



CATHOLIC ASSOCIATION OF SOUTH KANARA

Founded in 1914
(Regn. No. MNG/130/2015-17)

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EDITORIAL



Another year.....another International Women's Day.....any different from the last year? Lets look at India..Any evidence of an improved life for women? Any proof of enhanced safety and security and better quality of life for the girl child? Any reduction in atrocities, harrasment, rapes, acid attacks, female infanticides? Well, all the data suggests that things have worsened! However, there is good news on the education front – the enrollment of girls in schools and colleges, including professional colleges is steadily increasing. Women are increasingly entering and shining in male bastions. An all-women regiment at the 2015 Republic Day parade was a moment of pride! But we have to get past symbolisms.....Women of India Arise, Act, Activate, Attack the systems that attack us.....

International Women's Day is to express women's solidarity and to promote women's advancement, empowerment, dignity, gender equality etc in all walks and all aspects of life. This cannot be achieved without the active support, cooperation, involvement and a change of attitude by MEN. Solidarity for Women's empowerment has therefore to come from Men as much as from women.

The Bible in Galatians – chapter-3, verse-28 says “There is neither Jew nor Greek, there is neither bond nor free, there is neither male nor female, for ye are all ONE in Jesus Christ”; Are Men and Women really ONE, are they equal in their roles, do they have equality in terms of status and dignity, in terms of opportunities, choice of options, earning capacity, decision-making, governance? The answer to all of those questions is NO. There is much work for all of us women!

The message from Pope Francis during his recent visit to The Philippines that “Men should listen to women more often because women usually have a better intuition” is probably one of the best messages to be highlighted while we celebrate International Women's Day 2015.

Soon after our Prime Minister finally tried to soften the hurt and wounds of the Christian community, there was a counter and the person chose none other than Mother Teresa for his missile “the main objective

of her service to the poor was conversion” he declared. Her dedicated work of providing loving care and giving dignity to the abandoned, the displaced, the disabled, the homeless, the sick and the dying, the orphans, the terminally ill and other deprived groups has few parallels in the history of humankind. She was a living saint who was bestowed with the Nobel Peace Prize as well the Bharat Ratna, a global icon who is respected and revered across India and the world. We are proud of her.

The historic victory of Aam Admi Party (AAP) has once again demonstrated the vibrancy of the Indian democracy and the intelligence of our voters. Archbishop Anil Couto of Delhi has said that the massive victory of AAP reflects “the hope and aspirations of millions of people of Delhi who have given an unprecedented mandate”. He expressed hope that the new government led by Kejriwal “would work towards welfare of all, irrespective of caste, creed and class and more importantly towards social peace and religious harmony.” Let us hope that the party in power at the centre derives the right lessons!

Back to International Women’s Day, lets celebrate women!

- * Trail-Blaze women leaders; stand your ground and ensure your voice is heard at leadership tables.
- * Inspire, Educate, Empower and Celebrate young women and encourage them for a successful future.
- * Provide an insight on gender diversity for progressive thinking organizations and people.
- * Think about women who have touched your life.
- * Each woman wears many hats in just one single moment. Enjoy those moments!

We thank all those who responded to our request and renewed their subscriptions to “Mangalore”. I urge others to please do the same. We value your relationship with the “Mangalore” magazine and do not wish to discontinue sending the magazine to you. As the kudos come in we feel encouraged.

‘ದೇವ್ ಬರೆಂ ಕರುಂ’

Patsy Lobo



THE PRESIDENT SPEAKS

HUMILITY – MOTHER OF ALL VIRTUES

On February 15, 2015, we had the CASK Reunion at the Boat Club, near Sultan Battery. I am happy to inform that the programme exceeded expectations for three reasons:

1. It brought all the Governing Council team to work together once again as a family to revive the old spirit.
2. It encouraged our cultural artists and the younger generation to get involved.
3. It helped maintain bonds with the members - besides building new relationships and goodwill.

Special thanks go to the Convenor of the programme Ms Nayana Fernandes.

Though February has only 28 days, I had an opportunity to travel to four cities across India. It was an experience to be in Delhi during the Assembly elections. After arriving in Delhi, I could not open the number lock on the Samsonite suit- case. Having booked official appointments, I wanted the contents inside the suit-case badly. Had no choice but to rush to Gole Market for a Chaviwallah. Upon enquiring his whereabouts with a banana vendor, I was directed to the opposite corner where I saw an elderly man, perhaps in his sixties, seated beneath a tree. He was wearing the ‘AamAdmi Cap’, the muffler as worn by Arvind Kejriwal - besides a maroon-coloured sweater. On the wall was the name written, “Mr Khan”. After agreeing to open the number lock for Rs 150, Mr Khan got to work but not before offering me, my colleague and the cab driver an AamAdmi cap and its party newspaper to read. As a true professional, he was concerned that the locking system of the suitcase not be damaged. When the suit-case was opened, I was thrilled and, being in a hurry, gave him Rs 200 with the remark “Rs 150 for you and the balance for the AamAdmi Party”. I was called back asking for my name and mobile number. What impressed me was his reply: “We need to send you the official receipt for Rs 50 for the party contribution”. This was on February 5, 2015 and gave an inkling of what was to follow with such dedicated workers in the field. No wonder the AamAdmi Party emerged victorious on February 10, silencing the continuous attack on Delhi churches for the moment.

On the other hand, many Indians were pained to read the derogatory remarks made by a prominent leader about Blessed Mother Theresa on the issue of conversion. What was the motive behind that statement remains unanswered. My personal belief is that Blessed Mother Theresa experienced God and it is the hand of God which led her to carry on her dedicated service. When we look at the success story of 'Missionaries of Charity' in Mangaluru itself, it is nothing short of a miracle. The inmates would have been a burden on the State; and as a community and society let us stand up to support the Missionaries of Charity.

A couple of years ago, as a family, we visited the Missionaries of Charity home for 40 to 50 inmates on the outskirts of Mysuru managed by three Brothers. The inmates were all abandoned male children physically disabled and mentally challenged. Taking care of their basic needs on an everyday basis, perhaps for years together, cannot but be equated with selfless labour that outweighs all the treasures of the world. Yet, there was joy and compassion among the Brothers of the Missionary of Charity as we shared lunch after their normal chores. It is shameful that baseless allegations are made on a noble woman who is no more. Let us pray that the virtue of humility may enlighten all who question the integrity of Blessed Mother Theresa.

On the CASK front, we have scheduled a workshop on 'Changing faces of women in India' on March 9, 2015 at the Roshni Nilaya Auditorium. The Nirbhaya documentary titled 'India's Daughter' is keeping the gender equality and respect for women issues alive. Unless there is a change in the mindset that every woman has roles of Mother, Sister, Wife, Daughter or Friend, our society cannot move forward. We want foreign tourists to come to India. But, if we cannot guarantee basic requirements of safety for our own women citizens, what about foreign women?

It is two weeks since we entered the Lenten season and Easter will be celebrated on April 5, 2015. Let us remember that our Lord washing the feet of his disciples is a perfect act of humility, a standing testimony for all of us to follow. It is hard for us mortals; but all we can do is to have faith and pray to become better human beings.

I wish you all, the joy of a Holy and Happy Easter.

Capt. J. P. Menezes

GALA EVENING AT THE CASK REUNION – 2015

Joan Lobo

A star studded sky , a serene and picturesque realm of the night, on the sprawling river front of the Boat Club, unravelled an evening of song, dance and drama. With boats heading homeward on the gracefully flowing Falguni river, it was a picture perfect scenario on February 15th ,2015 as 400 guests – young and old, beautiful and bold reveled at an enchanting evening with gripping entertainment that stretched for four long hours. . The CASK REUNION -2015 an evening of fellowship and fun took off to a flying start with an unprecedented crowd in attendance, and it sure was an evening of merriment . Besides, everyone while enjoying the breath taking ambience, seated around tastefully decorated tables engaged in non stop chatter and spirited tete a tete and waited with baited breath for the evening to take off.

The programme started with a prayer led by Lily Pereira, former vice-president of CASK, followed by a Prayer song rendered by young Sophy Saldanha who stole the hearts of everyone with her soul-stirring rendition. The right mood was set by Band Ecstasy – a group of young college students : Neil Rego, Simona Fernandes, Gavin Rodrigues, Leander Pinto, Mark Rego, Warren, Stallon, Shaun, and Dickson. The highlight of the evening was the visiting band from Austria – Hotel Palindrone, which included Mangalore-origin Marialena Fernandes on the key-board, and four band members who played an array of instruments and kept our feet tapping throughout. Marialena is a world renowned pianist and has performed in many countries in Europe, North and South America and India. She has played with the Vienna Philharmonic orchestras and conducted many music workshops in India and abroad. In India, she has partnered with Zubin Metha's music foundation. The guests at the CASK Reunion were indeed privileged and lucky to have Hotel Palindrone perform. Their performance here included a fusion of Konkani folk music like the Mando and Dekhi with European folk songs. We owe our gratitude to Mrs. Frana Pinto who made this performance happen.

The MC of the evening Dr. Audrey Pinto with her friendly banter and captivating presence made the evening a lot of fun with her subtle humour and exciting spot prizes. She had the crowd dancing and prancing to her tunes all night. She also surprised and humoured the crowd attired like London Mary with a humorous song that left the crowd in splits.

Capt. John Prasad Menezes, the dynamic president of CASK in his eloquent style spelt out the recent activities of CASK and the continued efforts to reaching out to the underprivileged. The eye and paediatric camps in collaboration with Fr. Muller's Medical College at Holy Cross Hospital- Chickmagalur and Fr. L.M. Pinto Health Centre at Badyar were a fulfilling experience and he assured the crowd that such outreach activities would gather momentum in the days to come. He showered praise on Patsy Lobo who is leaving no stone unturned to keep the '*Mangalore*' magazine informative and inspiring. In its 89th year of uninterrupted publication since 1927, the readership of the magazine had grown leaps and bounds. A word of appreciation for Mr. Owen Colaco for his magnanimous gesture to sponsor the young band of the evening 'ECSTACY' in a bid to encourage budding talent. All sponsors of the evening were thanked profusely. Adrian and Naina Fernandes - the Vice President of CASK were commended and complimented for their unstinted efforts to make it an astounding evening. In appreciation, a floral bouquet was presented to them by Dr. Derek Lobo - the Ex- President of CASK.

A hilarious Konkani play was staged by Mand Sobhaan conveying the present day trend of 'Live-in' relationships. Despite every parents desire of having the gal of their dreams, a fairytale wedding and a memorable day with showers of blessings from God and parents for their son, there was a twist to this tale and to the utter shock and disappointment of the parents, their son arrives with an ultra modern girl friend and the couple have been living together without any qualms. All is fair in love and war and with the amusing dialogues, peals of laughter were heard from beginning to the end. A big thank you to Mr. Louis Pinto for making it possible.

It was the moment everyone was waiting for... A lot of positive energy in the air as the magnificent King Momo arrived in all his pomp

with a lively and bubbly dancing entourage attired in colourful costumes, fancy hats and curious masks .Their exuberance got everyone into a very festive mood and the whole place came alive ... This was a replication of the Rio and Goa carnivals which happens before lent. King Momo and his queen looked authentic as they livened the mood of all around and it was **Viva La Mangalore!!**

This was followed by a scintillating dance performance by the fullabais who with their graceful steps and resplendent attire had the crowd asking for more. The fabulous Mando dance also got everyone on their toes as the pretty belles with their vibrant movements set the stage on fire.

‘Bollywood through the ages’ showcased all the Hindi stars of the times. The beautiful damsels and dashing men shattered their stereotypical image and walked the ramp with elan and confidence and the crowd was in raptures as they tried to identify each of the stars. There was another rib tickling mock fashion sequence where models of all shapes and sizes defeated the myth that you need to have 6 pack abs and a pencil figure to walk the ramp.

Besides there was a medley of music with imitations of the Beatles, Shakira etc. that kept everyone glued to their chairs and time sure stood still that night. The Young Band ‘**Ecstasy**’ with their music had everyone shaking a leg until it was time for ‘**Adieus Amigoes**’.

The evening was elaborately conceptualized, meticulously planned and effectively executed making it a stupendous evening.

A sumptuous dinner was laid out and after a memorable evening when all good things had to come to an end but there was a curious echo in the air ‘**When is The Next Cask Function**’?????

Till then.... Please do Support CASK and its noble activities....

UPDATE ON CASK CENTENARY PROJECTS

Dr Derek Lobo

I had the privilege of writing in this magazine from October 2010 to October 2014 under the heading ‘President’s Message’ – the count : 49 continuous issues! When I brought this fact to the attention of the Editor, she said “Write the 50th piece”. I was reluctant because I imagined a little bird telling me “People say your family is dominating the magazine” but I decided to confront the little bird who clarified “Considering the large number of authors and varied articles in ‘Mangalore’, your imagination is unfounded”So, here I go!

The CASK Centenary year (2013-2014) was a spectacular success culminating in the Valedictory function on 21st September 2014, with the Hon’ble Vice-President of India-Sri Hamid Ansari as the Chief Guest and the Governor of Karnataka-Sri Vajubhai Vala as the Special Guest. This was followed by a change of Guard at CASK with Captain John Prasad Menezes assuming the mantle of President, Nayana Fernandes and Richard Rodrigues as Vice-Presidents, Mario Saldanha as Secretary, Dr Anand Pereira as Joint Secretary and Walter D’Sa as Treasurer. Many people have asked me why I chose to step down as President after taking CASK to much greater heights. The answer is simple – Do your very best, Give your very best for one or two terms as the Leader and then hand-over the reins to someone else who is as efficient and committed. I wanted this healthy tradition as a norm in CASK. I know that under Capt John Prasad and his able team, the Association is in good hands and will continue with the good work that we started as part of the Centenary celebrations. I have accepted to be the Convener for Implementing the Centenary Projects and wish to give you an update on those projects :

- ◆ **HEALTH CAMPS** – In collaboration with Fr Muller Medical College (a) Two Eye Camps organized (i) at Holy Cross Hospital, Chikmagalur on 24th August, 2014; 256 people (512 eyes) were examined, 29 referred for cataract or other surgeries at Fr Muller Hospital and 138 provided with free spectacles and (ii) at Fr L.M.Pinto Health Centre at Badyar on 16th November, 2014 –

231 persons(462 eyes) were examined; 26 patients were referred for surgery to Fr Mullers and 108 provided with free spectacles; (b) A Paediatric Camp ar Fr L.M.Pinto Hospital on 18th January 2015; 134 children examined and 10 referred for further investigations/treatment at Fr Mullers. CASK defrayed the cost of ‘Publicity’ and provided drugs free of charges at all the three camps and the investigations, surgeries and spectacles were provided by the Fr Muller Hospital from the donations by Vinaya and Sameer Kapoor of USA, courtesy lobbying by CASK. Such camps will continue on a regular basis. I request our members, well-wishers and readers of ‘Mangalore’ magazine to support us in these efforts.

- ◆ **PROMOTION of BLOOD, BLOOD PRODUCTS, ORGAN and WHOLE BODY DONATIONS** – In collaboration with Fr Muller Medical College. (a) CASK has donated a -80 degree Deep Freezer to the Fr Muller Hospital Blood Bank to enable Plasma(a Blood Product) to be stored for 3-5 years. The cost of the Freezer – Rs.6.25 lakhs was defrayed on behalf of CASK by Mr Vivek Aranha and Family of the Rosary Education Group-Pune, in memory of their parents. (b) CASK supported the increase in the mortuary capacity of the Fr Muller Hospital morgue from the present 8 to 16 cubicles. This is aimed at promoting kidney transplants and storage of organs. The cost of this project is being defrayed by the donation of a well-wisher from USA. The donations of Vinaya/Sameer Kapoor and the well-wisher was routed through Fr Muller Charitable Foundation-USA. (c) We are also working on establishing a Skin Bank at Fr Muller Hospital to benefit Burns cases and upgrading of the Burns ward.
- ◆ **PERSONALITY DEVELOPMENT PROGRAMME in Schools/Colleges** – This has been an ongoing programme for the last three years. In 2014-15, we conducted the programme in 7 institutions – 5 schools/2 colleges. The programme received a boost with the donation of Rs. 2 Lakhs from Mr Anthony D’Silva Prabhu of USA. A total of 366 students benefitted from the programme this year. Another 750 students benefitted in the previous 2 years.

- ◆ **FOCUS ON RURAL SCHOOLS** – The Eye and Paediatric camps at the Fr L.M.Pinto Health Centre in Badyar opened our eyes to the fact that our district considered ‘progressive’ and ‘developed’ by all-India standards, has some backward areas. Some of us who attended the Eye Camps took the opportunity to visit the local parish schools. The St Rahael Higher Primarty School has 233 children enrolled from class-1 to 7. **The School does not have Purified Drinking water facility and at least 50 of the 233 children come to the school barefoot.** I think most CASK households would have an average of at least 20 pairs of footwear! CASK Joint Secretary Member Dr Anand Pereira was moved to donate Rs.25,000/- to enable the children to have purified drinking water and we have decided to provide footwear to the 50+ children who are obliged to come barefoot to the school. We intend doing the same in the neighboring Government school too.
- ◆ **THE PROBLEM of SNAKE BITES** – We were shocked to know that Fr L.M.Pinto Centre gets about Forty(40) Snake-bite cases annually. In a single month-November 2014, 9 snake-bite cases were reported. Each vial of the polyvalent anti-venom costs about Rs.1,400/- and each case requires an average of 8-10 vials. Most of these patients are very poor and cannot afford the full cost of the anti-venom. CASK has decided to contribute towards purchase of anti-venom vials to partly defray the costs. Once again, I request our members and well-wishers to contribute towards this cause.
- ◆ **DOES Fr MULLERS NEED SUPPORT?** Is a question many people have asked me. In the first place, we need to separate the ‘Service’ activities of Fr Mullers from its ‘Educational’ activities including the Medical College. Many have pointed out that the ‘Fees’ from the Management quota in the institutions specially the medical seats should be sufficient to cover the Service and charitable activities. This is a wrong presumption because a Private Medical College takes 30-40 years to fully establish itself and the Medical infra-structure, human resources and facilities need to be constantly upgraded and enhanced, at exponentially escalating costs. Therefore, we need to support our own institution and help it to serve our people and provide the best health care in this part of India!

CASK is grateful to those who so generously made contributions to the Centenary Fund either directly or through Advertisements or Tributes to their departed family members, in the CASK Centenary Souvenir. I wish to provide a general break-up of the disbursements we have made :

- a) Rs.24.30 lakhs towards the purchase of a 550 sq ft Office premises at Pio Mall, Bejai-Mangalore, including Registration, Furniture and Fixtures;
- b) Rs 7.5 lakhs towards Scholarships to about 200 students during 2013-14 and 2014-15.
- c) Rs.6.25 lakhs towards a -80 degree deep freezer to the Blood Bank of Fr Mullers to enable 'plasma', a blood product to be stored for 3-5 years;
- d) Rs.6.33 lakhs towards printing and publication of Two Books in honor of the Centenary (i) CASK & Fellow Centurions (400 pages) and (ii) CASK Centenary Souvenir (230 pages);
- e) Rs.3.5 lakhs towards a 'Home-for-Homeless' at Maria-Ashram parish, Talapady(through the Bishop of Mangalore);
- f) Rs.2 lakhs towards other donations to various institutions or needy individuals;
- g) Rs.3 lakhs towards Lunch provided to inmates of some 7 institutions – on the Inaugural Day of the Centenary celebrations on 22nd September 2013 and on the Valedictory function day on 21st September 2014.
- h) Rs. 82,000/- towards Special Postal Cover and My Stamp in honour of the CASK Centenary.
- i) Rs. 7, 71,000/- towards the Inauguration and Valedictory functions, inclusive of the hall rent/arrangements, accompanying media/print publicity, VIP security, Cultural programmes and related expenses. Those who attended the two functions have been unanimous in declaring that both functions were unique/extra-ordinary and matched the dignity of the rare milestone in the history of CASK.
- j) Rs. 28,57,153/- are savings kept in Fixed Deposits as a reserve fund to cater to the ongoing Centenary projects and activities. In addition, we have an asset-Pio Mall Office worth atleast Rs. 30 lakhs at current market value.

Therefore, the Centenary Fund is still open and active!

Coming to philanthropy, we in India are considered the world's top donors for "Spiritual Upliftment" projects – temples, churches, chapels and among Catholics – bellfrees, grottos, statues, altars, parish halls etc. that's fine. We are also fairly generous for activities which I call "Pure Charity" like feeding the poor, the homeless, inmates of ashrams/ rehabilitation homes etc. **However, I believe we are not strong when it comes to "Impactful Philanthropy" – philanthropy that will make a difference and result in real impact to society.** I humbly submit that CASK is doing just this.

CASK Outreach programmes – What's the impact of providing safe drinking water in schools? – protects the children from food and water-borne diseases. What's the impact of providing footwear to those who walk barefoot? – protects the children from hookworm and other soil transmitted worm infestations and snake bites. What's the impact of harvesting healthy organs from dead bodies? – saves lives or dramatically improves the quality of life of several people. What's the impact of storing plasma, for longer periods? - saves precious blood and precious lives. We request our members, friends and well-wishers to support our various 'impactful' outreach programmes. Thank you!

BELIEVE(3)

By: Dreamcatcher

No great man ever complains of want of opportunities – Ralph Waldo Emerson

As we come into this world and grow up, we promptly realize our self worth and purpose. Very soon we begin to believe that every life has a purpose. In great people this purpose ignites a spirit that fuels an indefatigable fire. This fire is the passion that drives the greatness in people. This passion makes them believe in themselves and gives them the drive and momentum to plow through anything that stops them. One such person is Francisco Bucio.

Francisco Bucio had one great desire - and that was to be a surgeon.

At the age of twenty seven Francisco seemed well on his way to

achieve this dream. He earned a residency in plastic surgery in Mexico City's General Hospital. He had a few more years to establish his own practice, but on September 19, 1985 the whole world crashed around him.

On that dreadful day, an earthquake struck Mexico City. Tremors measuring 8.1 on the Richter Scale claimed more than 4,200 lives. What was unfathomable was the toll the earthquake took on the human dreams. As the earthquake shuddered the hospital building, Francisco who was on the fifth floor came crashing down with the building. As he lay in darkness under the debris of the entire building, he could hear gasps and cries of his patients and fellow doctors pinned down under the debris. As he was coming in and out of consciousness he realized that a massive steel beam had crushed his right hand. The hand that would perform surgeries. He frantically tried in vain to pull his hand free. As a doctor he knew that without circulation his hand would turn gangrenous and would have to be amputated.

Outside the hospital building, Francisco's father and his six brothers and countless volunteers were digging frantically in the rubble with picks and shovels. His family never lost hope. Four days later, they reached Francisco. The rescuers wanted to cut his hand to save him. His family knowing of his dream to be a surgeon refused to cut his hand. Instead the rescue team spent 3 hours to get the debris and the steel crushing his hand and rushed him to another hospital. The attending surgeons were bent upon saving Francisco's hand. The first was an eighteen hour operation. As days went by Francisco's hopes dimmed. Nerves in his fingers failed to regenerate and after four weeks the surgeons were forced to amputate 4 of his fingers leaving him only the thumb. Francisco was determined to save whatever he could of his hand. Over the next few months he underwent five more operations. Still his hand would not function. He craved a miracle. His unstoppable quest led him to Dr. Harry Buncke at Davies Medical Center in San Francisco. He had pioneered microsurgery and transplantation of toes and fingers. In the surgery Dr. Buncke replaced Francisco's ring finger and small finger with two of his toes. The operation was successful. He now had three "fingers". As he recovered from the operation, he threw himself

into training these new fingers. It was painful to train toes to perform finger work. Francisco never gave up on his dream. He knew he had to be proficient with his fingers to perform surgeries.

After much pain, physical therapy and training he learned how to button his shirt. He then moved on to using a pencil, and also train his left hand. He became ambidextrous. Everyday he would suture with needles and untie small knots. He kept practicing this many times a day. He would dice food into very tiny pieces to improve his finger movements.

He went back to working in a hospital maintaining close association with other surgeons. Occasionally he would assist in major surgeries only to hand over surgical instruments to the operating surgeon. Outside of surgery, he would take care of minor ruptures and dress wounds. His determination and progress was noticed by his fellow surgeons.

One day a senior resident who had been watching Francisco's progress asked him to assist him in an operation of a man with a broken nose. The procedure was extremely delicate and Francisco assumed he would be simply passing the instruments. As the resident started to remove cartilage from the man's rib to rebuild the nose, he turned to Francisco and said "You get the cartilage".

It was Francisco's moment of truth and he knew it. The success of his procedure would earn his return to surgery or a devastating setback. Taking courage in his hands he painstakingly removed the cartilage. What would have been another surgeon's 10 minutes took Francisco an hour. But it was an hour of triumph. Later in describing the event he said: This procedure required a lot of skill and when I did it, I realized I could do anything."

Today Francisco is a highly regarded plastic surgeon practicing at two locations in Tijuana and offering a full range of services. He also volunteers his time working with the poor, correcting the cleft palates of children and performing reconstructive surgery on burn victims. "Having had six operations of my own" he said "I can empathize with my patients. I know how it feels to be afraid".

Some people have affectionately called him the "surgeon who

operates with his feet”. Francisco does not mind. With a smile he replies” My hand may not look pretty, but it works just fine. It is the miracle that allows me to do the work I most love and to give something back to those who need miracles of their own.”

“We all face obstacles of one kind or another in life. But if you let your deepest passion serve as your fuel, you’ll be able to travel the road back and move on to make your dreams happen”

- Dr Francisco Bucio

BEAUTY AND THE BEAST

Dr Flora Dorothy Lobo-Rozario

The occurrence of cancer is a common feature in many of our homes devastating our beautiful nests and tearing us apart with agony and burdens. Having encountered many cases of common and rare types of cancers, I thought it is worthwhile to write a brief article to share my experience.

Today, in every alternate home in Mangalore, there is a case of breast, lung, genitourinary tract, skin, blood or other cancers. They seem to affect little children to adults, old and aged, sparing none. The ignorance or innocence of our family /relatives or friends is worthy of comment. To illustrate, I met one of my school mate with a fungating right breast lump in the FNAC CLINIC of my place of work. Tears rolled instantly in my eyes for I knew she had high grade cancer with an ulcerated skin and invaded lymph nodes with systemic spread. Her loving husband, transferred on duty to another town was unaware of his spouse’s ill health and pathetic state. This lady well educated, highly skilled, but unaware of self care, ignored herself to succumb to her disease. She failed to SELF EXAMINE and consult a doctor as soon as she noticed the lump.

Well the list of mishaps are many. Let us now look at the brighter side of another case of early detection of cancer. This lady, discussed her breast lesion which she noticed because of nipple erosion. The lesion was small, localised and just palpable. FNAC Clinic on aspiration yielded less cancer cells. However I cautioned her of her risk of spread if not attended early. She refused initially praying for a miracle to happen,

repeatedly attending novenas and visiting all religious centers of Mangalore. When we met at church, she listened carefully to my opinion to consult a surgeon for removal of lump. The report was of low grade cancer of breast - stage I. She is today with high energy, ever smiling and grateful for timely care. Often, she reaches out to other victims of this disease.

To mention of another incident of a young priest, who took treatment for his lymphoma only when he reached stage IV disease. Three hours of five goodwill persons succeeded in counselling him of his cure. Today he is the counsellor for many of the patients of his oncologists helping many victims of the dreaded disease.

Self help is the best help, initially to palpate for unusual nodules or lumps. Prompt early excision, with positive attitude can change the beast called cancer and eradicate it, thus changing the health for better.

Beauty and the beast is within, we can over power the beast if we take a little precaution and make our life beautiful. Early consultation is necessary for cure.

TRIBUTE TO LATE DR GILBERT GOVEAS

(Passed away on 7th December 2014)

Glenn Pinto

“Death is not the end of life but the beginning of a new life in Jesus Christ.’ Every human being journeys through life on a course charted by the Creator; it is how we live on that journey which really matters. Dr Gilbert Goveas lived his life on earth with the grace of God. Although he lost his mother in childhood, he was blessed with a very devoted wife and two loving and caring children. One could ask for no more. A doctor by profession, he worked hard to heal and touch the lives of people. Being compassionate, he reached out to the marginalised. This calls for a spirit of caring and giving which Gilbert had in bountiful measure. His life is an example to emulate. Surely his family will treasure memories of his wonderful life. Through his impactful life, he has spread seeds of happiness all around. May his soul rest in peace”

Dr Gilbert Goveas is survived by his wife Theresa and daughters Nita D’souza and Charmaine Pinto.

(SPONSORED)

HEARTWARMING AND ELEVATING STORIES OF GOODNESS

THE SAMARITAN TAXI DRIVER

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” — Maya Angelou

Kent Nerburn is an American sculptor and Author focusing on American life and spirituality. The following is a true story narrated by him.

Twenty years ago, I drove a cab for a living. It was a cowboy’s life, a life for someone who wanted no boss. What I didn’t realize was that it was also a ministry.

Because I drove the night shift, my cab became a confessional. Passengers climbed in, sat behind me in total anonymity, and told me about their lives. I encountered people whose lives amazed me, ennobled me, made me laugh and weep.

But none touched me more than a woman I picked up late one August night. I was responding to a call from a small brick four-plex in a quiet part of town.

I assumed I was being sent to pick up some partiers, or someone who had just had a fight with a lover, or a worker heading to an early shift at some factory for the industrial part of town. When I arrived at 2:30 a.m., the building was dark except for a single light in a ground floor window.

Under these circumstances, many drivers would just honk once or twice, wait a minute, and then drive away. But I had seen too many impoverished people who depended on taxis as their only means of transportation. Unless a situation smelled of danger, I always went to the door. This passenger might be someone who needs my assistance, I reasoned to myself. So I walked to the door and knocked. “Just a minute”, answered a frail, elderly voice. I could hear something being dragged across the floor. After a long pause, the door opened.

A small woman in her 80s stood before me. She was wearing a print dress and a pillbox hat with a veil pinned on it, like somebody out

of a 1940s movie. By her side was a small nylon suitcase. The apartment looked as if no one had lived in it for years. All the furniture was covered with sheets. There were no clocks on the walls, no knick-knacks or utensils on the counters. In the corner was a cardboard box filled with photos and glassware.

“Would you carry my bag out to the car?” she said. I took the suitcase to the cab, and then returned to assist the woman. She took my arm and we walked slowly toward the curb. She kept thanking me for my kindness. “It’s nothing”, I told her. “I just try to treat my passengers the way I would want my mother treated”.

“Oh, you’re such a good boy,” she said.

When we got in the cab, she gave me an address, and then asked, “Could you drive through downtown?”

“It’s not the shortest way,” I answered quickly.

“Oh, I don’t mind,” she said. “I’m in no hurry. I’m on my way to a hospice.”

I looked in the rearview mirror. Her eyes were glistening. “I don’t have any family left,” she continued. “The doctor says I don’t have very long.”

I quietly reached over and shut off the meter. “What route would you like me to take?” I asked.

For the next two hours, we drove through the city. She showed me the building where she had once worked as an elevator operator. We drove through the neighborhood where she and her husband had lived when they were newlyweds. She had me pull up in front of a furniture warehouse that had once been a ballroom where she had gone dancing as a girl.

Sometimes she’d ask me to slow in front of a particular building or corner and would sit staring into the darkness, saying nothing. As the first hint of sun was creasing the horizon, she suddenly said, “I’m tired. Let’s go now.”

We drove in silence to the address she had given me. It was a low building, like a small convalescent home, with a driveway that passed under a portico.

Two orderlies came out to the cab as soon as we pulled up. They were solicitous and intent, watching her every move. They must have been expecting her.

I opened the trunk and took the small suitcase to the door. The woman was already seated in a wheelchair.

“How much do I owe you?” she asked, reaching into her purse.

“Nothing,” I said.

“You have to make a living,” she answered.

“There are other passengers,” I responded.

Almost without thinking, I bent and gave her a hug. She held onto me tightly. “You gave an old woman a little moment of joy,” she said, “Thank you.”

I squeezed her hand, and then walked into the dim morning light. Behind me a door shut. It was the sound of the closing of a life.

I didn’t pick up any more passengers that shift. I drove aimlessly, lost in thought. For the rest of that day, I could hardly talk. What if that woman had gotten an angry driver, or one who was impatient to end his shift?

What if I had refused to take the run, or had honked once, then driven away?

On a quick review, I don’t think that I have done anything more important in my life. We’re conditioned to think that lives revolve around great moments. But **great moments often catch us unaware – beautifully wrapped in what others may consider a small one.**

IMPACTFUL CHARITY OF HAKHCHAND SAWLA

Forwarded by Francis T.R. Colaco, Bangalore

A young man in his thirties used to stand on the footpath opposite the famous Tata Cancer Hospital at Mumbai and stare at the crowd in front- fear plainly written upon the faces of the patients standing at death’s door; their relatives with equally grim faces running around.. These sights disturbed him greatly.

Most of the patients were poor people from distant towns. They had no idea whom to meet, or what to do. They had no money for

house repaired and painted for Christmas. I was literally stuck in the house when my son in law's father came to help me. Was I happy? Sure! While giving me a helping hand he said: "*You have two flats, isn't it Tina? You have given one to your son, why don't you give the other to your daughter...then you'd have no worry at all.*" I was dumb founded for a moment. "*And where will I go?*" I burst out angrily giving him a dirty look. The poor man, seeing the fumes emerging from my nostrils and ears, excused himself and scooted off.

'I have romantic woes. Wow! That's interesting...don't we want to hear this? Well nothing to rave about yar, in fact every time I see him my blood boils and my BP rises. It's this guy from the neighbourhood... I won't reveal his name ok....but I'll call him Bumble bee. You know what he does. He buzzes about me, asks if I need help, offers to carry my grocery bag, pays my bills and is willing to run errands for me. I was happy the first few weeks, but when he let his feelers touch my body, here and there, and when called me honey, I saw his true colours, and dropped him like a steaming potato.'

'I went to my hometown down south recently for my niece's wedding. I wore a bright orange coloured sari, had a dozen bangles on my hands and put up my hair allowing a few kiss curls on my cheeks. I must admit that I looked stunning. One roly poly aunt crawled up near me and with raised eyebrows, twisted lips and for all to hear she said, "*Widows must not dress like this.*" I quickly looked her in the eye and told her that our Bishop in Bombay had permitted us to dress just like this. "*Bapre, she's friendly with the bishops too!*" she exclaimed and walked away defeated.'

'I have a nice big airy kitchen, but I dare not open one window. Every time I do so I find Mr. Peek-a-boo peering at me. Sometimes when I am angry, I just shout "*Boo! You Peek-a-boo*" Immediately he withdraws his mug...indeed he's such a queer.'

'O dear! I'm getting so old that all my friends in heaven will think I did'nt make it.' 'What about me?...not being able to open a jar or fix a bulb, or open the gas cylinder...it's a real pain. I call in the watchman to help, but for protection I keep two or three knives around, handy enough to grab if he makes a wrong move or attacks me.'

Well, well! The evening ended on an uplifting note when the genteel hostess served some cake, cookies, and kulkuls with tea.

Everyone by now had their fill of laughs and giggles. One of them said that despite the woes widows have to face, Hope and Life had made a difference to their lives. **“Thirty years ago widows felt like victims in society. We now feel bold and empowered”** Today, they are no more in perpetual mourning and weeping. They have left the past behind and moved ahead with Hope, living life graciously and happily. They have become women of Faith and are confident to take on life’s challenges in their own stride. They are thankful to the Association that has helped them emerge victors of different life situations.

I’M ALWAYS LOOKING UP

Naveena Menezes(III B.Com), Mangalore

“Sometimes”, said Winnie the Pooh, “the smallest things take up the most room in your heart”.

Although short stature has been perceived as a negative trait in human beings, an individual’s height has nothing to do with his or her ability. History has innumerable examples of people who may have been short in height, but dreamt larger than life. Their perseverance, talent and sheer will to outperform others, has earned them an indelible mark in the pages of eternity. Napoleon Bonaparte, Yuri Gagarin, Pablo Picasso, Ludwig van Beethoven, Harry Houdini, Dolly Parton and Kylie Minogue are a few from a long list of celebrities, who even though were under 5’4, went on to excel in their respective professions.

Being the shortest in my family, I am usually the inspiration of all height-related jokes, especially from a younger-but-taller sister, who assumes all authority when she looks down upon me from a mere 2.5 inches. Questions like “which school are you in?”, “you’re in the final year, really?” and “didn’t your mummy give you Complian?” have attained the status of immunity, without having to seriously doubt the enquirer’s vision and intellect. Even being stopped by a traffic policeman

while driving, to check my completely legitimate driving license was initially insulting at first, but is now shrugged off nonchalantly.

Free advice on how to increase your height, especially in our country, seems to have endless supply but a largely disproportionate number of takers. The irked parts of my brain dreams of taxing it, and thereby reduce economic disparity in India, while the sensible (and surprisingly still existent) CA student part churns out a million reasons how it cannot be practically possible so. However, not-so-free products are also abundantly available in the markets, but its' depressing advertisements put one off immediately. Seriously, since when did suitable individuals get rejected for a job, just because of their less-than-average height? Unfortunately, the same does not apply to marriage proposals, where before character and personality, height and looks are considered.

Yes, I am 5 feet 2 inches, and it's something I am hugely proud of. In case you were wondering, I cannot reach the top bar to steady myself in a bus, whose driver thinks he's steering a Ferrari, or find the perfect sized pair of jeans, without having to alter them. But yes, I will be able to wear my sister's clothes and my mom's shoes, play kid's roles in skits and get away with unfavourable situations with a pleading look on my face. Sure, I have to stand on tip-toes while reaching for something on the top-most shelf, or to hug my taller best friend, but all in all, it is something that I accept, for it is one of the things that make me who I am. And if you ask me the best part? I'm aiming high, I'm dreaming big, I'm always looking up.

A WARM WELCOME TO THE NEW LIFE MEMBERS

1. Mrs Lynette Lobo, Bangalore
2. Mr Loy Noronha, Mangalore
3. Mr Irwin Francis Lobo, Mangalore
4. Mrs Helen Martha Pinto, Mangalore
5. Mr Maurice P. Lobo, Mangalore
6. Mrs Caroline Menezes, Mangalore

TRIBUTES TO LATE GODFREY S.A.SALDANHA



By Family & Friends

Lorna Mathias (Daughter) - “How can we put into words what this great and exceptional person was to all who knew him? As one of his colleagues said ‘To know him was to love him’. Dignified, brilliant, a man of integrity, always so loving, cheerful, with such a positive attitude

to life”

He joined the Railways in 1941 and by sheer grit, hard work and determination, rose to the top as General Manager, the only Mangalorean to hold that post. He left his mark in every sphere. He was one of the first to champion modern management strategies, to modernize operations, improve infra-structure and passenger and freight amenities.

Never proud of his position, he nevertheless used it to help the poor and several charitable institutions during the course of his many postings. In Tiruchinapalli, he managed to get an electricity connection from the Highways to a Leprosorium, one kilometer inland, where the leprosy patients were getting frequent burns from the kerosine lamps they were using. In Kolkatta, he arranged for a water pipe from the Outer Signal to provide drinking water to the leprosy patients living in a nearby colony and requested the Railway doctors and nurses to visit the colony regularly. Blessed Mother Teresa was a personal friend and on her request, he managed to procure a large piece of railway land that enabled Mother to build a home for the destitute poor in Kolkatta.

After retirement from the Railways, he joined the Kothari Group as Director and travelled to Japan, Australia, USA and South Africa. He was considered the royal doyen of the Mangalorean Catholic community and was admired and respected for his dignified leadership and sagacity,

MaryAnne Mathias (daughter) – Where do I start re-collecting your illustrious life Daddy? The principles you steadfastly upheld, your extraordinary humility despite the pinnacles you scaled in your profession, your religious fervor, your forgiving nature. Please guide us from above and give us the strength to sustain the righteous path you followed.

Torun Mathias (grandson) : Through the annals of history, there have been many descriptions of what encapsulates a “gentleman” and I

can confidently say “Dama” (as we grandchildren called him), captured all of them. A finer role model I could not have prayed for. He was the most loyal, caring and loving husband, the perfect father, loving yet strict. He was God fearing.

He rose to the top post of General Manager in the Railways, where he was revered, loved and feared by every officer and peon. He could re-write the book on ‘Social Graces’, chivalry and proper conduct. His command of the English language was impeccable. He was the chosen toast-master at several functions he graced, with his tall 6-foot frame so immaculately dressed. He was generous to a fault. He was truly an Officer and a Gentleman and perhaps the last of his kind, since I for one have not seen or heard of a gentleman like him yet.

Arun (grandson) – I don’t exaggerate when I say ‘Dama’ was an inspiration to all who knew him, a perfect role model to his grandchildren. His love and admiration for Nana was so apparent, such an example to us newlyweds.

Nayantara (grand-daughter) – I remember ‘Dama’ as someone who exemplified outstanding humility, graciousness, remarkable generosity, rare piety, tremendous integrity and prodigious wisdom. His gentle demeanour, purity of thought and word encouraged and inspired all who were fortunate to know him. He laughed often and loved much. He looked for the best in others, appreciated beauty. We owe much of what we are today to what he taught us. In the words of Henry W.Longfellow “Lives of great men All remind us, we can make our lives sublime, and departing leave behind us footprints on the sands of time”

Rasika (grand-daughter) – “All good men and women take responsibility to create legacies that will take the next generation, we could only imagine (Jin Hohn). ‘Dama’ you called us your ‘Lovely Ten’ and in us jointly your legacy lives on. Your story will be told to the next generation to reach beyond all imagination.

Monisha (grand daughter) – ‘Dama’ was an amazing and wonderful man, as a husband, father and grandfather. As a husband, we could rarely find a more devoted loving person. His every heartbeat would echo his love and concern for Nana’s welfare and happiness; as a father, he was always there for his 4 daughters and taught them the

values of a strong united family with spirituality, hard work and humility. As a doting grandfather, he was kind generous and patient.

Prashanth (grandson) – For me, ‘Dama’ had an extraordinary sense of love, duty, balance, and patience. He enjoyed life and everything it had to offer. I always thought if I could be half the man he was, I would feel accomplished.

Kayara (grand-daughter) – My darling grandpa will be remembered for his qualities of strong support, love and for always being there for his loved ones, whatever the circumstances or consequences. We will miss him dearly.

Dicky Saldanha (Son-in-law) – We loved him, we admired him, we walked behind him. I have had the privilege to watch and see the way the family adored him and the way he adored them back. They gave the words “Husband and Daddy” a whole new meaning, an incalculable source of strength, security and blind faith. What he leaves behind is a fine example of what he said, what he did and what he stood for – kindness, simplicity, humility, dignity and honesty. These family values are the wealth he has left us-his family and friends.

M.K.Kabir (High Court Judge) – Godfrey was one of the finest men I have ever met in my life. He was affectionate, practical, kind, humble. It is rare to come across a person of such almost divine qualities.

Alagre Muthu (Swiss Consul) – A noble soul has passed away and in his passing, leaves behind a memory never to be displaced but only to be treasured. He was a grand gentlemen with the finest of qualities few can emulate; his life was truly a lesson to us all.

Vikram Raghavan (World Bank-Washington) – Uncle Godfrey was indeed a great and good man. In the career he started in 1941, he climbed to the top, but despite the many demands on his time, he was a devoted husband, father and grandfather, presiding over a large and remarkable family, bestowing much love and affection. As Christopher Wren said “If you see his monument, his family represents a lasting one, to his life and work”. It is this legacy we must celebrate as we mourn his passing”.

Joseph Prabhu (California State University) – What I admired about Godfrey was that he rose above the concerns with prestige and status, always humble and gracious, recognizing the role that God’s grace and good fortune play in such success. His character, integrity and devotion to friends and family was remarkable.

(SPONSORED)

REMEMBERING THOSE WHO WERE THE FIRST

(PART - II)

Gerald Lobo Prabhu, Bangalore

Martin Pais (1852-1921): In 1880 founded the first Departmental Store in Mangalore – “**M. Pais & Sons – Wine and General Merchants**”. The shop was famous for, among other products, ginger preserve (locally made), confectionary, tinned provisions, dry fruits and liquors imported from England. Originally situated in Bunder, the store was later moved to Maidan Road, where it functions today.

Martin Vaz: Opened the first spectacles shop in Mangalore, towards the end of the 19th century. He worked for Fr. Muller’s Hospital at Kankanady, which was founded in 1880. After leaving Fr. Muller’s, Martin set up his own spectacles shop and pharmacy, under the style of **Malaria Company** at Hampankatta. Before that Mangaloreans who needed spectacles got them from Bombay or Madras or on their trips to England for higher studies. Initially he imported medicines and spectacles from Germany and America. For those who could not come to the shop in person, he offered postal parcel service.

Mary Magdalene Coelho: To Mary Coelho, popularly and affectionately known as Mornel Bai, goes the credit of making the first venture into coffee plantation on a commercial scale among Catholics. She belonged to the Coelho family of Codialbail. She first started the Balehole Estate in the district of Chickmagalur sometime around the middle of the 19th century.

Maurice Sreshta (1872-1952): B.A. - Bar-at-Law, was the first lay President of the Catholic Association of South Kanara (C A S K) from 1951 to 1952. All previous Presidents from 1914 to 1950 were prelates.

Maurice Sreshta also had the distinction of being the first non-European to attain the position of Postmaster General, Ceylon, having joined the Colonial Civil Service in 1897 and serving in different capacities for several years.

Nicholas John Saldanha (1805-1853): Of the Omzoor Saldanha family, was the first native Mangalorean to be appointed District Munsiff

in the Madras Presidency.

Ophelia Noronha (b. 1923): Daughter of Salvadore Aranha, possesses the distinction of being the first Mangalorean lady to secure the LL.B degree in 1943. She did not however take up a career in law.

Patrick Castelino (1876-1953): Son of Paul Castelino was the first Mangalorean Catholic to attain the position of Presidency Magistrate, having joined the judicial service of Madras Presidency.

Percival Lewis: Son of Marcel Lewis was the first Mangalorean to attain the position of Inspector General and Chief of Police of a state – Mysore state in 1971.

P. F. X. Saldanha (1860-1935): Coffee planter and Proprietor, Highland Coffee Works, P.F.X. Saldanha was the first Indian Catholic to be a member of the Madras Legislative Council (M.L.C.). He held this position from 1910.

The coffee curing pioneer was the first resident of South Kanara District to own a four-wheeler driven in Mangalore. Saldanha imported the De Deon automobile from France in October 1906. The open top single-cylinder 8/10 hp car had a maximum speed of 19 miles per hour. It was later donated by his son, J.G.X. Saldanha to St. Aloysius College Museum – Aloysium, where it is preserved as a piece of history.

Reginald Rebello (1916-1977): Son of Albin Rebello, was the first Mangalorean to attain the prestigious position of Chief Secretary of a State Government – Karnataka, in Independent India. He joined government service in pre-independence days and was incorporated into the I.A.S. following Independence.

Salvadore Britto (b. c 1890): A criminal lawyer, Salvadore was the first native Catholic Chairman of the Mangalore Municipality. He was also the first member of the community to be awarded the title *Rao Sahib*.

Saturnine L. Mathias (1868-1940): A pioneer coffee and tea planter, S.L. Mathias was the first lay founder member of C A S K. which came into existence in 1914. A member of C A S K who contributed Rs. 500 was designated as Founder Member and those members who donated Rs 250 were designated as Benefactors.

S. L. Mathias was also the first and until now the only Catholic to be conferred two coveted awards: Knighthood of St. Gregory and Dewan Bahadur. He therefore has the unique distinction of having two titles: *Chevalier* (church award) and *Dewan Bahadur* (State award). He was also the first Indian to grow tea on the Western Ghats. He established the *Kelagur Tea Estate* for which he was assigned 450 acres of land on easy terms by the Mysore Government.

Stephen Antony Aranha (1863-1947): From the Mulki Aranha family was the first Mangalorean to join the service of the erstwhile Mysore Government. He retired as Postmaster at Chickmagalur.

Teresa Castelino (1884-1961): Daughter of Paul Castelino, as Mother Josephine A.C. was the FIRST INDIAN Superior of the Apostolic Carmel.

Una Pinto (b. 1919): Daughter of Salvadore Aranha, Sub-Judge, Bombay Presidency, has the distinction of being the first Mangalorean lady to secure the degree of M.D. (1945) and F.R.C.S. (1947). Una and her husband, Anthony Pinto eventually migrated to London.

Vitus Lawrence D'Souza (1896-1993): The honour of being the first Mangalorean Catholic to hold the prestigious post of Vice- Chancellor of a University belongs to Prof. V.L.D'Souza. A great educationist, he was a Professor in Maharaja's College, Mysore and became the Vice-Chancellor of Mysore University, in which capacity he strove to secure autonomy for the University.

Walter Rebello (1913-1990): Son of Sebastian Rebello, was the first Mangalorean to be elected a Fellow of the Royal College of Gynaecologists.

<p>CASK organizes International Women's Day Workshop in collaboration with Women's Cell of Roshni Nilaya</p>
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Date : 9th March 2015

Theme : Changing Faces of Women in India

Keynote Speaker : Dr Malini Hebbar

Prof. of English, St Agnes College

POINTS TO PONDER, FEBRUARY 2015

Norbert Shenoy

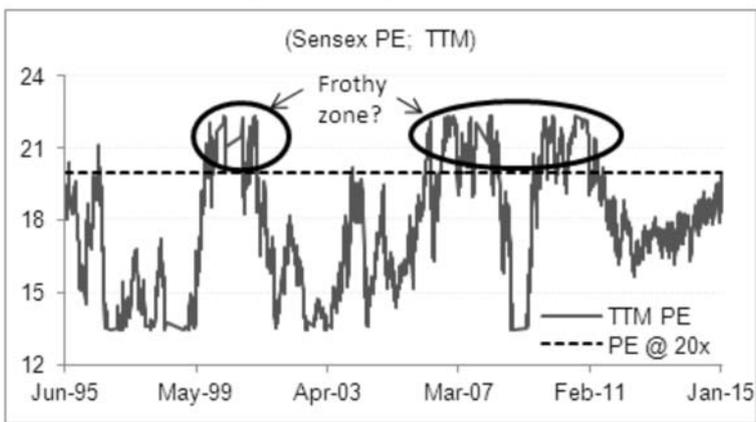
Frothy Zone?

At least going by the chief guests attending India's Republic Day celebrations, India seems to be growing in stature! Now it has been the turn of US President Obama to grace the occasion after Shinzo Abe of Japan last year. And the week preceding the 66th Republic Day was a good one for the Indian stock markets. The BSE-Sensex gained by over 4% in those seven days. Market sentiments were already buoyed with the RBI beginning its interest rate cut cycle. To add to that, ECB Chief, Mr. Draghi's QE gift to the world (emerging markets especially) came in as a bonus.

The Sensex continues to make history as the days go by. And in the process Indian stocks are becoming more and more expensive as the earnings growth is not moving in tandem with the rise in prices.

As per the BSE website, the Sensex PE currently is a shade below the 20X figure (based on its trailing twelve month earnings). With this, the Indian markets seem to be entering the frothy stage now. This is borne out by the fact that over last two decades, there have been about 4,950 trading days, of which market traded above the 20x mark about one-fourth of the time. The chart below gives an indication of the same.

Indian stocks entering the frothy zone?



While Indian stocks may not yet be in the ‘overvalued’ territory (as markets have moved up as high as 22x to 23x), it would not be wrong in saying we are on the border line.

No doubt there are a host of factors pointing towards the *achche din* continuing from here on. Some of which include:

- The very high foreign investor interest. ‘*Never has India been so loved by global investors*’ read the title of an article published by the Mint recently. An excerpt from the article - ‘The Bank of America-Merrill Lynch (BoFA-ML) survey of global fund managers for January shows that exposure to India is around four standard deviations above the historical mean among global emerging market investors.’
- A bigger pipe of cheap money has opened up - ECB stimulus
- Crude prices are favourable
- Inflation is seemingly under control leading to lower interest rates expected going forward
- A bounce back in earnings cycle.

The year-end target for the Sensex is about 14% higher from current levels, as predicted by some major foreign brokerage houses. At the same time, there are reports as to the high probability of the Sensex’s EPS consensus being lowered for the current year, given the results for the quarter ended December 2014 not having met expectations due to various factors - domestic and global.

Identifying the rationale for market declines may be easier in hindsight; but when we are amidst bullish phase, there are always reasons one finds as to why things may be different this time around. This has happened in the past, and will definitely continue to happen in the future as well.

The fact that Indian markets are amongst the most expensive global market in the world, coupled with the messy situation across the world, things could take a turn for the worse as and when the tide turns.

Yes, while the Indian economy may be more insulated from the global economy, and the long term story does remain intact, all of the above mentioned points do indicate that a considerable amount of the upside is already priced in for the near term. Reason enough to adopt a more selective and gradual approach to investing. But most importantly, invest in equity only if you have savings that you are prepared to forget for the next 10 years or more. Then, who knows, you could celebrate with Rakesh Jhunjhunwala, India's big bull, who says that he would be disappointed if the Nifty doesn't touch 1,25,000 by 2030! For the Sensex, this means a level of 4,20,000, nearly 14 times higher from its current levels. But then it was only 100 in 1979-80!

Crude Plunge & Ice Creams!

Coromoto, an ice cream parlour in Merida, in the oil producing nation of Venezuela, has closed down. It was famous for its 900 flavours that it would dish out during its busiest season November. The reason? Milk shortage caused by the 64 per cent inflation rate, the world's highest. Well, they say, that over 50 per cent fall in the price of crude is what has caused the runaway inflation.

In the consuming countries like the US (it now, is also a major producer of the commodity) trucks, which burn more gasoline, have outsold cars by the highest level in December 2014 since 2005.

For India, with dependence on imported crude to the tune of 75 per cent, the ever increasing import bill is likely to have a much needed relief of about \$32 billion in the budget of the current financial year, and if the trend continues, it may reach \$50 billion.

The biggest gainer from falling crude prices would be Philippines, where growth would accelerate to 7.6 per cent if the oil price remains at \$40 a barrel over the next two years. On the other hand, Russia would contract 2.5 per cent per annum over the same period.

NEWS & NOTES

PASTORAL LETTER ISSUED BY CATHOLIC BISHOP'S CONFERENCE OF INDIA IN RESPONSE TO 'GHAR WAPSI'

The Catholic Bishops' Conference of India (CBCI) has issued a "pastoral letter" to all its dioceses urging followers to be steadfast in their faith and continue to uphold the secular democratic nature of India.

The letter, that came after incidents of 'ghar wapsi' (home coming) and attacks on minorities across the country, is to be translated in all languages and read out in Catholic churches.

In the letter, CBCI President Cardinal Baselios Cleemis said, "We are not fighting against any political party but for sacred ideals of our nation like freedom of religion, freedom of consciences, fundamental rights, and democracy as guaranteed by our noble Constitution".

Listing a slew of measures to be adopted at the diocesan and parish level to help the laity keep faith in the face of such threats, the Cardinal urged the Prime Minister to "intervene urgently and take appropriate action to stop incidents that pose a big threat to the unity of this secular nation and put an end to the statements made by the responsible persons in the central ministry and of the party".

The letter points out that Christianity has its roots in India for almost 2,000 years and asserts that the "recent controversies in the name of religious reconversions portray a negative image of India".

The Cardinal has also sought to draw a distinction between "conversions of a religious nature" and 'ghar wapsi'. While the former is an exercise of one's free will and a fundamental right, 'ghar wapsi', according to him, is "a political process carried out by the powerful exponents of religious nationalism – much against the principle of secularism."

STATE LEVEL PEOPLE’S CONVENTION HELD IN AHMEDABAD ON FEBRUARY 7TH & 8TH 2015

Report by Fr. Cedric Prakash, SJ

Ahmedabad witnessed a unique event on February 7th and 8th 2015 as a 2-day State Level Convention brought together more than 500 women and men from all over Gujarat. They were local leaders; mainly adivasis, dalits and other backward communities (OBCs). They had come together to highlight their many grievances, to increase their bonding and in solidarity to say to those who attempt to control their lives and destinies, that they can no longer be taken for granted. The theme of the Convention was “Chaalo Lokshahi melaviye” (Come let us ensure People’s Rule: Democracy)

In his inaugural address to the Convention, Fr. Francis Parmar, the Provincial of the Gujarat Jesuits emphasised that the four pillars of justice, liberty, fraternity and equality should never be compromised. He called upon the people to be united so that they can achieve their goals; to be truly effective, he asserted, one needs to have the commitment to struggle to the very end.

The highlight of the programme was a Public Hearing presided over by Mr. Girish Patel, Senior Counsel of the Gujarat High Court and the doyen of the human rights movement of Gujarat. The other jury members were Dr. Sudarshan Iyengar, former Vice-Chancellor of the Gujarat Vidyapith and Mr. Rohit Prajapati, environmental activist. Several local leaders representing various communities from across Gujarat made submissions about their pathetic conditions; these included issues related to ‘jal-jungle-jameen’ (water, forest and land), their right to shelter, their right to livelihood and work, atrocities on dalits and on women; the way their land was acquired by the big corporations and mega-projects like that of Ukai and issues related to PESA and Panchayati Raj.

Mr. Girish Patel exhorted the huge gathering to jointly demand their legitimate rights. *“The rights belong to the people and the Government must realise this”*, he said. *“The judiciary has consistently failed the poor, the marginalised and the other sub-*

altern groups of the country.”

Several other eminent personalities and activists addressed the Convention; Added to the bonding of a memorable convention was a delightful programme consisting of adivasi dances and various plays which focussed on different social themes.

The Convention concluded with an resolution which unanimously says, *“We, leaders and other concerned citizens of Gujarat (representing 750 villages of 34 talukas and urban slums of Surat and Ahmedabad) at the conclusion of a State Level Peoples’ Convention held in Ahmedabad on February 7th & 8th 2015 on the theme ”Chaalo Lokshahi melaviye” (Come let us ensure People’s Rule: Democracy) resolve that: issues which affect us such as our forests’ lands, displacement, the north bank of the Ukai, non-implementation of the PESA law, the tardy delivery of justice on atrocities to the dalits; the deliberate injustice by several Panchayats; the unresolved questions vis-a-vis housing for the urban poor, be urgently addressed. We call upon the Government and their relevant institutions to act promptly and to ensure that we get our legitimate rights and the justice due to us.”* This Peoples’ Convention was held under the aegis of PEOPLESJ (Promoting Effective Organisations, People’s Leadership for Equity, Solidarity & Justice) which is an initiative of JESA-Gujarat.

MYSTERY - MORE MARRIED WOMEN THAN MEN IN INDIA

Flavia Agnes, Majlis, Mumbai

Just released census data shows that there are about 6.6 million more women who are "currently married" than men in India. While part of this might be accounted for by married men who have migrated abroad for work leaving their wives behind, the data also indicates that there are a very large number of women in polygamous marriages. The data also shows that in 2011, the census year, more than 18 lakh girls under the age of 15 were married.

Of the total 1.2 billion population about 580 million were married at the time of the census - 293 million women and 287 million men.

A state-wise comparison of married women and men shows the migration effect. For instance, Kerala has the highest skew with 1.13 married women for every married man. It is followed by Uttarakhand, Himachal Pradesh, UP and Bihar, where this ratio ranges from 1.04 to 1.07. These are all states with high outflows of migrant workers. On the flip side of this, Maharashtra, Gujarat and Delhi, states known for a high influx of migrant labour, have more married men than women.

Another male-female skew is in the proportions of the two genders married in different age groups. In the 20-24 year group, about 69% of women were married while just over 30% of men of this age were married. The difference between proportion of married men and women to the total population of an age group gradually decreases after 24 years of age.

Of the 18 lakh under-15 married girls, more than 4.5 lakh had also witnessed child birth. About 3 lakh under-15 mothers had two children at the time of the census. Of the total 7.8 lakh children born to girls below 15 years of age, about 56,000 had already died. Thus, there were a large number of girls who before the tender age of 15 had got married, delivered babies and also seen their child die.

Rajasthan had the highest proportion of girls aged 10-14 married with 4% of the 40 lakh girls of this age married. Rajasthan was followed by Maharashtra, Goa and Gujarat, all having more than 3% of girls aged 10-14 being married.

M.P.NORONHA NOMINATED AS SYNDICATE MEMBER OF MANGALORE UNIVERSITY



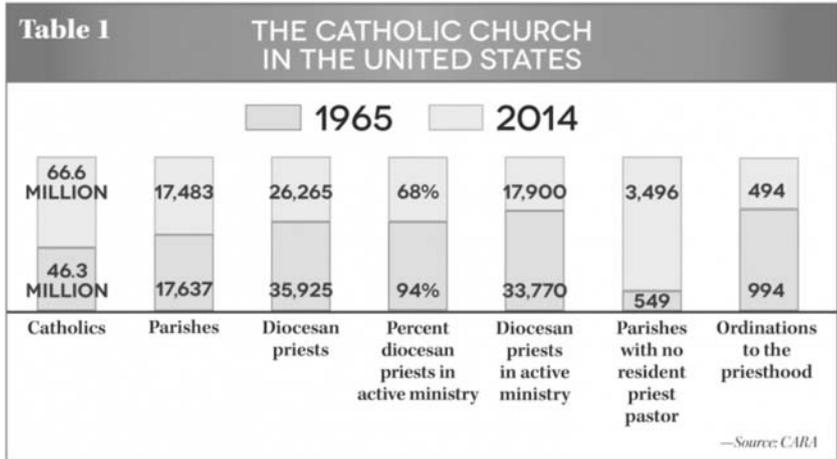
Mr M.P.Noronha, well-known advocate and Secretary of the Mangalore Diocesan Council has been nominated as a Member of the Mangalore University Syndicate.

CASK congratulates Mr Noronha on his appointment to the Mangalore University Syndicate and wishes him every success.

THE PROBLEM OF AGING DIOCESAN PRIESTS IN USA

Jack Ruhl (Internet Access)

The Catholic priesthood is aging at an alarming rate, and thousands of U.S. diocesan priests are expected to retire within the next few years. A comparative data of the situation in 2014 compared to 1965 highlights the problem as shown in the Table below :



Fewer than 26,265 diocesan priests remain in the U.S. today and of them, only about 17,900(68%) are still in active ministry (Table 1). Only about one-third as many new priests are being ordained each year to make up for the ones who are retiring, dying or leaving active ministry. Dioceses now have one retired priest for every two active priests, and half of all priests in active ministry are over the age of 60.

Half of all priests currently in active ministry are expected to retire by 2019, and most of them expect to receive the pension payments they’ve been promised. The looming shortage of priests is a matter of great concern to Church leaders. It has implications for sustaining Catholic parishes as eucharistic communities. Another, more hidden crisis lurks in diocesan pension reserves that are underfunded, many of them seriously.

ACHIEVEMENT OF RAHUL DEANS



Mr Rahul Deans, CEO of COCOBERRY, India has been awarded the **Most Talented Retail Professional of India** by the Asia Retail Congress at Hotel Taj Lands End, Mumbai on 15th February 2015.

Rahul Deans is an MBA from IIM-Ahmedabad with over 20 years of corporate experience.

He spent 10 years of his career with Hindustan Lever, which included postings abroad. After that Rahul worked in Russia and UK in FMCG & Retail and then joined Aditya Birla Retail, where he handled different roles. over a 4-year period. After moving to Go Airlines where he headed Corporate operations, Rahul joined COCOBERRY and has been CEO for the past 2 years.

Cocoberry is an India brand and is India's first and leading frozen yogurt chain. Rahul is passionate about creating a world class brand out of India.

Rahul is the son of Robin & Sheila Deans.

CASK congratulates Rahul on being declared the most talented Retail Professional of India and wishes him further success.

DR. SYLVAN REGO ELECTED AS THE PRESIDENT OF THE KARNATAKA BRANCH OF THE INDIAN ACADEMY OF PAEDIATRICS



Dr. Sylvan Rego, currently Professor and HOD of Paediatrics, St. Johns Medical College, Bangalore has been elected as the President of the Karnataka Branch of the Indian Academy of Paediatrics, Allergy and Applied Immunology Chapter for a period of 2 years starting January 2015. He is the youngest son of Corinne and

Late Gladwyn Rego of Bangalore.

CASK congratulates Sylvan Rego on being elected as the President of the Karnataka Branch of the Indian Academy of Paediatrics and wishes him a successful tenure.

Obituaries - February/March

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

1. Joseph G Furtado (Abbu) (52), Jeppu, husband of Joan Furtado (nee D'Sa), and father of Jadon, on February 8, 2015.
2. Lawrence Rodrigues (96), Alangar, husband of late Theresa Rodrigues, father of Benedicta/William, Florine/Elias, late Severine/late Alphonse, Simon/Cynthia, Monthina/Cyprian, Jacintha/Sylvester & Leena/Victor, on February 9, 2015.
3. Fr Henry Rodrigues (60), Bhagalpur Diocese, Bihar, son of late Santhan & Carmine Rodrigues, brother of Alphonse/Severine, Cyril/Clara Alvares, Sr. Silvana (St. Ann of Providence), Jerome/Flossy, David/Cecilia, Juliana/Felix, Jacintha/Gregory, on February 10, 2015.
4. Fr Henry Rodrigues (60), Bhagalpur Diocese, Bihar (Originaly from Bejai, Mangalore), son of late Santhan & Carmine Rodrigues, brother of Alphonse/Severine, Cyril/Clara Alvares, Sr. Silvana, Jerome/Flossy, David/Cecilia, Juliana/Felix, Jacintha/Gregory, on February 10, 2015.
5. John Monteiro (84), Bendur, husband of Juliana, father of Leslie/Sherly, Diana/Patrick, Ashok/Preema, on February 11, 2015.
6. Avinash Rajesh Pereira (33) Kelarai, son of Lucy Pereira & late Richard Pereira, husband of Freeda Sharita Pereira, father of Gizelle & Kennan, brother of Anisha/Rupert Lobo, on February 11, 2015.
7. Alexander Pinto (67), Bejai, husband of Margaret Pinto, son of late J D Pinto and late Mary Carmine Pinto, father of Arsan Pinto, on February 12, 2015.
8. Vitus Gilbert Coelho (Bertie) (84), Angelore, husband of Sheila, father of Devika, Aneesha and Vivek, on February 13, 2015.
9. Maurice D'Souza (76), Jeppu, husband of Cecilia D'Souza, father of Leena/late Oswald Rodrigues, Florine/John Furtada and late Francis/Cynthia D'Souza, on February 13, 2015.
10. Sr Guglielmina Pereira (82) Jeppu, Mangalore Sisters of Charity, on February 14, 2015 at St. Gerosa, Convent, Jeppu, Mangalore.

11. Fr Michael Marian Joseph Gonsalves (61), Diocese of Mysuru/ Virajpet, brother of Sr Merylle-CSST, Sr. Rosalina-CSST, John/Mary J Gonsalves, Wilfred/ Stella Mary Gonsalves, Rose Mary/Thomas, Peter Gonsalves, on February 15, 2015.
12. John Menezes (69), Milagres, husband of Lucy B. D'Souza, father of Averel/Paul/Arrol/Guardiane, Arron, on February 20, 2015.
13. Derrick Sequeira (65) Ejipura, Bengaluru, husband of Maria Luisa, father of Flavia/Bipin Nazareth, Ritesh/Linet Sequeira, Reema/ Anush Roche, on February 21, 2015
14. Alice Pais (100) Coimbatore/Milagres, wife of late Lawrence Pais, mother of Adrian/Thelma, Bernadette/Alphonso, Antoinette/Ronald, Lynette, Juliet, Ronald / Elvisha, on February 22, 2015.
15. Herald D'Souza (42), Kanajar/Dubai, husband of Laveena D'Souza, father of Henzel D'Souza, brother of William, Stany, Henry, Jerald, Monica Machado and Violet D'Souza, on February 24, 2015.
16. Amy Gonsalves (92), Montreal/Canada, wife of late Joseph (Jossy) Gonsalves (Ex - Bayers Pharmaceuticals, Mumbai), mother of Maureen/Joseph Coelho, Ingrid, Marlene, and Annette/T.N. Mohan, on February 26, 2015.
17. Christine Mary Sequeira (79), Kulshekar, wife of late Micheal Sequeira, mother of Oswald/Benedicta, Oliver/Apoline, Walter/ Shirley, Wilfred/Celestine, Audrey/Isabella Sequeira, Aureen/Micheal Mascarenhas, Olinda/Herald Crasta & Wilma/Vincent Serrao, on February 28, 2015.
18. Clara Veronica D'Souza (84), Bangalore, wife of late Charles D'Souza, mother of Cheryle/Michael & Conrad/Nirmala, on March 1, 2015.
19. Kevin D'Souza (70), Bangalore, husband of Philomena D'Souza, father of Kenneth/Shilpa; Keith/Preetha & Karen/Mathew, on March 2, 2015.
20. Herman J A Fernandes (61) Milagres, husband of Gretta Fernandes, Father of Jayer & Tania, on March 5, 2015.