

Mangalore

Organ of the Catholic Association of South Kanara

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

RNI No. - 3699/57

Regn No / MNG /130/ 2024-2026

Vol LXXXXVIII No. 08

August 2024

Rs. 50



~~Make~~ the Road Less Travelled

Happy

77th

Independence
Day

Freedom
in mind,
Faith in
words.

As Citizens of India,
wherever we may be
based, let us be proud
of our nation

ಭಾರತ





Lobo's Medi Hub

DR. SAVAANHA SEQUEIRA

BHMS, BHA

CONSULTANT HOMOEOPATH

CONSULTATION TIMINGS:

**Mon to Sat:
6.30 pm - 8.30 pm**



For Appointments Call:

+91 8951458623

Insta Handle: Savaanha_doctorpreneur

**Belvue Apartments
Below More Supermarket,
Valencia
Mangalore - 575 002
Ph: 0824-4256578**



CATHOLIC ASSOCIATION OF SOUTH KANARA

Founded in 1914

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

CATHOLIC ASSOCIATION OF SOUTH KANARA

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

OFFICE BEARERS

President

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

Vice Presidents

Dr Rohan Monis
Archibald Menezes

Secretary

Dr Anand Pereira

Joint Secretary

Gulobi Fernandes

Treasurer

Norbert Shenoy

GOVERNING COUNCIL MEMBERS

Richard Rodrigues,
Nayana Fernandes, Joan Lobo,
Dr Libert Anil Gomes,
Louis Pinto, Jeevan Saldanha,
Ratna Pinto, Sharlet Pinto,
Olivia Pereira, Vincent D'Souza,
Eric Lobo, Dr Caren D'Souza,
Trisha D'Souza, Marjorie Texeira,
Stephen Mascarenhas,
Ullhas Rasquinha,
Mario Saldanha, Dr Derek Lobo

Editor

Patricia Lobo, 9986268404
derpatlobo@hotmail.com

Editorial Team

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

Email

caskmangalore@yahoo.com
caskmangaluru@gmail.com

Website

www.caskmangalore.org

INSIDE....

PAGE

AUGUST 2024

1. Editorial	4
2. President Speaks	5
3. 10 Principles for Perpetual Peace	6
4. Dorothy Day to a Eucharistic Congress	11
5. India - Cancer Capital of the World	14
6. When Less Is More	18
7. Ave Maria Palliative Care Centre	21
8. Leadership Enrichment Prog - St Agnes College	22
9. Tribute & Eulogy to the Late Mohan Mascarenhas	24
10. History of "Mangalore" Magazine	29
11. Can it Wait?	31
12. Baldness is Avoidable	32
13. The Road Less Travelled	33
14. Eulogy to the Late John Baptist Monteiro	34
15. Celebrating Courage and Change	36
16. Points to Ponder, August 2024	39
17. News & Notes	42
18. Obituaries	45

**"Mangalore" Published by Patricia F. Lobo for and
on behalf of The Catholic Association of South Kanara from
3rd 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 10-08-2024



EDITORIAL

The Education System in India is largely examination based. The examination system is in deep turmoil and distress with constant paper leaks, inappropriate valuations, large scale copying and cheating and accusations of manipulation of results and ranks. The system seems to have failed even for the National NEET-UG and other examinations conducted by the National Testing Agency (NTA). I hope necessary policies to set right the deficiencies will be developed and more importantly strictly enforced. This is the burning need of the hour.

In another unfortunate development, a recent report from the Karnataka Education Department says that several schools in Karnataka record ZERO student enrollment or less than 10 students enrolled this year. This includes 14 schools in DK district with Zero students - 2 Govt schools, 6 aided schools and 6 private schools. All are kannada medium schools. The reasons are lack of good teachers or even poor families opting for English Medium schools. The solution lies in developing 'Model' schools in every Taluk and a good school for every 4-5 villages. The other solution is for the schools in Mangalore city or organizations like Rotary or Lions to adopt one or more Govt schools to ensure quality education to the rural students.


As we celebrate the 77th Independence Day, let each of us repledge to contribute positively to the welfare, progress and development of our beloved country and help strengthen our democracy and Unity in Diversity.

On the CASK front, we organized a successful 'Leadership Enrichment Programme' for 67 Class leaders of B.A; B.SC and B.Com sections of St Agnes College. Please see the report and the photographs on Pages-22-23

We have included an article giving the history and some pertinent information on the "Mangalore" magazine which with this issue has entered the 98th year of uninterrupted publication in India, which we believe is a record for a monthly.

We have included an article titled "Ten Principles for perpetual Peace in the 21st Century" along with other articles by our regular contributors - Joan Lobo, Trisha D'Souza and Norbert Shenoy...Happy reading!

Until next time.....Patsy Lobo

	THE PRES IDENT SPEAKS...
	<p>Dear readers,</p> <p>India got its independence on 15th of August 1947. It was a moment of great victory and pride for all Indians. We pay honor and respect to all the Freedom fighters specially Mahatma Gandhi-Father of our nation. At this juncture we should seriously give a thought to whether our country is really following democratic traditions or whether we are slipping into a state of uncertainty, which we are all experiencing in some ways. There are of course many problems being faced by our country and we hope these problems will be addressed sooner than later.</p> <p>India has been facing catastrophic events in the recent months related to climate change and environment issues - heat waves, cyclones, torrential rains, cloudbursts and now landslides that have killed more than 350 people in Wayanad district of Kerala. Experts believe that these landslides are mostly man made due to factors like large-scale felling of trees, cutting of hills, unscientific construction etc. It is time that in all our development activities, mother earth is respected and preserved.</p> <p>On the 15th of August, Mother Church celebrates the feast of the Assumption of the Blessed Virgin Mary. The Catholic Church teaches a dogma that the Virgin Mary "having completed the course of her earthly life, was assumed body & soul into heavenly glory".</p> <p>From 1st of August till 7th August, we celebrate World Breast Feeding week. On the 8th August Ashok Nagar Parish celebrates St. Dominic's feast, we wish the parishioners a happy feast. 12th August is Youth Day, 26th August is Krishna Janmashtami and Women's Equality Day...</p> <p>Take care and God bless.....Capt. Vincent Pais</p>

VISION & MISSION OF CASK

VISION

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

MISSION

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

10 PRINCIPLES FOR PERPETUAL PEACE IN THE 21ST CENTURY

Jeffrey D. Sachs - Common Dreams

The United Nations-based structures are in need of an urgent upgrade; we should consider this one at the U.N. Summit of the Future in September.

Next year will mark the 230th anniversary of Immanuel Kant's celebrated essay on "**Perpetual Peace**" (1795). The great German philosopher put forward a set of guiding principles to achieve perpetual peace among the nations of his day. As we grapple with a world at war, and indeed at dire risk of nuclear Armageddon, we should build on Kant's approach for our own time. An updated set of principles should be considered at the United Nations Summit of the Future in September 2024.

Kant was fully aware that his proposals would face the skepticism of "practical" politicians: The practical politician assumes the attitude of looking down with great self satisfaction on the political theorist as a pedant whose empty ideas in no way threaten the security of the state, in as much as the state must proceed on empirical principles; so the theorist is allowed to play his game without interference from the worldly wise statesman.

Nonetheless, as historian Mark Mazower noted in his magisterial account of global governance, Kant's was a "text that would intermittently influence generations of thinkers about world government down to our own day," helping to lay the groundwork for the United Nations and international law on human rights, the conduct of war and arms control.

Kant's core proposals centered on three ideas. First, he rejected standing armies. Standing armies "incessantly menace other states by their readiness to appear at all times prepared for war." In this, Kant anticipated by a century and a half the famous warning by U.S. President Dwight D. Eisenhower of the dangers of a military industrial complex. Second, Kant called for non interference in the internal affairs of other nations. In this, Kant inveighed against the kind of covert operations that a few countries have used to topple foreign governments. Third, Kant called for a "federation of free states," which in our time became the United Nations, a "federation" of 193 states pledged to operate under the U.N. Charter.

Kant put great hopes on *republicanism* as opposed to one-person rule as a check on war-making. He reasoned that a single ruler would readily succumb to the temptation of war a declaration of war is the easiest thing in the world to decide upon, because war does not require of the ruler, who is the proprietor and not a member of the state, the least sacrifice of the pleasures of his table, the chase, his country houses, his court functions, and the like. He may, therefore, resolve on war for the most trivial reasons, and with perfect indifference leave the justification which decency requires to the diplomatic corps who are ever ready to provide it.

By contrast, according to Kant if the consent of the citizens is required in order to decide that war should be declared (and in this [republican] constitution it cannot but be the case), nothing is more natural than that they would be very cautious in commencing such a poor game, decreeing for themselves all the calamities of war.

Kant was far too optimistic about the ability of public opinion to constrain war making. Both the Athenian and Roman republics were

notoriously belligerent. Britain was the 19th century's leading democracy, but perhaps its most belligerent power. For decades, the U.S. has engaged in non-stop wars of choice and overthrows of foreign governments.

There are at least three reasons why Kant got this wrong. First, even in democracies, the choice to launch wars almost always lies with a small elite group who are in fact largely insulated from public opinion. Second, and equally important, public opinion is relatively easy to manipulate through propaganda to stir the public backing for war. Third, the public can be insulated in the short term from the high costs of war by financing war through debt rather than taxation, and by relying on contractors, paid recruits, and foreign fighters rather than conscription.

Kant's core ideas on perpetual peace helped move the world toward international law, human rights, and the decent conduct in war (such as the Geneva Conventions) in the 20th century. Yet despite the innovations in global institutions, the world remains dreadfully far from peace. According to the Doomsday Clock of the *Bulletin of Atomic Scientists*, we are 90 seconds to midnight, closer to nuclear war than at any time since the clock's introduction in 1947.

The global apparatus of the U.N. and international law has arguably prevented a third world war to date. U.N. Secretary-General U Thant, for example, played a vital role in peacefully resolving the 1962 Cuban Missile Crisis. Yet the U.N.-based structures are fragile and in need of an urgent upgrade. For this reason, I urge that we formulate and adopt a new set of principles based on four key geopolitical realities of our time.

First, we are living with the nuclear Sword of Damocles over our heads. President John F. Kennedy put it eloquently 60 years ago in his famous Peace Speech, when he declared. I speak of peace because of the new face of war. Total war makes no sense in an age where great powers can maintain large and relatively invulnerable nuclear forces and refuse to surrender without resort to those forces. It makes no sense in an age where a single nuclear weapon contains almost 10 times the explosive force delivered by all the allied air forces in the Second World War.

Second, we have arrived at true multipolarity. For the first since the 19th century, Asia has overtaken the West in economic output. We are long past the Cold War era in which the U.S. and Soviet Union dominated, or the “unipolar moment” led by USA, after the demise of the Soviet Union in 1991. The U.S. is now one of several superpowers, including Russia, China, and India, with several regional powers as well like Iran, Pakistan, and North Korea. The U.S. and its allies cannot unilaterally exact their will in Ukraine, the Middle East, or the Indo-Pacific region. The U.S. must learn to cooperate with the other powers.

Third, we now have an extensive and historically unprecedented set of international institutions for formulating and adopting global goals (e.g., regarding climate, sustainable development, and nuclear disarmament), adjudicating international law, and expressing the will of the global community (e.g., in the U.N. General Assembly and U.N. Security Council). Yes, these international institutions can be weakened, when the great powers choose to ignore them, yet they offer invaluable tools for building a true federation of nations in Kant’s sense.

Fourth, humanity’s fate is more tightly interconnected than ever. Global public goods, sustainable development, nuclear disarmament, protection of the Earth’s biodiversity, prevention of war, pandemic prevention and control are far more central to our shared fate than at any previous time in human history. Again, we can turn to JFK’s wisdom, which rings as true today as then. So let us not be blind to our differences, but let us also direct attention to our common interests and the means by which those differences can be resolved. And if we cannot end now our differences, at least we can help make the world safe for diversity. For in the final analysis, our most basic common link is that we all inhabit this small planet. We all breathe the same air. We all cherish our children’s futures. And we are all mortal.

What principles should we adopt in our time that could contribute to perpetual peace? I propose 10 Principles for Perpetual Peace in the 21st Century, and invite others to revise, edit, or make their own list.

The first five of my principles are the Principles of Peaceful Coexistence proposed by China 70 years ago and subsequently adopted by the Non-Aligned nations. These are:

1. Mutual respect of all nations for the territorial integrity and sovereignty of other nations;
2. Mutual non-aggression of all nations towards other nations;
3. Mutual non-interference by all nations in the internal affairs of other affairs (such as through wars of choice, regime change operations, or unilateral sanctions);
4. Equality and mutual benefits in the interactions among nations; and
5. Peaceful co-existence of all nations.

To implement these five core principles, I recommend five specific principles of action:

6. The closure of overseas military bases, of which the U.S. and U.K. have by far the largest number.
7. The end of covert regime-change operations and unilateral coercive economic measures, which are grave violations of the principle of non-interference in the internal affairs of other nations. (Political scientist Lindsey O'Rourke has carefully documented 64 U.S. covert regime-change operations during 1947-1969, and the pervasive destabilization caused by such operations.
8. Adherence by all nuclear powers (U.S., Russia, China, U.K., France, India, Pakistan, Israel, and North Korea) to Article VI of the Nuclear Non-Proliferation Treaty: "All Parties must pursue negotiations in good faith on effective measures relating to the cessation of the nuclear arms race and to nuclear disarmament, and on a treaty on general and complete disarmament under strict and effective international control."
9. The commitment by all countries "not to strengthen their security at the expense of the security of other countries," (as per the OSCE Charter). States will not enter into military alliances that threaten their neighbors, and commit to resolve disputes through peaceful

negotiations and security arrangements backed by the United Nations Security Council.

10. The commitment by all nations to cooperate in protecting the global commons and providing global public goods, including fulfillment of the Paris climate agreement, the Sustainable Development Goals, and reform of U.N. institutions.

Today's great power confrontations, notably the U.S. conflicts with Russia, China, Iran, and North Korea, are largely due to America's continued pursuit of unipolarity via regime change operations, wars of choice, unilateral coercive sanctions, and the global network of U.S. military bases and alliances. The 10 principles listed above would help to move the world to peaceful multilateralism governed by the U.N. Charter and the international rule of law.

SPEECH OF DOROTHY DAY TO A EUCHARISTIC CONGRESS

Courtesy - NCR

Only this time, the words that reflected the eucharistic underpinnings of Dorothy Day's uncompromising pacifism were spoken through her granddaughter, **Martha Hennessy**.

Hennessy said "We needed her words. Her voice is so full of authority, integrity and beauty". Hennessy is a peace activist and member of the Catholic Worker movement that her famous grandmother co founded with the French social activist Peter Maurin in 1933.

Hennessy is a retired occupational therapist who lives in Vermont and still volunteers at the Maryhouse Catholic Worker community in Manhattan's Lower East Side, spoke July 19 during a morning "impact session" at the National Eucharistic Congress in Indianapolis. The 5-day gathering in Indianapolis is presented by the U.S. Catholic bishops, who hope the event will spur a spiritual revival in the church.

Hennessy told National Catholic Reporter that congress organizers twice denied her requests to speak at the congress, but that they invited her after other Catholic media outlets reported that she was not being allowed

to participate at the event. Hennessy said she had wanted to attend the congress since first hearing about it a year ago.

“I was happy that Dorothy Day was being respected and not omitted,” Hennessy said. “Her voice is really critical for the Catholic Church right now.”

Speaking for less than 10 minutes, Hennessy dedicated a significant portion of her speech to quotes and excerpts from Dorothy Day’s books, speeches, presentations and articles. Patrick Jordan, a family friend and former editor at Commonweal who wrote a book about Day, helped Hennessy to select the quotes.

“I don’t go into these things unilaterally. I’m part of a beloved community, so I ask for help,” Hennessy told NCR after her presentation.

One excerpt that Jordan selected for Hennessy’s presentation consisted of several paragraphs from the speech that Day presented at the 41st International Eucharistic Congress, which was held in 1976 in Philadelphia.

Invited by then-Philadelphia Archbishop Cardinal John Krol to participate on a panel about the Eucharist and women’s responses to “the hungers of the human family,” Day focused most of her remarks against war.

“Our creator gave us life, and the Eucharist to sustain our life. But we have the world instruments of death of inconceivable magnitude,” Day said on Aug. 6, 1976 - She noted in her speech that that date marked the 31st anniversary of the United State’s atomic bombing of Hiroshima, Japan.

“No one in charge of the Eucharistic Congress had remembered what August 6th means in the minds of all who are dedicated to the work of peace,” Day said in what would be her final public address before her death in 1980.

Day’s speech — in which she also criticized congress organizers for scheduling a Mass for the military on the same day — challenged listeners then and now, said Hennessy. She added that some of her grandmother’s quotes were “hard sayings.”

Recounting her grandmother's life, Hennessy told the audience that the Catholic Worker movement "took the Sermon on the Mount and Catholic social teaching literally" by feeding the hungry and sheltering the homeless.

"As a 3-year-old sitting on the lap of Dorothy, my granny, I received my first awareness of the presence of God, held in her voice and in her heartbeat, when my ear was pressed to her chest," Hennessy said.

Day's devotion to the Eucharist, Hennessy added, "stays with us as we continue to practice corporal and spiritual works of mercy as Jesus gave of himself to us."

Hennessy, who shares her grandmother's Eucharistic piety as a daily communicant, told the audience of several hundred people: "Upon receiving the Eucharist daily, Dorothy knelt in silence for 20 minutes, to allow herself to absorb the presence of God within her before returning to her work."

To further illustrate Day's devotion to the Eucharist, Hennessy's speech included a quote from one of Day's columns in 1962 in The Catholic Worker newspaper: "My joy is constantly renewed as I receive our Lord at Mass."

Writing in September 1962 about the Second Vatican Council, Day said: "Our need to worship, to praise, to give thanksgiving makes us return to the Mass daily. The Mass begins our day. It is our food and drink, our delight, our refreshment, our courage, our light."

Hours after her talk, Hennessy accompanied about 20 Catholic Workers at a picnic they held in a park near Lucas Oil Stadium, the site of the congress' evening revival sessions. Hennessy said she found the Catholic Worker community to be "a university unto itself."

"It's a lifelong school of learning," she said. "It has so much rich material to study, to look at, to draw from, to reiterate and to re-present. It's amazing."

PLEASE NOTE THE CASK UPDATED WEBSITE

www.caskmangalore.org

INDIA IS THE CANCER CAPITAL OF THE WORLD

Courtesy – The Swaddle team

An Apollo Hospitals report released earlier this year sparked concerns for stating that India is the “cancer capital” of the world. Among others, the report showed an overall decline in Indians’ health and **projected that 15.7 lakh Indians will have cancer by 2025**. Breast, cervical, and ovarian cancers are the most frequently occurring in women, while lung, mouth and prostate cancers are the most frequent among men, the report continues.

This isn’t just the case in India: several reports have noted that cancers, particularly among younger people, seem to be on the rise worldwide. The WHO stated that global cancer rates will rise by more than 75% by 2050. One BMJ study said that early onset of 29 different types of cancers has risen 80% between 1990 and 2019 worldwide. Colorectal and other gastrointestinal tract cancers are the most common, with breast and lung cancers also comprising a significant proportion.

Statistics show that more than a dozen cancers are more prevalent among people under 50; and projections say that early-onset cancers will rise by 30% between 2019 and 2030. Importantly, despite many experts flagging factors like obesity and early screenings, these do not fully account for the rise in cases, according to Nature. In fact, clinicians told Nature that many patients who presented with cancer were seemingly fit and healthy, with few risk factors. “I have to say, most of our patients are not obese. Many are marathon runners. Many follow very healthy diets, eat organically. So we don’t know if it’s just diet and lifestyle factors or other things in our environment – pollutants, preservatives in our food,” noted Kimmie Ng, an associate professor of medicine at Harvard Medical School.

More Than 63% of Indian Women's Cancer Deaths Were Preventable: Lancet Study.

Why are early onset cancers specifically concerning? Typically, cell damage begins after the age of 50, which is a risk factor for cancer. Cancers in people younger than that aren't necessarily ruled out, but rising rates in a demographic that shouldn't typically be susceptible to the disease indicates something deeper is going on – it is possible that early onset cancers could be biologically different from typical cancers. “Some of the molecular characteristics and pathways of how something becomes cancerous are different between the older and younger groups... Younger adults tend to have a more aggressive appearing cancer. They also tend to present at a more advanced stage that is not solely explained by a delay in diagnosis,” said Jeremy Kortmansky, MD, a Yale Medicine medical oncologist specializing in gastrointestinal cancers.

Other theories about risk factors besides obesity suggest the rise can be attributed to changes in the gut microbiota composition. “Emerging evidence suggests that the gut microbiome may influence host genetics, metabolism, and immunity during early onset digestive system tumor development,” one study notes. This could explain the connection between cancer and diet: generations born in the 1960s were first exposed to modern lifestyles and environmental changes, which may have significantly changed the gut microbiome over time. Why does that matter? Because gut microbes play a key role in regulating our overall health, including immunity and digestion. Antibiotic usage – which has also risen – could also be a factor in people's gut microbiomes changing, FT reported. Of 14 early-onset cancers, eight are digestive, “indicating the pathogenic importance of both the oral and intestinal microbiome,” a landmark study noted.

To get to the bottom of other contributing factors, a global team of researchers from the US, Europe and Asia are jointly studying the leading lifestyle and environmental factors leading to the uptick in early onset cancers, and will gather evidence from the US, Mexico,

UK, France, Italy, and India. The global approach “...helps us to get insight into what’s common across these different parts of the world and what’s unique,” Andrew Chan, a cancer epidemiologist and clinical gastroenterologist at Harvard Medical School and Mass General Hospital who is co-leading the project, told Vox.

The international concern and incidence points to bigger factors than just individual lifestyles, as cancer has previously been associated with. A lot of cancer-prevention recommendations have thus far disproportionately focused on obesity, but the latest research has shown that deep-fried and processed foods, as well as foods low in folates and fiber are also factors regardless of body weight. Interrupted or reduced sleep, exposure to phthalates in makeup and hair products, and ultra processed foods are other potential risk factors.

The tidal wave of microplastics in our surroundings – infiltrating everything from our digestive tracts, reproductive tracts, and blood – is another emerging theory. One paper showed that rising rates of early-onset cancers coincided with the rise in microplastics in the environment. This age in human history, after all, is sometimes referred to as the Plasticene. Microplastics can cause DNA damage and oxidative damage, which are known risks for cancer. Shuji Ogino, a molecular pathological epidemiologist at Harvard Medical School, told Vox that people born in the early 20th century had a lower likelihood of developing cancer than people born in the later half, suggesting there is something systematically wrong with our environment and food production that is driving the trend. Ng calls this the “birth cohort effect” – the leading hypothesis is that unknown environmental exposures are predisposing individuals in their early lives.

Take the fact that India, China, and Japan have emerged as the top three Asian countries in terms of new cancer cases and deaths. The dominant cancers here aren’t digestive but tracheal, bronchus and lung cancers, according to a Lancet report, and cervical cancer is ranked

second in cancers in women. “... smoking, alcohol consumption and ambient particulate matter (PM) pollution remained dominant among the 34 risk factors for cancer... The rising cancer burden due to increasing ambient air pollution is concerning in Asia,” the researchers wrote. “In the low and medium income countries (LMICs) of Asia, oncologic infrastructure is either scarce or unaffordable, particularly in rural areas. Combined with a weak referral system, patients end up getting delayed diagnosis and treatment, leading to lower survival rates,” the researchers said.

Despite the rising rates, figures show that mortality or the likelihood of death from these cancers has declined. But owing to the growth in population, coupled with growing incidence of cancers and the lack of screening programs to detect them in younger cohorts, the total number of cancer deaths has increased. Dr Freddie Bray, the head of the International Agency for Research on Cancer (IARC) told The Guardian that cancer mortality will nearly double in lower-income countries: “Those who have the fewest resources to manage their cancer burdens will bear the brunt of the global cancer burden,” he said.

All this points to one big generational culprit: climate change driven by human activity. It impacts everything from “environmental exposures to ultraviolet radiation, air pollution, disruptions in the food and water supply, environmental toxicants, and infectious agents,” the Lancet noted. In general, a school of research says that the world’s injustices are making us sicker – environmental stressors and systemic injustice are factors in inflammation, which in turn leads to inflammatory diseases like cancer, according to Dr. Rupa Marya and Raj Patel, authors of *Inflamed: Deep Medicine and the Anatomy of Injustice*. It’s not just individual changes to lifestyle – early screening programmes, regulations on tobacco and food and beverage industries, and an overhaul of industrial consumption, are key to tackling the crisis.

WHEN LESS IS MORE

Joan Lobo

Walking into an anganwadi classroom with 25 little happy faces, my joy knew no bounds. Hand me downs, worn out school bags, no footwear, yet the beaming smiles and the warmest welcome captured my heart revealing a truth and proving a reality that happiness is not assured from being rich or famous but rather in the simplest pleasures which more often than not are visible amongst those who have the littlest cos' Contentment does not come not from great wealth but from few wants.

Our new world is like a large wall of neon signs. We see all these messages that shout out: Buy me; You must have me; I'm the answer, etc. Temptation is everywhere. And, by design, we're curious about these signs. Shiny trinkets for our wrists and fingers; Eateries to tickle our taste buds and let's not forget the gismos, gadgets, and adventures that everyone is having. Naturally, we're drawn to these things, but do we ever stop and consider if we really need to have them? A lot of times, we don't.

In a world characterized by excess and abundance, the adage "less is more" holds profound significance. This timeless phrase encapsulates the essence of minimalism, a philosophy that advocates for simplicity and the elimination of excess in various aspects of life. Whether applied to design, lifestyle, or consumption patterns, the principle of "less is more" prompts individuals to prioritize quality over quantity and find fulfillment in the essential rather than the superfluous.

I recollect with nostalgia helping my mum move house after living for decades in the earlier home and it sure was no mean feat. And in our homes earlier we had a knack of collecting anything and everything for posterity. However, the process involved discarding a mini skip worth of stuff, multiple loads of possessions being donated to charity and temporarily filling up a neighbours storehouse with mums surplus belongings. And when mum actually moved into her new home, minus lots and lots of her old stuff, from what I could tell, she was not

missing any of it, and it certainly made the moving in part of the journey much easier than the moving out part. Aside from the practical ease of moving lesser items, I wondered what having less would do for my mum's general well-being. Would she feel happier? More content? Less distracted by stuff? And it was, as her life turned out less complicated or cluttered to my delight. In much later years whenever I visited mum and happened to sneak into her store room, memorabilia still lay there in abundance I would still get to see assorted toys and playthings from my childhood days, A guitar and music system with cassettes from my college days, perhaps as cherished pieces of old memories. Whenever I reasoned with my mom about getting rid of it all, she would convince me that she had an emotional connect with them & felt that they would come in handy to someone, some day.

One of my all-time favorite quotes has always been "Less is the new more". It's a favorite not because it sounds cool but because I honestly find this quote to be the key to happiness. A key to staying content in life is to learn the power of letting go. In my childhood I had the tendency to cling to everything I had. But with time as realisation dawned I was more than happy to give away more easily.

At some time or the other have you ever realised how liberating it can feel to spring clean your living room or do an office tidy up? Giving away the things you no longer need rather than holding onto them for a rainy day. Clearing the dust from the air. Reducing the clutter in your life, both mentally and physically, leads to simplicity and clarity. It creates a lightness of being as good as any holiday. More room to move in your head and in your lounge.

The fact that less worry is more happiness is a no-brainer. But we are also happier when we make someone else happy. Whenever we give to people who have less than we do, their joy and their gratitude are priceless gifts to us.

If you think about it, it is a great exchange, turning our worries into someone else's happiness. Its a win win situation both ways.

Give what you can to someone who will find your old things useful, and perhaps will remember you in their blessings. In truth, you are the one who will be rewarded, because you will be happier when you have less which is actually more.

Minimalism is the thing that gets us past the things so we can make room for life's important things — which actually aren't things at all. Not only can less equate to more. Less can create more. I am not a hard core minimalist but from experiences in life, I now lean towards this way of thinking. Possessing just enough encourages creating room for breathing space. We don't need to be an ascetic nor is it necessary advocating a life of penny-pinching frugality. We all like to have and enjoy good things in life. From dressing well to using cool gadgets, eating artisanal food to keeping sentimental items that hold memories and are close to our heart. Having stuff is good but making an effort not to have a lot of it is wise.

Life teaches us to become choosy about what to fill our life with — be it material goods or people. Because sooner than later we find less value in possessions. And more value in experiences, relationships and learning. We spend the first half of our lives adding things, and the second half subtracting most of them.

It has always given me the greatest pleasure creating wealth out of waste, something from nothing and this is the best justification of less is more. One man's trash is another one's treasure and becomes less is more in justified measure. A new trend are pre-loved groups encouraging people to get rid of clutter offering a gamut of items on sale or charity. Pre-loved can always be Re-loved if they reach those who need it rather than lying in your home hopelessly.

In the words of Sudha Murthy who is well known for her adherence to simplicity we have her motivating message conveyed on "Less is More"

"When my mother passed away it just took half an hour to sort her belongings. She just had 6 to 8 sarees. When my grandmother died 32 years ago, she had only 4 sarees. They travelled light on this earth and that simplicity has been part of my upbringing" I am sure this will strike a chord in our hearts.

And in conclusion - **ONCE YOU NEED LESS, YOU WILL ALWAYS HAVE MORE COS' REAL HAPPINESS REQUIRES LESS THAN YOU THINK.**

CASK CENTENARY TRUST SUPPORTS AVE MARIA PALLIATIVE CARE CENTRE (AMPC)



Ave Maria Palliative Care Centre has a mission of providing compassionate, holistic care to patients suffering from life-limiting conditions and offering emotional, spiritual, and social support necessary to families. It is a 15-bedded hospice which was established in 2008, by a team of professionals led by Dr Lavina Noronha with a mission of providing compassionate, holistic end-of-life care to patients suffering from chronic or terminal illnesses. The Centre offers comfort from pain and other symptoms to patients who are in the advanced stages of an illness who often experience symptoms like bladder obstruction, pressure sores intense pain etc.

Since its inception in 2008 the centre has provided end of life care to **1,069** patients.

**CASK Centenary Trust gave a donation of
Rs. 1,12,229/- to AMPC during the years 2023 and 2024.**

**The donation is thanks to an Endowment established by
Mrs Clotilda & Mr Norbert Shenoy Treasurer, CASK Centenary Trust**

DONATIONS TO CASK CENTENARY TRUST - THANK YOU

- 1. Mrs Vera Corera – Rs.3,00,000/- (Rs.Three Lakhs) for Charitable projects;**
- 2. Dr Anand & Geeta Pereira – Rs.25,000/- for Family Support Project**
- 3. Name withheld at donor's request – RS.10.000/- for charitable projects**
- 4. Dr Rita Sunita Brito - Rs. 6,800/- for Charitable Projects**

LEADERSHIP ENRICHMENT PROGRAMME

Under the auspices of the CASK Trust, a 'Leadership Enrichment Programme' was organized for 67 Class Leaders of the B.A., B.Com and B.SC sections of ST Agnes College on 20th July 2024.

The topics covered were (1) Mindfulness by Mrs Patsy Lobo; (2) Listening and Communication Skills by Ms Vidya Shenoy; (3) Personal Financial Planning by Mr Archibald Menezes and (4) Leadership in Action by Dr Derek Lobo

The programme commenced with singing the hymn "Carry Your Candle". Sr Venissa AC, Principal gave the welcome address and along with four student leaders did the 'Lighting of the Lamp'.

After the presentations, group dynamics were followed involving the students.

All the participants were given an attractive CASK folder and awarded a certificate of participation.



Welcome - Sr. Dr Venissa - Principal



Address - Dr Derek Lobo



Principal, Students Leaders & Facilitators



Lighting of the Lamp

AT ST AGNES COLLEGE, MANGALORE 20 JULY 2024



Facilitator - Mr Archibald Menezes



Facilitator - Mrs Patsy Lobo



Facilitator - Dr Derek Lobo



Facilitator - Ms Vidya Shenoy

MOHAN MASCARENHAS



A TRIBUTE FROM PRIYA MASCARENHAS

*My beloved Mohan,
I lived with you for 56 good years.
We were partners in our roller coaster life. We had
ups and downs and saw it all and did it all together.
Today I feel that happy chapter is closed. I have lost
my best friend - A husband who stood by me
through thick and thin with grace. We were
opposite poles. You a solid man with endearing
qualities and low profiled. I gregarious, totally full
of activity. You gave me space to grow and laughed
at my little pranks and naughtiness.
Today I feel that the wind below my sails is
punctured. I say thank you God for this wonderful
gift of a great husband, two lovely daughters Nisha
& Champa, an outstanding son in law Jeffry and
the apple of our eyes Andritha and Nithika. Rejoice
in Heaven Mohan and I will meet you soon.
Goodbye.*



EULOGY BY GRANDDAUGHTER NITHIKA REBELLO





Grandfathers hold our hands for a little while but our hearts forever. These words resonate deeply as I stand here today, mourning the loss of a man who shaped my life. I am incredibly fortunate to have had him with me for 22 years. However, when you love someone that deeply, you're never prepared to let them go. Thank you all for coming today to celebrate the life of Mohan Mascarenhas, whom my sister and I lovingly call "papa". He was not just our grandfather; he was our mentor, our confidant, and our best friend. They say "Nobody is perfect" but my grandfather was perfect to me. Today is a very difficult and emotional day, but it is an honour to have the opportunity to give the eulogy of such a truly remarkable person.

Born in 1939, my grandfather was the youngest of three siblings. He would tell us stories of how his confidence was built up as a young boy, having to wear the hand-me-down frocks and dresses of his older sisters. From a young age, he exhibited a spirit of resilience and determination. His father, a civil servant, expected him to follow in his footsteps. Despite societal expectations and familial pressures, he pursued his passion for engineering, graduating from the prestigious Guindy College of Engineering. This decision reflected his courage to forge his own path, setting a precedent for the independent spirit that defined his life.

Throughout his youth, Papa excelled not only academically but also in sports. He represented the state in lightweight boxing, cricket, and table tennis which earned him numerous awards evident from the trophies in their home, Silverend. Though he didn't have the opportunity to become a professional sportsman, he was a live commentator at home, especially to us, his grandkids.

My grandmother was only 21 years old when they got married. My grandparents' marriage is a testament to true partnership. They started with very little, supporting each other through hard times. He is the true example of a self-made man.

My grandfather, an unorthodox man for his time, supported my grandmother's career in the hotel industry until she became the Director Marketing of the Spencer International Group of hotels. She worked hard so that he could start his business Metters. It's difficult to




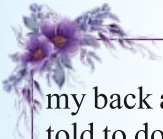
say that theirs was an arranged match. They built a beautiful life together, their relationship a model of respect and compromise. My standards of marriage are high because of them; they've shown me what unconditional love looks like.

Papa was an amazing father to his two daughters Nisha and Champa. My mother always says that he never said a harsh word to her but only filled her with positive thoughts and nurtured her with his affection but always ensured that she was up for a challenge. He gave them space to think and decide for themselves, emphasizing the importance of education. He made numerous sacrifices to give my mother and aunt the best life possible.

My father, Jeffry and he shared an extremely close bond which is quite rare in an in-laws relationship. Every time my dad is back from the estate, the first person he would want to visit is papa. They would have long chats of various topics ranging finance to the mutual love for food. They were a team against my mother and would pull her leg together.

He started his company Metters, 47 years back with a vision that India lacked good road and infrastructure facilities. Foreseeing that there was a huge market for road construction and mining industries, it must have been a tough start in 1977 but his hard work and team spirit led him to build an empire. He was so proud of his office, team and my mother's contribution to the company. He was born to work and remained dedicated to his work even in his last days.

As a grandfather, he was simply irreplaceable. I couldn't have asked for more. He showed my sister and me, the true love that a grandfather has for his grandkids. My first time on an aeroplane and trip abroad was with him. We were a naughty pair. Together we were always up to no good so much so that my grandmother would have to separate us. He spoiled us with love, gifts, and his time. Almost everything nice and expensive I own was given to me by my grandfather or given to me because papa would convince my parents to do the same. He was off on Sundays before we arrived for lunch to buy us goodies and snacks. He was the only person brave enough to sit with me in the car when I first learned to drive. He was always there, cheering us on, teaching us to stand our ground. He always had



my back and has stood up for me when no one else has. He was never told to do this but he still did grandfathers' instinct is definitely a real thing. There are so many memories, I can't even put them into words.

Family and work were the two most important things to him. Besides this he had a love for travel. My grandmother and him have visited over 90 countries together, sounds like a world record to me. He loved keeping up with sports from the Wimbledon to the IPL, he would closely follow sports. He loved dogs, specially his two dachshunds max and brownie and our little golden retriever Bailey who adored him as much as he did. I can safely say that my grandfather was more tech savvy than i am. Always keeping up with the new trends, listening to his favourite music on YouTube, tracking his steps on his phone, constantly having chats with Siri and Alexa, he was something else.

Papa had a soft and kind nature. A true gentlemen to the core. Never forgot his manners. He was a man of style though he never appeared arrogant. He showed me what chivalry looks like. He would never boast about his accomplishments. He was humble despite his intelligence and achievements. He would always give back more than he received a mark of a truly special man. He was extremely disciplined, exercised every day and always took care of his health by himself even till the end, he is a fighter.



Having my grandfather as a friend is an honour because he would never sugarcoat anything. He was very straightforward and that is why he built such genuine bonds and relationships in his professional and personal life.

If I could choose a grandfather for my children from all the grandfathers in the world, i would choose him. He asked for very little but gave so much. Today i can stand here and say that when god was handing out grandfathers, he saved the best one for me.

To my grandmother, Priya, you are the love of his life and his pillar of strength. He adored you and would have given his life for you. Remember that y'all will meet again in heaven and spend eternity together in love and laughter.

To my mother, Nisha, you are the apple of his eye. He is so proud of





you and the strong woman you have grown to become. We all can vouch that his legacy has been passed on to you and we all see so much of him in you every day.

To my aunt, Champa, I would like to say that you were his daily source of joy and laughter. His childlike and playful nature was brought out because of you. He loved you with all his heart.

To my father, Jeffry, you are the son he never had. He spoke about you in the highest regard and has personally told Andru and me that he couldn't have asked for a better man for his daughter. He trusted you and has immense respect for you.

To my sister, Andritha, you were his favourite. He had a special bond with you and shared so many common interests with you. He is so proud of you and all your accomplishments and i know this because every time i meet anyone, they always tell me that he would only talk about us.

A life without regrets is a life worth living. It is a beautiful thing to be able to say that you are content with your life and want nothing more. It makes me so happy that papa felt this way about his life. Sometimes we get so caught up in this rut we call life that we forget to live in the present but always make plans for the future. This is something that we can all learn from my grandfather.

Papa, you are an exemplary example of a true gentleman. I am so lucky to stand here today and have the pleasure of calling you my grandfather. I wish everyone in the world could experience what it is like to have a grandfather like you because you are unmatched. There is a void in my heart today and nothing or no one can ever mend that but I know you are my guardian angel now.

I am 22 years old today and i can say that you have always been my anchor of love, my source of strength, my well of wisdom, my biggest inspiration. You made my childhood and early adulthood unforgettable. You are like a magician, you created wonderful memories for me. I cannot thank you for everything you have done for us. I miss you papa but although i have lost you today, heaven has gained an angel. I will always love you. Until we meet again.

HISTORY OF “MANGALORE” MAGAZINE

The ‘Mangalore’ magazine was started in July 1927 as the ‘**Organ**’ of the Catholic Association of South Kanara (CASK) and has been published uninterrupted to date – **2024 being the 98th Year of Publication.** Rao Saheb ECM Mascarenhas was the FIRST Editor. He has been followed by 22 Editors.

Apart from the present Editor – Mrs Patsy LoBo (since October 2014), the surviving editors of the magazine are – Dr Anthony Mathias, Mrs Jean Pinto, Professor Edmund Frank, Dr Michael Lobo, Mr William Pais & Mrs Lily Pereira.

The Vision and Goal of the magazine was to provide members with information on the activities and happenings of CASK, important events and matters of interest to the Mangalorean community and serves as a link to members in various places within and outside India. There was NEVER a ‘PROFIT’ motive.

From 1927 to 1983, there was a modest subscription fee to cover costs of printing/publication and while the costs were generally covered, the magazine did not make a profit. In 1983, during the Presidentship of Mrs Octavia Albuquerque, it was decided to collect funds through a membership drive with three categories of members (1) Founders paying an one time amount of Rs.500/- (2) Benefactors paying one time Rs.250/- and (3) Life members paying one-time Rs.100/-; Unfortunately, these new members were given the benefit of receiving “Mangalore” FREE for LIFE. This policy crippled CASK financially. So for 25 years, forget any profit, the magazine functioned as a huge drain on CASK finances.

In view of the above, at the AGM-2009, it was decided to STOP the free entitlement of the magazine to all members – current and future and members were asked to separately subscribe to the magazine. The large majority of members accepted the new policy, which was strictly implemented as of September 2010.

However, it was decided not to STOP the magazine when the subscription expires but to persuade the members to settle pending dues and renew further, through appeals in “Mangalore” magazine or through reminder letters. This policy has been followed from 2010 to date by all Presidents and their respective Governing Council members– Dr Derek Lobo (2010-2014), Capt. John Prasad Menezes (2014-2016),

Richard C Rodrigues (2016-2018), Nayana Fernandes (2018-2020) and Capt Vincent Pais (2020 to date).

FREE MAILING LIST

This was a concept initiated during the Presidentship of Capt. John Prasad Menezes who rightly felt that all Church leaders – Cardinals, Archbishops & Bishops, especially those of Mangalore origin as well as heads of prominent Catholic institutions in India should receive the “Mangalore” magazine free of charge. The first list was largely compiled by Capt Menezes and endorsed by the then GC.

This list which presently has 158 persons, probably needs to be expanded so that “Mangalore” goes to all prominent Catholic institutions and Editors/Publishers of Catholic publications and our major donors.

SHOULD “MANGALORE” HAVE A PROFIT MOTIVE??

The attempts to make the magazine as a fundraiser for CASK crept in only during the CASK Centenary : 2013-2014 and thereafter. As per records, since 2014, the magazine has recorded a profit or surplus in some years but not all. There is scope to record a surplus (lets avoid the term-profit) if we get a reasonable number of Advertisements or Sponsored Articles each month. The responsibility of obtaining Ads or Sponsored articles belongs to ALL CASK Executives and GC members and not just to the Editor/Editorial team. This, along with subscriptions that come – WITH or WITHOUT reminders is sufficient to record a surplus each year.

We wish to point out that our appeal to members from April 2023 to settle pending dues and further renew, has met with a huge success with **members paying pending dues of 3-15 years, totaling Rs.6,24,000/- (Six lakhs twenty four thousand) during the 12 month period : 1st April 2023 to 31st March 2024 and another Rs.96,000/- from 1st April to 31st July 2024.**

The above facts are proof enough that the overwhelming number of members do appreciate the magazine, wish to receive it and are willing to maintain their subscriptions. All that they require are personal contacts or reminder letters.

Published for information of all Members of CASK and Subscribers of “Mangalore” magazine..... Editor & Editorial Team

CAN IT WAIT?

By Trisha Lara D'souza

I was having an intriguing conversation with a keen customer when we heard multiple vehicle horns blaring at the same time. I stumbled out to see what havoc this was when I saw an elderly woman step out of rickshaw halted by the side. Unfortunately for her, there was a truck on the other side that did not leave much room for vehicles to pass through. She quickly dug into her bag and paid the fare. While she was doing so, the vehicle behind continued to abuse his car horn. It took me all of two seconds to shout out, 'Nimge kanudilla?' Sadly my voice was ignored and drowned by the blaring horns of all the vehicles to follow not knowing what the commotion is about.

I hardly think a car horn installed for the purpose of safety can replace common sense but people sure do seem to think so. The man in the vehicle saw the woman get out of the rickshaw but decided that he was in an emergency and could not spare a few seconds without having to cause a ruckus.

How many times have we seen individuals use their car horn for the silliest of reasons? I myself have witnessed it so many times. When someone takes a U-turn and halts to allow oncoming traffic to pass by. Or when you're kind enough to let a pedestrian cross the road, vehicles behind you honk in rage. I have even suffered the plight of this wretched car horn in a traffic jam! If we stuck some strawberries back there, at least we'd have a delicious strawberry jam in the making.

As I started to notice these silly reactions time and again I realized that this action of abusing a horn is mindless, really. We do not seem to

take a moment to see why there's a block or halt for a minute before acting rashly. I don't think we even realize that making all that noise is of no use if you're actually stuck in congestion.

And when it rains, it's only the Lord who can save us all from drivers suddenly going berserk on the roads! Not to mention the speedy two wheelers we should all be terrified of. I know I am.

'Have patience', I've been told, several times by Mum who genuinely has it in abundance. As for me, I had to develop this time-honored virtue to keep from being tried by law. Ranging from simple tasks at home to be done at that very minute to errands or work that had me screaming in fury. I've only come to realize the dignity in patience and in taking a moment to reflect before you act.

Make no mistake; I'm no one to grumble as I've done my fair share in episodes of time and tide waiting for no man or woman. But I've also put in the work that I encourage more of in the real world. In a world where we've listened to our mothers. And in a world where we train our minds to sideline impulsivity.

BALDNESS IS AVOIDABLE AND CAN BE A LIFE TIME CHOICE

Roland Saldanha-UK

Baldness is caused by heredity factors but can be easily avoided. Hair loss is caused by a hormone called DHT, which the body produces as we grow older. DHT production can be stopped by taking 1 mg of finasteride every day.

If you have bald patches you can reclaim the hair by applying minoxidil solutions to the bald patches. Hair follicles die after six months. So can only regrow hair lost in the last 6 months. If you are already bald

you can have hair transplants. They remove about 5,000 hairs from your beard and back of your head and cover the bald patches.

As soon as you notice hair loss, start taking 1 mg only of finasteride every day till you die. Do not waste your money on hair oils, shampoos and bogus remedies that do not stop production of DHT, that causes hair loss

A tablet of 1 mg finasteride costs Rs5, which you have to take every day. Warning to men. If you unnecessarily take a large dose of finasteride, it will affect your performing asset. President Trump has thick hair, stimulated by the use of finasteride. But Spondy Daniels testified and taunted Trump, that his performance was not up to the mark. May be in his anxiety to preserve his hair, Trump must have overdosed himself with finasteride. Women can also prevent hair loss by using 1 mg finasteride tablet. But pregnant women are advised, strictly not to use finasteride. But not enough research has been done on the effects of finasteride on pregnant women.

So men and women of the world wake up. Take 1 mg finasteride tablet. Stop hair loss and abolish baldness once for all.

The Road Less Travelled

Pictorial description on Cover page

Scared to make a single mistake watching which road the other chooses....You Showed the beauty of each path....You helped us to walk forward and never look back...The road less travelled we were told to take....your inspiration helped us reach a path that we made...We figured out our own path, not following others....sometimes we strayed but we always recovered....now is the time for all of us to make our own roads....knowing you will guide us and lighten our load...

Editors Note: The above inspiring message was given at the High School Graduation Ceremony of my grandson in LA-USA

EULOGY TO JOHN BAPTIST MONTEIRO



By his son – Mohan Monteiro

Today, in the midst of our grief, we are also immensely grateful. Grateful for the gift from God of a great man, John B Monteiro. A man we are so proud to call our father.

Daddy had 86 fruitful years in this life. He made each moment of these 86 years count to the fullest. Growing up in a village in Bantwal, he dreamed big. Upon securing the coveted qualification of a graduate, he moved to Mumbai and embarked on an illustrious corporate career. But he never forgot his roots, and never lost the simplicity and honesty that made him such a genuine person to all who knew him.

Knowing how difficult it can be to get that first career break, he helped scores of deserving youth with their first jobs. And continued to provide career advice whenever they needed it. He was a trusted elder in both the Monteiro and Fernandes clans, “Dattu” – the big brother who was always there when needed. And for so many of his nieces and nephews, he was the “fun, cool uncle” – who took them fishing, went on treks with them, took them to watch *kambla* and cockfights, introduced them to new places to eat and when they were old enough, shared a drink with them.

Along with Daddy’s job with the Public Relations department of Larsen and Toubro, he was also a prolific freelance journalist and wrote several books, including two on the controversial topic of corruption in India. Once he and Mummy moved to Mangalore, he started writing regularly for Daijiworld besides other columns. He was proud of Daijiworld’s growth and reach and the Daijiworld team were his close friends. He would read 4 newspapers each morning and had a voracious appetite for news, which he would then turn into a thoughtful debate in his column “Welcome To Reason”. He also had a specialty of interviewing centurions from various fields – be they institutions or individuals – and telling compelling stories of their longevity and sustenance.

One of Daddy's biggest passions was popularising the use of laughter therapy for good health. He started the laughter club concept in Mangalore, first at Kadri Park and then at Bondel. He was a wonderful brand ambassador – his bellyful of mirth was infectious. He would even teach schoolchildren different types of laughter – after their initial suspicions of this “funny person”, they would participate wholeheartedly with the exuberance and innocence of pure fun.

Daddy observed that while some had an abundance of material comforts, others – especially underprivileged schoolchildren and children in remand homes – would get immense joy from the first lot's discards. He set up the Johnlyn Toy Bank and Book Exchange (named in honour of our late mother Lynette) and worked extremely hard to collect and distribute toys and books to these children. The look of joy on their faces when they received these care packages that they could call their own, was something to behold.

To Prima and me, Daddy was a treasure we could never get enough of. He was like Red Bull because he gave us wings, and the freedom to pursue our own paths and make our own mistakes. He embraced our respective spouses, Kevin and Neisha, and had a special relationship with them, which is why we have referred to Daddy in his death announcement as their “father-in-love”, and not father-in-law. And he doted on his grandchildren - Zach and Maya – for whom he was Papa John, along with all his grand nieces and grand nephews.

Daddy was a simple man who had great faith in God. His daily routine was to attend the 6:30 am Mass at this church, followed by a visit to the Adoration chapel. He was very proud to edit the English version of Bondelche Bonder. His faith, and the way he practised it, will give him his eternal reward in heaven.

He is at peace now, reunited with Mummy, his parents and all the dear ones who have gone before us. He has taught us to live life to the fullest, and to live in the moment instead of worrying about the past and future. This is his legacy, the mark he has made on so many, many of whom are gathered here to pay their respects and bid him farewell. He has not left us poorer by his passing, but richer by his example and our memories with him.

Farewell, Daddy. Until we meet again. We love you.

CELEBRATING COURAGE AND CHANGE

Harold D'Souza honored at the United Nations



Once a victim of human trafficking Harold D'Souza transformed his pain into purpose, advocating tirelessly for others trapped in similar situations. Harold's unwavering courage and dedication inspire countless lives, demonstrating that even the darkest moments can lead to profound change. Harold's story is a beacon of hope, reminding us that freedom and justice are attainable through perseverance and compassion.

Harold D'Souza was recognized at the United Nations for his transformative journey from '**Slavery to Stardom**'. The 18th International Human Rights Summit, held at the United Nations Headquarters in New York from July 18-20, 2024, marked a significant milestone in global efforts to promote and protect human rights. With the theme "**Empower - Unite - Transform,**" Driving Change through Human Rights Education, the summit brought together delegates from over 75 countries, fostering a collaborative environment to drive change through human rights education.

One of the highlights of the summit was the powerful address by renowned human rights activist Harold D’Souza. He left a lasting impression on the audience, which included international delegates, human rights advocates, and UN officials.

In his moving speech, D’Souza shared his personal journey and the transformative power of human rights education. “Addressing the United Nations is a huge honor and a blessing from Almighty God,” D’Souza told the press. His story, marked by resilience and redemption, deeply resonated with the audience. He humbly described himself as “a common man, a failure, and a sinner,” but his message of hope and empowerment was clear.

D’Souza moderated a distinguished panel discussion on “Human Rights in Action, featuring seven international experts: Otis Daye, Canada, Equity Consultant, Halifax Regional Center for Education, Caroline Hunter, USA, Co-Founder, Polaroid Revolutionary Workers Movement, Jaime Zablah, El Salvador, CEO, Factoria Ciudadana (Citizens Factory), Stephani Freed, USA, CEO & Co-Founder, Rapha International, Zaria Mazda, Venezuela/USA, Founding Member, Guardians of Human Rights Foundation, Dr. Lizbeth Eugenia Rosas Montero, Mexico, National System for the Comprehensive Development of Family (SNDIF), and Chelsea Hedquist, USA, Executive Director, Lantos Foundation for Human Rights & Justice

D’Souza also took the opportunity to honor Dr. Mary Shuttleworth, President of United for Human Rights and Youth for Human Rights International, for her unwavering dedication to the cause. D’Souza spoke at the United Nations that he failed on 4 P’s: I failed as a Parent, Provider, Protector and as a Person, but with the profound impact of the Universal Declaration of Human Rights, created in 1948, his personal and professional life changed forever. “With education, empowerment, and enlightenment of the 30 Rights, I flipped the 4 P’s into Passion, Purpose, Power, and Prayers,” D’Souza shared.

The summit provided a platform for D'Souza to engage with prominent figures, including Ambassador H.E. James Larsen, Permanent Representative of Australia to the United Nations, and Ambassadors from The Bahamas, Sri Lanka, USA, Democratic Republic of Congo, Bolivia, and Timor-Leste. These interactions underscored the collaborative spirit necessary to advance human rights globally.

Harold D'Souza's journey from rags to riches, poverty to prosperity, and slavery to stardom is a testament to the power of resilience and human rights advocacy. His contributions were previously recognized with the Human Rights Hero Award in 2023, further solidifying his role as a leading voice in the fight for human rights.

The 18th International Human Rights Summit not only celebrated the progress made but also served as a call to action for continued efforts in human rights education and advocacy. As delegates departed, they carried with them renewed inspiration and a commitment to empower, unite, and transform their communities through the universal principles of human rights.

A Bollywood Biopic Blockbuster Silver Screen Film on an international platform is in the making on the life of Harold D'Souza from India to The White House. Today, Harold and Dancy D'Souza are the Co-Founders of Eyes Open International, a non-profit organization focused on prevention, education, protection and empowerment of victims, survivors, vulnerable population and community members worldwide.

Harold D'Souza's journey from the depths of poverty and the grips of slavery to a celebrated figure at the United Nations stands as a beacon of hope and resilience. His unwavering commitment to human rights and his ability to transform personal adversity into powerful force for global change inspire us all to believe in the possibility of a better, more just world. D'Souza's story reminds us that with passion, purpose, and perseverance, any obstacles can be overcome, and true heroism is within reach for us all.

POINTS TO PONDER - AUGUST 2024

Norbert Shenoy

Budget 2024-25, Reflecting the Altered Realities

Given that we have a chastened, yet fairly entrenched ruling dispensation, it was not surprising to find sycophants galore trying to out-do each other in singing the virtues of the first budget of the Modi 3.0 regime. This is not to say that the budget is devoid of any positives. Despite pressures of a coalition government, the budget has traversed the path of fiscal consolidation with fiscal deficit coming at 4.9% of GDP as against 5.6% as per provisional actuals for 2023-24. But at the core, the latest budget is an acknowledgement of some economic trends that got highlighted during the election campaign which have evolved into major concerns over the last few years.

The GDP forecast of 6.5 to 7% for FY 2024-25 is realistic and conservative, but it still makes India as the fastest growing large economy. However, underlying this robust growth is a rising unease about the distribution of benefits. Data on income and wealth inequality, particularly over time, are scarce and disputed and the budget, ostensibly, was forced to recognize the “jobless growth”. Despite capex push in the budget, improving profitability of corporates thanks to lower taxes and falling commodity prices and adequate credit from the now healthy banking system, there has not been enough investment in the private sector and the usual virtuous cycle of investment-consumption-investment led growth seems to be broken. The reason has to be found in the sluggish household consumption given the massive unemployment/underemployment which coupled with rising inflation has eaten into the already lower disposable incomes, particularly of rural families which has deterred the companies from investing in additional/new capacities in the absence of adequate demand.

Bureaucrats (regulators included) are quick to find alibis for the failure on the job front by expressing concern that retail money is increasingly flowing from bank deposits into capital markets, which in their parlance is an euphemism for speculation. While there appears to be merit in the SEBI Chairperson’s observation that retail money in the stock markets is fuelling speculation instead of capital formation, one is

hard put to appreciate RBI Governor's concern about money flowing into mutual funds at the expense of bank deposits. RBI would do well to have a look at its own data. As per report put out by Jeffries as of March 2023, 15.5% of the total Indian household assets are in gold, second only to real estate which accounts for 50.7%. Bank deposits (14%), insurance funds (5.9%), provident and pension funds (5.8%), equities (4.7%) and cash (3.4) make up the rest. RBI seems to be chasing shadows. A more meaningful action plan to follow for the central bank, would be to first recognize that the level of service at the banks leaves much to be desired, with its own Ombudsman scheme far from being effective or efficient. Worse still, with banks offering interest rates that hardly cover prevailing inflation on post tax basis, only the ignorant or those with really low risk profile would go for bank deposits.

It is encouraging to see a pragmatic "compromise" emerging from the minority BJP government's budget. To begin with it got its "neutral" expert, Mr. V. Anantha Nageswaran, Chief Economic Advisor to state some hard truths on the eve of the budget. His Economic Survey points out that India needs to create 8 million non-farm jobs annually till 2036. He also makes a case for seeking more investments from China to boost manufacturing. Quite a game this is! They have got a bureaucrat to record these observations in a far less sensational document, which the "manthries" themselves would hardly dare make in public. The observations are welcome, nevertheless.

The budget has been compelled to rise above the statistical gimmicks of the past. One umbrella that has been hiding both open and invisible unemployment has been the amorphous categories of self employed and casual labour. Allocations of Rs 2 lac crores for job creation over the next 5 years is a humbling though happy acknowledgement of the urgency to tackle pervasive unemployment/underemployment. The action plan comprises incentivizing hiring in the formal sector by contributing to employees' first month's wages and reimbursing some of the employers' social security contributions. It also includes new training/skilling programmes for women. More encouraging was the fact that the budget has not even hesitated to borrow from the Congress party's election manifesto when it came to proposing a scheme to provide internship at the top listed companies for 1 crore young people.

Agriculture which contributes around 15% of the GDP but employs 45% of the country's 56.5 crore work force, has been the other focus area. Provision for agriculture and allied sectors is estimated at Rs 1.52 lac crores. It is planned to expand digital public infrastructure to link farmers with digital land records and crop surveys and give them better access to information such as market prices. The government has also pledged to introduce high yielding, climate resilient crop varieties. But the budget seems to have conveniently forgotten government's promise to double farmer income. There was no announcement of any increase in PM Kisan which stays at Rs 6000 per farmer. May be the expectation is that higher productivity, better R&D, technology and easier and better informed access to market will result in better incomes. A budget of hope for the farmers?

he budget has had to reflect the altered political reality. Having failed to acquire absolute majority, the BJP had to rely on coalition partners to stay afloat and the partners have demanded their pound of flesh. Bihar ruled by JD(U) one of the allies, has got Rs 26000 crores for development of road connectivity and Rs 21400 crores for 2400 MW plant at Pirpanti, apart from assistance for new airports, medical colleges and sports infrastructure. In the south in Andhra Pradesh, TDP of Chandrababu Naidu, the other crucial ally, got a commitment in the budget to facilitate financial support through multilateral agencies of Rs 15000 crores for the new capital city of Amaravathi and funds for early completion of Polavaram Project with promise of more assistance in the coming years.

There was little for the middle class to celebrate other than tinkering with the tax slabs under the new tax regime and paltry increase in standard deduction. For investors there were some pain points in the increase in capital gains tax and Securities Transaction Tax on derivative transactions.

Capital expenditure outlay of Rs 11.11 lac crores, a growth of 17% is retained from the interim budget Despite the largesse to the coalition partners and capital outlay of 3.4% of GDP, Finance Minister Nirmala Sitharaman's budget has managed a modus vivendi, thanks largely to the increasing contribution from tax payers and a windfall of Rs 2.1 lac crores from the RBI. Hopefully the rating upgrade could be round the corner further reducing cost of borrowing for the country.

NEWS & NOTES



RENOWNED AUTHOR - ALAN MACHADO RELEASES ANOTHER CLASSIC BOOK TITLED "DISCOVERING INDIA ANEW"

CASK congratulates Alan Machado on his new book and wishes him continued success as an accomplished writer.

THE ICONIC 'PEREIRA HOTEL' OF MANGALORE CLOSES



It is with much sadness that we inform our readers that the iconic 100 year old Pereira Hotel, also known as 'Inasam's Hotel', has permasnently downed its shutters as of 1st August 2024. Pereira Hotel has been a household name for food lovers, renowned for its typical Mangalorean Catholic cuisine.

The hotel was started in 1921 by Ignatius Pereira, and since then, it has reached a benchmark in the hotel industry. When it comes to cuisine and quality, Hotel Pereira always stood out, attracting a majority of customers from various places, particularly students and rural folks.



FR MICHAEL SANTHUMAYOR AWARDED Ph.D



We are pleased to announce that Rev Fr Michael Santhumayor, Principal and Campus Director – Milagres College is awarded Ph.D in Management by Srinivas University for his thesis titled ‘Dimensions of Work Engagement and its impact on organizational and citizenship behavior- A study among the college teachers of Dakshina Kannada district.

He did his doctoral studies under the guidance of Dr Carmelita Goveas, Research Professor – Srinivas University.

Fr Santhumayor is a well-known Educationist and a Syndicate member of Mangalore University

CASK congratulates Rev Fr Michael Santhumayor on being awarded a Doctorate (Ph.D) and wishes him a bright future.

PRIDE OF INDIA – MANU BHAKAR



The 22-year-old shooter from Haryana Wins TWO Olympic medals - a 10m air pistol bronze and a 10m mixed team air pistol bronze. She is the first Indian woman to win an Olympic medal in shooting

SR MONTHI MONICA PINTO RECIPIENT OF 22nd STATE FLORENCE NIGHTINGALE AWARD



Sr Monthi Monica Pinto of the ‘Sisters of Charity’ congregation was one the recipients of the 22nd State Florence Nightingale Award 2024.

After completing her general nursing and midwifery training at St John’s College of Nursing-Bengaluru, she had a few months of Nursing experience at Snehalaya Hospital, Solur-Ramanagara district. She served at Nirmala Health Centre, Ullal from 2008-2015, once again 2015-2018 she served at Snehalaya Hospital, Solur. She completed her hospital administration at St John’s Hospital, Bengaluru then served as missionary at Mission Hospital Zambia, for about 3 years. Now she is back in Snehalaya Hospital.

Sr Monthi Monica is known for her notable work among the poorest of the poor, easily accessible, true to her profession and always wears a infectious smile. She has conducted around 5000 deliveries without a single neonatal death. Her service is really remarkable and praiseworthy to the poorest of the poor.

Cask offers congratulations to Sr Monthi Monica Pinto and wishes her continued success in her nursing mission.

GENTLE REMINDER

To all subscribers of ‘Mangalore’ 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.***

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.

We are grateful to all members who responded to our appeal to settle pending dues and further renewed their subscription to the Mangalore Magazine.

OBITUARIES - JULY 2024

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

- ❖ Arthur James Lobo (87), Mangalore, husband of the late Deanna, father of the late Joseph/Zarina, Maria/Shailendra and Andrew/Sunita, on June 30, 2024
- ❖ Winnifred Lobo (Winny) (90), Pandeshwar, wife of the late Elias V Lobo, mother of Daphne/Vivian, Dianney/Lavina, Sydney/Jovita, on July 2, 2024.
- ❖ Sr Hilda (nee Boniface) Castelino SCB (80) (Badravathi/Makale Kulshekar, Mangalore), sister of the late Aloysius, the late Valerian, the late Gilbert, Magdalene, Edward, Joseph, George and Donald Castelino, on July 3, 2024.
- ❖ Fr Valerian Mendonca (75), rector of Milagres Cathedral, Kallianpur, on July 3, 2024.
- ❖ Conrad Alwyn D'Souza (54), Attavar, husband of Violet Menezes, father of Soney D'Souza, on July 4, 2024.
- ❖ Janet Cynthia Mendonca (60), Surathkal, wife of John Piadade Mendonca, mother of Joel Vitus Mendonca/Lavita Misquith, Jonathan Alphonso Mendonca and Jane Maria Mendonca, daughter of the late Alphonso and the late Angeline Sequeira, on July 4, 2024.
- ❖ Benedicta Roopa Pinto (71), Bondel, wife of Denis Richard Pinto, mother of Cheryl/ Vancy, Sonal/Nabil, Carol/Mark, on July 5, 2024.
- ❖ Peter Menezes (68), Paldane, husband of Irene Apoline D'Souza, father of Ajay Don Menezes and Vijay Dany Menezes, on July 5, 2024.
- ❖ Teresa D'Souza (82), Urwa, wife of the late Anthony D'Souza, mother of Steven, Sylvia, Ivan, Vivian and the late Clevean D'Souza, on Sunday, July 7, 2024.
- ❖ Albert D'Souza (92), Valencia, husband of Juliana D'Souza, father of Anil/Caroline, the late Anitha, Shanthi/John, Sheela/the late Eison, Arun/Priya, Ivan, on July 8, 2024.
- ❖ Bertha Lobo (96) Chennai, wife of Late Judge Maxim Lobo, Mother of Therese/Primus Rasquinha, Maryanne & Margo on July 13, 2024.
- ❖ Sr Carmine Lobo UFS (70) of Shalom Convent, Derlakatte belonging to Hubli Province, on July 15, 2024.

- ❖ John B Monteiro (86), Bondel, husband of the late Lynette Monteiro, father of Prima/Kevin and Mohan/Neisha, on July 16, 2024.
- ❖ Joy Lancy D'Souza (40), Jeppu, husband of Oshin Shalet Pinto, father of Joshwa and Joshal Shalini, brother of Jyothi, Josline and Juliet, on July 16, 2024.
- ❖ Philomena D'Silva (89), Manipal, wife of the late Denis D'Silva, mother of Doris/Stephen David, Delia/Joseph Rodrigues, Diana/John Britto, Darwin/Ancilla D'Silva and Lilly Pereira, on July 17, 2024.
- ❖ Gilbert Saldanha (71), Urwa, husband of Irene Saldanha, father of Cynthia/Vinod, on July 18, 2024.
- ❖ Arun Lancelot Harold Pinto (74), Bejai, husband of the late Audrey Pinto, father of Shane and Keagan, brother of the late Santosh, Vijay, Prakash, Jawahar and Ranjan, on July 18, 2024.
- ❖ Marceline D'Souza (77), Derebail, wife of Valerian D'Souza, mother of Margaret/Bavin, Sr Anna Josphine, Sunil VG/Gracy, Anil and Vinod/Latha, on July 19, 2024.
- ❖ Lynette Pais (76), Derebail, sister of Gaulbert/Hilda, Peter/Joyce, Mervyn/Rashmi, aunt of Gerard/Maria, Hazel/David, Prashal/Zeena, Priyanka/Deenroy & Winston, on July 21, 2024.
- ❖ Leena Noronha (93), Bendore, wife of the late Stany Noronha, mother of Joycy/Sudha, Patsy/Alfred, Nancy/Valerian, Percy/Janet and Flossy/Raju, on July 22, 2024.
- ❖ Fr Valerian Lobo (82), Chikmagalur on July 22, 2024.
- ❖ Renuk D'Souza (59), Canada, father of Jacob, brother of Rajan/Sandra, Ravi/Shanthi, Ranjith/Jyothi, Ray/Raishma, Rupak/Annette and Reshma/Anup, on July 22, 2024.
- ❖ Philip Herald D'Souza (63), Rosario, husband of Metilda D'Souza, father of Sharel & Shailesh on July 24, 2024.
- ❖ Charles Walter Pais (75), Derebail, husband of the late Lydia Euprosina Pais, father of Laison Rostan/Jasmine, Loveeta Carol/Adren, on July 27, 2024.
- ❖ Matilda Pinto (80), Bejai, sister of the late Ignatius Pinto, the late Carmine Pinto and Jacintha Pinto, aunt of Tony, Felix, Lona, Helen Shaila, Juliet, Flavvy, the late Anil, Shobha, Savitha and the late Suman, on July 29, 2024.
- ❖ Ivan Anthony Alva (87) Mumbai, husband of Carole, father of Sunita, Sunil/Ramona, Late Sonia/Arun on August 1, 2024.

FOND REMEMBRANCE



LADISLAUS BONIFACE ARANHA

Born: 5th June 1921

Died: 18th August 2010



*I am the Resurrection and the life
Whoever believes in me will live
Even Though he dies (John 11:25)*

**A loving tribute on his 14th death anniversary
from his beloved
Children, Grand children and great grand children**

Vaslane, 2nd Cross, Mangalore

World PHOTOGRAPHY Day

August 19

*Photography
is a love affair
with life*



*Life is like a camera, focus on
what's important and capture
the good times.*

**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 10-08-2024
RNI No.-3699/57;Regn No / MNG /130/ 2024-2026**