

# Mangalore

CATHOLIC ASSOCIATION OF SOUTH KANARA

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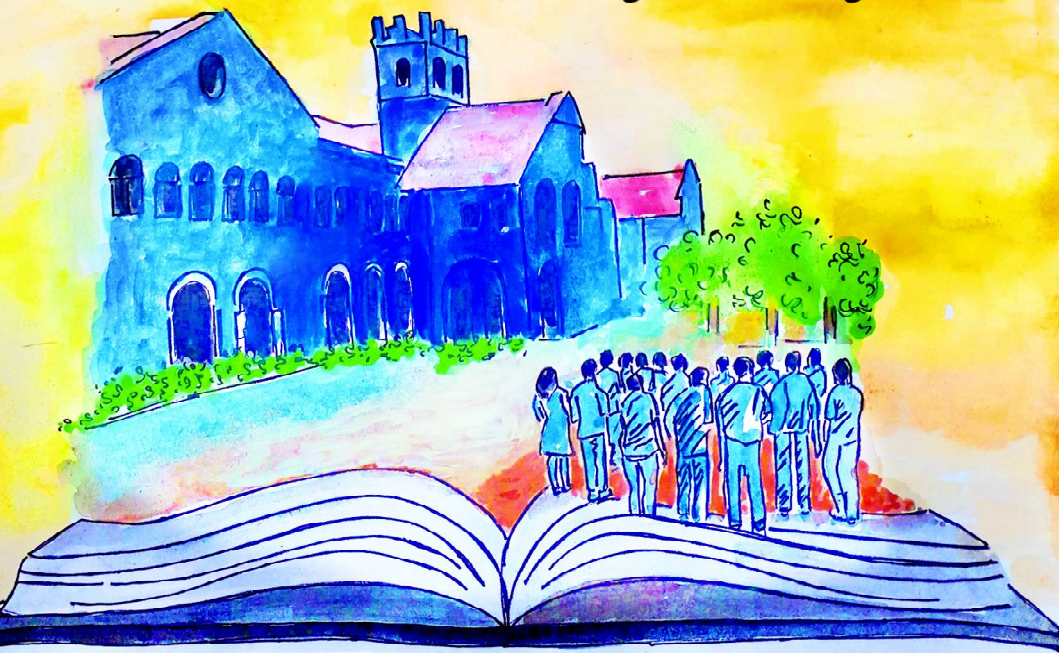
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*New Beginnings...*



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OFFICE BEARERS	CONTENTS	Page
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# Editorial Commentary

Welcome to the New Year to new beginnings!!! We have just blinked and it's December. It is just human nature that we make our resolutions because we think that we could have done better, we plan ahead by taking stock of what we have already done.



The credo behind this issue is our commitment to delivering content that resonates with our readers' interests. It offers a dynamic exploration of diverse topics, balancing immediate realities with the enduring roots of our cultural heritage. As we step into 2025, we remain mindful of evolving circumstances and the need to adapt.

As we step into the New Year 2025, it is a time for reflection and renewal. Looking back, we recognize moments when we might have been complacent or failed to pursue meaningful endeavors. Yet, the arrival of a new year brings with it the opportunity to reset, realign, and take deliberate steps to chart a better course.



purpose and intention.

The editorial team has embraced this sense of renewal by designing a framework to deliver what our readers most value. Our vision is to present a “revolving portrait gallery” of issues and concerns that matter to you. To achieve this, we’ve adopted a dual focus: addressing immediate realities while staying rooted in our cultural heritage. As the year unfolds, we remain open to adapting to the changing dynamics of the times.

We are delighted to welcome fresh, budding authors alongside our seasoned contributors, fostering a blend of innovation and tradition. This inclusivity underscores our commitment to celebrating the diversity and talent within our community.

Lastly, we are excited to introduce Crossword Puzzles to challenge your grey cells and engage your minds. We also hope to make our younger readers feel included. Scroll ahead to explore!

Wishing you a prosperous and fulfilling New Year 2025

**Prof. Dr. Paul G. Aquinas, Ph.D., D.Litt.**

## President's Communiqué



Dear CASK Members,

As we step into the New Year 2025, I am filled with immense gratitude and optimism for the journey we have been on together. Since I had the honour of taking over as the unanimous President of CASK on September 25, 2024, I have encountered least expected numerous challenges, particularly related to the CASK Centenary Trust and various administrative matters. However, I am pleased to share that, with the invaluable cooperation of the CASK Governing Council members and the collective effort of our dedicated members, we are steadily moving forward in the right direction.

Over the past few months, we have successfully conducted regular service activities, including our heartwarming Christmas celebration at old age home, bringing joy and compassion to those who need it most. These initiatives have been a testament to the spirit of CASK, and I believe they are just the beginning of a brighter and more fulfilling future for our organization.

As we move into 2025, I am filled with optimism and confident that the remaining challenges will be resolved, and we will continue to make meaningful strides towards our shared goals. Let us move forward with renewed strength, unity, and a positive outlook. Our collective goals remain ambitious, but together, there is no limit to what we can achieve. Together, we will create a blissful and successful year for CASK.

During the month of January 2025, few important National and International days are observed as follows:

United States: Martin Luther King Jr. Day (January 20, 2025)

This holiday honours the life and legacy of Dr. Martin Luther King Jr., a key figure in the Civil Rights Movement. The holiday is observed on the third Monday in January, marking Dr. King's birthday, and is dedicated to promoting racial equality, peace, and justice.

India: Republic Day (January 26, 2025)

Republic Day is celebrated in India to commemorate the adoption of the Indian Constitution in 1950, transitioning the country from a British Dominion to a republic.

Australia: Australia Day (January 26, 2025)

Australia Day marks the anniversary of the arrival of the First Fleet at

Port Jackson in New South Wales in 1788. It is a day of national pride and celebration. However, it is also a day of protest for many Indigenous Australians, who refer to it as "Invasion Day" because it marks the beginning of British colonization.

India: National Voters' Day (January 25, 2025)

National Voters' Day is observed in India to encourage more citizens to vote in elections and to raise awareness about the importance of voting in a democracy. It was first celebrated in 2011 to mark the foundation of the Election Commission of India.

Wishing you and your loved ones a Happy New Year filled with peace, prosperity, and purpose.

Warm regards,

**Ronald I Gomes**  
*President*

## WELCOME TO THE NEW BENEFACTOR

**Mr. Austin Roach, Bangalore**

## WELCOME TO NEW LIFE MEMBERS OF CASK

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# New Year, New Beginnings: A Plump Resolution

- Marjorie Aranha Texeira

Ah, the New Year! That magical time when hope springs eternal and resolutions flow like champagne on New Year's Eve - effervescent, fleeting, and destined to leave a hangover of regret. As the clock strikes midnight, we solemnly vow to transform ourselves into the paragons of virtue we imagine during moments of delusion. But alas, reality arrives by January 2nd, bringing with it fish curry, rice, and a two-hour bridge game.



Allow me to introduce myself: I am a proud member of the “plump yet fabulous” community. Every year, I embark on a noble quest to reinvent myself. And every year, I emerge victorious in maintaining the status quo. My perennial resolution is a commitment to physical fitness. The vision is clear: I will wake up at dawn, don stylish active wear, and conquer the local gym or Kadri Park . The reality, however, involves waking up at dawn, considering the active wear, and then deciding it's too early to leave the comfort of my blanket cocoon.

Instead of brisk walks in the park, I saunter to my bridge games - a rigorous mental workout, mind you, requiring deep concentration and unparalleled snack management skills. For two glorious hours, I sit immaculately still, save for the occasional animated gesticulation when my partner misreads a bid. Is it exercise? Not in the traditional sense. But does it keep me mentally sharp and socially engaged? Absolutely.

And then there's the diet. Oh, the diet! Every self-help article worth its salt extols the virtues of clean eating, portion control, and saying goodbye to carbs. But how, pray tell, can one say goodbye to carbs when they arrive in the form of steaming rice paired with the ambrosial delight of fish curry? Is it not blasphemy for us Mangaloreans to forsake such culinary treasures? My fish curry rice is not just food; it's an emotion, a cultural identity, a love story served on a plate.

Naturally, attempts to diet are short-lived. One can only eat so many boiled vegetables before the soul cries out for solace, and solace is always found in the aroma of mustard seeds spluttering in coconut oil. I've come

to accept that boiled cabbage and spinach will never inspire poetry, but my fish curry might.



But let us not be entirely cynical. The New Year is indeed a time for new beginnings, even for those of us whose resolutions resemble a Hallmark movie plot—predictable yet charming. It’s a chance to reflect on what truly matters: health, happiness, and perhaps mastering a particularly tricky bridge hand. Resolutions don’t have to be grandiose or unrealistic. Perhaps instead of vowing to lose weight, I can resolve to balance indulgence with a smidgen of moderation. Perhaps instead of aspiring to run marathons, I can aspire to walk briskly from the car to the bridge table.

And then there’s the matter of joy. Why do we make resolutions that feel like punishments? Shouldn’t new beginnings bring excitement, not dread? For me, joy is found in the camaraderie of my bridge circle, in the comforting familiarity of fish curry, and in the delightful absurdity of my annual gym membership going unused.

So this year, I resolve to embrace my plumpness with grace and humour. I will celebrate the small victories, like resisting the second helping of dessert (even one helping is taboo for a diabetic like me). I will cherish the moments that bring me happiness, whether it’s a perfect card play or a perfectly cooked slice of fish. And most importantly, I will remember that new beginnings aren’t about erasing the old but about building upon it—one delicious, carb-laden bite at a time.

As I pen these thoughts, a plate of fish curry rice sits beside me, it’s tantalizing aroma wafting through the air, a reminder that some traditions are worth preserving by the Mangaloreans. The New Year will come and go, resolutions will be made and broken, but one thing remains constant: the joy of being unapologetically myself. By the way I have thrown the weighing scale because it used to constantly remind me of my weight (67 kgs) to be precise.

Here’s to new beginnings, my friends—may they be as delightful and satisfying as a well-played bridge hand or a lovingly prepared meal. And if not, there’s always next year. Cheers! ●

The winner of Christmas Quiz is **Mr Praveen Pinto**. He is the only member who sent all correct answers. Congratulations!



# January's Trick & Treat: Naya Baras, Naya Zamana - Purane Sapne, Wahi Bakwas

- Brian Fernandes

*Let me begin with a question that will haunt you for the rest of the year. Why is there a gap of a week between Christmas and New Year and a year between New Year and Christmas?*



Either way, we are in the New Year, and New India is not far behind - though it has yet to catch up with the visionary's vision of India. A simple oft repeated change of spectacles won't suffice, as is the visionary's wont with every change of outfit (and there are many each day), because then it would remain what it always was - a spectacle!

The problem with slapping the prefix "New" onto any noun is that it presupposes the "old" was bad and not, as they say, gold. But isn't Old Gold touted as the best? Because it was pure? The New—well, despite the hallmark stamp, is... well... Naya. The Y is missing. (After N my friend, after N). That's what's new in the New Year!

As the iconic Narayana Murthy said, "If we continue to make excuses, we will remain wretched, filthy, and poor." He made this remark while defending his controversial 70-hour workweek demand. It's such a home truth - for those who want to get rich the hard way, not quickly, as Gen Z prefers.

Many people already work hard - more than 70 hours a week - and there is no need for motivation when it's for themselves. Startupper, for example, and Street food vendors too. But why would they work hard for others? To reinvent slavery, perhaps? Or simply to make those they work for even richer? Or to survive? Ah, there is the greater good of course. Expect the worst when you work hard, not smart, because AI will replace you soon anyway. Remember Harry Belafonte's song? Man Smart, AI Smarter?

Last month, India won the Perth Cricket Test, in impressive style. They did so under a new captain, with an old-but-new opener and a new all-rounder - a *Naya* team, if you will! The *Nyaya* team returned for the second test - truly a test of their ability - which they lost miserably. And the third?

Well, they claim victory, though the tailenders barely saved them from an embarrassing follow-on and potential defeat. One veteran contributor to the team's *success* - and to its failure of course (two sides of the same coin) - suddenly realized this home truth: It's a *Naya India*!

Yet, we find that those steering India into a *Naya Zamana* are still from the *Nyaya Zamana*, only now they've dropped the "Y!" Why? Because working 70 hours a week was not for them! Work and Life must balance well to avoid charges to the taxpayer under the Ayushman Bharat Scheme!

The *Naya* guns, however, have much to offer and share - energy, enthusiasm, and their love for making a quick buck. It rubs off on the *Nyaya* generation.

But some even make a hard buck, (though that's rare) like our latest World Chess Champion D. Gukesh, the young prodigy from Chennai. Earlier he made history by becoming the youngest Indian to break into the world's top 10. He has without a doubt, worked hard, and his efforts are paying off. As is the government's hard work in drafting tax laws for hard workers like him, you and me, and a loophole like Section 12A for the BCCI! An organisation that is exempt from paying Income Tax as a charitable organisation. A very charitable definition of its existence.

I'm not sure what role the Government played in Gukesh's success - the media hasn't reported much in this regard - but they were quick to celebrate his win, likely because it helped trim the fiscal deficit a wee bit!

Meanwhile, the Maharashtra, Jharkhand, DDCA, ICC elections and the BCCI succession plan dominated the headlines. Too many elections, so a New India demands One election!

These elections offered another home truth: anyone can be someone in *Naya India*. Which is good. *Naya Neta*, *Naya Ideas* and reduced income inequality (India has a Gini coefficient of 0.64 with 0 being perfect equality and 1 perfect inequality.) Indeed, you don't need family connections to succeed anymore - unless, of course, you're in cricket administration, where it's an impact player.

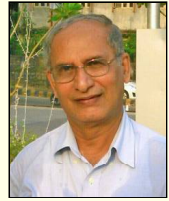
And so, here we are, on the cusp of a *Naya Year*. Our *Naya* resolution? "One" to be spelled as ONOE and pronounced as Oh No! One Nation, One Election. That's a New one!

*Disclaimer: This is satire, meant purely for entertainment. Any resemblance to real persons or events is coincidental. The views expressed are not intended to offend. Reader discernment and a sense of humour are encouraged.*

# New Year... New 'S H O C K' for Elderly

- Ivan Saldanha-Shet

Christmas & New Year Season has just gone by...for the aged and sick Nostalgia and Emotions are a big "B A N G", due to human uncertainty ! Mangalore, with many types of institutions for the aged and ailing, the older folk who spent their working life in large cities like Mumbai, prefer to live life in their native areas which have old memories, it seems, expenses notwithstanding. Primarily, memories of festivities, religious observances and customs, food and so on have deep attractions. But with time and sickness making it difficult to move and endure, isolation is unpleasant. Humans are of varied choices as grains of sand .



There are many organisations that care for different aspects of the aged and sick efficiently, old age institutions, elders helplines, geriatric medical facilities and so on and so forth must work closely with a very high motivation and regulation, this is not so simple. Suitable regular interaction/ feedback systems, balanced quality Food suited to aged sick folk. Medical attention arrangements, adequate communication and information with kith and kin, needed comfort, physical activity, Safety and security, payment and services need to match and must be regulated with transparency. The aged need nutrition, hygiene, pain relief, body care, allowing the person to be active and comfortable. Authorities running homes need to follow fixed prescribed rules and regulations and interact adequately providing agreed services without partiality and with due attention and clarity - operating protocol. It is now common to hire individual caregivers from agencies in institutions, it is essential that these personnel are safe, reliable, trained, motivated, have a fixed tenure and possess proper credentials, the management of institutions must responsibly ensure all requirements and records with transparency.

A well defined process of aging is visible - Be prepared for the timeline:  
Age 60 to 70 years : Retirement from Service. No matter how successful or powerful you are during your career, you will be out of that power syndrome. Relax and be flexible. 70 to 75 years : You see society slowly moving away. Regular friends and colleagues will reduce and hardly anyone will recognize you outside your comfort zones. The younger generation will not recognize you as much, no bad feelings at all about it! 75 to 80

years : Family will slowly seem distant from you, most of the time you will be living alone. Occasional interactions only because they are burdened with their lives! Finally after 80 : Serenity must dominate. Don't be sad or grieve, because this is a stage of life, and everyone will eventually follow this path!

The younger must know, a community where young people do not dialogue with aged folk is sterile, fake. Regular conversation with the elderly will give a larger and clearer vision of real and experienced practical life. Do not avoid reality for you will face it soon. It is vital in every region there should be a properly empowered watchdog body and redress mechanism covering the aged in all locations and circumstances and in the establishments. For the aged a word of concern, a smile, care is more valued than celebrations, decorations, partying, music and so on. Modernism has deprived old age of its status and value generally, specific institutions meant for the aged must uphold the value and respect for age plus their rights.

We see older people through the years and we think that those older people are years away and that we have a lot of time ahead, Yet, it hits us so fast !! Our friends are retired and getting grey, they are slower and older now, surely great change is visible unlike when they were young and vibrant. Their age is beginning to show and we are now those older folks that we used to see and never thought we'd become so 2024. So, the shock of the NEW YEAR 2025, with all its uncertainties, we hope will bring the Best that GOD wills for us all. ●

## AGNESIAN ALUMNI ASSOCIATION

### 'Agnesian Day at Home'

*(A day of Fellowship, Entertainment, Games & Music)*

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**98441 27341**

**Geanette DSouza**  
**99020 20835**

# Prevention of Birth Disabilities

- Dr. Edward Nazareth

The birth disabilities are the commonest cause for the disabilities in differently abled children. The term “differently abled” was created by the U.S. Democratic National Committee in the 1980s as an alternative to “handicapped”. There are many causes for a child to become differently abled. Of these, some of the birth disabilities can be prevented by taking adequate care during pregnancy and child birth.



The birth disabilities can be broadly grouped: disabilities at birth (congenital) and acquired disabilities. Congenital disability is the disorder that develops before or during the birth of a child. Acquired disability affects the person by external causes any time during his/her life.

The birth disabilities seen in differently abled small children can be divided into three phases. The condition that is present before the child is born is congenital. This is commonly associated with diseases the mother acquires during her pregnancy, external influences such as poisoning, alcohol or drugs consumption during pregnancy or using wrong medication. Genetic causes may include mutation of genes or be based on genetic incompatibilities between parents.

The second phase is the time during the birth process. The child being born may suffer from prolonged lack of oxygen due to obstruction of the respiratory tract or injury to the brain during birth. Also, the premature birth may cause the underdeveloped child to develop adverse physical conditions.

The third phase is the time shortly after birth. The child may be involved in an accident, may develop serious infection or other illnesses that causes impairment after birth.

## **Prevention of birth disabilities**

It is not possible to prevent all disabilities present at birth. Some babies form differently inside the womb and no one knows why. But many of these disabilities can be prevented. To reduce the chances of these disabilities, pregnant women must stay in good health and avoid certain dangers.

- Nutrition of the pregnant mother is the important factor in prevention of disabilities in the child. The mother who has good and proper nutrition

can have good natural resistance to illnesses, prevent infections, and will have a healthy baby. Balanced diet with vegetables, fruits and natural foods like cow's milk during pregnancy prevents problems like anemia. Consumption of enough folic acid during pregnancy is important to prevent neurological defects in the baby. Pregnant mothers who have regular antenatal check up are observed for the problems and are advised about proper nutrition and food supplements.

- Another most important precaution is to avoid medicines and drugs during pregnancy. A pregnant mother should not use any medicine-allopathic, ayurvedic, herbal etc. without consulting the doctor. Many of the non-prescription products may contain hazardous ingredients. Alcohol and tobacco during pregnancy can also injure the developing child. Indirect smoking can also harm the baby.

- During pregnancy, contact with chemicals, pesticides and other poisons are to be avoided. It is frequently reported that the fast foods, readymade foods and drinks that are available in our country have dangerous chemicals and colour. Some of these also have banned preservatives. These chemicals can damage the growing process of the baby and lead to permanent damage.

- Consanguineous relationship is one of the main causes for defects in the babies. When close family members have children together, the children are much more likely to have disabilities at birth.

- There are several infections during pregnancy that can lead to defects in the baby. One common infection is German measles (rubella). It is better to get vaccinated before pregnancy and after rubella vaccination conception has to be delayed for at least 1 month. At present, most of the children receive MMR vaccine during childhood, though it is not a part of National Immunization Program in India. If vaccination is done during childhood, further vaccination may not be required. However, vaccination is recommended to those who have not received rubella vaccine during childhood.

- Though not common, syphilis or herpes can cause the baby to be born with disabilities. If there is any chance of previous infection, it is better to be tested and treated early for sexually transmitted infections.

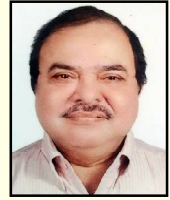
Though it is not possible to prevent all the birth disabilities, many of these can be avoided by proper precautions.

*(The Author is Professor of Orthopaedic Surgery, Srinavas University, Mangalore)*

# The Art of Effective Note-Taking

- Ronald Mendonca

**N**ote-taking is a powerful skill that bridges the gap between fleeting moments of insight and long-term knowledge retention. Whether you are a student preparing for exams, a business professional in meetings, an employee brainstorming idea, or a homemaker organizing your day, effective note-taking can transform how you learn, work, and live.



As a trainer, I stress that good notes are more than just words on a page. They are tools for clarity, comprehension, and confidence. **For students**, note-taking enhances focus and helps internalize complex information, making it easier to navigate academic challenges. **For business professionals**, it ensures key ideas, decisions, and follow-ups are captured, driving productivity and better communication. **For homemakers**, organized notes bring structure to daily tasks, simplify budgeting, and create balance in managing responsibilities.

In today's fast-paced world, note-taking has evolved from traditional pen and paper to innovative digital tools. Yet, the essence remains the same: creating notes that are structured, useful, and inspiring. Mastering this skill empowers you to turn chaos into order, stay ahead of your goals, and retain knowledge that serves you long-term.

## Tips for Effective Note-Taking

### 1. Write Clearly and Concisely

Avoid messy or overly detailed notes that lead to confusion. Focus on clarity and brevity.

- **Students:** Summarize lessons instead of copying everything. For example, condense “The Industrial Revolution began in Britain in the 18th century due to advancements in technology” to “Industrial Revolution: Britain, 18th century – tech advancements.”

- **Professionals:** Capture action items and decisions, e.g., “Q3 target: Increase customer retention by 15%. Assign to Marketing.”

### 2. Organize Your Notes

Structure notes with headings, bullet points, and numbered lists for easier review.

- **Homemakers:** Categorize tasks like Grocery, Cleaning, and Family

Activities.

- **Business Owners:** Use headings for projects and bullet points for deliverables.

### 3. Incorporate Visuals

Diagrams, charts, and mind maps simplify complex ideas and boost memory.

- **Students:** Use mind maps to connect topics, e.g., “World War II” as the central idea with related events branching out.

- **Employees:** Visualize sales trends using graphs or charts.

### 4. Add a Personal Touch

Include thoughts, questions, or reflections to make your notes meaningful.

- **Example:** Lesson: “Effective teamwork relies on open communication.” Reflection: “Can this principle improve collaboration in Rotary projects?”



- **Homemakers:** Personalize recipes with tips, e.g., “Use coconut milk instead of cream for a lighter curry.”

### 5. Leverage Technology

Apps like OneNote, Evernote, and Notion can revolutionize your note-taking.

- **Everyone:** Use voice-to-text tools to capture ideas on the go.

- **Professionals:** Collaborative tools like Google Docs streamline team updates.

### 6. Review and Reflect

Revisiting notes ensures long-term retention and actionable insights.

- **Students:** Weekly reviews turn notes into flashcards for revision.

- **Professionals:** Convert meeting notes into follow-up plans, e.g., “Prepare Q3 sales report by Friday. Delegate data collection to Team A.”

### 7. Highlight and Color Code

Use colors to emphasize priorities.

- **Homemakers:** Highlight must-do tasks, e.g., Red for urgent (pay bills), Green for weekly chores (water plants).

- **Students:** Use different colors for definitions, examples, and key dates.

### 8. Make It Actionable



Notes should lead to actions or next steps.

- **Students:** Write follow-ups like “Understand calculus concept. Watch Khan Academy video by Saturday.”

- **Professionals:** Record tasks like “Discuss project timeline with stakeholders. Send email by EOD.”

- **Combine Digital and Analog Methods**

Blend traditional and digital methods for the best results. Suggestion: Draft ideas on paper for creativity, then digitize for easy storage and access.

### Turning Notes into Success

Taking effective notes is not just about capturing information—it’s about creating a system that empowers you to learn, grow, and achieve your goals. Whether you are mastering a new skill, planning your week, or strategizing for your business, the right notes can make all the difference. **Start today and transform every note into a stepping stone toward success!**

*(Author is a Career Coach at Smart Solutions, Mangalore)*

## It matters

### Understanding the new bank nomination amendment

The recently proposed amendment now allows you to have 4 nominations in your bank.

#### What was the previous rule?

Bank accounts (savings/ fixed deposits/recurring deposits):  
Only 1 nominee allowed.

#### Problems with previous rules: Single nominee

- ▶ Assets couldn't be transferred if the nominee predeceased the account holder.
- ▶ Legal delays arose without a secondary nominee or will.
- ▶ Unclaimed assets were transferred to DEAF\* after 10 years.
- ▶ Caused family disputes and confusion.

#### What does the amendment say?

**Bank accounts:** Up to 4 nominees, with 2 options:

**Joint nomination:** Assign specific ratio (example, 50% to wife, 30% to son, 20% to daughter).

**Successive nomination:** Assets pass to the next nominee if the previous nominee is deceased (example, wife → son → daughter).



#### Need for uniform nomination rules

**Current issue:** Different formats across financial assets.

Asset	Nominees allowed
MF	3
Demat	3
Insurance	3
Bank	4

#### Solution:

- ▶ Standardize nominations across all products.
- ▶ Uniform rules will streamline inheritance and asset transfer to heirs.

\*DEAF: Depositor Education and Awareness Fund

#### CASE STUDY

##### Previous rule

Mr. A has a bank account with 1 nominee (his son).

Mr. A passes away, but his son passed away years earlier.

The bank cannot release funds easily, causing legal disputes and delays for the family.

##### New rule: Mr. A appoints 3 nominees: his wife, son and daughter.

##### Option 1: Successive nomination:

If Mr. A passes away, the wife inherits 100% of the assets.

If the wife is not alive, the son inherits. If both are deceased, the daughter inherits.

##### Option 2: Joint nomination:

Assets are divided as per the specified ratio: Wife (50%), son (25%), daughter (25%).

If a nominee dies, his or her share will be redistributed according to the applicable ratios.



# CASK Christmas Charity Program

- Dave Vas Naik & Allana Vas Naik

*The real meaning of Christmas  
is the giving of love everyday.  
The real meaning of Christmas  
is to do as the master they say.  
And when you're giving your presents,  
don't forget as you give them away.  
That the real meaning of Christmas  
is the giving of love everyday.*

We sing this beautiful carol every year to remind us that Christmas is the season of love, peace and joy.

With Christmas around the corner, the members of CASK spread the yuletide cheer among the residents of Nympha Sadan on Monday, the 16th of December 2024 .

Sr. Saritha D'Cunha, the superior, warmly welcomed the gathering by reminding us that we are in the season of advent and appreciated the service of CASK.

The silence of the evening was broken by the enthusiastic and lively introduction of CASK by the vice president Mrs. Marjorie Texeira.

The President Ronald Gomes, then delivered a beautiful Christmas message, thereby sharing the joy of the season through his words. He said

that it was the spirit of Christmas that inspire the members year after year to come together to celebrate the festive season with them. The true spirit of Christmas is not



found in the presents we give, nor in the decorations we hang, but in the love and care we spread with one another each day of our lives and not just among close family and friends.

Interesting games were conducted by the CASK members. The winners



were given prizes. All residents and staff/workers were gifted towels. Our hearts were filled with gladness to see their smiles.

No Christmas gathering is complete without carol singing!

The Carolers took the floor singing ‘O come all ye faithful’, leading the crowd to sing ‘Bethlema sheranth’; Where the angels sang ‘Gloria’, joyfully proclaiming to the world that the ‘Lord has come...’ It was overwhelming to hear the residents join in the singing thus making the evening memorable!

Sr. Reena D’Souza thanked the members for the wonderful evening of games, caroling, gifts and the Christmas message. A group photograph was clicked along with all the residents.

As the evening came to an end, it was clear that the true essence of Christmas; Love, kindness, and sharing had been beautifully celebrated. Everyone left with cherished memories, a renewed sense of joy and the promise to spread happiness throughout the season.

As said in the poem ‘T’was the night before Christmas’ Happy Christmas to all, and to all a good night.

## Attention to NRI Subscribers

Kindly send your WhatsApp number & email IDs to CASK Office as soon as possible to:

**CASK Office mobile #**  
**+91 94800 71733**

or

**Email ID:**

**caskmangaluru@gmail.com**

## DISCLAIMER

Contents in the ‘Mangalore’ Magazine reflects the views of the authors, not necessarily those of the Editorial team. All material is for informational purposes; readers should verify facts and consult professionals before making decisions.

**-Editor**

# Keep Dreaming...

- Raveena Maria Mascarenhas

After a long day of work and study, completely exhausted, we go home, have dinner, spend some time with family and then we go to sleep, and that is how our day ends! No! That is how we think our day ends! As soon as we shut the door of our conscious world, we enter into another realm- the unconscious- the fantasy world, through our dreams...



John Lennon once said “I am a dreamer, but I am not the only one,” Indeed he is not the only one, because all of us dream. The fact that dreams can be so rich and compelling is what causes many to believe that it may have some meaning to it. There are instances throughout history, where dreams have been an indication of the future. Abraham Lincoln had a prophetic dream just three days before his assassination. He dreamed about walking into a room in the White house, where he saw a corpse lying on the floor, he asked a soldier about the person lying dead and the soldier said “It’s the President.” Three days after Abraham Lincoln was shot in a theatre.

New York Lawyer Isaac Frauenthal had a dream before boarding The Titanic- He dreamed that he was on a big steamship that suddenly crashed into something and began sinking. He got this dream again on board and



was alert when he heard about the iceberg collision. He was one of the survivors!

Dreams have been responsible for major creative and scientific discoveries as well. Robert Louis Stevenson, while recovering in bed from

brain haemorrhage, woke up from an opium induced nightmare and complained, “Why did you wake me up!! I was dreaming a fine boggy tale!” The next morning he began scribbling furiously. Three days later he had written a draft of 30,000 words which he wasn’t happy with, tore it and wrote another draft of 65,000. This whole situation was a miracle and

the result of this miracle was *The Strange Case of Dr Jekyll and Mr Hyde*. This book was so popular that the title itself became an idiom for someone who has dual personalities.

Did you know that the Periodic table was formed in a dream? Russian Chemist Dmitri Mendeleev was exhausted thinking about the 56 elements and finally decided to sleep. In his dream a table popped up and all the elements fell into place and tada!! You have the periodic table!

Sigmund Freud described dreams as the royal road to the unconscious mind. By analysing the content of the dreams, we could bring to light the hidden repressed desires. In his book *Interpretation of Dreams*, Freud interprets a lot of common dreams that we have. Many researchers after Freud have given their own explanation for the various dreams we get.

If you get a dream of falling from a hill, it indicates that something isn't going right in your life and you need to rethink a choice or decision! If you dream of being chased, it can mean that you are trying to avoid something in your life. It can also mean that you want to escape from your own desires or fears...

Now this is an interesting one- Have you dreamed of your tooth falling out – Well, this is an indication that you are insecure about yourself and you think that you aren't attractive or good enough!

Dreams can be an indication of the future, a creative outlet or may just indicate what is going on in your life. But it definitely is a land of fantasy that you cannot control! It is a work of art that does not require talent. It is an enterprise in which all participate. So people... Keep Dreaming!! ●

## Humorous Five Ways to Catch a Tiger!

1. **Newton's law:** Allow the tiger to catch you, then you catch the tiger...
2. **Einstein's law:** Chase the tiger until the tiger becomes tired, then you catch the tiger...
3. **Inverse law:** Get into a cage kept near a tiger. Then take the inverse.
4. **Veerappan;s law:** Kidnap tiger's wife & threaten the tiger to surrender.
5. **Police method:** Catch a cat & beat it until it agrees that it is a tiger!



# De Mercede Orphanage

**Panir, Deralakatte 575018**

De Mercede Children's Home (Orphanage) is under the Ursuline Franciscan Congregation (UFS), and is situated in Paneer village, Deralakatte. It was started in 1943 for the orphan boys and girls below the age of 14 years. In the past 80 years it has sustained and given life to thousands of children irrespective of caste, creed and religion and assisted them towards their hope-filled future. Most of the children are orphans, single parent and who grow in utter poverty in the family and are deprived of basic needs and education.



At present there are 100 children, both boys and girls. There are 4 Sisters and five lay staff who are working round the clock for the good of the children. We do appoint visiting staff to train the children in different activities like yoga, dance, karate, art and drawing for their integral growth of the children. Since we receive meagre government aid find difficult to meet the daily expenses of the orphanage and maintenance of the building and other expenses. According to the guidelines of Child Welfare Committee of Government of Karnataka we had to venture to provide separate facilities to the boys and hence work of the building is in progress.

Hence, we humbly seek your financial support for these little children to give future life and help them generously to continue this noble task. No amount in this regard is too small. We assure your prayerful support.

Thanks and be blessed as your render services to God and Humanity.  
Please contact for further details **Sr Luciana Pinto, 9480378017.**



*Page sponsored by: Mr. George & Mrs. Thelma Pais*

# Golden Jubilee Reunion of St. Aloysius High School Class of 1974

*“Time endures but cannot fade the memories that  
school friends have made”*



Last week of December saw 43 classmates with 17 spouses make the trip to Mangalore to remember, reminisce and re-ignite the bonds they had created in school 50 years ago in the classrooms, on the playground, in the canteen and on the streets and by lanes of Mangalore. This was a promise they had made five years ago in December 2019, when they had over a 3-day event, celebrated completion of 45 years since they bid goodbye to their Alma Mater St Aloysius High School in 1974.

On 28th December 2024, classmates gathered in the School campus at 10.30 AM and had scrumptious refreshments catered by Taj Mahal Café.

Anil Noronha started the proceedings by welcoming the Headmaster Rev. Fr. Johnson Pinto S.J. & fellow classmates and expressing how wonderful it was to meet again. Many had travelled from Canada, US & UK just to meet their

classmates. The school anthem (shaalageethe) “Bhuvanava salahuva karunanidhi” (composed by our beloved teacher the late Sri S Aithal) was sung by all gathered. A minute’s silence was observed as a tribute to teachers & classmates who had left for their heavenly abode.

Clarence Pereira then took over by giving a presentation on the ‘Class of 1974 Solar Project’ the classmates had sponsored at the school after their 45th reunion in the year 2019. He gave a brief summary of the funds collected. After accounting for Rs14.78 Lacs towards the cost of the solar project there was a surplus of Rs1.90 Lacs. Between September 2020 & November 2024 the solar plant generated 1.70 Lac units of power resulting in energy savings of Rs4.57 Lacs.

With the surplus funds it was decided to set-up a “Class of 1974 Meritorious Student Scholarship” with an objective to fully cover tuition fees, uniforms, books & shoes of two meritorious English medium students from Std. VIII, IX & X, respectively. There was immense pride amongst classmates that they were able to give back to the school albeit in a small way. Generous classmates have since donated an additional Rs3.52 Lacs & together with interest accrued the balance so far is Rs5.74 Lacs.

To commemorate the Class of 1974: 50 Years Reunion, it was decided to award the scholarship for the academic year 2024-2025 to two meritorious students from class VIII — Roshni N.H. & Aniya Jessica Madtha, and each of them were presented a cheque for Rs25,600/-. The cheques were handed over by Kevin Saldanha & Vijay Rao the school toppers of the 1974 Batch.

Rev. Fr. Johnson Pinto addressed the gathering showing his appreciation for the generosity of Class of 1974. He briefly explained the methodology of selecting the students by first



short-listing about 20 students, then bringing it down to 5 & finally after personal interview 2 deserving students had been recommended for the scholarship. The Students mothers too were present at this function. A shawl & Memento were given to the Head Master by Lester D'Souza & Ashok Rao.

After a session of group photographs, classmates and their spouses, Headmaster Rev. Fr. Johnson Pinto, the two Class of 1974 Meritorious Student Scholarship awardees along with their mothers sauntered down the hill and reached Hotel AJ Grand where they were treated to a sumptuous lunch. Conrad Mascarenhas & his team joined by Niranjan Beliappa & Prathiba Nayak treated the gathering to good foot tapping music.

When twilight changed to nightfall the dashing men with their partners headed to the Village Restaurant to mingle and take part in a fun-filled dinner. Classmates and their spouses enjoyed each other's company and the camaraderie was both endearing and heartfelt. Vinitha Shenoy organised a fun game of musical chairs while Francis Fernandes regaled the gathering to retro music.

On 29th December the Class of 1974: 50 Years Reunion party continued with dinner at the Mangalore Club. The band Ecstasy led by Conrad Mascarenhas enthralled the gathering with captivating music. Music and dancing continued till midnight. Classmates shared various anecdotes of their time in School which were very hilarious and had every one in splits.

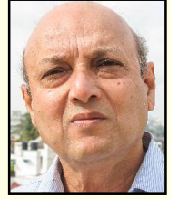
The reunion was planned & executed to perfection due to the effort of the classmates who contributed with ideas, participation & donations which came about voluntarily. Plans were made to meet again; numbers and addresses were exchanged and with wrenching goodbyes they bid farewell to each other.

**Article Sponsored by Mr Clarence Pereira**

# Kanara Catholics: Identity and History

- Alan Machado

The Kanara Catholic community has unique identifying markers by which it earns a distinct place among the Indian population. Many of these derive from its history spread over the previous five centuries. There are others that originate in much earlier times.



The 2011 census estimates the Christian population of the three coastal districts of Kanara (Uttara Kannada, Udipi, Dakshina Kannada) at 2,81,766, with the distribution between rural and urban being almost equal. However, if the numbers for the sub-district of Mangalore are removed, this rural-urban divide becomes 70-30. This heavy concentration in the city of Mangalore caused the community to be also identified as Mangalorean. Before the Captivity, persons were identified by their place of residence and caste, and the close association with Goa, and the *Firangi* (Portuguese). It took close to a century after the Captivity for a certain level of wealth and education to seep into the community, and the search for a distinguishing collective identity. With its urban educated elite centred in Mangalore dominating the writing of its history, the name Mangalorean gradually came into use. Mangalorean, however, does not encompass the true cultural wealth of the community spread across entire Kanara. A more appropriate term is Kanara Christians. It provides a geographical identity to the roots of a community that is now spread all over the globe.

Our identity defines us, and our community history forms a critical component of that identity. Identity is a complex, multi-dimensional, and fluid concept, deeply ingrained in human social behaviour. Answering the question, “Who am I?” is an important part of becoming a unique individual in a complex social structure. Our membership in social groups helps give meaning to our lives, and can become valuable support systems. Identity is who we are. To know who we are, we must know who we were. This is what makes awareness of our history so important.

In this series, an attempt will be made to present evidence-based history of some of the salient characteristics of the Kanara Catholic community: its largely Goan origin, the Konkani mother tongue, agricultural bias of original migrants, conversion to Catholicism, migration, genetic isolation, caste composition, syncretism while outwardly conforming to the Inquisition’s strictures, the 15-year Captivity, post-Captivity response to loss of property

(education, industry, other professions), global diaspora.

Briefly, Kanara Christians descend from Goan Christians who migrated to Kanara. Conversion to Catholicism formed an integral part of Portugal's attempt at state formation in the three provinces of Tiswadi, Salcete, and Bardes. It had a great impact on the cultural identity of converts. In Goa, one was that the control of the *ganvkaria*, the association that owned and administered village agricultural lands, passed on the Christians due to favourable laws. Ironically, when many decades of war with Maratha powers followed, the *ganvkars* suffered the most economically, the main reasons for migrations to Kanara. The periods of these migrations coincide with increased martial activity by Maratha powers, and not, as often believed, the Inquisition's activity in Goa. In Kanara, these migrants, while retaining the Goan identity, religion and agricultural skills, learned Kannada and Tulu, and conformed to the local situation in different ways. The Captivity resulted in the loss of over half its population, and most its landed property.

In Kanara, Goan immigrants lived in largely socially isolated communities. Consequently, one major effect of the migrations, compounded by the Captivity, was the genetic bottleneck that ensued from smaller isolated breeding populations. Endogamy, already high due to caste considerations, increased. Another was the community slipped into poverty. From being predominantly land owners and cultivators, many went into service, and took to education in a big way when it was brought to Mangalore by Christian institutions. Education opened the doors to government service and other professions. They moved into industry when the Basel Mission introduced tile manufacture, weaving, and printing to Mangalore. They were recruited as writers by British coffee planters beyond the ghats. These, in addition to being community level identity-formation developments, were also wealth generating. As wealth percolated into the community, a distinct Mangalorean identity took shape. It expressed itself in different ways, one of which was architecture. Mangalorean Catholic homes evolved a distinctive style which encompassed elements from their pre-Christian past, local styles, and British colonial styles.

The Kanara Catholic community has shown remarkable survival adaptability to a series of major cultural and physical traumas in the last few centuries. Despite these, or perhaps because of them, the community has a unique place among global communities. This series of articles will attempt to highlight some of them. **(To be continued...)**

*(Alan Machado has Authored Saraswathi's Children & Slaves of Sultans)*

# A Memorable Christmas and New Year in Mangalore

- Rosanne Gomes

As someone who has spent the last few years living in Melbourne, this Christmas and New Year have been truly special. My husband, Ankit, and I are spending the holidays in my hometown, Mangalore, with my parents, Ronald and Anita. The warmth of family, the joy of tradition, and the charm of Mangalore have made this trip unforgettable, with this Christmas being our first as a married couple.



Our days have been filled with simple yet profound joys. We visited some of Mangalore's iconic spots, starting with the serene beaches that never fail to bring peace to the soul. Shopping at City Centre and Forum malls has been an adventure, a vibrant mix of old memories and new finds. Food has been another highlight - whether it's enjoying home-cooked meals or indulging in treats at local favorites like Pabbas, Ideal Cafe, Juice Junction, Froth on Top, Onyx, Machli, and Kadri Cafe. Each bite has been a reminder of how unique and comforting Mangalorean cuisine is.

One of the most beautiful experiences so far was attending the Christmas mass at the White Doves Psychiatric Nursing and Destitute Home. The spirit of giving and togetherness was palpable, making it a poignant moment of reflection and gratitude. Adding to the festive cheer was a close friend's roce and wedding, a celebration filled with laughter, music, and the joy of reconnecting with dear friends.

This trip isn't just about places and events; it's about people. Spending time with my parents and catching up with school friends has brought a wave of nostalgia. Meeting their kids and babies has made me realize how much life has changed yet remained beautifully the same in its essence. Reminiscing about old stories while creating new memories has added depth to our relationships.

While Melbourne offers its own brand of festive spirit with friends and family, there's something irreplaceable about celebrating in Mangalore. The simple pleasures of eating traditional pork bafat, savoring plum cake, and enjoying kuswar from Vas Bakery have brought a sense of comfort and belonging that I often yearn for.

As we prepare to return to Melbourne in a couple of weeks.....

☛ 29

# The Compassionate Fathers – St Aloysius College is Born

- Prof Edmund JB Frank

The first time one visited St Aloysius College we are completely unaware of its grandeur. This Century old heritage is not because of its iconic building but the bridges that is built in the hearts of its people especially its alma mater. January 12 is the day of its alumni reunion, as we age the old teachers are mostly gone, our classmates are scattered round the world but once a year we can come together and swap stories about the long-lost derring-do of the boys (now both boys and girls) we were. Prof **Edmund JB Frank** has brought out this article by researching into the fountain of compassion. In the end if you find the story of the inspection of this great institution and know that you are a part of this heritage that is celebrated ever 12 January it is a reunion of reunion where for some it is three generations who have gone through the precincts of this college.



## Part 1

**O**n a barren hill that it once was, stands today an assortment of buildings on top of it and around it. This is St Aloysius College which the Catholics in Mangalore once yearned for. It is named after its patron saint, Aloysius Gonzaga. The College history has to a large extent guided the history of South Canara district. Today, there is a Jesuit University with a 145 years history preceding it. When Pope Leo XIII established the Diocese of Mangalore on 25 January 1887 which is an important landmark in the history of the Mangalore Diocese, Bishop Nicholas Cavadeni SJ, the first bishop came from the Jesuit pioneers of the College. Bishop Cavadeni made the Codialbail residence as the official “Bishop’s House” in place of the one at Rosario Cathedral. The College has a world-renowned Chapel

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## A Memorable Christmas and New Year in Mangalore

I’m soaking in every remaining moment of this holiday. This season has reminded me of the importance of family, tradition, and the simple joys of life. It’s been a holiday that doesn’t just mark the end of the year but fills it with meaning, love, and cherished memories that will stay with me forever. *(The author is a Sustainability Consultant at Stantec, Melbourne, Australia)*

with frescos paintings and is known as the Sistine Chapel of India. Fr Muller's Medical Services started in 1880 in its Codialbail School Campus where Fr Muller treated his patients sitting under a banyan tree exactly opposite the Bishop's house. The Jesuits also started the Asylum Workshop and Codialbail press in 1882. The St Joseph's Seminary in Jeppu was revitalised and a Jesuit Novitiate was also started-these are some of the traces that lead us to the Jesuit pioneers.

Moreover, St Aloysius College has responded wonderfully well to the educational needs of the local and neighbouring regions. It is well reputed for its fine teaching. But its pinnacle of glory is its beautiful chapel with murals of intricate work. St Aloysius is today a conglomerate of educational institutions governed by the Mangalore Jesuit Educational Society. The motto of the college is "Lucet et Ardet" which means to "Shine to Enkindle" and become men and women for and with others. Despite its status as a minority institution, the College is open to all sections of the society regardless of caste, colour or creed.

**Where did it all begin?** Mangalore did not have a vicariate of its own. It was a large village. In 1840 the Mangalore Catholics under the initiative taken by John Joseph Saldanha, a judge at the district court and Joachim Pius Noronha sent a petition to Pope Leo XIII to establish Mangalore as a separate vicariate. Pope Gregory XVI conceded to their request and on 17 February 1845 established Mangalore as a separate vicariate under the Verapoly Carmelites.

**Bifurcation of Canara into North and South Canara:** In the year 1859 Canara which was part of the Madras Presidency was bifurcated into North and South Canara. Mangalore was transferred into South Canara and became its headquarters. North Canara was detached from the Madras Presidency and transferred to the Bombay Presidency in 1862. The Mangalore mission was transferred to the French Carmelites through a decree dated 03 January 1870. Mangalore at that time did not have higher education colleges and students had to go as far as Trichy or Bombay for higher education. The Carmelite Fathers could not cope with the demand for higher education. Enterprising people of Mangalore who saw that the Jesuit Colleges in Trichinopoly, Bombay and Calcutta opened the world to the Catholics of those cities sent petition after petition, letter after letter to Pope Pius IX to send Jesuits to Mangalore to start institutions of higher education.

## **Pope Leo XII Transfers the Mangalore Mission to the Jesuits:**

Pope Pius IX decided to send Jesuits to Mangalore but died soon after in February 1878. His successor Pope Leo XIII pursued the case and carved out the Vicariate of Mangalore and Malabar from that of Verapoly and entrusted it to the Society of Jesus on 27 September 1878 and issued a Brief separating the Vicariate of Kanara from Verapoly and handed over the Mangalore Mission to the Italian Jesuits. The then Jesuit General Fr Beckx assigned the Mangalore Mission to the Italian Jesuits of the Venice Province mainly to start a college.

**Six of the nine Pioneers set sail to Mangalore:** On 27 November 1878 Fr Angelo Mutti (Italian) Fr Angelo Muffei (Italian) Fr Augustas Muller (German) and Fr Quintinus Sani (Italian) along with Brothers Francis Zamboni and Br Mathew Meneghetti (Both Italian) of the Jesuit Province of Venice sailed out from Naples to India on board the Rubbatani S.S. Sumatra via Bombay and Goa. In Bombay, they were joined by Fr Urban Stein (German) and Fr Otto Ehrle (German) of the Bombay Jesuit Mission who were deputed to start the new Mission of Mangalore. This brought the number to eight. On 27 December 1878 they left Bombay to Goa by the S. S. Alabama. In Goa they picked up Mgr Nicholas Pagani (Italian) the Pro Vicar Apostolic and Superior of the Mission bringing the number to nine. Mgr Pagani had come to India in 1861 as a member of the Bombay mission. During his 17 years in Bombay, from the large Mangalorean community there, he had learnt the Konkani language. They continued their journey to Mangalore on board the British ship S.S. Khandalla.

The steamer dropped anchor in Bunder, Mangalore just before noon on 31 December 1878. A great day indeed that changed the topography of higher education in Mangalore. From there the Jesuits were brought to the shore on a motor launch. An event of special significance happened the day the Jesuits arrived. This added to a little confusion among the people. A star appeared in the sky at day time. The people took it as a happy omen and said it augured well for the prosperity of Mangalore during the Jesuit regime.

(To be continued...)

*(The author is a senior Professor in Management and a prolific writer)*

**This article is sponsored by Mr. Allen C.A. Pereira,  
Alumni of St Aloysius College, Mangalore**

# DIY trip to the Land of the Rising Sun, Japan

- Sara Pereira

2025 has started with a bang! It's time to make New Year Resolutions list to become a better version of yourself. I suggest making a second list, places to visit in the New Year to fulfil the reason for making the first list. Travel makes you gain perspective, broadens your horizon and fulfils the dream of being one with yourself. If you are taking my advice of drawing up a travel list please put Japan at the top of that list. For those who have visited Japan, Kudos!

For the unversed, this article takes you through steps to plan a trip to Japan though it can be both intimidating and welcoming in its entirety.

First and foremost, lets delve into the why, when, how and where of a "trip to Japan".

At the end of this article hopefully you will say," why not" and plan a trip soon.

In 2024, Japan was voted amongst the most travelled destinations in the world. It has a rich blend of ancient and modern tapestry of culture, history and heritage blending seamlessly to make it an irresistible destination. The serene temples of Kyoto, the vertiginous Tokyo Metropolis, the majestic presence of Mount Fuji and the mysterious monoliths dotting Oshiko Jinja grapple equally for attention in Japan. You can curate a trip to have eclectic experiences whilst you travel through Japan.

If you are wondering when is the best time to visit Japan, it is all year round destination from spring to autumn but my favourite time to visit is the Sakura season also known as the cherry blossom season which is from late March to mid April. It starts blooming in the south of Japan and gradually moves northwards. There are multitude of places to witness the Cherry Blossoms like the Maruyama Park in the Kyoto Prefecture, Mount Yoshino in the Nara prefecture, Imperial Palace, Mount Fuji and at the Megura riverside flowing through Tokyo. The Cherry blossom is also Japan's national flower. The blossoms are a metaphor for the fleeting nature of life.

Planning a trip to Japan is as easy as planning a trip to Jaipur. With fabulous connectivity from India on Singapore Airlines, Thai, Malaysian and JAL their national carrier. It is an eight hour flight from India. Mindful that Indians are widely travelled and largely populated Japan has made visa formality for Indians simple and easy. You can approach your travel agent



or step into VFS to complete the formality.

It is best to fly into Tokyo[serviced by Narita and Haneda airports] and fly out of Osaka [Kansai International airport] or vice versa. To encourage foreigners to use the Shinkansen bullet train there is a choice of a 7/14/21 day pass, which has to be purchased outside Japan at the JR designated agency. It is available online on [japanrailpass.net](http://japanrailpass.net)

Six years back a motley crowd of six of us went on a trip to Japan and came back refreshed, rejuvenated and ready to travel back to this haven of peace and tranquillity.

We arrived in Osaka and with the Osaka amazing Pass we were able to visit all the attractions in Osaka. We then proceeded to do a plethora of day trips from Osaka using the JR train pass on the Shinkansen bullet train.

Armed with enthusiasm and chutzpah, we spent days visiting the Nara deer park to admire the frolicking deer, Arashiyama bamboo forest to stand in amazement amidst the soaring stalks of bamboo, the beautiful Fushimi Inari-Taisha Shrine, the famous Hikone Castle of the Edo period and Kyoto known for its jewel box charm of medieval architecture. We used the same pass to travel to Tokyo and beyond.

Even though geographically many sites are further than Tokyo we were able to spend days visiting all the must see destinations like Nikko which is a UNESCO heritage site dotted with shrines having unconventional architecture like the Toshogu shrine, the neon city of Yokohama, the city of Kamakura which houses the temple of Great Buddha in bronze, Hakone the hot springs destination and the spectacular Mount Fuji thanks to buying the JR pass.



With the burgeoning cost of accommodation in both Tokyo and Osaka its best to stay in Airbnbs and service apartments? Finding one close to a metro\train station will make the commute easy and affordable.

Staying at the Ryokan Kamogawa Asakusa which is a traditional inn featuring tatami matted rooms and consisting of private onsen for the guests was a surreal experience. You could try the Onsens in Tokyo and Osaka which are basically hot spring baths both traditional and modern.

Attending the tantalising tea ceremony, sipping on matcha green tea and wagashi sweets was one of the treats that we enjoyed. It is an intimate ritual that demonstrates elements of the Japanese social values and culture and is ingrained in their day to day routine.

Japanese cuisine is primarily rice based cuisine..The Sushis, Ramens, Udots and Miso soups are flavoursome and tasty. Downed with Sake ( the best are Ginjo and Futsusho) it gives the much needed Japanese touch to the taste buds not to be missed whilst having myriad experiences on the trip

No other country offers you such diverse and unique experiences and visiting Japan , meeting the local folks, spending few days and imbibing their culture and traditions are reasons enough to plan a trip.

So then Tanoshinde Kudasai in Japan or have a nice trip in Japan. ●



## Authentic Mangalorean Recipe

- Meet Mirsang

### Prawn Curry

\*With Potatoes/Field Marrow (Mogae)

#### Ingredients:

1Kg Prawns (Shell, devein, wash)

**For Masala** (grinding): ½ Coconut Scraped

1 Medium size Onion, 4 long & 6 short chillies

1 tbsp coriander seeds

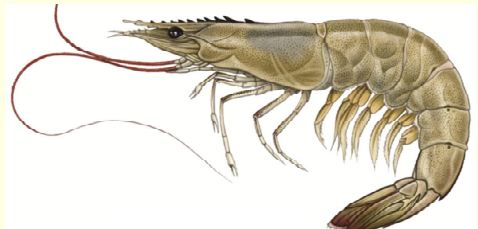
½ tsp jeera, 5 flakes garlic

8 pepper corns

¼ tsp turmeric powder

Pinch of mustard

Marble size tamarind



**Method:** In a vessel, heat 2 tbsps oil, add the ground masala. Add seasoning (1 onion sliced, 2 flakes garlic sliced, ½ ginger chopped, 1 slit green chilly) and fry.

Add water as per required consistency and bring to boil. Add the prawns and mogae/ potatoes. Add salt to taste. Cook till done.

# WILL

- Stanley R. D'Costa

The Executor of the WILL is called the Testator. The beneficiaries under the WILL are called legatees. The property dealt with under the WILL is called bequest. At the time of the execution of the WILL the testator must be in sound and disposing state of mind. It shall not appear from the context that the testator is receiving any promptings from anybody. It is better if no legatee under the WILL is present and shall not be a participant in the proceedings of the execution of



The WILL is a document written in anticipation of death. Such anticipation need not be imminent and can be distant. The intention of writing a WILL is that there may not be any disputes among the legatees in respect of the legacy each may get under the WILL.

The WILL must be signed by the testator in the presence of two witnesses and the witnesses shall affix their signatures on the WILL in the presence of the testator and before each other. In other words the testator and two witnesses shall sign on the WILL at one and the same time.

WILL is not a compulsory registerable document. It can be registered by the testator during his life time and it can be registered by the legatees after the testators death provided the execution of the WILL by the testator and the signatures of the witnesses are proved. The scribe of the WILL can also prove the WILL not as an attesting witness. When there is any misunderstanding in between the siblings or with the spouses, in such case anticipation of any dispute in between the legatees after the life time of the testator is imminent. When such situation is prevailing within the family it is advisable for the Testator to register the will before the Sub Registrar anywhere in the country. Furthermore presently the property valuation is so sky rocking even though the siblings are in good relationship, their spouses and children may encourage for un necessary litigation to grab the property or to gain sadistic pleasure. Therefore the Testator always and



must choose the witnesses who are of younger than him/her and who will safeguard the interest of his/her WILL after his/her demise.

The legatees under the WILL shall make it known about the existence of the WILL if any of them is in custody of it, at the earliest opportunity. There was a custom among the Christians that, on the seventh day / month mass of the Testator, the person who is in possession of the WILL should



read it in the presence of family members. It is better that, the Testator should give the custody of his WILL to his close friend or relative, or shall keep it in the bank locker or can keep it in safe custody as prescribed by the Government in order to avoid creation of forged WILLs by the relatives of Testator to

grab the assets after his demise.

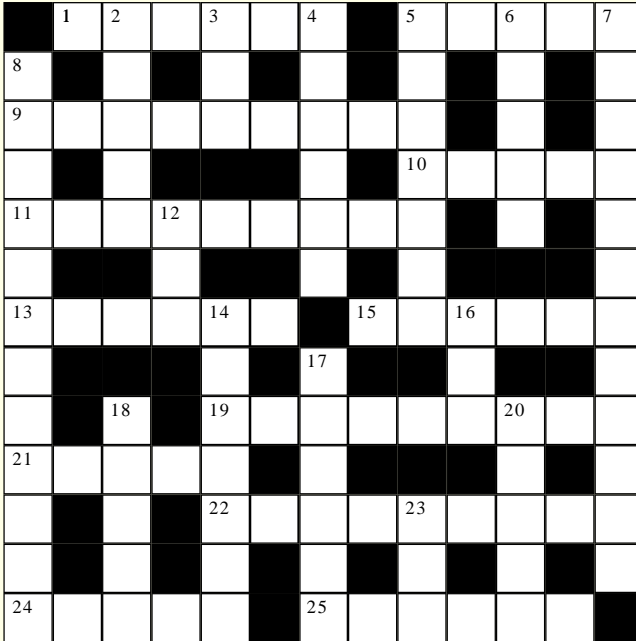
Not to disclose the WILL at the time of seventh/month day mass may be out of fear of objections. Such failure to disclose shall not be treated as a default of the person in possession of the WILL. Otherwise the WILL can be disclosed as and when a necessity for its production arises. If at the proceedings before the mutation of records by the revenue authorities, the WILL is not produced, the allegation that it may have been brought into existence at a later date after the death of the testator may prevail when the WILL is produced long thereafter. The time at which the WILL shall have been produced and the failure to do so giving rise to certain adverse interferences depends on the circumstances in each case.

Anyone who is in possession of immovable properties or moveable's such as Fixed Deposits, Shares, Mutual Funds, Post office deposits, Gold ornaments etc., and are of above 60 years should execute a WILL to safeguard the interest of their loved ones after their life time. Earlier a WILL was compulsorily probated before a court of law and due to this one has to pay hefty fees to their lawyer and stamp duty. But now the Indian Succession Act is amended and there is no necessity to probate any WILL. Unless and until there is misunderstanding or contest in between the siblings and the legatees named in the WILL one need not apply for probate. Only mutation before the revenue authorities to transfer the RTC or Khata from the name of the Testator to the person/s named in the WILL is sufficient to prove the ownership of the property.

*(The Author is an Advocate & Christian Marriage Registrar, D.K.)*

# Cross Word - 1

- Puzzler



## Across:

- 1 Rough area on the skin (6)
- 5 Spring flowering plant (5)
- 9 Find repugnant (9)
- 10 Prophets (5)
- 11 Handling (9)
- 13 Works of fiction (6)
- 15 Turned into (6)
- 19 Slide of snow from a mountainside (9)
- 21 Jewish scholar (5)
- 22 Lazy, unambitious (9)
- 24 Lustre (5)
- 25 Trousers for casual wear (6)

## Down:

- 2 Higher up (5)

- 3 Garland of flowers (3)
- 4 Male reproductive organ of the flower (6)
- 5 Supporting framework (7)
- 6 Cloth woven from flax (5)
- 7 Announcement distributed to the media (5,7)
- 8 Stubbornly obstructive and unwilling to co-operate (12)
- 12 (They) exist (3)
- 14 Involvement (7)
- 16 Swindle (3)
- 17 Dental decay (6)
- 18 Humble (5)
- 20 Brook (5)
- 23 Beverage (3)

*Above Crossword is only for members. Answers have to be sent to [caskmangalore@yahoo.com](mailto:caskmangalore@yahoo.com) by 24<sup>th</sup> January 2025. All correct answers will be eligible for prize. If there are more than one claimants, then lots will be picked.*

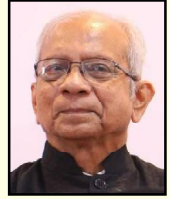
# The Poor Cry Out to Us: Do we Respond?

- Rev. Fr Cedric Prakash SJ

## Part – 2

### Continuation of Part 1 from December Issue.

India ranks 105th out of 127 countries on the Global Hunger Index, with a serious hunger level score of 27.3. Youth unemployment remains a major concern, as 83% of the jobless population falls within this demographic, according to the India Employment Report 2024 by the ILO and IHD. Adivasis face significant challenges, including displacement due to mega-projects, lack of primary education and healthcare in remote areas, and forced migration to cities or other states for work.



Christian ‘charity’ is no longer synonymous with the traditional ‘doling-out’. It is easy to throw a pittance to the poor, to give them our left-over food or old clothes. Today, we are mandated to address the system/structural issues of poverty, to empower the poor through a right-based approach. In 2009, with his path-breaking Encyclical ‘*Caritas in Veritate*’, Pope Benedict XVI, redefined the meaning of ‘charity’ stating “*Charity in truth, to which Jesus Christ bore witness by his earthly life and especially by his death and resurrection, is the principal driving force behind the authentic development of every person and of all humanity. Love - caritas - is an extraordinary force which leads people to opt for courageous and generous engagement in the field of justice and peace*”.

The Synodal Report of the first phase (October 2023), has a section dedicated to ‘*People in Poverty, Protagonists of the Church’s Journey*’ (I.4); The Convergences include f) *The Church’s commitment must address the causes of poverty and exclusion. This includes actions to protect the rights of those who are excluded, and this may require public denunciation of injustices, whether perpetrated by societal structures or by individuals, corporations or governments. Essential to hearing the voice of those in poverty is listening to their demands and points of view, and utilising their own words.* In Matters for Consideration is j) *Prophetic denunciation of situations of injustice, on the one hand, and efforts to persuade policy makers to act for the common good, which require recourse to diplomacy, on the other, must*

*be maintained in a dynamic tension so as not to lose a clear focus or fruitfulness. In particular, care must be taken to ensure that the use of public or private funds by Church bodies does not limit freedom to speak up for the demands of the Gospel.*

In view of the above, in order to address the realities of the poor and their powerlessness, to become truly a Synodal Church, we need to internalise a way of proceeding, which includes:

- **Awareness:** We should be aware of the powerful and other vested interests; of how they manipulate the poor for their own greed. We must be aware of how structures and systems, policies and legislations keep people impoverished.

- **Attitude:** We haggle-haggle for just Rs 2/- with a poor fisherwoman when we go to buy fish, thinking we are being cheated; will we bargain when we go to a Supermarket, knowing fully well that we are being cheated of Rs 200/-?

- **Accompany:** we are called to accompany the poor and powerless in our quest for a more humane, just, dignified and equitable life. They need to be told about their legitimate rights, to access Government schemes / programmes which are meant to benefit them

- **Advocacy** is all the above and much more! It means challenging anti-people legislation/ policies. Above all, not to be afraid to take a stand for the poor, the powerless and those without a voice is the need of the hour.



Towards the end of his message Pope Francis emphasises, “As we journey towards the Holy Year, I urge everyone to become pilgrims of hope, setting tangible goals for a better future. Let us not forget to keep ‘the little details of love’: ..... they require a daily commitment and are often hidden and silent, but strengthened by prayer. In this time, when the song of hope seems to give way to the clamour of arms, to the cry of many innocent wounded, and the silence of the countless victims of wars, we turn to God with our plea for peace.”

*(The Author is a human rights, reconciliation and peace activist/  
writer. Contact: [cedricprakash@gmail.com](mailto:cedricprakash@gmail.com))*

## News & Events

### MKCA, USA Celebrates Christmas – 2024

**Chicago, IL:** The Mangalorean Konkani Christian Association (MKCA) marked a significant milestone by celebrating its 20th annual Christmas Celebration at St. Hubert's Church Hall in Hoffman Estates, Illinois.

#### Fr Cedric Prakash Celebrates his Golden Jubilee

Jesuit Human Right Activist Father Cedric Prakash has celebrated his Golden jubilee at cloistered Carmel convent, Kankanady, Mangalore. with his close friends and families.



#### Harold DSouza calls for Universal Human Rights Education

Harold Dsouza, a globally recognized advocate for Human Rights and Ambassador for United Nations Youth for Human Rights, delivered an impactful keynote as the chief guest of Honour at a landmark event in Columbus, Ohio, on December 8, 2024.

The event held to honour the principles of human rights and educate communities about the 30 Articles of Universal Declaration of Human Rights (UDHR), brought together leaders from different sectors.

Harold Dsouza is known as **Game changer Globally** for his relentless efforts in raising awareness about human rights and combating human trafficking. He highlighted the launch of Ohio's first statewide Human Trafficking Hotline: 844-363-6448.



Sri M. P. Noronha, B.A. (Law), LLB, Advocate appointed as Principal District Govt. Pleader of Dakshina Kannada for a period of 3 years. An eminent legal luminary, Advocate Noronha is recognised for his relentless service. CASK wishes him on his achievement.

## Obituary

**Frances Genevieve Colaco** (92), Bendore, daughter of the late Christine and the late Ignatius Gregory Colaco, sister of the late E V L ("Baby") Colaco, the late Sr.M Alfreda (Mary) AC, the late Aloysius Valerian (A.V) Colaco, the late Cletus Colaco and the late Linus Jhon (L J) Colaco, on November 28, 2024.

**CASK offers its sincere condolences to the family of Frances Colaco.**

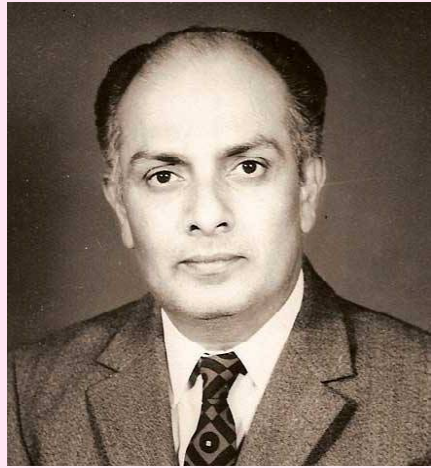


# **Veteran forest technocrat, scholar Lindsay Harold Anthony Rego Passes away at 96**

Lindsay Harold Anthony Rego, a distinguished forest technocrat, senior bureaucrat, and adjudicator, passed away on Tuesday, December 3, at the age of 96 due to age-related ailments.

Rego's illustrious career spanned multiple fields, beginning as a scientist in forestry and culminating in his role as a member of the Central Administrative Tribunal, where he held the status equivalent to a High Court judge.

A revered member of the Indian Forest Service, Rego reached the pinnacle of his career as Inspector General of Forests, the highest post in



India's forestry domain. Concurrently, he served as secretary to the Government of India in the Department of Environment and Forests, contributing significantly to national environmental policies. His work included landmark reforms such as the revision of the National Forest Policy and the integration of forestry research and education into a unified council.

Rego was also instrumental in pioneering nature conservation and wildlife management in Maharashtra as its first Director. He laid the groundwork for social forestry in the state, earning national and international acclaim. In 1967, the Food and Agriculture Organization (FAO) of the United Nations recognized his outstanding contributions to forestry.

An avid scholar and writer, Rego authored numerous works on forestry, including National Parks and Wildlife Sanctuaries in

Maharashtra, A Handbook of Social Conservation and Afforestation, and Vanaki Marga Darshika, a Marathi guide for forestry staff. His trilogy, released in 2007, showcased his intellectual depth and literary prowess:

Nature's Beauty and Bounty explored the diverse facets of nature through a kaleidoscopic lens.

Silver Themes and Golden Thoughts presented essays infused with humor and positivity.

From Sublime to the Divine delved into spiritual themes, offering profound insights.

His service extended beyond his professional domain. For his contributions to the Catholic Church, he was conferred the Papal decoration Pro Ecclesia et Pontifice in 1980.

He was the husband of the late Patsy Rego. He leaves behind his children Vernon, Elaine, Loy Fernandes of Bengaluru, Dr Vilma/Giovanni Mascarenhas, Iona/Dr Kevin Pereira, and Sarita/Martin Nazareth of USA, grand children Rahul, Ranjan, Alan, Conrad, Karen, Nicole, Andrew, Calvin and Tricia and great grandchild Eric.

Rego's legacy as a pioneer in forestry, a scholar, and a devout servant of the community will be remembered and celebrated.

Adv

## **Dr Elroy Saldanha - Fellow of the American College of Surgeons**

Dr Elroy Saldanha, associate professor in the department of surgical oncology at Fr Muller Medical College has been inducted as a Fellow of the American College of Surgeons (FACS).

## **Recognition of Sandesha Foundation**

Sandesha Foundation has been recognized and awarded at the prestigious 87<sup>th</sup> Kannada Sahithya Sammelana held at Mandya. This recognition is a testament to the foundations unwavering commitment to promoting kannada literature and culture over the years.

## **Bishop Henry's 75th Jubilee Celebrated at Sandesha**

The Platinum Jubilee Birthday of Ballary Bishop Henry DSouza's was celebrated at Sandesha, Nanthoor, Mangalore on January 2, 2025. Mangalore Bishop Peter Paul Saldanha, JR Lobo, Roy Castelino, Fr Sudeep Paul graced the occasion.



# IN LOVING MEMORY



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Kavitha/Brian Rego, Jugul/Vanessa Saldanha,

Rahul/Bonita Saldanha & Arul Saldanha

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