

Mangalore

Organ of the Catholic Association of South Kanara

Pio Mall, Third Floor, Jail Road, Bejai, Mangalore 575 004 Ph: 0824-2491733

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I BUILD WALLS

I build walls:
Walls that protect
Walls that shield
Walls that say I shall not yield
Or reveal who I am or how I feel

I build walls:
Walls that hide
Walls that cover what's inside
Walls that stare or smile or look away silent lies
Walls that even block my eyes
From the tears I might have cried

I build walls:
Walls that never let me
Truly touch those I love so very much
Walls that I need to fall
Walls meant to be fortresses
Are like prisons after all

I build walls:
Walls that protect; Walls that hide
Walls that never let me know
So many reasons
So many questions
That shows my teary eyes

**LET US TRY TO BREAK ALL SUCH WALLS!
AND BE WHO WE REALLY ARE!!**

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 Konkani 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.

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CATHOLIC ASSOCIATION OF SOUTH KANARA

Founded in 1914

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

CATHOLIC ASSOCIATION OF SOUTH KANARA

Pio Mall, 3rd Floor,
Jail Road, Bejai,
Mangalore - 575 004
Ph: 2491733, 4271733

OFFICE BEARERS

President

Capt. Vincent P. F. Pais
vincent.pais@gmail.com
9343569302

Vice Presidents

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Archibald Menezes

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Dr Anand Pereira

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Stephen Mascarenhas,
Ullhas Rasquinha,
Mario Saldanha, Dr Derek Lobo

Editor

Patricia Lobo, 9986268404
derpatlobo@hotmail.com

Editorial Team

Joan Lobo, Trisha D'Souza,
Dr Anand Pereira,
Stephen Mascarenhas

Email

caskmangalore@yahoo.com
caskmangaluru@gmail.com

Website

www.caskmangalore.org

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EDITORIAL

The month of July starts with Doctor's Day. India has the largest number of Medical Colleges in the world – nearly 700, producing more than 80,000 doctors a year. In addition, we have doctors from Homeopathy, Ayurveda, Unani and Naturopathy. In spite of this galaxy of doctors, we account for the highest burden of several communicable diseases and have unacceptable Infant and Maternal Mortality rates. This is primarily because our Health System is heavily biased in favour of 'Curative' and Hospital based Health care, with little focus on Wellness, Promotive, Preventive and Rehabilitation Services. The Coronavirus Pandemic brought to light many deficiencies in our Health System.

The train accident in Odisha which claimed 291 lives was indeed tragic and calls for strengthening the safety processes of Indian Railways which transports 23 million people every day and is the largest railway network in the world. Railway accidents occur even in the most advanced countries, so Indian Railways are no exception.

The survival of FOUR children in the forests of Colombian Amazon after an air-crash and the death of FIVE billionaires in the Titan Submercible has been eloquently captured by 'Chottebhai'. I'm sure you will enjoy the article.

We have one article on 'What can be expected' from the Synod of Bishops' scheduled for October 2023. Another article of interest is titled "We need a political ecology of Repair" to prevent Environmental Destruction. There is also an article by Elias Gomes explaining the Uniform Civil Code (UCC). **The opinions expressed in this & other articles are personal and do not reflect the opinion of the Editorial team or CASK.**

Our thoughts and prayers go out to the suffering people of Manipur, where rivalry and conflicts between three groups has continued unabated for more than two months, with only feeble response from the State and Central Governments to end the carnage and destruction. We hope the conflicts end and Peace will dawn soon.

Under the auspices of the CASK Centenary Trust and CASK, we had the Scholarship Distribution function on 8th July 2023. Msgr Maxim Noronha, Vicar-General of Mangalore Diocese was the Chief Guest. A total of **154** students were beneficiaries of scholarships for the academic year 2023-24, with a total outlay of Rs. **16,09,000/-**. We are planning to have a Personality Development Programme for all the scholarship beneficiaries during the October holidays.

Until next time.....Patsy Lobo



THE PRESIDENT SPEAKS...

Dear readers-wishing you all happy reading of our '*Mangalore*' magazine which brings in good articles each month and keeps you updated with the events taking place around Mangalore and outside.

At CASK, we have received a lot of applications for scholarships after which we distributed scholarships on 8th July at the Bishop's house with a total outlay of Rs.**16,09,000/-**. We thank the major donors and well-wishers for their generous contributions which made it possible. A total of 154 students benefited this year. Our only wish is that these students when they graduate and start earning will come forward to help other needy students.

This year the monsoon gained strength a little late. Certain parts of the country are reeling under floods and devastation, whilst the others are facing shortage of rain. In Delhi and UP, where temperatures were soaring, the rain for the last few days has brought some relief. The changes in the rain pattern is due to climate change. The weather is predicted to get worse year by year unless we do something to save our environment.

We are planning events like Teachers Enrichment Program (TEP) & Personality Development Program (PDP) in the coming months. The dates are yet to be finalised.

The month of July is named after the great Roman Emperor, Julius Caesar. 1st July is observed as National Doctors day, 11th July is World

population day, 8th July is World Hepatitis day, 23rd July is World day for elderly and grandparents and 29th July is International Tigers day.

Hoping we have a normal monsoon and cooler days... Till then

..... **Capt. Vincent Pais**

WE NEED A POLITICAL ECOLOGY OF REPAIR THAT REJECTS “BUSINESS AS USUAL”

Earthbeat Justice



In this poster, people stand up against a tidal wave of environmental destruction. The costs of this tidal wave are borne most heavily by the poor, and indigenous people. Air, water and people all need protection. This illustration is a spinoff of the famous print “Under the Wave off Kanagawa,” also known as “The Great Wave,” by Japanese artist Katsushika Hokusai. (Ricardo Levins Morales)

BY DANIEL CASTILLO

Editor’s Note: *EarthBeat* is publishing a series of essays on the goals of the *Laudato Si’* Action Platform from speakers at the 2023 “*Laudato Si’* and the U.S. Catholic Church” conference, held virtually throughout June and July and co-sponsored by Creighton University and Catholic Climate Covenant. This essay is on the *Laudato Si’* Goal “*Response to the cry of the poor.*”

In 1991, while working as chief economist for the World Bank, Lawrence Summers authorized an internal memorandum for distribution at the bank. The memo advocated for the **“migration of the dirty industries” to the world’s least developed countries**. “The economic logic behind dumping a load of toxic waste in the lowest wage country is impeccable,” the memo asserted, “and we should face up to that.” It went on to single out sparsely populated countries in Africa as “under-polluted,” and lamented the difficulty in efficiently transferring environmental costs to the African continent. Such transfers would be “world welfare enhancing,” the memo asserted.

It is unlikely, of course, that the welfare of the “under-polluted” regions of Africa would be enhanced. The ecosystems in these regions, and all the myriad forms of life that participate in these ecosystems, would be subjected to toxins and hazardous wastes. Moreover, whatever short-term economic gain some political and corporate interests might gain from accepting the migration of dirty industries, would be outweighed by the fact that the introduction of such industries would disincentivise other, more healthful, forms of economic development and societal formation. Thummers memo, in effect, proposed turning these otherwise unspecified regions of Africa into what **Steve Lerner labels “sacrifice zones.”**

In appalling fashion, then, the views of the Summers memo capture the fact that questions of politics, economy and society can never be separated from those of ecology and the environment. Rather the social and the environmental always inform one another intrinsically and inextricably. The recognition of this interrelatedness is foundational to the views of Pope Francis’ 2015 encyclical “*Laudato Si*’, on Care for Our Common Home.” “Today,” the pope exhorts, “we have to realize that a true ecological approach *always* becomes a social approach; it must integrate questions of justice in debates on the environment, so as to hear *both the cry of the earth and the cry of the poor*.” As Francis makes clear, love of neighbour and love of earth cannot be separated.

The pope’s insight into the closeness of the relationship between love of neighbour and earth is, in fact, consonant with the biblical witness. In the second creation narrative of Genesis, God forms the

first human out of the fertile soils of the garden. Later, God forms the animals of the earth out of the same soil. God breathes God's life-giving breath into each of these creatures. In this same narrative, God calls the human person "to cultivate and care" — which can also be translated as "to serve and preserve" — for the life of the garden. Here, though never stated explicitly, the message is plain: **Love and care for neighbour and earth are rooted in the same soil and ought to be attended to accordingly.**

Of course, the realization that the cries of the Earth and poor interpenetrate one another has always been evident to those with ears to hear and eyes to see. Indeed, the views of the Summers memo reflect a perennial injustice present within human history. As Andrew Jorgenson, a sociologist at Boston College, observes, "Throughout human history, more powerful societies and nation-states have utilized their geopolitical-economic power to create and maintain ecologically unequal exchanges with less powerful and less developed societies and countries." Continuing in his description of this factor, Jorgenson finds that, in the contemporary world, the Global South functions as both a "tap" and a "sink" for the Global North. It acts as a tap in that, throughout the South, the life-giving resources of the earth are appropriated, extracted and accumulated by state and corporate actors affiliated with the Global North. These same state and corporate actors simultaneously externalize the costs of pollution and ecological degradation to the "sink" of the Global South. The Summers memo, therefore, simply sought to encourage and optimize an enduring reality.

Indeed, the phenomena that Jorgenson describes helpfully illuminates Pope Francis' claim in *Laudato Si'* that, "A true 'ecological debt' exists, connected to commercial imbalances with effects on the environment, and the prolonged disproportionate use of natural resources by certain countries. This debt, has been accruing throughout centuries of extractive colonial and neo-colonial oppression and abuse as Western powers have sought to reduce the soil, and all that comes from the soil, within colonized spaces into the commodities of land and labor.

The dynamics of politico-ecological exploitation and indebtedness are present not only on a global scale, but on regional and local scales

as well. In the early 2000s, when teaching high school in East St. Louis, Illinois, I was constantly struck by how my students bore within their bodies the cost of environmental racism. The vast majority of the teenagers that I taught, all of them Black, suffered from chronic illnesses, while their homes and city were surrounded by the polluting factories of Monsanto and Pfizer. Across the Mississippi River in St. Louis, Monsanto was and remains a steadfast corporate sponsor of the beautiful Missouri Botanical Gardens, a predominantly white space, where St. Louisans would gather for wine and music on the lawn in the summer. The botanical gardens are indeed lovely and events such as music on the lawn, in many respects, can be understood as welfare enhancing but one must ask: Whose welfare is being enhanced?

In light of the dynamics of exploitation and indebtedness, it is clear that healthful responses to the cries of the Earth and the oppressed cannot be accommodated by a **“business as usual” approach** to politics, economics and society. Rather, the earth and the oppressed cry out for the peoples of this world to work for a political ecology of repair rooted in metanoia—a turning away from the dominant logics, patterns and structures organizing the world today. This is why Pope Francis makes an urgent call for **“ecological conversion.”**

Yet, paradoxically, the life-giving reality of God’s reign is already present amongst us. To give but two examples, it is present in movements such as the Black Church Food Security Network, which seeks to cultivate vegetable gardens on church lands and also connect Black churches with Black farmers as they confront the realities of food apartheid. It is also present in the work of the most recent iteration of the Poor People’s Campaign, which seeks comprehensive national policy reform to promote social and ecological health.

The invitation of *Laudato Si’*, then, is not only to identify the closeness of the relationship between the cries of the Earth and poor, but also to discern how persons and communities of faith can and are giving of their lives in response to the cries, so that we might join in this work and, in so doing, reflect God’s love for the world.

VATICAN SYNOD – OCTOBER 2023 – WHAT CAN YOU EXPECT?

CHRISTOPHER WHITE = *Vatican Correspondent – courtesy NCR*

When prelates and lay delegates gather in October 2023 for the Synod of Bishops, they will be asked to directly confront a number of pressing questions - including the possibility of women deacons, access to the priesthood for married men, the integration of LGBTQ+ Catholics, and penance for sexual abuse and the abuse of power, conscience and money, in consideration of how the Catholic Church might transform and expand its structures to become more welcoming to all its members.

In a much anticipated document released June 20, the Vatican's synod office set the stage for a wide-ranging discussion for the first session of a high-stakes meeting that is attempting to respond with "missionary urgency" to the challenges of church life in the modern world.

Known in Latin as an *instrumentum laboris*, the 60-page document will guide the month long Vatican summit on a number of themes and concerns that have emerged during a 3-year consultations, focussing on how the church could become more meaningful through greater listening and participation of all of the baptized, not just the Catholic hierarchy.

Among the issues and considerations in the document are how a synodal church recognizes and values the central role of the poor; the experience of migrants; victims of sexual abuse, violence and other injustices; the disabled; divorced and remarried Catholics; the need for greater commitment to ecumenism and learning from other faith traditions; and the role of women in the church today.

The newly released document is the culmination of worldwide listening sessions through local churches that took place 2021-2022 and seven continental gatherings held in early 2023.

'The radical call is, therefore, to build together, synodally, an attractive and concrete church: an outgoing church, in which all feel welcome.'-Synod of Bishops *instrumentum laboris*.

Over the last decade, synodality has emerged as a key theme of Francis' pontificate and as a vehicle of implementing the reforms of the Second Vatican Council and instilling them into the practices and structures of the church today. Earlier this year, Pope Francis dramatically expanded participation in the synod **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 consultative body.**

The new document, which is framed around three interwoven themes of communion, mission and participation, aims to offer an honest account of the key ideas, difficulties, aspirations and fears of Catholics from around the globe. Those ideas will now be up for discernment and discussion by an estimated 370 synod participants in the synod's first session October 4-29, 2023.

A novel format : While past synod working documents have primarily been published to serve as an initial draft for a particular synod's eventual final report, the newly released document is structured in a novel format, with an introductory section that offers a vision for what it means to be a synodal church and a second section with three overarching questions meant to guide the synod discussions.

The text is accompanied by 15 worksheets-5 for each of the 3 priority questions — that pose a series of open questions for synod participants to reflect upon individually and collectively.

The three questions that will serve as the framework for this synod are:

1. communion that radiates: How can we be more fully a sign and instrument of union with God and of the unity of all humanity?
2. Co-responsibility in mission: How can we better share gifts and tasks in the service of the Gospel?
3. Participation, governance and authority: What processes, structures and institutions in a missionary synodal church?

The document is cautious to note that “a synodal assembly cannot be understood as representative and legislative, analogous to a parliamentary structure with its dynamics of majority building” and anchors the synod process in a spiritual foundation, saying it is best to be understood as a liturgical assembly.

“Ancient tradition tells us that when a synod is celebrated, it begins with the invocation of the Holy Spirit, continues with the profession of faith, and arrives at shared determinations to ensure or re-establish ecclesial communion,” the document states.

But while underscoring the spiritual dimension of the synodal process, the document does not shy away from demanding synod delegates consider concrete responses to a number of neuralgic topics in church life today. Becoming a synodal church, the document notes, requires the participation of all its members, including the pope, bishops, clergy, consecrated life and the laity alike.

Among the more than 100 specific questions posed as a way of offering concrete responses to the questions of communion, mission and participation are:

- * What concrete steps are needed to welcome those who feel excluded from the church because of their status or sexuality (for example, remarried divorcees, people in polygamous marriages, LGBTQ+ people, etc.)?
- * How can we discern the baptismal ministries necessary for mission in a local church, whether instituted or not? What spaces are available for experimentation at the local level? What value should be attributed to these ministries? Under what conditions can they be received and recognized by the entire church?
- * What concrete steps can the church take to renew and reform its procedures, institutional arrangements and structures to enable greater recognition and participation of women, including in governance, decision-making processes and in the taking of decisions, in a spirit of communion and with a view to mission?
- * What new ministries could be created to provide the means and opportunities for women’s effective participation in discernment and decision-making bodies?
- * Most of the continental assemblies and the syntheses of several episcopal conferences call for the question of women’s inclusion in the diaconate to be considered. Is it possible to envisage this, and in what way?
- * Could a reflection be opened concerning the discipline on access to the priesthood for married men, at least in some areas?

- * How does the exercise of the episcopal ministry solicit consultation, collaboration, and participation in the decision-making processes of the people of God?
- * On the basis of what criteria can a bishop evaluate himself and be evaluated in the performance of his service in synodic style?
- * How should the role of the bishop of Rome and the exercise of his primacy evolve in a synodal church?

In addition to the issue-specific questions, the document calls for a consideration for the ways in which the church's preparation for ministry, particularly its seminaries, might need to change to become more synodal, as well as for a consideration of how the church's canon law may need to be revised.

OSCAR WINNING FILMMAKER KARTIKI GONSALVES CONFERRED THE PRESTIGIOUS MARK SHAND AWARD & TARA AWARD BY KING CHARLES III



Kings Charles III and Queen Camilla presented the prestigious Mark Shand Award and the Tara Award to Oscar-winning filmmaker Kartiki Gonsalves and a wildlife conservation group from India, at the 2023 Animal Ball in London.

Kartiki, the director of 'The Elephant Whisperers' and the Tamil Nadu-based The Real Elephant Collective (TREC) were honoured by the Royals on 28th June 2023, for making significant contributions to human-wildlife coexistence. "The Tara Award, inspired by the sacred bond between elephants and humans, recognizes extraordinary achievements in storytelling and advocacy for coexistence. The award citation read "We were delighted to present this award to Kartiki Gonsalves." 'The Elephant Whisperers' explores the profound connection between humans and elephants through the heartwarming story of Raghu, an orphaned elephant and an indigenous couple in the forests of Tamil Nadu.

Honouring the filmmaker as a true champion for wildlife and nature, the citation further said that the “globally acclaimed documentary stands as a testament to the beauty of India’s wilderness, the wisdom of tribal communities, and the empathy that exists between people and animals who share the same space”.

The Mark Shand Award, named in honour of the Queen’s brother and founder of Elephant Family that works to protect Asia’s wildlife, went to The Real Elephant Collective (TREC), a community of 70 Adivasi artists and wildlife conservationists. Led by Shubhra Nayar, a graduate of the National Institute of Design in India, TERC works with indigenous communities to present intricate sculptural representations of wild elephants they coexist with.

Situated in the Nilgiri Hills of Tamil Nadu, an area with the highest human and elephant density in the world-TREC has “fostered a unique understanding and coexistence between people and wildlife”. The sculptures, made from the invasive weed *lantana camara*, provide livelihood opportunities for Adivasi (indigenous) communities while contributing to the removal of this harmful weed from protected areas.

“Their efforts have not only benefited the environment but also enhanced the communities’ values, income, and status without compromising their indigenous way of life,” the citation read. TREC has paved the way for the establishment of the CoExistence Consortium, an India-wide group that brings together local experts, ecologists, anthropologists, geographers, and conservationists. Working hand-in-hand with communities living alongside wildlife, the consortium designs and implements coexistence solutions that prioritize the perspectives and needs of these communities. The Animal Ball is London’s most inspired and creative tribute to the Animal Kingdom.

Presented by Elephant Family and Tintra Foundation, the famous masked Animal Ball aims to raise vital funds for conservation programmes in South Asia.

Conjured up by fashion’s greatest creative minds including Prada, Chloe, Burberry, Charlotte Olympia and Missoni, each iteration sees a collection of sustainable animal headgear adorn London’s bright and

beautiful, in a homage to endangered animals everywhere. India was represented by designers Sabyasachi Mukherjee, Manish Malhotra, and Anita Dongre, who created masks for guests at the event.

In an Instagram post, Mukherjee said the King and Queen wore Shola masks that paid homage to Bengal's heritage and culture. Shola is the craft of carving sholapith, a spongy cork from the aquatic plant that grows in the marshlands of West Bengal.

The multicoloured menagerie was previously hosted by the royal couple and has raised millions for conservation efforts.

Editor's Note: Kartiki Gonsalves has Mangalorean roots through her father Timothy Aloysius Gonsalves.

FOUR, FIVE & ELEVEN

chhotebhai

This is obviously not a mathematical equation. Let me tell you why I chose these random numbers.

The number Four reminded me about the Readers' Digest. It invariably carried a feature, "Drama in Real Life"; of how human beings endured and overcame insurmountable odds in deserts, ice, land or sea, and lived to tell the tale. They were tales of hope and courage; at a premium in a growingly cynical and pessimistic world. I am sure that in due course the Digest will carry the drama in real life of the Four.

They are the four children who were lost for forty days in the dense rain forests of the Colombian Amazon. With our appetite for Breaking News we may have relegated the story of the Four to a remote corner of our brain's hard disk. Hence I thought it fit to recount their story, whether or not the Digest does so.

Their Cessna 206 plane crashed on 1st May 2023. The four children and their mother survived; though the mother died of her injuries four days later. The children, belonging to the indigenous Huitoto tribe were aged 13, 11, 9 and 1. They were in territory infested with snakes, jaguars and mosquitoes.

Before dying, the children's mother gave them the courage and

fortitude to survive. The eldest were Lesly and Soleiny Mucutuy. Initially they survived on flour, seeds and fruit found in the wreckage of the aircraft. When these ran out they were at the mercy of the wild. It is now known that the children were actually given survival training by their parents and grand parents, which held them in good stead in the midst of adversity. They survived on wild fruits, seeds and rain water dripping off the leaves. Lesly carried her one year old sibling in her arms.

The Colombian army also did not give up hope, combing a 300 sq kms area. They dropped 10,000 leaflets giving advice on survival. Helicopters blared out a message from their grandmother. Ultimately it was rescue dogs that found the children, whereupon the army radio crackled with the message “Miracle, miracle”. President Gustavo Petro hailed it as “an example of total survival that would remain in history” and a triumph of indigenous knowledge. The rescuers said that the laws of nature protect those who respect nature. Indeed this was a miracle, a triumph of an indomitable spirit, modern technology and indigenous knowledge. As the President said, this was a drama in real life that needed to be retold.

Now to the **Five**, a more recent tale of 18th June 2023, the tragic end of the five persons in the ill-fated Titan submersible implosion. They were Stockton Rush, the CEO of the adventure company Oceangate, the British adventurer-Hamish Harding, Titanic specialist and former French navy diver-Paul Henry Nargeolet (77) and the Pakistani father-son duo of Shazade Dawood (48) and Suleman (19); the latter two having paid US\$ 250,000/- each for the misadventure.

The Titanic wreckage lies at a depth of 3800 metres under the sea. The Titan submersible imploded at a depth of 3500 metres, where the pressure would have been 60,000 lbs per sq inch. The pressure on the submersible would have been the equivalent of the tens of thousand tons of the Eiffel Tower.

Rush was described as a meticulous planner, yet overconfident pioneer. His wife Wendy was the great-great-grand daughter of Isidor and Ida Strauss who had perished in the Titanic after seeing other women and children to safety. With such impeccable credentials, what could have gone wrong?

US Coastguard Rear Admiral John Mauger said that the implosion took place because the submersible lacked safety features. Was this then a case of “overconfidence” overriding “meticulous planning”? Possibly. the drama of the five who died in the submersible is so much in contrast to the “miracle” of the four in Colombia. **The poor, defenceless and weak survived. The rich, resourceful and intelligent did not. These dramas in real life, a few days apart, have many lessons for us.** Let them speak for themselves.

Now to the **Eleven**, the number in team sports like hockey, football and cricket. In school, hockey and football were my favourites. I often represented my school in the colts’ tournaments, always as left wing. Of late, Indian premier leagues in both sports have raised the standard of the games.

Nevertheless India is primarily obsessed with cricket, the big money spinner, now controlled by Jay Shah, the son of Union Home Minister Amit Shah. After dinner I usually switch on the TV at about 9 p.m. That is when political debates are at their fiercest, like Roman gladiators in the Coliseum. I avoid them like the plague, preferring to watch live sport or comedy shows. Why add more misery to one’s life by watching morbid debates?

Just as with the Four and Five, I learnt some important lessons from the cricketing Eleven. I begin with a frank admission; I am a Virat Kohli fan, just as I earlier was of Saurav Ganguli – both known for their aggressive captaincy. Notice how both were sidelined by the present “Board of Control of Cricket in India” (BCCI), emphasis on the word “control”. Kohli was removed from the captaincy shortly after he stood up to the trolling of Mohd Shiraj because of his poor showing against Pakistan. Ganguli was eased out of the BCCI chairmanship after he didn’t play ball with the ruling dispensation in the Bengal elections. Hence my emphasis on the word “control”.

In contrast Rohit Sharma was retained as the India captain across all formats, despite his dismal showing. Was this because he is also the captain of the Mumbai Indians owned by a fellow Gujarati, Ambani? I leave you to connect the dots.

It is also worth comparing the three formats – T20, ODIs and Tests, with the three political jamborees in India – elections to local civic bodies, State Assemblies and Parliament. There are important lessons to be learnt by political parties. Literally one cap doesn't fit all. Teams for the three formats are different, as should be the approach to different types of elections. One size doesn't fit all, as the Karnataka Assembly elections conclusively proved.

Back to cricket then. The IPL was one by CSK led by veteran M. S. Dhoni. But at the end of the league stage, when all had equal opportunities, no CSK player was in the running for the orange cap (batting) or purple cap (bowling). The orange cap went to Faf du Plessis of RCB with 730 runs, Shubman Gill of GT with 661 and Kohli with 639. The top two for the purple cap with 24 wickets apiece were Mohd Shami and Rashid Khan of GT, who were the runners up.

What lessons can we learn? The winners didn't have any "cappers". The runners up had three. In contrast, RCB, despite individual brilliance, was eliminated. **So team building is more important than individual performance.** The IPL also has big money, but some of the biggest guns misfired. Locky Ferguson of KKR was bought for Rs 10 crores and took just one wicket. Ben Stokes of CSK had a price tag of Rs 16.25 crores, and scored just 15 runs! So money isn't everything.

Now switch to the World Test Championships final held just after the IPL; its big guns flopped. Kohli was at the "top" with just 63 runs, followed by Rohit Sharma at 58, IPL wonder Ravinder Jadeja at 48 and Shubnam Gill at a miserable 31. Only Mohd Shami showed some consistency with 4 wickets.

More lessons to be learnt. **What clicks somewhere may not be replicated elsewhere.** So too with elections. Unfortunately most parties believe in big caps and big money rather than team building, Will they then pass the electoral test?

I conclude with a slogan emblazoned across the court at Roland Garros during the French Open tennis championships. **"Victory belongs to the most tenacious"**. That is the real numbers game and drama in real life.

IMPORTANCE OF MAINTAINING SOCIAL CONNECTIONS

Patsy Lobo

Research highlights that maintaining ‘Social Connections’ promotes our Mental Wellbeing. Most of us consistently under estimate the happiness that we can bring about to members of our circle of friends and relations through a surprise phone call or text or email or the old fashioned letter or greeting card! The more surprising the reconnect, the greater the appreciation and joy.

Peggy Lie of the University of Pittsburgh said “People are fundamentally social beings and enjoy connecting with others. There is a lot of research showing that maintaining social connection is good for our mental and physical health.

One research study involved more than 5,000 participants that explored how accurately people estimate how much others might appreciate an attempt to connect and what factors might play into their level of appreciation. In this experiment, half the participants were asked to recall the last time they reached out to someone in their social circle “just to catch up” through phone or email. The other half of the participants were asked to recall a similar situation where someone reached out to them. The researchers also found one interesting variable that affected how much a person appreciated a ‘reach out’ to them

It was observed that people receiving the communication placed greater focus on those initiating the surprise element associated with higher appreciation. It was found that people underestimated the appreciation of others to a greater extent as opposed to a regular communication pattern or the social ties between the two participants were weak.

Many people have the experience of losing touch with people who were in their social circle once upon a time – school or college classmates or contemporaries; colleagues at the work place or neighbours etc. Initiating reconnect after a prolonged period can be daunting because people might wonder how such a gesture might be received. Such fears or hesitations are unnecessary because your gesture is likely to be appreciated and warmly welcomed.

I now come to the various WhatsApp messages we receive – Good Morning, Good Day, Good Night etc. We have the choice to receive and enjoy them or reject and stop them. The choice is ours.

Finally, I asked a few friends how they felt when they received a surprise phone call or email message or a letter from a long lost friend or acquaintance. The answers were touching and heart warming! My advice – please try to RECONNECT and enjoy the responses!!

TO BE OR NOT TO BE HAPPY

Joan Lobo

We all have days when we feel downcast and forlorn..Everytime my spirits are down, a visit to the Anganwadi school in the vicinity uplifts my mood, seeing those welcoming and smiling faces . Happiness written all over, I am fascinated by the warmth they exude, the beauty of their simplicity and the contentment with the little they possess. A subtle twitch of the jaw muscles or a large grin with their teeth showing is their delightful outpouring of love and that's what happiness is about.

You've probably heard it before "Happiness is an inside job"? Well, it's more than true. No one else can make you happy, you are the only one who can do it. There isn't one right path or a specific formula to find true happiness. There isn't a secret recipe on the back of the Lucky Charms box. In fact, what works for one person may not work for another because finding happiness is deeply personal. But it is possible and is entirely up to each one of us. "Happiness consists more in the small conveniences of pleasures that occur every day, than in great pieces of good fortune that happen but seldom to us in the course of our lives" is a famous quote.

Happiness is actually a choice we make. We grieve, we stomp our feet, we pick ourselves up and choose to be happy. "You may think that "squeezing back into your skinny jeans" will do it or "finally meeting the man of your dreams" or maybe "owning a fancy home" ... Nope! Don't get me wrong - you may think that you're happy in the short term, but before long the same old patterns arise and the same thought processes creep in.

Whether we want to believe it or not, we are responsible for how happy we are and how happy we want to be. It is imperative to realise that we are in charge of our own happiness. No one else gets to call the shots. And while our friends and family can be a part of our “Happiness Team” they don’t get to decide how to play the game or what the game even looks like. The best cheering section are the one that will cheer us on, no matter what. After all, life brings certain obstacles that can challenge everything we’ve ever known about being happy. There are times when it is incredibly difficult to find the joy and the light and it feels like everything has been turned upside down and backwards. In fact, when we are in the trenches, someone telling us that happiness is a choice may be the last thing we want to hear. But it’s being able to find that spark, that light, that one thing we can hold on to that will allow us to see the happy path ahead, lighting the way through the dark.

Deep down we know that true happiness comes from within. Every time we are tempted to react in the same old way, we need to delve if we want to be a prisoner of the past or a pioneer of the future.” Let go of comparisons – Happiness is an inside job. I often share this quote: “Don’t compare the outside of other people’s lives to the inside of your own”. Especially in this digital age, we spend so much time judging ourselves and comparing our inner struggles to someone else’s highlight reel.

Rather than putting all of our energy on milestones or possessions that we think will make us happy, we should choose to invest in daily, regular commitments to ourselves, our loved ones and our goals. Happiness often times feels fleeting. Our moments of bliss are just that - moments. After all, there are so many times in the day when we don’t have positive feelings, when we are stressed at work or enduring a chaotic commute. But there are still little things we can do to remind ourselves of all the good times, and infuse our day with a tiny spark of joy, even if we are feeling super stressed.

Whether it’s enjoying more rest, connecting with nature, meditating, spending time with people you care about or just pampering yourself, do what makes you happy everyday. Something that I know helps me is practicing gratitude. Whether it’s for you or for other people,

gratitude connects us to the abundance we already have. One way to make sure our day starts off on a positive vibration, is to SMILE. I know an elderly lady down my street; I do not know her name, yet every day, we cross paths on our evening walk and we smile at each other. Happy people attract happy people. When you are feeling positive and cheerful, you tend to want to hang out with people who are feeling the same. This can also be said for when you're feeling negative or cranky - what you give out you attract back.

Imagine a blank space, an empty canvas, in front of you. Start to fill that space with the things that mean the most to you. Fill it with people, pets, or art that brings you joy. Paint the canvas with bursts of colour that you can feel deep in your soul. These are the things that make you happy. These are the things that make you feel alive. You will never find a rainbow if you are looking down.

Happiness does not arise only from happy events or occasions. Even chatting up an elderly person , spending time with the lonely , encouraging an unwell person or consoling a sad person can be a very elevating experience considering you are trying to chirk them up. Recently when the inmates of the Cheshire Home were taken on a picnic, the joy and excitement that they reacted with, was most heart warming and gave everyone involved unprecedented joy. Even little gestures of love can be a great source of happiness to others.

“Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude.” Being happy is classic. Create it, embrace it, enjoy it, and let it spread through all that you do. Sending happy vibes your way right now!

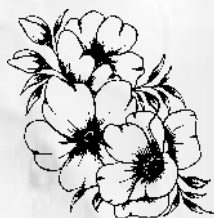
THANK YOU

DONATIONS to CASK CENTENARY TRUST

1. Capt. Arul & Beryl Aranha - ₹ 60,000/- towards Footwear Distribution.
2. Mr. Adrian L. Fernandes, Mangalore - ₹ 38,000/- towards Scholarships.
3. Name withheld on request - ₹ 10,000/- towards Charitable Projects.

REMEMBRANCE – THE LATE MAY THERESE D'SA

By her grand-daughter – Alana Rebello



It is with great sadness
that I wish to share the news
of the sad demise of my dearest grandma

May Therese D'Sa.

Beloved Wife of Col. Freddy D'Sa
Loving Mother of Dorothy and Anup D'Souza
Vanessa and Rohan Rebello.

She was born on the 29th of May 1949
and died on the 21st of May 2023.

I am extremely sad that I have lost my best friend
and have no one to share my secrets with.

The thing that troubled me the most is that
we were looking forward to celebrating her birthday
and cutting the cake together in about a week's time

Dearest Grandma - I will miss you a lot
and love you dearly forever.

I hope that you will be my guardian angel !
Your loving grandchild- Alana Maria Rebello

IN JAPAN-THERE IS NO 'TEACHER'S DAY' BUT...

Forwarded by an Indian Teacher

One day, I asked my Japanese colleague Mr Yamamota "When and how do you celebrate Teacher's Day in Japan?"

Rather surprised at my question, Mr Yamamota replied "We don't have Teachers Day in Japan. In my own mind I thought "How is it that a country which is so advanced in economy, sciences and technology and renowned as highly disciplined, does not appreciate and honour teachers and their work?"

A few days later, Yamamota san invited me to his house. We took the Metro. It was evening peak hour and the train was overcrowded. I managed to find a place to stand, holding the overhead railing tight. Suddenly, the elderly man who was seated near me, stood up and offered his seat to me. Not understanding this respectful behavior of this elderly man, I politely declined. But he was persistent and I was forced to sit.

Once we were out of the metro, I asked Mr Yamamota to tell me why the white bearded elderly man offered his seat to me. Yamamota smiled and pointed towards the name tag I was wearing and said "**The old man saw from your tag that you are a Teacher and offered his seat to you as a sign of deep respect towards your status as a Teacher!**".

Since I was visiting Mr Yamamota for the first time, I wanted to buy him a gift and requested him to take me to a Gift Shop. He told me that a little further on our way, there is a shop for Teachers, where one can purchase goods at reduced prices. I was surprised and asked "You mean privileges are offered only to Teachers?"

Yamamota replied "**In Japan, TEACHING is the most respected profession and the TEACHER the most respected person.** The Japanese Entrepreneurs are very happy when Teachers come to their shops, they consider it an honour" And throughout my stay in Japan, I witnessed multiple times examples of utmost respect the people of Japan have towards Teachers. That is why the teachers in Japan do not need a Special 'Teacher's Day' ... every day is Teacher's Day in Japan!!

CASK CENTENARY TRUST & CATHOLIC ASSOCIATION OF SOUTH KANARA (CASK) SCHOLARSHIP DISTRIBUTION 2023

BACKGROUND

The Catholic Association of South Kanara (CASK) established in the year 1914 has done yeomen service in the field of Education and Health Care, in erstwhile South Kanara (DK & Udupi districts). CASK has been implementing many impactful charitable and community service projects, particularly in the last one decade. The Major projects include Personality Development Programme for students (more than 5,665 students benefited); Teacher Enrichment Programme (1,543 teachers benefited); Footwear for barefoot students (more than 5,000 pairs given); Installation of safe drinking water units (13 units installed in rural schools & institutes); Home for the Homeless (5 homes sponsored); promotion of blood, organs & Whole body cadaveric donations and Annual Scholarships. In 2016, the CASK Centenary Trust was established as an independent entity to support charitable activities.

ANNUAL SCHOLARSHIPS 2023

CASK Trust & CASK provides Scholarships under three categories (1) from Endowment Funds; (2) from 'Covid Support' Fund to marginalized families affected by covid deaths or hospitalization of one or both parents; (3) Regular Annual Scholarships;

The main criteria for granting scholarships in NOT 'merit or marks' but the low financial status and problems faced in terms of family issues (Father/Mother deceased, Single parent, daily wage earner, domestic workers, parent suffering from major diseases). The beneficiaries are selected irrespective of Caste, Creed or Religion.

On behalf of our Patron Rt. Rev. Dr. Peter Paul Saldanha, the Vicar General of Mangalore Diocese – Monsignor Maxim Noronha, distributed the Scholarships, at the Bishop's House Hall, in the presence of the major donors, members and well-wishers of CASK, on Saturday 8th July 2023.

ENDOWMENT SCHOLARSHIPS: The CASK Centenary Trust operates and manages the following Endowments/Funds for

CASK CENTENARY TRUST & CASK



Prayer
Mrs Gulobi Fernandes



Welcome
Capt. Vincent Pais



Briefing
Mr Ulhas Rasquinha



Chief Guest
Msgr. Maxim Noronha



Guest of Honour
Dr Thelma Sequeira



Scholarship Beneficiary
Mr Alister D'Souza



M.C.
Mrs Marjorie Texeira



M.C.
Mrs Nayana Fernandes



M.C.
Mrs Ratna Pinto



Scholarship Beneficiaries & Parents

SCHOLARSHIP DISTRIBUTION 08 JULY 2023



**CASK-Trust & CASK-Trustees, Endowment Donors
& G.C. Members with Chief Guest**

granting Annual Scholarships from the interest accrued, as desired by the donors of the Fund:

1. Judith Brown Endowment; 2. The late Cuthbert & Juliet Pinto Endowment; 3. Marigold Endowment; 4. Ladislaus B.Aranha Endowment; 6. Joe S.Pereira Scholarship Fund; 7. Olivia Pereira Scholarship Fund; 8. The late Jerome & Iris Pinto Endowment;

Under CASK - we have the late Franklin Mathias endowment. The total outlay under the Endowment Scholarships this year – 2023 is Rs.**1,70,000/-**, with **14** students as beneficiaries.

ANNUAL SCHOLARSHIPS : CASK and CASK Centenary Trust have been granting Annual Scholarships for deserving students each year, towards Books, Extra coaching and transport. In **2022**, a total of **111** beneficiaries were granted scholarships under this head. We sanctioned a total amount of **Rs.11,20,000/-** to these 111 applicants, averaging approximately **Rs.11,500/-** to each student.

This year – 2023, we received 250 applications and have granted scholarships to **121** students, with a total outlay of **Rs. 11,23,000/-**.

COVID SUPPORT SCHOLARSHIPS : Since 2021, CASK Centenary Trust established a separate Fund to grant scholarships to students from marginalised families affected by (a) covid deaths of one or both parents; (b) members of the family affected by covid hospitalization or job losses; CASK conducted a Survey of all **225** parishes of Mangalore, Udupi and Chikmagalur dioceses and granted scholarships to **34** students in **2021**, with a total outlay of **Rs.7,25,000/-**. In **2022**, we granted scholarships to **30** students under this category (4 had completed their studies), with a total outlay of **Rs.6,30,000/-**. This year **2023**, we are granting scholarships under this head to **19** students, with a total outlay of Rs. **3,16,000/-**.

TOTAL SCHOLARSHIP AMOUNT DISBURSED THIS YEAR-2023

is **Rs. 16,09,000/-** (Sixteen Lakhs Nine Thousand) to **154** student beneficiaries. This includes **60** school students, **30** PUC students, **39** Degree students, **5** Nursing students, **6** Engineering students and **14** students from other professional courses.

CASK Centenary Trust and CASK are thus catering to the needs of the community in an impactful way, within the resources available to us.

THE ELEVENTH COMMANDMENT – THOU SHALT BECOME MEDIA LITERATE

Olga Noronha

Some days ago, there was a viral message cum horrifying video on social media: “Meiteis gruesome killing of a Kuki tribal girl. Situation is very serious in Manipur. PRAY.”

Fortunately, very soon, some sensible person did a “**fact check**” and posted a counter article as follows: “The controversial video shared by over-enthusiastic people is an incident that happened in Myanmar and was released on 3 December 2022. Even there it was only being investigated and had yet to be proved. All said and done, the incident which went viral did not happen in Manipur and was being circulated to whip up people’s emotions!!!

And what about the message on social media supposedly posted by a certain school “We are praying for Benjamin Lopez, he is 5 years old and has been diagnosed with bone cancer. Can you please pray and then pass on. This post circulates since 2018. On doing a “Fact check” it was found that the school cited in the forward does not have the registration of a child under 5 years of age with that name.

Another news item that created a lot of excitement was that Pope Francis had announced his resignation from the Papacy. He never made such an announcement! This fake news was started in 2021 and is repeated now and then. What was reported was in Italian and when translating it into English there was some misinterpretation to falsely mean that Pope Francis is retiring. This message gets resurrected now and then and is repeatedly circulated on social media.

The above mentioned and similar forwards exploit emotions and cloud rational thought. Their objective? To attract attention and draw more subscribers, divide people, cause political/religious tensions, influence opinions and manipulate our decisions. Everyone of us has at some time or other been caught in this web of misinformation or fake news!

Have you been surprised when you received a response to your WhatsApp forward: “This message which you posted is F-A-K-E !!!”.

Or even responses such as - your forward is insensitive/vulgar/unnecessary/very old. And this may have got you wondering, what is all this fuss about!

The most effective way to avoid such embarrassment and the unstoppable fake forwards/ news, is to be Media Literate.

Media Literacy helps to access, analyse, evaluate, create and participate with messages in a variety of forms - from print to video to the internet. Media Literacy is considered to be an important 21st century survival skill.

Media scholar W.J. Potter observes that all media messages include four areas: (1) Cognitive - the brain - the information that is being conveyed; (2) Emotional - the feelings that are being expressed; (3) Aesthetic - the artistic aspect of the message; (4) Moral - the values being conveyed through the message.

Today, we consume vast quantities of information, like text messages, memes, viral videos, social media posts, video games, advertisements and many others. There is one common factor among all these - someone created these, for a specific reason.

How can one become Media Literate? Each time we view something on media, we need to ask ourselves 4 questions. Basic Media Literacy is as easy as asking these 4 questions while one views a piece of media and before one forwards/shares it:

- (1) Who authored this?** It could be an individual, an artist, an activist, a religious/ political/ business representative, and they likely have their own opinion or agenda on the matter.
- (2) Why was this created?** The intention of a piece of media may be to persuade, to inform, to entertain or instigate.
- (3) Is it credible?** Look for direct evidence of the claims which the creator of the content is making. Support for the argument/claim can include statistics, quotes or research from esteemed sources.
- (4) Is it biased?** Watch out for media outlets that only give one side of the story while omitting opposing views. To develop your own fully informed opinion, cross- check the information with multiple sources.

Media Literacy also known as Media Information Literacy is the need of the hour. In India, the National Association for Media Literacy Education (NAMLE) aims to make Media Literacy highly valued and widely practiced as an essential life skill.

The remedy: Fight misinformation on both mainstream and alternative media by not being a victim of fake news. Refrain from sharing content that you are unsure about or don't know where it comes from to prevent spreading false information.

I would like to share my personal practice of Media Literacy : I forward/share meaningful messages avoiding Good Morning and Good Night messages. (i) avoiding hate, hurtful messages; (ii) not forwarding negative messages, which incites disharmony against any religion; (iii) avoiding images/videos which are disturbing and demean human dignity.

We all practice the Ten Commandments. It is time now to follow/practice the Eleventh Commandment: We will not forward/share irresponsibly, and thus create more chaos and confusion and agony in the world.

“Thou Shalt Become Media Literate”

REAL-LIFE SHAKESPEAREAN TRAGEDY IN COLONIAL GOA!

Philomena & Gilbert Lawrence - Authors: Insights into Colonial Goa

Meteoric Rise - Goa 1510 : This is the last chapter in the life of Lusitania's greatest hero **Admiral Afonso de Albuquerque** (AAA: 1453-1515), Viceroy of the eastern colonies (1509-1515), and the first duke of Goa. His story was too recent and not widely known to be featured in the literary works of the famed English playwright William Shakespeare (1564-1616). Yet AAA's true-life story outshines the dramas created by the world's famous bard. Only a few people outside the Lusosphere know about this illustrious admiral.

Iberian history books and other accounts, including our own, document AAA's military successes in Tiswadi-Goa in 1510 and later in SE Asia. The Isle of Tiswadi is where the 500-year story of European

colonization of Asia begins. Goa, the capital of the Estado da India Portuguesa, became the link between India and Europe and established a direct connection between the two that lasted for **451** years. The reason AAA landed in Goa is itself intriguing and vastly different from what is publicly announced. In his letter to King Don Manuel I (1469-1521; r1495-1521), AAA claimed that two representatives of the Holy Spirit-Timoja Nayak and Mahalu Pai encouraged him to embark on Goa. Regardless of the motives behind his efforts in India, AAA and his navy did an excellent job in acquiring several toeholds-*fortalezas* and *feitorias*, along India's west coast, Surat to Cochin, and in Southeast Asia. In 1510, he consolidated the achievements of the greatest nautical feat undertaken—Vasco da Gama's historic crossing of the Indian Ocean. But the admiral's skills lay not merely in maneuvers but also in geopolitical and economic strategies designed to enhance the factors at play. AAA was a person of action in conducting military campaigns which were followed by administrative success. Thanks to Timoja, the Hampi Rayas and other Hindu kings of South India gained access to a wide choice of Arabian horses for the military and cavalcade.

Vasco da Gama arrived on India's west coast in 1498. Gov. Francisco de Almeida, expressly avoided going further east in 1505 for fear of over-extending his armada. The explorers also had to contend with the clashes that erupted between the European and Asian cultures. The social conditions were understandably tense, and the leaders realized the enormous challenges they faced: Asia's fate was inextricably tied to Europe's and vice versa. Consequently, people who lived on both the continents would be affected by events that took place in distant lands or at sea. Would all the parties concerned (near and far) seize the opportunities for their mutual betterment or would they be belligerent?

Portugal's rise to power in the Indian subcontinent was not easily achieved nor did it remain unchallenged. Rather, its toeholds in India were insecure with fierce rivals at the borders. According to Valmiki Faleiro—Goa's resident history buff, in 1511, Pulad Khan, the Bijapur Sultan's general, attacked Goa and reacquired all the territories except for Tiswadi. Pepper that sold in Calicut for 3 ducats was being sold in Venice for 80 ducats or more in other parts of Europe. Similarly, there

were comparable markups on the prices of all other spices, silk, gold, diamonds, and semiprecious stones from Asia - the only source of the merchandise. In the admiral's view, the only guaranteed way to make in-roads into the Pan-Islamic-Italian trade was to block the Southeast Asian spice trade at its source—the Malacca straits. So, AAA had no qualms sailing east of India, since Lisbon controlled only 30% of the spice trade in Europe. In his quest for fame, military glory, and wealth, AAA after seizing control of Mid-eastern and Indian trade routes, moved eastwards to Malacca and Moluccas to secure ports in Indonesia and Malaysia. As a strategist and a pioneer, he recognized the choke points of the Indian Ocean both from the military and commercial perspectives.

South-East Asia 1511-1513 : After acquiring Goa, AAA's juggernaut rolled east to areas unexplored by his predecessor Almeida. In 1511, after crossing the equator, AAA arrived in Malacca, where mangrove thickets clogged banks of the Straits but included prosperous commercial cities dependent on guaranteed supplies of spices for their prosperity. He pressed forward, gripped by a vision that he alone could see, a compulsion to attain the unreachable and explore the unknowable. AAA's caravels and naus were no pleasure boats. The inspiring admiral assured his deputies and sailors that suffering brings its rewards. The strait was a choke point for sea traffic in the region and had served as a major artery for commerce since time immemorial. It was to become the heart of Iberia's Maritime Silk Road for south-east Asia. AAA was impatient with laggards. His disciplined approach and his military-naval skills earned him widespread respect and support across the widely scattered colonies. AAA, his deckhand Ferdinand Magellan, and others had fixed their eyes on the prize – trading in cloves and other ingredients from the Spice Islands, where a 100- pound sack of cloves cost a little over half a ducat in the Moluccas and sold for forty-two ducats in Iberia.

AAA displayed his martial prowess and ambitious spirit in a rapid succession of triumphs. He conquered Malacca on August 11, 1511, having subdued it on the third attempt. That victory was followed by the conquests of other coastal cities. It was a replay of *Veni, Vidi, Vici* – *Came, Saw, Conquered*. (Julius Caesar in 47 BCE) Like other

conquerors, AAA's modus operandi can best be described as "grab-it-and-growl." To his credit, he considered waging war as an option of last resort and was just as good at negotiations during which he used shrewdness, charm, and bribery as the tried-and-tested tools of his diplomacy. After victorious battles, the sailors rewarded themselves by looting centuries-old palaces, temples, and local aristocratic homes; many historic sites were desecrated as part of the sacking of conquered territory. A map of Lusitania's colonies resembled a tapestry comprising kingdoms of varied sizes which were ruled by chieftains who deemed themselves kings. With a tactical vision for trade, AAA imposed *cartazes*/tolls, which had to be paid in Aden, Ormuz, Malacca, and at the central base of operations in Goa on the west coast of India – 400 km (250 miles) south of Bombay/ Mumbai.

In short, the trifecta benefit was the result of the importing of aromatic Asian spices, the military acumen of the admiral, and control over the straits. Shipping spices proved to be a financial boon for European traders and local farmers under the protection of a Pax Lusitania that he established in 1512. The admiral's astute evaluation of the conditions and judging his military's appropriate response to them allowed Lisbon to connect and develop relations with several city-states in Southeast Asia, Burma, Thailand/Siam, Vietnam, China, and Molucca (Spice) Islands. This was an astounding feat, which set AAA far ahead in stature. These alliances allowed the Iberians to establish intra-Asian shipping and trade. AAA's spectacular career of conquest made him an enduring figure of Lusitanian history as he built a sea-based, intercontinental empire different from the land-based empires of Alexander the Great and the Mongols. The Mideast was more important for the equine trade to India than for the spice trade. In 1513, after achieving his victories, AAA established himself as the sole ruler, founder of Europe's first colonies in Asia, and the person responsible for the consolidation of Lisbon's hegemony over sailing the Indian Ocean. Such an extensive kingdom required effective governance and an efficient administration.

Up to this point, the success-gods seemed to smile on Lusitania. But human efforts were no match for the sea-gods who deemed that the Iberians would get lost, and a storm would thrust them in the

direction that would lead them to discover important islands and set up links with Brazil, Ceylon (Celia / Sri Lanka), Japan, and Seychelles. Within the Asian subcontinent, and from temporary headquarters at Quilon, Lusitanos established embassies at the Vijayanagar palace as well as trading forts at Cochin, Cannanore, Bhatkal, Honavar, Cambay, Thana, Tarapur, Bandra, Mahim, Bombay, Diu, and Hooghly in Bengal. The series of victories at sea qualified Portugal's empire to be considered the Lusitanian Realm on which the sun never set. Lusitania's goal and model were to access the rich Asian markets, not to gain fresh territory as was the case with Spain and later, England. Dom Manuel, believing that the Lusitanians had the Midas touch, erected a chain of warehouses with defensive forts around them, and made no attempt to conquer land. Factories were strung along the coast of the Indian Ocean like pearls threaded along a necklace. Asian powers vied to outdo each other in terms of the quality and quantity of spices their city-states produced. Unfortunately for all concerned, the commercial enterprise soon evolved into the business of conquest. Fortalezas were equipped with massive state-of-the-art ammunition, and armies supplanted traders. The peace and stability Iberians brought provided better trading opportunities for all, and Goa became a great seat of learning, with Asia's first printing press, the European priests developing dictionaries and translating literary works between European and Indian languages. All who came to Goa adapted themselves to the cosmopolitan character of the city.

The Height of Power – 1513-1515 : In 1513, while AAA was stationed in Malacca, he directed his ships to sail into Chinese waters. He surveyed the landscape and seascape, then set his sights on seeking trade relations with the Ming dynasty, which in later years led to the establishment of a Lusitanian base in Macau (the OT was ceded to China in 1999 after 442-year Iberian rule). After establishing the world's largest maritime empire, AAA sent envoys to Thailand, Burma, and New Guinea. In 1513, Calicut agreed to have an Iberian fort and pay maritime tolls. AAA's successes were a landmark triumph. AAA also outperformed the English generals Robert Clive and William Hastings by securing ports for Portugal and city-states all along the Indian Ocean. AAA's path to victory lay in his tenacity, tactics, and

faith in his men. AAA converted personal hopes of a new economic order into state policy. His conceptualization of miscegenation, cartazes (shipping tolls), cartel formation; and geopolitical triangulation of trade and statecraft included the design of a Pax Lusitania which for the first time in world history established a Maritime Silk Lane and streamlined trade between Asia and Europe. His successes laid the cornerstone for Iberia's Eastern Empire, which would last for 451 years during which Lisbon rapidly gained military, maritime, and commercial supremacy in Asia. In addition to imposing shipping tolls, states along the Indian Ocean - were forced to pay an annual tribute and gifts to Lisbon, which also dictated the terms of their trade.

The earlier invasions of India were all conducted via the Hindu Kush Mountain passes, but the Iberian discovery of the sea route altered that route and revealed that the vast coastline of Asia was its weak underbelly. A Pax-Lusitania was imposed in the South China Sea, Indian Ocean, and sea lanes at al-Mandab (entry to the Red Sea) and Ormuz (Persian Gulf); and establishing the Eras of European colonialism in Asia, Capitalism, Mercantilism and Globalization, which continue to date. Each victory was marked by the establishment of a new town, protected by a fort and settled by a Luso-Indian community. Annually, the Carreira da India, a convoy of about 25 caravels and galleons with 2,000 to 4,000 soldiers and sailors aboard sailed eastwards and returned laden with Asian spices and other items, all paid for by revenues earned through equine and other trades.

Iberians wrote the playbook on using local resources to pay for native exports to Europe. AAA triangulated the equine shipping as an income-generator to pay for the spices shipped to Lisbon and as a political-strategic instrument between the various rulers in the Indian Deccan. Exploiting the Mideast equine trade to pay for colonial exports was a stroke of genius as Indians were now paying for the spices they were selling. The English improved on the strategy by artificially creating a need for a commodity. The English grew opium in India and shipped it to China to pay for the Chinese tea being shipped to England. Using the opium trade to pay for Chinese colonial exports was a further application of the equine trade. When the Chinese rebelled against the nefarious practice, the Europeans used their superior ships

and canons to suppress the protests in what has been termed the “Boxer Rebellion” or “The Opium War” (1839-1842). China was forced to grant commercial concessions which opened China to foreign trade.

Similarly, AAA was an early and strong sponsor of altering native society and creating Mestizos (mixed breed). That was his solution to solving the challenge Iberia faced in recruiting sailors and soldiers to serve in the colonies. AAA hoped to create a work force that was native to the empire, accustomed to the weather, lifestyle, and diet, yet would defend their patrimony. The admiral encouraged his soldiers to marry native women and even gave the couples an allowance to help them settle on the land, as well as provided them with property and housing. Iberians wrote the playbook on using local resources to pay for native exports to Europe.

After the fall of Jerusalem in 1187, the Arabs gained control over trade conducted in the Indian Ocean. AAA and his successors made Ela (the port at Tiswadi) an entrepôt for horses and an exit-port for spices, textiles, and other products to Europe. The equine trade paid for the import of rice and exports to Europe. In 1514, it is reported that about 10,000 horses were shipped from Arabia to India annually. A conveyor belt designed for the transport of high value horses existed between Hormuz-Goa, and Hampi. This cemented the political-military bond of the Iberian-Hampi alliance against the Deccan sultans. Since the vast amount of goods destined for Europe left via Goa’s ports, export-based businesses found it beneficial to establish their offices in the city, which became a center of world commerce and a twinning of two great cultures (Indian and European), and many minor ones (Mideast, Jewish, Syrian-orthodox, African, etc.).

This essay provides a vital framework of the GEM diaspora’s historical journey. As Shashi Tharoor wisely stated, “If you do not know where you have been, how do you know where you seek to go? History belongs in the past, but understanding it is the duty of the present.”

PLEASE NOTE THE CASK UPDATED WEBSITE

www.caskmangalore.org

UNIFORM CIVIL CODE

Isaac Gomes

Uniform Civil Code as conceptualised under Article 44 of the Constitution.

1. The purpose of a Uniform Civil Code (UCC) is to administer the same set of secular civil laws to govern all citizens in a just and equitable manner, irrespective of their religion, gender and domicile/region.
2. At present India is mired in different personal laws which govern its citizens based on their religion or ethnicity. UCC will do away with the different religion wise laws relating to marriage, divorce, maintenance, adoption and inheritance.
3. The demand for UCC is not new. UCC has already been in India's Constitution, under Directive Principles of State Policy in Article 44 which lays down: "The State shall endeavour to secure for the citizens a uniform civil code throughout the territory of India." As the name suggests, the Directive Principles (in Part IV - Art. 36 – 51), are MERE DIRECTIONS to the State. They need not be mandatorily followed and are not enforceable by the Court. Most directive principles continue to remain pious doctrines.

Thus the demand for UCC is not new. It has already been in India's Constitution. Successive Central Governments for decades had never made an attempt to touch this sensitive issue for various reasons. However, the present Government mentioned UCC in its 2014 election manifesto. **(Source: The Guardian 07 April 2014).**

4. UCC will be a neutral law which will have nothing to do with one's religion. Freedom of religion (Article 25 and 26) granted as a Fundamental right will continue to remain, under the Constitution.
5. UCC will also be a great leveller in terms of gender justice. By legislating UCC, India will just be following the doctrine of secularism as accepted in other countries like USA and Europe which do not allow religion to encroach into the public domain. India though secular, allows this.

6. By Constitution, India is a Secular nation. In order to be completely secular, laws should have nothing to do with religion. All we have right now is different factions of the population practising different laws. The true implementation of India's secularism would be made by enacting personal laws outside the purview of religion. All Indians will truly be treated equally regardless of our religions.
7. Different personal laws for different communities creates unnecessary burden on the legal system. Bringing a Uniform Civil code would reduce that, simplify many technicalities and address all the loopholes in different personal laws.
8. The Supreme Court has time and again reiterated the importance of enacting a Uniform Civil Code, through various judgments and directed the parliament to look into the implementation of a common uniform civil code. The landmark case with regards to uniform civil code was where the first of the many observations were made in the case of *Mohammad Ahmed Khan v. Shah Bano Begum* (1985) popularly known as the Shah Bano case. According to Article 44 of the Constitution, Chief Justice of India Y.V. Chandrachud had observed that, "A common civil code will help the cause of national integration by removing disparate loyalties to the law which have conflicting ideologies." However, the then Government headed by Rajiv Gandhi overturned the verdict in Parliament by enacting the *Muslim Women (Right to Protection on Divorce) Act, 1986*. and deciding that Personal Laws should not be tampered with unless the people themselves demanded it from within.
9. Every modern nation which has truly embraced 'Secularism' has a Uniform Civil Code. Several countries with a Muslim majority population such as Bangladesh, Turkey, Tunisia, Algeria, Pakistan, Saudi Arabia, UAE, Brunei, Indonesia, Libya, Lebanon, Morocco and others have used legal instruments to bring about reforms in their laws and basically they have implemented one common law.
10. Instead of pushing through UCC in a hurried manner, the government must create mass awareness on UCC, explain its contents and significance of Article 44 and use Social Media and

other communication avenues to build confidence among the public at large. It should emphasize that UCC will bring about equal rights and fair treatment for women and thus drastically improve their conditions, irrespective of their religion, caste and creed.

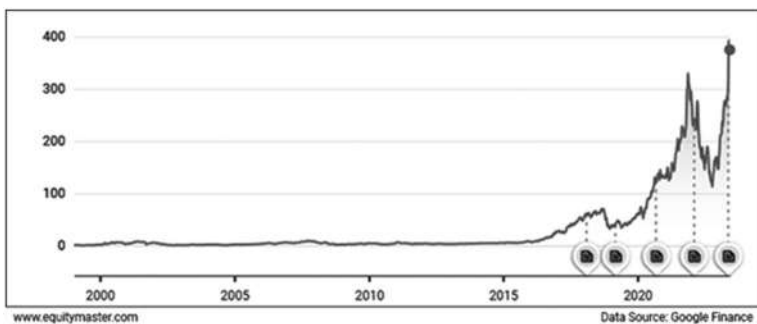
POINTS TO PONDER, JULY 2023

Norbert Shenoy

Artificial Intelligence (AI) & Investment Opportunities

Stock markets around the world have taken note of the AI revolution. The league of trillion-dollar marketcap stocks saw a new member joining it recently.

It's Nvidia, the seventh member to join the trillion-dollar club. The company defines itself as the world leader in AI computing. Here's how the stock has performed.



For investors, AI isn't just a tool that can improve their stock-picking universe but an industry in which they can gain broad exposure. On the one hand, there is the potential for capital gains as the AI industry continues to advance and digitalisation initiatives gain momentum. On the other hand, investors can also enjoy passive income through dividends while they wait for their investments to grow. The AI sector in India is rapidly growing and has significant potential. India is home to a large number of technology companies that are investing in AI research and development.

Although picking stocks in a growth industry comes with a lot of uncertainty, the top AI stocks are worth considering. Plenty of

companies can profit from AI. There are many opportunities here.

Dalal Street analysts are touting the best artificial intelligence stocks in India amid a surge in investor interest. But if you're looking for the "best" AI stocks, it's a good time to be cautious amid the hype. Look for companies using AI to improve products or gain a strategic edge. But be on guard against poorly performing companies suddenly 'pivoting' to AI. Broadly the companies in the AI ecosystem can be segmented as follows: (a) Chipmakers; (b) Software firms developing AI tools (some will be direct AI plays); (c) Cloud computing firms (infra or software developers); (d) Tech companies that are users of AI; (e) Hardware companies building AI enabled devices

Then there are other companies in every industry that uses AI. Indeed they must use AI or lose out to their competitors. You can consider investing directly in companies that develop AI tools. Alternatively, you can consider investing in companies that stand to benefit the most from its wider adoption. The former are direct plays on the actual technology. These investments are suitable for enterprising investors with a modicum of expertise and willing to put in the necessary diligence to study these companies. The latter are indirect beneficiaries, "pick and shovel" AI stocks. These investments are suitable for conservative investors. These are stocks of already strong company that stand to benefit from the applications and growth of AI applications.

As per a report put out by Equitymaster the most promising AI focused companies in India are: Coforge, Tata Elxsi, Happiest Minds, Persistent Systems, Saksoft and Affle India.

Coming to "pick and shovel" companies, one finds them, among others, in sectors like healthcare and auto industries. For instance Astra Zeneca employs knowledge graph and image analysis for chemistry automation to shorten drug discovery and identify biomarkers 30% faster than human pathologists,, while Pfizer uses AI to conduct vaccine trials and streamline distribution. Glaxo Smithkline Pharma on the other hand, has invested Pound Sterling 10 million in the UK to establish a AI hub for discovery of new drugs to treat cancer and other

diseases. Then there are start-ups like Netmeds, 1MG, Pharmeasy and others which are effectively deploying AI to improve operations.

In the auto industry AI has made huge strides in improving manufacturing, supply chain management, predictive maintenance, driver assistance, autonomous cars etc. Tata Motors is leveraging Tata Elxsi's technology to remagine its products while Mahindra and Mahindra **has replaced physical testing of engines with virtual testing utilising AI technology.** Hero Motocorp which deployed cloud computing 9 years ago has come to appreciate the significance of responding quickly to service demands. It also carried out a remote support solution using smart glasses and AI innovation in its plants.

Just as computer applications and software solutions came to rule our daily lives, **AI has now begun to be a part of everything that companies and people do.** Investors would do well to closely watch the developments in the field to spot early on, profitable opportunities, keeping in mind that investing in an emerging sector could be replete with pitfalls, particularly when the hype could be exaggerated..... Caveat emptor.

NEWS & NOTES

CASK IS PROUD TO ANNOUNCE THE FOLLOWING APPOINTMENTS



*Dr Richard Vincent D'Souza, Mr Arun Furtado
& Mr Alwyn D'Souza*

Dr Richard Vincent D'Souza, IAS is appointed as Secretary-Commerce and Industries, Govt of Karnataka. He was earlier Secretary - Department of Planning, Monitoring & Statistics.

Mr Arun Furtado, originally from Madanthayar in DK District has been appointed Deputy Secretary (Administration) in the Office of Chief Minister Siddaramiah.

Mr Alwyn D'Souza of Paneer Parish is elected as President of Catholic Sabha, Mangalore Pradesh.

INTERNATIONAL DAY AGAINST DRUG ABUSE & ILLICIT TRAFFICKING AT FR MULLER CHARITABLE INSTITUTIONS



Fr Muller Charitable Institutions (FMCI) observed the International Day Against Drug Abuse and Illicit Trafficking at Fr Muller Convention Centre on 23rd June 2023. Sri

Dinesh Gundu Rao, Minister for Health and Family Welfare, Govt of Karnataka and District In charge Minister of Dakshina Kannada, addressed the Management, staff and students of various Educational Institutions under FMCI. Over **1,900** persons attended the programme and took a pledge to create awareness, provide information, help the addicts and prevent drug abuse and illicit trafficking.

The theme -‘**People first: stop stigma and discrimination, strengthen prevention**’ reverberated in the speeches and cultural event.

Fr Richard Aloysius Coelho, Director-FMCI welcomed and introduced the Chief Guest and Guests of Honour. He said, “There is a saying that anything in moderation is good, but there are some things that should not be taken at all for the benefit of our health. We should realise that liberty or freedom or ones’ personal right if miss-used causes harm. ‘It takes a whole village to raise a child’ and if a child is lost, it has an impact on the nations foundation. We should all act in accordance with objective morality rather than under the influence of desires.”

Minister Dinesh Gundu Rao in his address said, “Mangaluru being an education and healthcare hub, has an influx of students from various places; the multiculturalism and unity should be upheld and students need to understand that drugs are a menace to themselves and the society. The belief that ‘**one try**’ is harmless or a ‘**little**’ would do nothing is dangerous and can lead to serious consequences. Hence, we should be cautious and observant.” He also stressed the need for ‘brain retention’, i.e. that students come to Mangaluru for studies and

thereafter leave to the metropolitan cities. Thus his priority as the district in-charge would be to expand the industrial sector in Mangaluru, keeping peace among people and creating job opportunities so that the city grows for the betterment of all.

Deputy commissioner M P Mullai Muhilan administered the pledge of anti-drug abuse following which the honourable minister was symbolically felicitated as a mark of respect and love from FMCI. Administrator Fr Ajith Menezes, was the chief architect of the programme. Dr Hareesh Gowda, Professor & HoD-Forensic Medicine proposed the vote of thanks; the programme was eloquently compered by Dr Shivashankara A R-Professor Biochemistry. The formal programme was followed by a cultural programme.

THE FEDERATION of KONKANI CATHOLIC ASSOCIATIONS (FKCA) SILVER JUBILEE AWARDS TO THREE EMINENT PERSONALITIES



Michael D'Souza, Dr Kiran K. Prasad & Stephen Quadros

The Federation of Konkani Catholic Associations (FKCA) celebrated its silver jubilee, marking 25 years of dedicated service and community development at a glittering

function on 25th June 2023 at the Chowdiah Memorial Hall – Malleshwaram, Bengaluru.

Three distinguished members of the Konkani community – NRI Entrepreneur Michael D'Souza, Dr Kiran Kamal Prasad and Stephen Quadros were conferred with awards for their exemplary contributions in their respective domains.

Deputy Chief Minister DK Shivakumar was the Chief Guest. The guests of honour included Speaker U T Khader, Energy Minister-K J George & Dr Ronald Colaco, renowned philanthropist. Archbishop Peter Machado presided. Bellary Bishop Henry D'Souza was present.

CASK congratulates Michael D'Souza, Dr Kiran Kamal Prasad and Stephen Quadros on receiving the well deserved Awards.

PRECILLA RODRIGUES RECEIVES FLORENCE NIGHTINGALE AWARD 2023



We where extremely happy to know that Mrs Precilla Rodrigues, Ward Incharge of Casualty & Emergency Services of Fr Muller Medical College Hospital was conferred with the prestigious **Florence Nightingale Award-2022/23**. The 21st

Florence Nightingale Award Programme was organized by The Anglo Indian Unity Centre (Regd.) and Garshom Foundation, Bangalore, in association with Health & Family Welfare Department, Govt. of Karnataka. The award given by the Honourable Chief Minister of Karnataka Sri Siddaramiah on 12th June 2023. Mrs Precilla Rodrieues has a total of 23 years of Nursing experience to her credit. She pursued Diploma in General Nursing and Midwifery from School of Nursing, Wenlock District Hospital in the year 1999. She worked in Fr Muller Hospital as Staff Nurse for 6 years previously and since July 2021, she is the Incharge of the Casualty and Emergency Medicine Department.

Fr Richard Coelho, Director – FMCI expressed happiness at Precilla receiving the Florence Nightingale Award and thanked her for her immense contribution as a bedside nurse as well as Incharge and for helping innumerable people who come to the Hospital. May God bless her abundantly and grant her success in all her future endeavours & lead the Institutions to grow & prosper as we continue to serve with our motto '**Heal and Comfort**'.

CASK congratulates Precilla on being conferred the Florence Nightingale Award and wishes her further success.

SEEMA NAZARETH AWARD FOR EXCELLENCE IN JOURNALISM PRESENTED

The *Business Standard*-Seema Nazareth Award for Excellence in Journalism 2022 was presented to Correspondent Dhruvaksh Saha,



who is based in New Delhi. The award carries a prize of Rs 50,000, a silver pen, and a citation. It has been instituted by *Business Standard Ltd* and the Nazareth family in memory of **Seema Nazareth**, a young

Business Standard journalist who died in March 1999. The jury commended Saha's indepth reporting and analysis on various subjects including infrastructure financing, power-sector difficulties, or a retrospective on the development of the Delhi Metro.

This year, in the ceremony held virtually, the Special Mention award was conferred on New Delhi based Chief Sub-Editor Sarthak Choudhury. This carries a citation and a prize of Rs 10,000. The jury praised Choudhury for writing his stories with colour and details of a street reporter in addition to his responsibilities on the copy desk.

ARCHBISHOP PETER MACHADO INAUGURATES 'THE GOOD SAM WOUND CARE AND REHABILITATION CENTRE', SUMANAHALLI - BANGALORE

The Good Sam Wound Care and Rehabilitation Centre – Sumanahalli, was inaugurated by the Archbishop of Bangalore-Peter Machado. This centre is an initiative of The Good Sam Foundation, a Bangalore-based NGO and The Sumanahalli Society.

In his address at the Inauguration, the Archbishop said, "Today was a day not for speeches but for silence" in acknowledgement of the wonderful service rendered with Love and Compassion by the Good Sam Foundation and the Sumanahalli Society. He added "Such work cannot be done by all, but requires special grace and can be done only by those whom God chooses". In his closing remarks, he mentioned

that Sumanahalli must be a place of pilgrimage where all can visit and experience healing by sharing in the suffering of others.



Fr George Kannanthanam, the Director of Sumanahalli Society, lauded the efforts of the Good Sam Foundation team for visiting Sumanahalli twice a week for the last 18 months and treating people with Leprosy and other

ailments at their own cost. He also mentioned that many with chronic, non-healing ulcers had been healed due to this amazing effort.

‘FEAR TO FREEDOM, HURT TO HAPPINESS, SLAVERY TO STARDOM’ - A TRUE STORY

“He came, he survived, he overcame slavery” is an inspiring true story of Harold and Dancy D’Souza. Today, Harold and Dancy are the hope, courage, and freedom for victims, survivors and community



members worldwide. A full circle for a man who came to USA with hope of a better life, only to become a victim of human trafficking. Once a modern day slave, Harold D’Souza is now an **American citizen 20 years after coming to the country.** Harold

said he has reached the ultimate freedom of his life.

Dr. Lara Wilken, Professor at Bowling Green State University (BGSU) shared, ‘I could not think of a person more deserving of this citizenship than Harold. He defines what it truly means to be an American! I am so honored to share this day with Harold’.

At this auspicious event, delegates from ‘The Church of Scientology, Cincinnati said, ‘What Harold has faced and overcome in his life to reach this incredible milestone, is such an inspiration to us all’.

Harold D'Souza first came to the United States in 2003 for a job at a local manufacturing company where he was told he would make \$75,000 per year. When he and his wife arrived in Cincinnati, they quickly learned that wasn't the case. Instead, Harold was working 14 to 16 hours a day, at a restaurant where he wasn't getting paid.

Pamela A. Matson, Special Agent, FBI (Retd) said 'This is truly a momentous day. Harold's installment today as a United States citizen is something Harold deserves - I wish it hadn't taken so long! Congratulations! I am so very happy for Harold and Dancy to have arrived at this point. As for me, when I look back on my life and career, working with Harold as a public servant, will always be one of the things I am most proud of. It was my honor to serve Harold D'Souza'.

Harold D'Souza told the press, 'Pamela A. Matson, Special Agent, FBI investigated my case. Initially I was scared of Pam. Once Pam did her due diligent investigation and realized, I was a victim of labor trafficking, she was like 'Mother Teresa' - cool, caring, and compassionate. It was Pamela's blessings that gave me the ultimate freedom-the U.S Citizenship.

Harold and Dancy established a nonprofit called Eyes Open International, aimed at creating awareness on human trafficking & to educate people who might be vulnerable, so they don't become victims.

REV FR ELIAS FRANK - NEW BISHOP OF ASANSOL



Pope Francis has appointed Msgr Elias Frank, belonging to the Diocese of Asansol-West Bengal, until now professor of canon law at the Pontifical Urbania University of Rome, as the Bishop of Asansol Diocese.

Msgr. Elias Frank was **born in Bantwal**, DK district on 15 August 1962 and was ordained on 23rd April 1993 for the Archdiocese of Calcutta. Upon creation of Asansol diocese in 1997, he was transferred to that diocese. After attending the Saint John Vianney Major Seminary in Barasat, he studied philosophy at the Morning Star Regional Seminary of Barrackpore and theology at the Pontifical Urbania University in Rome.

He has served as Deputy Parish Priest of the Sacred Heart Church-Burdwan, Parish Administrator of the Kristo Jyothi Church-Basinda, Administrator of St Therese of Lisieux-Durgapur and Parish Priest of Sacred Heart Church-Burdhwan and as a Judge at the Inter-diocesan Tribunal of Calcutta. He is a licentiate in canon law and holds a diploma in jurisprudence from Pontifical Urbana University-Rome. He studied for a doctorate in canon law at the Pontifical Urbana University. He is the Professor of canon law at the Pontifical Urbana University since 2007 and Visiting Professor at the Alphonsian Academy, Rome since 2020. He has also served as Consultor of the Dicastery for Divine Worship and the Discipline of the Sacraments, Commissioner for marriage cases in favorem fidei at the Dicastery for the Doctrine of the Faith and External Judge at the Court of First Instance of the Vicariate of Rome.

OBITUARIES - JUNE/JULY 2023

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

- ❖ Brian J D Mascarenhas (65), husband of Charlotte, father of the late Rhea, Ian/Delora and Craig, brother of Gladys, Joan and the late Rennel, brother-in-law of Rudolph, John, Alexander, Jude, Bernadette and Thomas, on June 3, 2023.
- ❖ Clifford Philip D'Silva (76), husband of Rita D'Silva, father of Joseph D'Silva & Peter D'Silva, father-in-law of Mavis & Aneesa, on June 7, 2023.
- ❖ Veronica D'Souza (85), Kulshekar, mother of Jemsy, Celine, Juliet and John/Jeniffer D'Souza, on June 8, 2023.
- ❖ Queenie J Rodrigues (68), Valencia, wife of Joseph Rodrigues, mother of Ajay Richard/Lu Yan & Carol Tina/Preetham, on June 9, 2023.
- ❖ Irene Lasrado (78), Bendur, Retired teacher at St Gerosa School, wife of the late Stany Noronha, sister of Mark, Albert, the late Ivan Lasrado, on June 11, 2023.
- ❖ Doris Colaco (89), Mumbai, wife of the late Archie Colaco, mother of Howard/Charmaine & Bervick Colaco, sister of late Sr Ida Rasquinha, Lucy Rasquinha, Percy/Cora Rasquinha & Celine/the late Dinshaw Mistry, on June 11, 2023.

- ❖ Vincent Santhan Menezes (57), Milagres, husband of Shanthi Menezes, father of Vishanth and Monvish, brother of Dominic, Mary D'Souza, Magdalene Castelino, Rita Castelino, Nancy Castelino and Naveen, on June 14, 2023.
- ❖ Hilda D'Souza (68), Kulshekar, wife of the late Elias D'Souza, sister of Gregory Santhumayor and Sr Sharal BS, mother of Lavina, Santhosh/ Rovina and Movin/Wilma, on June 16, 2023.
- ❖ Valerian Lasrado (84), Bejai, retired SBI officer, husband of Viviana Lasrado, father of Vinuth Lasrado and Vinola Lasrado, on June 17, 2023.
- ❖ Mabel Rodrigues (87), Bendur, wife of the late Denis Rodrigues, mother of Calvin/Mavis Rodrigues and Alwyn/Daisy Rodrigues, on June 19, 2023.
- ❖ Lucy Mascarenhas (102), Urwa, wife of the late Paul Mascarenhas, mother of Franklin/Juliet, the late Melanie/the late Thomas, the late Melville/Dr Lourdes, Noel/Jennifer, Blanche/Stanislaus, the late Laura and Delsy/Vincent, on June 20, 2023.
- ❖ Stephen Alfred D'Souza (66), Valencia, son of the late B M D'Souza (Assistant Commissioner) and the late Isabella D'Souza, brother of Nancy, the late Arthur, Alwyn, Noreen, Jessie, Diana and Nina, on June 24, 2023.
- ❖ Lt Col.Joseph Gonsalves (Retd), (81) Bangalore, husband of Norma Gonsalves nee Saldanha, father of Rohan, Ranjith & Divya on June 24, 2023.
- ❖ Maxim D'Souza (61), Bejai, husband of Rashmi D'Souza, father of Merick Peter D'Souza, on June 26, 2023.
- ❖ John Baptist Gonsalves (87) (Retd Indian Navy), Canada, husband of Leena, father of Jyothi, Joyce/Ramesh & Jennifer, brother of late Fr Vijay SJ, Basil, Anthony, Felcy, Rita & Joyce, on June 26, 2023.
- ❖ Vincent D'Silva (69), Bejai, husband of Appoline D'Silva, father of Vinline/Feline D'Silva, Vishal/Fiona D'Silva and Avita D'Silva, on July 01, 2023.
- ❖ Brigadier Gerry Gonsalves (Retd) (78) Bangalore, husband of Christine Gonsalves nee Rodrigues, father of Binoy, Ramona, Nikhil & John, on July 1, 2023.
- ❖ Richard Claud Arthur Sequeira (75), Bejai, husband of Irene, father of Rohan Sequeira & Rayan Sequeira, on July 3, 2023.

A LITTLE POEM FOR SENIORS

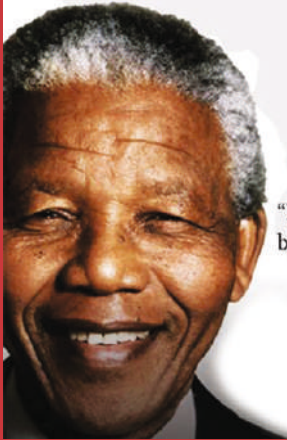
Another year has passed
And we are all a little older
Last summer felt hotter
And winter seems much colder
There was a time not long ago
When life was quite a blast
Now I fully understand
About 'Living in the past'
We used to go to weddings
Football games & lunches
Now we go to funeral homes
After funeral brunches
We used to go out dining
Now we ask for doggy bags
Come home and take a pill
We used to often travel
To places near and far
Now we get blisters
From riding in the car
We used to go to night clubs
And drink a little booze
Now we stay home at night
And watch the evening news
That my friend how life is
And now my tale is told
So, enjoy each day and live it up
Before you are too old!



* * * * *

Nelson Mandela International Day

18th July



"It is in your hands to create a better world for all who live in it"

Nelson Mandela

What is Mandela Day

- Mandela Day is not meant as a public holiday, but as a day to honour the legacy of Nelson Mandela, South Africa's former President, and his values, through volunteering and community service.
- Mandela Day is a global call to action that celebrates the idea that each individual has the power to transform the world, the ability to make an impact.

"Millions of people in the world's poorest countries remain imprisoned, enslaved, and in chains. They are trapped in the prison of poverty. It is time to set them free."

- Nelson Mandela

**If not delivered, please return to: Catholic Association of South Kanara,
Pio Mall, Third Floor, Jail Road, Bejai, Mangalore 575 004**

Assisi Press, Assisi Complex, Jail Road, Bejai, Mangalore 575 004

S on 11-07-2023

RNI No.-3699/57;Regn No / MNG /130/ 2021-2023