Appointment of Auditor
- 8. Briefing on CASK Centenary Trust
- 9. Any Other Matter with the Permission of the Chair.

Please Note : Questions or Clarifications regarding Annual Report or Audited Statements should be sent to the Secretary-CASK at least seven (7) days prior to the date of the AGM.

Dated 1st August 2015

Issued by Mr Mario Saldanha Secretary-CASK



The month of July saw many CASK activities. We distributed Footwear at two schools – St Rafael Higher Primary School at Badyar(214 children) and St Anthony's Higher Primary School at Gardady(206 children), both Parish Schools in Belthangadi Taluk. It was

EDITORIAL

heartwarming to see the thousand laughing suns in their eyes and smiles on the faces of the children, many of whom so far, came barefoot to school. Indeed the soul is healed by being with children and doing for them. CASK has also installed Purified Drinking Water Facility in the 2 schools and at St Anne's School-Kinnigoly.

On 17th July, the Inauguration of the Personality Development Programme in the **Kannada Medium** Pompei School run by the Urwa Parish took place. We are grateful to our Governing Council member–Lydia D'Cunha and Past President Lena Fernandes for preparing a 10-session schedule. Lydia has accepted to be the coordinator of this programme in the Kannada medium schools. We are grateful to an anonymous donor for contributing Rs.25,000/specifically for the Personality Development Programme in Kannada Medium schools.

We continue to run the Personality Development Programme or Soft Skills in **English Medium Schools**, with a very committed team in **6 schools and 2 colleges** this year. Many of our members have realised the value of this Self development and Assessment and have richly contributed to the smooth functioning of this CASK project for the past 4 years. We are grateful to all of them. Indeed Person Development or Soft Skills - developing a pleasing personality/behaviour, building Emotional Intelligence and Leadership qualities is the need of the hour. Lift yourself by yourself...is an Awakening not only for students but each and every one of us Adults. "The greatest impediment to success be it professional or personal is the lack of soft skills". Are we fostering good Communication in everything we do? or are we making more enemies than we need? Erich Fromm has said "Our main task in life is to give birth to ourselves, to become what he/she potentially is. The most important product of our effort is our own personality". Making a start now paves the way for a happier tomorrow. In view of constraints of space in this issue which carries the CASK Annual Report and the Audited Statement of Accounts, the next issue of '*Mangalore*' will carry an article on Emotional Quotient, so valuable in life. We invite readers to share their views on this subject and send us your inputs to caskmangalore@yahoo.com or derpatlobo@hotmail.com.

Avis Deans enlightens us on the successful Community College model in Bangalore and Veronica Shearer has written a thought provoking article titled "What price Freedom?"

The CASK office has been unusually busy last few weeks because of the deluge of subscription renewals for the '*Mangalore*' magazine. We thank those who promptly responded to our appeal to renew their subscription and request others to do so and help us to move on and keep our magazine going.

This issue will reach you just in time to remind you about the CASK programme on 14th August 2015 at St Agnes College. Please join us! **Until next time.....Patsy Lobo**

CASK PROGRAMME : AUGUST 14, 2015

Time : 4.30 – 7pm

Venue : Avila Hall, St Agnes College, Mangalore

- Seminar On "Human Rights" Keynote Address - Fr Cedric Prakash SJ
- 2. Release of The Book "Slaves of Sultans" Authored By Alan Machado Prabhu
- 3. Felicitation to Dr Olinda Pereira on Her 90th Birthday
- 4. Distribution of CASK Scholarship Cheques

All Members of CASK Are Cordially Invited



THE PRESIDENT SPEAKS

Mixed Blessings and Rays of Hope!

"My 'Swaraj' is to keep intact the genius of our civilisation. I want to write many new things but they must all be written on the Indian Slate. I would gladly borrow from the West when I can return the amount with decent interest". - Mahatma Gandhi.

Happy Independence Day on the 15th of August. We can proudly state that Swaraj (self rule or independence) has been our birth-right for the last sixty-eight years. We have our own civilisation to be proud of, besides our heritage. The new things that have been written on the Indian Slate, which has weathered wars, the Emergency era and the progressive economic development of India's awakening to make her tryst with destiny on its unending journey, to become one of the world's most influential nations, helps us to keep us going. We borrowed the democratic system of governance from the West, which has held the country in good stead so far but what is the amount of decent interest that can be repaid when one sees the ongoing monsoon session in our Parliament? I leave it to you to contemplate and evaluate! I have hope and confidence that we shall overcome. You may ask me, why?

'India 2020 - a Vision for the New Millennium' by APJ Abdul Kalam with YS Rajan, published in 1998, is dedicated to a ten-yearold girl whose ambition was to live in a developed India. The people's president was respected and admired by all and the loss of a great teacher can never be replaced.

In October 2008 I had an opportunity to visit Dr APJ Kalam in New Delhi, who had just laid down office as President of India, to invite him for the opening of the cancer treatment unit in Fr Muller Hospital. Dr Kalam did visit Mangalore and as per usual custom and courtesy, I had gone to see off the former President at the Old Bajpe Airport. Offering the farewell bouquet to Dr Kalam, I was requested to give company to our honoured guest by his staff, who I had the pleasure to meet in New Delhi, as the flight was late. The next one hour that followed was one of the memorable moments of my life in terms of experiencing humility, knowledge gained and diplomacy. It was a one to one session with just two of us in the VIP lounge exchanging notes on various subjects. The rapport Dr Kalam enjoyed with his personal staff and his concern in taking care of their wellbeing was touching. Dr Kalam had a very good knowledge of Mangalore, its history, people and its industrial potential. I had to answer personal questions, professional matters followed next and my opinion on how Indian shipping fared at the international level was well taken. The diplomacy par excellence was personified, when I asked him boldly on the silence that he was maintaining on the Nuclear Pressler Amendment 123 when the issue was rocking the nation then. The answer was short and sweet, 'I will, when it is needed', with that famous smile.

Dr Kalam never spoke on the evils of corruption but fought corruption by walking the talk igniting and awakening the youth, inculcating dreams and visions. Finally, let me add that Dr Kalam wrote many new things on the Modern Indian Slate in every public office that he held, to make all Indians proud. May Dr Kalam's soul rest in peace.

I am happy to inform that Fr Muller Charitable Foundation (FMCF) in the US has informed CASK that they will continue to support the Eye Care Project for the following year too. CASK is grateful to Drs Vinaya and Sameer Kapoor for their generous contribution of USD 10,000 for the third successive year and M/s Atlantic Sub Sea Inc, New Jersey, for matching an equal amount of USD 10,000. CASK is working with Fr Muller Medical College Hospital Management on how to reach out the eye harvesting and transplant action scheme in and around Mangalore region.

Many donors have responded to our annual scholarship programme too. Special thanks to Prof Edmund Frank, Chairman of Sylvester Frank Centenary Foundation, for his contribution of Rs one lakh for this year's scholarship programme.

Our ongoing activities have been covered separately in this issue. I thank all office bearers, editorial team, committee members for shouldering responsibility on a collective basis for making things happen in a seamless manner. It is for you readers to write your views on the CASK slate when we complete one year in office next month.

Let me personally invite you for the 14thAugust 2015 CASK event, as part of our 2015 Independence Day Celebrations. It will be our pleasure to interact once again after our last programme on 'Issues and concerns of our community' held on 1stMay 2015. I also take this opportunity to remind you to mark the Annual General Meeting date of 20thSept. 2015 in your diary. CASK is your Association and make sure you will be present at 10 AM on 20thSept. St. Aloysius College Auditorium, next to Idgah Maidan, for the AGM. Once again 69th Independence Day 'SWARAJ' greetings.

Jai Hind.

John Prasad Menezes

THE CATHOLIC ASSOCIATION OF SOUTH KANARA (CASK)

ANNUAL REPORT: 2014-2015

The Annual Report of the Association for the year 2014-2015 is presented below:

1. Governing Council Meetings & AGM:

During the year, the Governing Council met eight(8) times and took important decisions with regard to the affairs of the Association and organized various activities/programmes.

The General Body meeting of the Association was held at St Aloysius College Auditorium on Sunday, 28th September 2014 - 56 members attended. At this meeting, the Annual Report and the Audited Statement of Accounts for the year 2013-2014 were duly approved/ adopted.

Since the current office-bearers and Governing Council members completed their 2-year term : 2012-2014, elections were held for the posts of 6 Office-bearers and 10 Governing Council members. Past President – Ms Lily Pereira functioned as the Election Officer. The following members were unanimously elected as **Office-bearers and GC members for the term : 2014-2016** :

President – Capt John Prasad Menezes; Vice-Presidents – Ms Nayana Fernandes & Mr R.C.Rodrigues; Secretary – Mr Mario Saldanha; Joint Secretary – Dr Anand Pereira; Treasurer – Mr Walter D'Sa

- 1.1. Elected Members of Governing Council(10) Dr Derek Lobo, Winston D'Souza, Dr Anthony Mathias, Ms Thelma Pais, Ulhas Rasquina, Capt Vincent Pais, Lawrence Pinto, Oswald D'Cunha, Terry Pais, Zozimus Pais.
- 1.2. Nominated Members of the Governing Council(5)-Lydia D'Cunha(DCCW), Prof Edmund Frank (Representative of the Bishop), Patsy Lobo(Editor of "Mangalore"), Trevor Pinto(Christian Planters Guild), Ian Lobo(Sodality of Immaculate Conception).
- **1.3.** Coopted Members of the Governing Council(4) Dr Chritopher Pais, Ms Joan Lobo, Ms Zita Farias & Allan Fernandes.

During the year under review, the Valedictory function of the CASK Centenary celebrations was organized in a grand scale. The projects in honor of the CASK Centenary, aimed at benefitting the marginalized groups were launched and many activities/programmes were organized in line with the aims and objectives of CASK.

2. SUB-COMMITTEES

The following Sub-Committees were formed for the term 2014-16. The conveners of the sub-committees for the year 2014-2016 are :

Mr Walter D'Sa - Administration and Finance; Dr Derek Lobo – Centenary Projects and Centenary Trust; Mr Winston D'Souza – Medical Aid & Organ Donations; Ms Terry Pais – Social Issues; Ms Nayana Fernandes – Scholarships & Cultural Issues; Ms Patsy Lobo – Personality Development Programme; Editorial Team – Patsy Lobo(Editor), Mr Zozimus Pais, Dr Anand Pereira, Joan Lobo

CASK Centenary Celebration Committee with Capt J.P.Mernezes as Convener and **CASK Centenary National Steering Committee** with Mr Vivek Aranha of Pune as Chairman, functioned effectively until the Valedictory function of the Centenary Celebrations on 21st September 2014 and were then disbanded.

PATRON OF CASK - The President and office bearers of the Association periodically met the Patron of CASK-Most Rev.Dr. Aloysius Paul D'Souza, Bishop of Mangalore and briefed him about the activities of CASK and sought his guidance.

3. ADMINISTRATION and FINANCE

Since 2010-2011, the Administration and Finance Management of the Association has been streamlined. The membership records, accounts and the subscriber list of "Mangalore" were computerized and constantly updated.

In pursuance of the decision of the General Body, the **CASK Centenary Trust** was formed and duly registered in July 2014. We have now obtained a PAN CARD in the name of the Trust and opened a Current Account at The South Indian Bank-Mangalore.

Capital Fund – The Life Membership fees collected during the year amounted to Rs.50,000 which has been taken to the capital fund. As in the previous year, the same will be invested in fixed deposit.

Franklin Mathias Education Fund – The core amount of this Fund is Rs.6,00,000. Interest accrued on investments during the year was

Rs.54,000 which along with the balance carried forward from the previous year viz.Rs.6,25,182 amounted to Rs.6,79,182. This year, CASK granted scholarships worth Rs.25,000 to 4 students and one handicapped(wheel-chair bound). An amount of Rs.54,182/- is available for scholarships during 2014-15.

Building Fund – The Building Fund amounting to Rs.65,625 as on 31March 2014 was merged with the CASK Centenary Celebration Fund since CASK purchased a 550 sq. feet Office premises at Pio Mall, Bejai, Mangalore, from the Capuchin Fathers. The cost of the Pio Mall Office premises including Registration and Office furniture/equipment etc. came to **Rs.24,30,037**. The longstanding dream of CASK to own its own office premises was fulfilled during the Centenary year

CASK Centenary Celebration Fund - As the CASK Centenary Year came to a close with the valedictory function held on 21 September 2014, an account of the entire donations/interest on investments received and the amount spent/disbursed of the CASK Centenary Fund from inception upto 31 March 2015 is summarised below:

Particulars	Donations	E x p e n d i t u r e / disbursed
CASK CentenaryFund	47,00,424.00	11,94,167.30
Student Scholarships	5,09,000.00	7,92,200.00
CASK & Fellow Centurions	3,84,095.00	3,97,943.00
Personal Development Programm for Students	ne	92,849.00
Souvenir	12,93,825.00	2,38746.00
Pio Mall	12,00,000.00	24,30,037.00
CASK Project - Deep Freezer	6,25,000.00	6,25,456.00
Home for the Homeless		3,50,000.00
Website		15,000.00
First Day Cover	6,600.00	63,700.00
CASK Trust		4,110.00
Eye Care Programms		1,10,549.00
Total	87,18,944.00	63,14,757.30

The surplus of **Rs.24,04,186.90** has been invested in fixed deposits(FDs) and used for other CASK Projects. The FDs with banks

stands at Rs.30,88,979.00 as on 31 March 2015.

"Mangalore" Magazine : The expenditure in publishing 'Mangalore' magazine during the year amounted to Rs3,36,554.75 and the receipts by way of subscriptions, advertisements, sponsorship, etc amounted to Rs.3,20,437.98 resulting in a **deficit** of Rs.16,116.77. This is mainly due to the pending payment of an Advertisement bill. If arrears in subscriptions/advertisements come in time and sufficient advertisements/ sponsorships secured, 'Mangalore' should be providing some surplus funds to the Association. Efforts are in this direction.

Income Tax Assessment : The income tax assessment of the Association for the year 2013-2014 has been completed.

4. MEMBERSHIP

- **4.1. Life Members** During the year 2014-2015, 50 new life members were enrolled, bringing the new members enrolled since October 2010 to 237. The life membership fees collected i.e. Rs50,000 has been taken to the Capital Fund.
- **4.2.** Subscribers to Mangalore Magazine During the year 2014-15, 11 Founders, 7 Benefactors, 105 Life Members, 71 new Life Members and 43 Annual Members subscribed or renewed their subscriptions. The total amount of subscription fees collected was Rs2,15,312.92. The subscribers for the 'Mangalore' magazine including those on the free mailing list comes to **1,264** (Founders-48, Benefactors-39, Life Members-698, members residing abroad-75, Annual subscribers-149, members on Free Mailing List-138 and members whose subscription has lapsed-117.

5. PROGRAMMES & ACTIVITIES

5.1. Personality Development Programme - This is an ongoing programme since 2011-12 - CASK started the programme in two Parish Schools-St Aloysius High School, Urwa and Rozario High School, Bolar. A total of **249** students from the 2 schools benefited from the programme.

During 2012-2013, the programme was included as a CASK Centenary project and received a boost with a donation of Rs.2 lakhs by Mr Anthony D'Silva Prabhu of USA. The programme was organized in 5 schools during 2012-2013 and during 2013–2014, with a total of **786 students** from the 5 schools

benefitting.

During the year under report(2014-15) the programme was conducted in 5 schools and 2 colleges as follows : St Aloysius Gonzaga School-Kodialbail; Mount Carmel Central School-Mary Hill; Lourdes Central School-Bejai; Carmel School-Bolar; St Theresa's School-Bendur; St Aloysius Institute of Education; St Agnes College. A total of **366 students** from the 7 institutions benefitted. The total number students that participated and benefitted from the start of the programme in 2011-12 to date is **1,158**.

5.2. Promotion of Blood, Blood Products, Organ and Whole Body Donations - This is a CASK Centenary project. CASK donated a deep freezer to the Blood Bank of Fr Muller Hospital(cost of Rs.6.25 lakhs defrayed by Mr Vivek Aranha & Family, Pune) and has collaborated with the Fr Muller Instututions in three areas (a) Supporting Eye Care Services (b) Increasing the mortuary capacity from 8 to 14 and (c) Promoting the concept of corneal and whole body donations. The Freezer enables 'plasma' an important blood product to be stored for a longer period of 3-5 years.

Through effective lobbying by CASK, the Fr Muller Charitable Trust of USA(FMCTU) donated a sum of USD-27,500/-(approx.Rs.12,50,000/-) towards enhancing the Corneal transplants and Eye Care at Fr Muller Institutions. **The contribution came from Drs Vinaya and Sameer Kapoor and was transferred from FMCTU to Fr Muller Charitable Institutions(FMCI).** We are deeply grateful to them. Under this project, CASK in collaboration with FMCI organized 4 Eye Camps and one Paediatric Camp as follows : Holy Cross Hospital, Chikmagalur – 24 August 2014 – 256 persons examined, 108 free spectacles given and 30 referred for free surgery.

Fr L.M.Pinto Health Centre, Badyar – Eye Camp on 16^{th} November 2014 - 231 persons examined, 130 free spectacles given and 26 referred for free surgery.

Fr L.M.Pinto Health Centre, Badyar - Paediatric Camp on 18th January 2015. 134 children examined, 10 referred for free investigations/ surgery at Fr Mullers.

Concetta Hospital, Kinnigoly – Eye Camp on 19th April 2015 – 133 persons examined, 68 given free spectacles and 24 refered for surgery.

Holy Cross Hospital, Chikmagalur – Eye Camp on 12th July 2015 – 249 people examined, 138 given free spectacles and 26 referred for surgery.

CASK is actively promoting Whole Body Cadaver donations to FMCI for teaching and research purposes. Through the Fr Muller Charitable Trust-USA, funds were provided to increase the mortuary capacity of Fr Muller Hospital from the present 8 to 14, in order to promote cadaver organ transplants.

5.3. Valedictory Function of the CASK Centenary Celebrations and Implementation of Centenary Projects

The Valedictory Function of the CASK Centenary Celebrations was held on a grand scale befitting the centenary milestone, on Sunday, September 21, 2014.

It started with a Thanksgiving Mass at the Milagres Church in the morning led by the Patron of CASK – Most Rev Aloysius Paul D'Souza. Fr Denzil Lobo, Rector-St Aloysius College preached an apt Homily. This was followed by lunch for the inmates of 7 charitable institutions of Mangalore. The lunch at Prashanth Nivas was sponsored on behalf of CASK by Mrs & Mr Christo Noronha in honor of the 80th birthday of his mother – Mrs Rene Noronha and the lunch at other 6 institutions was sponsored by Victor & Alina Pais of New Jersey-USA.

The formal Valedictory function was held in the evening at the Milagres Hall. The Hon'ble Vice-President of India – Sri Hamid Ansari was the Chief Guest and The Hon'ble Governor of Karnataka – Sri Vajubhai Vala was the Special Guest of Honor. Sri Ramnath Rai, District-In-Charge Minister represented the Chief Minister of Karnataka-Sri Siddaramaiah. Sri M.S.Ramanujam, Chief Postmaster General-Karnataka and Sri Eric Gonsalves, IFS(Retd), Former Ambassador were also present. His Lordship Aloysius Paul D'Souza, the Bishop of Mangalore and the Patron of CASK presided. At this function, the following special events related to the CASK Centenary took place :

5.3.1. Release of the CASK Centenary Souvenir – The Centenary Souvenir was formally released by the Hon'ble Vice-President of India.

- 5.3.2. Release of the Special Postal Cover and 'My Stamp' with the CASK Logo was brought out in honor of the Centenary. The album containing the Special Postal Cover and 'My Stamp' was handed over by Sri M.S.Ramanujam, Chief Post Master General, Karnataka Circle to the Hon'ble Vice-President, who formally opened and released them.
- **5.3.3.** The CASK Anthem composed and Music written by Ms Giselle Mehta.
- **5.3.4.** The CASK Centenary Poem titled 'The Heritage Building' was composed by Professor Geralyn Pinto.
- **5.3.5.** Handing Over of Scholarship Cheques A total of 110 Scholarship cheques of Rs.5,000/- each, totalling Rs.5.5 lakhs were handed-over to 110 students from 24 P.U.Colleges from DK and Udupi districts.
- 5.3.6. Release of the Konkani Version of the Book 'Gandhi's Outstanding Leadership' authored by Pascal Alan Nazareth IFS(Former Ambassador) was done by the Bishop of Mangalore Most Rev Dr Aloysius Paul D'Souza.
- **5.3.7.** Handing Over of a Cheque of Rs.3.5 lakhs to the Bishop of Mangalore for the Diocesan 'Home for the Homeless' Project.
- 5.3.8. Handing Over of a Cheque of Rs.25,000/- to the 'Poor Patient Fund' of Holy Cross Hospital-Chikmagalur
- 5.3.9. Recognition of Centenary Star Donors The 5 Centenary Star Donors who had contributed or pledged >Rs.10 lakhs were duly recognized and thanked during the Welcome Address by the President of CASK The Pinto Family of 'Rosedale' Mangalore, Mr & Mrs Michael D'Souza of Dubai, Drs Vinaya and Sameer Kapoor of USA, Mr & Mrs Vivek Aranha & Family-Pune and Mr & Mrs Ronald Colaco & Family-Bangalore. The names of all other donors were prominently displayed in the hall.
- **5.3.10.** Cultural programme The formal events were followed by enacting of a humurous play 'Around the World in Sixty Minutes' written and directed by Patsy Lobo with the cast consisting of CASK members. This was a befitting climax to the conclusion of the CASK Centenary.

6. Other Programmes Organised

- 6.1. Talk by Mr Richard Saldanha, former Chairman & CEO, Unilever, Peru-South America – CASK organized a talk by Mr Richard Saldanha to the students of Aloysian Institute of Management & Information Technology(AIMIT) on 4th April 2014. Mr Saldanha captivated the 150 students through his talk titled "Thirteen Keys to Success"
- 6.2. Felicitation to Bishop Francis Serrao SJ Bishop of Shimoga – CASK was a co-sponsor along with Sylvester Frank Foundation and the St Aloysius College Alumni Association(SACAA) of the Felicitation to the newly appointed Bishop of Shimoga – Most Rev Francis Serrao SJ held at St Aloysius High School Hall on 30th May 2015.
- 6.3. CASK Essay Writing Competition on the subject "How have things changed for the Indian Women after Independence?" The Essay Competetion was thrown open for Class-10 students of Lourdes Central School-Bejai and students of St Agnes College. 107 students from Lourdes School and 80 students from St Agnes participated.
- 6.4. Leadership Development Workshop organized by Diocesan Council of Catholic Women(DCCW), Co-Sponsored by CASK – This was a collaborative programme organized by DCCW and Co-sponsored by CASK, held on 22nd October 2014 at the Bishop's House. Mr Winston D'Souza, Governing Council Member of CASK introduced the CASK Centenary projects and explained about the eye and whole body donations. Some of the participants pledged their eyes.
- **6.5. CASK Reunion 2015** The CASK Reunion 2015 was held on 15th February 2015 at the Boat Club-Mangalore. Nearly 400 members/guests were present. The highlights of the evening:
 - Band Ecstacy a group of young college students
 - Band-Hotel Palindrone, the visiting band from Austria with Mangalore origin-Marialena Fernandes on the key-board.
 - A hilarious konkani play enacted by Mandd Sobhann
 - A carnival troupe consisting of King Momo and his queen, accompanied by lively dancing entourage in colorful costumes, fancy hats and curious masks

- Dance performance by the 'Fullabais' of Mangalore
- Enactment of "Bollywood through the Ages"
- Mock Fashion Show

The President of CASK recognized and thanked the thirteen sponsors of the Reunion function, the MC-Audrey Pinto and all the members who helped in various ways. It was certainly an event to remember!

6.6. International Women's Day Celebration – A Workshop on "**Changing Faces of Women in India**" was organized at Roshni Nilaya on 9th March 2015, in collaboration with the Women's Cell-Roshni Nilaya and Innerwheel Club of Mangalore North. Prof Malini Hebbar of St Agnes College was the keynote speaker. 96 students participated.

7.PROGRAMMES DURING APRIL – AUGUST 2015 – The following programmes and activities conducted from 1st April to August 2015 are outside the purview of the Annual Report 2014-15(1st April 2014 to 31st March 2015). However, the Governing Council of CASK wishes to inform the General Body of these activities :

7.1.Eye Camp at Concetta Hospital-Kinnigoly on 19th April 2015 - organised by CASK in collaboration with Fr Muller Medical College. A 8-member team of doctors/Optometrists examined 133 persons of whom 68 were prescribed free spectacles and 24 were referred for free surgery or further investigations to Fr Muller Hospital.

7.2.Seminar on Issues & Concerns of the Christian Community in collaboration with Sylvester Frank Foundation - on 1st May 2015 at the St Aloysius College Auditorium. Over 200 guests participated. 6 eminent members of the community addressed the gathering : Mr F.T.R.Colaco, IPS(Retd) on "Issues & Concerns – The Way Ahead"; Mr P.D.Sebastian, Principal, SDM Law College-Mangalore on "Constitution & Minorities"; Ms Flavia Agnes, Director, Majlis-Mumbai on "Crimes against Women"; Mr Ronald Fernandes, Chief of Bureau, Deccan Herald on "Role of Media"; Fr Vinod Mascarenhas, Director, Vimukti-Ujire on "Ghar Wapsi-The Reality" and Prof Elsie Tharien – St Agnes College on "Effective Parenting in the Present Scenario"

7.3.Distribution of Footwear for Barefoot School Students – This is a new programme, stimulated by the fact that 20-25% of school children in rural areas come to school barefoot. This was the origin of the CASK Footwear for Barefoot School Children project. As advised by the school Headmistress, it was decided to provide footwear to all the children of two schools – St Raphael's School in Badyar (214 students) and at Anthony's Higher Primary School(206) in neighboring Gardady parish. Shoes will also be provided to those coming barefoot to 2 schools in Mangalore.

7.4.Installation of Purified Drinking Water Facility – We were also shocked to see that many rural schools do not have purified drinking water facility. CASK decided to give Purified Drinking Water facility to 5 schools during this academic year. 3 Purifiers are already installed to the 2 schools in Badyar and one school in Kinnigoly.

7.5. Personality Development Programme in Kannada Medium School. On 17th July 2015, the Personality Development Programme was inaugurated in the Kannada Medium Pompei Higher Primary School run by Urwa Parish. Sri Pithamber - Co-ordinator of the Block Resource Centre - District Education Dept was the Chief Guest. A 10-session schedule has been prepared by CASK Past President Lena Fernandes and GC member Lydia D'Cunha, who will coordinate the programme.

7.6.Distribution of Scholarships for the Academic Year : 2015-16
– It is proposed to give a total of 111 Scholarships, each of value Rs.4,000/
to 111 students from 24 P.U.Colleges at a CASK function on 14th August 2015 at St Agnes College.

7.7.Seminar on HumanRights and Release of the Book 'Slaves of Sultans' authored by Alan Machado Prabhu – A Seminar on 'Human Rights' will be held at St Agnes College on 14th August 2015. Renowned Human rights Activist-Fr Cedric Prakash SJ from Ahmedabad will deliver the Key-note address. At the same function, it is planned to Release the Book "Slaves of Sultans' authored by Alan Machado Prabhu of Bangalore and feliciate Dr Olinda Pereira on her 90th birthday and recognize her enormous contributions in the Education and Social fields.

8. COLLABORATION WITH OTHER ORGANISATIONS/ ASSOCIATIONS

CASK continued its policy of collaboration with other organizations and associations based in Mangalore in organizing various activities/ programmes during the year. The organizations/institutions collaborated include the RACHANA, Catholic Sabha, Diocesan Council of Catholic Women, Ladies Social Service League, St Vincent de Paul Society, St Aloysius College, St Agnes College, Sylvester Frank Foundation, St Aloysius College Alumni Association, Ladies Club and Fr Muller Institutions. CASK continued to be in contact with Kanara/Mangalorean Catholic Associations in Bangalore, Chennai, Mumbai, New Delhi, Kolkata and Pune and the 'Dimensions' - the Association of Catholic Entrepreneurs in Mumbai.

9. "MANGALORE" the Monthly Magazine

"Mangalore" with Mr Zozimus Pais as Editor from April-September 2014 and Mrs Patsy Lobo as Editor from October 2014 onwards supported by an Editorial team, has continued to do a commendable job in bringing out the magazine on time each month and adhered to the limit of 40-52 pages. With varied articles and News/Notes of interest, the magazine has continued to receive much appreciation from the readers.

During the year(April 2014 to March 2015), >80 persons contributed articles/views/tributes/eulogies in "*Mangalore*". Special thanks to our regular contributors – Veronica Shearer, Patsy Lobo, Joan Lobo, Flavia Agnes, John Monteiro, Drs Anand & Geeta Pereira and the 'Dreamcatcher'. Thanks are also due to the various Sponsors and Advertisers specially the Rosary Education Group-Pune and Rosedale Associates-Mangalore.

10. CONCLUSION

CASK wishes to place on record its appreciation and thanks to our Patron – His Lordship Aloysius Paul D'Souza, to all our donors/ supporters, Government agencies, our members, subscribers of "Mangalore" and well-wishers. We are grateful to the President, Officebearers and Governing Council Members of CASK for their time, efforts and commitment to the Association. We also thank the Editorial team for effective projection of the activities of the Association through the "Mangalore" magazine. Based on the articles and information about the CASK activities highlighted in "Mangalore", CASK has received donations from its readers. The celebration of the CASK Centenary, starting with the Inauguration to the Valedictory function was a great success. We are grateful to the members and well-wishers of CASK for supporting the CASK projects aimed at benefitting the marginalized groups. We request continued support so that we can take the Association to greater heights..

Dated 1st August 2015.

Mr Mario Saldanha - Secretary

LET'S WELCOME INDIA'S 69th INDEPENDENCE DAY WITH POSITIVE STROKES

Patsy Lobo

As the 69th Independence Day dawns, the patriotic feelings just stretch to fill us from within. Let us celebrate our 'Unity in Diversity', our Democratic set up, Secularism, Our famiy values, the beauty and richness of our environment and ecology, the richness of our culture and languages and generous Hospitality as a Nation. Let us also be proud of our Armed

Forces who ably guard our borders, our vibrant media, not forgetting our ever famous Bollywood and more. Does your mind buzz with ideas? What keeps this magic going?

Unfortunately, we often forget our positives. A very strange culture of criticism prevails in our country now. Thanks to the screaming TV anchors and shouting participants on TV debates and the regular critical articles in various newspapers and magazines, we seem to be blind to our achievements as a nation over the past 69 years of Independence. We are ready to pounce and denounce on social media. Our critical eye and pen knows no limits.

In his recent address at Oxford, Shashi Tharoor highlighted the damage accrued to India because of 200 years of colonial rule. He said "India was goverened for the benefit of Britian"... yes, but we have come a long way since the British left in August 1947. Let me admit that there are serious fault-lines, deficiencies, disparities and discriminations still existing and that corruption and lack of commitment has reached an all-time low, the gap between the haves and the havenots is widening and we have the problem of politicians drunken with power, too many masters, too many desperate voices, The miracle – in

spite of all these fault-lines and deficiencies, we have made progress and there is visible development.

When we criticise, let us also stay attuned to the good in those we deride.

In conclusion, I wish present the following quotes : "India is a country in which every religion finds a Home" – Dr Annie Besant

"We owe a lot to Indians who taught us how to count, without which no worthwhile scientific discovery could have been made" – Albert Einstein

"Failure comes only when we forget our ideals, objectives and principles" – Jawaharlal Nehru

On 15th August 2015, let us salute and celebrate the greatness of our country.

A WARM WELCOME TO THE NEW LIFE MEMBERS

- 1. Sr Maria Rosa A.C. New Delhi
- 2. Mrs Jennifer Lobo Mangalore
- 3. Mr Ivor Rego Mangalore
- 4. Mr Allan Lobo Mangalore
- 5. Mr Primus Marian D'Souza Mangalore
- 6. Mrs Jane M.N.D'Souza Mangalore
- 7. Mr Roy Rodrigues Mangalore
- 8. Mrs Eulalia Maria D'Souza Mangalore
- 9. Mr Jude Saldanha Mangalore
- 10. Mrs Mabel Sequeira Mangalore
- 11. Mrs Merlyn D'Cunha Mangalore
- 12. Mr Victor L.Fernandes Bangalore
- 13. Mrs Florence Mascarenhas Secunderabad
- 14. Mrs Bernadin Sequeira-Ali Mumbai
- 15. Mr Nelson Mathias USA

WHAT PRICE FREEDOM?

Vernica Shearer, Morpeth-UK

At the stroke of midnight on the 14TH August 1947, Pandit Jawaharlal Nehru made that soul-stirring speech which is etched in our memory. In the past 68 years India has achieved much. She is no longer thought of as a third world nation. Indian doctors, engineers and scientists, lawyers, writers and politicians have made their mark in the western world. I am proud to be Indian. Freedom has its price and we pay heavily for it. Franklin D Roosevelt said, "True individual freedom cannot exist without economic security and independence. People who are hungry and out of a job are the stuff of which dictatorships are made." This is why Pope Francis said in his first encyclical 'The Joy of The Gospel'that he wants a poor church that is for the poor because they have much to teach us. But what is individual freedom? It is the freedom to be who you really are and to make mistakes and learn from them. Or as Nelson Mandela said, "to be free is not merely to cast off your chains but to live in a way that respects and enhances the freedom of others"

One of my first jobs in the UK was as Training Manager in a Foyer, which was a place where 60 young, homeless people lived in independent, one bedroom suites. It was my job to train them into becoming employable so that they would find a job and move into their own homes. Unfortunately the young Foyer Manager was an idealist and thought that these young people, who had evidently had a bad start in life should be given the freedom to live together without any rules. In fact they were asked to make their own rules. This caused havoc in this state of the art accommodation which was even better than a hotel. The plush carpets were soon destroyed with cigarette burns and the lift was constantly being broken by the residents - just for fun. Within six months we had nine pregnancies to deal with. Furniture was smashed and curtains torn to shreds - just for fun. This was the price the Foyer paid for the freedom given to the 16-25 year olds who had made it their home. On asking them why they had turned into vandals, their answer was simple. "Veronica, we came from homes where we didn't know who our father was. Our mother allowed us to do what we wanted because she really had no time for us and had no time to discipline us. So we want boundaries. We want tough love to show you care." What an eye opener this was for the young, naive manager. But it was almost impossible to undo the damage that had already been done.

So sometimes, freedom comes at a heavy price. The state of not being imprisoned or enslaved is a definition of FREEDOM but the young people in the Foyer were free yet enslaved by their addiction to love, the state of being loved, alcohol and finally even drugs. Yet for all purposes they were FREE.

The passing of the Freedom of Information Act in 2000, in UK, which gave anyone the right to access recorded information held by government and other public sector bodies was regarded as one of the landmark achievements of the last Labour government. But since then, former Prime minister Tony Blair described the law as one of his 'biggest regrets', since such transparency made it well-nigh impossible for ministers to have a 'safe space' to air their views. The media have made hay with the Freedom of Information Act and nothing recorded is a secret anymore. So freedom certainly comes at a price!

We can be enslaved by the desire for wealth, the desire for appreciation and recognition or even by our fear of sickness or death. This addiction reduces our freedom. Man is born free but he soon gets entrapped with worldly yearnings. Once they get a stranglehold on him, he finds it impossible to get out. That is why in John 8: 32 Jesus makes this cryptic remark to his listeners.... 'The TRUTH will set you free'. The Jews, proudly, claimed to be enslaved by no one. They forgot about the Egyptians, the Assyrians, the Babylonians, the Hellenists, and the Romans. But Jesus wasn't worried about empire and conquest and political freedom. He was concerned with freedom from sin. 'Love thy neighbour was Jesus' greatest commandment so if one doesn't follow Pope Francis' entreaty to work for the poor and downtrodden, we are allowing ourselves to be enslaved by the world and its temptations from a greed for power to a greed for pandering to the self. Once we remove the obstacles that keep us from loving our neighbour, we are truly free. But it is a huge price to pay. Not in terms of wealth but it terms of stamping out love of self. As ThichNhatHanh says in Anger:

Wisdom for Cooling the Flames, 'Freedom is the basic condition for you to touch life, to touch the blue sky, the trees,, the birds, the tea, and the other person'.

'What will people say?' was the never-ending chorus in my mind when I lived in India. What society thought of us was far more important than our own instincts and desire to do good. If I was seen working for the prostitute, the orphan and the beggar, I may not have been accepted by those in power and position. I may be shunned by my friends in high places if I am seen with the destitute and with the marginalised. These ugly thoughts cramped my style and I felt suffocated having to please the rich and famous. But I broke the bonds that tied me and moved to pastures new. Here in the UK, I am free to work for the refugee, the outcast, the prisoner and the pauper. This is what set me free. This was almost 25 years ago. I pray that things have changed in my homeland and reading The Mangalore gives me hope that attitudes have changed indeed.

I can't help quoting our Nobel Laureate, Rabindranath Tagore's poem...

Where the mind is without fear and the head is held high Where knowledge is free Where the world has not been broken up into fragments By narrow domestic walls Where words come out from the depth of truth Where tireless striving stretches its arms towards perfection Where the clear stream of reason has not lost its way Into the dreary desert sand of dead habit Where the mind is led forward by thee Into ever-widening thought and action

Into that heaven of freedom, my Father, let my country awake.

It would be fair to conclude with the words of Mahatma Gandhi who fought and died to give India her freedom. "Freedom is not worth having if it does not include the freedom to make mistakes." We will all make mistakes on the journey but as long as we pick ourselves up and get back on the path of truth, we will truly be free and the price we pay will never hurt us! Jai Hind!

RODRIGUES & D'SOUZA

CHARTERED ACCOUNTANTS

Partners EDMOND D'SOUZA, B.Com, F.C.A. RUDOLPH M.C. RODRIGUES B. Com., F.C.A.

Ref. :

Catholic Centre, II Floor Hampankatta, Mangalore - 575 001 Tel : Office : 2443799, 2443599 Res : 2495414 / 2217977 E-mail : rodzare@yahoo.com

Date :

AUDITOR'S REPORT

We have audited the attached Balance sheet of **THE CATHOLIC ASSOCIATION OF SOUTH KANARA, MANGALORE,** as at **31st March 2015** and the annexed Income and Expenditure Account for the year ended on that date. These financial statements are the responsibility of the management. Our responsibility is to express an opinion on these financial statements based on our audit.

We conducted our audit in accordance with auditing standards generally accepted in India. Those Standards require that we plan and perform the audit to obtain reasonable assurance about whether the financial statements are free of material misstatement. An audit includes examining, on a test basis, evidence supporting the amounts and disclosures in the financial statements. An audit also includes assessing the accounting principles used and significant estimates made by management, as well as evaluating the overall financial statement presentation. We believe that our audit provides a reasonable basis for our opinion.

We have obtained all the information and explanations which to the best of our knowledge and belief were necessary for the purpose of our audit.

The said Balance sheet and Income and Expenditure Account dealt with by this report are in agreement with the books of account.

In our opinion and to the best of our information and according to the explanations given to us, the said accounts along with accounting policies give a true and fair view:

i) In the case of the Balance sheet of the State of Affairs of the Association as at 31st March 2015,

AND

ii) In the case of the Income and Expenditure Account of the Excess of Expenditure over Income of the Association for the year ended 31st March 2015,.

For Rodrigues & D'Souza Chartered Accountants [Registration No. 0032845] Salls 1 Rudolph M.C. Rodrigues Partner. [Membership No. 25496.]

Mangalore Dated: 27.07.2015



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South Indian Bank, S.B. A/C No.43007	72026:00	96886.47	=	Telephone Expenses			16234.00
Fixed Deposits		1457153.00	·=	Miscellaneous Expenses			12352.00
			=	Registration Charges			3000.00
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Donation	2172641.00		=	TDS Filing Charges			3696.00
Scholarship	507000.00		=	Interest on TDS			47.00
Souvenir Advertisement and Obituaries	1288500.00		=	Conveyance Charges - General	_		7064.00
Sale of CASK and Fellow Centurion Copies	20875.00		=	Postage - General			1375.00
Sale of Special Stamps & First Day Covers	6600.00		=	Bank Charges			860.00
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Mangalore 75

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- Do -	004610000003086	10.11.2013	10.11.2015	9.75%	50000.00
- Do -	004610000003618	21.10.2014	21.10.2017	8.75%	93545.00
Do -	004610000003826	23.01.2014	23.01.2016	9.25%	300000.00
- Do -	004610000003999	01.12.2014	01.03.2016	9.15%	500000.00
The MCC Bank Ltd., Founders Branch	FD56/11	29.01.2015	28.10.2016	9.50%	41000.00
- Do -	FD101/10	25.07.2013	25.06.2015	<u>%00.6</u>	400000.00
- Do -	FD669/07	24.01.2015	24.10.2016	9.00%	4000.00
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THE CATHOLIC ASSOCIATION OF SOUTH KANARA, MANGALURU.

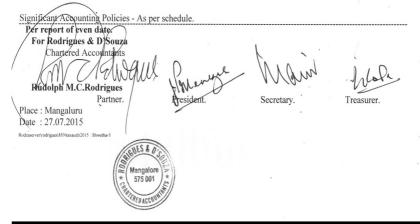
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Treasurer.

THE CATHOLIC ASSOCIATION OF SOUTH KANARA, MANGALURU.

Significant Accounting Policies :

- 1. The Accounts are Maintained under the Mercantile System
- 2. Fixed Assets are disclosed at the Written Down Value.
- Depreciation is charged on Fixed Assets on the Written Down Value at the rates provided by the Income-Tax Rules, 1962.



V YAKTHITHVA VIKASANA KARYAGARA- BY CASK

Joan Lobo

That some achieve great success is a proof to all, "That others can achieve it as well. -Abraham Lincoln

The Catholic Association Of South Kanara launched the 'Vyakthithva Vikasana Karyagara' (**Personality Development Programme**) on July 17th, 2015 at the Kannada Medium, Pompei High School, Urwa. Coincidentally, the school is celebrating its golden jubilee and CASK is privileged to be part of it, by conducting this program for the students.

The chief guest was – Mr. Pithamber- Co- ordinator of the Block Resource Centre- Education Department – Mangaluru Taluk.

Mr. Hilary D'Souza the headmaster of the school in his opening address thanked CASK for its benevolent gesture of organizing a useful program like this which would benefit the students in a major way. The students invoked god's blessings on the launch with a prayer song followed by the lighting of the lamp by the dignitaries, symbolic of the flame that will be ignited in the children to be equipped to face a bright future.

CASK President Capt. John Prasad Menezes highlighted the objectives of the programme and said that he strongly believed that this program would enable children to be more confident in facing life.

Lydia D' Cunha the convener of the program and one of the facilitators said that today's kids are tomorrow's leaders and to be that, this program would give them the impetus to face a challenging future. She expressed gratitude to Mrs. Lena Fernandes past President of CASK who had assisted in preparing a 10 session practical module but could not be present due to ill health.

Sr. Agnes Frank who will also be one of the facilitators gave a very insightful speech on how important it is to have the right attitude to life. She referred to the 120 students in the audience as uncut diamonds while the resource persons were like cut diamonds. She was confident that with this program every kid would be richer in character, attitude, confidence and that would be the rich bank balance they would and should possess.

The chief guest Mr. Pithamber enthralled the gathering with his captivating speech which had the students, teachers and guests absorbing his words of wisdom. He was very appreciative of CASK and its far reaching projects especially this program directed to moulding and making the children Indias's proud citizens. He wished the program every success and far reaching gains for every child.

Ms. Icy Maria D'Souza - faculty of the school warmly welcomed the gathering and Ms. Shrimathi – faculty of the school gave the vote of thanks. The message was conveyed that "*Academic Performance gives you a qualification, Personality skills give you the edge to achieve success in life*"

IRENE

By her children Denis Mathias, Margaret DeMello Kamath and Sheela Sawhney



Our mother was born in 1919. It was the end of the First World War. She was named Irene, derived from the Greek word peace, to celebrate the end of that conflict. Lyndon Johnson said "Peace is a journey of a thousand miles and it must be taken one step at a time." In her journey of nearly a hundred years, she brought peace and joy to everything she has touched.

Mummy was born and raised at the iconic 'Oorgaum House' in Bangalore. She developed an early love for reading at the Sacred Heart Convent and carried this passion with her for the rest of her life. We have fond memories of her curled up in her favourite sofa at Kelagur immersed in a book. After High School she got her Bachelor of Arts and Teaching in Mysore. Daddy was always proud of her "double degree" which was rare in those days.

Granny Rose was one of the original "outsourcers" in Bangalore. She outsourced parenting of the younger children to the older ones. The younger brothers were assigned to Irene. She taught them the value of deep religious faith, a love of learning and discipline. She was a highly disciplined person herself. She loved sweets but gave them up for Lent. Her mother used to hand out one sweet to each child after dinner. Irene hid hers. Her brothers spent most of Lent looking for her sweets. They had to find them before Easter Sunday because on that day she hid in the bathroom and ate them all.

In 1942, she married Eddie and moved to Kelagur. She was the perfect wife and gave Daddy constant and loving support in everything he did. They worked as a wonderful team together and it is hard to imagine him succeeding in life without her.

We were privileged to have had an extraordinary mother. Agatha Christie said "a mother's love for her child is like nothing else in the world. It knows no law, no pity, it dares all things and crushes down remorselessly all that stands in its path." We were lucky to have her clear the path for us. She was also the perfect grandmother. Her grandchildren have often travelled long distances just to spend a little time with her.

This motherly love and consideration extended to her virtual family. It included Peter and Lorna and their children after they moved to Kelagur, her many D'Souza and Mathias relatives and all the families that lived on the Estate.

1992 was a tragic year for Mummy as she lost her beloved Eddie after nearly 50 years of marriage. At first she was at a loss as there was so much he did for her. She had never written a cheque or reconciled a bank statement. But she was quickly back on her feet and started a new phase of her life as the Grand Lady of 1 Walton Road. She travelled the world as long as she could and then settled down to a quiet life in Bangalore. As she glided into her 90's she insisted on running her own home and was alert enough to complain about the cost of onions when Denis called her from California! Of course to do this she received unseen help from Sheela and Nicky in the background and support from her many loving relatives and friends.

On July 1, 2015 Irene passed away peacefully at 1, Walton Road. Throughout her life her faith in God was an important part of who she was. Her last words were "Jesus I trust in you".

Her ninety six years represented a life of consequence. It was a life focused on duty and responsibility. Her victory in life was that she did everything she could to be the best possible wife, mother and grand, great-grand and God mother, aunt, sibling and friend. ...never expecting anything in return. She lived up to the promise of her name Irene, because she brought peace to everything she touched. Her passing was the end of an era and a major milestone in the journey of the Kelagur Mathias and D'Souza families.

***** (Sponsored)

CASK EYE-CAMP AT CHIKMAGALUR

John Monteiro

If an impression is afloat that only the poor and marginalised patronise free eye camps, perish the thought. I tried to strike a conversation with a well-dressed couple with impressive stage presence thinking that they may be local volunteers at the camp. Y. C. Nanjegowda and his wife H M Kasturi are prominent citizens of Chikmagaluru. He retired as head-postmaster of the district after 40 years of service, mostly in rural areas. That is where he received help from Christian institutions, specially convents, in educating his three daughters. His first two daughters are MTech.. now married and settled in USA. The third daughter, who escorted her parents to the eye camp, is an advocate, now married and settled in Chikmagaluru.

Nanjegowda is waiting for his cataract to mature to operating stage and his wife has dry eyes (no tears!). A camp is an incentive to bring to the fore problems which we normally put on the backbencher – hoping that it will vanish. He was very effusive and kept stressing that the convents and Christian community helped him throughout his nomadic rural stints of duty.

An eye camp like the one organised by CASK is like mountain coming to Mohamed. Normally if one has dim eye sight, can't read or the distant object is a blur, one should be going to a doctor, clinic or hospital. But, poor, illiterate people are not confident to take such steps. The CASK-type eye camps are a stimulus for them to submit themselves to be tested and diagnosed by a team from reputed entities.

Coming back to the camp patients, 44-year-old Gohar finds it difficult to read the Koran which she does for one hour a day. She came after reading leaflets about the camp given at her masjid. Her husband is a helper in a lorry. They have three children, two daughters married and a son.

54-year-old Asif is a daily-wager waiting to be prescribed and provided free spectacles and get over his dim sight which makes it

difficult for him to use his mobile.

Abdul Gafoor, 70 years, is not new to spectacles, having his eye-sight tested at Manipal. A cooly, he has no TV in the house; but enhanced spectacle-aided eyesight will help him to read the Koran. He has been coming to the hospital bringing poor neibhours for treatment.

There are others like 66-year-old Gangamma and Jayamma,65 years, who had come from 25KM away after hearing about the camp from others. Jayamma is involved in cultivating vegetables and is not new to the hospital as she has visited it for other ailments.

All of the 249 must have had their interesting story to tell and above all hope for better eye-sight-138 of them were prescribed free spectacles and 26 refered for free surgery.

OUR COUNTRY!

By Dr Sheetal Savur

It's not ours, this land this sky,

It's a gift received to be passed on to tomorrow's child.

I belong here, says every drop of my blood, With our love this country we'll flood.

Varied in cultures and gastronomical treats, Separate in our ways, yet together we feast!

A nation famous for its Sculptors, scriptures and sages, Rivers, plains and mountain ranges!

We live today sans gratitude, sans sensitivity, In our patriotism too there's a huge cavity!

We consumed without guilt endlessly, Exploited the gifts you gave selflessly!

Wake up brethren before it's too late, Take up the responsibility else cursed will be your fate!

Take that first step and make it happen, Work hard to be the pride of this esteemed nation!!

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BANGALORE COMMUNITY COLLEGE A DECADE OF SERVICE TO YOUTH

Avis Deans, Bangalore

In May 2015, a milestone in the history of Bangalore Community College was celebrated - 10 years of dedicated service to the education of young disadvantaged youth in the city of Bangalore - a journey of learning, discovery, fulfilment and empowerment. Let us retrace our steps to the beginning of this memorable journey.

Origin and Mission: It began in June 2005, when Fr Sagayanathan, Parish Priest of Sacred Heart Church-Bangalore, had a dream-to reach out to many struggling young school dropouts and unemployed youth and provide them opportunities and skills required to enter the mainstream of society. "To include the excluded" is a need-based College Motto based on the mission of the Community College movement in India pioneered by Fr. Xavier Alphonse S.J, former Principal of Loyola College-Chennai and Director-Indian Centre for Research and Development of Community Education. Fr Alphonse was moved by the plight of the underserved youth and was sent to USA by the Jesuits to study the Community College system there. He studied it and adapted the system to suit our country. In a short span of 15 years, about 350 Colleges have been established throughout India. This is the need of the times, since we are a developing country with 60% of young people being underprivileged.

Fr.Sagayanathan started Bangalore Community College, under the Archdiocese Board of Education, on the Sacred Heart Church campus. To take up and steer this unique venture, he selected an exceptionally qualified and committed couple-Prof Albert Selvanayagam, a retired Zoology Professor of St Joseph's College-Bangalore, with >40 years' experience as a facilitator of learning, in a variety of areas and his wife Rosalind, an experienced Personal and Marriage Counsellor. Together they embarked on this worthy mission. The Selvanayagam couple, along with Fr Sagayanathan are the Founders of the Bangalore Community College, with Fr. Sagayanathan functioning as the Director.

The first batch of 100 students were admitted in June 2005, with one classroom, an office room and a room for Computer Lab in the main school building.

Course Content : The curriculum consists of a 10-month course comprising Functional English, Basic Computer skills with Tally, Life coping skills and Work skills for the posts like Office Assistant or jobs in Food/Beverage and Retail. These skills equip students to enter the workforce and also mould their personality and value system in order to face life's challenges. "**Fit for life and Fit for Job**" is the motto and driving force and 10-years down the line, it has fully achieved its purpose. Students are charged a nominal fee since no Government grants are received. Once the students complete the course, they are placed in jobs.

To date, around 650 students have passed out of its portals confident, self assured and ready to take on the working world. Thanks to the celebration of important festivals and events, their talents in music, dance, acting etc are fully exploited and resulted in enhancement of their leadership skills, team work and selfconfidence. A weekly program in Yoga has helped to instill discipline, serenity and resilience and in promoting physical and mental wellbeing. Sessions on Character development and interpersonal skills are taken by a variety of professionals, which has helped in the holistic development of the students.

Participation in Inter-Community College competitions in dance, music, public speaking and Mad-Ads has fostered a spirit of healthy competition, team work and co-operation.

Partnerships: Over the years, thanks to the professional acumen of Albert and Rosalind, Industrial Partnerships have been set up with Reliance Group, Presidency College of Hotel Management and Institute of Hotel Management that ensure on-the-job training, which helps in gainful post-graduation employment. Students have been placed in leading retail stores, Cafe Coffee day outlets, IT Companies and other enterprises that give them a start in life and enable them to support their family. Gradually with experience and hard work they climb the ladder of success and today many hold managerial positions. Several are even successful entrepreneurs. They continue their relationship with the college and return to share their success stories. Some seek guidance and counsel from Principal Rosalind, whose motherly care and concern is greatly valued. Our past students have become our ambassadors. They are eager to lend a helping hand to new students who pass out, thus living out the college ethos to serve and help uplift the other.

Success Stories: Herick Vinod-Proprietor, G H CADD, Bertinad P, Concept Manager-Home Centre, Lifestyle, Edwin Paul-Proprietor KidsZone, Moses, a chef in a Cruise ship, Rakesh who after some time with the ITC group is in the USA with Cruise Carnival, Saritha, a teacher for handicapped children in a Government school and Jennifer Lourdu, Customer Support Rep-Qikwell Technologies Ltd, are only a few of the many students who lead happy fulfilling lives, thanks to the training and support they received in the College. Today May 2015, the seed sown with diligence by the pioneering team of Fr Sagayanathan, Albert, Rosalind and a team of committed teachers, nurtured with love and care through the years, has helped to enrich the lives of many families in Bangalore.

Happiness is a journey, not a destination.

Work like you don't need money,

Love like you've never been hurt,

And dance like no one's watching.

God has given each of us a "gift" that we are to use to glorify His name! Do you know yours???

- Author Unknown

NEWS & NOTES

WILMA PEREIRA PARTICIPATES IN THE WORLD SPECIAL OLYMPICS IN USA

Wilma Pereira an inmate and student of Manasa Rehabilitation and Training Centre for special children, Pamboor participated in the Special Olympics World Games held in Los Angeles-United States of America from July 25 to August 02, 2015.



Wilma with her Parents Lawrence and Jacintha Pereira

Wilma has been an inmate of Manasa Centre for the last 3 years and was the only girl from Karnataka to be selected in the Handball team of India, participating in the Special Olympics. She has received training in Handball in Delhi, Uttar Pradesh and Chennai.

Handball is a physical and fast sport of intense physical contact, with shots being thrown at speeds approaching 100km per hour. It is played indoors on a 40m X 20m court with seven players (one goalkeeper + six court), which speeds up the game even more. The object is to score more goals than the opponents by throwing the ball into a D-shaped net. Handball athletes are known for their speed, agility, physical strength and stamina.

The Special Olympics at Los Angeles had 6,500 athletes and 2,000 coaches representing 165 countries, along with 30,000 volunteers and about 500,000 spectators. It was billed as the largest sports and humanitarian event of 2015.

Wilma is the daughter of Lawrence and Jacintha Pereira residing in Mangalore and the second child among their 5 children.

CASK congratulates Wilma on being selected to participate in the Special Olympics and wishes her continued success.

DR ANTHONY PAIS BAGS PROFESSOR ALFRED MASCARENHAS MEMORIAL ORATION AWARD 2015

Dr Anthony V Pais, Professor and Head of the department of Surgery and senior consultant- surgical oncology, Mazumdar Shaw Cancer Center(Narayana Hrudayalaya Hospital), Bangalore was honored by the department of Surgery, St John's Medical College, Bangalore with the prestigious Professor Alfred Mascarenhas Oration on June 19, 2015. At the function honoring him, Dr Pais delivered a



lecture on 'A Century of T e c h n i c a l Evolution in Breast Cancer Surgery'.

The Oration Award was established in 2002 by the Department of Surgery in St John's, in memory

of Prof Alfred Mascarenhas who had served St John's Medical College with great distinction for 29 years in various posts - Head of the department of Surgery, Medical Superintendent and as the Principal. Dr Mascarenhas retired in 1995 but continued his association with St John's as Emeritus Professor of Surgery until his death. He was instrumental in starting the postgraduate master's degree MS in General Surgery in St John's in 1982.

The Oration is part of the annual Continuing Surgical Education Programme (CSEP) of St John's. The department of Surgery selects one eminent surgeon from the country or abroad every year who has contributed immensely to the community and to medical advancement, in the field of surgery.

CASK offers its congratulations to Dr Anthony Pais and wishes him further success in the service of the community.

ARUNDHATHI SUBRAMANIAM TO DELIVER KAVITA TRUST'S ENDOWMENT LECTURE ON AUGUST 22

Kavita Trust, founded by Melvyn Rodrigues, Director Operations Daijiworld, works for the promotion of Konkani poetry. It will hold its annual James and Shobha Mendonca endowment lecture on poetry in Mangalore on August 22, 2015. Renowned English poet and writer Arundhathi Subramaniam will deliver this lecture at Gallerie Orchid on K.S. Rao Road, Mangalore, at 5:00 p m. The annual lecture is an important programme of the Kavita Trust, popular among poets and literary circles. In the last 3 years, Kavita Trust played host to renowned poets-Gulzar, Ashok Vajpayee and Jerry Pinto.

Arundhathi Subramaniam is known for her writing on cultural and spiritual aspects. She is the recipient of Kushwant Singh Memorial Poetry Award, Raza Poetry Award and International Piero Bigongiari Prize. She has 4 poetry and 2 essay collections to her credit. In addition, she is part of other poetry and essay collections. Her works are translated into several languages worldwide. She got nominated for TS Eliot Prize for her "When God is a Traveller". Her two works - 'The Book of the Budha' and 'More Than a Life' - are popular published works. She has participated in poetry and literary sessions in UK, Italy, Spain, Holland, Turkey, China, West Africa and Israel. She has received Charles Wallace Fellowship, The Visiting Art Fellowship for Poetry Tour of the UK and Homi Bhabha Fellowship. Members of CASK desirous of participating in this programme may contact - 9980136297 or email:kavitatrust@gmail.com.

ATHENA ARANHA ELECTED PRESIDENT OF THE ROSHNI NILAYA STUDENT'S UNION



Athena Maria Aranha has been elected unopposed, as the President of the Students Union - the School of Social Work-Roshini Nilaya, Mangalore. She is a student of final year B.A. at the renowned School. Athena is the daughter of Beryl and Captain Arul Aranha of Mangalore.

Well done Athena! CASK wishes you the best always.

"REKINDLING RELATIONSHIPS"WORKSHOP - A TIME TO RECONNECT



With the noble objective of helping participants to understand their loved ones and strengthening family ties, "Rekindling R e l a t i o n s h i p s" workshop was organised on the 18th of July at Hotel Saffron,

Mangalore. This workshop was facilitated by Valerian Sequeira who is a leadership facilitator and counsellor. The workshop was attended by people from all walks of life.

At the onset, Valerian drew on the metaphor of the dance floor and the balcony. He said that most of our time is spent on the dance floor of our life, doing things. The objective of this workshop is to get on to the balcony, look down at our life and appreciate the people who are close to us.

The group was then initiated into the Enneagram, an age old personality profiling tool. This tool offers profound insights into the nine different ways in which people feel, think, behave and show love. Through experiential activities, participants were helped to understand themselves and their loved ones.

Jagadhish, a software engineer, who attended the workshop with his wife said, "Sometimes, we become judgemental based on the behaviour of our near ones, and forget to see the goodness that they bring to the relationship. This workshop has not only helped me understand others but also taught me ways to support them in their journey." Amidst our busy life, taking a break from the daily chores and attending such workshops would be helpful in rekindling the fire within our intimate relationships.

OBITUARIES - JULY / AUGUST

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

- 1. Aloysius Francis Pais (83) son of Late Chev. Peter Paul Pais & Winniefred D'Souza (D/o P. D'Souza), father of Ann Pais-Lobo, brother of late Lorna Lobo, Vilma Pais, late Phylis Ostby, Patricia Keelor, passed away in London on March 19, 2015. A loving uncle to Betty, Angela, Christine, Rosemary, Minoo and David.
- 2. Sr Dulla D'Souza UFS (85), Derlakatte, residing at Somarpann Novitiate, Panir, Derlakatte, on July 7, 2015.
- 3. Lorna Monteiro (62), Milagres, daughter of late Camil Monteiro and late Alice Monteiro, sister of Joe/Severine, Tressy & Dotty, on July 7, 2015.
- 4. Fr Thomas C D'Souza (60), Parish Priest, Mukka, on July 8, 2015.
- 5. Sr Bernadette Mary AC (79) Apostolic Carmel Congregation, hails from Bejai, on July 9, 2015 in St Agnes Convent, Mangalore.
- 6. Donald Lobo (Sannu) (58), Urwa, son of late Charles Lobo & late Dionessia Fernandes, brother of Joyce & Leena, on July 10, 2015.
- Carmine Sequeira nee Rego (96), Bejai, wife of late Nicholas Sequeira, mother of Marceline/Frederick, Bernard/Marie, Gratian/ Agnes, Irene/Denis Monteiro, Leena/Vincent Fernandes, Vincent/ Harush, on 14 July 2015.
- 8. Lizzie Lobo (94), Bendur, mother of Adolph Lobo, Rudolph Lobo & Thelma Lobo, on July 17, 2015.
- 9. Irene Monica Costa (78), Bendur (Mahim, Mumbai), wife of Albert Costa, mother of Amulya/Salvitto & Arun/Farida, on July 20, 2015.
- Henry D'Souza (61) Bajpe, Husband of Celine D'Souza, Father of Clement, Brother of Albert/Rita, Emmy/Alwyn, Precilla/Gracian, on July 20, 2015.
- Regina Monteiro (93), Kulshekar, wife of late Raphael Monteiro, mother of late Valerian, Irene/late Joachin, Hilda/Ambrose, Walter/ Gretta, Edward/Eugine, Renny/Alphonse & Richard/Stella (Prop. Sowmya Medicals, Kulshekar), on July 22, 2015.
- 12. Joseph Menezes (75), Bondel, husband of Elizabeth, Pramila/ Francis, Anil/Joslin, Avil & Anitha/Wilson, on July 24, 2015.

- 13. Alexander Pinto (54), Bejai, husband of Lydia Pinto, father of Aaron and Shalon, brother of Henry, Lesly and Sebestian, on July 26, 2015.
- 14. Albert Costa (83), Bendur (Mahim, Mumbai), husband of late Irene Costa, father of Amulya/Salvitto & Arun/Farida, on July 25, 2015.
- 15. Walter Fernandes (60), Falnir, (Retd. Senior Divisional Manager, New India Assurance), husband of Pressy, father of Steve Francis/ Audrey, Loraine Agnes and Allan Julius, on July 26, 2015.
- 16. John Baptist Pinto (66), Bendur, husband of Lilly Pinto, father of Loy Pinto, on July 29, 2015.
- 17. Theresa Fernandes (88), Angelore, wife of late Joseph Fernandes, mother of Leena Fernandes, Helen D'Souza, Grace Sequeira, Precilla D'Souza & Santhosh Fernandes, on July 29, 2015.
- Alphonso Antony Lobo (79) Bondel, Bejai, husband of Gracy, father of Juliet/Rocky, Sylvia/Lancy, Anet/Eric, Shallet/Maxi, Roshan/ Reshma and Wilson/Lavina, on July 30, 2015.
- 19. Christine Fernandes (61), Jeppu, wife of William Fernandes, mother of Vinola, on July 30, 2015.
- 20. Cecilia D'Souza (87), Bejai, wife of Isais D'Souza, mother of Henry/ Ophelia D'Souza, on August, 01, 2015.
- Sylvester Sequeira (84), Shaktinagar, husband of Stella, father of Mabel, Ida/Michael, Dony/Monthi, Alwyn/Gracy, Melwyn/Flavia, Molly/Rony, Stephen/Wilma & Praveen/Ida, on August 3, 2015.
- 22. Louis Anthony Flavian Tauro (L.A.F. Tauro) (77), Kulshekar, husband of Irene Flavia Tauro, father of Vijay/Jyothi & Vinay/Lynn, on August 3, 2015.
- 23. Margaret D'Souza (82), Bendur, wife of late Rosario D'Souza, mother of Bertha/Coney Picardo, Nelson/Annie, Clany, on August 4, 2015.
- 24. Denis D'Silva (Denisam) (76), Valencia, well known drama artiste, husband of Lucy D'Silva, on August 4, 2015.
- 25. Walter Noronha (62), Bondel, husband of Joyce Noronha, father of Anitha/Socrates, Ashwin & Anand, on August 4, 2015.
- 26. Cyril Mary D'Souza 'Seri Bai' (86), Bondel, wife of late Joachim D'Souza, mother of late William/Mable, Pius/Lathicia, Jacintha/late Fredrick, Sr Lucina (Ivin), Harold/Irene, Cecilia/Elias, Basil/Jackline & Oliver/Lavina, on August 5, 2015.
- Robert Henry Pais (79), Milagres, husband of Hilda Pais, father of Rina/Myron Mascarenhas, Aarthi/Ajit Rego, Shaila & Deepa Pais; B/o Oswald Pais, uncle of Patsy/Derek Lobo, on August 6, 2015.