



# CATHOLIC ASSOCIATION OF SOUTH KANARA

Founded in 1914

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

## CATHOLIC ASSOCIATION OF SOUTH KANARA

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## EDITORIAL

This issue is primarily dedicated to World Cancer Day observed worldwide on February 4<sup>th</sup>. We have an informative and useful article by Dr Anthony Pais, the renowned Cancer Surgeon from Bangalore on “Cancers in India”. We also interviewed three courageous women of Mangalore who faced the ‘big C’. These are women of substance lighting the city of Mangalore with their personal sense of hope and struggle with cancer. I am sure their stories will inspire our readers just as they inspired me! Thank you - Dr Vivian Britto, Sandra Anna and Rosemarie Currie.

Yet another inspiring story is that of Tanya Mathias of Bangalore, a differently abled person who recently celebrated her 50<sup>th</sup> birthday. Her life as a victim of ‘Autism’ and the extra-ordinary way in which her parents and other family members accepted and loved her and their outreach to children and parents of other similar children is an example to all of us. We are grateful to Tanya’s mother Veronica Mathias for forwarding a write-up to me and on request, allowing us to publish it.

The Republic Day 2015 was significant and Special this year with US President Barack Obama as Chief Guest at the Parade on 26<sup>th</sup> January. I think it was even more special because of Obama’s words of wisdom at the Siri Fort auditorium on the last day of his 3-day visit when he politely and tactfully made the point that it is not economic progress or military might that makes a country great but the unity in diversity of its people, a shared destiny, the hope of progress among the most marginalized and a sense of security among its religious minorities.

The Republic Day message by Our President Pranab Mukerjee was also meaningful and inspiring. In his address, he said “In an international environment where so many countries are sinking into the morass of theocratic violence, we have always reposed our trust in faith-equality where every faith is equal before the law and every culture blends into another to create a positive dynamic. The violence of the tongue cuts and wounds the hearts of people. The Indian constitution is

the holy book of democracy. It is a lodestar for the socio-economic transformation of an India whose civilization has celebrated pluralism, advocated tolerance and promoted goodwill between diverse communities. These values need to be preserved with utmost care and vigilance.” I hope the people now holding the power in India realize the importance of those cautionary statements by President Obama and President Mukerjee.

The concept of Valentine’s Day celebrated globally on February 14<sup>th</sup> each year is considered alien to India by some misguided and misinformed people. The story of how ‘Valentine’s Day’ originated very clearly indicates that the day ‘is meant to be a reaffirmation of love between married people or an affirmation of loving feelings between unmarried folks or the affirmation of friendship between people; it is to celebrate life and let love fill our hearts and guide us. Joan Lobo elaborates further on this subject in her article “Love it was that made us...”

We have an interesting article on “Ghar Wapsi” by none other than Julio Ribeiro, IPS(Retd), former Director-General of Police-Punjab and yet another “Believe” by ‘Dreamcatcher’ which will be a regular feature in this magazine. Veronica Shearer writes about ‘The Shape of Things to Come’ and Gerald Lobo-Prabhu has listed some of the achievers from our community under ‘Those who were the First’. Norbert Shenoy’s “Points to Ponder” are always interesting particularly for those of us who are confused about the right investments. Finally, there is almost always some activity of CASK to be reported. Professor Edmund Frank briefs us on the successful Paediatric Camp organized by CASK in collaboration with the Paediatric Department of Fr Muller Medical College at the Fr L.M.Pinto Health Centre in Badyar on 18<sup>th</sup> January 2015.

Those of you in Mangalore will get this issue just before the CASK Reunion on Sunday, 15<sup>th</sup> February 2015. Please make it a point to join us and give us the pleasure of your company. Be assured of an enjoyable evening!!

***Patsy Lobo***

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## **THE PRESIDENT SPEAKS**

### **‘A life without goals is a life without meaning’**

We have completed the first month of the year 2015. Well, this month the oriental part of the world welcomes the Year of the Goat from 19th February 2015. Respecting the Chinese civilization and wisdom that prevails, let us hope for the remaining part of the year we remain as peace lovers - overcoming disagreements and discords.

Though we all aspired for world peace in 2015, we witnessed the barbaric killing of 12 journalists and 11 others injured on an issue of free speech and religious tolerance which has now become an intensely debating matter. Let us hope we see better days ahead after the ‘Charlie Hebdo’ incident in France.

Shakespeare in Julius Caesar says: The evil that men do lives after them; The good is oft interred with their bones.

In this context, I salute Col. M.N. Rai of the Gorkha Regiment for laying down his life to defend his country’s border two days after our Republic Day where he had been specially honoured. Our condolences go to Col. Rai’s family. Our country is blessed to have our armed forces with officers like Col. Rai leading from the front. May his soul rest in peace.

President Obama during his recent visit to India made two eye-catching remarks. One was on religious freedom of every citizen while the other was that our country was not doing enough on climate change under UNFCCC (United Nations Framework Convention on Climate Change). While the former remark had a lot of feedback from different angles, we did not find much response on climate change. Is it that the common man is not aware of the subject or do we think we have done enough so far. The reason I am highlighting on climate change is because we have a lot of educational institutions. It is now time for us to educate our children about energy efficient designs and the potential of green energy. Let us make use of the opportunity as what would be most sought after careers the next decade after the IT/MBA education boom. Once again dear reader spread the word around for our younger generation to learn more of UNFCCC and to have a goal in life to be in touch with changing times in the realm of environment.

Our CASK activities are progressing slow and steady. Our free Children's Paediatric Camp at Fr L.M. Pinto Health Care Centre, Badiyar held on 18th January 2015, in association with Fr Muller Medical College Hospital doctors, was successful and a gratifying memory. We had 134 children examined by the doctors of whom 10 were identified for further Free Medical Care/Surgery at Fr Mullers Hospital. I am grateful to Dr Derek Lobo, Mario Saldanha, Ian Lobo, Lawrence Pinto and Prof. Edmund Frank for sparing their time as volunteers for our 3rd Medical Camp.

Our 'Swaach Bharat' project to provide clean drinking water in rural schools is on. During our visit to Badiyar we made a visit to the nearby municipal schools and one at Gerrade has been identified for support. Our former President, Dr Derek Lobo, will be writing shortly on this project in the '*Mangalore*'. All the same, I am happy that this 'Swaach Bharat' concept has called for a clean-up in different associations including BCCI, religious institutions, etc. Let us wait for the 'Aache Din' to follow.

**On the 15th of February is the CASK Reunion.** To highlight as to what is in store for you we have a Konkani play, a musical band comprising children from the high schools, cultural dances from artistes between age group of 18 to 80. The fact is, it doesn't matter when you do something great, age has very little to do with ability. Our Vice President and Chairperson of the Cultural Committee Ms Nayana Fernandes has also planned a 'Carnival Parade' as the grand finale. Entry coupons are limited, so book your table early to avoid disappointment.

Lastly, I am pained at the Church attack in South Delhi on 1st February 2015. This is the fifth such incidence in the national capital and got wide coverage in the print and electronic media. Promises of action against the miscreants have been made – with no tangible results so far. Many more anti-Christian incidents elsewhere, specially in the hinterlands, go unreported and unpunished. We should not over-react to these developments. Christianity has survived worse scenarios than these through its 2000 years of history, throwing up a plethora of martyrs in defence of the faith. Let us hope that the (now silent) saner majority in India will prevail over the misguided fringe.

All I can say is that our community has patience and fortitude. It will never give up and will stand up for its rights - *Jai Hind*.

***John Prasad Menezes***

# INDIAN CANCER SCENARIO

*Dr Anthony V Pais*

*(Prof. and Head of the Dept of Surgery and Senior Consultant Surgical Oncology, Mazumdar Shaw Cancer Center, Narayana Hrudayalaya, Bangalore)*

The incidence of cancer around the world by the year 2025 will be around 19 million new cases per year. 8.3 million will die of cancer all over the world by 2015. In the field of cancer we are fast moving towards the west in terms of the 'growing incidence'. Currently about 12 lakh new cases a year are being reported as against 10 lakhs five years back.

By 2020, we may have over 15 lakhs new cases per year in India. Fortunately we are not too bad. Our incidence of cancer in cities is 90 per lakh population and in rural India it is 45 per lakh population. In the west it is much more - 350 per lakh population. Moving away from the old traditional way of living and eating, (something that prevented us from having too many cancers) has and will cost us a lot in this field.

The facts of cancer in India are different from the west and several changes have happened in the last decade. Common cancers like breast, cervix, head and neck occur in age groups a decade and half earlier in India, than their western counterparts; around 60 % of them die in the first year of diagnosis; less than 30 % are curable; 75 % are diagnosed in incurable stages; 50% are treated by non-oncologists. Younger patients are being affected more than before; mean age has dropped by 5 years; breast cancer has become the most common cancer among women, followed by cancer of cervix, the immediate past leader. Among males it is Oral, lung, esophagus and stomach cancers. Biologically there is a change in the types of cancers that are diagnosed now-more aggressive, fast growing and probably difficult to treat. We have had 7 lakh deaths due to cancer last year

**Preventable Cancers** - 42% of male cancers and 18% of female cancers are tobacco related. In India 70% of our cancers are preventable – 40% tobacco related, 20% caused by infection, and

another 10% caused by obesity.

As the cancer incidence is rising, the disparity between need and existing facilities has not reduced. While treatment facilities are picking in metros and major Govt. hospitals, some B class cities are grossly lagging behind. Training facilities and experts in cancer are picking up but not able to keep pace with increasing demand. Cancer awareness is poor amongst the majority of doctors, nurses, and the public. Making cancer a public health priority and notifiable disease in India is probably required to win the future war with cancer.

There is an urgent need for redesigning and developing effective, implementable “cancer control program”. We need to mount preventive measures much faster than all other measures. It requires a determination at regional and national political levels to cut down the cancer incidence in India. There is a need to formulate and implement a strong national cancer awareness and prevention program emphasizing the preventable nature of the disease.

A common prevention program for cancer and other lifestyle related diseases would be more practical to implement for India, with emphasis on - tobacco control, diet, regular exercise, weight management, prevention of infections, adoption of healthy sexual and reproductive habits. Inclusion of these preventive measures in school and college curriculum will help in spreading awareness in the younger generation.

High cost of treatment can be brought down by adoption of cost effective cancer treatment surgeries, radiotherapy and chemotherapy. The development and use of good generics and bio-similars should be encouraged. Creation of a large base of cancer experts in all fields across the country will go a long way in this direction. Use of mass media and publicity will be a great boon

It is high time that **organ specific clinics** are commissioned in India both in private and public hospitals, as the disease burden demands it. This will not only give the well-deserved optimal care to patients but also stimulate understanding realities and thus research.

In fact I was the first to start organ based specialized center in the state of Karnataka and one of the few in south India. Govt and public

funded research in priority areas such as oral, head and neck, lung, stomach, esophageal, cervical, and breast cancer addressing specific and relevant questions will be extremely useful in improving cancer care and reducing costs. Research in cancer should be the national and community responsibility and not just the clinician's responsibility.

### **Carry home messages :**

#### **Most common cancers in India**

**Men** - Oral, oropharyngeal, Lung, Stomach and esophagus cancers

**Women** - Breast, cervical, Gastrointestinal, Lung and Ovarian cancers

**These are all preventable, easily diagnosed, and treated successfully if picked up early.**

#### **My recommendations:**

- ✧ Look after your body like the way you take care of your vehicles. Regular servicing every year
- ✧ Look at your mouth carefully every week in front of a mirror with good light
- ✧ Check your weight every month
- ✧ Get yourself examined thoroughly by an Oncologist every year
- ✧ Stool for occult blood once a year
- ✧ Gastroscopy and colonoscopy to be done once in 5 years after the age of 50
- ✧ PSA for males above 50 every year [ debatable but helps as a guide]
- ✧ Mammogram every 2 years after 40.
- ✧ Ultrasound of the breast every year after 40
- ✧ PAP smear to be done at 35 and then every 2 years
- ✧ Hepatitis vaccines for all
- ✧ HPV and vaccines for all [personal opinion- because males too would benefit regarding oropharyngeal cancers] to be given at the age of 15 ideally up to 35.

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## THE BEST OF THEIR STORIES

*Patsy Lobo*

I had the proud privilege of interviewing three friends afflicted with Cancer - Friends who are well known to us. I came back feeling so proud that they had the power to share a real life story, were enthusiastic to give courage to those who need it and say “I am a badge holder” who battled with life and came out victorious and I have a message for you.

Dr Vivien Britto, Sandra Anna and Rosemarie Currie are real women of substance lighting up the City of Mangalore. What greater way to honour February 4 - World Cancer Day? In the words of Emory Armstrong “Some days there is no song in your heart, but sing anyway.” Vivian, Sandra and Rose sang their inspiring stories and I was the chosen one to listen!

**Dr VIVIAN BRITTO:** I was the 5<sup>th</sup> batch (1957) of Kasturba Medical College. I had come a long way from Gujerat to study Medicine and follow in the footsteps of my beloved father Dr. Bhagwan Das, a Christian and my brother Dr. Ambrose B Christian. After my MBBS, I was selected to do my PG in Gyneachlogy when I was detected with Cancer of the stomach. At that time, I was living as a paying guest in the house of Eric and Olga Vas, at Milagres. A frequent visitor was Vincy Britto, a dashing young man whose shoulder I would cry on. I went to Tata Memorial Hospital-Mumbai and was operated on by the famous Dr. J.Borges. I realised that Vincy and I were becoming closer and we were made for each other ... Alas would this be short lived? Knowing my state, I pleaded with Vincy that we should not think of marriage. We ofcourse soon realised that we were very much in love and would spend the rest of our lives together. Vincy made two trips to Mumbai and took care of me while I was recuperating. God favoured his devotion and our love and as I became better we were married in 1966.

**My Motto:** Feed your Faith and your fears will starve to death. Post Surgery, I had 15 sittings of Cobalt Therapy. **Today more than 50 years later, I can boast of being one of India’s longest surviving patients of Stomach Cancer.** When asked to tell me more about her

background, she said “I came from an orthodox Christian family of six children brought up on strong values and always in touch with God. I read the Bible every day and till this day “The Lord is My Shepherd” is my Mantra. I loved Vincy and took care of him till the very end; I truly miss him. My three daughters Sabrina, Shona and Nayna are my pride and my strength. I owe a lot of my strong value-based faith to my beloved family who instilled integrity and a strong will-power to survive and fight. I constantly felt that God kept me and needed me to give back to Him and use my strength for others who needed me and so I used every bit of my will and stamina to reach out to those who suffer more than I do. I have always tried to see the world with His compassionate eyes, with hope and courage, with love and generosity with a sincere desire to help the poor. I would go at unearthly hours to the extended family, the sick and needy and was at the service of all who needed me. Mangalore to me was now my home, a place where I could receive and return smiles with joy in my heart”. When asked “What is the secret of your inner radiance?” she answered: “My upbringing and faith, when my legs sometimes fail me, I say ‘Jesus hold my hand for You have the power to save me. You are my strength, my solace, my fountain of life- giving water. Don’t be afraid of what tomorrow brings, for He is already there”.

As I was walking out, I walked Sabrina who when asked to chip in a word said “Mum is a perfectly baked cookie, can be the sweetest, can crumble but still stay firm and intact. She never cared what people said and her devotion inspires us all.”

At 83 Dr Vivian Britto is an asset to Mangalore... May her tribe increase! True the Kingdom of heaven is under our feet and over our heads.

**SANDRA ANNA:**As I walked up to 904-Capitol Apartments in Kadri, I was greeted with a warm hug by Sandra. I looked around in awe at the tasteful décor, I could see that Sandra was house proud. I’m most proud of the blessings that God has bestowed upon me, in my life. He’s given me the vision to truly see that you can fall down, but you can still get up and walk. He gives me the strength for you never know how strong you are until being strong is the only choice you have.

My evening spent with Sandra was one of the most rewarding one that I have spent in Mangalore since we have returned to our home town 8 years ago. A week later, as I sit to write this story, I fondly declare that it was an evening beyond wealth. I just listened as Sandra spoke and emptied her heart like rendering of a song:

“Do you mind sharing your story?” I asked. “No” she said “If you have come across situations in your life and will help others it is a moral responsibility to share it” was her refrain. “Created to be sharing thoughts on Sickness manifests more, true, circumstances make us secretive” she said “but all of us know that there are times that we need to speak of what the Bible teaches.. it teaches us all about Love and to get recourse we need to share. I had a very traumatic childhood and all I ever wanted was to be loved. I had lots to give but got little in return. I had talent to share and strongly believe that if one has a talent we must give it our 100%, be it the home, children or one’s profession. School was haven to me for I was recognised for my expertise in music, dance and sports. My Teacher always told me to Love myself and not expect others to do it and I tried. Till today I pamper myself (Waves her hand at her well kept home), I go for holidays with my friends, enjoy with my children and do my best. Life is all about adjustment, compatibility but most importantly you need to be “you”

“When I was detected with the big C, I was at first depressed but soon swung out of it and thought “I have two options: Medically and Emotionally I have to give up or fight like hell” As Lance Arm Strong said **“If you cannot divert the wind adjust the sails”** Sandra made adjustments in her life living for her three children, giving them the best and simply making it easy for everybody around. When life threw challenges at her, she went to Bangalore. At this point she said two people played a strong role in her life - Vimala Lobo-Mangalore and Mridula Martis-Bangalore who realised the talent in her and encouraged her to take up Dancing as a profession. “I realised that I have to now prioritize my life and take certain decisions. So she moved on, went for several courses to Bombay and started her Dance studio in 2009. The “Art of Dance” (each first letter standing for the first letter of her three children Arlene, Osanna and Denver) as she calls it, is a posh 15,000

square feet hall with mirrors and elegant decor where Sandra trains and conducts fitness classes and 'Zumba' a combination of dance and fitness to music. She has on an average 40 students-from a cross-section of professions and home makers; her fitness classes aim to provide an overall well being of body, mind and spirit.

When asked what is the secret of her very cheerful disposition she said. "The Lord who continues to give me the strength and my children who are a great support to me". I was reminded of the words of Liz Armbruster "We have brought our children into this world because it needed the light that only a child can bring so no matter what it is, our moral responsibility to do our best for them. "Yes there have been troubled times but I never let negative thoughts enter my mind. When I return from my Chemo, I try to be cheerful for I strongly believe that thoughts influence your life. Banish the negative energy around you, Forgive, Accept, Tolerate and be Patient". She continued "I wish to thank the people who have walked with me in my life, specially those who pray for me and support me through their love, music and dance, through their listening and zest. Jesus through the Bible helps me to search and find these people. What is then your message I asked : "Fight and never be depressed when you are ill, be open, share, love and all will come back to you in multiple ways. He gives one only how much he or she can take. Every day "I tell God I want my Life. You have the power to give it to me". I ask "Is that the punch line Sandra?" Yes she said "Be passionate about who you are and what you do; Life is beautiful".

With those profound thoughts, I walked out of Sandra's apartment. As I was leaving, Sandra said "Thank you for thinking of me and feeling that I was worth enough to be interviewed. Life has taught me many lessons and you gave me a chance to share them with the readers of "Mangalore". My life has been my own example. I am blessed".

With a tear in my eye, I hugged Sandra and said "As this story makes the rounds, may it inspire many as it has inspired me"

**ROSEMARIE CURRIE :** Rose is a close family friend who had her destiny with cancer and successfully coped with it. She was not on my list to be interviewed because I knew she was abroad. Our 45<sup>th</sup>

Wedding Anniversary (1<sup>st</sup> February) was approaching and our children surprised us by sending us tickets to go to Ho Chi Minh City(Saigon) in Vietnam and made hotel and other arrangements. Then we came to know that Rose's Son Vishal was based in Saigon and Rose was there spending a holiday. We contacted Vishal and Rose, they ensured that our 45<sup>th</sup> Wedding Anniversary was memorable. We had a wonderful time. During my conversation with Rose, we discussed her struggle with cancer and I was truly impressed with her positive attitude about it. She told me that one fine day in 2007, she noticed a small lump in her breast and the biopsy confirmed it was the 'Big-C'. She soon underwent surgery followed by chemotherapy. She had to reconcile to drastic changes in her life-style and resign to losing her long flowing hair which was her husband's pride! One day when she saw that clumps of hair were dropping, she told the barber who had come home to give a hair-cut to her husband Victor to shave her head. The barber resisted but Rose insisted. And the next day, she went for a party without even covering her head! "What kind of Style have you adopted?" someone asked who obviously was not aware of her illness. "This is not for style but a consequence of chemotherapy that I am undergoing" said Rose and added "I wanted to make the statement that 'losing your hair' is only a small price one needs to pay in order to conquer cancer". Dave Pelzer has said "you can be a victim or survivor of cancer. Its a mindset". More than 7 years down the line, Rose has reacquired some of that beautiful hair and most importantly recovered. ***"The most important thing in illness is never to lose heart" - Nikolai Lenin.*** The messages from Rose - I told everyone that I have cancer and that I am on Chemo. Why should one hide the fact that you have cancer? It's not your fault that you got cancer and just because you have it, its not the end. **"Be happy-we don't know what is in store tomorrow ever if you don't have cancer. Leave that to God and enjoy life".**

It was worth travelling all the way to Saigon to meet Rose and be influenced and inspired by her and recognise that Rose is a fighter and survivor!!

**I dedicate this write-up to all cancer survivors wherever they may be. Tie a knot and hang in there!**

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## THE CASK PAEDIATRIC CAMP AT BADIYAR



*Prof. Edmund Frank*

The Catholic Association of South Kanara in association with the Paediatric Department of Fr Muller Hospital organised a free Paediatric Camp for Children at the Fr L M Pinto Health Care

Centre at Badiyar on the 18<sup>th</sup> of January 2015. The CASK team present at the camp consisted Capt. John Prasad Menezes - President, Dr. Derek Lobo, Mario Saldhana, Lawrence Pinto, Ian Lobo and myself. On the route from Mangalore to Chickmagalur, is Guruvayankere in Belthangady Taluk. Along the only main road from here at a distance of 3 Kms is Badiyar where the Fr L M Pinto Health Care Centre is situated. It is adjacent to the Badiyar Church Rev. Fr. Felix Monteiro, the Parish Priest offered us every co-operation and support in organizing this camp. This is a forest clad region on the lap of the western Ghats and is dedicated to St Rafael.

Founded by Fr L M Pinto and his brother Dr Peter Paul with 12 beds in early 1940's, it has today blossomed into a modern hospital with 60 beds, (17 male, 17 female, 14 special rooms and 12 general beds) and a staff strength of 38. Dr Denzil Norohna and Dr Kayal Noronha head the list of doctors. Sr Premlatha B.S. the administrator, along with 4 other Bethany sisters are attached to this hospital and take care of the hospital administration.

The team of 7 doctors from Fr. Muller Hospital, Mangalore who conducted the camp was headed by Dr Shreedhara Avabratha. They went about their task of examining the children with tender care and clinical perfection. A total of 134 children in the age group 3 months to 14 years presented themselves for examination. From these, 10 were referred for further examination and investigation to Fr Muller's Hospital. The camp which opened at 9.00 a.m. wound up at 1.30 p.m.

For all of us who were present at the camp it was an unique experience and a day well spent. Being a Sunday, the usual rush of the week days was thankfully not there and this made it possible for the

hospital staff also to chip in and participate in the entire exercise. The parents and guardians who accompanied the children were all praise for the doctors and organisers for conducting this camp.

Information about this camp was given through church announcements, banners and notices. I collected, the following data after interviewing some of those who attended the camp. Most of the children were administered the triple dose vaccine. About 80% of those interviewed told me that they kept postponing taking their children for medical examination and said that they would not have done so but for this camp. The common cold was the major complaint of children below 5 years and there were 4 cases of mild to severe wheezing. The second major affliction was the common flu and loss of appetite. There were a few cases of chest pain and acute head ache. 3 of the parents I spoke to complained of ear pain in their children. Two of them were on treatment but with no relief. Four among them, all girls in the age group of 11 to 14 complained of pain in the lower abdomen. There was a youngster who complained of his head reeling when exposed to sunlight. There were a few cases of vitamin deficiency and malnutrition.

Everyone who attended this camp were examined by the doctors following the prescribed medical procedures. The main plus point in organising this camp in a hospital was that it provided the right ambience and surroundings both to the patients and the doctors. It was reassuring to see smiles on the faces of children and their parents as they were coming out of the examination rooms. The medicines prescribed were available in the pharmacy just opposite the out patient department. The medicines were dispensed free to the beneficiaries, courtesy CASK.



*The team of Doctors from the Paediatric Department of Fr Muller Hospital, staff from Fr L M Pinto Health Care Center & the members of CASK at the camp*

A Paediatric camp of this nature was the first of its kind conducted there. The hospital management which includes the Bethany sisters and all those who attended this camp not only welcomed this gesture but have made a pressing request to CASK to make this a regular affair.

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## LOVE IT WAS THAT MADE US.....

*Joan Lobo*

Have you experienced the feeling of having butterflies in your stomach? Or ever got caught daydreaming in the middle of nowhere? Or blushed unexpectedly? Or have you felt you are being pampered a bit too much? Or feeling smothered with affection? Or are you getting undue attention? Or have you felt your heart skipping a beat sometimes? Can all these be symptoms of what we call love? Or what is love then? Many of us have our own explanations and definitions of love. Is it a game? Or just a part of survival? It is a word that holds many emotions. Some are bitter, some are sweet, and some are bittersweet. But can we really define love? Do you believe in love? They say Love knows no boundaries, no distance, no reason. It has a sole reason of bringing people together to a time called forever. Love knows no limit to its endurance, no end to its trust, no fading of its hope; it can outlast anything. And Love still stands when all else has fallen.

The capacity to love is an inherent ability capable of transcending all boundaries. Human nature in itself is a paradox, in that we set these boundaries ourselves, racism, sexism, etc are all formed by the human mind; yet our instincts tell us these walls must be broken by any means necessary. Love and hate are not opposites; rather, they are like two sides of a coin which complement one another. Without love, there cannot be hate, and more importantly without hate, there cannot be love. Love is what keeps us together while Hate keeps us apart. These two emotions are what make us Romeo and Juliet. As such, these boundaries become nothing more than pebbles in a shoe: a nuisance, but overall meaningless. But at the end of the day it's Love that makes the world go round which means Love is an indispensable part of our lives. If all is well in love, all will be well in life.

Talking about Love, The ever popular Valentines Day is round the corner and there is suspense {not love} in the air. How is my day gonna turn out to be? How many red roses will be at my doorstep? How exciting will it turn out to be? Will it be the day I have been dreaming in



a long while? What can I give and what will I get? Shop windows are dressed in red , tokens of love enjoy a pride of place in every store and love songs rent the air . But I have always been grappled with the question “Why should this day be restricted only to romantic love or desperate lovers? Of course no other day can conjure such powerful imagery of chocolates, flowers, romance and love. It is a commercially driven day that provokes strongly divided reactions to the bewildering display of hearts, and starry-eyed romance. For those in stable, loving relationships, the day offers a wonderful opportunity to express or reaffirm their love. For those who have fallen out of love, bereaved, divorced, or single, this is a day that can also trigger feelings of overwhelming loneliness and grief when they are reminded that love is a distant dream and being deprived of love is a nightmarish reality..

While Valentine’s Day is merely an arbitrary day that we use as a light hearted way to express our feelings to our partners, it is also true that this day sustains the myth that all couples are forever in love.. With divorce rates where they are , it is apparent that all couples “love” to a point and are not always happy ever after. Without intending to bash this “feel-good” day, after all, we can all benefit from an expression of love. It seems that Valentines Day may be more widely accepted if it was truly a day for love but not just romantic love between couples, but love in all its forms for all. It seems that a different approach might offer a more gratifying result and that will surely mean that Valentines Day can be for all to enjoy and experience in some way or the other.

What about bringing about a perspective change? What if we were to adopt the idea that Valentines Day is not just for couples, but for everybody? While your friends might be buying flowers for their partners, consider the people in your world that you love, and that love you back. A special self made card for your Mom, a CD with old love songs for your Dad., a box of chocolates for your sis and treating your brother to an icecream would be a loving and touching gesture. Perhaps your daughter would appreciate flowers as much as any lover would. Maybe spending the evening with your son watching a movie would be one way to express your particular brand of love or presenting a smart

kurta to a friend you admire and have been inspired by can acknowledge their worth in your life. Random acts of kindness can bring a surprisingly wonderful sense of well-being. I am sure the Muthaliks and others would be convinced too and it could be a celebration of love irrespective of what the world would want to throw at you. Talking about unconditional love, pets give you love more than you can dream of.. Being an avid animal lover, I remember the day when I was tenderly caressing my dog who was on the brink of death, most dejected that my only other companion at home was leaving me and as I wept profusely, just before he breathed his last he wagged his tail, licked the tears off my face lovingly and that gesture lingered on for a long while and believe me that Love conquered my pain in the days to come.

On Valentines Day it might be helpful to spend time with friends or family - people with whom you share fond and loving relationships. Invite your single friends over for dinner, take cookies to your neighbour who is always there for you, an outing to the orphanage with goodies or even spending it with people in an old age home who are craving for affection. Dont let another Valentines day sneak up on you and leave you feeling lonely or being indifferent to the day. Take control. Plan how you want to spend it. Plan how you can create a day that actually makes you feel good. Let age or any other not come in the way to celebrate the day.

Valentines Day offers us a unique opportunity to undertake a new perspective on how we choose to celebrate love. The traditional approach with flowers, cards, and romance works beautifully for some. For others, a display of love towards children, parents, or friends can be equally rewarding. But in the midst of all the various means of displaying love to others, let us not forget the benefits of looking after our own needs. This Valentine's Day, offer yourself the same thing you give to all of the loved ones in your life, and make the effort to show yourself a little love! When you love yourself you love the world.

I have found the paradox, that if you love till it hurts, there can be no more pain. A love story I will cherish forever is of years years ago, when a 84 year old ex army man walked into our home one fine morning

and approached us for help and the kindest soul my hubby was , he chatted him up before offering him a cup of coffee and with a glint in his eyes also enjoyed the never ending tales of the ex serviceman which were narrated with enthusiasm and pride. The next thing I realized was that Ex Armyman JeremyBrown (as we called him) was appointed watchman of our home and also offered a room in the outhouse . To add to his self esteem, Jeremy was given a smart hat, a belt and a whistle besides clothes and the joy on his tired face, the jig in his earlier strained steps, the confidence in his gait was a sight to see and behold. He was our man Friday from Sunday to Saturday 24x7. He would give his life for Denzil like he would have for his nation and I can proudly reiterate this was falling in love with a difference.. Someone who came for alms was given more than a dignity to his life and more so in the twilight of his years.. He took his job so seriously and one could hear the strains of the whistle thro the day and night for whatever reason and for whatever thrill it gave him .He impressed us so much that Denzil would personally and faithfully take him his 3 meals to his room which he took great pride doing too, have a brief chat and even bathed him while he was ill besides looking after his every other need. Years later I am saying that this was ‘TRUE LOVE’ of a different kind given in full measure for someone who had no one and nowhere to go. The love Jeremy showed us in return was in double measure and we thrived on it with pride. On hindsight, people who care for the under privileged, give affection to the lonely and offer a shoulder to the depressed are celebrating Valentines day every other day.

Lets strive this valentines day and everyday to give LOVE a greater meaning by giving it in ample measure , not only to people we treasure, and lets do it with the greatest pleasure. But lets not forget the fact that we are blessed to be part of the greatest love story of all times when Jesus Christ gave up his life for us.

***Love It Was That Made Us***

***Love It Was That Saved Us***

***Love Was Gods Plan When He Made Woman And Man***

***Cos' Gods Divine Nature Is Love***

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*By: Dreamcatcher*

***Success is to be measured not so much by the position that one has reached in life, as by the obstacles which he has overcome while trying to succeed. – Booker T. Washington***

Recently, a motion picture called *Unbroken* was released in most of the theaters. The story of *Unbroken* is a real life story of Louis Zamperini, a U.S Olympian who joined the U.S Army during the Second World War. In the war his plane crashes in the middle of the Pacific. With no help in sight, Zamperini with his strong will survives 47 days drifting on a life raft. He gets captured by the Japanese and survives prisoner camp tortures only to come back to the US to live a full life, run the Olympic torch at the age of 92 and die at 97.

Are people born to be great? Or are their destinies pre-determined by fate? Even among achievers, what makes certain people unique in their achievements? I guess the 2 principle rules of life come to the forefront: 1. Never quit ; 2. Always remember rule No. 1.

Tenacity, grit and determination are qualities required to overcome adversity. These are also qualities that inspire us to go after the greater good, break through all obstacles and touch the rainbows across the horizons.

The following story of a journey from utter starvation to a soaring spirit reiterates a very timeless message.

He possessed a five day supply of food, a Bible and *The Pilgrims Progress* (his 2 treasures), a small axe for protection and a blanket. With these possessions, Legson Kayira eagerly set out on the journey of his life. He was going to walk from his tribal village in Nyasaland, north across the wilderness of Africa to Cairo, where he would board a ship to America to get a college education.

It was October 1958. Legson was sixteen or seventeen years old, his mother wasn't sure. His parents were illiterate and didn't know exactly where America was or how far. But they reluctantly gave their blessing to his journey.

To Legson, it was a journey derived from a dream – no matter how ill conceived – that fueled his determination to get an education. He wanted to be like his hero, Abraham Lincoln, who had risen from poverty to become an American president, who fought tirelessly to help free the slaves. He wanted to be like Booker T. Washington, who had cast off the shackles of slavery to become a great American reformer and educator, giving hope and dignity to himself and his race.

Like these great role models, Legson wanted to serve mankind to make a difference in the world. To realize his goal, he needed a first rate education. He knew the best place to get it was in America.

Forget that Legson didn't have a penny to his name or a way to pay for his ship fare. Forget that he had no idea what college he would attend or if he would even be accepted. Forget that Cairo was 3000 miles away and in between were hundreds of tribes that spoke more than fifty languages none of which Legson knew.

Forget all that Legson did what he had to. He put everything out of his mind except the dream of getting to the land where he could shape his destiny. Like many of his friends in the village, it was easy for Legson to believe that studying was a waste of time for a poor boy from the town of Karongo. It was in the books provided by missionaries, he discovered Abraham Lincoln and Booker T. Washington. Their stories inspired him to envision more of his life and he realized that an education was the first step. So he conceived walking to Cairo.

After 5 full days of trekking across the rugged African terrain, Legson had covered only 25 miles. He was already out of food. His water was running out and he had no money. Traveling a distance of another 2975 miles seemed impossible. Yet to turn back was to give up and to resign himself to a life of poverty and ignorance.

"I will not stop until I reach America" he promised himself. "Or until I die trying". He continued on.

Sometimes he walked with strangers. Most of the time he walked alone. He entered each new village cautiously not knowing whether the natives were hostile or friendly. Sometimes he found work and shelter. Many nights he slept under the stars. If there was no food, he would

forage for wild fruits and berries and other edible plants along the way.

Months into his journey, fever struck him and he fell gravely ill. Kind strangers treated him with herbal medicines. Worn and demoralized, Legson seriously considered turning back. He was about to give up, but drew his inspiration from the 2 books he was carrying. With renewed faith in himself he continued on his goal.

On January 19, 1960, fifteen months after he began his perilous journey he had crossed nearly a thousand miles to Kampala, the capital of Uganda. He was now growing stronger and wiser. He remained in Kampala for six months working odd jobs and spending all his spare time reading voraciously in the libraries. In the library he came across the directory of American colleges. One illustration caught his eye. It was of a very stately institution beneath the blue sky with green lawns and water fountains. It happened to be Skagit Valley College in Mount Vernon, Washington. He concentrated on the image of this college in his mind, and focused it to be his destination. He wrote to the college dean explaining his situation and asking for a scholarship, let alone acceptance. Fearing he might not be accepted to Skagit he decided to write to as many colleges, his meager budget would allow.

The dean at Skagit was so impressed with Legson's determination, he not only granted him admission, but also offered him scholarship and a job that would pay his room and board.

Another piece of Legson's dream had fallen into place – yet still more obstacles blocked his path. Legson needed a passport and a visa. He had to get all these documents from his village. He could not expect his illiterate family to get all the documents. Undeterred, he wrote to the missionaries. They helped him get his passport. Now he had to get airfare and a visa.

Very determined he continued towards Cairo, believing he would somehow get the money needed and the visa. He was so confident that he spent all his money on a pair of shoes, so that he would not have to walk barefoot any more.

Months passed and news of Legson's courageous journey spread. When he reached Khartoum he was penniless and exhausted, but the

legend of Legson Kayira had spanned the ocean between the African continent and Mount Vernon, Washington. The students of Skagit Valley College with the help of local citizens sent \$650 to cover Legson's fare to America. When he learned of their generosity Legson fell to his knees in exhaustion, joy and gratitude. In December 1960 more than 2 years after his journey began Legson Kayira arrived at Skagit Valley College carrying his 2 treasured books – the Bible and *The Pilgrims Progress*. Just like in his mental image, he proudly passed through the towering entrance of the institution.

Legson did not stop once he graduated. Continuing his academic journey, he became a professor of political science at Cambridge University in England and a widely respected author and a famous novelist. His autobiography *I will Try* was on the New York Times best seller list for 16 weeks after its publication in 1965.

He had a million reasons not to make the barefoot journey through Africa, but he did, only to curate a quote as follows: "*I learned I was not, as most Africans believed the victim of circumstance, but the master of them*"

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## REMEMBERING THOSE WHO WERE THE FIRST

### (PART - I)

*Gerald Lobo Prabhu, Bangalore*

This article lists the names of the noteworthy and significant **FIRST** among Catholic individuals in Mangalore or Canara who have distinguished themselves over the years in various spheres of activity and walks of life. Many belong to illustrious families, who by their foresight, initiative, industry, single-minded dedication to their profession and selfless service to the community became celebrated pioneers and inspirational achievers. In doing so, they earned honour and renown for themselves and did the community proud.

Whereas a whole lot of Mangalorean Catholics have, over the decades achieved great feats/ fame in life, established/launched religious, educational and other Institutions and enterprises, this article, as its title suggests, adverts to names of only those especially of earlier times who

were the First to venture into hitherto untried pursuits, forge ahead and set an example to others to follow in their footsteps. They may be aptly called precursors or trailblazers. Among the illustrious **First** there are perhaps a few who are ‘the one and only ones so far’ to have merited inclusion in the Roll of Honour, there being no second, third and so on. Only some of them are identifiable with certainty.

In writing this article, I have relied on information provided in several past issues of ‘**Mangalore**’, and the recently Published “**C A S K and Fellow Centurions**” from which I could source bits of information.

**Abraham Saldanha (1859-1945):** Of the Omzoor Saldanha family, was the very first member of the community to have been employed in a Bank - the Bank of Madras – which merged with the Presidency Banks of Bengal and Bombay to form the Imperial Bank of India in 1920 ( now State Bank of India). Abraham joined the Bank of Madras branch which was opened in Mangalore in 1869, as a young boy and stayed with the Bank until his retirement as Head Clerk in 1916 (managerial positions at that time were the prerogative of Britishers).

**Albert Victor John Vas (1867-1947):** From the Falnir Vas Naik family, Albert Vas was the first Mangalorean to obtain the M.A. Degree – from Madras University in 1896. He subsequently took up the post of Latin Master at Presidency College, Madras. He authored several books on Mathematics. He went on to become Inspector of Schools.

**Aleixo Pinto (1840-1933) :** Was the first Mangalorean to be awarded the Title *Dewan Bahadur* in recognition of his masterly work during the famine of 1891, the recommendation being made by Lord Wenlock, Governor of Madras for his services as Special Officer in charge of the Relief operations during the famine in Tiruvellore Taluk. He joined Government service in the Madras Presidency, retiring in 1898 as Deputy Collector.

**Alex Albuquerque Pai (1841-1912):** Has the distinction of being the first in the community, in fact the first Indian to start an indigenous tile manufacturing factory. He founded **Alex Albuquerque & Sons**, in Mangalore in 1868 at Nandavar on the banks of Netravati River, initially in partnership with his brother, Pascal. He went on to build more tile factories at Hoige Bazaar and Ullal. (However, the first tile manufacturing



venture in Mangalore was started by a German, George A. Plebst of the Basil Mission in 1865).

**Alex Alvares (1890-1931):** Was the first Catholic dentist of Mangalore. He was trained at Rangoon. He set up practice in Falnir.

**Alphonso Joseph Lobo:** A leading criminal lawyer, on his return to South Kanara from Bombay in 1901, was the first Mangalorean Catholic to be appointed Public Prosecutor and Government Pleader for the district till 1924.

**Angela Mascarenhas:** Daughter of Domingo John D'Souza, Vakil at Udupi, was the first female matriculate of the community. (The year she passed the examination is not known). She was the wife of Dr. Simon Lawrence Mascarenhas (1870-1945) from the Falnir Mascarenhas family.

**Anthony Fernandes (1773-1869):** Son of Boniface Lores Fernandes of the Fernandes Prabhu Family of Thonse, Kallianpur, Anthony was the first Mangalorean Catholic to be promoted to the position of Tahsildar- Magistrate – a position of great distinction and honour in those days. He served in Puttur.

**Antony Justin Saldanha (1815-1872):** Was the first Mangalorean to establish a coffee curing factory in Mangalore. Encouraged by the British, Antony first started a small scale unit for pounding and curing coffee near Milagres Church. In 1848, he set up an advanced coffee curing unit near Sultan Battery, Boloor, under the style of **A.J. Saldanha & Sons, Boloor Coffee Curing Works** – with modern machinery acquired from Allen & Co. London.

**C.A.S.K. (Catholic Association of South Kanara):** Published the first issue of 'Mangalore' Magazine on 12<sup>th</sup> July 1927. It is a monthly periodical, an organ of C.A.S.K. which is now in its 89<sup>th</sup> year of publication. CASK came into existence on 19<sup>th</sup> July, 1914.

**Charles Victor Lobo (1905-1982):** Was the first Mangalorean Catholic to hold the post of Principal of Government College, Mangalore in 1956 and Principal of Government College, Mercara (Madikeri) in 1958.

**Cyril P. Paisley:** Is considered to be the first Mangalorean Catholic

to be involved in the Indian Freedom Movement. After his education in Mangalore he started a business in Hyderabad which he gave up to join the National Movement. He joined the Non-Cooperation Movement in 1921 and was also the first Mangalorean Catholic to take part in the *Satyagraha*. He was also the first and only one from the community to be awarded the *Bahadur –e- Watan* Medal at the hands of Jayaprakash Narayan. Paisley eventually settled in Madras.

**David Basil Rosario (1841-1865):** The eldest son of Lazarus Salvadore Rosario, David Rosario was the first Mangalorean Catholic to work in Bombay, where he joined government service as Sheristadar. He died a bachelor, aged 23.

**E.C.M. Mascarenhas (1865-1942):** Was the first Mangalorean to join the Forest Department. He retired as Deputy Conservator of Forests. He was conferred the title *Rai Saheb*. E.C.M. Mascarenhas was also the first ever editor of Mangalore magazine, the inaugural issue of which was published on 12<sup>th</sup> July, 1927.

**Flora Fernandes (1887-c 1960):** From the Shet Saldanha family, Flora has the distinction of being the first Mangalorean Catholic lady graduate in medicine, having obtained the L.M. & S. degree of Bombay University in 1910.

**Florence (Flossie) Coelho (1904-1985):** Daughter of Bonaventure Manuel D'Souza has the distinction of being the first Mangalorean to obtain the F.T.C.L. (Fellow of the Trinity College of Music, London). She performed in the Bombay Opera.

**Francis Xavier D'Souza (1869-1943):** Who hailed from a family of Chitrap, Mulki was the first Mangalorean Catholic and Indian Christian to qualify for the prestigious Indian Civil Service (I.C.S.). He passed 14<sup>th</sup> in the I.C.S. examination in London in 1892. No other Mangalorean was to qualify for the ICS for another 35 years. He was in the Bombay Civil Service and retired as Judicial Commissioner, Sind.

**F.X.D. Pinto (1906-1974):** Was the first Catholic from South Kanara to be elected to the AICC (All India Congress Committee) in June 1953. He was then President, District Congress Committee, South Kanara.

**George Fernandes (b.1930):** Has the unique distinction of being the first ever Mangalorean Catholic to have been appointed Minister in the Central Government. He was appointed Union Minister for Industries in 1977 in the Janata Party Government headed by Morarji Desai. He was Minister of Railways from 1989 to 1990 in the Janata Dal Government headed by Prime Minister V.P. Singh and served as Defence Minister in both the 2<sup>nd</sup> and 3<sup>rd</sup> National Democratic Alliance (NDA) Governments (1998 – 2004). A combative Trade Unionist, he earned the nickname “George the Giant Killer” for defeating the seasoned and powerful Maharashtrian politician, S. K. Patil of the Congress Party, in the 1967 General Elections, contesting as a candidate of the Samyukta Socialist Party from the Bombay South Constituency.

**George Martin Coelho (1832-1871):** Was the first Mangalorean to be awarded the Knighthood of St. Gregory. A member of the illustrious Coelho family of Codialbail, he was conferred the award in 1868. The Knighthood of St. Gregory was instituted in 1831 by the last Pope to bear that name – Pope Gregory XVI.

**Godfrey Saldanha (1917 – 2014):** Was the first Mangalorean to be appointed to the high position of General Manager in the Indian Railways. He was General Manager, Southern Railways, Madras, until his retirement in 1975.

**Hugh Pinto (1916-1993):** Son of Rao Sahib Albert Pinto, Hugh Pinto was the first Mangalorean to hold the prestigious position of Member, Railway Board.

**Jerome D’Souza S.J. (1897-1977):** Fr. Jerome D’Souza was the first Indian Rector and Principal of St. Joseph’s College, Trichinopoly (1935-1942) and also of Loyola College, Madras (1942-1950). In 1946 he was elected to the Constituent Assembly of India and has the distinction of being one of the drafters and signatories of the Indian Constitution. He thrice represented India at the Indian delegation to the United Nations.

**Joachim Alva (1907 – 1979):** Independent India’s Parliament which came into being in 1952 had a member from the Mangalore Catholic community - Joachim Alva. Son of Piedade Salvadore Alva from Udupi, Joachim was a lawyer, journalist, freedom fighter and politician. The

first ever Parliamentarian from the Mangalore Catholic community, Joachim Alva was elected to the Lok Sabha in 1952, 1957 and 1962 from North Kanara.

**John Joseph Fernandes (1868-1940):** Rao Sahib John Joseph Fernandes, who belonged to the Codialbail branch of the Thonse Fernandes Prabhu family has the distinction of being the first Mangalorean to qualify as a Barrister at Law in England. He held the position of First Class Bench Magistrate. The Name of his house *Lalbagh* is now applied to the area as a whole. The heritage house no longer exists.

**John Joseph Monteiro(c 1846—?):** Was the first Mangalorean to attain the rank of District Forest Officer. Married to Anne, daughter of Domingo Saldanha, he served in Shimoga and lived there after retirement.

**John Joseph Noronha (1835— ?):** Was the first Mangalorean Catholic to settle in Bangalore. He arrived at Bangalore on 4<sup>th</sup> March 1855 and 12 days later obtained employment at the Military Assistant's Office of the Mysore Commission, at the age of 19. His children were born and brought up in Bangalore and his descendants have continued to reside there over the 160 years that have elapsed since John Joseph Noronha first landed in Bangalore.

**Joseph Saldanha (1926-1979):** Son of Sylvester Norbert Saldanha, Joseph has the distinction of being the first Mangalorean Catholic to attain the position of Inspector General of Police. He joined the Indian Police Service after passing the B.A. (Hons.) in Economics from Loyola College, Madras in 1948. He was assigned to Hyderabad State.

**Lawrence D'souza:** started the first brass band in Mangalore in the year 1906 with a small group of music lovers. He excelled at playing the coronet. 108 years on, the descendants (third generation) of Lawrence D'Souza still perform at functions in Mangalore.

**Lawrence Patrick Fernandes (1870-1946):** Dr. L.P. Fernandes was the first Mangalorean to be awarded the Papal Gold Cross – *Pro Ecclesia et Pontifice*. It was conferred on him in 1912. He was most closely associated with Fr. Muller's Hospital, of which he was appointed

Chief Medical Officer in 1902. He completed the L.M.& S. degree at Grant Medical College, Bombay – c.1890.

**Leslie Ferris (b. 1921):** The eldest son of Captain George Ferris, Leslie was the first Mangalorean to attain the rank of Brigadier. He commenced his army career in World War II. He and his wife, Florence (nee Mascarenhas) live in Bangalore.

**Lucy Sreshta:** Was the co-founder and first Secretary of the Ladies Club, Mangalore. She held this position for 40 long years – from 1918 to 1958.

**Louis Williams:** Alias Louis D'Souza, son of Bastias D'Souza of Mangalore was the first person ever to drive a four-wheeler on the roads of Mangalore. He was engaged by P.F.X. Saldanha to drive his De Dion French car which was the first motor vehicle to land in Mangalore in 1906. While working as a driver in Bombay, Louis Williams was hired under an Agreement signed in Mangalore when he was 22 years old. (He held a Motor Vehicle License issued in June 1907 by the Commissioner of Police, Bombay). The car attracted hordes of inquisitive spectators wherever it went. Williams must have felt greatly honoured!

**Magdalene Lobo (nee Britto, 1874-1945):** Was the first President of Ladies Club, Mangalore. She was the wife of Rao Sahib Alphonsus Joseph Lobo, the founder Vice-President of C. A. S K.

**Margaret Alva (b. 1942):** Was the first and so far the only Mangalorean to receive the first Nelson Mandela Award for Minority Empowerment in 2005. The award is given to individuals and organizations in recognition of outstanding achievement in promotion of minority affairs. She was also the first and until now the only Mangalorean to hold the high position of Governor. In fact, she was Governor of two states viz. Uttarakhand and Rajasthan between 2010 and 2014.

**Margaret Caroline Coelho (1872-1945):** Was the first Mangalorean lady to be awarded the Kaiser- I- Hind Medal as well as the King George VI Coronation Medal.

*(to be continued in the next issue....)*

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## THE SHAPE OF THINGS TO COME

*Veronica Shearer, Morpeth-UK*

I am only 62. Why have I begun to lose my memory? Is it that my mind has become a clutter of unnecessary plans, ideas and fantasies so that there is no place for memory anymore? Having been a teacher for over 40 years I used to pride myself on being able to remember people's names and faces but now I struggle to introduce friends to my family because I have forgotten their name! Am I just getting old or is Dementia setting in? The stigma associated with this dreaded disease, especially in India, makes me cringe. The term conjures up images of men in white coats and mental asylums. But in the UK things have changed. I would have been carted off to a mental institution in the 18<sup>th</sup> century but today I am still a valued member of society. If my knees needed replacement or my back needed surgery, there would be no eyebrows raised. So when the blood supply to my brain is being affected and I am diagnosed as a person with Dementia, there should be no stigma either.

It was Alois Alzheimer, in 1906, who presented a key paper describing the 'diseased' brain of patient Auguste D who had recently died. Memory impairment and disorientation, he suggested had been caused by changes in her brain. This condition later became known as Alzheimer's disease. Vascular Dementia on the other hand is stroke related. Inadequate blood flow to the brain can kill cells anywhere in the body and the brain having the largest number of blood vessels is the most vulnerable. Researching these two ailments would be interesting as they are different but can also coexist in the same person. In the 1980's and 90's asylums were shut in the UK and services within the community were developed. Person-centred approaches were used which were more therapeutic. The focus was the PERSON, not the disease. From 2000 to the present there have been efforts to promote equality and inclusion. The Alzheimer's Society founded in 1979 spearheaded this issue. In 2009 the National Dementia Strategy was launched but in spite of all the efforts by the medical profession and the Government, negative attitudes still prevail.

The symptoms related to Dementia are short-term memory loss (Anterograde Amnesia)...this could be me. Difficulty with verbal communication and understanding complex instructions is another warning sign...I haven't reached there yet! The third and more embarrassing is that those suffering from Dementia say what they feel as they have a lowered ability to regulate their speech. For example making loud comments about others in a restaurant or shopping mall (Disinhibition) and also finding sequencing of a required task difficult, even a simple task like dressing up or taking a shower (Dyspraxia or Apraxia), aggression is not uncommon but is not a direct symptom of Dementia except when the person feels threatened or in pain and is unable to explain their feelings. Another common symptom is hearing or seeing things that are not there. They misinterpret sights or sounds in the environment such as shadows or patterns on a carpet (Agnosia). Disorientation in time, withdrawal and depression, wanting to be isolated and having no control over their lives is a sad but common symptom. Feeling insecure or lost (Disorientation in space) and paranoia as well as increased difficulty in chewing and swallowing (Dysphagia) makes life very uneasy for those suffering from this disease. A rather more dangerous symptom is wandering aimlessly (Walking) and incontinence - unaware that the toilet is required, makes people with Dementia socially unaware. This together with reduction in motor functions and inability to perform routine tasks makes them withdraw from day -to-day life and living. Behavioural changes, mood swings, suspicious of care-givers leads to agitation and frustration on the part of the person suffering the disease and his/her carer. But the most heart-rending of all the symptoms is cognitive decline. Due to healthy brain cells not receiving enough blood supply, Dementia becomes a progressive condition. It doesn't usually get better. Thinking, learning, reading and retaining information, problem-solving, language and speech are all adversely affected. I cannot say I have all these symptoms as yet but my plea to my family is when I am officially diagnosed as having Dementia, please let me live in a Care Home where I will be with others like myself, where I will be cared for by third persons and not direct family as I would be putting a huge strain on someone who has to care for me twenty four hours a day all year round.

Dementia has been demonised by the media. They refer to this disease as a 'living death'. They use explosive language like 'Dementia is a time bomb waiting to burst'. They refer to us as 'sufferers', instead of saying that we are living with a problem. They say we are enduring a 'Life Sentence' ....we certainly are not. We are healthy as we are cared for lovingly; we have no worries as we have nothing to worry about. We can't look into the future and so we enjoy the present. We live in the NOW. We are the lucky ones but those who care for us have the problem. Care giving by the family has become increasingly difficult with the disintegration of the 'joint family' and the spiralling cost of employing reliable and qualified carers. If you had to look after me, you would need to lock the front door so that I wouldn't wander out; I will need regular trips to the toilet because my brain doesn't tell me it's time to go. I would have to be reminded to chew my food and swallow it as also to pick up my glass and drink as I wouldn't feel the need to eat or drink. I would need constant stimulation to avoid withdrawing into my own little world and most of all I would need personal care. I would have forgotten how to shower or dress or look after my personal hygiene. I would ask the same questions over and over again which would make you exhausted and overly stressed. You would need huge amounts of patience to deal with my slowness and my inability to reason. Basically, you would have to put your own life on hold, to look after me.

Let me enumerate the seven deadly emotions that a family member would go through if they had to look after me. I read this in an article recently by Paula Spebcer Scott and would like to share it with you. This is the roller-coaster of the seven deadly emotions, killers in their own way:

Guilt which is a corrosive emotion, is also counter-productive. All the 'shoulds', the 'oughts' the 'musts' and most of all, 'am I behaving in the right way?' would rankle in your brain.

Resentment would be natural, because you would feel put upon and imagined slights would be magnified. You would let off steam on innocent bystanders and there would be an 'atmosphere' in the home.

Anger at not being able to do all things you wanted to, stems from resentment. You would certainly not be a happy person to live with.



Worry and anxiety caused by the ‘what if’ scenario would lead to high blood pressure and eating disorders. Loneliness would engulf you as you would have no time to socialise and would lose your friends.

Defensiveness and bristling when others give you suggestions or advice on how to look after me, will hurt you as you are doing your very best and the others, however well-meaning they may be, are not walking in your shoes.

Don’t weep for me – I am happy in my cocoon.

Don’t feel sorry for me – I am enjoying my life.

Don’t fear for me – I am safe where I am.

Don’t look down on me – I am God’s precious creature.

Don’t feel guilty – you didn’t cause my illness.

Don’t patronise me – I can still hold my head high.

Don’t lock me away – I need to feel part of society.

Don’t try to change things that cannot change.....

Just love me and let me be.

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## PREPARING FOR ‘GHAR WAPSI’

*Julio Ribeiro, IPS(Retd) dated 16<sup>th</sup> December 2014*

As Christmas Day approaches, I am readying myself for ‘Ghar Wapsi’. Normally it would be celebration time, but there has been a dramatic shift in interest and emphasis, what with the mass reconversions planned on that day at Aligarh and the observance of Good Governance Day in schools across the country!

A BJP vice president (for the state of Maharashtra) stays in my building and I meet him quite often in the elevator or in the building compound during my morning walk. When I told him that I was ready for Ghar Wapsi’ he was visibly excited. I asked him what caste I would be assigned to on reconversion, but he said he would have to find out. After a brief pause he wanted to know the caste to which my Hindu ancestors belonged. I mentioned that they were Saraswats, so he opined that I would revert to that caste. In reply, I asked him how he could be so sure since my forebears had eaten all sorts of prohibited meat. That

stumped him and he reverted to his stance of the need to consult someone about the same.

It is a historical fact that Hindus of different castes were converted by Portuguese missionaries 400 to 500 years ago at a time when faith dominated political discourse. Some sort of coercion must necessarily have been used. The Ottoman Turks had done the same in the Balkans despite resistance from the Austro Hungarians and Czarist Russia. The detritus of those conversions still linger in the surcharged atmosphere of embattled Bosnia and neighbouring Kosovo. Religion has always been used as a tool by State players from the dawn of history. It has led to numerous religious wars, the most prominent of which were the Crusades which pitted the Muslims against the Christians in Jerusalem and the Middle East. Everyone forgets that religions did not exist when man first appeared on Earth. Different theories were put forth by different people in different corners of the world to explain the mystery of life and death, of the wonders of nature and events that could not be explained by human intellect.

Different theories were soon turned into beliefs and ultimately into religions. Fortunately, all religions speak of the necessity of being just and good and condemn that which militates against peace and order in society.

Five centuries ago, in the Age of Faith, Christian missionaries just like Arab traders and Ottoman soldiers went around the world propagating a one true religion. That epoch has long gone but diehards abound and they in turn have given birth to extremists in more moderate religions like Hinduism. Mass conversions disturb social order and need to be discouraged. Individuals seeking spiritual solace in another religion different from the one in which they were born is common all over the world. In Portugal I came across descendents of those who converted my forefathers who had now adopted Krishna as their preferred god!

There can be no justification for killing innocent people in the name of God and no plausible reasons for hating individuals who hold beliefs about God that are different from theirs. Unfortunately, we are now confronted with 'Ghar Wapsi' which is just an excuse for divisive politics and is not going to help the country to advance. I have no quarrel with

the concept of Hindutva or cultural nationalism as they call it. As I have said earlier, I admit that my ancestors were Hindus and incidentally I have never failed to proclaim it. Probably, because my forefathers belonged to the higher varna of Hindu society as compared to many other compatriots who had been liberated from an inferior status ascribed to them in the Hindu social order.

Here's a historical tidbit which most Goan Christians, including priests, do not know which will be of interest to them as well as to our Hindu brothers in Goa. The first Goan Catholic Priest to be ordained Bishop (of Bijapur) was Mateus de Castro of Chorao in Diwad. He insisted on being ordained as Mateus de Castro Mahale because that was the Hindu surname of his family prior to conversion. The Priest who baptized his forefathers was a Castro and like all Goans (even East Indians from Mumbai and Vasai) converted en masse they were given the surname of the priest who baptized them. Portuguese surnames are to be found all along the coast of India and even Sri Lankan test cricketers Mendis, Pereira, Vas and De Silva are Sinhalese whose ancestors were converted by the Portuguese. I have also come across a Ribeiro in Quilon in Kerala who spoke only Malayalam. So, as I await December 25, the day ear-marked for 'Ghar Wapsi', I am trying to figure out what my old Hindu surname was. I will have to go to Goa, to my taluka of Bardez, to my village of Socorro and diligently dig out old Church records. But the Sangh Parivar is giving me very little time to do that. They are obviously in a mighty hurry to reconvert 23 million Indians so that they become first-class citizens like them! But will they really be accepted after reconversion? That is certainly difficult to predict.

**(The author is former Commissioner of Police, Mumbai and ex-DGP, Punjab)**

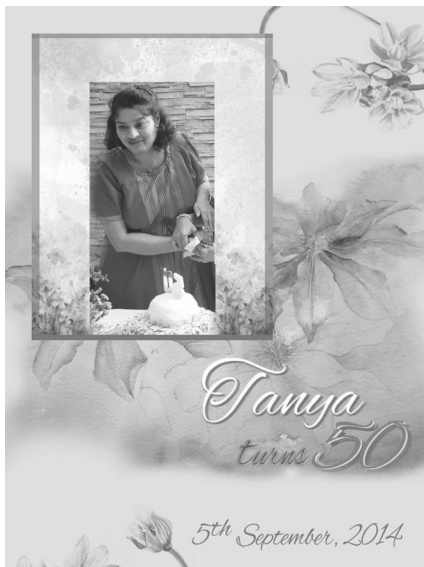
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## **A WARM WELCOME TO THE NEW LIFE MEMBERS**

1. Mrs Amrith D'Souza, Philadelphia, USA
2. Mrs Jeanne Mathias, Mumbai
3. Mr Alfie D'Souza, Bangalore
4. Mr Norbert Anthony Crasta, Mangalore
5. Mr Dan Sanctis, Mangalore

## THE INSPIRING STORY OF TANYA MATHIAS

*Dr. Reena Ryall (with inputs from Komala Mathias & Ursula Scudder)*



Tanya is the eldest amongst us cousins, who as a child I did not understand, but as I grew I accepted her, and as an adult I respected her for I realized she is like any of us, travelling the road of life as best as she can, mustering courage in the face of fearful situations, relying on the security and care of family and loved ones, coping with discomfort without resentment and in every moment realizing that communication was important though difficult.

She is as sensitive as all of us, highly aware of who is around her and knows when she is the topic of conversation and does not like it.

Like any of us, she too does not like to be stared at. She is as much of an individual as you and I. She has her likes and dislikes, she loves her tea. Tanya loved to play hide and seek, especially with her things, someone hiding them and she finding it.

My dad once mentioned that she had a lovely voice when she was very young and used to sing nursery rhymes.

Her love for music is evident in her specific choices of music. Her brother Stephen says her taste in music is more versatile than anyone else in the family, from classical to jazz, from pop to heavy metal. It seemed like a miracle when she regained her speech for a while after losing it for many years. I do recall listening in shock as she mimicked my grandmother's voice saying 'what darling?'

She has to her credit a lifetime of being just herself, never running this earthly race in competition with another, never being unforgiving, just being the person we all aspire to be. She is the example and role

model of adjustment, endurance and survival.

In most of life's journeys we are able to offer each other help, motivation and thereby empower each other, and though all of us have offered what we could to Michael and Veron Mathias. They were a couple called to journey their path on their own, their particular situation was such that none could provide a solution.

**Every Family Has a Story:** God had given them a great challenge. **Not only was Tanya premature and with brain damage but also**



**autistic.** Some of you may be wondering why she does not look at you or respond. But that is Autism. People with autism can see, hear and feel but cannot communicate or socialize. As a result, their biggest problem apart from communicating their needs, is

anxiety, frustration and insecurity. Hand movements and humming are her way of coping with a difficult situation.

In her case there is also regression, which is heart-breaking, and things learnt just “disappear” sometimes returning but sometimes not. But each person is different. Research has not yet found out the cause or the cure, but the numbers are rising and in the USA it is now 1 in 68 children! It can happen to anyone.

But Uncle Michael and Aunt Veron accepted the challenge positively. In and through their realization of Tanya's needs, they also realized their plight was shared by every parent of every child with special and different needs, in Bangalore, in India, in the world.

The life of Tanya is an amazing testimony to the patient hope and perseverance of her parents and brothers. She has overcome many health issues.

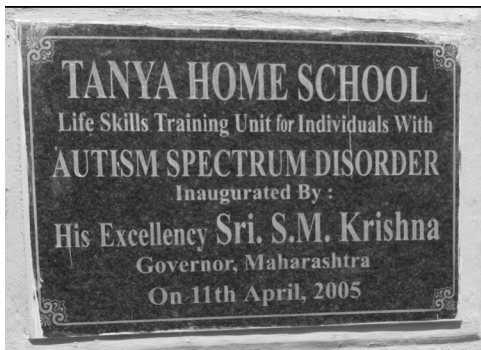
At the time of Tanya's diagnoses there were no specialized Schools or teachers, no caregivers, no support services, no training courses, no internet to access information or consult with experts overseas. But

today in India, Bangalore is the hub for special education services, has the finest training courses and provides the city and country with trained professionals.

All this can be traced to the pioneering efforts of Michael Mathias who along with two other parents of mentally retarded children set up the Karnataka Parents Association for Mentally Retarded Citizens, (known as KPAMRC) with a generosity of spirit that has since helped the lives of several families who had no help and no hope.

And equally profound has been the call of Tanya's mother Veron who is the director of India's first and finest diploma course in autism, and set up Bangalore's only Mothers Support Group for mothers of children with autism, now called Autism Society of India. Recently one of the world's top researchers in special education, from the University of Northampton commented that whenever he receives any update in the field of research on autism, she is one of the people he immediately informs.

Tanya inspired others from a very young age. In Chennai, Tanya was observed practicing walking in a school ground and the school was inspired to start a special centre for the handicapped. Much has happened in Bangalore as a consequence of the outreach of Tanya's parents.



The Spastics Society of Karnataka in Indiranagar named a building the TANYA HOME SCHOOL for those with severe disabilities. When asked why, as no donation was asked for or given, they said "Because She is an Inspiration - being the first child who came out

of hiding". The Association for the Mentally Challenged has a hall named the Mathias Memorial Hall because the late Michael Mathias is regarded as "The Father of Special Education".

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### A Lesson from 2014

A certain monarch from the orient, once ordered his counsel of wise men to invent him a sentence that would be ever in view. His only condition was that the sentence should hold true in all times and situations. Here is the line that his wise men shared with him: ***“And this, too, shall pass away.”***

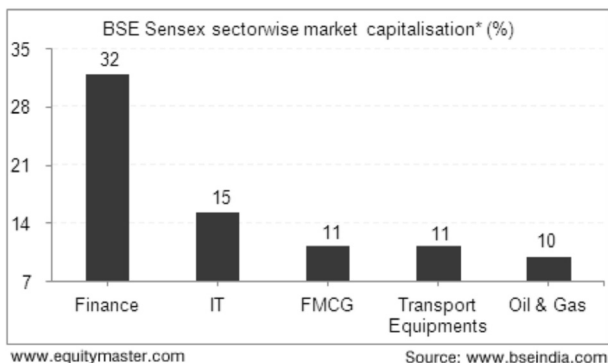
In our view, if there is one line that describes the ever-changing, dynamic nature of stock markets, this is it. It's very simple to understand. But how challenging to follow!

Just recall how much pessimism there was about the Indian economy in the middle of 2013. People were writing off the India story. Every macroeconomic indicator was sending a negative signal. The political logjam and corruption only exacerbated matters.

And how just some months later investors began to see a light at the end of the tunnel. 2014 has been a journey from hope to optimism. Where from here now? Well, whatever be the future course of the economy and the stock markets, remember that nothing in the stock markets is static or permanent.

Actually, there was a piece of news some days ago that highlighted this important lesson. According to some financial dailies, the exposure of mutual funds to bank stocks surged to a record high of nearly Rs 706 billion at the end of November 2014. That's 21.23% of their total equity assets under management. The sector-wise weightage of stocks in the S&P BSE Sensex is given in the chart below. It is clear that finance stocks account for 31.98% of free float market capitalization of the Sensex. This is indeed something that should draw investors' attention and scrutiny. The reason being that the last time the sector had witnessed a similar kind of index weightage was back in early 2008. During the market crash that followed, the weightage had dropped down to below 20%.

## Sensex remains over exposed to Finance stocks



\*as on 26th Dec 2014

### What do we make of this?

It is quite likely that banking and finance stocks may do very well if interest rates come down and the investment cycle revives. In general, finance stocks are a good proxy play on the economy. If the economy does well, they tend to be direct beneficiaries.

But then, all sectors go through their cycles. There can be phases when a certain sector gains a lot of popularity amongst investors. Stocks from that sector may witness a strong rally that may extend for some years. This, consequently, causes their overall weightage in the index to go up. Sometimes this results in bubble formation, which eventually has to go through the contraction cycle.

During various phases of the markets, different sectors have driven the market rallies at different points in time. For example, at the peak of the tech bubble, technology stocks accounted for 45% of the index weight.

This is not hinting that banking stocks are due for a correction. But it is certainly something that should not escape one's attention. It may be prudent to evaluate the sector-wise weightage of stocks in your portfolio. If you feel you are overexposed to a particular sector, you may want to trim down your holdings to more reasonable levels, so that the risks emanating from a particular sector could be minimized. It may be a bit difficult to do this, especially if you have enjoyed solid returns from a particular sector. But it is better to be safe than sorry.

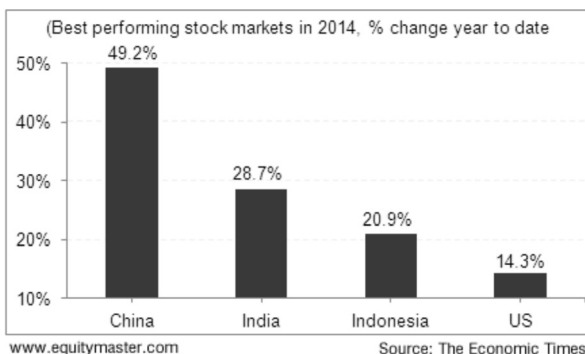


## Indian Stocks Outperform

With emerging markets like China and India growing faster than any other major developed nation and with liquidity tap remaining wide open, it was the two Asian behemoths that indeed emerged as the top choice for investors. As the chart highlights, while Chinese stocks went up nearly 50%, Indian stocks are up close to 30% in 2014.

However, while China has topped the Indian indices during the year, there's a question mark over whether the trend will sustain in 2015. For all you know, India, if it gets the big picture policies right, may actually end up besting the Chinese dragon over the medium to long term.

### Indian stocks second best in 2014



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**Last Call**

## CASK REUNION

**Date : Sunday, 15th February 2015**

**Time : 7 pm**

**Venue : Boat Club, Sultan Battery, Urwa**

**Dinner : Couple - ₹ 750/- / Single - ₹ 400/-**

**Children 10-15 years - ₹ 300/-/Below 10 years - Free**

***Please rush to buy your dinner coupons at the CASK Office or from any of the office bearers***

## NEWS & NOTES

### GOA SUBSIDISES CATHOLIC PILGRIMAGE TO SRI LANKA

In a surprising yet welcome move, the BJP-led coalition government



in Goa announced a scheme to subsidise travel costs to enable 500 Goans to witness the canonisation ceremony of Blessed Joseph Vaz, a Catholic priest of Goan-origin, in Sri Lanka on 14<sup>th</sup> January 2015. Fr Vaz will be the first

Catholic Saint from Sri Lanka.

The policy which was officially unveiled on 7<sup>th</sup> January 2015, allowed 500 Goan pilgrims with an Indian passport to undertake a 4-day tour and covered 50% of the airfare to and from Sri Lanka or Rs.12,000 whichever is lower. The scheme could be availed by only two members of a family, whose annual income did not exceed Rs.3 lakh.

Fr Vaz was born in Goa Apr 21, 1651, at a time when the colonial Portuguese forces were already entrenched in the state for nearly 150 years. He worked for some years in Mangalore Diocese and in 1686, he left to propagate Catholicism in Dutch-held Sri Lanka, where Calvinism, a major Protestant branch, had begun taking root.

His socio-religious contributions in the island country earned him accolades and the title Blessed subsequently. His canonisation ceremony on January 14, was presided over by Pope Francis.

Out of Goa's 1.5 lakh population, nearly 26 percent are Roman Catholics.

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## **27<sup>th</sup> PLENARY ASSEMBLY OF CBCI : BANGALORE 03-09 FEBRUARY**



The 27<sup>th</sup> Plenary Assembly of the Catholic Bishop's Conference India was held in Bangalore 03-09 February 2015. 140 bishops from across India attended the Assembly which was inaugurated by Apostolic Nuncio

Archbishop Salvatore Pennacchio. The theme of the Assembly was "Liturgy and Life". In his Inaugural address Archbishop Pennacchio exhorted the Church in India to promote harmony and fight discrimination.

He further said "A true God experience will lead the clergy and the faithful to the engagement in and solidarity with the marginalized and exploited in the society. Liturgy is the glorification of God and sanctification of his people. Moreover, it is also the font from which all power flows, and it is the summit towards which the entire activity of the Church is directed,".

"Christian witness must always be given in a spirit of sincere and respectful dialogue, harmony and appreciation with all our brothers and sisters of different religions, in order to build bridges and ties of mutual fraternity and peaceful solidarity for a better society," he added.

The nuncio also called upon them "to work hand in hand to establish a more effective communion and brotherhood among all the faithful in the Church and – more widely – among all members of civil society, without discriminations or partialities." He also urged the Church in India to reaffirm her solidarity with the marginalized groups.

Cardinal Oswald Gracias, CCBI President, called for making the liturgy relevant, participative, inculturated and transformative rather than ritualistic and materialistic. "This should lead to greater enthusiasm and greater dedication to carry on the mission of the Church," said Cardinal Gracias.

Archbishop Filipe Ferrao Neri of Goa, CCBI Vice President said “The challenge before us is to promote an active, conscious and meaningful participation of our people in the liturgical celebrations”.

Archbishop Bernard Moras of Bangalore in his welcome address said liturgy is the heart and soul, not only of the universal Church but also of the local church. He also enumerated the burning issues facing the Church in India today – saffronization, Ghar Wapsi, increasing attacks on Christians and denial of civil and political rights.

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## **KONKANI KUTAM – ROME CELEBRATES CHRISTMAS**

Konkani Kutam - Rome came together to celebrate Christmas with great joy and enthusiasm at Collegio del VerboDivino, in Rome on



Sunday, January 11, 2015. Around twenty priests hailing from the dioceses of Mangalore and Udupi, several nuns from the various congregations

and lay people were united under the banner of Konkani Kutam.

Fr Gabriel Mathias, the General Councillor of OFM congregation was the main celebrant along with other priests including Fr Walter D’Mello, former Parish Priest of Milagres. Fr Sunil Ranjar, SJ preached an inspiring homily based on the readings of the feast of Baptism of the Lord and highlighted the significance of the sacrament of baptism in our lives to live a qualitative Christian life. The melodious choir led by Bro. Shaun Rodrigues sang traditional Konkani Carols and added charm to the liturgical celebration.

After the Eucharistic celebration, a one hour lively cultural entertainment programme was organized by the members of Konkani Kutam. During the programme the election was held for the post of the president of Konkani Kutam. Fr Melwin Pinto, SJ from Vatican Radio (former Principal - St Aloysius High School) was unanimously elected as the president.

Fr Victor Rodrigues SVD, the outgoing president of Konkani Kutam Rome thanked everyone for their generous cooperation towards organizing the Christmas celebration. Fr. Peter Paul Saldana, the professor at the Pontifical Urbaniana University, in his role as the MC of the programme kept the audience engaged throughout with lively compering. The get-together was concluded with the traditional hymn: “Laudate Dominum.” The delicious Mangalorean dishes prepared by the members of Konkani Kutam were enjoyed by more than 75 people, who gathered for the occasion.

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### **FKCA, BENGALURU - LIFE TIME ACHIEVEMENT AWARD**



On 1st Feb 2015, the Federation of Konkani Catholic Association, Bengaluru conferred on Edwin JF DSouza, reputed Konkani novelist and writer, Life Time Achievement Award in Konkani Literature in the presence of Karnataka CM Shri Siddaramaiah; also present were Home Minister K.J.George, MLA

J.R.Lobo, MLC Ivan D'Souza, Roy Castelino - President of the Karnataka Konkani Sahitya Akademi, Bangalore Archbishop Bernard Moras and FKCA President Victor Edward D'Souza.

**CASK congratulates Edwin J F D'Souza on this well deserved award.**

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### **IVAN DSOUZA APPOINTED MEMBER OF KARNATAKA CHRISTIAN DEVELOPMENT COMMITTEE**



Ivan D'Souza MLC of Mangalore has been appointed as a member of the Karnataka State Christian Development Committee through an order dated January 28, 2015. The President of the committee is Mr K. J. George Home Minister of Karnataka.

**CASK congratulates Ivan D'Souza on this appointment & wishes him a successful tenure as a member of this important committee.**

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## **DR NISCHITH D'SOUZA ELECTED COUNCIL MEMBER OF KARNATAKA UROLOGY ASSOCIATION**



Dr Nischith Dsouza, Consultant Urologist, Yenepoya University and Director of Mangalore Kidney Care, Falnir, has been elected as Council Member of Karnataka Urology Association for the year 2014-15. The Association is Karnataka's foremost State level

Association for Urologists with over 200 members and along with the Urology Society of India, formulates policies, works in association with the Government in reducing the burden of kidney and urology associated illnesses, promotes academic interests of its members and conduct regular scientific sessions involving both urology trainees and its permanent members to update their professional knowledge as well as improving the quality of urology services.

**CASK offers its congratulations to Dr Nischith & wishes him a successful tenure.**

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## **SANDESHA AWARDS**

The Sandesha Foundation for Culture and Education (under the



auspices of the Karnataka Regional Catholic Bishops' Council) presented the Sandesha Awards 2015, at Sandesha, Mangalore on January 23, 2015.

President of the Sandesha award selection committee Dr Na D'Souza introduced the Sandesha Awards and the awardees to the gathering.

Sandesha Literature Award

- Dr C Veeranna

Sandesha Media Award

- Dr Jayamala Ramchandra,

Sandesha Art Award

- Naveen D Padil,

Sandesha Best Teacher Award

- Jayalaxmi Damble,

Sandesha Konkani Music Award

- Henry D'Souza

Sandesha Special Recognition Award

- Gopala Kharvi

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## **Obituaries - January/February**

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

1. Severine Fernandes (86), Milagres, wife of late John Jerry Fernandes, on December 5, 2015.
2. Nathalia DSouza (88) Kulshekar, wife of late Alfonso Cajethan D'Silva, mother of late Philomena D'silva/Henry Robert D'Souza, Late Rev. Fr. Joe D'Silva, Mary D'Silva/John Baptist D'Souza, on January 3, 2015.
3. Cyprian Goveas (75) Kulshekar, husband of Lidwin Goveas, father of Sylvia/Josy D'cunha, on January 3, 2015.
4. Marcel Pereira (87), Bendur, son of late Jacob Pereira, father of Joseph/Violet, Maria/Micheal, Austin/Gracy, Hezel/Gregory, Joel, Thelma/Cyril, on January 4, 2015.
5. Veronica D'Souza (50), Bendur, wife of Francis D'Souza, mother of Fiona, Fabiola & Francisca, on January 5, 2015.
6. Gerald Correa (88), Bejai, on January 5, 2015.
7. Adrian Vas (46), Milagres, son of Ida Vas and late Valerian Vas, brother of Rosemarie and Veena/Joyer (Tokyo), on January 6, 2015.
8. Veronica Rodrigues (85), Bendur, maternal aunt of Maryann Rasquinha, on January 8, 2015.
9. Lilla D'Souza (Monteiro) (71) Valencia, wife of late Louis Monteiro, mother of Anil/Lollett, Ajith/Pramila & Asha/Herald, on January 10, 2015.
10. Dulcine D'Silva (82), Cordel, wife of late Gregory D'Silva, mother of late John, Francina, Norbert, Ronald, Arthur, Violet & James, on January 12, 2015.
11. Pauline Merly, Valencia, wife of late Marcel Merly, mother of Jacintha Carmine Merly, on January 13, 2015.
12. Lilly Lobo (82), Bondel, wife of late Albert Lobo, mother of Franky/Daisy, Irine/Preetham, Lancy/Jacintha, on January 15, 2015.
13. Stella D'Souza (84), Kirem, wife of late Bazil D'Souza, mother of Treeza, John, late Benny, Nancy and late Leena, on January 16, 2015.
14. Henry Pascal D'Souza (79), Derebail, husband of Hilda D'Souza (nee Pinto), father of Eison/Sheela, Wilson/Shanthi, late Benson & Reena/Vinod, on January 16, 2015.
15. Nathalia D'Souza (92) Viraje, Bantwal/Urwa, wife of the late Albert D'Souza, mother of Lewis, George, Monthin, Helen & Leena, on January 16, 2015.

16. Kiran Rodrigues (33) Shaktinagar, son of Marcel & Juliana, Brother of Laveena/Prakash Tauro, Praveen & Jeevan, on January 17, 2015.
17. Celine Sequeira (83), Bejai, wife of late Antony Dias, mother of Sheila/Anthony, Derick/Asha, Dilla/Sunil, Veela/Alan, on January 18, 2015.
18. Sr Myrrha BS (88,) Bangalore Province, on January 21, 2015.
19. Ruby Monteiro (94), Bangalore, daughter of late Rosario and late Seraphina Monteiro, sister of late Charles Monteiro, late Celine Pereira, late Francis Monteiro, Richard Monteiro, late Pachilli Monteiro & Assissi Monteiro, on January 27, 2015.
20. Amy Pinto (85) Bejai/Jeppu, wife of late Cyril J Pinto; mother of Elfrida/Wilfred; Flavian/Miriam; Vivian/Patricia; Alvin/Diana; Elveera/Nelson; Elvisha/Ronald, on January 28, 2015.
21. F. W. Edwin Lobo (83), Bendore, husband of late Lilly Lobo father of Diana, Arthur/Deena, Doreen/Simon, Sathish/Jyothi, on February 1, 2015.
22. Ignatius D'Souza (69), Kallianpur /Bejai, husband of Jyothi Dsouza, father of Divya/Loy, Priyanka/Anush, Dion, on February 1, 2015.
23. Vera Barretto (49), Mangalore/Mumbai/USA, wife of Rodney, mother of Chantelle and Shania in Sugar Land, Texas-USA, on February 2, 2015.
24. Aubrey Pinto (46) Urwa, husband of Jyoti Pinto, on February 03, 2015.
25. Dolfred Leo D'Silva (73), Bendur, husband of Precilla, father of Prem, Deepa, Sheba & Pritham, on February 4, 2015.
26. Sr M. Stella Pais BS (63), Mangalore Province/Mulki, daughter of late Ignatius Pais and Christine Pais, sister of Agnes/Thomas Mendonsa, Victor/Lidwin Pais, Benny/late Inthru Joseph DSouza, Basil/Clara Pais, Henry/Cyrilla Pais, Monica/Sylvester D'Mello, Veronica/John Noronha, Flavia/Norbert Miranda, late Flora Pais/ Wilfred Mendonsa, on February 5, 2015.
26. Juliet Lobo (69), Bendur, daughter of late Piaede Lobo and Mary Lobo, sister of late Agnes D'Souza, Alice Castelino, late Cyril Lobo & late Oswald Lobo, on February 6, 2015.
27. Avinash Agnello Menezes (29), Kulshekar, son of Rudolf & Irene Menezes, husband of Caroline, father of Alexander, on February 6, 2015.