

# Mangalore

Organ of the Catholic Association of South Kanara  
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RNI No. - 3699/57  
Regn No / MNG /130/ 2024-2026

Vol LXXXXVIII No. 01

January 2024

Rs. 50



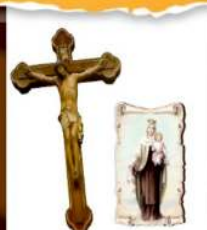
CASK wishes all its members  
**HAPPY NEW YEAR 2024**

**"MANGALORE"**  
MAGAZINE BATTING



*We are Proud to Declare that the "Mangalore" Magazine,  
Organ of the Catholic Association of South Kanara, Enters  
the 98<sup>th</sup> Year of Uninterrupted Publication !!*

# Sacred Treasures, Spiritual Delights



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# CATHOLIC ASSOCIATION OF SOUTH KANARA

Founded in 1914

(Regn. No. MNG/130/2024-2026)

## CATHOLIC ASSOCIATION OF SOUTH KANARA

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“Mangalore” Published by Patricia F. Lobo for and  
on behalf of The Catholic Association of South Kanara from  
3<sup>rd</sup> Floor, Pio Mall, Jail Road, Bejai, Mangalore - 575 004  
and Printed by Fr. Maxim D'Silva at Assisi Press,  
Assisi Complex, Jail Road, Bejai, Mangalore - 575 004  
Editor : Patricia F. Lobo

RNI No - 3699/57; Regn. No. MNG/130/2024-2026;  
Posted at Mangalore RMS on 11-01-2024



## EDITORIAL

We are happy to announce that with this issue, **“Mangalore” magazine** has entered the **98<sup>th</sup> year** of uninterrupted publication. During these 98 years, there have been around 23 editors. I wish to place on record our appreciation and thanks to all of them.

The surviving past editors are - Dr Anthony Mathias, Mrs Jean Pinto, Professor Edmund Frank, Dr Michael Lobo, Mr William Pais, Mrs Lily Pereira. May God bless all of them for their contributions to the “Mangalore” magazine.

I wish to recall the words of the late Cecil Noronha, IAS, former Chief Secretary, Government of Karnataka during the release of the book “CASK & Fellow Centurions” at a function jointly organized by CASK and KCA-Bangalore at the Catholic Club-Bangalore during the Centenary year-2014 **“To my mind, CASK’s biggest achievement has been the sustained publication of its monthly organ “Mangalore” which was published month after month from 1927 till date**, which still serves as a vital link between Mangalore city, the acknowledged spiritual and cultural heart of the community and the far-flung Mangalorean diaspora, which stretches across all parts of India, to virtually every habitable continent and country in the world”.

As we embark into the 98<sup>th</sup> year of uninterrupted publication of the “Mangalore” magazine, I wish to emphasize that it is the sentiments beautifully expressed by Cecil Noronha that serve as the goal and vision of the “Mangalore” magazine and not a ‘profit’ motive. It is this sentiment that has been espoused and promoted by all Presidents and Governing Council members of CASK thus far. Therefore, as a policy we have never stopped the magazine when the subscription is pending but made efforts to persuade members to settle pending dues and the members have generally responded. I hope these sentiments continue to prevail!

This issue contains reflections on Christmas and New Year from some of our regular and known contributors. I hope you will enjoy reading them.

Under the auspices of the CASK Centenary Trust, we started the new year with an unique Personality Development Programme for 35 students of St Claret College, Arunachal Pradesh, who were on a study tour of Mangalore. The programme was conducted at St Agnes College on 9<sup>th</sup> January. A Teacher Enrichment Programme is scheduled for teachers of St Aloysius School, Urwa Parsh on 13<sup>th</sup> January 2024. I can say, we are back on track.

26<sup>th</sup> January is Republic Day. Let us say a prayer that our Republic will continue to be strong, meeting the aspirations of its people. Happy Republic Day 2024! Jai Hind

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



**THE PRESIDENT SPEAKS...**

Dear Friends – I convey to you greetings of peace and joy during this Christmas season! The past year has been a very fruitful one; we have crossed many milestones. I want to thank all who have made this possible - those who have listened without judgement; helped without conditions and understood with caring and love, no matter what. I am sure God has a special plan for us this year as well. While everything else in this world proves to be unpredictable, we can see that God stands firm by our side. We can be assured that his light will always guide us and his hand will lead us. “God is Light and there is no darkness at all in him” 1 John 1-5 & 10. “Whoever loves his brother abides in light”.

The Israel – Gaza/Lebanon war is quite worrisome for all. It is happening in the Birth place of Jesus, Bethlhem/Jerusalem and the Christmas celebrations there were quite subdued this year. With so many innocent people dying all around Jerusalem, we can only offer our prayers and supplications for the millions of displaced and orphaned people including a large number of children. When we look at what is happening around the world, I wonder whether this is end times which the Bible predicts.

Our endowment fund has increased this year too. We have donors who have come forward with funds. All that is entrusted to us will be

utilised for scholarships, charitable work and for the betterment of the downtrodden. We pass through this world just once and are required to do whatever we can before we depart. Finally what we carry with us is our good deeds and nothing else. Our team has put in more effort than anyone can imagine. As we thank God for allowing us to be a part of this organisation, your contributions and prayers have helped carry this association through these difficult times with much satisfaction.

In the New Year too, we resolve to carry on with our charitable services. Our only prayer and hope is that those who have benefited from our charity will one day be able to extend a helping hand to other needy people, so that one day our community can be truly called the “Rome of the East”. Am sure this was the aim of our forefathers when they started our Association 110 years ago. We have a mission and that is to help the young and the needy. Be it scholarship distribution or any other program like the planned Personality Development Program for 35 students from Arunachal Pradesh on Tuesday the 9<sup>th</sup> of January 2024, and a TEP program for 40 Teachers of St. Aloysius English School - Urwa. Personality Development Program and Teacher’s Enrichment Program are aimed at helping our next generation.

Our members who donated towards the academic fees of thirty Manipur students for 2023-24, received an edifying year-end gift – an Email message from the Manipur students with Christmas and New year wishes and a Thank you. Those messages will be cherished by all the donors.

CASK remembers all its members who left for their heavenly abode during 2023. May they rest in eternal peace.

I am grateful to each and every Governing Council member and our past Office Bearers who have put in their best over the years. We look forward to your continued support in the coming year. Our endeavour is “Let us all seek, strive and work towards resilience, resourcefulness and reinvention for a better world in the year 2024” Happy New Year and Compliments of the Season to all the readers.

**God Bless.....Capt.Vincent Pais**

## WHY WE MAKE & BREAK NEW YEAR RESOLUTIONS & 4 TIPS TO HELP YOU ACHIEVE YOUR GOALS

*Courtesy Dr. Charles Herrick, Chair-Psychiatry, Nuvance Health, Danbury & Norwalk Hospitals*

- Research shows that as many as 50 percent of adults in the United States make New Year's resolutions, but fewer than 10 percent keep them for more than a few months.
- Giving up on New Year's resolutions is often related to three issues: difficulty breaking old habits, focusing on specific outcomes, and problems with purpose.
- You can increase your chances of achieving your New Year's resolutions by setting realistic and achievable process goals that will help you form new habits, as well as following other steps for success.

Do you feel excited about making a New Year's resolution on January 1 each year, but find yourself losing enthusiasm as the weeks go by — only to give up entirely by late February or March? If so, you're not alone.

Research shows that as many as 50 percent of adults in the United States make New Year's resolutions, but fewer than 10 percent actually keep them for more than a few months. But why?

Whether your goal is to lose weight, get more exercise, quit smoking, save money, or something else entirely, the truth is that there are some common psychology-based reasons why New Year's resolutions fall flat. But before you put your goals on the shelf until next year, here's what you need to know about why we make and break New Year's resolutions — as well as tips you can use to give yourself the best chance of making your resolution stick.

## **Why do people make New Year's resolutions?**

It's human nature to set goals at the start of something new, making the start of the New Year a popular time to set new goals and expectations for the year ahead.

## **Why do I break my New Year's resolutions?**

There are many reasons why people may not keep New Year's resolutions, but instances of New Year's resolution burnout can be narrowed down to three psychology-related issues: difficulty breaking old habits, focusing on specific outcomes, and problems with purpose.

### ***Difficulty breaking old habits***

Meeting new goals usually requires creating new habits and breaking old ones — and old habits are hard to break. For example, quitting smoking will require you to eliminate smoking from your daily activities, and losing weight will require you to change your diet and exercise routine.

Our habits are ingrained and embedded in our implicit memory, which is also called our automatic memory or unconscious memory. Implicit memory uses our past experiences to help us remember things without actively thinking about them, making it easy for us to stick to similar routines and challenging for us to make changes.

Habits are also multi-faceted, meaning that many elements reinforce our habits and make them more challenging to break. For example, a smoking habit may be influenced by your lifestyle, the places you go, the people you interact with when you smoke, physical sensations associated with smoking, and other rituals. Your feelings, thoughts, and emotions related to smoking can also contribute to making the habit satisfying even before you actually smoke.

### ***Focusing on specific outcomes***

Another reason people have trouble keeping New Year's resolutions is that they focus on a specific outcome, such as reaching a certain



body weight. Focusing on a specific outcome can be defeating if you don't achieve your goal quickly. In most cases, it takes time to achieve a specific outcome, and many people become frustrated and eventually give up before reaching their goal.

### ***Problems with purpose***

If you're like most people, you're busy — and you probably don't have a lot of time left over at the end of the day to devote to accomplishing things that aren't interesting or important to you. If you don't feel connected to your resolution, it isn't meaningful to you, or you aren't motivated to make the changes required to achieve your goals, you will be more likely to give up.

### **How can I keep my New Year's resolution?**

Developing a new habit as part of your New Year's resolution means that you will need to consciously think about the changes you need to make, at least until the new habit becomes embedded in your implicit memory. The process of developing a new habit uses a lot of declarative, or episodic, memory and working memory — and requires a lot more mental effort.

To make it easier to keep your New Year's resolution, you need to take a multi-faceted approach. Here are a few tips that may help:

#### ***1: Find your purpose, but avoid focusing on a specific outcome***

If you want to lose weight, for example, avoid focusing on achieving a specific weight. Instead, ask yourself why you want to lose weight and use that as the basis for your goal. Asking “why” will help you find your real purpose, which will help to improve your motivation. Setting a goal of achieving better health so you can have more energy for your hobbies, for example, takes the focus off of a specific outcome, such as getting to 150 pounds.

Also, it's important to remember that early success will motivate you to do more, and better health and an increase in energy is an outcome

you will likely be able to achieve quickly by being more active or eating a healthier diet.

By focusing on being healthier rather than achieving a specific weight, you will also be more likely to maintain your healthy habits. If you set a goal of getting to 150 pounds and achieve it, you may be more likely to eventually fall back into old habits and not sustain long-term weight loss.

## ***2: Break your goal into components, and set realistic and achievable process goals***

If your goal is to achieve better health, you need to figure out exactly what you need to change to make it happen. For example, you might identify two components that will help you achieve your goal: more exercise and a healthier diet.

Identifying the components is just the first step. You must also set realistic and achievable process goals for each component that make you feel excited and motivated. The more excited you are about your process goals, the more likely you will be to find the time to focus on achieving them. Some examples of process goals include:

- “I intend to exercise for 30 minutes, four days a week, to achieve better health.”
- “I intend to eat three plant-based dinners each week to achieve better health.”
- “I intend to eat one-half of my normal portion of dessert after dinner every night to achieve better health.”

These goals shouldn’t require a huge sacrifice, and they shouldn’t make you feel deprived. However, they should require some effort — you want to feel good when you achieve them, after all.

## ***3: Make a public commitment***

Human beings are inherently social, and we want to connect with and feel accepted by others. We also want to avoid experiencing feelings

of shame and embarrassment that can sometimes be associated with letting people down.

Making a public commitment to achieving your goal can help you hold yourself accountable and ultimately follow through. Many people find that their desire to avoid letting people down — and thereby avoid feelings of shame and embarrassment — is a powerful motivator to help them deliver on their commitment.

Examples of making a public commitment include telling family or friends about your goal, signing up for a weight loss program, or joining a fitness program with a group of co-workers.

#### ***4: Engage with like-minded people***

People tend to be more successful at achieving their goals when they connect with other like-minded people. Also, we tend to model the behavior of the people we like and admire, so it's important to surround yourself with people who reinforce habits that will help you achieve your goals.

Finding a group of like-minded people whom you admire will help you stay motivated - when New Year's resolutions often hit the skids. Some people may find success and accountability by being part of a larger group, while others may prefer to pair up or join a smaller group. Whatever size group you choose and whether it's in-person or online, engaging with others will keep you connected to your goals and make you more likely to be successful.

**The bottom line:** Finding your purpose, changing your focus, setting the right goals, making a public commitment, and engaging with likeminded people can help you achieve your New Year's resolutions.

**PLEASE NOTE THE CASK UPDATED WEBSITE**

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

## CHRISTMAS RUBBLE

# *chhotebhai*

On Sunday 10<sup>th</sup> December I heard the first reading from Isaiah (40:1-5, 9-11) on freedom from the Babylonian exile. The reference to Babylon reminded me of the foot-tapping Boney M. song **“By the Rivers of Babylon”**. The music is pulsating, though I’m pretty sure that most people don’t know the meaning, context or even the lyrics of the song.

The words are from Psalm 137 regarding the Babylonian captivity of the Israelites from 598 to 538 BC. The capital of Judah was first besieged by King Nebuchadnezzar in 598 BC and Jerusalem was destroyed in 587. In 538 the Israelites were set free by the Zoroastrian king Cyrus of Persia. Geographically, the city of Babylon (Babel in Hebrew and Bab-ilu in Akkadian) lies on the left bank of the Euphrates river where modern day Baghdad is now situated. It means “gate of the gods”. In modern times the city was excavated by the Germans between 1899 and 1917 CE. So much for the historical part.

The Prophet Isaiah lived about 200 years before the Babylonian captivity, so his message of deliverance is truly prophetic. One would have to look at it with the eyes of faith. When we turn to Psalm 137 we need more than just faith. This is because the literal words of the psalm would be music to the ears of Israeli Prime Minister Benjamin Netanyahu; as it seeks revenge for injustices perpetrated on the people. Its concluding words are:

“Daughter of Babel, doomed to destruction, a blessing on anyone who treats you as you treated us, a blessing on anyone who seizes your babies and shatters them against a rock” (Ps 137:8-9). Such words are both frightening and deplorable. Yet there are many, even among church-going Christians, who would believe that this is divine retribution.

Gaza, what's the connection with Babylon or Christmas? I recently received two videos. One is of a Lutheran Palestinian pastor Munther Isaac titled "In Solidarity with Gaza". In this he shows a crib with the infant Jesus buried in rubble. It is expressive of many children being pulled out of the rubble of destroyed buildings in Gaza. Jesus is in solidarity with the pain and suffering of such afflicted people. For this reason all the churches in Jerusalem have decided to commemorate Christmas without any festivities this year. They seek to draw the world's attention to the suffering of the Palestinian people.

Now let's connect the dots. The psalmist says, "How can we sing the Lord's song in a foreign land"? (Ps 137:4). Till today parts of Palestine remain occupied by Israel. When Jesus was born in the same Bethlehem (in Palestine, even today) it was occupied by the Romans. The infant Jesus had to escape the wrath, jealousy and insecurity of King Herod. He had to flee to Egypt (cf Mat 2:14). Terror and bloodshed were perpetrated by those in power. The innocent children were just so much collateral damage!

From as early as I can remember, I took pride in erecting a beautiful crib in my home. I still do and had plans for this year too. Then I saw the rubble video and my heart skipped a beat. Perhaps this year my crib will be modelled on the Palestinian one, rubble et al; and celebrations could be muted.

The other video that I saw was of a guitarist singing a parody on "Away in the Manger". It was so ominous that I cannot but transcribe it in full:

"Away in bomb shelters ..... Concrete for a bed  
The little lost children ..... Lay down their sweet heads.  
The drones in the dark sky ..... Look down where they lay  
While they prayed to the angels ..... To fly them away.  
The mothers are crying ..... The babies awake  
The building is rocking ..... The whole city shakes.  
Bless all the poor children ..... Who are going through hell;  
But the Lockheed and Boeing shares ..... Are doing so well"!

Lockheed and Boeing are, as we would know, the manufacturers of warplanes. Do not these lyrics stir even the most hard hearted? Not necessarily. After seeing these videos a church-going friend said to me that all these “terrorists” should be nuked! I was dumb struck.

The forefathers of the present day Israeli nation spent 40 years in the desert before entering the Promised Land, then another 60 years in the Babylonian captivity. The present residents of Gaza/Palestine are in no way connected with or responsible for those events of yesteryears. More recently, it was Hitler, and his mistaken Aryan superiority, that exterminated millions of Jews. Can they hold modern day Germany to account for that?

Pope Francis is on record saying that the only permanent solution to the conflict is the two-nation resolution passed by the U.N. in 1947. Israel got its share, but the Palestinians didn't. We too, in India, have experienced the pain of partition. Yes, many died on both sides. But imagine if partition had not happened (in the same year 1947) and the people of present day Pakistan were still under Indian rule and control? What daily horrors would arise between an assertive state and a people seeking freedom?

I recently read about a “Strategic Planning” meeting of the CCBI (LR) held in Delhi. There was much pious talk about the “majesty of God”. I found the terminology obnoxious. Did these worthies strategise in the way their counterparts in Jerusalem and Palestine did? Was there any strategy to have less of “majesty” and more of humility and simplicity this Christmas? Was there any attempt to think out of the box, to be different?

I revert to 1990. I had just been elected the National President of the All India Catholic Union. There was a rally of about 1.3 lakh Christians from all over India at the Boat Club Lawns, New Delhi. It was in support of reservations for Dalit Christians. From the podium I had announced that if our demands were not met before Christmas we would have a Christmas Satyagraha, without any festivities and lighting.

Bishop Patrick D'souza of Varanasi, who was the Chairperson of the CBCI Ecumenical Commission, supported me. Several dioceses, parishes and institutions observed the Satyagraha. I myself had

undertaken a 7 day fast at Goldakkhana, New Delhi, in preparation for the same.

Simply put, be it in social, spiritual, political or military warfare, strategising is critical. One needs to also anticipate the moves of the other side and prepare accordingly.

Families in particular, look forward to the joy, reunions and marriages at Christmas time. I would not like to dampen that spirit, but we can surely find a middle path. As the Latin saying goes “Virtus stat in medio”. I will share a small incident to put things in perspective.

There is a stunted young man who fills air at the pump where I fill fuel. On seeing my cross and Christian identity he proudly told me that he had recently become a Christian. He even went to jail for it and got out only after coughing up Rs 5000/- to the cops. Ironically, the Police Station is just across the road from the Petrol Pump. For the last two months he has been reminding me that “our festival is coming”.

Perhaps the poor and the persecuted are the only ones who understand the true meaning of Christmas, while the others regale themselves with meaningless carols like “Jingle Bells” with a portly Santa thrown in. This Christmas could we take the trouble to remove the rubble from some one else’s life and burst a bubble to bring hope and peace.

- *The writer wishes all his readers a Blessed Christmas.*

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## **AULD LANG SYNE....**

*Joan Lobo*

Those were the days when we waited all year long for the New Year dance at the Ladies Club-Mangalore, which was the place to be and the most happening event of the year where the young and old thronged decked up in shimmer and shine to usher in the new year bursting crackers, burning the old man with the church bells chiming in the background and in the midst of it all, at midnight was the tune of **Auld Lang Syne** that pierced the air with a kind of nostalgia and mixed emotions running through.

Well, after Christmas and done with Carols, I found myself listening to “Auld Lang Syne” more often than not. Listening got me thinking about the song so closely tied to New Year’s Eve – And what was it all about? Is it really about the new year and its wishes? May be you’ve wondered this yourself. I certainly appreciated the words, especially those that have been immortalized through all the world since the late 1700s. Even if you haven’t a clue what it means, Auld Lang Syne evokes an undeniable sentimentality, a disorienting nostalgia, an instantaneous affection for the people around you at that exact moment; loved ones and strangers alike. A New Year stands before you, brimming with possibility. As the new year dawns, “Auld Lang Syne” invites us to look ahead to the future—to make plans, to create resolutions. But this song is a reminder to also consider the past. It is supposed to capture a conversation between two old acquaintances catching up after a long time apart. Connections that are nice to rekindle.

On New Year’s Eve it is almost inevitable that the tune wrents the air and possibly while we all try to hum or sing “Auld Lang Syne,” a song whose melody is synonymous with the new year in the English speaking world, despite nearly incomprehensible syntax and vocabulary. It is strange but true that the text on which the song is based isn’t in English at all — it’s 18th-century Scots, a similar but distinct language responsible for lyrics in the song such as “We twa hae run about the braes and pou’d the gowans fine” that are utterly unfathomable.

Just a few days ago, we greeted the New Year with champagne, hugs, and singing at midnight. A New Year’s Eve, means a few things: Chanting the countdown with family and friends and at deafening volumes singing “Auld Lang Syne” - at least the first verse because I for one wouldn’t know the rest like most people who probably aren’t totally sure what they are singing about when you join in for the group rendition of “Auld Lang Syne.” Well! It was originally a Scottish poem that was later set to music. The phrase “Auld Lang Syne” translates literally to “old long since” in English and means something akin to “times gone by”. Also, wondering what “Auld Lang Syne” actually means. I’ve been coerced for as many years as I’ve been lingual into mouthing my quiet way through it, but I was never



given the text to read, nor did I seek it out to memorize or try to make sense of it. No one around me seemed to care that the words weren't exact english. No one ever seemed to know what it meant. So neither, did I then. And besides, the only time we ever heard it was at the stroke of midnight of the New Year.

Recently I decided to look into its roots and origins. The meaning of the song, its history, and the history of the man that composed it, seemed intricately tied up. First off, "Auld Lang Syne" translates directly from Scots dialect to "old long since," but works out idiomatically into a couple different formulations - 'long long ago,' 'way back when,' 'bygone days.' Matthew Fitt, a contemporary Scottish writer and self-described "educator, working in the field of Scots language education," has used "Auld Lang Syne" as a kind of "Once upon a time" used in fairy tales. It is three synonyms of the same sensation piled together - Old, long and since. As it turns out, not only is the song sung at New Year's across the world, but it also features at funerals and graduations. Encyclopedia describes it as a "dismissory song," something invoked as a kind of sendoff or dismissal point. Others have noted it as a song that denotes turning points, life changes, and sallies forth into the sudden void of a new future. Auld Lang Syne" presents nostalgia wrapped in one phrase, and works it throughout the body of the poem being joyous and a bit quietly melancholy. . And either way, I can remember times as a teen when the countdown was over and the adults were toasting, getting maudlin and hanging on each other, shouting at the top of their lungs and I was thinking it's just another long, boring year coming up. What's there to be so excited about? But now that I'm older and wiser, I'd say quite a bit actually. And not just about the upcoming year, which I hope will be filled with love, friends, long walks, music and memorable times but while time sits down for a while, let us enjoy ourselves in full-throated this song, with no thought of it waiting there but ready whenever to start again.

Into 2024, I wish the New Year brings everyone of you the sunshine of peace, the rains of blessings, the winds of hope, and a sky full of opportunities. Let's raise a toast to the New Year and all the wonderful things it may bring. Cheers to new beginnings, fresh starts, and endless possibilities! Till we stand hand in hand singing Auld Lang Syne again heralding the new year "A HAPPY AND BLESSED 2024.....

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## FROM DARKNESS TO LIGHT

*True Story of a Drug Addict...courtesy Snehalaya Team*

Ravindran sat huddled in the corner of the passageway, his body shaking and his mind racing. His clothes were tattered and stained, and his hair was matted and unkempt. His eyes were wild and bloodshot, and his skin was pale and clammy. Ravindran had lost everything - his job, his home, his family - all to the cocaine that he craved so desperately. It had become his entire world, his reason for living. He would do anything to get his hands on it, even if it meant stealing or hurting others.

Things weren't so for Ravindran in the beginning. He had always been a brilliant student. He excelled in school and had a natural talent for science and technology. When he graduated high school, he decided to pursue a B'Tech in Computer Science. He was at the top of his class, and his professors predicted a bright future for him in the tech industry. But as Ravindran began to enter the workforce, he found that the pressure was too much for him to handle. He was expected to work long hours and meet tight deadlines, and he began to feel overwhelmed. At first, he turned to alcohol to cope, but that soon turned into something more dangerous - cocaine.

At first, it was just a way to stay awake and focused during long workdays. But soon, Ravindran found that he couldn't function without it. He began to spend all of his money on cocaine, and he started to miss work and deadlines. His once-promising career began to crumble around him. As Ravindran's addiction grew worse, he started to isolate himself from his friends and family. He was ashamed of what he had become, and he didn't want anyone to see him in his current state. He stopped answering phone calls and emails, and he stopped going out in public altogether.

His health began to deteriorate, and he lost a dangerous amount of weight. His oncebrilliant mind was now clouded by the constant need for cocaine. He couldn't focus on anything else, and he found himself

slipping further and further into a state of despair. Surrounded by empty cocaine baggies and discarded needles, he wondered how he had gotten to this point. He had once been a promising young man with a bright future ahead of him, but now he was nothing more than a miserable cocaine addict.

As he sat there alone in the dark room, he felt a sense of despair wash over him. He knew that he was trapped, that he would never be able to break free from the grip of addiction. He had tried to quit so many times before, but the withdrawal symptoms were too intense, and the cravings too strong. He just immediately needed some liquor or cocaine powder to calm his nerves. He looked down at his hands, which were covered in cuts and bruises from his latest attempt to score some cocaine. He knew that he was hurting himself, but he couldn't stop. The addiction had taken over his mind and his body, and he felt powerless to resist. He felt a sense of shame wash over him. He knew that he was a shell of his former self, a broken and pitiful creature.

The sun was setting over, and the darkness was covering the city symbolizing the darkest night in the life of Ravindran as well. Indeed, it was the most ill-fated night in the life of Ravindran as the spell of darkness engulfed the soul of Ravindran. Far of he saw the neon lights of the club flickered to life, beckoning to him like a siren's call. He knew he shouldn't go, that he needed to stay away from the drugs, but he couldn't resist. He needed the high, the rush of adrenaline that came with snorting that white powder. Whatever money he had Ravindran quickly slipped into his pocket and made straight for the night bar. He walked past the bouncer, nodding in recognition, and made his way to the bar. The bartender knew him well and knew what he wanted without him even having to ask. He slid a small baggie across the counter and Ravindran eagerly snatched it up.

He didn't even bother with a table, just leaned against the bar and poured the powder out onto his hand. He snorted it quickly, the burning sensation in his nose a familiar feeling. He closed his eyes and leaned his head back, letting the high wash over him. But as the night wore on, the high faded and he was left feeling empty. He stumbled out of the bar, his mind foggy and his body weak. He wandered the streets

aimlessly, searching for something to fill the void inside of him. Dreadfully and desperately, he wanted more stuff to calm his shivering body but there was no money with him. Now the night was almost half spent and still a lot of time for the day to arrive. Ravindran knew that he couldn't wait so long. He remembered his mother had two gold bangles; his mind was brightened with the thought. In a vague slumber, he made his way home. Whatever followed after that was a deadly blackout for Ravindran.

It wasn't until the next morning that he realized what he had done. As he woke up from the pool of blood, he saw his hands and his clothes covered with blood, and the memories flooded back to him. He had killed his own mother and ailing father who resisted Ravindran when he was forcing them to give the bangles. In a drug-fuelled rage, he had struck them with a hatchet and mutilated their bodies and put them in the fridge. Yes, Ravindran had become a monster, a slave to the cocaine that had not only destroyed his life but also committed a heinous parricide of those who gave him life, education and everything he wanted and nurtured him so lovingly. The neighbours who had sensed something enigmatic being happened in Ravindran's family had informed the police and Ravindran was taken away in handcuffs.

Since Ravindran was not fully sane the court ordered him to be sent to a rehabilitation centre instead of putting him in jail. The Snehalaya authorities were called and Ravindran was brought to Snehalaya for treatment. The sun was shining brightly on the day that Ravindran walked through the doors of the Snehalaya. He had hit rock bottom, and he knew that he couldn't keep living the way he had been. He had lost everything - his parents, his job, his friends, his family all to the cocaine addiction that had taken hold of him.

But as he walked through serene doors, he felt a glimmer of hope. The staff was kind and welcoming, and the other patients seemed to understand what he was going through. Some of them had been where he was, and they were all working together to overcome their addictions.

The first few days were tough. The withdrawal symptoms were intense, and Ravindran felt like he was going crazy. But the Snehalaya staff was there for him, offering him support and encouragement every step of the way. They helped him through the physical symptoms, and then they began to work on the mental and emotional aspects of addiction.

Through group therapy sessions, individual counselling, and other activities, Ravindran began to see the world in a new light. He learned coping mechanisms for dealing with stress and triggers, and he began to understand the underlying issues that had led him to addiction in the first place. As the weeks went by, Ravindran felt himself getting stronger and more confident. He began to make friends with the other patients, and he even started to enjoy the various activities that the rehab centre offered. He learned how to meditate, how to cook healthy meals, and how to exercise in a way that was good for both his body and his mind. And then, one day, he realized that he was ready to leave the centre. He had completed the program, and he felt like a new person. He was clean, sober, and ready to face the world again. As he walked out of the rehab centre, he felt a sense of pride and accomplishment. He had overcome his addiction, and he knew that he had the tools and support he needed to stay clean for the rest of his life. And as he looked up at the bright blue sky, he knew that the future was full of possibility and hope.

**Editors Note:** Wherever you are, may you embrace the people around you with a long and lasting love

\*\*\*\*\*

## THANK YOU

### DONATIONS TO CASK CENTENARY TRUST

1. Dr Anand and Geetha Periera - ₹ 25,000/- for Family Support Project
2. Name withheld on request of Donor - ₹ 10,000/- For Charitable Projects

### DONATION TO CASK

1. Mrs Benedicta Correa, Mumbai - ₹ 20,000/- For Charitable Projects

## **THIS NEW YEAR – FORGET THE KILOS; THERE’S OTHER STUFF TO SHED**

*Courtesy Aditi Murti, SWADDLE TEAM*

Failing as a concept, first, is a lot more interesting than the tepid resolutions we come up with year by year. I’d rather talk about failing than going to the GYM every day like a heathen. Imagine the sheer boredom of all of us losing weight, becoming better people, reading more books, cooking elaborate meals, perhaps some doing some crochet for garnish? Of course not. Because none of us are going to ever set a pace or a plan of action to achieve these goals, let alone accomplish such ambiguous, grand proclamations within a year.

Exactly how does one become a better person in a year? Do you have a plan to save one drowning baby animal a day? Do you even know which animals these are? Do you know exactly where they’re drowning? Did you get a detailed map, bro? No? Guess you’re going to fail. Condolences, mate.

Soft bullying aside, researchers believe that the reason we’re messy with good habits is that we sort of dislike doing those good, healthy things, which means they don’t trigger our feel-good chemicals often enough, which means we’re less likely to do them again. When our brains don’t receive immediate rewards, it gets harder to keep habits going. The habits we choose to begin on a New Year are often more people-pleasing than they are for personal gain, more long-term than designed to get dopamine rushes. Of course, we’re going to suck at keeping up with habits that are both hard to do and bring us no personal joy beyond the distant thought of convincing people that we’re interesting, or evolving.

Now, I’m not going to 10-steps-to-fix-your-habits you because this is not a self-help guide. I’m only here to tell you that failure is amazing for people. (Source: A person, has failed a lot, still doing fine). Our ritual of failing each year is pretty cool because it is a reminder of how corny we are as a species. It is a reminder to relax, to understand that we can never make anything big intentionally happen without

seriously caring for it. It is a reminder to take things at our own pace and not take ourselves seriously enough to actually believe we'd be able to fulfill what we want just because it's January 1. I mean, has your hangover even subsided yet?

Sometimes you wish there was a software program that would automatically load every habit you wanted and delete any you hated. But this is 2024, and climate change won't let us get to 3000, and you cannot stand the idea of your skin-tight ridiculous gym gear and McDonald's just seems divine. That's going to be every year forever, but who said that's a terrible thing? At some point, you'll figure out that January 1 means nothing, find something that you really want to do at a date that isn't a silly cultural self-help congregation, and you'll do amazing. Januaries are for failing. Productivity is somewhere amidst the other eleven months. We'll figure it out.

You'll be all right. Unless, your resolution is to be more politically active, in which case, read up (for example) about India's CAA-NRC acts and go join a protest near you ASAP!

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## **GENTLE REMINDER**

**To all subscribers of 'Mangalore' in India and Abroad.  
Please renew your subscription to 'Mangalore'. The validity of  
your subscription is indicated on the postal slip on the back cover.**

***Cheque in favour of Catholic Association of South Kanara.  
NEFT transfer to Catholic Association of South Kanara Account***

***No: 0046053000043007; IFSC: SIBL0000046  
South Indian Bank Ltd, Hampankatta, Mangalore.***

**After executing NEFT, please send an email to  
caskmangalore@yahoo.com giving details**

\*\*\*\*\*

**Donation to 'CASK Centenary Trust' can be made by Cheque  
favoring 'CASK Centenary Trust', or NEFT to A/C No –  
0046073000061495, South Indian Bank, Hampankatta-  
Mangalore; IFSC-SIBL0000046.**

## **AN EXAMPLE OF GRATITUDE**

**CASK & CASK Centenary Trust sponsored the tuition fees of Thirty (30) Manipur Students admitted to St Agnes College for the Academic Year 2023-24.**

In a gratifying gesture, the students sent email messages to each of the donors conveying CHRISTMAS & NEW YEAR WISHES and assuring them their prayers.

We reproduce two sample messages:

We Catherine, Chinneikim and other students of Manipur would like to wish you a very wonderful Christmas and a healthy and prosperous new year. We wish you a season that's merry and bright with the light of God's love. I hope your Christmas shine with happiness and warmest wishes from us. We all remember you in our prayers. We would also like to wish you a happy new year. We wish you love for all your kindness. We hope the new year will bring many days of happiness. Hope this letter finds you and your family in the best condition of your health. We believe that you have spent your new year happily and safely. It was a pleasant new year eve for us .

Remembering you in our prayers.

Yours sincerely  
Catherine and Chinneikim

I, Lamngaihkim and Chingneihoi and other Manipuri students would like to wish you and your family a happy merry Christmas. We hope this Christmas is filled with many good moments and that you enjoy time spent with your loved ones. We pray and wish you peace and love for this holiday season. May this season fill your home with warmth and happiness. We would also like to wish you a Happy New Year and have a wonderful year ahead filled with happiness and prosperity.

Remembering you in our prayers.

Yours sincerely,  
Lamngaihkim & Chingneihoi  
St Agnes College, Mangalore



**CHEERS TO A WONDERFUL 2024**

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# MY WISHES FOR INDIA AND INDIANS

**Frank Islam**

## **Here are my wishes for India and Indians for:**

- The Indian national holidays
- The Indian religious holidays
- The issues that are confronting India domestically
- India in the South Asian region
- India's relations internationally

## **My wishes for India's national holidays are as follows:**

- For Republic Day, I wish that this constitutional democracy remains strong and serves as a beacon of democracy in a global world where nations are becoming increasingly autocratic.
- For Independence Day, I wish that Indians celebrate not only independence from the United Kingdom but also their interdependence on one another.
- For Gandhi Jayanti, I wish that we remember and do what Mahatma Gandhi advised. That is “You must be the change you wish to see in the world.” Each of us must be that change to help make India and the world a brighter and better place.

My wish for all of the religious holidays is that they be used to demonstrate what strong and inclusive faiths can do to unite rather than divide. As Pandit Malayviva, founder of Banaras Hindu University instructed us, “India is not a country of the Hindus only. It is a country of the Muslims, the Christians, the Parsees, the Sikhs, the Buddhists, the Jains too. The country can gain strength and develop itself only when the people of India live in mutual goodwill and harmony.”

\*\*\*\*\*

# THAT KIND OF LOVE...

By MINOO JHA

- That you can rest in.
- That you can feel blessed in.
- That you can feel at peace in.
- That you can feel at ease in.
- That you can feel at home in.
- And you never feel alone in.
- That makes you feel lucky.
- That makes you feel plucky.
- That makes your life come alive.
- And makes it worthwhile to strive.
- That makes any mountain easier to climb.
- And the earth and sky look sublime.
- That gives you confidence to fly higher.
- And keeps you ever inspired.
- That makes you want to sing.
- And makes every season feel like spring.
- That makes the sun and the stars shine brighter.
- And tough moments feel lighter.
- That you are thankful for every night
- And makes your spirit burn bright.
- I wish you that kind of love, this Christmas. And every Christmas.
- Whether from the one you love, your family, your friends, your cousins and relatives, your pets, your neighbors, your teachers, your mentors, your well-wishers and supporters, the people you are connected with through school, work, community, church, or other shared experiences -- all the wonderful people who have made your life richer, and have brought you joy on different occasions - Here's to the strengthening of the love you share with all of them.

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# AWARDEES OF ALOYSIAN ICON 2024

**Lt Col Laishram Tony Singh** was an active NCC Cadet of the Army Wing of the College. He joined the Indian Army 14 years ago and by his sheer hard work and commitment to the security and sovereignty of the country, steadily grew to the position of the Lieutenant Colonel at a very young age. He is shortly due to be elevated to the post of Colonel. He hails from Imphal, Manipur.



**Captain Michael Saldanha** is an Air India (AI) Commander/Pilot based in Mangalore known for his heroic efforts during Covid-19 pandemic. He and his crew volunteered for 'Vande Bharat Mission' rescue flights aimed to repatriate stranded Indians from the Gulf countries despite the inherent risks. He has made Mangalore proud by being a part of the rescue mission, 'Operation Ganga' which safely brought back Indians stuck in the war-torn Ukraine.

**Miss Tanvi Rao** is a brand ambassador for Girl Power and Women Empowerment. She is a child prodigy in the field of Performing Arts & Entertainment industry. Besides her unmatched accolades in the field of art, she has an excellent track record in academics too. She has made a classical dance tour of nine different cities of USA at the age of 16 receiving standing ovation by the thrilled audience in all the nine venues. She has been identified as an upcoming celebrity by audiences of two Kannada and one Hindi FM Radios.



**Mr Shashank Rai** is a young Mangalorean, a mechanical engineer working for the Karnataka State Forest Department and a proud alumnus of St Aloysius College. He has won many laurels for his country especially in Basketball. His winning streak started right from St Aloysius College as he created history by leading his team as the only team from Dakshina Kannada to win the State Championship. He is the proud recipient of the Gold Medal at the South Asian Basketball Championship, Dhaka, Bangladesh.

**Ms Vaishnavi Pavithran** currently works at the United Nations Children's Education Fund (UNICEF) in Geneva, Switzerland. She is a topper at PU level with a whopping 400/400 results. After her studies at the prestigious Sri Ram College of commerce in Delhi, she emerged as the topper of her class at the Ivy-League world renowned Sciences Po University. She was one of the youngest to be offered a job at United Nations World Food Programme at its headquarters in Rome and has supported operations in Kenya, South Sudan and Rwanda.



**Awards will be presented on 11<sup>th</sup> January 2024**

## FORCED EXODUS OF GEM DIASPORAS

*Philomena & Gilbert Lawrence*

The multiple episodes of forced exodus of GEM (Goans, East Indians, Mangloreans) diasporas has caused a re-migration of émigrés, which is a heartbreaking topic that many would rather overlook. Yet it is a recurrent experience, and we are likely to see them again.

An early event was the Indo-Portuguese Christians in the Bassein-Vasai region who were affected by the Maratha-Lusitania conflicts which occurred over an extended period (1667-83 and 1737-40). At the end, Lusitania gave up the Corte do Norte, which included twenty forts, four ports, eight cities, nine churches, and 340 villages. The conflicts generated mass migration of residents. After a pause there were fresh waves of migration with every Anglo-Maratha war starting in 1775. The third and final encounter was in 1817. The forced migration caused the displaced émigrés south to British controlled Bombay and its northern towns and villages; where they settled; and in 1887 called themselves East-Indians (in honor of the East India Company). Coinciding this painful experience, the Indo-Portuguese in Mangalore were going through their own internment called ‘Captivity in Seringapatam’ (1784-1799) by Tipu Sultan (for a detailed account, please see the section on Mangaloreans). Forced evacuation was experienced by the GEMs in Burma in World War II (see details under GEMs in Burma). Post-1947, GEMs in Pakistan periodically underwent trying times, with many electing to relocate.

**The 18<sup>th</sup> and 20<sup>th</sup> century saw multiple episodes of forced migration in the diaspora due to military conflicts.**

GEMs were victims of liberation struggles in Africa leading to waves of twice- transferred GEMs from Lusosphere (see diaspora in Portugal) and Anglosphere (see Afrikander) experiencing their “Veil of Tears.” The Asian diasporas’ experience in Africa in the 1960s and 1970s was risky and painful, as Lisbon legally decolonized in 1975, and former British colonies consolidated their liberation. Initially, despite private reservations, the diaspora publicly claimed the situation was improving, but émigrés remained cautiously optimistic and on

guard. Early ominous signs were ignored as “Hope is the dream of a walking man” (*Aristotle*). The increasing raids and ravages of war steadily spread from the countryside to the city and from economic targets to civilians. During this period of chaos, crosscurrents made the settlers reluctant to take any information they received at face value since each side had its own agenda to pursue. As time progressed, settlers watched the trends with considerable alarm as the death toll across the board continued to climb. Both sides had their share of soft-core political and hard-core military types. The normal process of negotiations dragged on; at times, it was rushed and short circuited as one side presented happy talk about the war while the other side spoke of a “dark winter” to come and demanded more aggressive action. The colony hemorrhaged literally and figuratively, which scared the civilians and paralyzed the economy and local government. Some émigrés rejoiced in any tidbit of positive news, which made them optimistic, as if they could sense peace and prosperity. Yet they consoled each other with “Besides the truth, there are only lies.”

**The 1960s and 1970s was a period of the twice displaced GEMs in various African countries both in the Lusosphere and Anglosphere.**

A party atmosphere prevailed during the weekends, and everyone was energetic and boisterous. After a few drinks it was not difficult to engage in some hyperbole and self-aggrandizement. After one-too-many swigs of scotch on the double, guests at the clubs grew animated as the night progressed. At times, the confrontation was heated and strident, with fingers pointing at each other and fists thumping the table. Some were stoking unrest and preying on the paranoia of the settlers. Old timers preached their successes and unprecedented achievements in the face of relentless, implacable resistance of geography, milieu, and circumstances. The priests counseled how to weather the attacks and forge ahead. Political events were a cacophonic revival of true-believers, with speakers making chest-thumping speeches using inflammatory rhetoric and spreading false information. Their pounding tease made for good theatre. The tough sounding discourses were hollow threats to impress the settlers more than the enemy; always ending with, “The cavalry is coming.” The enemy

proclaimed, “We are coming to kill you. It will be a bloodbath. This is a fight to the death.” The air was thick with partisan distortions. The settlers were vengeful at the loss of a lifetime and generations of successes.

The on-going, bloody fighting made the émigrés even more apoplectic and caused many to weep with disappointment at the dismal future that lay ahead. Giving-up was not in the playbook of either warring side. Some civilians simply ignored the outrageous recommendations of both sides. They demanded to know: “How can this be happening? Our sweet success is being snatched away from us.” The answers varied, depending on the responder’s mind-set. Clerics preached patience and forgiveness. The future political leaders were learning only about warfare in their youth. A poor way to start a country! Wars tend to intensify basic human problems. Some analysts tried to temper the optimism of those who saw the glass as half full, while others adopted the ‘Let’s-just-say-we-won’ strategy. People decried the news outlets covering the ravages of war in gory detail and believed the international networks were sabotaging the country’s victories. Scaremongers referred to some secret weapon that both sides said they had access to, and which they plan to use to salvage the situation.

The commander claimed, “You are dealing with a stubborn thick-headed Old-Timer who is not going to give-in or give-up,” who was surrounded by scheming courtiers, who were a cabal of people and officers ebulliently insisting victory is at hand as they engaged in shenanigans. Pundits and experts analyzed the situation tactically and strategically, putting their faith in “We are being led by a thick-skinned and hard-skull general... Sure we can win ... we do not want to dash hopes, at least not until reality forces our hands.” They conveniently blamed the stalemate on a “convergence of factors.” Yet, storm clouds were gathering. The leaders could no longer hold off the forces they had unleashed. Kenya achieved independence in 1963; and for Lisbon’s colonies in 1975. When the end arrived, the bottom-fell-off-the-barrel and the ‘outsiders’ were unceremoniously booted out. The pain of preparations exceeded the regret and pain of separation. There was no “just in case” thinking, discussion, and planning. When the clock ran out, none in the diaspora were prepared, despite a lot of forewarnings.

The deaths and dying of Whites influenced the colonels in the military back home. The top lieutenants were on a high wire act and had to figure out how to dismount under pressure. They were desperate for a rescue plan while disseminating rampant rumors, speculation, and media reports. There was a stomach-churning feeling as the endgame was approaching. The word came from above, “We have come to an end here and the clock has run out.” But even at this late hour, a small spark could set off a blaze literally and figuratively and some faced the news with a string of profanities; most accepted it as a national embarrassment. The tragic turn of events triggered massive waves of “*uprooted migration*” (*retornados*); as GEMs from Lusophone and Anglophone Africa became twice displaced, & they pivoted from their defiant posture in the native’s war of independence. Scientific papers report much of the colonial domestic economy was based on the contributions of migrants — as producers, consumers, and taxpayers, who shared in the host country’s economic growth and glory. The 1970s was the end of the Era of Imperial Colonialism which was started in Goa in 1510.

Later wars in the Middle East (Kuwait, Iraq) led to mass evacuation of GEMs working in the region. Regrettably, across India over the decades and even today, there are sporadic anti-Christian attacks targeting GEMs, their places of worship and teaching; who are often ignorantly perceived as remnants of colonialism. In the 20<sup>th</sup> century, repatriated GEMs could return to their native villages to the embrace of their first-degree relatives. Unfortunately, in the 21<sup>st</sup> century, the second and third generation diaspora are likely to remain in their adopted country suffering in solitude, silence and with little family support. GEM dispersions are poorly prepared for similar future eventualities. Yet, while GEMs are known for their docile nature, there is much they can do as prevention, including educating their neighboring communities (friends, colleagues, peers, neighbors) about their culture, values, and life. Professional diversity in the diaspora in



different countries is an asset and should be fully utilized to spread our ethos and culture.

We hope this essay provides the readers with 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."

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## **KCWA HYDERABAD, SILVER JUBILEE CELEBRATIONS REPORT**

Kanara Catholic Welfare Association, Hyderabad celebrated the Silver Jubilee of formation, on Sunday, 10<sup>th</sup> Dec 2023.



It was a day long event, starting as always, with the Holy Mass. The Mass was celebrated by Rev Fr Alwin Mascarenhas and Rev Fr Lancelot Menezes at St

Mary's Chapel, Mornin-gton Road in the Cantonment. The chapel was full. The choir sang hymns in konkani.

After the Mass, everyone moved to the celebration venue, in the adjacent seminary compound. The venue was aesthetically arranged for the occasion. Ms Lovita Pereira and Mr Loydon Mendonca were the emcees and conducted the whole celebration in a jovial and vibrant style. The celebration started with a welcome dance by two little girls Michelle D'Souza and Rochelle Kallam. The President Capt Alwyn Menezes(Retd), gave his welcome address. After the address, the Silver Jubilee cake was cut by the President and two past Presidents Mr Benjamin Monteiro and Mr Bernard Mascarenhas.

The Souvenir of the Silver Jubilee Celebration was released by Lt Gen Trevor D'Cunha(Retd), Rev Fr Alwin Mascarenhas, Rev Fr Lancelot Menezes and Capt Alwyn Menezes(Retd)



Ms Anju D'Silva, with the support of Mr Richard D'Silva and their son Aaron, presented a wonderful audio visual show wherein the past twenty five years were relived and the deceased members of the Association were remembered with a prayer. Some members who are out of station were contacted online and their messages were visually broadcast. A website of KCWA, created after years of hard work by Mr Lawrence Monteiro and Mr Richard Mendonca was launched by Rev Fr Alwin Mascarenhas.

Thereafter it was fun time for all. The emcees Lovita and Loydon conducted interesting games for children of different ages. Elders too were made to dance to the tunes of the DJ. There was singing and dancing. The traditional Baila and konkani songs were sung. The baila singing was led by our member Florence Mascarenhas.

This was followed by lunch consisting of a Mangalorean menu and the inevitable pork dish - an essential part of a Mangalorean celebration. During lunch, our member Richard D'Silva and his band regaled the gathering with singing in different languages. The children's band performed after Mr Richard's performance.

The young seminarians were invited to join the celebrations and they participated in all the activities. Some of them won prizes in some games. It was a joy to have them.

The Priests who had joined the celebrations and have always been spiritual guides for the Association were felicitated. The elders of the Association who were the pillars and supporters of the Association in the past 25 years were felicitated with a potted plant.

The celebrations concluded in the evening with a Vote of Thanks by the Association General Secretary Mr Stanly Mendonca.

## **A FRAMEWORK FOR PEACE IN ISRAEL AND PALESTINE**

*Jeffrey D. Sachs*

It is urgent to free the hostages in Gaza; stop the bloodshed in Israel and Palestine; establish lasting security for both the Israeli and Palestinian peoples; achieve the aspiration of the Palestinian people for a sovereign state; and establish a process of true sustainable development in the Eastern Mediterranean/Middle East (EMME) region. The horrific terrorist attack by Hamas on October 7 and the devastating Israeli bombing and invasion of Gaza after that, have shocked the world and intensified the global search for a path to long-term peace in Israel and Palestine.

Fortunately, an overwhelming majority of UN member states, including Israel's Arab neighbors, strongly agree with the possibility of a just and lasting peace based on the two-state solution. Peace with mutual security for Israel and Palestine can and should be implemented through the unanimous backing of the UN Security Council (UNSC), based on its powers under Chapter VII of the UN Charter, and with the overwhelming majority support of the UN General Assembly.

This peace would not be the result of direct Israel-Palestine negotiations, which have repeatedly been stymied by hardliners on both sides and by Israel's long-standing policy of building settlements in the occupied territories that now include more than 700,000 Israeli settlers. The peace would instead be secured through the powers of the UNSC and UN General Assembly. Enforcement would be secured with UN-supervised peacekeepers and UN-backed economic incentives and sanctions as needed. Neither Hamas nor the Israeli government would be permitted to block a peace arrangement backed by the world community.

The UN Security Council would act on the basis of multiple existing resolutions dating back more than 50 years, including UNSC

Resolutions 242, 238, 1397, 1515, and 2334. Peacekeepers under UNSC supervision would be drawn from the Arab nations to disarm the violent militia groups that threaten Israel, including Hamas, and to provide security for the Palestinians in Gaza and the West Bank.

The solution to the crisis certainly cannot be left to the Government of Prime Minister Benjamin Netanyahu, which steadfastly rejects and undermines the two-state solution, nor to Hamas, a terrorist organization that also rejects a two-state solution and seeks the elimination of Israel.

Nor can it be left to the outcome of the current fighting. The present war has killed more than 22,000 innocent Gazans to date, including more than 6,500 children, and has displaced hundreds of thousands of civilians. The war is unleashing vigilante violence by Israelis against Palestinians in the West Bank, isolating Israel diplomatically, and threatening world peace.

The ongoing war is manifestly not in pursuit of a just peace. Both sides to the conflict explicitly reject the two-state solution, and Israel proposes more settlements in occupied Palestine and permanent Israeli sovereignty over East Jerusalem. These policies amount to apartheid and ethnic cleansing. Precisely because of these injustices, the war is likely to escalate into a regional war, drawing in Hezbollah, Iran, and others, unless a just political solution is established.

Before October 7, Israel sought to “normalize” relations with Arab states without also addressing the need for a Palestinian state. A real and lasting peace can only be achieved together with political rights for the people of Palestine and security to people of Israel.

Netanyahu should have resigned on October 7 to take responsibility of his flagrant failure to protect Israel’s border with Gaza on that day. His cabinet is filled with religious zealots—with some who propound a Greater Israel that includes Palestinian lands.

True leaders for peace on both sides have repeatedly been martyred, including the great Egyptian leader Anwar Sadat and the brave Israeli

Prime Minister Yitzhak Rabin, both of whom were killed because they preached peaceful co-existence. Countless more Palestinians and Israelis—many whose names we don't even know—have also died in the quest for peace between Israelis and Palestinians, victims of terrorism often by extremists of their own communities.

Despite these serious obstacles, there is a clear way forward to peace through the UN because the Arab and Islamic nations have long called for peace with Israel based on the two-state solution. In the Extraordinary Joint Arab-Islamic Summit in Riyadh on November 11, the Arab and Islamic leaders made the following declaration in favor of a two-state solution:

As soon as possible, a credible peace process should be launched on the basis of international law, legitimate international resolutions and the principle of land for peace. It says this should be within a specific time frame and based on the implementation of the two-state solution with international guarantees, leading to an end to the Israeli occupation of the Palestinian territory, including East Jerusalem, the occupied Syrian Golan, the Shebaa Farms, the Kafr Hills, Shoba and the outskirts of the Lebanese town of Al-Mari. (English translation of Arabic original)

Importantly, the Arab-Islamic leaders drew specific attention to the 2002 Arab Peace Initiative, that already twenty-one years ago affirmed that: a just and comprehensive peace in the Middle East is the strategic option of the Arab countries, to be achieved in accordance with international legality, and which would require a comparable commitment on the part of the Israeli government... [and] Further calls upon Israel to affirm (*inter alia*) [t]he acceptance of the establishment of a sovereign independent Palestinian state on the Palestinian territories occupied since June 4, 1967 in the West Bank and Gaza Strip, with East Jerusalem as its capital.

The Arab countries stated clearly back in 2002 that such an outcome would lead to peace between the Arab nations and Israel, specifically that the Arab nations would “Consider the Arab-Israeli conflict ended,

and enter into a peace agreement with Israel, and provide security for all the states of the region.” Alas, Netanyahu has been in power most of the period since 2009 and has done what he could to ignore the Arab Peace Initiative and keep it out of the view of the Israeli public.

The UN Security Council, including all permanent (P5) members, and operating in close coordination with the Arab-Islamic leadership, should quickly adopt a peace settlement based on the two-state solution, and commit to provide operational and financial support to its implementation. In particular, the UNSC resolution should commit the UN and neighboring states to help Israel and Palestine to establish mutual security, a demilitarization of militia forces in the region, and a move to Palestinian statehood.

The resolution would include the following eight points:

- An immediate release of all hostages, ceasefire by all parties, and flow of humanitarian aid under UN supervision;
- A peace-keeping force, drawn from Arab nations and operating under the mandate of the UN Security Council, to assume control of Gaza security for a period of five years;
- The immediate disarmament and demobilization of Hamas and other militias by the peacekeeping forces as part of the peace;
- The UN supervision of civilian administration of Gaza until the functions are transferred to the State of Palestine by end-2025;
- The establishment of Palestine as a UN member state, with capital in East Jerusalem and control over the Islamic Holy Sites, no later than end-2025;
- Diplomatic relations established between Israel and all Arab league states in conjunction with UN membership of the State of Palestine;
- A UN Reconstruction and Sustainable Development Fund for Palestine, to finance a long-term sustainable development program designed by Palestinian authorities and UN representatives;
- A regional economic development strategy involving Israel, Palestine, Egypt, Saudi Arabia, and other nations in the region.

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## **25TH ALL INDIA KONKANI SAHITYA SAMMELAN HELD IN MANGALORE : 04-05 NOVEMBER 2023**

The 25th All India Konkani Sahitya Sammelan was held at Basti Vaman Shenoy Stage on the premises of World Konkani Centre, Mangalore on 4<sup>th</sup> and 5<sup>th</sup> November 2023. About 650 delegates - writers, students and Konkani speakers particularly from Karnataka, Goa, Kerala and Maharashtra and other parts of India participated in the Sammelan. Mangalore was hosting the Sammelan for the first time in the 84 yearshistory of All India Konkani Parishad, founded in 1939 by Late Madhav Manjunath Shanbaug of Kumta.

Novelist Hema Naik presided over the 25th All-India Konkani Sahitya Sammelana. In her address she said “Now we are all part of globalization. But, our literature struggles to showcase its influence on the national and international scale. We all know that there are certain norms for languages to get acceptance nationally. Translation of Konkani literature to other languages is one of the best solutions to showcase our linguistic richness before others. There were some misunderstandings within our seniors over script and dialect. But now the atmosphere has changed. Oneness is the only solution for preserving our linguistic richness,” she said urging the young generation to take responsibility to explore literature with the help of modern technology and unique ideas.

The chief guest, renowned Hindi poet and critic **Udayan Vajpeyi** delivered the inaugural keynote address on the subject ‘Literature and Life’ said, “Today, writers are being stopped from uttering the truth. The administration and power projects them as ‘anti-socials’. They are tempted to change their views and stand with corporate and bourgeoisie in every possible way. But the writers and litterateurs, who are not ready to lose their existence, become a saviour of the suppressed and exploited. Science always teaches us mechanical life. But literature and art only reflect life which is the life of an individual, society, nature among others.”



NRI Entrepreneur-Michael D'Souza, promoter of 'Vision Konkani' was president-reception committee, CA Nandagopal Shenoy, President-World Konkani Centre was vice president-reception committee, Arun Ubhaikar, President AIKP,

Melvyn Rodrigues, Vice president-All India Konkani Parishad, HM Pernal, Working President, reception committee, Gowrish Vernekar, AIKP and Akademi awardee Gokuldas Prabhu were present. Konkani poet and thinker Titus Noronha functioned as the general secretary and journalist H. M. Pernal functioned as the working president of the reception committee.

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## POINTS TO PONDER, JANUARY 2024

### **COP28 – Better With it Than Without**

Many epithets have been hurled at the latest annual Conference of Parties (COP) on climate crisis. It has been called, among others, a mere talking shop, ambition without sincerity, much ado about little and a cop out. But these conferences have covered considerable ground in addressing climate crisis, apart, of course, from raising awareness of the looming crisis. At the time of COP21 at Paris in 2015, the world was on a trajectory to get hotter by 4 degrees Celsius by 2100. The consensus among scientists today is that a rise up to 1.5 degrees is manageable, 2 degrees could be damaging but a rise beyond that would be calamitous. But the latest Emission Gap Report of the United Nations says that the world is headed to a rise of anywhere between 2.5 and 2.9 degrees, perhaps closer to the latter, which is still disastrous. But the journey from 4 degrees to 2.9 degrees could not have happened without the climate alarm rung by the COP meetings.



After two weeks of negotiations, COP28 ended with an acceptance of the deal by the delegates at Dubai. Negotiators agreed to transition away from fossil fuels, despite earlier demands for phasing them out/down, as it was proving difficult for developing and oil-based economies to agree upon the latter strategy. The deal states that the transition would be done in a way that gets the world to net-zero GHG (Green House Gas) emissions in 2050. It projects the world's GHG emissions peaking by 2025, to reach its agreed-upon threshold, but gives room to developing countries to peak later. This is a relative initiative for India as the economy is expected to be one of the fastest growing in the world. This gives it time for investing in the alternative technologies and policies to reduce emissions in the long-term. **Of course, the moot point is whether there is going to be a long term!**

While the final draft noted the need for greater finance for poor countries to transition away from fossil fuels and adapt to climate change, it didn't call upon any additional requirement for monetary support from developed nations, which is already significantly short of initial targets. This is quite worrying, as developing nations will not be able to fund their progress on their own towards climate goals. Also, stringent regulations (carbon tax for instance) from developed nations for doing business will put developing nations out of competition and render transfer of technology more difficult. Additionally, no goals were set to reduce methane emissions (one of the most lethal GHGs), which is disappointing, but high-methane-emitting companies have started to reduce it voluntarily.

**The Global Stocktake:** The stocktake recognized that global GHG emissions need to be cut 43%/60% by 2030/35 (and reach net-zero emissions by 2050) to limit global warming to 1.5°C. Countries are currently off track in meeting their Paris Agreement goals. For deep and rapid reduction of GHG emissions, nations were called on to triple RE (Renewable Energy) capacity globally by 2030, double the global average annual rate of energy efficiency by 2030, accelerate efforts towards the phase-down of unabated coal power, utilize zero and low-carbon fuels well before or by around mid-century, and accelerate zero-

and low-emission technologies (renewables, nuclear, abatement, removal tech).

**Funding increased:** But not sufficiently to support developing countries in achieving their climate objectives. Over US\$ 85bn were pledged for environment-related efforts, showcasing a significant commitment to climate financing, including US\$ 61.8/6.8/3.5/0.8bn for Climate Finance/Energy/Green Climate Fund/Loss and Damage Fund. Additionally, World Bank, ADB, African Development Bank and MDBs increased/launched funds to finance climate-related projects and drive positive climate actions. Despite this, developed countries failed to mobilize the committed collective amount of US\$ 100bn per year. Besides, as per some estimates, developing countries may need up to US\$ 1tn every year for climate action, which is ten times more than the US\$ 100bn goal.

**Private finance unlocked:** Many corporations joined the pledge for global transformation (net-zero emissions/near-zero methane emissions) including Saudi Aramco, Shell, Total Energies, BP, Petrobras, Danone, Nestle, General Mills, The Kraft Heinz, ONGC, etc. Initiatives were taken up to accelerate decarbonization in heavy emitting sectors and transport globally. Oil and gas companies (accounting for 40% of global oil production) came forward to reach net-zero emissions by 2050 or before. Businesses and philanthropic organizations contributed to the climate transition in emerging economies and for the development and deployment of climate-tech solutions.

Pledges and declarations received greater support by nations. More than 10 pledges and declarations were launched, which received historic support. Many countries endorsed declarations which were focused on cutting emissions and achieving net zero (Global Renewables and Energy Efficiency, Triple Nuclear Energy, and Global Pledge), transforming agriculture and food systems (agriculture, food & climate), and development of climate-resilient, sustainable, and equitable health systems (climate and health). Climate finance and hydrogen and derivatives declarations attracted few, essentially, developed countries.

But as the Economist puts it, climate finance at the scale required is not available, affordable or, accessible, particularly in the global south. Reforms are required if the potential of private capital is to be unleashed. The key to reforming the financial system may be the use of catalytic instruments, through which governments assume responsibility for the riskiest tranche of climate projects in a process known as concessional finance, in order to unlock private-sector funding. Hyphen, a German-led consortium, is considering a \$9.4bn investment in a solar and wind-powered green hydrogen plant in Namibia, for example, after the German government provided financial backing

**India avoids rigid commitments at COP28:** India is the third biggest CO2 emitter after China and US; but its per-capita CO2 emissions are just two tonnes of CO2, which is still less than half the global average. India continued to pursue long-term goals, refusing to force itself to strict commitments (declarations). Considering its high growth ahead, a fast paced shift towards low emission fuels and new technologies is a tall task for India considering high population base and resource dependency on developed nations who are unwilling to fully cooperate. That said, India will continue to pursue the transition at its own conducive and constructive pace.

At the end of COP 28 the fact remains that climate talks have quietly, perhaps deliberately ignored history through a focus on the present. Thus the emphasis has not been on cumulative carbon emissions but on countries that are currently large emitters in the aggregate, even if not in per capita terms. But even as we seek answer to this question of climate justice the fact that mankind is already on the brink of climate precipice would mean that COP28 deal can be fruitful only when individual countries earnestly act to achieve their goals and submit their Nationally Determined Commitments in 2025. If India and China take centre stage to cut emissions and roll out rapid transition to green energy, it could drastically reduce the projected global temperature rise.

**In the past the question was: Can we put a price on the wonders of nature? Now it is: How long can we survive if we ignore nature?**

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## NEWS & NOTES

### AN UNIQUE BAKERY

Forwarded By David Rebello, Kolkata



Nahoums Bakery (Nahoums & Sons) in New Market - Kolkata is unique in many ways. This 121 year old iconic bakery, is owned by a Jewish family and on Christmas Eve, this is

perhaps the only outlet in the world where the Hindus stand in queue to buy their Christmas cakes, made by Muslim chefs to celebrate a Christian festival!

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### IT CAN HAPPEN ONLY IN INDIA!!



The Lucknow division of Northern Railways has spent a staggering amount of **Rs 69.5 lakh** between 2020 and 2022 to catch just **168 rats**, according to a report in the Times of India.

This astonishing expenditure breaks down to approximately **Rs 23.2 lakh per year or slightly over Rs 41,000 per rodent !!**

**This can perhaps happen only in India!**

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## SNEHALAYA – AN ABODE OF LOVE AND COMPASSION

Snehalaya Psycho Social Rehabilitation Centre in Kasargod District of Kerala State, stands as a revered sanctuary, a shrine of mental peace and happiness, where the chains of addiction and mental illness are broken, and souls find respite. Within its nurturing embrace, individuals burdened by the weight of affliction discover a haven of healing and transformation. The centre's dedicated staff, armed with compassion and expertise, guide each resident on a profound journey towards liberation.

The Founder of Snehalaya Mr Joseph Crasta says “Inspire before you expire,”. This encapsulates our mission to empower the sick and suffering, guiding them towards happiness and peace of mind. With unwavering dedication, the centre strives to instill inspiration within each individual, igniting a spark of hope that surpasses the boundaries of their afflictions.

This is a home of love, care, and joyous service for the least, the most abandoned, and the destitute. Snehalaya Charitable Trust is a legally recognised organisation.

Since 2009 Snehalaya has helped rescue more than 1,000 homeless people by taking them off the streets and given shelter, care, and treatment over 800 people have been happily reunited with their families in various states across India. The subsidiaries of Snehalaya Charitable Trust ® include Snehalaya Psycho-Social Rehabilitation Centre for Men, Snehalaya Psycho-Social Rehabilitation Home for Women, Shanti Dham - An Old Age Home, and Mannah - Food for

Hungry project. Regardless of location, religion, caste, or creed, Snehalaya strives to provide the homeless with psychiatric problems a high-quality life. Our Social



Outreach Programmes include Free ambulance service, Medical & Educational support, Awareness on social issues and medical camps, free counselling service to the needy, Emergency relief works and Blood donation for the needy.

Through comprehensive care, therapeutic interventions, and a compassionate environment, Snehalaya facilitates personal growth and resilience, uplifting the spirits of those in need. By inspiring individuals to embrace their potential, the centre enables them to transcend their challenges and discover a renewed sense of joy and serenity.

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## IAN CARES FOUNDATION

*Report by Hemacharya, Managing Trustee, Ian Cares Foundation*

This message comes coinciding with the first anniversary of Ian Cares Foundation's 'Sarva Dharma Sangama', held on December 27, 2023. I wish to update you about the different activities carried out at the center during the year.



During this year, we could successfully treat and rehabilitate 10 youth, from drugs, drinks, and depression. In this process we were

supported by our in-house counselors and a few external resource persons - Fr Faustine Lobo, parish priest of Kinnigoli church, Shri Mohandas Surathkal, Administrator - Sri Durga Parameshwari Temple, Shri Bhuvanabhirama Udupa, Member - Karnataka State Religious Endowment Board, Dr Sr Jeevita, Medical Superintendent, Concetta Hospital, Shri Michael Pinto, Shri Rajesh D'Souza - AA member.

We also held a few workshops on 'Freedom from Drugs, Drinks, Depression' addressed by Dr Surfaraz Hashim, Principal - PA College

of Technology, Dr Denzil Pinto, former HoD, Psychiatry Dept - Fr Muller College, Dr Laveena Noronha, Director - Ave Maria Palliative Care, Dr Derek Lobo, former Regional Adviser-UN WHO Leprosy Elimination project, among others functioned as Resource persons.

I was also invited by 17 parishes in Mangalore Diocese besides some prestigious educational institutions like Pompeii College, Pompeii Junior College, Little Flower Girls High School, Marywell High School to address their students on the consequences of 'drug menace' in our society.

Meantime, our accounts were scuritized by our auditors, M/S Nitin J Shetty & Co and we could apply for a permanent tax exemption certificate. I hope it comes through.

**This mission was possible only because of the support from well-wishers which the Foundation received, which I wish to recognize and record. We depend on your continued support to sustain such a rehabilitation programme.**

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## **DR ROHAN MONIS FELICITATED ON WORLD AIDS DAY**



Dr Rohan Monis, Chief Administrative Officer (CAO) of Kanachur Medical College Hospital and Vice-President-CASK, was felicitated on World HIV/AIDS Day – 1<sup>st</sup> December by the Dakshina Kannada District Health Authorities and HIV Alliance India. He was recognized and felicitated for setting up the first ever PPP model ART Centre of DK District at Kanachur Hospital.

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## **Rohan D'Souza Attends Global Sustainability Network Conference Dubai**

Rohan D'Souza attended the Global Sustainability Network (GSN) Conference at Dubai on January 10<sup>th</sup>, 2024 at Palazzo Versace Hotel.



He is the youngest member of the Eyes Open International (EOI) Board of Directors, Rohan carries the legacy from his parents Harold and Dancy D'Souza, survivors of human trafficking. Rohan will address the urgent issues of human trafficking and slavery at GSN

The GSN established in 2015 is a network organization consisting of key representatives from multiple faith-based communities, the business sector, academia and civil society, founded by Raza Jafar, an entrepreneur and a philanthropist

Rohan, was a small boy when his family became victims of work trafficking. Rohan's parents are outspoken survivors trying to empower potential victims through the Eyes Open International organization. Now, the feelings and experiences of a young child growing up within this slavery will be told. Rohan has witnessed the struggle of his parents and the fear of reprisals.

GSN vision is for a world free of slavery, child labour and human trafficking, where everyone has access to decent work.

Fall and rise of the D'Souza family from slavery to success is an inspirational journey of hope, grit, and determination to our community worldwide.

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## OBITUARIES - NOVEMBER 2023

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

- ❖ Victor D'Silva (87), Chennai, husband of Tressie D'Silva, father of Vanita/Rajan and Vinok/Supriya, on November 24, 2023.
- ❖ Sr Rose Mary D'Souza (84), Jeppu, Mangalore. Sisters of Charity, Mangalore Province, on November 27, 2023.
- ❖ Antony Albert Noronha (81), Bangalore, husband of Vida Noronha, father of Ashwin/Vahini Noronha, Adline/Jimmy Dias, on November 27, 2023.
- ❖ Br Alphaeus Anthony D'Souza OFMCap (86), St Anne's Friary on November 28, 2023.
- ❖ Derren Joseph Melwyn Correa (53), Dubai/Bendore, husband of Jean Correa nee Pereira, brother of Marceline/Lawrence Mascarenhas, the late Flory/Cyril Louis, the late Joyce/Marcel Furtado, Stephen Correa/Flavi and Alwyn Correa/Kiran, on November 27, 2023.
- ❖ Ronald Antony Lasrado (64), Kulshekar, husband of Laveena Lasrado, father of Roystan Loyed Lasrado, on November 28, 2023.
- ❖ Annie D'Costa (87), Bendur, wife of the late John D'Costa, mother of Philomena/Walter, Lynette/Prakash, Prakash/Jennifer, Charlotte/Hilary and Santhosh/Olida, on November 28, 2023.
- ❖ Celine D'Souza (76), Milagres, wife of the late Paul Vincent Saldanha, mother of Desmond/Flocy, Roshan/Tessy, on November 29, 2023.
- ❖ John P Rodricks (83), Derebail, father of Wilfred/Esther, Prescilla/Rajan, Veena/Oswald and Reema/Rajesh, on November 30, 2023.
- ❖ William 'Willie' Castelino (104), UK, husband of Millie, father of Trevor, Jenny and Mark, on December 1, 2023.
- ❖ Terrance Andrade (81) (Prop: Udupi Furniture Mart), Udupi, husband of Hilda Andrade, father of Tina/Harish, Hira/Dr Punit and Melita/Ashley, on December 2, 2023.
- ❖ Francis Mascarenhas (72), Kulshekar, husband of Leena Mascarenhas, father of Kiran Edwin Mascarenhas and Edna Mascarenhas, on December 5, 2023.
- ❖ Fr Aloysius Leander D'Souza OFMCap (86), Bejai, on December 5, 2023.
- ❖ Ashwini Ramona D'Sa (63), Bangalore, wife of Sydney D'sa, mother of Sheldon D'Sa and Stafford D'Sa, sister of Rohan Sequeira and Balu Sequeira, on December 7, 2023.
- ❖ Elizabeth D'Souza (94), Chennai, W/o Late Jerry D'Souza, Mother of Ashok/Jennifer, Vivek/Alice, Nirmala & Nicholas on December 7, 2023.

- ❖ Joachim Martis (91), Urwa, husband of the late Mary Martis, father of Irene/the late Rudolph Fernandes, Jacintha/Joseph Saldanha, the late Victor/Lavina, Ronald/Jacintha, Joseph/Asha, Herald/Gretta and Richard/Lavina, on December 12, 2023.
- ❖ Evelyn Marie D'Silva (97) Valencia, (Former teacher, St Aloysius Middle School, Mangalore), wife of the late Felix D'Silva, mother of the late Canute/Grace, Godfrey/Therese Marie, Anita, Lourdes/the late David, Ivan/Elsa, Reynold and Lyla/Henry, on December 12, 2023.
- ❖ Oswald D'Souza (82), Kalina, Mumbai (Angelore/ Mangalore), ex-L&T, husband of Theresa, father of Alan and Karen/Leon, on December 15, 2023.
- ❖ Charles Menezes (59), Bendur, husband of Evelyn Menezes, father of Daril/Josna and Carol/Rockson on December 17, 2023.
- ❖ Gretta Monteiro (80), Bejai, wife of the late Sebastain Monteiro, mother of Ophelia/Simplianus Braganza, the late Clifford & Anita/Anand Kadam, on December 17, 2023.
- ❖ Mary D'Souza (91), Bejai, wife of the late Alphonse D'Souza, mother of Michael/Gretta, Gracy/Vincent Crasta and Philomena/Daniel Menezes, on December 19, 2023.
- ❖ Juliet Prabhu (93), Bejai/Nympha Sadan, Mangalore, wife of the late Sri S S Prabhu, mother of Asha/Arunlal, on December 19, 2023.
- ❖ Mariette Maria D'Souza (58), Bejai, wife of Vennet D'Souza, mother of Dale Allen D'Souza, on December 20, 2023.
- ❖ Doloris Theresia Correa (71), Urwa, mother of Lavina and Steven, on December 22, 2023.
- ❖ Valerie James D'Silva (88), Valencia, husband of Genevieve, father of Vinay & Ajit, father-in-law of Delina, on December 24, 2023.
- ❖ Benedicta Alice Fernandes (84), Valencia, Wife of Late J Fernandes, mother of Ivan-Mabel Fernandes, Norman-Jyothi Fernandes, Alwyn-the late Shamala Fernandes, Melwyn-Leena Fernandes, Stephen-Diana Fernandes, Helen-the late Kiran Fernandes, on December 25, 2023.
- ❖ Theodore D'Souza (85), Bejai, husband of Benedicta D'Souza, father of Merwyn/Susan, Mercy/Ernest, on December 25, 2023.
- ❖ Santhosh Kevin D'Silva (53), Bejai, husband of Suman Fernandes, father of Shannon Keene D'Silva, son-in-law of Cyntia Fernandes, on December 25, 2023.
- ❖ Maxim Richard Pinto (82), Bejai husband of the late Leena Pinto, father of Manohar Pinto (Star Health Insurance) & Matilda/Blany D'Cunha, on December 25, 2023.
- ❖ Amy Caroline Sequeira (92), Bangalore, wife of the late Jock Sequeira, mother of the late Ashwini, Rohan and Balu, mother-in-law of Sydney, Gladioli and Maryanne, on December 26, 2023.

# CASK CENTENARY TRUST

## Conducts Personality Development Programme For 35 Students of St Claret College

**Ziro - Arunachal Pradesh**

Who were on a Education/Cultural Tour of Mangalore

**Date: 9th January 2024**

**Venue : St Agnes College**



**CASK President**



**Resource Persons**



**Response from students**



**Dances of Arunachal Pradesh  
performed by visiting students**



**Students of St Claret College - Ziro  
with Rev. Dr Alwyn Mendoz, Principal  
at 131 year old Nandigudda House, Mangalore**





**26<sup>th</sup> JANUARY 2024**

*Let us remember the golden heritage of our country and feel proud to be a part of India. Republic Day commemorates the adoption of the constitution of India on January 26, 1950. Let us come together on Republic Day to celebrate the spirit of unity in diversity and patriotism and uphold the principles and values enshrined in our Constitution.*

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

**“Mangalore” Published by Patricia Lobo for CASK  
from 3rd floor, Pio Mall, Bejai, Mangalore 575 004 & printed by Fr Maxim D'Silva  
at Assisi Press, Assisi Complex, Jail Road, Bejai, Mangalore 575 004  
Editor : Patricia F. Lobo, Posted at Mangalore RMS on 11-01-2024  
RNI No.-3699/57;Regn No / MNG /130/ 2024-2026**