

# Mangalore

**Organ of the Catholic Association of South Kanara**

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# CATHOLIC ASSOCIATION OF SOUTH KANARA

Founded in 1914

(Regn. No. MNG/130/2021-2023)

## CATHOLIC ASSOCIATION OF SOUTH KANARA

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## EDITORIAL

On 22<sup>nd</sup> April, we observed Earth Day. Each year, the health of our planet Earth is deteriorating with increasing frequency and stronger force of natural calamities like floods, hurricanes, tornadoes, forest fires etc and steadily rising ocean temperatures that can result in several island nations disappearing. There is a need for urgent and effective action on several fronts – we have two articles/reflections on Earth Day 2023.

The Front Cover of this issue is dedicated to International Labour Day, observed each year on 1<sup>st</sup> May and the Back Cover is dedicated to World Schizophrenia Day observed on 24<sup>th</sup> May. We have an article on Dementia by Dr Lavina Noronha and an article by Sapna Noronha on Mural Art as a therapy for Mental Health.

Fr Juventius Andrade CSSR, is a powerful and inspiring preacher. He was in Mangalore during the Holy Week 2023 and gave highly impressive and inspiring homilies on Maundy Thursday and Good Friday at the Fatima Retreat House. We received a copy of one his lenten homilies a little too late for publication in the April issue of “Mangalore” so we are publishing one in this issue because it is so meaningful, thought provoking, inspiring and down-to-earth.

India has just overtaken China as the country with the largest population. This can be good news if the productive age population is provided with jobs in India and abroad or it can be bad news if the young population faces increasing unemployment and lack of opportunities.

On the CASK front, we conducted a Personality Development Programme for students of a Saleshpur School. The Resource persons were Dr Anand Pereira and Dr Geeta Pereira.

The CASK family was deeply saddened by the unfortunate and untimely death of Oshin Pereira, 28-year old daughter of CASK GC member Olivia Pereira. We are pleased to publish the heart-warming eulogy to Oshin, delivered by Ratna Pinto. We had another sad death of Joel Peres, former senior executive Coco Cola-Delhi, whose mother and three brothers are members of CASK. The eulogy to Joel, delivered by his brother Vivian is also published.



We have as usual many interesting articles by Fr Cedric Prakash, chottebhai, The Swaddle team and our regular contributors – Joan Lobo, Veronica Shearer and Norbert Shenoy. Happy Reading.....

**Until next time.....Patsy Lobo**

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## **THE PRESIDENT SPEAKS...**

Dear Friends the Month of May starts with May Day which is dedicated to St. Joseph the worker. It is a day dedicated to each one of us. All of us do our daily chores and we require divine intervention to carry on with our lives.

May is also a month that is dedicated to, Mother Mary. During this month, we seek Our Lady's powerful intercession and recall her apparitions at Fatima on 13<sup>th</sup> of May, and celebrate the feast of Mary Help of Christians on the 24<sup>th</sup>. Let us pray that through her intercession we get some respite from the current heat wave we are facing which meteorologists say is the El-Nino effect. This year Mangalore is facing acute water shortage, we have not had our regular April showers. Temperatures have soared above 40 degrees Celsius, experts predict that if we do not take care of our environment, the next couple of years it will peak to 50 degrees Celsius. Things are moving from bad to worse: Inflation is rising, fuel prices are soaring. There is threat of a fourth wave of pandemic. Initially there were negotiations for peace between Russia and Ukraine. No one thought this war would prolong. Pope Francis too prayed / appealed for peace. All efforts are on to stop this unnecessary bloodshed. In a war like this even the countries that are not involved will suffer economically.

By now you all must have exercised your voting rights and voted for a suitable candidate. We need a Government that will uphold and protect human rights and justice for all its citizens, regardless of race, class, gender or religion.

At CASK, we are inviting applications for scholarships, which will be disbursed in the month of June. We have two types of scholarships (1) COVID affected family scholarships which is in continuation to the beneficiaries of the previous year, who have not

completed their education; (2) Regular scholarships based on the criteria we follow; We have informed most of the schools and colleges and also the donors of our scholarships. Forms can be collected from our CASK Office at Pio Mall, Bejai on any working day between 9.30 am to 4.30 pm. In the last 2 years, the scholarship distribution was done by the CASK Patron -Bishop of Mangalore at the Bishop's house.

We successfully conducted a Personality Development Programme with focus on Environment & communication skills at Sundekere Parish in Sakleshpur on 29th April 2023.

**Till next time, we wish you all the best. Take care and stay safe.**

**Capt Vincent Pais**

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## **EARTH DAY 2023 – REFLECTIONS**

### ***ECO-SPIRITUALITY - The Spiritual Aspects of EARTH DAY***

***Fr Daniel P. Horan***

In his 2009 book *The Sacred Universe: Earth, Spirituality, and Religion in the 21st Century*, the late Passionist - Fr. Thomas Berry reflected on Christians living in an age of climate catastrophe. Drawing from the rich wells of Scripture and tradition, Berry wrote that, today, “what is needed is a new spiritual and mystical, communion with Earth, a sensitivity to Earth’s needs, a valid economy of Earth. We especially need to recognize the numinous qualities of Earth.”

I was thinking of Fr Berry because this April 22, commemorates the 53rd Earth Day. Few contemporary figures in the Catholic tradition have so eloquently called for a renewal of not just our thinking and practices around relating to the more-than-human world, but also a renewal in our spiritualities, or ways of relating to the transcendent to God.

The journey of deepening our spirituality beyond what concerns as individuals or as a species, toward recognizing a deeper interconnectedness we already share with the whole of creation, is what Pope John Paul II and Pope Francis, have called “ecological conversion.”

I cannot think of a better opportunity to pause and reflect on where each of us is on our journey of ecological conversion than Earth Day. Ecospirituality invites us to look not to the infinite horizon ‘out there’ or ‘beyond’ the spaces and places where we find ourselves. Instead, we are invited to ‘relate’ to God in and through the created world.

The Earth Day website lists thousands of global events where you can “take action,” -tree-planting, environmental cleanup, legislative advocacy and community education. While some events come under the category of “faith” only a few are related to prayer, contemplation, meditation, reflection or worship. So with this in mind, I am adding one more sort of activity or better put, *practice* to the list: taking some time this Earth Day to focus on ecospirituality.

The term “ecospirituality” is, admittedly, a fairly new descriptor for a concept that is as old as Christianity itself. Rachel Wheeler, a theology professor at the University of Portland in Oregon and a specialist in Christian spirituality, published a helpful book last year titled *Ecospirituality: An Introduction*. In addition to providing a survey of how ecological spirituality has been part of the Christian tradition dating back to the Bible, through the early desert monastic traditions and the Middle Ages, and into the modern Christian era, Wheeler also provides some helpful framing for what we mean when we talk about ecospirituality.

“Because ecology has to do with one’s *home* — the root meaning of ‘eco’ — ecological spirituality or *ecospirituality* describes how one relates to the sacred within the context of our natural, global, and even cosmic ecosystems (or homes) of which we all form a part,” she writes.

The use of the term “eco” appears with the subtitle of Francis’ 2015 encyclical letter, “*Laudato Si*’, on Care for our Common Home.” One of the helpful clarifications Wheeler offers is that between a spiritual journey of “seeking” versus “relating.”

As she explains, “Many spiritual people today would identify themselves as seekers of God, the divine, an ultimate value, something that transcends them, a higher power, or what they would call the sacred. Such quest language tends to characterize the sacred as a goal to be reached and removes the sacred from a person’s immediate

experience, indicating that the divine or sacred presence has to and can be found elsewhere.”

While there is perhaps nothing inherently wrong with the seeking approach to spirituality, she argues that ecospirituality invites us to look not to the infinite horizon “out there” or “beyond” the spaces and places where we find ourselves. Instead, we are invited to “relate” to God in and through the created world - our “common home” - in which we live and are a part. At some point in each of our lives, we have had an experience of God tied to an encounter with the transcendent within the more-than-human natural world.

Wheeler provides relatable examples: “Many of us have hiked to the top of a mountain or into a forest and felt some sense of presence, a humbling of our own being, or even just an awe start up within us. This palpable sense of the sacred helps us experience and understand ourselves as integral parts of a whole.”

To develop an ecospirituality is to focus on the ways in which God is seen and experienced in the world around us. It is a way of attuning ourselves to the Holy Spirit, the “Lord and Giver of Life,” who is still active in the world, both within and beyond the human family and draws near to us in divine intimacy.

Ecospirituality is also a way of knowing that we are interdependent and interconnected with all of creation. We are not isolated monads, but depend on myriad other creatures for food, oxygen, shelter, fuel and the like. Ecospirituality challenges us to see how our thoughts and actions contribute to environmental degradation and destruction, which is what Francis rightly calls “ecological sin.”

Berry explains, “We need a spirituality that emerges out of a reality deeper than ourselves, a spirituality that is as deep as the Earth process a spirituality that is born out of the solar system and even out of the heavens beyond the solar system.”

To some Christians, the concept of ecospirituality is oddly discomfiting. But the opening lines in the Book of Genesis make clear, God’s Spirit draws near to all creation and brings life and order to the cosmos. So much of sacred Scripture echoes this insight, and the Christian community recognizes the pinnacle of this divine intimacy

in the Incarnation of the eternal Word.

Perhaps most famously, St. Francis of Assisi articulated the agency of the nonhuman world and God's proximity to all of creation in his "Canticle of the Creatures," which served as a key inspiration for Francis' encyclical.

As the global human community commemorates Earth Day, consider developing an ecospirituality. Let us reflect on the weather that brings life, water and light; reflect on the plants that take our exhaled poisonous carbon dioxide and provide the breath of life in the form of oxygen; reflect on the trees and stones and soil that ground us and provide the foundations for our shelter; and reflect on the animal life, which we consume as food and that which exists as co-inhabitants in our "common home."

Not only does a renewed ecospirituality help us to see the world more like the way God sees it, as one integrated whole, but it reminds us of our relatively small place within the broader cosmos of God's creative love. Ecospirituality invites us to be more fully human and authentically Christian, welcomed deeper into the awe-inspiring magnificence of God's creation, remembering that we are part of that very same creation.

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## **EARTH DAY 2023 – THIRTY-ONE FAITH-BASED ORGANIZATIONS DECIDE TO END INVESTMENTS IN FOSSIL FUELS**

*Courtesy NCR*

Earth Day 2023 was observed on 22nd April 2023. Ahead of the day, **Thirty-one (31)** faith-based organizations in USA announced they are ending financial investments in fossil fuels for the sake of the planet and the people and creatures who call it home.

The religious bodies hailing from seven countries are divesting from coal, oil and gas companies. They represent Christian and Jewish traditions and include 13 Catholic institutions, 9 Church of England dioceses in the United Kingdom and six Anglican cathedrals there.

Overall, **they manage more than \$2 billion in total assets, according to organizers of the joint announcement made on April 20.** Among them is the Carmelite Order, an international Catholic mendicant community of friars, women religious and lay members founded in the 13th century. The religious order made the commitment to divest at its 2019 general chapter.

Divestment is a concrete action in service of the church and humankind and “in line with the proposals of the encyclical *Laudato Si'* related to the search for an Integral Ecology”.

This year, the global Earth Day celebration carries the theme **“Invest in Our Planet.”** Proponents of fossil fuel divestment say it is a means to revoke the social and moral license for coal, oil and gas to power the world’s economies and to redirect financing toward renewable energy sources.

The greenhouse gas emissions released from burning fossil fuels are the leading driver of climate change. Human activity is primarily responsible for climate change. The planet has heated 1.1 degrees Celsius above preindustrial (1850-1900) levels, and is on track to reach 1.5 C in the 2030s and 2.8 C by 2100.

The joint fossil fuel divestment announcement was organized by the World Council of Churches, *Laudato Si'* Movement, Operation Noah, GreenFaith, Green Anglicans and the Jewish environmental group Dayenu.

It would contradict our values to invest in fossil fuels, which are harming our planet and people in numerous ways. Organizers of the divestment announcement said they hope a recently launched survey will provide a clearer global picture on which faith-based institutions have divested and which have not.

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**PLEASE NOTE THE CASK UPDATED WEBSITE**

**[www.caskmangalore.org](http://www.caskmangalore.org)**



## ALZHEIMER'S DEMENTIA: TIPS FOR CAREGIVERS

*Dr. Lavina M. Noronha*

Named after Dr. Alois Alzheimer, who was the first to recognize the symptoms and write about it, Alzheimer's Disease (AD) is the most common form of dementia. There are other less common forms of Dementia. Dementia is a progressive and irreversible illness which simply means symptoms worsen over time and the damage caused to the brain cannot be rectified.

Alzheimer's Disease (AD) is a neuro-degenerative condition which gradually damages brain cells causing memory impairment, difficulty in thinking and decision making. It has been estimated that more than 50 million people are diagnosed with AD worldwide accounting for 60-70% of all dementia cases.

As we advance in age, some amount of cognitive decline is part of the normal ageing process. During stressful times when there are too many things weighing on one's mind, everyone experiences the so called 'senior moments.' It has to be borne in mind that occasional losing of car keys, glasses or misplacing your wallet does not necessarily mean you have Alzheimer's Dementia. The drastic cognitive decline that occurs in AD is colossal to say the least. Although symptoms of AD commonly manifest in people above 65 years, in rare instances those below 50 may develop the disease.

**Memory:** Changes in memory are one of the early symptoms of AD and the person is likely to have difficulty recalling new information, forgetting recent events and conversations. Short-term and immediate memory are the first to be affected. They may forget what was just said and hence tends to repeat. For they may forget that they have eaten, had a shower etc. This lapse in memory often results in altercations with family as the person may accuse the loved ones of not feeding them, stealing their valuables and so on. As the disease progresses, the person may develop severe memory impairment thereby finding it cumbersome to carry out simple daily tasks or even recognize loved ones.

**Wandering:** People with AD may wander aimlessly, get lost in familiar surroundings, or forget where the bathroom is. They may even wander

away from home and not be able to trace their steps back. The family caregivers have to be alert all the time and ensure they do not walk away from their comfort zones.

**Thinking and making decisions:** Due to changes in the areas of the brain which are directly responsible for thought processing, people with AD have difficulty finding words to identify things, or hold meaningful conversations. They have difficulty with numbers and find it challenging to handle money or pay bills. Simple everyday tasks like, dressing, bathing or grooming may be daunting for them. Because of their inability to communicate with clarity, family caregivers have to understand what they want- whether they are hungry, thirsty, go to use the washroom or if they are in pain and respond accordingly.

**Changes in personality and behaviour:** Behavioural and personality issues may develop over time, leading to emotional reactions like anxiety, sadness, apathy, lack of trust, anger/aggression. Some may experience what is called as the “Sun down Syndrome” i.e. they are more agitated and irritable after the sun goes down, in the late evening. Their sleep patterns change drastically they may lack sleeping during the day and stay awake at night.

They may accuse loved-ones/care-givers of poisoning their food, stealing their valuables, plotting to harm them etc.

Hoarding paper cuttings, fruit peels, match sticks etc and treating them as items of immense value is sometimes seen. On rare occasions they may become violent if others do not go with their thinking and argue otherwise. Sometimes it is best to leave them alone as long as they do not harm themselves or others. Losing their inhibitions, undressing in public, urinating or defecating in the living room are noticed in the advanced stages of AD.

**What causes AD?** There are many speculations but the exact causes are not yet understood. Autopsy studies have strongly implicated interference of brain proteins and impaired functioning of brain cells or neurons which eventually die. Cell damage initially occurs in the area of the brain that controls memory years before the onset of symptoms.

There is scientific evidence that AD is caused by a combination

of genetic, environmental and lifestyle factors. Women are diagnosed with AD more often than men as they live longer. It has also been found that brain injury or head trauma increases risk of dementia. Exposure to environmental pollutants, excessive use of alcohol, lack of exercise, Type II diabetes, high blood pressure, high cholesterol levels, chronic sleep deprivation and smoking are some of the risk factors.

**Diagnosis, Treatment and Prevention:** Physical and neurological examination consists of checking reflexes, balance, motor coordination, muscle tone and strength. A thorough mental status examination will determine the extent of attention, concentration, memory, judgement and thinking deficits. If the confusion or disorientation is of sudden onset, a simple blood test -serum electrolytes will help rule out electrolyte imbalance (low sodium/potassium levels). Delirium caused by metabolic or organic issues of the brain also needs to be ruled out before a diagnosis of AD is made.

Magnetic Resonance Imaging (MRI) assists in getting a clearer picture of brain function, the extent of cognitive impairment and detect shrinkage if any. PET Scans are sometimes used to measure amyloid deposits, neurofibrillary tangles and nutrient metabolism in the brain.

Unfortunately, as of today, there is no cure for AD but there are medications which slow down the progression of dementia by addressing the symptoms, thus helping improve the quality of life and enhancing their daily functioning.

**Improving the quality of life:** Dancing, singing, playing an instrument, handicrafts, telling stories are some of the skills which are preserved for a longer time and by keeping the person with AD engaged and cognitively occupied, it is possible to slow down cognitive decline to a great extent. The above-mentioned skills are controlled by parts of the brain unaffected by till the end. Musical memory for example, is retained by the brain for a long time. They may not know who they are, who you are but as soon as you start singing a song of their time, they join in.

**Tips for family caregivers:** Caring for a person with AD is difficult with new challenges as the disease progresses. Each person is unique

and the families have to learn how to deal with certain behaviours by trial and error. The following tips are for family caregivers:

- Assist them with activities of daily living only if they are unable to take care of themselves. For example, some patients have coordination challenges and eating becomes messy but if you start feeding them, they will lose their skills and will become completely dependent on you. Keep a regular routine for sleep, bath, meals, toileting etc. Avoid day time naps;
- Keep clocks, calendars handy so they can ascertain for themselves what time/day/month it is. If they think it is Monday, and you know it is not, just go with their reality. You don't have to prove you're right and they are wrong;
- As persons living with dementia are prone to wandering, keeping emergency contact numbers on them is helpful. Identify cards, Bracelets with phone number etched on them also help. Someone can contact you if they wander away;
- Remove excess furniture, clutter from the rooms. It is advisable to place their belongings where they can easily find them;
- Most people with AD have problems with balance. Comfortable footwear with good traction will help in mobility. Handrails are useful in corridors and bathrooms. Bath time is sometimes a challenge and it is important to schedule a bath according to their convenience and not yours;
- Remove mirrors from the rooms as the images are sometimes frightening to them;
- Keep medications out of their reach to prevent overdosing;
- Communicate in short, simple clear sentences, keeping in mind their abilities to grasp and understand. Avoid arguments and distract them when they are stubborn;
- Music therapy, pet therapy, massage therapy, and movement therapy have been found to be beneficial;
- Electrical appliances should be kept away as they could pose a danger to them;
- As the disease progresses they may require round the clock attention and monitoring;
- The primary caregivers often experience burn-out and may develop health issues of their own. Taking a respite from caregiving may help you rejuvenate;
- Finally, do not ask them repeatedly if they know who you are and what your relationship with the person is. They have dementia, you don't! If they fail to recognize you, it is okay as long as you know who you are!

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## TO HAVE AND TO HOLD

*Joan Lobo*

An evening walk is my delightful escape from the hustle and bustle of an everyday routine and more often than not turns eventful be it discovering new places, meeting strangers and friends alike, indulging in brief hearty conversations or even just receiving a polite nod, a friendly wave, a casual smile that makes it invigorating. Along the way, I have often not shied away from dropping in to visit the elderly or someone home alone, which turns out to be a heartwarming experience. In the words of the famous author, Charles Dickens, “Walk, and be happy; walk and be healthy.” An evening walk transforms into an opportunity for bonding and sharing experiences that might otherwise be lost in the frenzy of daily life.

My route often remained the same, avoiding Mangalore’s busy streets and the blaring horns. One among the many interesting sights that delighted me was this quaint little home nestled in the midst of towering trees isolated from the public eye. Unable to contain my curiosity anymore, one fine evening I ventured in, to find an elderly couple blissfully relaxing without a care in the world. He was buried in his newspaper while she was merrily knitting a shawl. Well! this seemed like an interesting home with a lot of the old world charm catching my eye and probably with many a tale to tell. As I looked around discovering every nook and corner, before long did the lady reveal with pride how they had inherited or acquired all these antiques over the years and her husband was overly possessive of them. On one side, it looked like a big storehouse piled with newspapers, pamphlets, magazines and letters nobody would dare disturb. An ancient record player enjoyed a place of pride in the dining room. Though never played in decades, every effort to replace this piece with an operational music system had always met with stiff opposition from her hubby. Equally strong was his bonding with the old alarm clock which had not ticked for years. In their front porch this looked like a forever fixture, an old fiat car which surely had not been driven for ages resting in peace. I was also intrigued by an ancient rocking chair, a legacy of the bygone period which adorned the living room, precious with the fondest memories of a grand uncle who had gifted

it to them. There were a lot of other fascinating items that gripped my attention, which sure have stories to unfold while also creating the vibes of a bygone era and being preserved for posterity.

A realisation dawned on me that emotionally we are so attached to things that we are not ready to get rid of even after they have outlived their utility. We keep clinging often to stuff which have long before become redundant but we believe that someday, someone is going to put them to some use. No wonder very often our homes look like museums, cluttered with articles that have more than lived their age but which we hold on to because of sentiment or maybe a connect to a precious memory. Any item we hold close to our hearts is actually because it brings back old stories and people to life. However as much as antiques enliven a space and add a dynamic energy or a serene vibe if blended cleverly or even juxtaposing the old and new creates a feel of timelessness. Out of guilt or sentiment, some of us find it hard to part with gifts from people we love or admire. I for one when shifting home, detached myself from what was being left behind, saving myself the anguish of leaving back items which were close to my heart.

Over a period of time, I perceive we all become finicky about our own possessions which we fiercely guard. In fact, I am so sentimental about the oddest pieces of decor, ceramic articles and little knick-knacks which I have collected fondly and find hard to get rid of. It actually exhilarates me to convert thrash to treasure which is saying the least. In fact, so deep is our attachment that despite the addition of new items, we restrain ourselves from parting with the old ones. Since I don't have the heart to discard any of my old possessions which I greatly cherish, they get shunted from one room to another and finally to the balcony which no wonder looks like a parking ground with a touch of art or may I say, the final resting place for many of the old pieces! Wealth from waste is what my home is made of which thrills me no end.

Looking back, I recollect how at every opportunity I got, I would never think twice clearing the odds and ends collected over the years in my parents home. Every time I visited my mum I would take upon myself the task of clearing the 'mess', or reducing the clutter. Often my mother would resist my over zealous cleanliness drive. At times she quietly rescued and recovered the articles discarded by me, many



of those I would find restored at their designated place.

As time goes by I realize how difficult it is to part with the things which become emotionally yours. These old pieces give us a sense of comfort amidst loneliness. In fact, our possessions make us feel secure by substituting for dear people in our lives; we actually see these objects as an extension of ourselves. For the elderly, possessions are also important repositories of memories of one's self-identity in the past. If history possesses us, so be it. Many of us become attached to treasures that share history in our lives and connect to memories that we keep locked deep within the storehouse of our souls enabling us to enjoy the nostalgia. Objects passed down from generations ago exist in our homes, taking up their little bit of space, but vast meanings. It is nearly impossible to ignore the weight of heritage they hold and remind us of a past we did not live through, but have the ability to narrate history to us. Very often, our collections at home are a treasure trove of memories, emotions, and stories. They are not just pieces of accessories, but a legacy that has been passed down from generation to generation, imbued with love and history. May these things of beauty continue being our joy forever to have and to hold.

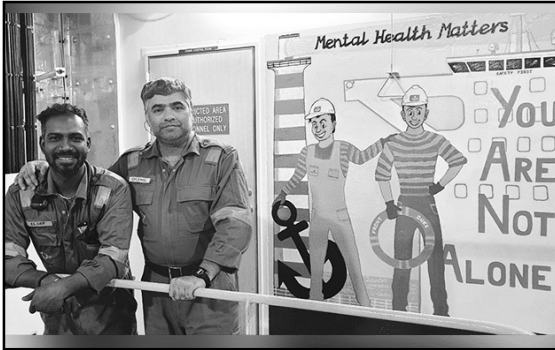
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## **FRONT DUKE PROMOTES MENTAL HEALTH WITH MURAL ART**

*Sapna Noronha (visual Artist, Art Writer, Art Curator)*

Mental health is wealth, As Mental Health Awareness Month, May is a time to raise awareness. There has been a growing focus on the mental health of seafarers in recent years which may be largely due to the efforts of shipping companies publicly campaigning for improvements in awareness about mental health, that good mental health among employees is economically beneficial. In response to these growing concerns, Front Duke Chief Engineer Indian Mangalore-based Dilraj Rodrigues holds conversations onboard the Engine Team in addition to the awareness of seafarers' mental well-being on Front Duke. This included a focus on the onboard environment to make sure it is conducive to good mental health through mural painting. The vessel Front Duke is a VLCC- Very Large Crude Carrier located

in the sea and is now a gallery too. These are giants of the sea which carry roughly two million barrels of crude oil at a time, owned by the Frontline Group or Norway. Front Duke is six years old and runs on an Advanced fuel-efficient RT Flex engine which has the lowest CO2 emissions.



In this ongoing campaign of mental health awareness by the shipping company, Front Duke's mission to Mental Health at sea through a lifelike mural art speaks out loud in the ocean. "YOU ARE

NOT ALONE" A message that builds awareness of mental health and well-being, is one of the first things that is visible when a person enters the Engine Room of the good lady, Front Duke. On the Engine room bulkhead of Front Duke, a scene unfolds: smiling seafarers, two seamen working on a merchant's vessel, sharing and caring for each other and working happily, invite you into the blue ocean. Front Duke marks Mental Health Awareness by telling those around why you've joined the fight for mental health and help create a movement for change. This was made possible by the impressive thought process of CE Dilraj Rodrigues alongside the supportive Engine Room Team and the artistic mind of ETO Mohan Prasad.

Ganesan Mohan Prasad, a Marine Electrical Engineer (ETO) by profession and passionate about his hobby as an artist loves the fact that there is always something more to learn in art. With no previous experience being a muralist, Mohan Prasad's first tryst with wall art on the Engine room bulkhead. Once Mohan Prasad was signed on, he used the features of the space and created a mural around that area. Mohan Prasad says, 'On a white backdrop, the mural is outlined in black, colours like yellow, blue, and red is used to fill in the figures'

outlines. Have used the leftover basic enamel paints that we use in ER general cosmetic maintenance, and managed to bring the required tones by mixing the basic colors. Painted using my small paint brushes which I use for small acrylic and water paintings. Though I felt it really challenging, each and every step of progress gave me the confidence to do more and I thoroughly enjoyed doing it. Painted every day after my working hours and on Sunday afternoons. It took a week as a whole, spending roughly two to three hours a day. ‘ CE Dilraj says “The idea behind the mural painting was to make working on a ship more colourful. There was a need to make art available to all as a potent visual communication tool. The best way to do it was to put it on the walls of the daily working area.” ‘By bringing color and beauty to otherwise boring walls, murals may completely change a working area. Ship walls are unsightly and sometimes go overlooked. But by adding murals, we may completely change places that were formerly drab or depressing.’

Mental Health Awareness Month is an annual event to raise awareness of the importance of mental health. Hosted by the Mental Health Foundation for over two decades, this special month is the perfect time to open up a conversation about mental health and inspire action to promote positive mental health in the sailing community. You might be wondering whether one person’s efforts can really make a difference, and the answer is “yes, absolutely!”. Every conversation you have about the importance of recognising and treating mental illness creates a ripple effect that reaches people in your circle and far beyond it. We feel that it is only right to provide as much support as possible to improve seafarers’ mental health and well-being given the sacrifices that they make to keep our global economy running. Seafarers have a relatively unique role in that they are in the workplace during both working and non-working hours with only their colleagues for the company, making them an extremely isolated working group. The mural art ‘You Are Not Alone’ is an ideal souvenir in support of mental well-being in sailing environments.

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## EARTHLY BIRTHDAY GREETINGS TO STAN SWAMY IN HEAVEN

*Fr Cedric Prakash SJ*

**Dear Stan** - It is your birthday today – 26 April 2023 here on earth! You would have completed eighty-six years, if you were around. Well, that was not to be; on 5 July 2021 you were murdered by a brutal and fascist regime, which did not want a human rights defender like you to continue living! This is your second earthly birthday up above. Not sure how you will be celebrating it!

But here on earth dear Stan you are missed very much! Countless people remember you: your compassion and commitment; your courage to identify with them and their struggles. These are mostly simple, ordinary people; the Adivasis and the Dalits; the excluded and the exploited, the poor and the marginalised. You lived in their midst; you basked in their presence; you smelled of the sheep like a truly good shepherd. They celebrate you today and will always do so! There is certainly no doubt of that!

But I am writing this birthday letter based on the recent conversation I had with you! I can see you smiling (you always had that halting, tentative smile – slow, gentle but warm) and I can imagine others who reading this and with a sneer saying “*Conversation with Stan? There must be something wrong with him!*” Well let them say what they want – but I will hold my ground! It was the night of April 13/14 (less than two weeks ago), Frs. Tom Kavala and P.M. Anthony invited me to spend the night in Bagaicha. This was your home – before the ‘powerful’ so unceremoniously took you away on 8 October 2021 like some kind of common criminal. I was given your room to stay in and your bed to sleep on! It was a totally unexpected privilege – something unforgettable which I will treasure all my life!

That day was a very tiring one for me. I fell asleep immediately! But I was suddenly wide-awake feeling as refreshed as ever; at first, I wondered where I was. The fact slowly dawned upon me – I checked the time: I must have been asleep for less than an hour. I began tossing and turning for apparently no reason. When suddenly I felt your presence in the room. Imagination? maybe – who knows!! I am not wont to give in easily to the ‘supernatural’. But I did share my experience with some! I

began asking you questions and well, you seemed to be answering them directly and bluntly (like the way you always did). We were having a conversation: something I was convinced that I had to put down in writing; so here I go:

**CP:** *Hi Stan! How are you and how is life up there?*

**SS:** Its good here – I am certainly happy; however, when I look down at what’s happening in India and to my people, I feel very sad and upset and wish I was there with my people

**CP:** *Can you possibly do something from up there?*

**SS:** What nonsense! Me from up here? Haven’t I left you and others a legacy? After my death there was some enthusiasm about actualising that legacy, but I see that not much has been done. I wonder why?

**CP:** *Stan, the simple reason is that we are afraid! We lack your prophetic courage! We prefer to toe the line! We do not want to disturb the powerful – for fear of losing our privileges and possessions*

**SS:** Actually, it is much more than that! We have become highly institutionalised and most of our efforts (of the Jesuits and of the Church) are spent in managing/running our institutions, protecting our interests and trying to please the establishment (be it corporate or political). I have suffered much because of this. I have questioned our priorities, the people we cater to in our institutions and above all, of how we do not want to risk responding radically to the realities in the same way that Jesus would have done! Our commitment should stem from a Gospel without compromise, firmly rooted in the person and message of Jesus and the Constitution of India. Very often our action is relegated to social works in the project-mould, meant to adhere to ‘dos and don’ts’ rather than in the accompaniment of people. We indulge in cosmetics and acts of tokenism rather than being visible and vocal in speaking truth to power! We tend to run with the hare and hunt with the hound! As long as we are safe in our comfort zones, we do not want to rock the boat! We Jesuits easily forget that GC36 wanted us to row in the deep!

**CP:** *Stan, you always said that Vatican II, GC32 and the likes of Bishop Helder Camara and Fr. Pedro Arrupe were among those who inspired you. Any comments?*

**SS:** Yes, Vatican II and its direction to the Church meant much to me! If some more of us had tried to put its teachings into practice, we would

have had a very different Church and world today. Bishop Helder Camara tried and he was branded a ‘communist’ (you know how easily they branded me too!). For me, the 32<sup>nd</sup> General Congregation had a very clear mandate that *“the mission of the Society of Jesus today is the service of faith, of which the promotion of justice is an absolute requirement; for reconciliation with God demands the reconciliation of people with one another.”* Fr. Pedro Arrupe wanted every Jesuit to live this mandate; sadly, many of us were afraid to do so! It is obvious today too!

**CP:** *What more do you think we should be doing today for a more humane and just society?*

**SS:** There is indeed plenty that each one of you should be doing – both individually and collectively! Do so fearlessly! Give and do not count the cost! We have to be the voice for the voiceless; for those who continue to live on the peripheries of society. We must collaborate and network with other like-minded individuals, groups and movements; to keep our institutions and spaces open for them and to join them in their initiatives.

**CP:** *Yes Stan, but doing all that one will have to pay the price. It is not easy!*

**SS:** Certainly! Haven’t I paid the price? I suffered so much during incarceration! That’s what life is all about. Just before my arrest in October 2020, I said *“What is happening to me is not something unique- happening to me alone. It is a broader process that is taking place all over the country. We are all aware how prominent intellectuals, lawyers, writers, poets, activists, students, leaders, they are all put into jail because they have expressed their dissent or raised questions about the ruling powers of India. We are part of the process. In a way I am happy to be part of this process. I am not a silent spectator, but part of the game, and ready to pay the price whatever be it”.*

**CP:** *Wow Stan! Thanks for reminding me of those immortal words from you!*

Morning soon dawned! No, it was not a dream! It was for real! You, Stan, challenging me and others to do much more: to live your legacy in more profound, tangible and meaningful ways. Yes, we do have a long, long way to go! But with your blessings and guidance from above, we will do our best! Thanks, Stan, for being YOU! **Happy Birthday dear Stan!**

**Your brother – Cedric Prakash Sj**

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# **CASK PERSONALITY DEVELOPMENT PROGRAMME**

**Holy Family Church, Sundekere - Sakleshpur Taluk**



Rev. Fr Anil Lobo, Parish Priest of Holy Family Church, Sundekere - Sakleshpur Taluk, organised a Summer Camp for Children aged 10 to 20, on 29th April 2023.

The children were from the neighbouring Government and private schools. A total of 21 students participated.

Dr Anand Pereira, Secretary CASK made a power point presentation on Mother Earth and Environment. Mrs Geeta Pereira, spoke on Effective Communication.

The two presentations were followed by a question and answer session.

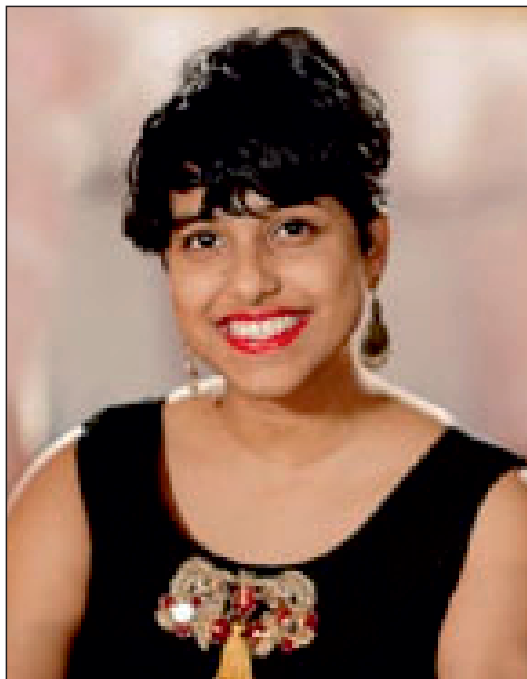
Fr Anil Lobo thanked the Catholic Association of South Canara (CASK) and the two resource persons - Dr Anand and Geeta Pereira for conducting a useful and interesting session for the benefit of the student participants.

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# EULOGY TO OSHIN PEREIRA

*Delivered by Ratna Pinto*

I stand here today totally shattered, but with the hope that my happy memories of Oshin will carry me through the dark times.



Our dearest Oshin has slipped the surly bonds of earth to touch the face of God, leaving a huge emptiness in the hearts of all of us who loved her. We are helpless as we watch Olivia, Osborne drowning in sorrow & anguish. I have known Oshin from the time she was conceived. Olivia decided to name her Oshin after the little girl in the popular Japanese serial in 1995. I told her you love the serial you love your baby girl so call her OSHIN. Truly oli she was far cuter than the girl in the serial and brought you much more joy. If only I could bring her back, my friend, I surely would.

It sounds clichéd but Oshin was truly beautiful inside & out & it

was impossible to not feel her energy when she was near you.

She was 28, bubbly outgoing, vivacious, funny, silly kind, caring, compassionate, bold & just simply like no other.

Those of you who know Oshin, realize how much we will miss her laugh, her no nonsense practical side, the sparkle in her beautifully made up eyes, the bright red colour on her lips & the tantalizing aroma of baking & the taste of goodies from her kitchen.

Family was precious to her, she cherished her Nana Helen and familial love was a precious gift wherein she truly tried to love everyone & everything.

To mum Olivia she was a pillar of strength holding their world together. To Osborne her brother, she was a sibling he could trust and a rock that stood firm & never let anyone or anything harm him. To her cousins & friends she was the person to turn to when they needed a shoulder to lean on.

At 28, she turned a hobby into a passion and converted that passion into a successful business venture in MBC. She worked at what she loved. She worked really hard, failures never stopping or discouraging her. Her patience, precision and perseverance paid off rich dividends as MBC and her cafe treated Mangalore to tiramisu, bagels, sourdough loaves, Japanese cakes and much more. This year she was duly recognized for her work and awarded the Rachana young entrepreneur award. She was like a bird poised to take off and fly high and had carved a name for herself early in life.

**Oshin taught all of us many lessons :**

Because of her Olivia learnt that being a mum to her and

Osborne is the greatest privilege of all ....Because of her we will learn to try and be fully present in life and take nothing for granted ....Because of her, her friends will learn to live large, laugh loud and live with passion ....Because of her we will pursue our dreams and travel the world, just as she dreamed of doing ....And finally because of her we will learn to let go of the pain and make room for peace and know that love never dies.

**I have before me some lines of poetry by David Harkins :**

You can shed tears that she is gone Or you can smile because she has lived

You can close your eyes and pray that she will come back Or you can open your eyes and see all that she has left

Your heart can be empty because you can't see her Or you can be full of the love that you shared

You can turn your back on tomorrow and live yesterday Or you can be happy for tomorrow because of yesterday

You can remember her and only that she is gone Or you can cherish her memory and let it live on

You can cry and close your mind, be empty and turn your back Or you can do what she would want: smile, open your eyes, love and go on.

Oli, Osborne, Nana Helen - Oshin will eventually teach you that there is life beyond loss and in time it can be filled with joy and laughter again. As we bid you goodbye dear Oshin, your story lives on and your love is written on our hearts forever. May god bless you and may an angels' chorus greet you in heaven.

**Rest in peace Oshin**

# **Vision & Mission of CASK**

## **Vision**

**Striving to create and enrich a connected community that cares, of all those with roots in this beautiful corner of the globe, called Konkan Karaval**

## **Mission**

**Reaching out to the marginalized by extending support for their education, health care and housing needs. Preserving and promoting the unique culture of this region and joining hands with all those committed to the preservation of environment.**

## **CASK CENTENARY TRUST SCHOLARSHIPS : ACADEMIC YEAR 2023-24**

CASK Centenary Trust invites applications for annual scholarships for the academic year 2023-24 from school/college students from economically weak families. Please collect application forms from

### **CASK Office**

3rd Floor, Pio Mall, Jail Road, Bejai, Mangalore - 575004  
Ph: 2491733, 4271733 E-mail: [caskmangalore@yahoo.com](mailto:caskmangalore@yahoo.com)

## **GENTLE REMINDER TO SETTLE SUBSCRIPTION DUES OF 'MANGALORE' MAGAZINE**

Please settle your pending subscription dues to 'Mangalore' and further renew subscription. The validity of your subscription is indicated on the postal slip on the back cover. Many of you would have received a reminder letter from the CASK president. Please respond and support the magazine

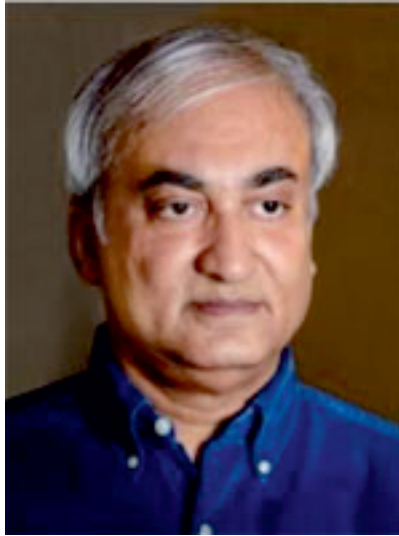
Cheque in favour of Catholic Association of South Kanara.

NEFT transfer to Catholic Association of South Kanara Account No: 0046053000043007; IFSC: SIBL0000046 - South Indian Bank Ltd, Hampankatta, Mangalore.

After executing NEFT, please send an email to [caskmangalore@yahoo.com](mailto:caskmangalore@yahoo.com) giving details, so that our records are updated.

## EULOGY TO JOEL PERES

*Delivered by his brother VIVIAN PERES at the funeral service on  
23<sup>rd</sup> April 2023*



We have all gathered here this afternoon in this beautiful church to celebrate Joey's life and to bid farewell to Joey who was a sibling, relative, friend, companion and adviser to many present at this service. Joey was the second son of Joan & Micky Peres and was born on 21<sup>st</sup> February 1959. Our childhood days were spent in the comfort of Belmont House, we played cricket and hockey with friends in the neighborhood and our best vacations were spent on our coffee estate in Chickmagalur.

Joey did his schooling at St Aloysius High school and passed his B.Com in 1979 from St Aloysius College in Mangalore. He then joined the Government Law college in Mumbai and its Alumni has some of the best known names in India's legal circles which includes Joey's classmate, the present Chief Justice of India, DY Chandrachud.

Amongst us siblings, I consider myself lucky to have spent the most time with Joey. Apart from the years at Belmont House, we were room-mates at the St Xavier's college hostel-Mumbai, when Joey pursued Law and I was an under graduate student of Economics at St Xavier's. We then began life in Delhi in 1983 when Joey joined the then famous Law firm JB Dadchanji & co and I was a management trainee at the Oberoi Hotels owned Mercury Travels. We shared a 2 room Barsati paying a princely rent of Rs 920 a month, couldn't afford a refrigerator



in the summer of 1984, cooled our drinking water in a clay pot and shared a motorcycle on which we rode to work together since our offices were located on Parliament street. Between us our joint earnings were Rs 1750 a month and we learnt the art of budgeting for expenses!

Joey's career graph rose exponentially in 1992. Those were the heady days of liberalization when PM Narasimha Rao and Finance Minister Dr Manmohan Singh unleashed Economic reforms and multi nationals like Coca Cola decided to return to India after a gap of 15 years. The law firm Joey worked in was approached by Coke seeking legal advice before kickstarting operations and Joey soon was on board as the Company's General legal counsel and took on arch rival Pepsi in the famed Cola wars and ensured Coke never lost a single case under his stewardship. Joey was truly Coke's rockstar!

Joey was now a formula one driver on the corporate race track rubbing shoulders with the high and mighty in governmental and bureaucratic circles, with legal Eagles, corporate big wigs, Industrialists and traversed the world on business trips, living in beautiful homes in Mumbai, Gurgaon, Dubai and in fancy hotels around the world.

Prior to his retirement Joey was posted by Coke in Dubai as Counsel for International litigation. It was a global role and entailed much travel to capitals in Africa, Bangladesh, Shanghai, other cities in Asia and to the global HQ in Atlanta. Joey was familiar with English law and this responsibility included handling and interpreting complex French colonial laws which were in vogue in the former French colonies of Algeria & Tunisia, translating the documents to English and cases fought in the courts through locally based counsels and settlements reached by taking US laws also into consideration. His track record of legal wins continued unabated and were indeed impressive when it was achieved in countries ruled by totalitarian regimes and a few hostile to high profile MNCs.

While preparing the draft for this eulogy I spoke to two CEOs of Coca Cola who had worked with Joey and asked them to best describe him- Atul Singh said Joey was the conscience of Coca Cola, put the company's interest before his own and was an exceptional human being high on business ethics. Krishna Kumar said Joey was a legend in his own right who helped establish Coca Cola in India. His intellect and passion for resolving problematic issues of the company has never been surpassed.

In his 40 day battle to recover from a Triple bypass surgery we all prayed

like his earlier surgeries on his brain when he was 8, an emergency appendicitis at 9, Stents inserted in his arteries in 2015 Joey would emerge victorious once again. Unfortunately, for his loved ones and friends the Almighty had other plans for him.

Apart from his passion for work Joey was an avid traveler, an ace photographer and a Tech guru. He has travelled to the most exotic places one can think of in this world and as a self taught photographer the brilliant pictures taken specially on safari trips in the game parks in Africa and India could easily have made it to the cover of a NatGeo magazine and Animal planet documentaries

Joey now that you are free from surgeries and the ICU we hope your passion for travel and photography will accompanied by the angels take you to many more places in the limitless universe, may you find your fave Shang Palace and its delicious dimsums, the Sagar & Indira Bhawan restaurants with their Dosas and Idlis. We are sure the shares of Amazon will drop now that you have left for your heavenly abode.

On behalf of the Peres family I express my gratitude and thanks to the Alva family for the support and help they extended to Joey when he first began his career in Delhi in 1983, to the prayer groups, relatives and friends who prayed for his recovery, to all those who sent messages and called us during Joey's recent illness, friends who intervened with the top brass of Fortis Escorts hospital in Delhi and helped enhance the care and attention Joey received, the Doctors we consulted often such as close friends Selwyn Colaco, Brian Pereira, Vikram Chatwal, Ishan Sardesai, Christopher Pais, Ashok Pandit and to all those who stood by us during our difficult and trying times. It really meant a lot to us.

Joey - Mum, Kenny, Shanti, Karen, Gregggy, Neville, Anita, Jackie, Allen, Viren, Alisha, Aalika, Taarika, Dylan, Tia, Alaana, Naomi & I with much sadness and sorrow bid you farewell and thank you from the bottom of our hearts for being a wonderful son, sibling, in law, uncle, friend. We will miss receiving your forwards of interesting articles from the NY Times, Washington post and the Wall street journal and our political discussions on US and Indian politics.

Joey we all look forward to being united with you someday on the other side. At 64 you are too young to go and it seems Frank Sinatra had you in mind when he sang “My way” ... ..

Goodbye Joey with tons of our love and hugs always

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## GREAT EXPECTATIONS

*Veronica Shearer*

*“Expectation has brought me disappointment. Disappointment has brought me wisdom. Acceptance, gratitude and appreciation have brought me joy and fulfilment.” – Rasheed Ogunlaru*

The secret of contentment is being at peace with whatever we have. This depends largely on having NO *expectations* from friends, family or life itself. Thirty years ago, I left India to start a new life in the UK. I had absolutely no idea of what to *expect*. Did I think that the roads were paved with gold, as most people who migrate to a new country think? Not at all. I was grateful for the little we had and made the most of what life could offer. My three children were under 17 and this huge leap into the unknown gave them the wings that would later help them to fly. Having *expectations* affects every relationship – employer and employee, parent and child, husband and wife, citizen and country, the list goes on.

In marriage, having unrealistic expectations from one's spouse spells disaster. In the UK, there are no maids, cooks or butlers. We have to knuckle down to doing everything ourselves from cooking and cleaning to gardening, entertaining and anything else that life throws at us. We soon learn to make the best of it without moaning or whinging. The moment we expect our spouse to fit into the supposed role of 'wife' or 'husband' (as we knew it, growing up), we can say goodbye to peace in the home. No one is perfect. So, *expecting* perfection from a spouse rings the death knell for the marriage. This is the same with our children. The moment we 'expect' them to follow the path or the direction of their lives that we want or *expect*, we can ruin their future.

At the end of World War II, the UK faced huge after-effects. Families were crippled by poverty due to lack of jobs for the soldiers who returned from the war front and many families were left bereft after the man of the house had been killed in the war. So, the concept of an integrated, state-funded hospital service was established and, in

1948, the newly-elected Labour (socialist) government created a National Health Service (NHS) as one of a series of welfare reforms designed to guarantee basic levels of personal and social security. As a result, we in the UK pay higher taxes to improve the infrastructure of the country for the supposedly ‘free’ health service. Recently I was supposed to undergo surgery for a knee replacement but unfortunately it was cancelled at the last minute. Of course, I didn’t *expect* this to happen. I was annoyed to say the least. But this was caused by my unrealistic *expectations*. With the doctors and nurses on strike, the health service is on its knees. All treatments including cancer surgery, have been put on hold. How can one *expect* the health service to be running normally in these unprecedented conditions?

By the same token, in any relationship, take friendship for instance, if we ‘*expect*’ too much from our friends, we will soon be disappointed and lose our support network in the bargain. No one likes a moaner. As my Parish priest once said, “moaners don’t give and givers don’t moan”. It wouldn’t be remiss to talk about gratitude at this juncture. When we don’t have any *expectations*, we are grateful for any blessing, however tiny it may be. Throughout history and around the world, religious leaders and philosophers have extolled the virtue of gratitude. Some have even described gratitude as “social glue” that fortifies relationships—between friends, family, and romantic partners—and serves as the backbone of human society. But what exactly is gratitude? Where does it come from? Why do some people seem to be naturally more grateful than others? And are there ways we can foster more feelings and expressions of gratitude? Over the past two decades scientists have made great strides in understanding the biological roots of gratitude, the various benefits that accompany gratitude, and the ways that people can cultivate feelings of gratitude in their day-to-day lives. Other studies have identified certain traits that act as barriers to gratitude. These include envy, materialism, narcissism, and cynicism. When we are so puffed up with our own importance, we begin to *expect* all those around us to cater to our needs. Therefore, there is never a sense of gratitude because we think that everything, we get is our birth right.

Let us now have a look at the workplace. Though there has not been a great deal of research explicitly focused on gratitude in the workplace, a handful of studies suggest that gratitude may help employees perform their jobs more effectively, feel more satisfied at work, and act more helpfully and respectfully toward their co-workers. Let us reflect on the way we treat those who work for us, especially in India. Are we grateful for that cup of tea when we are tired? Are we grateful to the maid who does our laundry, cooks our meals and keeps our home in pristine condition? Do we take our employees for granted and *expect* them to slave for their pay? Are we paying them a fair wage? Do we care for them when they are ill, or do we *expect* them to work through their illness?

As we grow older, we think that it is our right to be looked after by our children. How often have I heard this statement, “We did so much for our children, it is their turn to look after us now”. Our children didn’t ask to be born, so we should have no *expectations* from them. If we do get cared for, it is a bonus. Similarly, as children, we should have no expectations of our parents that they will look after our children. When my father died, my children were very young. My mother was now alone and we asked her to live with us. Soon I realised that we began taking her for granted and *expecting* her to supervise the children’s homework and look after them when we were out socialising. Many Indian films depict this very scenario.

It would be fitting to conclude with what one of my favourite writers, Oscar Wilde, once said, “true contentment is not having everything; but in being satisfied with everything you have.” The great Stephen Hawking was diagnosed with Amyotrophic Lateral Sclerosis at the age of 21, (ALS). This is commonly referred to in the U.S. as Lou Gehrig’s disease. As ALS progresses, the degeneration of motor neurons in the brain interferes with messages to muscles in the body. Eventually, muscles atrophy and voluntary control of muscles is lost. He said, “My expectations were reduced to zero when I was 21. Everything since then has been a bonus.”

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## AN INSPIRING LENTEN HOMILY

*Fr Juventius Andrade CSsA*

We are preparing ourselves for the season of lent. The story begins with with Jesus' triumphal entry into Jerusalem, riding on a donkey. We then have the Passover meal that Jesus shared with his disciples. Jesus takes them to a garden. He is then arrested – tried, beaten, nailed to a cross and crucified!

Let us each hold a nail in our hand and imagine Jesus speaking to us and see where we are in understanding the 40 days of prayer, fasting and acts of charity. In order to do this, I thought we could put ourselves into the equation by taking on the persona of each participant in the passion of our Lord. Lets start with the donkey...

The **DONKEY** – Let us for a moment become the donkey. Most donkeys bear the mark of the cross on their backs - strange but true. We donkeys also carry the mark of the cross too, given to us in baptism. We donkeys carry Jesus invisibly. As the lovely hymn goes “Christ has no body but ours”. So on the days we are weighed down with life's burdens, let us remember that we are also bearing Christ to meet the world's pain.

The next participant in the Passion is **JUDAS**. Let us for a moment put ourselves in his shoes. Let us be him for a moment. I. Judas thought that my friend and master was the Messiah. He spoke with authority. He knew all the scriptures. He was the first person I knew that hungered for the kingdom of God, just like I do. I thought he would fight the romans for us. But what shocked me was – he only spoke about LOVE – love your enemies, turn the other cheek he said. He even washed our feet, as if he was a servant. This is not the Messiah I want. Something snapped inside me and I betrayed him to the authorities! Now the world blames me for the death of Jesus. But world... look no further than yourself. It was your sin, your pride, your refusal to love just as much as mine, to put him on the cross. Do not deny it. You hammered in the nails, every one of them, every one of us. I can't face my betrayal any more. I will end my life.

We now take on the role of **PETER**. Yes, Jesus called me Cephas the rock. He relied on me. But I denied him. Not once, but three times!

Would'nt you have done the same if you were in my place? All of us panicked when Jesus was arrested and led away by the soldiers. We followed at a distance, not wanting to be arrested as well. So when that nosey servant girl asked if I knew him, I automatically said NO! She asked me this three times. Then HE, Jesus turned and looked at me. Why did his look of disappointment hurt me so much? I'll tell you what he saw in me – my stupidity, my fear and my cowardice and yet, he loved me. He was arrested, tried, beaten, nailed to the cross and crucified. We failed to stop it happening, to save our own skins – wouldn't you have done the same? We did not relish the thought of those nails in our soft flesh, so we ran. He was handed over to the authorities and a Roman soldier nailed him to a tree. That was it – End of. Forgive me my Lord and Master. See inside me and help me start again.

Let us now take on the persona of the **Roman SOLDIER**. I don't know why I am stationed here! Believe me, at this time of the year there are troublemakers here and the religious ones are the worst! But I have to tell you – This one was different – this Jesus, the one we nailed to the cross. When he entered Jerusalem riding on a donkey, you would have thought he was God himself! Everyone around was cheering, waving palm branches and shouting hosanna. But it quickly changed. And who was the one to notice? Yes, Muggins right here! Its always when there is trouble, we are called in. So you see it was bound to happen. He got squeezed in between his own Jewish leaders on one side and ours on the other.

What did our cowardly Governor **Pontius Pilate** do? He just washed his hands off the whole decision and left Jesus in the hands of those who cried 'Crucify him...Crucify him'! Did you expect Pilate to bang the nails in himself? You are having a laugh! That was our job. I have killed many men and hoisted them up on a cross. But this one was different. He got to me. Right through his trial – when we led him away, even when we dressed him in a purple robe and put a crown of thorns on his head , mocked him and derided him by sarcastically bowing down before him. He did not flinch. Of course it hurt him but he looked at us sadly without any anger. I struck him on the face, spat on him and slapped him but even though he was in such agony, he just

looked at with love and sadness. He unnerved me. Even when we nailed him to the wood, he didn't struggle or rage. He just looked up at the heavens. This was such a Godforsaken way to die – slow and painful. But all he said was “Father, Forgive them, for they don't know what they are doing” He certainly didn't deserve this shameful death. There was a strange goodness in him. He was if you like, a Son of God! I am deeply ashamed. But what could I do? I was only obeying orders.....

Let us now again hold the NAIL in our hand. Can it be that Jesus is speaking to us? For like Peter, there have been times when I pretended not to know Jesus. Full of easy courage, we sought the easy way out. Lied to save our skins.

Like the soldier who nailed Jesus to the cross, we have done things we know are wrong but excused ourselves because we were only obeying orders. We have laughed at someone else's expense. Like Pilate, we have washed our hands off different situations, once again taking the easy way out. Like Judas, there have been times when we have betrayed our friends and cosied up to the powerful.

During the three years of Jesus' earthly ministry, many of his closest friends and followers were noticeably absent at the crucifixion. Most had fled; others had gone into hiding. However, the gospel writers all note the presence of many key individuals who had not fled and instead had chosen to follow Jesus all the way to the cross and beyond. Prominent among them were the WOMEN who stood at the foot of the cross and greeted their Lord face to face at his resurrection.

Let us be the one's who stand by Jesus during his passion and at all times!

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## **THANK YOU**

### **DONATIONS TO CASK CENTENARY TRUST**

1. Dr. Anand Pereira, Mangalore - ₹ 25,000/- for family support
2. Name withheld on request - ₹ 10,000/- for charitable programmes.
3. Mr Marian D'Souza - ₹ 5,000/- for charitable programmes.

### **DONATIONS TO CASK**

1. Mr Antony D'Silva, Mangalore - ₹ 50,000/- for Scholarships



## WE NEED TO CHANGE HOW WE'RE RAISING BOYS

*Courtesy Nitika Gupta, Swaddle Team*



Patriarchy and egalitarianism are two opposing mindsets between which Indian society hangs in the balance. Depending on the context, the pointer on the scale can tip toward either direction; for example, in rural areas, where the literacy rate is low and global exposure is limited, patriarchy is profound, whereas in urban areas, egalitarian thought processes have been gaining momentum.

In urban areas, however, though gender equality is becoming more important and even aspirational, patriarchy, in some capacity, is inescapable. We see this in family contexts, especially joint families—male head still holds most executive power. Despite this women of younger generations, seem to be adopting more open-minded values. More women now are pursuing career-oriented higher education, getting married and having children later in order to focus on their work. Progressive parents are encouraging their daughters to take the steps necessary to secure an independent, fulfilling life.

**This is all well and good, but what we are not doing is preparing our sons for women who possess these values.** We are left with a unique situation where the goals for raising girls have evolved, but those for raising boys have stayed stagnant. This is perhaps because, in our country, boys and men have generally been granted more freedom than girls and women. While the latter is catching up, it is imperative for the former to keep advancing, to alleviate the disparity and accept equality. As a plant grows, it is often not enough to keep watering it; the pot needs to be replaced by a bigger one to allow the plant to flourish.

When this does not occur, struggles ensue – and the struggles associated with this phenomenon play out most glaringly in marriages. Women who have been urged by their parents to follow their career goals might abruptly find themselves at an impasse after marriage, if

their partners or in-laws do not approve of their priorities. They might also feel the need to mute their independent selves in order to appease partners who might not be accustomed to those qualities in a woman. This also has negative implications for men. They might not be happy in their marriages and feel not getting their due. These feelings can lead to family conflict, feelings of depression, oppression, loneliness, and lack of satisfaction and could be a recipe for disaster - for both parties.

In order to keep up with the changing times, we need to change how we raise boys, not just girls. Here are some steps parents of boys can take to reduce the gap between the genders and contribute to the equal progress of both.

- **Be aware of your own biases and prejudices, and how you might convey these unconsciously or subtly** - Do you often use the word “him” when talking about gender-neutral or hypothetical scenarios? Do you think something is awry when you see a women smoking a cigarette, but not a man doing the same? Everyone has unconscious social inclinations and aversions, which could be a product of the values with which one was raised. While it is difficult to get rid of those biases, it is important to be aware of them and control their subtle manifestation, so as to not pass them on to the younger generations.
- **Model egalitarian behaviour** - “Do as I say, not as I do” rarely works in parenting. Children learn more by observing their parents’ examples than by the parents’ instructions. Thus as parents, it is important to model the behavior you want to see in your children. If boys grow up seeing their mother doing most of the housework, even if she has a job outside the home, they are more likely to grow up expecting that women will solely take care of household responsibilities, rather than expecting to contribute equally.
- **Set egalitarian expectations/rules** - Try to have similar rules for daughters and sons. When that is not possible – because sometimes rules need to be tailored to personalities present adequate explanations rather than using the irrefutable “because I said so.”
- **Support/expect egalitarian interests and tasks** - Children grow

up with the message that it is acceptable, and sometimes even laudable for girls to be interested in action movies or sports — but it is shameful for boys to be interested in romantic comedies or knitting. Try not to engage in gender stereotyping behaviour, such as buying dolls for girls and action figures for boys. Expose boys to entertainment that is not only male-centric. Encourage boys to engage in traditionally female-dominated tasks such as helping in the kitchen. Support non-traditional career choices for both boys and girls.

- **Talk about emotions** - Avoid telling boys to “be a man” and stop crying. Instead, talk with boys about their feelings. Encourage them to express and articulate emotion. Identifying and expressing emotions are seen as feminine qualities. Boys often grow up not being able to identify precisely what their emotions are, due to the suppression of feelings that they learn in childhood.
- **Point out female role models** - Children grow up learning about prominent male figures such as Stephen Hawking, Bhagat Singh, Neil Armstrong, and Picasso, but we don’t often expose them to female role models such as Madame Curie, Rani Lakshmibai, Kalpana Chawla, and Frida Kahlo. Education about inspirational women can help break gender divides and stereotypes. Let boys and girls learn about more and more women who make influential contributions to society.
- **Attempt to reduce the gender differences in traditional practices** - Cultural and religious rituals abound in male preference. Many Indian subcultures engage in traditional celebrations that venerate sons; practices involving daughters are mostly related to finding them a good husband. These traditions are not easy to change, but efforts must be made by parents to decrease the imbalance. For example, during Raksha Bandhan, have siblings tie rakhis on each other, regardless of gender; sisters can vow to protect brothers and give them gifts too, and brothers can wish for their sisters’ long lives as well.
- **Educate about consent, mutual respect, and equality at an early age** - In traditional cultures, men are seen as deserving of

certain privileges. It is never too early to inculcate the values of respect and equality in children. Cultivating the importance of consent, both sexual and otherwise, is crucial, especially among sons.

- **Model/talk about healthy conflict** - These norms will take time to change, and regardless, even in the most egalitarian societies, there is still a conflict between maintaining valuable traditions and encouraging progress and gender equality. Discuss healthy ways to handle conflict; when conflicts inevitably do arise, a healthy and meaningful conclusion can be reached.

If parents catch boys up to the egalitarian values we've instilled in our girls, they'll be better equipped to deal with the India they'll encounter later on in life. Raising boys without gender stereotypes, especially ones that enforce archaic power dynamics, will help them grow into adults who are able to adapt to changing gender expectations in careers, society, and relationships.

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## JESUS & THE ROLLING STONES

# *chhotebhai*

Most of us would have heard of Andrew Lloyd Webber's 1970 musical "Jesus Christ Superstar". It was an attempt to re-present Christ in a modern day idiom. Nobody will have heard of Jesus and The Rolling Stones, the jazz group Mick Jagger founded in 1962. Rightly so, for the rolling stones that I am now writing about have nothing to do with that jazz group.

This piece was inspired by a video that a friend forwarded to me (something that I usually avoid). But its message struck a chord in me, forcing me to meditate deeper. It was based on the Gospel reading of the fifth Sunday of Lent, the raising of Lazarus from the dead. We have heard umpteen sermons about it. Yet we seemed to have missed its many nuances.

I begin with what I saw in the video. Jesus asked those present to roll the stone away and then called Lazarus out. The person in the video then asked a poignant question, "If Jesus had the power to raise Lazarus from the dead; surely he also had the power to roll away the

stone. Then why did he ask others to do it”?

The preacher gave an amazing answer: “Jesus expects us to do what we can, then he in turn will do what we cannot do”. Words of wisdom. So don’t sit back and expect the Lord to do everything. Let us first do what is in our ability to do. I cannot emphasise the point enough because I invariably hear people, especially during adversity, bemoaning their fate, saying, “Let us wait and pray for the Lord to act”! This is not faith. As St James strongly asserts, “Faith without actions is dead”.

Back to Lazarus and Bethany. I was fortunate to visit the tomb in 1980. Let us visualise the scene. As one turns the shoulder of the Bethany hill, Jerusalem comes into view. Looking at it Jesus weeps. The shortest verse in the Latin translation of the Bible is “Dominus Flevit”, meaning the Lord wept. A chapel, in the shape of a tear drop, is built at that spot.

There is a lot more to the Bethany story. Let us play it out again. On receiving the news of Lazarus’ illness/ death Jesus deliberately delays going there for two more days saying that “it is for God’s glory”. He knew that he was on the threshold of performing his greatest miracle that would also be the prelude to his death. The chronology of events is that this happened just six days before the Passover and the triumphant entry into Jerusalem on Palm Sunday.

Raising Lazarus was literally the last nail in Jesus’ coffin. The Chief Priests and Pharisees had now had enough. It was then that Caiphas prophetically uttered that it was better for one man to die than for the entire nation (their hegemony) to be destroyed. “From that day onwards they were determined to kill him” and accordingly gave their orders.

Jesus, being antaryami (knowing what is going on within) knew too well about his fate. He was inviting trouble. Yet he did not baulk at it. He knew that it was the father’s will that he die a shameful death. It did not deter him. Jesus was in turmoil. He was distressed, he wept and sighed deeply.

Jesus, being human, also needed a sign, a reassurance from the Father, that his death would not be in vain. The Father was now

confirming to Jesus that he too would rise. That is why he then strongly affirmed, “I am the resurrection and the life”. Let us try to enter deeply into the mystery of Jesus’ thoughts and actions. Only then will we be able to joyfully proclaim “He has risen to die no more”.

At Bethany there were other players who have often been maligned for their lack of faith and understanding – Martha and Thomas. Clergy and religious remind us ad nauseum that “Martha was distracted with all the serving” while her sister Mary had “chosen the better part”.

But at Lazarus’ death the roles are reversed. While Mary remained steeped in sorrow, sitting in the house Martha was pro-active and ran forward to seek Jesus’ intervention. In like manner, Thomas is also maligned as the Doubting Thomas. But while the other disciples were here cautioning Jesus to not go back to Judea, for fear of the Jews, it was Thomas who spoke up. “Let us also go to die with him”. So we find that the raising of Lazarus is rich in meaning.

Not just at Bethany, stones have great significance in the life of Jesus. His first temptation in the desert was to turn the stone into bread. His first miracle at Cana was with stone jars. One of his biggest tests was when the Pharisees tried to corner him over the Mosaic Law for stoning an adulteress to death. In Gethsemane, which lies between Bethany and Jerusalem, it is just a stone’s throw that separates the Redeemer from the sleeping disciples.

In his ministry too Jesus often alludes to stones to make his point. For those who cause others to sin he says that it is better that a millstone is tied around their necks. He described himself as a stone of destruction and called himself the stone that the builders had rejected which would in turn become the cornerstone. But of human endeavours he warned that not one stone would remain standing on another. That infuriated the Jews enough to try and stone him. Finally we read about the stone placed over the mouth of his burial place and the subsequent need to remove it.

Stones are also used to depict the relationship between Jesus and John the Baptist. When the Jews boasted that they were sons of Abraham and did not need Jesus, the Baptist retorted by saying that God could raise sons of Abraham from these stones. When Jesus’ own

authority was challenged he countered by asking by whose authority the Baptist preached? They were silenced lest the crowd stone them for denigrating the Baptist who was revered as a prophet.

The stony message was not lost on the disciples. Before the Sanhedrin Peter boldly affirms that Jesus “is the stone which you, the builders, rejected but which has become the cornerstone”. Paul uses a similar analogy to describe Jesus as a foundation stone for those who believe, but a “stumbling stone, a rock, to trip people up” (Rom 9:33) for those who reject him. Peter sums it up by describing Jesus as the ‘living stone, rejected by human beings, but chosen by God’”.

Wishing people “Happy Easter” is far easier than following the lead of Martha and Thomas at Bethany. Let us not shed crocodile tears over an empty tomb, for he has gone ahead of us into Galilee (Mat 28:7). Let us meet him there and share in his redemptive mission, for indeed he has risen, to die no more.

Jesus is not a rolling stone that gathers no moss. He is, rather, the corner stone that is “like a hen that gathers her brood under her wings”.

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## **POINTS TO PONDER, MAY 2023**

*Norbert Shenoy*

### **Common Man & Games Policymakers Play**

Inflation, interest rates, Investments and taxation. These are some of the variables that policy wonks assiduously keep tracking, while those in authority try to manipulate them to get the economy to behave. But such actions by the government and bureaucrats, more often than not, fly on a wing and a prayer. One might as well fine tune a tsunami! No wonder, when an RBI Governor was asked how he decided to change interest rates, he reportedly answered that if the morning tea tasted good, he cut the policy rate, otherwise, he hiked it. Well, now the MPC (Monetary Policy Committee), appears to have brought some method in the madness. But all markets, the money market, foreign exchange market and the capital market, dance to the tune called by these hallowed personae, as was seen, when markets heaved a sigh of relief after RBI declared a pause in the hike in repo rate at the conclusion

of the April MPC meeting. Both the bond and the equity markets, closed on the positive side with financiers and a whole lot of youngsters, borrowing to buy homes and cars welcoming the pause. But given the stubborn inflation, savers, essentially senior citizens, may find the value of their savings being increasingly eroded.

Data presented in the table below, tells the story of real returns over the recent period of 20 years. Reckoning with an average inflation of 6% per annum over the last 20 years, a saver's investment portfolio would have to yield, at least 6.5% CAGR (Compounded Annual Growth Rate) to provide returns that cover inflation. But the situation has turned worse for savers, since the latest budget has done away with indexation benefit that was hitherto available to long term investors in debt mutual funds. REITs (Real Estate investment

Trusts), provided one more inflation hedging investment avenue. These entities which are traded on recognized Stock Exchanges, own, operate and finance, income generating real estate properties. Investors who acquire a stake in these Trusts are expected to enjoy capital appreciation. The rental income from these properties is also given to investors as dividends/payback of debt. With rents moving in tandem with inflation, the dividends from REITs would generally move higher with rising inflation. And REITs were tax efficient too, since only the distributions under the interest and rental income heads were taxable and payouts under "repayment of debt/dividends" were not taxable. Embassy and Mindspace

REITs distributed 80-92% of their surplus under the tax free heads, while for Brookfield the figure was a little over 52%. But after the Finance Act 2023, dividends/repayment of debt would be taxable once the cumulative distribution of such payouts exceeds the issue price (as distinct from cost of acquisition). Capital gains calculation has

**Inflation and real returns** (in %)

	Annual CPI	Nifty 50 *		10-year bond yield	
		Nominal return	Real return	Nominal yield	Real yield
2002	4.3	3.3	-1.1	7.2	2.9
2003	3.8	71.9	68.1	5.6	1.8
2004	3.8	10.7	6.9	5.9	2.1
2005	4.3	36.3	32.1	7.0	2.7
2006	5.8	39.8	34.0	7.6	1.8
2007	6.4	54.8	48.4	8.0	1.6
2008	8.4	-51.8	-60.1	7.9	-0.5
2009	10.9	75.8	64.9	6.9	-3.9
2010	12.0	18.0	6.0	7.8	-4.1
2011	8.9	-24.6	-33.5	8.4	-0.5
2012	9.3	27.7	18.4	8.3	-1.0
2013	11.1	6.8	-4.3	8.2	-2.9
2014	6.7	31.4	24.7	8.5	1.9
2015	4.9	-4.1	-9.0	7.7	2.8
2016	5.0	3.0	-1.9	7.2	2.2
2017	3.3	28.7	25.3	6.7	3.4
2018	4.0	3.2	-0.8	7.7	3.8
2019	3.7	12.0	8.3	6.9	3.2
2020	6.6	14.9	8.3	6.0	-0.6
2021*	5.1	24.1	19.0	6.2	1.0
2022*	6.0	-1.7	-7.7	6.8	0.7

Source: World Bank, Bloomberg \*Monthly average sourced from MOSPI



also been tweaked for tax purposes. If you sell a unit of REITs, say, at Rs 400 and the cost of acquisition was Rs 300, then the capital gains would be increased by the loan repayment made during the holding period of the investment.

Hence equities offer themselves as a preferred asset class whose net yield could comfortably beat the combined impact of inflation and taxation over the long term. But as Keynes says, “in the long run we are all dead”! And equities are notoriously volatile even over extended periods of time. Consider this: Since 1980, Sensex has made new all time highs less than 7% of all days, which means an investor in the market was likely to be under water 93% of the time! A dismal picture indeed; or is it? The reality is that during this period Sensex was up 49548% (absolute) or giving a return of 15.5% CAGR! But along the way there would have been many imponderables to reckon with. For instance, on Jan 3, 2008, the ten year government bond yield was at 7.77% and the Sensex closed at 20345. The yield plunged to 5.4% on January 1, 2009 and Sensex dropped by 51% to 9903. This put the conventional economic “wisdom”, which says that interest rates and equity returns are inversely co-related, on its head. The trouble is that in real life there is no ‘*ceteris paribus*’ and there could be many more variables that determine economic outcomes, than economists and policy makers generally factor in. And finally, in the world of finance even when a pattern discerned in past outcomes is repeatedly validated by empirical evidence, such behaviour may not always repeat itself despite ‘experts’ proclaiming otherwise. Consider this: On January 1, 2008, the Sensex was at 20301 and gold (10 gms) was at Rs 10631. On February 28, 2023 the Sensex was at 58962 and gold (10 gms) was at Rs 55320 (at present it is over Rs 60000). Even on a 15 year time scale, gold beat the Sensex (historically the most rewarding asset class) hands down! Well, one shouldn’t be taken in entirely by such cherry picked examples. “What they reveal is interesting, but what they conceal is even more significant”. Quite often the trick is to so choose the time period as to prove what the proponent wants. But ultimately, one cannot rule out the possibility of an unfancied asset class doing better than the fancied asset class, even over the long term. One way to deal with of such a conundrum, is to structure a multi asset portfolio

China is rewriting geography, we  
are busy rewriting history!



having regard to the investor's priorities and risk profile and not to be swamped by the fulminations of the so called "experts" infesting the corridors of power. Remember R K Laxman and his "common man"?

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## NEWS & NOTES

### POPE FRANCIS CREATES HISTORY BY INCLUDING LAY MEN & WOMEN IN THE UPCOMING SYNOD OF BISHOPS

Pope Francis through an announcement on 26<sup>th</sup> April 2023, dramatically expanded participation in the Vatican's upcoming Synod of Bishops in October to include lay men and women, **for the first time granting them a right to be appointed as full voting members of the Catholic Church's primary deliberative body.**

In addition to the standard participation of bishops selected by the Pope and episcopal conferences from around the world, the new changes allow for the participation of **70 non-bishop members** at the October Synod—10 from each of the seven global regional bishops' conferences, with the request that **young people be included and that 50% of those named be women.**

The changes were discussed at a press briefing at the Vatican with Cardinal Mario Grech, secretary-general of the Synod, and Cardinal Jean-Claude Hollerich, Relator-general of the 2023 and 2024 Synod of Bishops.

The first of the two-part synod gathering will take place in Rome this Oct. 4-29 and is expected to address church governance and a number of hot-button issues in the church, among them the role of women in the church and LGBTQ relationships.

Among the newly announced changes is an altered composition of participants to provide greater gender parity among the members of Catholic religious orders invited to take part in the synod. While historically 10 members of men's religious orders have been elected to participate, they will be replaced by five religious women and five religious men.

## **CECELIA PAYNE – EVERYONE SHOULD KNOW HER BUT FEW DO**

*Forwarded by Capt. Hugh Vas*

Since her death in 1979, the woman who discovered what the universe is made of has not so much as received a memorial plaque. Her newspaper obituaries do not mention her greatest discovery. Every high school student knows that Isaac Newton discovered gravity, that Charles Darwin discovered evolution, and that Albert Einstein discovered the relativity of time. But when it comes to the composition of our universe, the textbooks simply say that the most abundant atom in the universe is hydrogen. And no one ever wonders how we know.

### **Jeremy Knowles lists some facts on CECILIA PAYNE :**

- Cecilia Payne's mother refused to spend money on her college education, so she won a scholarship to Cambridge.
- She completed her studies, but Cambridge wouldn't give her a degree because she was a woman, so she moved to the USA to work at Harvard.
- She was the first person ever to earn a Ph.D. in astronomy from Radcliffe College; Otto Strauve said "the most brilliant Ph.D. thesis ever written in astronomy."
- Not only did Cecilia Payne discover what the universe is made of, she also discovered what the sun is made of (Henry Norris Russell, a fellow astronomer, is usually given credit for discovering that the sun's composition is different from the Earth's, but he came to his conclusions four years later than Payne—after telling her not to publish).
- Cecilia is the reason we know basically anything about variable stars (stars whose brightness as seen from earth fluctuates). Literally every other study on variable stars is based on her work.
- Cecilia was the first woman to be promoted to full professor at Harvard, and is often credited with breaking the glass ceiling for women in the Harvard science department and in astronomy; she inspired entire generations of women to take up science.
- Cecilia Payne is awesome and everyone should know her.

## KEVIN VAZ JOINING VIACOM18 AS CEO



Mangalore origin Kevin Vaz, currently second-in-command at Disney Star Ecosystem, has resigned from the company after a 20-year stint and is joining as CEO of VIACOM18.

Founded in 2007, Viacom18 is a joint venture between Network18 Group, a subsidiary of Reliance Industries Ltd, and Paramount Global. It owns various channels, as well as content production studios in India.

Kevin is the son of Patrick and Annette Vaz of Mumbai and grandson of the late Mathew and Ena Gonsalves of ‘Littlecote’, Sturrock Road, Falnir, Mangalore.

**CASK congratulates Kevin and wishes him further success in the International Corporate world.**

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## ‘ANTARGATHA’ – A SHORT FILM BY STUDENTS ON CONSEQUENCES OF SUBSTANCE ABUSE



The Short Film **ANTARGATHA** - Deep Into the Dark World, is now streaming at YouTube channel Anugraha Films. This movie is made with the intention of spreading awareness on the consequences of substance abuse - a social cause.

The story begins with Dr Abhay who is determined to find out the mystery behind a dream, bothering and questioning him since a month. The movie was recognised by St Aloysius College (Autonomous) and was screened to more than 400 students including students from 12 various colleges of Mangalore during a fest called ‘**Dindima**’. The director and female protagonist were felicitated by Vijayakumar Kodialbail (renowned director) and Deepak Rai Panaje (Kantara) during the formal programme of Dindima.

All the artists in the movie are students pursuing their 2nd or 3rd year undergraduate, and are beginners. The entire movie was captured and edited on a mobile phone.

- Story-Dialogues;Direction-Screenplay, DoP, Protagonist-**Alister Shaun Dsouza**
- Production Team Head - **Sakshi L Karkera**
- Cast: **Kshithi S Manai; Hanumanth BK; Lestan Shown Dsouza; Krishak S Manai**
- Cinematography - **Mervin Roy Dsouza**
- Editing DI-Dubbing - **Priswi Perera**
- Editing VFX - **Ramanath Mallya**
- MOVIE LINK: [https://youtu.be/WIHajo60i\\_k](https://youtu.be/WIHajo60i_k)

**CASK congratulates the students on bringing out this film to create awareness on dangers of Substance abuse.**

## **OBITUARIES - APRIL/MAY 2023**

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

- ❖ Gracian Rodrigues (60), Milagres, husband of Lenny Menezes, on April 6, 2023.
- ❖ Richard Mark Pereira (84), Bendur, husband of Beryl Pereira, father of Rayner/Christine and Shamina, on April 6, 2023.
- ❖ Rudolph E N D'Silva (81), Bendur, husband of Jessie D'Silva, father of the late Astrid, Ashley/Bonita D'Souza and Astrin/ Christopher Colaso, on April 6, 2023.
- ❖ Lancelot Camillus Patrao (82), Bendur, husband of Dorothy Patrao, father of Andrea/Tarcitius, Avalon/Rajni, Anthea/Lyndon, Angele/ Carlton, on April 8, 2023.
- ❖ Noel Gerard Machado (61), Kulshekar, husband of Flora Machado, father of Danny and Ashley Machado, on April 10, 2023.
- ❖ Oshin Pereira (28), Valencia, daughter of Olivia and the late Oscar Pereira, sister of Osborne Pereira, on April 11, 2023.
- ❖ Celine D'Souza (92), Urwa, wife of late Mark L D'Souza, (General Refrigeration), on April 14, 2023.
- ❖ Celine Rodrigues (80), Bendur, wife of the late R L D'Souza, mother of Stephen/Anita, Venus/Richard, Newton/Asha, Juliet/Simon and Iris/ Pradeep, on April 15, 2023.
- ❖ Sr Mary Vineetha BS (74), nee Remedina Mendonca, Niddodi/Mudigere, Bethany Congregation, daughter of the late Martin Alex Mendonca and the late Florine Lobo, on April 15, 2023.

- ❖ Comd. Douglas Deans (88), Canada, husband of Selma (nee Rego), father of Robin/Joan and Arun/Erin, on April 15, 2023.
- ❖ Paul Joseph Castelino (86), Milagres, husband of the late Wrida Castelino, father of Joy/Jennifer and Loy/Nisha, on April 16, 2023.
- ❖ Stella Walder (95), Milagres, sister of the late Cyril, Cecelia Menezes, the late Cyprian, the late Lily Miranda, the late James, Harold, sister-in-law of Prescilla, the late Ignatius Menezes, Irene, the late Charles Miranda, Marjorie, aunt of Archie/Nancy Menezes, Lancy/Wilma Menezes, Toswyn/Ivy Menezes, Jaishree/Errol, Jairaj/Pammi, Santosh, Sydney, Daphne/Ronnie, Rodney/Lovie, the late Sonali and Selmona/Francis, on April 16, 2023.
- ❖ Joel Allan Peres (64), New Delhi/Milagres, son of Joan and the late Michael Peres, brother of Kenneth/Shanthi, Vivian/Karen, Gregory, Neville/Anita and Jacqueline/Allan, on April 21, 2023.
- ❖ Dr. Martin Pais (66), Bangalore, husband of Meena Pais, father of Jude, Trevor & Hinal, brother of Dr. Kenneth & Dr. Nina, David & Deepika, on April 22, 2023.
- ❖ Vijay Rajan, (45), Philadelphia/USA, son-in-law of Leilu (nee Mascarenhas) and Promod, husband of Anjali, father of Anika & Avik, on April 22, 2023.
- ❖ Philomina D'Souza (87), Bendur, sister of Cecilia Rebello, John D'Souza, Joe D'Souza, Josephine Lobo & Gracy Alvares, on April 22, 2023.
- ❖ Linus John Colaco (92), Bendur, husband of Nora Colaco, father of Gerard/Disha and Usha/Rudolph Fernandes, on April 23, 2023.
- ❖ Sr Clarita AC (98), Maryhill Convent, on April 24, 2023.
- ❖ Dr Rui J.Fernandez (82), Bandra/Mumbai, renowned Dermatologist of KEM Hospital, Mumbai, husband of Dr Armida Fernandez nee Menezes, father of the late Romila on April 24, 2023.
- ❖ Benny Castelino (92), Milagres, wife of late Ligoury Castelino, mother of Janet/Jerome Pereira & Alban/Juliet nee D'Souza, on April 25, 2023.
- ❖ Benny D'Souza (71), Valencia, wife of late Raymond D'Souza, mother of Roshan/Nisha, Rohith/Loveeta & Rakesh/Pramita, on April 29, 2023.
- ❖ Sr Marilyn nee Tresa D'Antonius (87), Bondel, Congregation of Carmelite Sisters, daughter of late Reverine and the late Daniel D'Antonius, on May 1, 2023.

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# FOND REMEMBRANCE

## LATE NOEL & LATE FLORRIE SRESHTA



In May 2023, our Mother would have been 100 years old and our Dad 105.

*Always Loving... Always Loved*

"Loving tribute from their children - late Joan, Kenneth, Joyce, Enid, Miriam, Michael, Audrey, Lynnette and their families."



## WORLD SCHIZOPHRENIA DAY - MAY 24

Schizophrenia  
cannot be  
understood  
without  
understanding  
despair.

**If not delivered, please return to: Catholic Association of South Kanara,  
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