



CATHOLIC ASSOCIATION OF SOUTH KANARA

Founded in 1914

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

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**"Mangalore" Edited & Published by Patricia Lobo for
the Catholic Association of South Kanara**

RNI No - 3699/57; Regn. No. MNG/130/2015-17;

Printed at Assisi Press, Mangalore

Posted at Mangalore RMS on 11-05-2016



EDITORIAL

May 8 is celebrated as Mother's Day and May 15 is observed as International Family Day. Mother is the main anchor or pillar of most families and acts as the glue that binds and unites the family. Coincidentally this year, the document "**Amoris Laetitia or The Joy of Love**" has been published by Pope Francis as a sequel to the Synod of the Family. This is certainly an extraordinary and insightful document. We have an article on the ten salient features of the document by Fr James Martin SJ.

Amidst the tragedy of heatwave and sunstroke deaths in several parts of India, a simple research finding from Chennai caught my eye. It established that the temperatures are at least 2 degree less wherever an area has at least a little tree cover compared to areas devoid of trees. And if the tree cover is large as in the IIT Chennai campus, the temperature is about 5 degrees lower. And yet, every city uproots trees in the name of development. We have the example in Mangalore of 75-100 year old trees being uprooted on the Kankanady-Jeppoo Road for widening of the road. There was a solution to save those trees, provided property owners along the road were willing to forego a little of their land but obviously no one was willing – it was easier to kill the trees! A sad state indeed!!

The Refugee crisis continues to trigger discussion and debate in all countries affected by this huge human catastrophe. Professor Jeffrey D.Sachs, eminent economist and Advisor to the UN Secretary-General, proposes a 3-point solution to the problem. Will there be any serious takers to the solutions proposed by Jeff Sachs? I don't know. Fr Cedric Prakash who is now in Refugee battlefield in Syria, Lebanon and other countries writes about **Fr. Frans van der Lugt**, a Jesuit priest who spent his lifetime in Syria and was murdered for daring to stay on helping the affected people.

As yet another academic year is on the horizon, its time to relaunch some of the CASK activities. We will continue with the

Personality Development in schools and colleges, which will include School of Nursing at Fr Mullers and other new institutions. Our wish is to provide Safe water facility in at least five more schools and Footwear for 500 barefoot school children. In addition, the annual scholarships will continue. We hope our members and well-wishers will help us fulfill these modest expectations.

As several parts of India including our Mangalore is having an acute water shortage, we pray for rains. This is our Mangalore, our Kodial, our motherland and our people suffering.

I would like to place on record our appreciation and thanks to Joan Lobo, Member of the CASK Governing Council who assisted and supervised the CASK office for nine months. Joan was dedicated, enthusiastic and committed and transformed the CASK office at Pio Mall into a 'Cozy Nook', with her artistic touch and efficiency. Thank you Joan!

Mother's Day greetings! A mother's biggest gift to her children is the confidence she gives them that they are loved and valued as they are, valued for being themselves, without criticism, without judgement. And only a mother can love like that without even trying. Friends remember "That Mother is you". Love is always right. !!!

Until next time.....Patsy Lobo

APPRECIATION

Dear Patsy - Pray you are doing fine. I read 'Mangalore' the magazine by CASK with much interest. You and your team are doing a fantastic job, congrats to you all.

I wish to tell you that the picture on the front cover left of the March issue, is just SUPER. I have never seen a more striking picture of the little boy Jesus so intent on helping in his Father's business. His toys - the nails, and the prophetic shadow of a cross is just brilliant. The picture has stunned many of my friends too. I would much appreciate if you sent me a copy of the picture if you have one to spare.

Thanks & God bless - Jeanette Viola Pinto, Mumbai



THE PRESIDENT SPEAKS

Fire, Fire, Burning Bright – Wisdom Cannot Be Transferred; It Has To Be Achieved.

On 10th April 2016, 107 persons were killed and close to 400 injured in the precincts of Puttingal Devi Temple at Paravur, south of Kollam in Kerala, as disaster struck when a fire cracker meant to burn in the air fell to the ground and exploded-sending sparks flying in all directions. The sparks reached the make-shift godown, igniting fire-works stored there. The explosions that followed brought down a building; power disrupted leaving the crowd in darkness-being clueless about escape and the magnitude of the tragedy. The post-accident pictures of the ground looked like a war zone with bodies and concrete chunks scattered all over.

A fortnight later, disaster struck at Delhi's National Museum of Natural History located next to FICCI House, New Delhi. In this instance, fire fighters had a tough time fighting the fire as the fire spread from the upper floors to the lower ones. As this incident happened during the night hours, no lives were lost. However, five fire fighters were injured and hospitalised. But this fire damaged priceless objects of extinct stuffed animals and birds (taxidermy) fossils, rare eggs, research findings and collection of books and videos on nature. The surprising part was that the building housing the Museum did not have a No Objection Certificate from the Fire Department and its fire fighting system was not in a functional condition.

The last week of April saw large parts of Uttarakhand forests engulfed by fire. We know forest fires are not easy to fight and more than 6000 forest staff struggled to contain the flames for over two weeks assisted by National Disaster Response Force (NDRF) and M117 Choppers of the IAF. In this case, the flora and fauna of Kumaon and Garhwal regions have been affected.

These three instances should be eye openers to all of us. You may ask me why? For a moment imagine, if you were caught in any one of the three scenarios what would have been your immediate reaction? I am highlighting fire safety in everyday life as the consequences of neglect are severe. When you invest in a flat or move into new office premises, have you made a risk assessment of fire hazard? I feel helpless when people argue that helicopters can come and evacuate people from high

rise buildings in the event of fire on upper floors. In reality smoke, winds and the rotors rotating can affect visibility and aggravate the situation in helicopter evacuation. The recent copter crash at an oil field installation in Norway should silence copter enthusiasts of our high rise buildings that we should not depend on others to save our lives in the first place.

Our parish feasts, weddings, Christmas and New Year get-togethers have fireworks display as an added attraction. I have witnessed when half burnt material of the pyro technic has landed on the trail of a bride's gown or on a car in the parking lot. Personally, I fought a fire when the sparks from fireworks ignited dry leaves in an adjacent compound at a New Year get-together. It took a good twenty minutes to douse the fire. This wisdom has to be achieved and cannot be transferred, for the mind does not know what the eyes don't see.

What, then, is the solution? In modern organisations we have the Health Safety Environment and Quality (HSEQ) policy. Why don't we implement the same in our temples, churches, mosques, institutions and halls? Having quality systems and procedures in management will bring in discipline, transparency and accountability at all levels. Time has come that, apart from laying focus on spirituality and charity work, we need to have a risk assessment of our projects and be professional in the management of risk.

As the city, state and nation are reeling under water shortage crisis, let us start working on climate change in our own way. On 22nd April 2016, 'The Earth Day', India along with 171 countries signed the Paris Agreement in the UN General Assembly Hall, marking triumph of collective wisdom. India, thus, will reduce its emission intensity by 35% before 2030 and build 40% capacity for power generation from non-fossil fuels. We can be part of the afforestation programme so that there is adequate green cover and water in abundance for the coming generation.

Very soon the schools will reopen and then our planned CASK activities will be underway. Education and training on social basic needs like first aid and fire fighting will be included in our personality development programme too. Understanding the basic fire triangle of starving one component of the triangle (Oxygen, heat and inflammable/combustible material) can save lives and property.

Jai Hind.

Capt. John Prasad Menezes

TOP TEN TAKEAWAYS FROM “AMORIS LAETITIA” SYNOD ON THE FAMILY JAMES MARTIN, S.J.

Pope Francis’s groundbreaking new document “Amoris Laetitia” (“The Joy of Love”) asks the church to meet people where they are, to consider the complexities of people’s lives and to respect people’s consciences when it comes to moral decisions. The apostolic exhortation is mainly a document that reflects on family life and encourages families. But it is also the pope’s reminder that the church should avoid simply judging people and imposing rules on them without considering their struggles.

Using insights from the Synod of Bishops on the Family and from bishops’ conferences from around the world, Pope Francis affirms church teaching on family life and marriage, but strongly emphasizes the role of personal conscience and pastoral discernment. He urges the church to appreciate the context of people’s lives when helping them make good decisions. The goal is to help families—in fact, everyone—experience God’s love and know that they are welcome members of the church. All this may require what the pope calls “new pastoral methods” (199).

Here are ten things to know about the pope’s groundbreaking new document.

1. The church needs to understand families and individuals in all their complexity. The church needs to meet people where they are. So pastors are to “avoid judgements which do not take into account the complexity of various situations” People should not be “pigeonholed or fit into overly rigid classifications leaving no room for personal and pastoral discernment.” In other words, one size does not fit all. People are encouraged to live by the Gospel, but should also be welcomed into a church that appreciates their particular struggles and treats them with mercy. “Thinking that everything is black and white” is to be avoided. And the church cannot apply moral laws as if they were “stones to throw at people’s lives”. Overall, he calls for an approach of understanding,

compassion and accompaniment.

2. *The role of conscience is paramount in moral decision making.* "Individual conscience needs to be better incorporated into the church's practice in certain situations which do not objectively embody our understanding of marriage". That is, the traditional belief that individual conscience is the final arbiter of the moral life has been forgotten here. The church has been "called to form consciences, not to replace them". Yes, it is true, the Pope says, that a conscience needs to be formed by church teaching. But conscience does more than to judge what does or does not agree with church teaching. Conscience can also recognize with "a certain moral security" what God is asking. Pastors, therefore, need to help people not simply follow rules, but to practice "discernment," a word that implies prayerful decision making.

3. *Divorced and remarried Catholics need to be more fully integrated into the church.* How? By looking at the specifics of their situation, by remembering "mitigating factors," by counseling them in the "internal forum," (that is, in private conversations between the priest and person or couple), and by respecting that the final decision about the degree of participation in the church is left to a person's conscience. (The reception of Communion is not spelled out here, but that is a traditional aspect of "participation" in church life.) Divorced and remarried couples should be made to feel part of the church. "They are not excommunicated and should not be treated as such, since they remain part" of the church.

4. *All members of the family need to be encouraged to live good Christian lives.* Much of "Amoris Laetitia" consists of reflections on the Gospels and church teaching on love, the family and children. But it also includes a great deal of practical advice from the pope, sometimes gleaned from exhortations and homilies regarding the family. Pope Francis reminds married couples that a good marriage is a "dynamic process" and that each side has to put up with imperfections. "Love does not have to be perfect for us to value it". The pope, speaking as a pastor, encourages not only married couples, but also engaged couples, expectant mothers, adoptive

parents, widows, as well as aunts, uncles and grandparents. He is especially attentive that no one feels unimportant or excluded from God's love.

5. *We should no longer talk about people "living in sin."* In a sentence that reflects a new approach, the Pope says clearly, "It can no longer simply be said that all those living in any 'irregular situation' are living in a state of mortal sin". Other people in "irregular situations," or non-traditional families, like single mothers, need to be offered "understanding, comfort and acceptance". When it comes to these people, indeed everyone, the church needs to stop applying moral laws, as if they were, in the pope's vivid phrase, "stones to throw at a person's life".

6. *What might work in one place may not work in another.* The Pope is not only speaking in terms of individuals, but geographically as well. "Each country or region...can seek solutions better suited to its culture and sensitive to its traditions and local needs". What makes sense pastorally in one country may even seem out of place in another. For this reason and others, as the Pope says at the beginning of the document that for this reason, not every question can be settled by the *magisterium*, that is, the church's teaching office.

7. *Traditional teachings on marriage are affirmed, but the church should not burden people with unrealistic expectations.* Marriage is between one man and one woman and is indissoluble; and same-sex marriage is not considered marriage. The church continues to hold out an invitation to healthy marriages. At the same time, the church has often foisted upon people an "artificial theological ideal of marriage" removed from people's everyday lives. At times these ideals have been a "tremendous burden". To that end, seminarians and priests need to be better trained to understand the complexities of people's married lives. "Ordained ministers often lack the training needed to deal with the complex problems currently facing families"

8. *Children must be educated in sex and sexuality.* In a culture that often commodifies and cheapens sexual expression, children need to understand sex within the "broader framework of an

education for love and mutual self-giving”. Sadly, the body is often seen as simply “an object to be used”. Sex always has to be understood as being open to the gift of new life.

9. *Gay men and women should be respected* - While same-sex marriage is not permitted, the Pope says that he wants to reaffirm “before all else” that the homosexual person needs to be “respected in his or her dignity and treated with consideration, and ‘every sign of unjust discrimination’ is to be carefully avoided, particularly any form of aggression or violence.” Families with LGBT members need “respectful pastoral guidance” from the church and its pastors so that gays and lesbians can fully carry out God’s will in their lives.

10. *All are welcome*. The church must help families of every sort, and people in every state of life, know that, even in their imperfections, they are loved by God and can help others experience that love. Likewise, pastors must work to make people feel welcome in the church. “Amoris Laetitia” offers the vision of a pastoral and merciful church that encourages people to experience the “joy of love.” The family is an absolutely essential part of the church, because after all, the church is a “family of families”.

FAMILY—WE MAY NOT HAVE IT ALL TOGETHER BUT TOGETHER WE HAVE IT ALL...

Patsy Lobo

The backdrop of this article is a wide canvas called FAMILY. Lifelong learning, recalling, reflecting, loving and caring, related to the Family - Father, Mother and Children.

In the past, the Trademark of the Traditional Catholic family in Mangalore was prayer. At sunset every day, the family gathered around the altar to say the Angelus followed by the rosary and the Litany to our lady and prayers to the Sacred Heart. Easter, Christmas, Nativity and the Parish Feast were celebrated with Pomp and Splendour by the whole family that gathered. This ritual has declined over the years in the cities but probably still exists in the villages.

Interestingly during the last month, in two different Parishes that I went for mass, the homily centred around the Play “Fiddler on the Roof”. This is a Musical Comedy of 1971, a Drama directed by Norman Jaison that won 13 Academy Awards and a record 3000 Broadway shows.

The story is about a Jewish family that has 5 daughters. The father Tevye is not wealthy, despite working hard, like most Jews in Anatevka. He and his wife - Golda, have five daughters and cannot afford to give them much in the way of dowries. According to their tradition, they have to rely on the village matchmaker, Yente, to find them husbands. Life in the little town of Anatevka is very hard and Tevye speaks not only of the difficulties of being poor but also of the Jewish community’s constant fear of harassment from their non-Jewish neighbors. In addition, Tevye has a lame horse that adds to the misery of being poor, and has to pull the wagon by himself.

Tevye and his wife cling to old traditions, while their daughters defy them, wanting to marry for love instead of succumbing to the practical custom of having their marriages arranged by a matchmaker. Holding on to tradition naturally causes turbulence in the family but in the end, a happy balance is struck.

In the play, the Father constantly asks his wife whether she loves him, till the time when she responds saying that the answer is obvious after 25 years of marriage!

The concerns of the father – whether he will have enough to settle his five daughters and whether the five sons-in-laws would have enough to keep his daughters happy is quite natural.

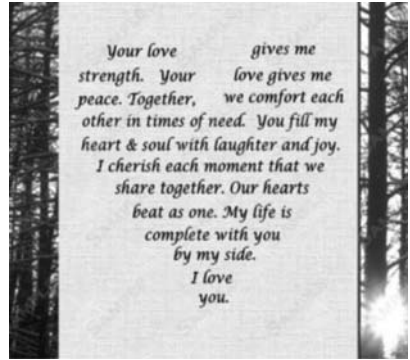
I can imagine what the mother prayed for and her concerns as each of her daughters left home to start their own lives – become mothers and move on. I can also guess the concern of the daughters as they flew out of the nest to lead their own lives. The whole theme was built around Love.

I can best summarize the various roles of the father, mother and children through quotes :

From the Mother :



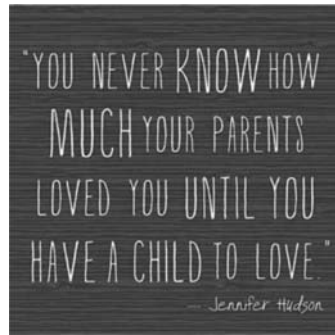
From The Father



From the Mother to the Father: From the Parents to the Children :

If I did anything right in my life it was when I gave my h♥art to you.

My Dear Valentine



FROM CHILDREN TO PARENTS



As we celebrate International Family Day 2016, we have to discover afresh that marriage and a stable family really matter, and that our hearts must remain soft towards each other. In both marriage and spirituality, it never works to just go through the routine and daily grind. We must give our family life the highest priority and importance.

WHEN GOD CREATED “MOTHERS”

When the Good Lord was creating mothers, He was into His sixth day of “overtime” when the angel appeared and said. “You’re doing a lot of fiddling around on this one.”

And God said, “Have you read the specs on this order?” She has to be completely washable, but not plastic. Have 180 moveable parts...all replaceable. Run on black coffee and leftovers. Have a lap that disappears when she stands up. A kiss that can cure anything from a broken leg to a disappointed love affair. And six pairs of hands.”

The angel shook her head slowly and said. “Six pairs of hands.... no way.”

“It’s not the hands that are causing me problems” God remarked, “it’s the three pairs of eyes that mothers have to have.”

That’s on the standard model?” asked the angel. God nodded.

One pair that sees through closed doors when she asks, ‘What are you kids doing in there?’ when she already knows. Another here in the back of her head that sees what she shouldn’t but what she has to know, and of course the ones here in front that can look at a child when he goofs up and say. ‘I understand and I love you’ without so much as uttering a word.”

God,” said the angel touching his sleeve gently, “Get some rest tomorrow...”

I can’t,” said God, “I’m so close to creating something so close to myself. Already I have one who heals herself when she is sick...can feed a family of six on one pound of hamburger...and can get a nine year old to stand under a shower.”

The angel circled the model of a mother very slowly. “It’s too soft,” she sighed.

But tough!” said God excitedly. “You can imagine what this mother can do or endure.”

Can it think?”

Not only can it think, but it can reason and compromise,” said the Creator.

Finally, the angel bent over and ran her finger across the cheek.

There’s a leak,” she pronounced. “I told You that You were trying to put too much into this model.”

It’s not a leak,” said the Lord, “It’s a tear.”

“What’s it for?” - “It’s for joy, sadness, disappointment, pain, loneliness, and pride.”

“You are a genius” said the angel.

Somberly, God said, “I didn’t put it there.”

MANGALURU'S THREE WHEELER THRILLS

Joan Lobo

Often when there has been a lull in my day or maybe on an uneventful evening or even just for the heck of it, I have gladly resorted to a joy ride in a rickshaw . These haloed 3 wheelers have always fascinated me and I have been a big patron of them. Love them or hate them, you definitely can't overlook them! We must agree, no amount of mutual abhorrence can wound this evergreen relationship. However, we all go through a myriad of emotions while dealing with auto drivers and most interactions and experiences are memorable. The rides could be amusing for many but for many others they are intimidating and scary. I recollect a foreign tourist so fascinated referring to the autorickshaw as a bicycle rickshaw on steroids. If the thrill of riding in a metal cabin with no doors, no seat belts and no airbags and whose motor sounds like a fruit juicer on the unpredictable Mangaluru roads doesn't thrill you, then the local rickshaw walla's driving skills definitely will! Riding an auto rickshaw is a bit like riding a roller coaster except you stay firmly on the ground with no definite track. They zigzag and weave through traffic unafraid of bigger vehicles and pedestrians and are notorious for playing chicken by driving on the wrong side of the road with oncoming traffic. And just when you think it couldn't get any worse, if the gap between two cars or buses in front of you is seemingly impossible to fit into...think again! These heroes will surprise you by daring to maneuver their rickshaws into the tightest imaginable spaces in traffic. So much so with your heart in your mouth you can literally touch the vehicle beside you by sticking out your little finger.

The Rickshawalas are quite an incorrigible lot.! While all of them are supposed to have meters calibrated according to guidelines...many of them don't and sometimes the drivers don't even turn them on! That's when your negotiating and bargaining skills come to the fore...and your abusive side surfaces too. Every Indian owes their sharpened bargaining skills to years of haggling with auto rickshaw guys for sure. What makes riding in an Indian auto rickshaw such an adventure? It's the drivers of the coveted

vehicle that makes the experience a daring one! Even though auto rickshaws normally ply at a reasonable speed it definitely doesn't seem like it when you are zipping past cars and bikes at much higher speeds leaving a cloud of smoke behind. They're driven as daringly as you would do a bumper car at a carnival.

I would say you really haven't experienced Amchi Mangaluru if you haven't taken a Rickshaw ride here! As for me being a frequent user, the numerous experiences I have had through the years, have quite rattled me but looking back seem amusing. The most common hero I have encountered is like an interviewer with whom you have no future. You stop him and tell him your destination and also give him the best options to reach there without too many signal lights to pass or no bad or narrow roads to cross he is the one who will listen intently but possesses the ultimate rickshaw driver trait of saying a firm 'NO'. Any amount of coaxing and badgering can ever make him change his mind. The conversation with him continues forever and even after answering his seemingly endless series of questions he refuses to ferry you if he does not want to.

At 8.30 one rushed morn I was desperately waiting for a rick as I was already late to work and there were four to five of us there, eager to pounce on any empty one that came our way. Exactly at that juncture an auto emerged, much to the excitement of the waiting group. I very enthusiastically mentioned my destination in the heart of the city and to my utter disappointment he flashed an idiotic grin and nodded in the negative. The second person thought that this was his divine opportunity and screamed his destination with ecstasy. But his joy also was short-lived as the driver refused him as well. In that short spell the driver had refused everyone, irrespective of the direction and distance of the journey. At the end of it all, I was left to wonder whether the auto driver intended to ferry passengers at all or was he out on a joy ride himself? Jeez, someone please decide and gimme a ride!! I screamed.

Well! it tires me thinking of the next kind I have encountered who frustrates you with a difference. On many occasions when I have stopped a rickshaw, the driver has slowed down and given

me the impression that he was more than keen to take me to my destination. But the moment I had spelt out my desired location, he would simply turn his back on me, pick up speed and was gone away leaving me open mouthed and confused. Without battling an eyelid or with no verbal refusal he had zoomed away. If you are new to the city you may get the feeling that you have unintentionally uttered a wrong word that had a very grave consequence or maybe your accent had irritated him. But as you gradually get used to them you realize it thrills them to refuse a passenger occasionally.

God help you if you confront the next kind of auto driver. He is the typical Chatter Box, over-enthusiastic and type you are likely to meet on your way home on a day when you are particularly not in a great mood and tired and intend to slouch and silently contemplate your hectic day or maybe shut yourself from everything around you and take a nap during the ride back . But he is so full of everything and anything going on and the topic can be anything from Rahul Gandhi's adventure into Politics to Virat Kohli's heroics in cricket or his own daring experiences where he must have tamed a few demons at the dead of night . You will get the kind of amusing insights on life and politics from this kind that you won't get anywhere else. He has advice for everyone from Kejriwal to Obama and all he lacks to become big in life is a degree and Inglis.

Besides the other interesting kind you encounter are the '*chillarless(changeless) rickshaw driver who is* the smart kind and earns at least an extra hundred bucks every day. It matters not whether you give him a 500 rupee note, a 100 rupee note or a 20 rupee note, this man never has chillar(change) and his tactics could send your BP soaring. Then the rally driver who is hard to figure out if the passenger is in a rush or he is. In all likelihood we'd think it's the passenger, but the truth is otherwise. They are the ambitious F1 drivers in the making who send your adrenaline rising. Then the Disc Jockey kind who have their music so loud and remixes blaring out of the speakers as if you were deaf or did not exist. And they are such a joyous lot gloriously humming and swaying to the music. Then you have the oggling driver who is perpetually looking through his rear view mirror from start to finish

. And irrespective whether it is a young girl, aunty, uncle, grandma or just *parcels* , he is the kind who makes you look like a suspect sitting in his rickshaw.

However, these knights in brown armour, driving three wheelers have proven often enough that humanitarian values co exist with commercial gains in our contemporary society without any animosity or acrimony. They are heroes who metamorphose into “Auto uncle” ,” mama”, “kaka” and share an amazing bond with the kids as they father them and pamper them with their affection while they transport them back and forth to school.. All said and done not all auto-drivers are ruthless and drive like there’s no tomorrow. On hindsight, the autowallahs are probably the best guides in Mangaluru and Rickshaws are truly a great way of exploring the city . In traffic they are your best bet to getting you to your destination as quick. While the Journey may be rough, the destination is made closer. And nothing softens and chastises a rickshaw driver more than a matronly tone and some chaste Kannada words, like “Anna” ,” Appa” and a Thank You” just floors them.. Many autos have adorable names like ‘Sweetie,’ ‘Dolly’ or ‘Munna’ and are adorned with interesting decor and amenities fitted in. And you cant help but get fascinated with these rickshaws having these lovable names and cute paraphenelia. In our school days It was always a special joy sharing an auto with numerous friends piled one over another ; some squeezed to the side, some sitting on laps and one sharing the driver’s seat much to his pride and joy with the bags lying in a heap at the back.

Auto-rickshaws are such an indispensable part of Mangaluru roads and if they resort to a strike the town is pathetically paralyzed . But let’s be honest, can we really imagine a Mangaluru road without these three wheeled beauties ? Sure, there are times when auto-drivers get on our nerves but their good side outweighs their bad as often.. So don’t chicken out! You really haven’t experienced Amchi Mangaluru if you haven’t taken an auto ride! Folks ! No seat belts to fasten but enjoy the ride at the first opportunity you get.....

LESS IS MORE

Veronica Shearer, Morpeth-UK

“Less is more” said my friend when she was sharing her vegetarian recipes with me. This phrase kept ringing in my mind each time I opened my wardrobe and clothes that I hadn’t worn for years tumbled out. Hoarder was my second name,... Must keep this as a contingency may arise... This will come in handy later... In case I need this... and so on...From pins and needles to rubber bands and plastic bags, I soon had no more place to hoard my trivial possessions. I’m not interested in buying clothes but my wardrobe is bursting; I’m not interested in buying shoes but my shoe rack is collapsing with the weight of shoes that I don’t wear. Then why don’t I give them away? Why does my spice cupboard have spices which have long passed their Use By date? Why can’t I throw unnecessary clutter out? It’s not easy. Decluttering is a state of mind and I have to make a conscious effort to do it. But why should I?

Collecting possessions can become an addiction. Imelda Marcos had 3000 pairs of shoes but why she did it, we will never know. Why am I addicted to keeping things for a rainy day? Some people engage in retail therapy when they’re feeling depressed, some people comfort-eat, others like me are just hoarder-holics. Why can’t I live with less? Why am I possessed by my possessions? The artist and philanthropist, John Ruskin once said, “Every increased possession loads us with a new weariness “. How do I keep it safe? How do I clean it? How do I display it? With spring around the corner, it’s time to clear my cupboards and start decluttering! I have to make a conscious effort to share what I have, to live with less and remember that I can’t take it with me when I leave this world. To die without possessions is the sign of a happy and good life say the Native Americans who have a ritual called the “giving away ceremony”.

My parents brought me up to live a simple life, yet enjoy every moment. My father was a Colonel in the Army but when he died

we had no great possessions to speak of. But we were happy. We lived comfortably and wanted nothing. We shared what we had and built a loving community around us. But when I moved away, something catastrophic happened. I suddenly became a hoarder, a collector and a planner for that 'rainy day'. The rainy day never came and I was left with possessions which were meaningless and lacked any value, not even sentimental value. A parish priest once said 'shrouds have no pockets'. We can't take our possessions into our graves. Even our children will find no use for the mountains of clutter which are of no use to man or beast. They have long past their usefulness and even the 'kabadi wallah' will have no use for them! It reminds me of that age old hymn, 'God's Spirit is in my heart'..... One of the verses goes like this...' Don't carry a load in your pack. You don't need two shirts on your back etc. Singing this always makes me ashamed of my wardrobe, groaning with the number of unused, unworn and ill-fitting clothes. It's time to get my act together and think minimal!

Space is small but life is big. Relationships, experiences and meaningful work are the bedrock of a happy life. So, does this endless consumption lead to a life of peace and contentment? No it certainly does not. Our carbon footprint gets larger and we become a menace to the environment. Material possessions take up mental and physical space. Our possessions have a knock-on effect on our homes, our relationships and our planet. When I moved to the UK in 1992, I had to slowly get 'stuff' to be able to live comfortably and with a degree of security but it soon became a compulsion to keep things for a future date when we may have guests or when the children went to university. Today the children have flown the coop and I have no need for three sets of crockery and cutlery, unlimited cooking pots, for a wardrobe of clothes for every day of the year. It's time to downsize. It's time to share. It's time to realise that all is given as gift and all is to be shared.

In the UK we have charity shops or thrift shops as they are called in the US where we can donate clothes, books, furniture, crockery, cutlery and junk jewellery as well as paintings,

furnishings, bric a brac and all kinds of other knick-knacks. Here in Morpeth where I live, we have a tiny population of around 15,000 but there are 7 charity shops so I have no excuse to hoard. This is my new year resolution, even though we're in the month of May. Better late than never! "To know that you have enough is to be rich" said the Chinese philosopher, Lao Tzu. Some of us can never have enough wealth, power, jewellery, clothes, handbags or shoes, the list can go on. But there comes a time when enough is enough.

The news these days focuses on the never ending stream of migrants who have fled their wear torn countries with nothing more than the shirt on their back. They are willing to start their lives over again with nothing. Peace and security is what they want and they given up everything to take that treacherous boat ride to Europe for asylum. Some lost their lives in the process but a few made it to the refugee camps where life is dreadful. They came from a proud race, where they didn't beg or steal; some were engineers and doctors but were prepared to stake all they had for a life of security. They now live on hand outs and are at the mercy of foreign nations, but can breathe freely. So in the end what is it that a human being needs? Is it possessions or peace?

CASK CHARITABLE PROJECTS

"Some People Want It To Happen, Some Wish It Would Happen, Others Make It Happen.....be The One To Make It Happen"

1. Safe Drinking Water Facility In Schools – Rs.15,000/- per Unit
2. Footwear for Barefoot School Children – Rs.12,000/- for 500 Pairs
3. Anti Snake-bite Venom – Rs.12,000/- for 20 Vials
4. Scholarships - at your discretion
5. Personality Development Programme - at your discretion

We repeat the quote on the cover of the April 2016 issue of "Mangalore". "The things you do for yourself are gone but the things we do for others remain as your legacy".

Please Support The Cask Projects!

A THREE-POINT SOLUTION TO THE MIGRANT CRISIS

Courtesy Jeffrey D. Sachs MARCH 15, 2016, BOSTON GLOBE

In Europe and the United States, Immigration is the number one political issue. Passions are high, dangerously so. The stakes are high as well. Migrants are risking their lives, and dying, to escape from violence, poverty, and joblessness. How can we reconcile the flood of migrants and the stiff backlash in the receiving societies?

I propose a three-part approach :

- First, stop the conflicts that are currently causing millions of refugees to flee their homes.
- Second, promote long-term economic development in the countries migrants are fleeing from.
- Third, adjust global policies to enshrine the freedom to migrate while also enabling societies to limit migration to moderate and manageable rates.

Two conflict zones in particular, the Middle East and Central America, account for the recent surge of refugees to Europe and the United States, respectively. In both regions, an urgently needed change of US foreign policy could staunch this flow. Sadly, both regions have instead been destabilized by misguided US policies.

The Middle East conflicts are US wars of choice. The three largest conflicts in the region, Iraq (2003-present), Libya (2011-present), and Syria (2011-present) reflect the repeated US resort to violent “regime change,” starting with the toppling of Iraq’s Saddam Hussein, and continuing with the overthrow of Libya’s Moammar Khadafy and, most recently, the attempted overthrow of Syria’s Bashar al-Assad. In all three cases, the result has been open-ended conflict and the rise of violent jihadists. As a result, millions of refugees have been crossing the Mediterranean into Europe from departure points mainly in Turkey and Libya.

In Central America, as in the Middle East, lame-brained CIA

schemes - such as the 1980s contra wars, the 2004 Haiti coup against Jean-Bertrand Aristide, and the 2009 Honduran coup against Manuel Zelaya - have stoked violence and created pervasive instability. In addition, the so-called US war on drugs, fought in many parts of Latin America, has fomented massive violence. An American public health crisis — the epidemic use of opiates — has been transmuted into open war south of the US border.

Both the Middle East and Central America demonstrate a compelling case for demilitarizing US foreign policy. Ending covert CIA operations in the Middle East, Central America, and Africa would immediately reduce the displacement of populations and flow of refugees. Facing the opiate epidemic for what it really is — a public health challenge caused by massive social inequalities and desperation within US communities — would stop the Latin American drug wars, save lives, and enable Central Americans to live in peace while remaining in their own countries.

Of course, even without the CIA wars of choice and the misguided war on drugs, millions of people around the world will still want to migrate to the United States and Europe in search of jobs, higher living standards, and social benefits. They will also come to escape from environmental degradation and the dislocations caused by global warming.

The correct response is to promote sustainable development in countries of large-scale out-migration. People will want to remain in their homelands if they see a viable future for their children. The good news is that sustainable development is feasible, and promoting it would be much cheaper for the United States and Europe than pursuing more failed wars, which have already cost the US trillions of dollars in the Middle East alone in the past 15 years.

Yet US foreign policy is disastrously imbalanced: US military outlays outrun development assistance by roughly 25 to 1. Or to put it another way, our total aid budget is equal to around two weeks of Pentagon spending. The reason is obvious. Washington politicians salivate over each new taxpayer-subsidized weapons sale, which brings in its wake new campaign contributions and

jobs for recycled politicians. Fighting disease, illiteracy, and poverty simply doesn't provide the D.C. political class with the same returns.

Looking ahead, the migration pressures will intensify unless the world acts to slow, and soon to stop, human-made global warming. If we fail to fulfill the climate commitments made last December in Paris, many places in the world will become less habitable and, for some, even uninhabitable. Global warming causes declining food yields in the tropics; intensifying droughts in the dry lands of North Africa and the Middle East; an expanded transmission zone of tropical diseases; more intense cyclones in Southeast Asia; and rising sea levels and flooding in coastal regions.

In addition to ending useless wars and promoting sustainable development, the third part of migration policy should be to make the world safe for diversity and for ongoing migration. Every one of us is from a migrant family. Every one of us has ancestors, if not our selves, who have been "strangers in a strange land." The reasons for migration will continue to be powerful and diverse in the future. Our global norms and policies should respect the human right to migrate, albeit within reasonable limits.

Countries are certainly right to police their borders, but at the same time should keep an open door for moderate and manageable rates of in-migration. No country should be allowed to slam its doors shut (and none would be wise to do so, and thereby lose the benefits of diversity). And while countries may be justified in limiting some social benefits to new migrants (to keep fiscal costs manageable and to limit incentives for excessive migrant inflows), the US and other countries should ensure that migrant children receive the health care, schooling, and nutrition they need for their healthy development.

In short, migration is not about building high walls but about creating a world in which people can live securely and prosperously in their own homelands, while still enjoying the freedom to migrate for personal reasons rather than in desperation. By viewing the migration crisis in a more holistic way we will find true and lasting solutions rather than the demagogic ones now widely on offer.

HIS MARTYRDOM WILL NOT GO IN VAIN

Fr Cedric Prakash sj

The city of Homs in western Syria, is the third largest city of the country after Aleppo in the north and the capital Damascus to its south. Its population consisting of Arabs, Sunni Muslims, Alawites and Christians- reflected the religious diversity of Syria. The city has a number of historic mosques and churches and is not far from the Krak des Chevaliers castle, a world heritage site.

Today Homs is a devastated city: bombed, battered and bruised by 5 years of a bloody civil war. Thousands have fled their homes to Damascus and even abroad. Many have died. For those who stay amidst ruins in a ghost-town, there is a feeling of hopelessness, of not knowing what to do and where to go. The children smile but they are seized with a fear which is palpable: those below 5 years only know war. The youth talk aimlessly-searching for ways and means to escape from a world of hopelessness. The adults are still tongue-tied for any meaningful conversation. Many of them just want to wake up from what they hope –is just a bad dream. Sadly, enough, the tragedy which has gripped their lives is real!

However, there is a sudden change in the moods of the adults and youth when they talk of one man: . Their eyes light up, a sense of nostalgia envelops them, as they latch on to the person and message of this great human; because he still lives on in their hearts and minds, some of them do feel that there will be a new dawn!

Who was this ‘**Abouna Frans**’ as he was fondly referred to? Fr Frans van der Lugt, was a Dutch Jesuit priest who devoted his life to the people of Syria; when civil war erupted there in 2011, he chose to remain in the country, suffering the shortages and terrors of the conflict alongside both Muslims and Christians. He was born on April 10 1938 in The Hague, Netherlands- the son of a banker. He joined the Jesuits in 1959 and 7 years later went to the Middle East. With the exception of a short break to complete his doctorate in Psychology, he spent the rest of his life from 1976 in Syria. In Homs he founded the Al-Ard institute, where handicapped children of all religions and ethnic groups found a home-of warmth and acceptance.

His twilight years however were shattered with the civil war. As the fighting intensified, Fr Frans moved to the Jesuit residence in Boustan –Diwan (the inner city). From there he shared the suffering of the inhabitants, refusing to leave, even as that part of the city continued to be bombed from all sides. His centre before long became a home for those who had nowhere to go: Muslims and Christians; women and men; old and young. It was a haven for them and Fr Frans was their refuge. His message to all was one of hope: of mercy and reconciliation, of justice and of peace! Listening to those who knew him, those who experienced his warmth, his love, his courage to give “all-of-himself” to those in need- would easily touch a heartless person.

Because there were several rebels in the old city- that part was under siege. There were no food supplies coming in nor were people being allowed in or out. Though a relatively ‘normal’ life continued just streets away, in the government-held zones, starvation was claiming lives in the rebel enclave. Fr Frans existed on olives and broth fortified with weeds picked off the streets. *“The faces of people you see in the street are weak and yellow,”* he told a journalist *“Their bodies are weakened and have lost their strength.”* With his training in psychology, he documented the spread of mental illness among those who found themselves besieged: *“I try to help them not by analysing their problems, as the problems are obvious and there is no solution for them here. I listen to them and give as much food as I can.”*

Frans was a healer – he touched the broken spirits of a battered people; he did not care for himself, if someone was physically sick, he did all he could (with the little he had) to make them well again. His forte however, was to soothe the mental and the spiritual suffering they were going through. They sought his guidance and his direction- when they overwhelmed by the brutality around them.

Very ironically he was gunned down on World Health Day, April 7th 2014, by those who felt that this healer had no right to live to heal the wounds of Homs and Syria. Just 3 days before his 76th birthday. On hearing about his tragic death Muslims and

Christians came together despite the hostilities around them – to bury him in the compound of the Jesuit Centre.

Fr Frans is revered as a Saint today by both Muslims and Christians. His tomb is visited by people from all walks of life. He knowingly risked his life and refused to leave when it would have been so easy to do so. They pray to him: so that he intercedes with his creator that justice and truth triumphs in Syria and the Middle-East; for lasting peace and security in the region. They will never forget his words *“the Syrian people have given me so much, so much kindness, inspiration and everything they have. If the Syrian people are suffering now, I want to share their pain and their difficulties”*. This he did in full measure: he lived and died for them.

On April 9th 2014 Pope Francis at the General Audience in Rome referred to the assassination *Fr Fransin Homs* and said *“ He served in Syria for 50 years and always did good to everyone generously and with love. He was therefore loved and highly esteemed by Christians and Muslims. His brutal murder has deeply distressed me and reminded me of the many people who are suffering and dying in that tormented country, my beloved Syria” He then prayed for Peace in Syria and appealed to the Syrian leaders and the international community to Silence the weapons, put an end to the war, violence and destruction! May humanitarian laws be respected, may the people who need humanitarian assistance be cared for and may the desired peace be attained through dialogue and reconciliation.”*

In a world torn asunder by violence and hate; by discrimination and divisiveness; by powerful vested interests who do all they can to destroy the lives of ordinary mortals, Fr Frans is a beacon of hope; not only for the people of Syria-for whom he gave up his life- but for people everywhere –who yearn for a new dawn, a better tomorrow. He was relentless in his struggle to establish that better “tomorrow” for his people. He did NOT succeed in that endeavor. Despite the hopelessness and fear that have gripped their lives, many in Homs and in other parts of Syria are convinced that his martyrdom will not go in vain.

BELIEVE(15)

By Dreamcatcher

It seems today all of us are living life in the fast lane. We are always multi-tasking and are burdened with an overload of backlog. This pace abates the meaningfulness life has to render. We are racing against time, and coping with life's needs and clutter, only to lose focus on simplicities that could be the hidden treasures well within our reach.

One day parents of 3 school going kids complained they are always late to work. They gruded their situation, tacitly blaming the kids' tardiness for theirs.

If you are familiar with gardening and clearing unwanted shrubs, you will realize a huge difference between hacking away at branches and striking at the root. When most people have a problem, they limit themselves to addressing the immediate and obvious causes of the problem i.e. hacking at the branches. Taking this approach won't provide you with a long-term solution to whatever problem you may be facing. You need to get to the root.

The parents of the 3 kids are not alone by any means. We identify with them, or may be we might have been them a few years ago. Moreover similar problems are everywhere, whether it be in raising kids, business or in manufacturing.

Sakichi Toyoda, known as "the father of the Japanese industrial revolution", was the founder of Toyota Industries. He came up with a very simple solution to finding out a root of a problem. He simply said "Ask *Why* 5 times to any situation, and you will get to the root of a problem".

We have encountered four year olds asking their elders "why" for every answer you give them. May be it is a message that life is not that complicated after all. If we keep asking our selves "why" enough number of times, we should be able to identify most of our problems that nag us. God gave us a very simple tool in our infancy without us recognizing so.

I am late to the office everyday.

Why am I late to the office? - *I dropped the kids later to school*

Why are the kids being dropped later? – *Their clothes and breakfast were not ready when they got up*

Why were their clothes and breakfast not ready? *I got up later and had slept late*

Why did I sleep late? – *I watch my favorite TV show late*

Why do I watch TV late? *Because I catch up on work, when I am late to work.*

Why?

Now we can easily see that the root cause of the problem above. If I could sacrifice, the TV time to break the cycle, I could get the kids' clothes ready the previous night. I could get up early and be in time for work. This means I do not need to catch up on work at home.

Now I have made new time to watch my show AND be at work on time.

Sakichi Toyoda thought of this simple 5 Whys technique in the Toyota Production System. Toyota still remains a pioneer in quality management and obviously of a quality brand that is Lexus

“If you don't have time to do it right you must have time to do it over.” ~Unknown

A WARM WELCOME TO THE NEW LIFE MEMBERS

1. Mr. Sydney D'Sa - Bangalore
2. Mr. Eugene Saldanha - Pune
3. Mr. Jerome J.R. Saldanha - Mangalore
4. Mrs. Joan Lobo - Pedamale, Mangalore

GOVERNMENT OF INDIA-MINISTRY OF ROAD TRANSPORT AND HIGHWAYS NOTIFICATION ON PROTECTION OF GOOD SAMARITANS

No. 25035/101/2014-RS - New Delhi, 12th May, 2015 - (Sanjay Bandopadhyaya, Jt. Secy)

Forwarded by Capt J.P.Menezes, President-CASK

Whereas the Hon'ble Supreme court in the case of 'Savelife Foundation' and another V/s. Union Of India and another in Writ Petition (Civil) No. 235 of 2012 *vide* its order dated 29th October, 2014, interalia, directed the Central Government to issue necessary directions with regard to the **protection of Good Samaritans** until appropriate legislation is made by the Union Legislature; And whereas, the Central Government considers it **necessary to protect the Good Samaritans from harassment on the actions being taken by them to save the life of the road accident victims** and, therefore , the Central Government hereby issues the following guidelines to be followed by hospitals, police and all other authorities for the protection of Good Samaritans, namely:-

1. 1) A bystander or good Samaritan including an eyewitness of a road accident may take an injured person to the nearest hospital, and the bystander or good Samaritan should be allowed to leave immediately except after furnishing address by the eyewitness only and no question shall be asked to such bystander or good Samaritan.
- 2) The bystander or good Samaritan shall be suitably rewarded or compensated by the authorities to encourage other citizens to help the accident victims as may be specified by the State Governments.
- 3) The bystander or good Samaritan shall not be liable for any civil and criminal liability.
- 4) A bystander or good Samaritan, who makes a phone call to inform the police or emergency services for the person lying injured on the road, shall not be compelled to reveal his name and personal details on the phone or in person.
- 5) The disclosure of personal information, such as name and contact details of the good Samaritan shall be made voluntary

and optional including in the Medico Legal Case (MLC) Form provided by hospitals.

- 6) The disciplinary or departmental action shall be initiated by the Government concerned against public officials who coerce or intimidate a bystander or Good Samaritan for revealing his name or personal details.
- 7) In case a bystander or Good Samaritan, who has voluntarily stated that he is also an eye-witness to the accident and is required to be examined for the purposes of investigation by the police or during the trial, such bystander or good Samaritan shall be examined on a single occasion and the State Government shall develop standard operating procedures to ensure that bystander or Good Samaritan is not harassed or intimidated.
- 8) The methods of examination may either through commission under section-284 of Code of Criminal Procedure 1973 or formally on affidavit as per section 296, of the said Code and Standard Operating Procedure shall be developed within a period of 30 days from the date of this notification.
- 9) Video conferencing may be used extensively during examination of bystander or good Samaritan including the persons referred to in guideline (1) above, who are eye witnesses in order to prevent harassment and inconvenience to good Samaritans.
- 10) Ministry of Health & Family Welfare shall issue guidelines to all registered public and private hospitals are not to detain bystander or good Samaritan or demand payment for registration or admission costs, unless the good Samaritan is a family member or relative of the injured and the injured is to be treated immediately in pursuance of the order of the Supreme Court Pt. Parmanand Katara vs Union of India & Ors (1989) 4 SCC 286.
- 11) Lack of response by a doctor in an emergency road accident where he is expected to provide care, shall constitute “Professional Misconduct”, under Chapter 7 of the Indian Medical Council (Professional Conduct, Etiquette and Ethics)

Regulation, 2002 and disciplinary action shall be taken against such doctor.

- 12) All hospitals shall publish a charter in Hindi, English and the vernacular language of the State or Union territory at their entrance to the effect that they shall not detain bystander or good Samaritan or ask depositing money from them for the treatment of a victim.
 - 13) In case a bystander or good Samaritan so desires, the hospital shall provide an acknowledgement to such good Samaritan, confirming that an injured person was brought to the hospital and the time and place of such occurrence and the acknowledgement may be prepared in a standard format by the State Government and disseminated to all hospitals in the State for incentivising the bystander or good Samaritan as deemed fit by the State Government.
 - 14) All public and private hospitals shall implement these guidelines immediately and in case of noncompliance or violation of these guidelines appropriate action shall be taken by the concerned authorities.
 - 15) A letter containing these guidelines shall be issued by the Central Government and the State Government to all Hospitals and Institutes under their respective jurisdiction, enclosing a Gazette copy of this notification and ensure compliance. Ministry of Health & Family Welfare and Ministry of Road Transport & Highways shall publish ads in all national and one regional newspaper including electronic media informing the public of these guidelines.
2. The above guidelines in relation to protection of bystander or good Samaritan are without prejudice to the liability of the driver of a motor vehicle in the road accident, as specified under section 134 of the Motor Vehicles Act, 1988 (59 of 1988).

Editorial Note : Please keep this circular in your car or pocket and always try to be a Good Samaritan, helping a Road Accident victim or any other victim of calamity.

Report - CASK Personality Development Programme Academic Year 2015 -2016

Details of the Sessions held in English-Medium Schools, Mangalore

The Cask Personality Development Programme in Mangalore was conducted in the following Schools/Colleges during the Academic Year 2015 -2016

1. Mount Carmel Central School : Class 10 – 60 students
2. St Aloysius Gonzaga School : Class 7 & 8 - 55 students
3. St Anne's Eng. Med. School, Kelarai : Class 9 & 10 - 100 students
4. Carmel School, Bolar : Class 7 - 68 students
5. St Agnes College - Final Year : 60 students
6. St Aloysius Institute of Education : 100 students

Total number of Student Participants - 443

Topics Covered : Leadership, Communication, Public Speaking, Exam Stress, Goal Setting , Peer Pressure, Know Yourself, Self Esteem, Self Confidence, Self Assertiveness, Self Awareness, Social Graces, Friendship, How to write a CV, Facing an Interview.

Each student was presented with a File made by the Rehabilitation Centre Fr. Mullers Hospital Kankanady. The Sessions were conducted with an inauguration Session and a Talk by the President Capt. John Prasad Menezes Power Point Presentations, Role Plays etc and Hand outs were given with salient points. The students were given a Certificate from The Catholic Association of South Kanara on Completion of the programme.

Our sincere thanks to the Facilitators : Patsy Lobo, Sunita Menezes, Winston D'Souza, Anita D'Souza, Dr Derek Lobo, Shibone Pais. Nayana Fernandes - all worked on a voluntary basis and gave up so much of their valuable time and effort. Co-ordinator of The Cask Personality Development Programme: Patsy Lobo.

CASK is grateful to Mr Tony D'Silva Prabhu of New Jersey-USA and Mr Valentine D'Silva of Mumbai who each contributed Rs.200,000/- for the Personality Development Programme. Their generous contributions have helped us to sustain the programme for the last 4 years.

PATRICK IS FOREVER – A FAREWELL NOTE TO PATRICK MASCARENHAS (18-Nov-1932 to 06-Apr-2016)

Amith Prabhu(nephew)

It is not an easy task to sum up 83 years of a beautiful life in about 8.3 minutes. Patrick was the understated, low-profile yet larger than life character in the family. He was one of the few men who got away with banter. He passed away exactly the way he lived. In a peaceful and charming manner. He went through a difficult six weeks which could have been completely averted. But Jesus wanted him. And his time had come.



Patrick was a man for all seasons. They don't make them like him anymore. He was the quintessential jolly good fellow. He was the first born of Hilda and Boniface Mascarenhas. The age difference between him and his mother was lesser than that between him and his two youngest sisters. He was born in the aftermath of the Great Depression and did his schooling during the days of the second World War. He was in the middle of his teenage when India got independence. Sounds like a fossil, but to all of us who knew him he was ever so modern in most of his thinking. He enjoyed a good game of cards, his regular dose of whiskey and his steady evening walks. He relocated to Bombay in the 50s and after spending close to two decades there moved as a newly married couple to Bangalore where he spent half his life. His pets were dearest to him. Gladys he considered his daughter and no doubt she will miss him the most. I want to stand here and tell you Gladys, that he is now your Guardian Angel and we will take care of you.

Six years ago I stood at this very place eulogising for Aunty Harriette. They were a superbly unique couple and despite all their shortcomings together they stood by each other for close to four decades. He was extremely fond of his siblings and their offspring. He was especially fond of my mother, who was his godchild. I'm

not in doubt that Reginald, Cletus, Antony, Gratian, Marie Ange, Amritha and Ethel are having a good time up there because they are in a better place.

To Uncle Peter (who is not present), Uncle Paul, Aunty Zita and Aunty Miriam all I want to say is he lived a good life and he watches over you. To my cousins and brother, both absent and present we take joy in the great memories we cherish of this man who always cared about our welfare. A special mention to his friends at the various organisations he was involved with, especially his card playing gang, his friends at Catholic Club and KCA who are present here in large numbers. His neighbours and large friends circle dating back to his days in Caltex and L&T. You and I know that Patrick lives forever. Wherever he goes he will create a happy racket.

In the last two years I tried and grabbed every opportunity to steal a visit to Bangalore so I could spend a few moments with him. His biggest concern during every call I made and every visit I paid was who was bearing the cost. I rarely had work trips to Bangalore. I would come just to see him and create some work around it. His favourite question was how much salary I would get and each time I would honestly share a figure he would boast about my pay to others. That was the simplicity of the man. He will be sorely missed. He never missed attending and hosting a good party.

On the Sunday before he took ill he called to wish me on my birthday, something he rarely did after Aunty Harriet passed away. I had never imagined that would be our last conversation. I was keen to have Gladys and him spend holy week with us in Gurgaon and had also proposed a few dates to him. Least did I think I would see him at St Johns on Good Friday and that would be our last interaction. In the last 24 hours it was surreal for me to travel to Bangalore via Mumbai and Mangalore. Two cities that Patrick had deep bonds with.

As he makes his final journey and we bid our final farewell to a great soul I'd like to end, as I have traditionally done with a sonnet for dear Uncle Patrick.

Last Man Standing – our Saint Patrick

People come and people go, but you will stay on forever
Men like you rarely appear and you seldom said Never
We were greedy to have you with us a little longer
But the memories we shared with you make us stronger
We know you fought a good fight till the very end
But gave up because you were called by Jesus your friend
You are now united with your loved ones in heaven above
All we can do is quietly celebrate all that you gave us with love
You lived a charming life that was largely happy and bright
And did what you believed was perfect and right
Till we meet again dear Uncle Patrick we want you to know
That you will be remembered for your tender touch and magical glow
In our hearts and minds you live forever nothing withstanding
You will remain to many of us a beautiful heart and the last man standing
(Sponsored)

HELPLINE FOR THE HELPLESS !!

Editorial Team

“In my confusion and solitude, You stretch out your hand, the hand that never left me all these years. You whisper to me secrets I did not know before. You tell me that every season has its own beauty, that a year is not made only for summer”-Joe Mannath SDB

Amidst the hustle and bustle of the Pandeshwar Police station, Mangalore is a 4-seater table where Lidwin Lobo-co ordinator of Vishwas Help Line and three other Social Workers spend their day attending to calls from Senior Citizens who are in need of help.

This is a Government supported helpline started by Dr. Olinda Pereira in 2005 and is available from 8am to 8pm every day. The calls on this helpline go to the control Room 1090 courtesy BSNL. The Superintendent of Police(SP) is the chairperson of this HelpLine and the Police do a commendable job in assissting the Social Workers. We often tend to point a finger at the Police but here is an example of the good work they do which we recognize

and greatly appreciate.

The voice from the wilderness cries out “I am helpless, I am desperate, I am alone, I am at the bus stop, my children have abandoned me, I need my dear ones to give me their love and their time....Please HELP!

“What might be the reason”? the Social Worker asks. The answers are varied “My children are forcing me to write the property in their name”. “I am ignored and asked to leave the house”. This was the response in one such house which the Team visited. In a dark room with little or no ventilation, a 90-year old lady suffering from diabetes had given her property to her brother whose children now demand their share in a harsh and brutal way. A call from the neighbours alerted the Helpline agency. The team called an ambulance from Wenlock hospital and rushed the woman where a very supportive staff took care of her. After counselling and negotiations, the family was made to understand and pay for her treatment.

There are many such cases in the records of the Vishwas Helpline but behind all the confusion and solitude are a band of loyal workers including the Police who are every kind and understanding.

When asked what support do you expect from society the Social Workers say while they find much support from the police, they could do with more support from Society - more awareness, contributions for medicines for the elderly and sick for conditions like diabetes, high Blood pressure, heart ailments, stroke, urinary tract infections etc. “We need the public to identify Senior Citizens who need help and support us to bring them where help is available. Of course we need our parishes, clergy and Church-related organizations to support us wholeheartedly. The St Vincent de Paul Society and some Parishes do their bit but it is still not enough.

What are your plans, hopes and visions for the future?

We need organistaions and institutions to build up a fund to support emergencies when they arise. So far we have dealt with

7661 cases, over a period of ten years. Our readers would be interested to note that the need arises from all strata of society - the rich, the middle class and the poor but the middle class are the worst sufferers. Most of the emergency calls are from them who do not get the support they need and often cry out in vain or when it is too late.



Lidwin Lobo our very committed Social Worker has been handling Vishwas Trust Helpline from the past 6 years and her message is “As long as we can do something, we should continue with our heart and soul to complete the task once started. As they say “there are the Young old, the middle old and the old old, all should help each other”. The Church, NGOs, Charitable and Non-profit organizations, Government agencies, the Corporation, Service Clubs like Rotary, Lions, Jaycees, Round Table etc should feel responsible for the Senior Citizens, identify their needs and provide appropriate support.



Our 91 one year old dearly loved Dr Olinda Pereira feels that in India, though we in general greatly love and respect our elderly, changes have taken place because the younger ones now seek greener pastures, are well educated and hence move on to greener pastures outside their hometown – within or outside India. She is deeply grateful to the SP and the Helpline committee consisting of the District Medical Officer, a Psychologist, a legal advisor and other representatives who continue to support this help-line. However she appeals to all citizens of Mangalore to lend a helping hand in this venture whenever possible.

On behalf of the Senior Citizen we pray “Lord continue to be with us and keep us in your heart, in a warm little corner reserved for us. This is all we need, this is all we ask. Hold our hands when we falter, be with us now more than ever, and prepare us for the final journey.” To end with the words of Maxwell Andrew “When we are young we have faith in what we see, when we are old we know that what is seen is traced on air and built on water”

NEWS & NOTES

KONKANI MUSEUM OF INTERNATIONAL STANDARD TO COME UP IN MANGALORE

It was a momentous day for the Konkani-speaking people of India – On 21st April 2016, at a glittering ceremony, Chief Minister Siddaramaiah of Karnataka laid the foundation stone for a Konkani Museum at Kalaangann, Shaktinagar-Mangalore. The project is being undertaken by Mandd Sobhann at an estimated budget of Rs 30 crore. A galaxy of Ministers (Ramanath Rai, U T Khader, Abhaychandra Jain), MPs(Oscar Fernandes), MLAs(JR Lobo; Shakuntala Shetty) MLCs(Ivan D’Souza), Deputy Commissioner-AB Ibrahim and prominent members of the Konkani Community led by philanthropist Ronald Colaco and Konkani Sahitya Academy president Roy Castelino were present.



In his address, Mr Siddaramaiah said that konkani is a unique language, spread across 5 states from Gujarat to Kerala. The language spoken by people of 3 major religions. “The contribution of Konkani speaking people in building Karnataka is noteworthy. Konkani people are known for their secular mindset and have contributed in building a harmonious society”. He further said Mandd Sobhann has requested government grants for the project, and right now we have provided Rs 2.5 crore and I promise more grants in the future. But for a community whose people are spread over many countries, Rs 30 crore is not a big amount.” He added “Let this museum be a resource for the cultural variety of Konkani and create awareness on the cultural richness of this language.”

He further said, “Konkani is listed among the languages in the 8th Schedule of the Constitution and it is also a sister language of

Kannada. Hence the government is with Konkani. The Konkani Sahitya Academy and other leaders have requested me to give importance to Konkani language at all levels of education-High School, PUC and College. I will work towards this end” he assured. He lauded Konkani Sahitya Academy and Mandd Sobhann and wished that they accomplish greater good in future.

In his address, Ronald Colaco said, “This joyful occasion is not only important for Konkani speaking people, but also for people of other communities. Today, a dream of several years has come true. Konkani has a history of several thousand years. It did not receive patronage of any king, yet it has flourished as the mother tongue of lakhs of people. The 50-lakh Konkani speaking people of India have contributed to society in various fields. Since the 16th century, they have built very strong relations with Kannada speaking people. Among all the states, Karnataka is the one that has become home to a vast number of Konkani speaking people.”

Colaco appreciated Mandd Sobhann for its noteworthy contributions to konkani language and culture by organizing many programmes in Konkani, including the first Guinness record in Konkani language with ‘Konkani Nirantari’. He declared Mandd Sobhann as the protector of Konkani culture and urged that the rich konkani culture be transmitted to the future generations. He hoped that the Museum would be an international knowledge bank pertaining to all aspects of Konkani and requested the Karnataka Government to contribute 50% of the Rs 30 crore needed for this museum.

The chief minister was felicitated in a traditional way on the occasion. Siddaramaiah also clicked photos next to the monument on Konkani Nirantari and with the members of Mother Teresa brass band.

Louis Pinto, President-Mandd Sobhann gave the welcome address and Eric Ozario, Gurkar, proposed the vote of thanks. Vittori Karkal compered the programme.

**KARNATAKA PANCHAYAT ELECTIONS – FEBRUARY 2016
CATHOLIC REPRESENTATIVES IN DK & UDUPI
DISTRICTS**

DK District Panchayat :



Neermarga - Ms Seema
Melvin D'Souza

Kadaba—Mr P. P.
Varghese



Mangalore Taluk Panchayat:



Hosabettu - Ms Rita
Cutinha

Munoor - Ms Alfred
Wilma D'Souza



Udupi District Panchayat :



Shirva - Wilson Harold Rodrigues

All five candidates belong to the Congress Party

CASK offers its congratulations to the five winners from our community and wishes them a fruitful tenure in the service of the people.

**SACERDOTAL SILVER JUBILEE OF FR SWEBERT
D'SILVA – PRINCIPAL, ST ALOYSIUS COLLEGE**



The Sacerdotal Silver Jubilee of Fr. Swebert D'Silva SJ, Principal, St. Aloysius College since 2007, was marked by two events held at the college campus on April 23 and 24, 2016. Ordained priest on April 22, 1991, Fr. Swebert was earlier the Principal of PU College from 2001 to 2007.

The Thanksgiving Mass in the College Chapel followed by the Felicitation function on 23rd April was organised by the staff of the college and the Felicitation function on April 24, was organized by the St Aloysius College Alumni Association (SACAA).

Both functions were largely attended by the admirers and well-wishers of Fr. Swebert.

Fr. Francis Almeida, Vice Principal and a colleague of Fr. Swebert as they together forward the Jesuit community, introduced Fr. Swebert and set the tone for the religious service. Fr. Swebert the main celebrant at the Mass, was flanked by the Rector, Fr. Denzil Lobo SJ and the new Rector designate, Fr Dion Vaz SJ who also delivered the homily centred on Fr. Swebert. Besides Jesuit colleagues, priests from the parishes from Mangalore and other religious communities concelebrated the Mass. Many religious Sisters from various Orders also participated in the celebratory events. Fr. Swebert's sister-Victoria, and her spouse-Aloysius were present and cut the cake along with him. At the end of the Mass, Fr. Denzil Lobo mentioned that it is not customary among Jesuits to celebrate silver jubilee of priesthood but in the case of Fr Swebert an exception was made at the request of the College staff and Old students.

At the function on April 23, the toast was raised by Fr Praveen Sequeira, Administrator-Aloysius Institute of Management & Information Technology (AIMIT) at Beerli. At the function organized by SACAA on 24th April, the toast was raised by Allen Pereira, an eminent Banker and former Chairman of Bank of Maharashtra.

Both the toast-masters recounted the life journey of Fr. Swebert through 25 years as a Jesuit priest and his many talents, achievements and contributions. Both highlighted some of the qualities of Fr. Swebert - his trade-mark humility and simplicity, foresight, openness, assertiveness, ability to recognize the strength of the staff and deploying it to best advantage of the institution, efficient planning and execution and the ability to inspire and lead. The Rector Fr Denzil Lobo and the new Rector-designate Fr Dion Vaz praised Fr Swebert for his Administrative and Inspiring Leadership and acknowledged his contributions for the growth of St Aloysius Institutions to new levels of quality. The speakers at the two functions included Dr. Lourdaswamy, Dean of the English Department of the College, Mr Lawrence Pinto on behalf of the

College staff, Dr. Richard Gonsalves on behalf of SACAA Aloysius College Alumni Association and Prof Edmund Frank on behalf of Sylvester Tressy Frank Centenary Foundation, sponsors of the felicitation by SACAA. In his response Fr Swebert said that the speakers, by recounting his strengths, have raised the expectations and it was a wake-up call for him in charting his future course and live up to their expectations.

NEW BUILDING OF MILAGRES COLLEGE INAUGURATED



The new building of Milagres College adjoining Milagres Church-Mangalore was blessed by His Lordship Rev Dr Aloysius Paul D'Souza, Bishop of Mangalore and

Inaugurated by Professor K. Byrappa, Vice-Chancellor-Mangalore University, at a grand function on 4th May 2016.

In his address, Prof Byrappa said “The new building is beautiful with all the modern facilities and this shows the commitment of Milagres institutions towards education. Milagres college has given excellent service in the field of education.” He urged the college to start more courses including vocational training”.

In his presidential address Bishop Aloysius Paul D'Souza congratulated Fr Valerian D'Souza and the Milagres Parish for constructing an imposing building with state-of-the-art facilities for imparting education. He said that Milagres is one of the oldest and most prestigious institutions in the city and hoped that the college give emphasis not only to lessons but also values, thereby transforming the person.

CBE secretary, Fr Gerald D'souza inaugurated the Milagres College of Hotel Management, Rector of St Aloysius college-Fr Dionisius Vas inaugurated the auditorium, Mayor of Mangalore

City Corporation C. Harinath inaugurated the computer lab and local corporator Vinayaraj inaugurated the Milagres hostel.

All the speakers paid glorious compliments to the Catholic Institutions that have been providing quality education in Mangalore and the rest of country for over 100 years.

Fr Michael Santhumayor - Principal, Milagres College welcomed the gathering. Fr Valerian D'souza, parish priest of Milagres Church and donors were honoured at the occasion.



History of Milagres College: Milagres educational institution has



a glorious history of imparting qualitative education for more than **165** years. Milagres institution was founded in the year **1848** as first official Christian school by

Bishop Bernadine. High school section was started in **1944** and PU College was started in the year **1982**. The Milagres Degree College was established in **2010**. It offers undergraduate disciplines in commerce and management and at present the college is at its 7th year with Fr Valerian D'Souza as correspondent, and Fr Michael Santhumayor as principal and administrator. There are over 2500 students and 120 staff who serve the institution in various capacities.

CASK congratulates Fr Valerian D'Souza, Corespondent and Fr Santhumayer, Principal, Milagres College for embarking and successfully completing the new building project which is bound to benefit large number of students in and around Mangalore.

OBITUARIES - APRIL/MAY

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

1. Norman S. D. Lobo (71), Mumbai, (Retd RBI), husband of Doreen (Ex Rallis), father of Nameeta & Nikhil/Van, brother of Douglas/late Vida, Chester/Edwina, Beryl/late Victor Misquith, Oscar/Sheila & Hazel/Ivan Lobo, on March 18, 2016.
2. Thomas Martis (58), Dubai/Mumbai, husband of Vinita Martis, on April 4, 2016.
3. Arjun Nazareth (41), Bangalore, son of Jacinta and late Godfrey Nazareth, on April 7, 2016.
4. Winnie Pinto (80), Bendur, Retd Teacher, wife of late Alphonso Pinto, mother of Anita/Ronald Gomes, grandmother of Roanne & Rosanne, on April 9, 2016.
5. Irwin Gonsalves (68) Bendur, Son of late W.J.M.Gonsalves & late Marceline Gonsalves (nee Pinto), Brother of Charlotte Gonsalves & Ronald Gonsalves, on April 9, 2016.
6. Joseph Furtado (79), Bendur, husband of late Nathalia, father of Carol/Colin Lobo, Sharol/Lancy Pais & Meural, on April 10, 2016.
7. Lancy Pinto Nayak (60), Kulshekar, (Konkani Writer), Husband of Jacintha, Father of Dagny Ian & Daphny Ruweena Pinto, on April 10, 2016.
8. Juliana Fernandes (78), Bejai, wife of late Walter Fernandes, mother of Bina/Oliver Aranha, Praveen/Leolin, Nina/Rony Lobo & late Kiran, sister of late Fr Albert D'Souza, late Sr Magdelene Mary, Sr Jyothi Lilly, on April 16, 2016.
9. Lilly Crasto (77) Dubai/UAE, wife of late Joseph Crasto, mother of Claire/Steven, Meena/Osborne, Jessica/Ashim, on April 16, 2016.
10. Vincent Monteiro (37), Saudi Arabia/Neermarga, son of late Lawrence Monteiro & Christine Monteiro, on April 16, 2016 - in Saudi Arabia in a tragic plant fire accident.

11. Adolf Saldanha (70), Bendur, husband of Rita, father of Reena/Lockinvar Lobo, Tina/Amith D'Costa, Neena/Eril Menezes and Beena, on April 18, 2016.
12. Helen Lobo (77) Bejai/Chennai, wife of late Albert Lobo, mother of Dr Charles lobo, CPMG Chennai/Lilly, Melwyn/Rita, sister of late Sr Ancilla, Sr Dorothy SCB (Shimoga), Sr Lilly Pinto UFS (Belthangady), on April 19, 2016.
13. Hubert Lancy D'Silva (69), Rosario, husband of Cecilia, father of Lavina/Dr Leo Tauro & Naveen/Merlyn, brother of Robert/Jeslin, late Norbert/late Dorothy, late Cuthbert/Philomena, Margarette/Stany Rodrigues, Gilbert/Mabel, Albert/Joyce & Annette/Ernest Coelho, on April 20, 2016.
14. Lucy D'Cunha (87), Bejai, wife of late Aloysius D'Cunha, mother of Juliana/Lawrence & Julian/Grace, on April 21, 2016.
15. Brighth Thoras (67), Bendur, wife of Philip Thoras, mother of Juliet/Apolinar, Veena/Nelson, Jyothi/Steven & Maria/Roysten, on April 23, 2016.
16. Walter Pinto (64), Bejai, son of late Maurice & Juliana Pinto, on April 27, 2016.
17. Celestina (Sevrine) Fernandes (64), Kuwait, wife of late Lawrence Fernandes, mother of late Rakesh, Lavina Fernandes/Vinod D'Souza, sister of Cyprian, Valerian, Precialla, Gilbert, Victor & Harry, on April 28, 2016.
18. Rev. Dr Alphonse D'Souza (77), Bishop of Raiganj, West Bengal/originally Moodubelle parish, Son of late Emmanuel (Monnu Master) and Magdalene D'Souza, on April 30, 2016.
19. Alfred D'Souza (81), Valencia, Ex- employee of Canara Bank, Husband of Celine, Father of Juliet/Edwin, Janet/Alwyn, Vivet/Gilbert, Violet/Roshan, on May 1, 2016.
20. Rozina D'Souza (94), Cascia, mother of Harold D'Souza, Advocate, on May 4, 2016.
21. Rozina D'Souza (94), Cascia, mother of Harold D'Souza, Advocate, on May 4, 2016.
22. Juliana D'Costa (81), Kulshekar, wife of late Norbert D'Costa, mother of James, Renilda, Anselm, Reginald, Stanely R D'Costa - Advocate, Metilda, Herald, Precilla, Mabel & Dona, on May 5, 2016.