

THE SECULAR CITIZEN

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A NATIONAL FAMILY WEEKLY



Try the rainbow diet for optimal health



Lay people's TV channel makes a mark in Goa

By Lissy Maruthanakuzhy

Panaji, August 17, 2019: When Robin D'Souza and friends thought of beginning a cable TV channel in Goa to promote Gospel values, it seemed an impossible dream at first.

"The impossible dream has become a reality now," D'Souza, who oversees the day to day function of the project, told

Matters India early August, 20 months after they launched the channel.

The retired Cost-Accountant, who has worked and travelled widely across the world, reminisced the months passed by. "When some of our colleagues heard about our new idea they said, 'it might last for six months.' Our hearts were saddened but it did not deter us. We had our goal clear in our mind."

According to D'Souza, who spends 12 hours in the studio, the staunch support of Archbishop Filipe Neri Ferrao of Goa was a good foundation. "So we started out in faith," he said.

However the setting up of a full-fledged studio, dedicated for evangelization was a great concern. "Where would we get the content to run 24x7 local TV channel CCR TV, where would we find the resources –human, technical and financial? Again we left everything God's hands," he recalled seated in the studio.

CCT TV was inaugurated on December 4, 2017, after much time spent in prayer and discernment.

Robin and team did think much before setting up this dream project. Is it necessary to have a local TV channel? Or should we buy time on the existing Channel? Having our own channel will give the opportunity to give programs of our own choice including religious programs.

Says Archbishop Filipe Neri: "CCR TV is undoubtedly one of the best things that has been happening in the life of the Church in Goa. It looked like an impossible dream when it started, for some at least. It is the brainchild of the resolute team from Catholic Charismatic Renewal, Goa. We look forward now to a bright future in the service of the church and especially of the CCR movement."

Praising its achievement in the short period the archbishop said, "With a 24-hour presence in the broadcasting world and a constant search for new features and programs, CCR TV helps us to delve into the richness of the Word of God, to deepen our knowledge of the teachings of the church, to engage into sound theological reflection and to grow in our life of the Spirit. The programs also help the faithful in learning ways of living integral human values, based on the Gospel values."

The Patriarch affirmed, "By its presence in social media like Facebook, YouTube, WhatsApp and Twitter, CCR TV is trying to take the message of the Kingdom of God into human hearts and families spread around the globe."

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6th Death Anniversary

Peter (Jerry) Mudartha
Born 27-6-1925 - Died 26-8-2013

Six years have passed since you have gone away,
Yet, we feel, your presence every day,
You are sadly missed along life's way,
Quietly remembered each single day.

No longer in our life to share,
But in our hearts you are always there,
The beautiful memories you have left behind,
Will always be a source of strength for us.

The gates of memory never close,
How much we miss you no one knows,
For GOD alone knows what is best,
And has called you to his garden of rest.

Fondly Remembered By :
Wife : Maggie Mudartha
Children : Kuldeep, Sr. Kulrekha, Kulkirithi,
Daughter-in-law : Joyce,
Grand-Children : Lavita & Deepti
Family, Relatives & Friends

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Is Becoming an NRI a Smart Move . . . With The Economy's Increasingly Choppy Waters.....

By Don Aguiar

The budget mentions –

Firm Grip of cronies who are funding the huge election machinery as manifested by decrease in Corporate tax for companies with Turnover between ₹ 250 and 400 crore from 30% to 25%. Means nearly 99.5% companies will pay tax at 25% while individuals with incomes above ₹ 10 lakh per annum will pay tax at 30% plus surcharge etc.

Does Mukesh Ambani see dark clouds gathering on the horizon? Several Indian business leaders have sounded the alarm on the Indian economy's increasingly choppy waters. While Ambani may or may not share their concerns, his cautious actions can only serve to bring the storm closer.

This is a VERY simple way to understand the above. It does make you think!!

Let's put tax cuts in terms everyone can understand. Suppose that every day, ten men go out for dinner. The bill for all ten comes to Rs 1000. If they paid their bill the way we pay our taxes, it would go something like this:

The first four men — the poorest — would pay nothing; the fifth would pay Rs 10, the sixth would pay Rs 30, the seventh Rs 70, the eighth Rs 120, the ninth Rs 180, and the tenth man — the richest — would pay Rs 590.

That's what they decided to do. The ten men ate dinner in the restaurant every day and seemed quite happy with the arrangement — until one day, the owner threw them a curve (in tax language a tax cut).

“Since you are all such good customers,” he said, “I'm going to reduce the cost of your daily meal by Rs 200.” So now dinner for the ten only cost Rs 800.00.

The group still wanted to pay their bill the way we pay our taxes. So the

(Contd.. on p. 4)

(Contd.. from p. 3)

first four men were unaffected. They would still eat for free. But what about the other six — the paying customers? How could they divvy up the Rs200 windfall so that everyone would get his “fair share?”

The six men realized that Rs200 divided by six is Rs33.33. But if they subtracted that from everybody’s share, then the fifth man and the sixth man would end up being PAID to eat their meal. So the restaurant owner suggested that it would be fair to reduce each man’s bill by roughly the same amount, and he proceeded to work out the amounts each should pay.

And so the fifth man paid nothing, the sixth pitched in Rs20, the seventh paid Rs50, the eighth paid Rs90, the ninth paid Rs120, leaving the tenth man with a bill of Rs520 instead of his earlier Rs590. Each of the six was better off than before. And the first four continued to eat for free.

But once outside the restaurant, the men began to compare their savings. “I only got a rupee out of the Rs200,” declared the sixth man who pointed to the tenth. “But he got Rs70!”

“Yeah, that’s right,” exclaimed the fifth man, “I only saved a rupee, too ... It’s unfair that he got seven times more than me!”

“That’s true!” shouted the seventh man, “why should he get Rs 70 back

when I got only Rs 20? The wealthy get all the breaks!”

“Wait a minute,” yelled the first four men in unison, “We didn’t get anything at all. The system exploits the poor!”

The nine men surrounded the tenth and beat him up. The next night he didn’t show up for dinner, so the nine sat down and ate without him. But when it came time to pay the bill, they discovered, a little late what was very important. They were FIVE HUNDRED TWENTY RUPEES short of paying the bill! Imagine that!

And that, is how the tax system works. The people who pay the highest taxes get the most benefit from a tax reduction. Tax them too much, attack them for being wealthy, and they just may not show up at the table anymore.

Where would that leave the rest? Unfortunately, most taxing authorities anywhere cannot seem to grasp this rather straightforward logic!

As the parable above informs us, 10 percent of the Indian people (the tenth dinner guest) pay 59 percent of all the taxes. The lowest 40 percent pay none. The fifth quintile, 1 percent; the 6th, 7th, 8th, and 9th, respectively, 3, 7, 12, and 18 percent of the taxes.

The parable, of course, then brings in the drama: The proposed tax reduction of PM Modi would reduce cor-

porate income taxes by a total of 20 percent, and the benefits of that reduction are distributed along the lines suggested for the ten diners.

And yes, the protests arise, reaching maximum volume in the matter of relieving the tenth man from his customary contribution of Rs59 toward the common meal, lowering it to Rs52.

Okay, but the drama is then taken to what one might call a fourth act, which is one too many. The tenth diner isn’t going to be lynched because his survival is too necessary to the other nine diners. What they will do is attempt to diminish the reduction in his allocation of his benefits from the reduced dinner price and spread it among themselves. They’d like to see the tenth man continue to pay 59 percent of all taxes.

That way it doesn’t hurt. Ah, but the parable obviously believes that it would hurt, in the long run. Because if that tenth diner tires, or is crushed into diminished productivity, he won’t have the Rs590 to contribute to the pool, and become an NRI, and that would be very, very inconvenient. Perhaps even life-threatening. If the restaurant has to go without that critical subsidy from the tenth diner, it might just have to reduce the rations paid out.

Granted, if the parable were refined even further, it would have to ask: What was it that caused the tenth man to be so obliging in the first place? Were they threatening to lynch him if he didn’t put out? Did the tenth man plot to protect himself? Was he/they the critical voter in North or West India in April/May 2019?

Did this critical voters plans, with the blessings of the government, to compete with businesses rivals and rule over them also now getting them too? And now seeing the Indian economy increasingly choppy waters does their cautious action serve to bring the storm closer? Will there be a need for these business leaders to turn NRI? Time will tell.....

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Mourning The East Indian Departed

I beg to differ with the views expressed by Jubel D'Cruz on the practice of refreshments served after Funerals and Monthsmind/Anniversary Masses by people of the East Indian community in THE SECULAR CITIZEN [Vol 28, Issue 34 / 19-25 August 2019].

I do not know in which part of East Indian Bombay Jubel lives or to which parish or East Indian village he is referring to when he expresses his angst at the said practice. What has obviously missed his attention is that this practice actually cuts across all communities among Catholics in Bombay. For the records, it may be stated that it's been quite a while since most of Bombay's parishes have become cosmopolitan in nature, not excluding the onetime East Indian strongholds, what with the migration of Catholics from all over and marriages between/among all communities now de rigueur. Even the ubiquitous 'paani' celebration ['Umraacha Pani' in certain East Indian communities and 'Sainwar' in certain others] preceding East Indian weddings, has become common practice among other Catholic communities too. As for the 'party' insinuation, probably Jubel has literally mistaken some birthday party or wedding celebration for a funeral commemoration!

Incidentally, this is not the first time Jubel D'Cruz has got his data wrong. Not very long ago, when writing on East Indian customs, he had referred to the use of a 'dholak' at wedding celebrations. No East Indian worth his salt would ever make such a silly mistake! Informatively, the water-pot shaped drum used at East Indian

weddings is known as the 'Ghummat' and not a dholak whose shape is essentially cylindrical as compared to the East Indian drum.

May the dead all rest in peace, assured that the living prayerfully celebrate their memory with joy and love!

—Ladislaus Louis D'Souza
Malad West

Remembering our freedom fighters

Independence Day and Republic Day are days for us to celebrate with

—Jubel D'Cruz,
Mumbai

Thanksgiving

To Saint Jude, Holy Saint Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful intercessor of all who invoke your special patronage in time of need. To you



I have recourse from the depths of my heart and humbly beg to who God has given such great power to come to my assistance. Help me in my present and urgent petition, (state your specific request or intention here!) in return I promise to make your name known and cause you to be invoked. Saint Jude pray for us and all who invoke your aid. Amen.

Say 3 Our Fathers, 3 Hail Marys and 3 Glory Be to the Father.

—Grizzle Drago

the hoisting of our national flag, recitation of our national anthem, singing patriotic songs and organising social and cultural events.

On these days, we must also remember the sacrifices made by our various freedom fighters who bravely fought for our country's independence and pay our due respect to them. But it's a pity that after every Independence Day and Republic Day celebrations, the country's national flag is strewn on the streets and people irrespective of caste, creed, colour or religion blithely walk over them.

Even when the national anthem is played on the radio or telecast on television, people don't respect it. They are busy talking to their friends on their mobile phones or chatting with people around them.

As Indians, we must respect our national flag, national song and national anthem.

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THE M FACTOR

AICU CENTENARY

Sorry guys, but this is not about Modi, even though he may be the major factor in modern India's political discourse. This is rather about the 4 M Factor; something that I first heard about from a foreign lady missionary of the Salvation Army 40 years ago. Her wisdom has remained etched in my memory all these years.

The 4 M Factor that she had referred to was – Man, Movement, Machine and Monument. This is the progression or evolution of many organizations. It begins with a Man, a person with a vision. That vision inspires others as followers or disciples. It then becomes a Movement. To maintain order this free flowing Movement then needs rules and regulations to avoid confusion, working at cross purposes, or challenging the chain of command.

Like Jesuit philosopher's famous story of the Guru's cat, the cat assumes more importance and significance than the reason for which it was there. In like manner the Man and Movement are soon forgotten as the members go through the mechanical motions of keeping the organization alive. This is when it has entered the third stage of the Machine – an inert and unthinking object that can only operate in a limited sphere, devoid of meaning. It is just going through the motions.

Herein lies the danger. The red flag is up. Once one loses sight of the Man, his mission and vision, the Movement loses momentum. Notice how many M's I am using, to assist easy memory recall. There goes another M!

If a vibrant Movement degenerates into an inert Machine, without reverting to the Man at its centre, it is in real danger of becoming an inert Monument. Unfortunately, a large number of tourists, and even pilgrims, like Monuments. They are comfortable with them because they don't challenge them in the present; but can only take pride in

a glorious past – a rich tradition!

Do you see what I am getting at? This is the tragedy (not tradition) of the Catholic Church, the Congress Party, and the story or history of several once vibrant organizations. Take Christianity. It began with a man, with a vision and mission. He attracted disciples, and with the descent of the Holy Spirit at Pentecost it became a vibrant Movement. In the first flush of the Holy Spirit it flourished for 300 years, despite horrific persecution.

With Emperor Constantine came the third stage of setting up a State-like machinery. The persecuted under dogs became the new rulers. Temporal power went to their heads, diluting their original spiritual vibrancy.

Cynical church historians would have us believe that it was the death knell of Christianity that now became Christendom. I do not subscribe to the black and white binary, but would rather believe in the Fifty Shades of Grey. The easiest thing to do, and one's safest bet, is to simply blame the past for all that ails the present.

Over centuries the Catholic Church evolved with a mix of Man, Movement and Machine. Power makes us proud and blind. So the Church did not know how to tackle the Great Schism of the East in the eleventh century, the Reformation in the sixteenth century, the French Revolution in the eighteenth century; followed by the Marxist, industrial, information, gender and sexual revolutions. The last straw on the camel's back was the two World Wars that shattered people's trust, especially in organized religion. Churches were empty. They had become magnificent Monuments for camera totting tourists, rather than being "My father's house shall be called a house of prayer" (cf Mat 21:13). It was then that Time magazine in 1960 published its cover page 'GOD IS DEAD'.



by chhotebhai *

Pope John XXIII had inherited a monumental church. He took up the gauntlet to revive and transform it through *aggiornamento* (updating). To cut a long story short he gave us Vatican II that overturned several pet theories and empty traditions. It sought a return to the source, the Bible and Jesus. This in turn led to new movements like the Charismatic Renewal, Liberation Theology, Ecumenism and Inter-religious dialogue, and Inculturation. Here again the weeds of power, pride and insecurity led to the gradual stifling of these movements. Fifty Five years after Vatican II the Catholic Church is again in danger of becoming a Monument, despite Pope Francis' valiant efforts and personal example.

The universal church has also been delivered a sledge hammer blow through clerical paedophilia. India has not remained unscathed; with a bishop accused of gang-raping a nun, and another dismissed for open concubinage. There is also the growing resentment against a lack of accountability and transparency in financial dealings, from Jalandhar in the north to Ernakulam in the south. Our young people are leaving the church like rats deserting a sinking ship.

The Congress Party is also going through the throes of the 4M Factor. However, that would involve a lengthy diatribe that is not the purpose of this article. It was in fact occasioned by the impending Centenary of the All India Catholic Union (AICU), which is celebrating it later this month in Delhi (1919-2019). I was its National President from 1990-94, when we celebrated its Platinum Jubilee with the theme "Towards an Adult Church". I have since distanced myself from the AICU for various reasons, but also because

(Contd.. on p. 9)

Freedom - A precious gift!

Jackie was a cute little girl. As the child grew up, her parents & relatives showered the little baby with lots of gifts, but there was one gift that she liked the most and that was, a cute Barbie doll. Surely little girls always like dolls and this little Jackie was no different. Jackie would love to play with that Barbie doll and she wouldn't let her friends play or even touch that doll, she would never part with it ever. **Here was this little girl who felt that the Barbie doll was the most precious gift she could ever receive at her age and she wouldn't want to lose that gift ever – it was for her the most precious gift after all !**

Little Jackie was the only child of her parents, their only child, born a few years after their marriage, they would dote on her to no end. They considered her as God's precious gift to them and they would do everything to protect her from any harm or injury – she was their most precious gift ! They held that precious gift close to their hearts. **What about us ? Do we also not consider our children as precious gifts and would never want to lose them ?**

As we grow up, we receive or give out various gifts, Love for example. Leo Buscaglia, an American author and motivational speaker says, **“Love is always bestowed as a gift - freely, willingly and without expectation. We don't love to be loved; we love to love.”**

Family is also a very nice gift to receive, as Jenna Morasca, an American actress, says, **“Family is a unique gift that needs to be appreciated and treasured, even when they're driving you crazy. As much as they make you mad, interrupt you, annoy you, curse at you, try to control you, these are the people who know you the best and who love you.”**

We need to understand the value of such gifts. **Undoubtedly however, one of the most precious gifts we receive as we grow up, is “Freedom.”** From an infant we found the freedom to crawl, then to walk and run. As we passed out of High School, we found freedom to move out on our own, anywhere we wanted to go, we could go. While enjoying that freedom, how much did we revere that freedom? Did we use that freedom in a proper manner? Freedom is indeed a precious gift.

Looking up the History books, we would find how the upper caste sections would suppress the freedom of the lower caste, the weaker sections of society. Sadly, that is prevalent even today in several parts of our country. They are being robbed of their freedom to draw water from the wells belonging to the upper caste, even being debarred from entering their temple premises.

For around 200 years the British colonized our country, suppressing and robbing them of their freedom. In order to gain freedom from the British, our forefathers struggled, our leaders were jailed, they endured all the pain and suffering. They had only one objective in mind, and that is, to gain freedom for our countrymen. **They realized that Freedom is a precious gift. We need to understand, it was not we who struggled for this freedom; this Freedom has come to us as a “gift”- a precious gift !**

As mature adults, we need to ask ourselves, what are doing with that precious gift of Freedom? While we exercise that freedom, we need to ask ourselves, are we using that freedom responsibly? Are we trampling over the freedom of others in society? Are we suppressing the freedom of oth-

ers? Do we feel that we are the only ones who should have freedom. Are we so blinded by that freedom that we rob others of their freedom ? Are we taking that freedom for granted?

If we are going to misuse that freedom, then Love has got no meaning - we are snatching away that Love from others. We are monopolizing that Love. If we are going to misuse our freedom, then Family has no relevance. We tend to feel that no one else matters in the family, our writ runs through the family, all others are expected to follow our dictates. Freedom is as precious a gift for others as it is for us. So, let's use that precious gift of Freedom in a responsible manner.



Finally, what is our life? Isn't life itself a very precious gift from God ? Are we using that gifts to lift up those who are in misery, in pain, in trouble ? Are we using that gift for the betterment of mankind ?

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WHETHER GDP GROWTH AS MEASURED IN OUR NATION PROVIDES A MEASURE OF COLLECTIVE WELL BEING OF ITS PEOPLE?

by Eric D'Sa

The world-renowned Scottish economist Adam Smith in his important work "The Wealth of Nations," argued, amongst many other things, that the measurement of a country's wealth was not just its gold and silver reserves. It was the totality of the country's production and commerce. It was one of the earliest descriptions of what we now know today as gross domestic product, GDP. Now, in the years since, of course, that measurement of production and commerce, GDP, has become ever more important, to the point that today, it is often seen as the most important measurement of a country's overall success. We are constantly being advised that we are the fastest GDP growing large Nation in this world. May be is it time for that sole focus to change?

What we choose to measure as a country matters. It really matters, because it drives political focus, it drives public activity, it at times misleads that most people in the nation are doing well. And against that context the limitations of GDP as a measurement of a country's success are all too obvious. GDP measures the output of all of our work, but it says nothing about the nature of that work, about whether that work is worthwhile or fulfilling. It puts a value, for example, on illegal drug consumption, but not on unpaid child care. It values activity in the short term that boosts the economy, even if that activity is hugely damaging to the sustainability of our planet in the longer term and in the process our own Nation.

And we reflect on the past decade of political and economic upheaval, of growing inequalities, and when we look ahead to the challenges of the climate emergency, increasing automation, an aging population, then the argument for the case for a much broader definition

of what it means to be successful as a country, as a society, is compelling, and increasingly so. And that is why Scotland part of UK, in 2018, took the lead, took the initiative in establishing a new network called the Wellbeing Economy Governments group, bringing together as founding members the countries of Scotland, Iceland and New Zealand. These are sometimes called the SIN countries, although their focus is very much on the common good. And the purpose of this group is to challenge that focus on the narrow measurement of GDP.

YOU THE CITIZENS DECIDE:

To say that, yes, economic growth matters -- it is important -- but it is not all that important? And growth in GDP should not be pursued at any or all cost as we seem to be doing in our Nation. In fact, the argument of the above group is that the goal, the objective of economic policy should be collective well-being: how happy and healthy a population is, not just how wealthy a population is. In the world we live in today, it has a deeper resonance. When we the people of a nation focus on well-being, we start a conversation that provokes profound and fundamental questions. What really matters to us in our lives? What do we value in the communities we live in? What kind of country, what kind of society, do we really want to be? And when we engage people in those questions, in finding the answers to those questions, then we have a much better chance of addressing the alienation and disaffection of people from politics that is so prevalent in so many countries across the developed and developing world today.

In policy terms, looking at the range

of indicators which are included in the UN human rights list and more, that we need to measure ourselves against. And those indicators are as varied as income inequality, the happiness of children, access to green spaces, access to housing, health and sanitation, drinking water availability etc. None of these are captured in GDP statistics, but they are all fundamental to a healthy and a happy society.

And that broader approach should be the heart of our nation's economic strategy, where we need to give equal importance to tackling inequality, as we do to economic competitiveness. It will drive our commitment to fair work, making sure that work is fulfilling and well-paid. It will be behind our decisions to guide our path to a carbon zero economy. We know from economic transformations of the past that if we're not careful, there will be more losers than winners. And as we face up to the challenges of climate change and automation, which will have devastating results on how we live, we must not make those mistakes that drove us towards only GDP growth..

We started with Adam Smith and "The Wealth of Nations." In Adam Smith's earlier work, "The Theory of Moral Sentiments," which is just as important, he made the observation that the value of any government is judged in proportion to the extent that it makes its people happy. This is a good founding principle for any developing country focused on promoting well-being. None of us have all of the answers. But in the world we live in today, with growing divides and inequalities, with disaffection and alienation, it is more important than ever that we ask and find the answers to those questions and promote a vision of society that has well-being, not just wealth, at its very focus. You the Citizens will have to work to create a better, healthier, fairer and happier Nation.

(Contd.. from p. 6)

I believe that former office bearers should give the present dispensation the freedom to function.

Nevertheless I hope and pray that at this Centenary the AICU will seek to know what the "Spirit is saying to the churches" (cf Rev 3:22) through the 4 M Factor. Without being judgmental I feel that it has attained the level of a Machine, and needs to return to the Man, if it does not want to end up as a Monument. The Catholic Church is a past master at celebrations devoid of deliberations or discernment. It blindly follows traditions layed down by others like the ubiquitous Guru's Cat. The AICU should not fall into that trap.

There are a couple of thoughts that I would like the AICU to reflect upon while celebrating its centenary. It was born in the era of Catholic Action that involved the laity assisting the clergy in their apostolic mission. Vatican II changed that. The laity are prophet, priest and king in their own right by virtue of their baptism; as per the Dogmatic Constitution of the Church. Canon Law also clearly provides for the autonomy of Catholic Associations (CAs), of which the AICU is a federal body. Hence the AICU and the CAs should not see themselves as appendages or assistants of the hierarchy/ clergy. Nor should they always be looking for a nod of approval from them. If necessary, older CAs, established before Vatican II, need to amend their constitutions accordingly, and not be subservient to the hierarchy.

The second issue is that of identity. Many bishops and priests even, conveniently choose not to see the difference between parish councils (PCs) and CAs, even though Canon Law has express provisions for both of them. They should be seen as complementary, not competitive.

Without getting into specifics let it suffice to say that PCs are meant for internal ecclesiastical functions like parish feasts, or religious processions. In contrast, CAs are expected to function in temporal or secular affairs – socio-economic, political, environmental, social justice and similar issues. They have a far wider canvass than the PCs.

It was for this reason that in my tenure we had made far reaching changes in the AICU constitution, to model it along secular parameters like State and District; rather than ecclesiastical regions and dioceses. However, I am not sure if many have understood this paradigm shift.

The AICU needs to be very clear about its status, mission, identity and role, else it be mistaken for one more pious association. Only then can it fulfil the task entrusted to it. In today's volatile and often hostile political atmosphere we need an organization like the AICU more than ever before. That is what drove the Men that founded the AICU; though the adversaries may have changed.

My humble prayers and best wishes for the AICU, as it celebrates its Centenary. May it be ever vigilant, which is the eternal price of freedom; and may it not fall prey to the 4 M Factor.

A Simple Priest With A Heart Of Gold

(Rev. Fr. Donath D'Souza - R.I.P)

As a Parishioner of Our Lady of Salvation Church, Dadar was deeply saddened at the news of the demise of Rev. Fr. Donath D' Souza on the 9th August, 2019. And having spent 55 years of his Priestly Ministry in various parishes.



His funeral Eucharist was celebrated at Our Lady of Salvation Church, Dadar was on the 12th August, 2019 at the 4.00 p.m Mass. The main celebrant was His Lordship Bishop Dominic Savio Fernandes and it was concelebrated by other priests also. Besides these there were religious and many of his friends and parishioners from other parishes all over Mumbai. He will be fondly remembered by all those called on him for help and guidance.

The first point that strikes me about Rev. Fr. Donath that he was a loving priest and calm as well soft spoken to one and all. His mission truly was to stand up for the truth no matter what the consequences and he was always vocal about it and willing to debate. I believe that he did full justice to his vocation as a Priest till the end. Under that stern exterior was a Heart of Gold. Many will carry vivid memories of his dynamism.

His gentle and calm nature came out when he celebrated the Eucharist. His homilies were reassuring and touching. Many were moved whenever he preached at Mass.

As a true Man of God. His hardwork his self sacrifice his generosity during his Ministry in various parishes will not go unrewarded. He did full justice to his vocation as Priest till the end.

"Oh Happy Soul be thankful now and rest.
Heaven is a godly land
And God is love, and those he loves are Blest."

May God grant him every Heavenly Blessings which he richly deserves and grant him eternal Peace and Joy.

—John Andrew Lobo

South Kanara & Independence

by Ivan Saldanha-Shet.

Kanara came into existence with British rule in 1799 AD; as a result of Independence on August 15, 1947, the administration of regions was given new shape. There has been a lot of evolution last 7 decades and development has become unpredictable and filled with many plans good and not so good. On this 73rd Independence day, 2019, the fall out caused by improper execution of developmental works is a nightmare - lack of drinking water in summer, floods in rainy season and all sorts of natural calamities and dis-ease. People's participation in democratic self rule and development in government in a stronger and dynamic manner is essential. Politicians and officials unilaterally, without accountability executing all matters, has to be curtailed - share of power should be with the people for the good of India.

Kanara of old :

The British East India Company declared the stretch of land between Karwar in the present Uttara Kannada district in Karnataka till Kanhangad in Kasargod district, Kerala in the south, including Lakshadweep islands, as a separate district, namely Kanara. The district was under the administration of the East India Company till 1857, after which the formal British government took over. North Canara district was carved out of the stretch on April 16, 1862, and 'handed over' to the Bombay Presidency. The remaining area, South Kanara, was made part of the Madras Presidency. The British explained the shifting of North Canara as a means to run cotton trade at international level from Bombay, as the region was famous for its muslin cloth.

Since then, till we gained Independence in 1947, the area was under



the administration of the British government. As per the States Reorganisation Act which required states to be reorganised along linguistic lines, Dakshina Kannada and Uttara Kannada were added to Mysore state on November 1, 1956. Kasargod which had been a part of South Kanara was made a part of Kerala state. In 1997, Dakshina Kannada was again bifurcated, with the formation of Udupi district.

Over the last 220 years, Kanara that took birth with Mangaluru as its headquarters has been divided into four parts. Prior to the British era, the region was under the administration of the Alupa Dynasty till the end of 14th century AD. After the fall of the Alupas, it was a part of the Vijayanagara Empire. The district was also under the rule of the Keladi kings. The region attracted people like French traveller François Pirard (1600), Pietro della Valle (1633), Pietro Mandira (1636-37) and Jean de Thévenot (1664).

In the 15th century, a factory was opened by the Portuguese in Mangaluru whose original name is 'Kudla'

in Tulu and 'Kodial' in Konkani, still in vogue with the locals. In 1763, Hyder Ali made Mangaluru a major port town. Sir Thomas Munro, who took charge as the first collector of Canara, introduced revolutionary policies for land distribution and revenue collection. The administrators after him, however, implemented new revenue collection rules. By around 1830, following a financial crisis, the farmers in the region refused to pay tax. The British tried to force them into paying but had to withdraw and amend the land revenue system. Dakshina Kannada is now spread across 4,859 sq km. Through its long history, the district has made a name for itself in the fields of commerce, education, tourism, industry and banking. Several communities from Kanara settled in Bombay, now Mumbai - from where they moved world wide.

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Separatists rendered jobless in J & K

Within days of being re-elected for the second term, "Operation 370" was carried out in the State of Jammu and Kashmir with military precision by Narendra Modi and his Man Friday - Amit Shah who was given the Home Ministry in the new dispensation. Of course, this mission was part of the BJP manifesto and therefore cannot be seen as something done impulsively. The whole country by and large gave a thumbs up to the government. There is not much discussion on the merits of this historic decision. Everybody agrees that with these changes there will be uniformity across the length and breadth of the country – one nation, one flag, and one constitution. The massive support in both the Houses of Parliament is indicative of popular support. Some political parties though had some reservations for different reasons but the opposition was fractured. When the bill was put to vote, the 'Noes' got a bloody nose.

The issue of voidance of Art 370 has been settled once and for all but the question remains if the manner and timing of the decision was right. That Kashmir is an integral part of India is an established position and the Indian Parliament by a unanimous resolution sometime in 1994 put a seal on this position which no Indian disputes. In doing what the government did, the question that arises is whether the Kashmiri people have been short-changed. Mind you, you have no elected government in J&K to give you the 'consent' that was necessary. By saying the power vests with the Centre and therefore you gave yourself the consent sounds a bit weird.

You say Kashmiris are happy and you give them 'badayi' then pray, why were they made to go through hell – some 38000 extra forces, a total shut-down, No television, No Landline, No Mobiles, No WhatsApp and add to this a curfew a couple of days ahead of the biggest Muslim festival. And how did you find out

IEWS on NEWS

they are happy? Has the government endeared itself to the people of Kashmir? The coming days and months will perhaps answer this question.

The BJP must accept that there are many shades of patriotism and therefore if someone does not agree with your viewpoint or definition, it does not mean that he is pro-Pak or anti-Indian. The dictionary does not carry a caveat against patriotism - "As defined by BJP" so let each one define what patriotism is. If the clamp-down was to pre-empt Pak mischief, you are day-dreaming. They will continue their clandestine activities unabated. On the contrary, there could be a significant escalation to keep the pot boiling. Will the restrictions go on indefinitely then?

Successive governments have reiterated that the only issue that needs to be settled with Pak is to get back the POK from them. If that be so, why are we not confronting Pak on the issue, discussing the modalities on how to get POK back? How does India stand to benefit by not talking to Pak? Are we not the losers in the process? This position of the Indian government has baffled me over the years. Rajnath Singh now reiterates - talks with Pak will be only about POK and that too if they stop terrorism. My limited intelligence tells me you refuse to talk to someone when you fear you may 'lose' something and not when you are sure to 'gain' something. If Pak has to really part with POK why on earth will they stop terrorism? Are we really confused about the whole issue? Can we have some clarity please?

Neglected Sewer cleaners

Sewer cleaners throughout the country unfortunately come from a very poor background and therefore are a neglected lot. Their welfare is never a priority for the administration. By welfare I mean that no real efforts are being made to make their work



by Marshall Sequeira

safe and value their lives as much as other human beings. While there are guidelines to ensure the safety of such workers, there is no mechanism to ensure that they are implemented and implemented seriously. There are laws which have been enacted only after a nudge by the Apex Court in 2014. The Social justice and empowerment Ministry has not done enough even when it comes to compensating the families of those who lost their lives. A sum of Rs 10 lacs is to be paid as compensation.

Out of the 600 odd cases of sewer cleaning related deaths since the last decade of the last century, some 400 cases have been settled fully while some 50 have been settled partially. That leaves over a 100 cases which have not been addressed. In most cases the deceased are sole bread winners and if their families are not compensated quickly, it is grossly unfair. They are poor and cannot fight the corrupt system. No political party bothers about them.

The deaths of men who descend into the drains face very hostile and dangerous gases but no proper gear to insulate them is provided by the contractors obviously to save money. Is it not necessary that when such operations are carried out that there is some municipal supervision? To add to this we have cases of citizens going down the drain literally, the latest being a small child during this monsoon season – she is untraced. It is time we learn to value life and prevent loss wherever it is possible. Negligence by civic officials and contractors must be dealt with severely with very harsh and deterrent punishment by amending the statute.

Try the rainbow diet for optimal health

EATING COLOURFUL FOODS can be an easy way to get a complete range of the vitamins and minerals your body needs to thrive. The advice to “eat the rainbow” is often used with kids. And while kids especially need a diversity of foods in their diets, so do adults. Fruits and vegetables of different colours actually contain different types of micronutrients. That’s why it’s extremely important to eat all the colours on a regular basis. A rainbow diet is an eating plan which is abundant in all the nutritional colours

We all want to be fit and slim but what’s more important is to be healthy. You don’t have to follow complicated diet regimens, just follow the rainbow. Weight loss is one of the many benefits of the rainbow diet. Research has also proved that antioxidants and the alkalizing properties of fruits and veggies can reduce your cancer risk. The rules of the diet are very simple - Eat five cups of fruit and veggies in five colours (red, yellow and orange, white, green, blue and purple).

Red :

Red food options include watermelon, pink grapefruit, strawberries, raspberries, beetroot, redcurrants, red onions, tomato, red grapes and radish. These types of foods are rich in powerful antioxidants and vitamin P. For instance, resveratrol, found in red grapes, has anti-inflammatory properties which decrease the risk of heart disease and cancer. Lycopene, found in watermelon, pink grapefruit and tomatoes, helps to fight against prostate cancer. Betacyanin, which gives beetroot its reddish/purple colour is considered a powerful cancer-preventing agent.

- Instance of healthy red foods : raspberries, watermelon, apples, cranberries, cherries, grapes, red onions, pomegranate and beets.

Yellow and orange :

Yellow and orange food options include lemons, carrots, pumpkins, peppers, corn, peaches, melons, apricots and pineapples. Orange coloured foods contain a lot of beta-carotene and vitamin C which are great when it comes to protecting your skin and mucous membranes. Beta-carotene also lowers the risk of heart disease, cancer, arthritis, cataracts and blood vessel damage. Lutein is another component of orange and yellow foods. It boosts vision and eye health, prevents cancer and supports brain function.

- Instance of healthy orange and yellow foods to try : Oranges, grapefruit, lemons, mangoes, papayas, carrots, sweet potatoes, corn, oranges and yellow peppers, pineapple and peaches.

White and brown :

White and brown produce may not be as brightly coloured as other foods but they still are a healthy choice and have phytonutrients. White food options are onions, cauliflower, daikon radish, garlic and jicama. White food contains xanthone which has anti-inflammatory, antioxidant and anti-thrombotic properties. It helps to prevent heart disease and boosts the immune system. Onions, for instance, are great probiotics. Garlic contains allicin which lowers blood sugar and prevents cardiovascular attacks. Furthermore, onion and garlic have anti-inflammatory and anti-bacterial properties. Daikon radish is a natural diuretic -it helps to clean the kidneys and remove toxins from the body.

- Examples of healthy white and instances of healthy white and brown foods to try : Cauliflower, Garlic, Onions, Mushrooms, Potatoes, Parsnips and Daikon radish.

Green :

Green food options include cucumbers, spinach, parsley, limes, asparagus, zucchini, green leaf and romaine lettuce, kiwi, avocado, green apples, peas and broccoli. The chlorophyll

found in green foods help to prevent cancer, detox your liver and maintain a normal weight control. It also helps to protect your skin due to antiviral properties. Green foods also contain potassium, which helps to protect your heart. They also help to protect against cancer and macular degeneration.

- Instance of healthy green foods to try : Broccoli, kale, Romaine lettuce, Brussels sprouts, green grapes, green apples, asparagus, spinach, Swiss chard, arugula, green beans, pea, zucchini and kiwi fruit.

Blue and purple :

Blue and purple foods include purple cabbage, eggplant, black currants, blueberries, plums and purple grapes. Blue and purple foods lower the risk of cancer and are great for your urinary tract. The anthocyanin found in these foods helps to fight damage to your cells, encourages heart rate, fights obesity, boosts cognitive function and reduces cholesterol.

- Instances of healthy blue and purple foods to try : Blueberries,, red (purple) grapes, red (purple) cabbage, eggplant, plums, prunes and figs.

TIPS TO HELP YOU EAT THE RAINBOW EVERY DAY

- Eat a beautiful breakfast. Start your day with a green smoothie, oatmeal topped with berries or a scramble filled with red peppers, mushrooms, carrots or other veggies.
- Liven up your lunch. Veggie sandwiches and wraps and soups, stews and chilli can help you get a balanced selection of colourful foods for lunch.
- Make vegetables the main dish. Try new recipes for dishes, such as tempeh vegetable stir-fries, vegetable curries and Buddha bowls.
- Make a rainbow meal. Try creating a meal that uses every colour - red, orange, yellow, green, blue, purple, white and brown.
- Enjoy exciting salads. Large, colour-

(Contd.. on p. 13)

Battling the three main fears

All of us have experienced fear at some point in our lives. From an evolutionary standpoint, fear is a built-in mechanism, a highly effective warning system that helps to keep us out of danger and from physical harm. But you can't let it rule your life.

The original purpose of fear was to help keep us alive. Since most of us are no longer living in the middle of a vast wilderness, the fear responses that may have helped keep us safe from bears and lions don't do us much good in modern life. While healthy fear is still effectively alerting us to danger, there are two other types of fear that have evolved over time: real fear and illogical fear. All three types of fear can help us grow if we become aware of them.

Healthy fear

Healthy fear helps us discern safe situations from dangerous ones. It is a gift given to each and every one of us and typically manifests as a physical, instinctual response. This is the type of fear we need for our survival and protection, and it is characterized by a physical response: a rush of adrenaline, an elevated heart rate, a burst of energy.

How to handle healthy fear.

Listen to your intuition. In the face of your intuition telling you something is off, don't try to reason with yourself. Just listen to what your instincts are

(Contd.. from p. 12)

ful salads are the perfect way to incorporate lots of colourful veggies (and fruits) into your diet. Eat them for lunch or dinner. And try to have at least one per day.



trying to tell you and take steps to ensure your safety. If you feel you should avoid a certain road, or if the person standing in the elevator you are about to enter makes you feel uncomfortable, honor your intuition.

Real fear

While real fear is very much based in reality, it is not the same as healthy fear in the sense that it's not based on physical danger. Some examples would be the fear of losing the people we love most, never achieving our dreams and aspirations, and even the fear of our own death. This fear exists in the truth that life is a terminal condition, and it's based on something that is irrefutably real: Everything we do and everything we are has an expiration date. These manifestations of real fear may be existential, but they are just as valid because they are associated with real events like death, change, and pain.

This type of fear may be a fact of life, but it can also consume us to the point that we stop fully living our lives.

How to handle real fear.

Real fears can be empowering. For instance, if you fear losing people you love, put your energy toward being completely engaged when spending time with them and fully appreciate that they are here now. If you fear the process of aging, perhaps this energy

could be spent exercising and making dietary changes to ensure that the golden years are more healthful. Real fear can be used as a powerful motivation for using our thoughts and spending our time wisely.

Illogical fear

This is the big one. Illogical fear resides on the opposite end of the spectrum from healthy fear. It feels the same, but it is typically triggered as a result of something hypothetical or altogether nonexistent.

Whether big or small, this fear manifests for all of us in different ways. Spiders. Heights. Cockroaches. Flying. Is there a fear in your life that falls into this category? Perhaps it's driving on freeways? Claustrophobia? Public speaking? Imagine, for a moment, what your life would be like if this fear was eliminated. The feeling is almost always one of liberation and peace.

How to handle it:

Anytime irrational thought like "The elevator cables are going to break and I'm going to crash to my death!" or "I heard about an elevator getting stuck one time, so I'm never riding them ever again." Enter your head challenge them with the following: What action could I take if this were to occur? and is this thought fear-based? Rationalise things instead of jumping to conclusions.

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Prayer & Thanksgiving Prayer to the Sacred Heart



Oh Lord Jesus Christ, to Your most Sacred Heart I confide this intention (your request). Only look upon me, then do what your love inspires. Let your Sacred Heart decide ... I count on You ... I trust in You ... I throw myself on your mercy. Lord Jesus, You will not fail me.

Sacred Heart of Jesus, I trust in you.
Sacred Heart of Jesus, I believe in your love for me.

Sacred Heart of Jesus, Your kingdom come.

Sacred Heart of Jesus, I have asked you for many favors, but I earnestly implore this one. Take it, place it in your open Heart. When the Eternal Father looks upon it, he will see it covered with your Precious Blood. It will be no longer my prayer, but yours, Jesus. Sacred Heart of Jesus. I place all my trust in You, Let me not be disappointed. Amen.

—A Devotee

Prayer to St. Expedite for solving a financial crisis



I call forth the Power and the presence of **St. Expedite** in my time of financial trouble. I offer my body, heart, mind and soul upon your altar of light. I have faith and trust and complete confidence that you will be my strength in this time of need. Quickly come to my assistance.

(State Your Petition) _____
My financial need is urgent. Be my

Light and Guide in this situation so that I may live with peace, love, prosperity and abundance and in the Praise of God.

Amen. (Promise Publication)

—A Devotee

Tandoori Cabbage

Ingredients: 2 cabbage (medium size); 10 garlic flakes; 20 gm ginger; 50 gm. Fresh cream or malai (top of the milk); 1/4 level tsp ground cinnamon; 3 ground cloves; 3 tsp red chilli powder; 1/4 cup of grated cheese; 3 tbsp fresh curd; 1 tsp salt; 1 tsp shahi zeera; 1 tsp dry mango powder; 100 gm butter; a few drops of red colour; 1/4 cup of white vinegar; 1/4 tsp ajwain (ground); 1 tbsp tomato sauce; 2 tbsp bread crumbs.

Method : Boil water in a big pan, put both the cabbage into it for 2 minutes. Then take out and gradually keep on spreading the leaves as widely as possible. They should not be separated from the stem.

Grind garlic, ginger and mix all the above ingredients with cheese and curd. Grind it once again on a stove and apply the mixture thickly on the leaves.

Then sprinkle some bread crumbs on the applied masala to stick on. Take a wide dish, grease it with 50 gm butter and keep the cabbage in it. Put butter and cream on the top. Bake for 40 minutes and serve hot.

Tips For Gravies

- * Always use ghee or vanaspathi with or instead of oil, which gives a good flavour to the gravy. If oil alone is used, it does not get separated easily from the ground mixture, as ghee separates from it.
- * Fry the ground masala in reduced flame, so that it retains its colour and taste.
- * Little plain sugar or caramelised sugar added to the gravy makes it tasty.
- * When tomatoes are not in season, tomato ketchup or sauce can be successfully used in the gravies.
- * To retain colour in the gravy always use ripe red tomatoes. Discard green portions if any.
- * Good variety chillies and chilli powder also gives colour to the gravy. As far as possible try to use long variety red chillies. Dry it under sun for few days and powder coarsely at home. Always the coarse powder gives good taste in gravies and pickles.
- * While using ginger and garlic paste in curries, always use garlic at 60% ratio and ginger at 40% as ginger is very strong and may make your dish sharp and pungent.
- * Sprinkle a little amount of salt in the frying pan before adding bacon to fry. That way it will not splatter all over.
- * When browning meat in fat, choose a large, deep pan. This will enable you to fry quickly, without splashing the stove with fat and meat juices.

God's Living Water is Eternal



BY MELVYN BROWN

The First Book of Moses
Genesis

“In the beginning God created the heavens and the earth. The earth was without form and void and darkness was upon the face of the deep;...”(Gen.1:1)

“and the spirit of God hovered over the waters.”

(Gen.1:2)

Water is the sustenance of life. It was always there before creation. It was present in the emptiness and in the pitch-dark when the earth did not exist.

In this 21st century we worry about the haunting ‘water crisis’ facing our country and nations across the earth. In India we plan and conserve water, practice water harvesting and at the same time we ignore the importance of water bodies. The decline of water bodies in urban India is disturbing. In 1960s Bangalore had over 260 lakes. Today only 10 exist. In Ahmedabad, in 2001 there were over 129 lakes, 65 were built upon. In Hyderabad over 2975 hectares of wetlands vanished.

We understand that water is essential to life. It is God’s living water of life and wisdom. “she will feed him with the bread of understanding, and give him the water of wisdom to drink.” (Sirach. 15:3)

“And God said, “Let there be a firmament in the midst of the waters, and let it separate the waters from the waters. And God made the firmament and separated the waters which were under the firmament from the waters which were above the firmament. And it was so.” (Gen.1:6-7)

Science informs us that the human body has 50 – 65% water. The male can have 60% and the female 55%

water.

Water bodies are diverse and unique. They are known as lakes, ahars, tanks, voyalgam, ponds, talabs and by other names. These water bodies restore and maintain the ecological balance.

Let us put brakes on the destruction of these water bodies. Water augmentation must be on our priority list to ensure better health – as water serves us, providing biodiversity and nutrient cycling.

Cities across India are facing an acute shortage of water, because much of it is being misused, fresh water taps kept open drains the regular supply by overflowing as wastage.

Our traditional water bodies help as a means for recharging groundwater, drinking water and in controlling floods. I was pleased to note that the government of India had implemented an encouraging scheme for the recovery of Water Bodies in 2005. Unfortunately work went slow and the required rate for success dipped considerably.

Urban planning is the need of the times to further the history of lakes and the ownership of water bodies in the city terrain- this might help to over-

come the fear that cities are running out of water.

There is over a million gallons of water daily flowing from the “Reverse Waterfall” in Maharashtra gushing against gravity.

Watch on your smartphone: <https://www.waytodo.in/2016/02/reverse-waterfall-in-India.html>

The “Kajin Sara lake” in Manang district of Nepal is considered the highest lake in the world.

Amazing true-life wonder in Norway is a breathtaking sight as gallons of water fall from an open sky. Water from heaven.

Watch on your smartphone: Norway waterfall in UNREAL [https://www.facebook.com/earthwonders12/photos/a.](https://www.facebook.com/earthwonders12/photos/a.214110442610947875,750)

214110442610947875,750 gallons of water per second over the “Bridal Veil Falls” in America. The Niagara “Horseshoe Falls” flows 681,750 gallons per second. USA/Canada.

The subject of Water reminds me of the resolutions made at the Stockholm Conference on Environment in 1972, where the problem of water waste had been proposed for debate and action.

Thanksgiving



Thanks to Divine Mercy, Our Lady of Vailankani, Our Lady of perpetual Succor and St. Anthony

—A Devotee

Teacher: Are you sleeping in my class?

Student: No! A bug flew in my eye and I am trying to suffocate it.

Q: What is will power?

A: It's when you see 25 girl friend requests in Facebook and still you click Logout

A man writing at the post office desk was approached by an older fellow with a postcard in his hand. The old man said, "Sir, I'm sorry to bother you but could you address this postcard for me? My arthritis is acting up today and I can't even hold a pen."

"Certainly sir," said the younger man, "I'd be glad to." He wrote out the address and also agreed to write a short message and sign the card for the man.

Finally, the younger man asked, "Now, is there anything else I can do for you?" The old fellow thought about it for a moment and said, "Yes, at the end could you just add, 'P. S.: Please excuse the sloppy handwriting?'"

Son : Dad, what is alcoholic?

Father : Son, do you see those four cars? An alcoholic would see eight.

Son : But dad there are only two there.

Raju: Why do you send K when you are angry?

Bunty : What you expect? Shall



I send you a five page essay in PDF format with perfect a punctuation?

Wife : Let us go for a dinner today!

Husband : Okay I'll order something from Zomato Husband booked five star hotel.

Boy : So what is your favourite colour?

Girl : Stop asking me stupid questions. Ask me something logical and matured.

Boy : How many moles of sodium bicarbonate are needed to neutralise 0.8 ml of sulphuric acid?

Girl : My favourite colour is pink.

I couldn't find my luggage at the airport baggage area and went to the lost luggage office and reported the loss. The woman there smiled and told me not to worry because she was a trained professional and said I was in good hands. "Now," she asked me, "Has your plane arrived yet?"

Fishing rink

A guy goes ice fishing for the very first time. All of a sudden,

he hears a voice. "There are no fish under the ice!"

He nervously looks up and asks, "Lor? Is that you?"

"No, this is the rink manager!"

The bet

A man walks into a bar and says to the barman: "You see that glass at the other end of the bar? I bet you Rs 500 that I can pee in it from over here."

The barman agrees to the bet, so the man begins to urinate all over the bar, its patrons and even the barman himself 0 basically everywhere except in the glass.

"Ha!" says the barman.

"You own me Rs 500!"

"Wait here," the man replies and he walks over to the pool table. Someone hands him some money and they have a laugh together. The man walks back over to the barman and hands him Rs 500

"Thanks," the barman says, "but what were you laughing about with that dude over there?" The man replies: "Oh, nothing. I just bet him Rs 5,000 that I could pee all over your bar, including on you and you'd still be smiling at the end of it."

First day of college

It was the first day of college a very beautiful and gorgeous girl came to me and asked, "Hi are you from first year!" I smiled and said, "No, I've come to drop my son to college".

Moral : It's not necessary that only girls bathe with Santoor soap. Boys sometimes do!

Inspiration!

Live your own celebrity lifestyle

IF YOU'RE FOREVER gazing at glossy magazines with envy and wondering how on earth the stars manage to look so good, know that you too can lead a celebrity life. Most of us watch the celebs from afar and never get a chance to taste the polished lifestyles that they lead. Well, there are a few things you can do for yourself, which will make a massive difference. We bring you a few ways so that you can add a little pizzazz to your life!

Don't you wonder what life in the fast lane would be like and you can't help but wish that your everyday life could be a little bit more interesting? It can be really fun to think about what your own life would be like if you were rich and famous. If you want to look and behave as polished and put together as a celebrity, here are few secrets that will help you start living like a celebrity.

Leave a mark on others :

Most celebs enrich the lives of others. Even the slightly jerky celebs have a charity or two to which they contribute. In order to come into the fullness of your celebrity in your own life, you have to learn to leave a mark. Make some children happy, help elders in your community, be the party when everyone's feeling down, give away smiles, hugs and cheer or free food to the homeless on any random occasion and you'll be the celeb of your life.

Let the focus be on you :

If you're found of gossiping, you're going to have to let it go, unless you want to be the local gossip celebrity. You can't build your own celebrity aura by going around talking about other people all day. Celebs are talked about; they're the gossip, the centre of discussion, not the other way around.

Flaunt confidence :

You just can't beat confidence if you want to look your best. Many celebrities have training when it comes to how to stand and pose on the red carpet. Some of them aren't naturally confident at all.

Start off by making sure you always walk tall with your head up. Good posture is a must. Don't forget to smile either! It looks so much better than pouting.

Treat yourself now and then :

Sometimes, you have to treat yourself. If you have worked hard all week, it might be nice to come home to something a little special. For instance, you could order yourself food and drink hampers to arrive when you get home or even the odd bouquet of flowers or a relaxing spa session. These little details will make you feel special. After all, we all deserve a little luxury in our lives. Why should the celebrities have all the fun? Don't wait for someone else to order these treats for you - do it yourself!

Learn the art of networking :

If there is one thing celebrities are excellent at it has to be networking. These people build their entire careers by getting to know the right people and you can do the same thing if on a slightly smaller scale. If you want to get places, you have to make sure that you are always meeting new people. The more people you know, the more opportunities will come your way.

Lead a healthy 'celeb' lifestyle :

Each celebrity take care of their body and you ought to do the same. If you don't already have a fitness routine, you need to get one as soon as possible. You should lead a healthy life. Different regimes suit different people and so you should make an effort to choose one that suits you. For instance, if you don't have much time, you might want to opt a short yet intense workout. If you have more time on your hands, you could choose a slow and progressive routine instead.

Travel in style :

Whenever you travel, you should make sure that you do so in style. If you are flying, for instance, you should see whether you can get an upgrade at the airport. There is no point paying a fortune to sit in business class but if you are lucky, you might just get a free upgrade. It doesn't take a certain amount of courage to ask for this extra but you can do it if you try!

Upgrade your makeup and hair skills :

Celebrities have makeup artists and hair stylists but if you don't have that kind of budget, you'll need to learn some skills yourself. Anybody can learn with prac-

tice, so try something new each day. Get up 10 minutes earlier and try a new technique. Eventually you'll become a makeup and hair pro!

Eat a balanced diet :

Fruits and vegetables are key to maintaining an energetic and healthy lifestyle. Drink a lot of water as well, since staying hydrated lowers health risks significantly. You should drink about eight to ten glasses of water each day. If you want to lose weight, talk to your doctor or parents and try to devise a healthy eating plan. Starving yourself will slow the rate at which your body burns fat. Join a gym and work with a personal trainer to work toward your ideal body goals.

Maintain an active social media presence :

Celebrities often amass huge followings on social media platform such as Twitter and Instagram. Express yourself authentically and your fans will find you. Follow a lot of celebrities and become inspired by the way they share their words or photographs with the public.

DEVELOP YOUR SENSE OF STYLE AND FASHION

The one thing you will notice about the celebrities is that they are not afraid to take risks when it comes to their sense of style. If you want to live a celebrity lifestyle, you need to do the same. Most of us tend to stick with what we know when it comes to fashion. Instead, you need to experiment with your sense of style and see what you can do. Go on, be brave!

A FEW MORE THINGS TO WATCH OUT FOR

- Walk with a purpose. Stare straight ahead and stand tall with your shoulders back.
- Never reveal too much about yourself. No one obsesses over celebs they know everything about. Maintaining an air of mystery will keep people intrigued.
- Try opening a social media account if you haven't already. Post pictures and videos that will get you more followers and those followers will become fans!

Give peace a try

Flipping the pages, it sinks deep
All we can read is sorrow and grief
Children slaughtered and elders murdered
This is not how the world is meant to be.

Turning the pages, the count of deaths mentioned in bold
Churned my heart seeing the cruelty to the core
Seeing the lifeless bodies lay; I wondered what difference each one
would have made.

Among them was a dad who loved his family dearly,
A sole bread winner.
Who woke up early every day and slogged till his body ached.
He had dreams and wishes which remain unfulfilled because of
someone's dirty game.

There was a mom who is crying from heaven seeing her children
orphan.
She had nursed them in her womb and loved them.
Her happiness was her little ones and today she left them even with-
out a goodbye.
There are tears in heaven and it would never dry.

There lie quietly teenage hearts who were the future.
Along with them were killed passions and dreams innumerable.
The bubbly and chirpy spirits were all dampened and no one
seemed to look awake.

Among them were little innocent children who knew not about any-
thing.
They had a world to see and opportunities to explore
They had hopes and their life would beam.
But they lie there still, not able to move or breathe.

No, the world does not need haters
It needs lovers
Broken families and saddened souls will fill only gloom.
Stabs and wound won't change hearts
Words of comfort and appreciation would bind us all.

Let us create a world of laughter
Where birds chirp and air filled with laughter
Let us hug often and not stab in backs
Let us learn to shoulder each other no matter what.

Oh man it's only in your hands
And you can make the difference.
Say no to hatred and fights and
Let us promise to remain united and give peace a try.

—Sonal Lobo
Bangalore

(Contd.. from p. 2)

Father Maverick Fernandes, Director, Carita-Goa, finds CCR TV “a bold initiative” in Goa. “I believe the goal of CCR TV to reach out with good information by presenting encouraging news and views has been met. It is gaining its space in the realm of the communication media in Goa.”

The priest further said, the channel is “significant, as it is the need of the hour to provide information about events and celebrations within the Catholic community to those who do not have facility to participate due to mobility issues.”

According to Father Olavo Caiado, former director of the Diocesan Centre for Communication Media, “CCR TV maintains the highest standards of journalism, in accordance with the directives emanating from the Vatican Dicastery of communications. It also covers an appreciable gamut of programs oriented towards family and society.”

Cyril John, chairman of National Service Team of CCR in India, calls it “A modern day miracle.” “With the CCR TV coming into existence, there is a resurgence in miraculous occurrences and events, as in the time of the first Christians,” he added.

The soft spoken D’Souza said, “We had one goal in mind—to make CCR TV channel a conduit of God’s Word. We desire to give glory to God alone through our ministry.”

With a smile he went on, “We have worked with passion, gave our time, our resources, our energy, everything that we had to make the dream come true. When a Christian takes up a seemingly impossible task and then puts every ounce of energy to accomplish the task, passion and determination in our heart are strengthened by the Holy Spirit. That is our experience.”

D’Souza had been promoting the Gospel values through books for many years before launching into TV. “I began with distributing the William Barclay’s Commentary. I would spend a good part of my salary on buying books and distributing them. I bought all the books published by the Pauline Fathers and Sisters in India. I would collect books from other publishers too and make them available to public through various meeting venues.”

During the 40 days of exposition of the relics of St Francis Xavier in Goa, D’Souza and team were present at the venue with a display of books.

“CCR TV came into existence because a few of us felt impelled to share what we received from God with the general public. We thought we would spread the Good News with a half hour program on TV and we were gradually led to having a 24X7 TV Channel. It is a challenge,” D’Souza added.

—Matters India

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7084. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in May 1956), Ht. 5' 7", Wt. 70 kgs, Wheatish Complexion, Edn. 9th std., working as a Machine Operator. Contact email : fern.gilbert54@gmail.com

7052. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in June 1977), Ht. 5' 6", Wt. 72 kgs, Wheatish Complexion, Edn. B.A., Retail Management, working as a General Manager. Contact email : albert.pinto2006@gmail.com

7049. CANADA : Goan Roman Catholic Bachelor, (Born in June 1986), Ht. 5' 11", Wt. 85 kgs, Wheatish Complexion, Edn. BE (Computer), working in CANADA in a Non IT Field Seeks a working girl in Canada and holding a PR Visa. Contact email : anniedrz@gmail.com

7047. MUMBAI : Goan Roman Catholic Bachelor, (Born in November 1982), Ht. 5' 5", Wt. 65 kgs, Wheatish Complexion, Edn. B.Com., C.S. in Process, having family business. Contact email : mail.soj@gmail.com

7045. CANADA : Mangalorean Roman Catholic Divorcee, (Born in September 1985), Ht. 5' 5", Wt. 68 kgs, Wheatish Complexion, Edn. B.Sc., Hotel Management, having permanent Resident. Contact email : bmathias88@gmail.com

7041. MUMBAI : Goan Roman Catholic Bachelor, (Born in July

1985), Ht. 5' 7", Wt. 65 kgs, Wheatish Complexion, Edn. 10th Std., working as a Plant Operator. Contact email : ronnydsouza075@gmail.com

7040. MUMBAI : Goan Roman Catholic Bachelor, (Born in October 1991), Ht. 5' 5", Wt. 65 kgs, Fair Complexion, Edn. B.C.A., MBA Pursuing, working as a GIS Analyst in MNC. Contact email : ronaldpereira1210@gmail.com

7039. MUMBAI : Goan Roman Catholic Bachelor, Handicap - slight Scoliosis - taking treatment, spine slightly curved. (Born in September 1976), Ht. 5' 4", Wt. 45 kgs, Wheatish Complexion, Edn. B.A. Computer Prog. / Hair Designer, Having own business. Contact email : reginarodrigues634@gmail.co

6904. MUMBAI : Converted Roman Catholic issueless Divorcee, (Born in April 1971), Ht. 5' 8", Wt. 76 kgs, Wheatish Complexion, Edn. B.Sc., MBA, working as a Territory Manager. Contact email : sudeeptalukdar2003@gmail.com

6898. MUMBAI : Goan Roman Catholic Bachelor, (Born in September 1988), Ht. 5' 5", Wt. 68 kgs, Wheatish Complexion, Edn. Post Graduate in Hotel Management, working as a Supervisor -Food and Beverage in Royal Caribbean Cruise USA. Contact email : rohanfernandes61@yahoo OR Mob.: 8459353089 / 7407814175

6924. MUMBAI : Mumbai born and broughtup Roman Catholic Keralite Bachelor, (Born in September 1984), Ht. 5' 9", Wt. 72 kgs, Fair Complexion, Edn. M.Sc. (I.T.), working as a Sr. Software Engineer in Foreign Bank. Contact email :

dianamanuel320@gmail.com

6895. HONAVAR : Roman Catholic Bachelor, (Born in August 1981), Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, Edn. 5th Std., having own property business. Contact email : rosiehorta77@gmail.com Mob: 7977361995

6852. MUMBAI : East Indian Roman Catholic Bachelor, (Born in August 1983), Ht. 5' 8", Well built, Wheatish Complexion, Edn. Bachelors in Hospi-

tality and Tourism Management. Working as a Chef Head Chef in DUBAI. Contact email :

joslyn.gomes@gmail.com

6930. GOA : Goan Roman Catholic Bachelor, (Born in August 1979), Ht. 5' 7", Wt. 65 kgs, Wheatish Complexion, Edn. SCC and Diploma in Electrical, Electrical Contractor. Contact email : cajetan1208@gmail.com

6949. MUMBAI : Proposals are invited from parents of a Roman Catholic God fearing educated homely girl for a Mangalorean Roman Catholic boy, finance professional, (Born in March 1983), Ht. 5' 10", Church marriage annulled, no issues presently working overseas on PR. Please email the profile and photo to benedict83319@gmail.com

6941. MANGALORE : Mangalorean Roman Catholic Divorcee, (Born in November 1985), Ht. 5' 11", Wt. 80 kgs, Wheatish Complexion, Edn. B.E., working as IT/Software Developer. Contact email :

rickson.philip@gmail.com

7077. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in March 1987), Ht. 5' 10", Wt. 80 kgs, Wheatish Complexion, Edn. B.Com., working as a Manager. Contact email : leroy2266@gmail.com

7026. AMERICA : Goan Roman Catholic Divorcee, (Born in March 1977), Ht. 5' 10", Wt. 72 kgs, Wheatish Complexion, Edn. B.Com., working as a Manager. Contact email : aydenoneil@gmail.com

7025. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in May 1992), Ht. 5' 8", Wt. 56 kgs, Fair Complexion, Edn. B.E. (IT), working as a Software Developer. Contact email : kevin92ster@gmail.com

7034. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in June 1988), Ht. 5' 11", Wt. 80 kgs, Wheatish Complexion, Edn. M.C.A., Software Engineer, working as an Software Engineer, Asst. Manager (IT), Only Sonm seeks alliance from Mangalorean RC Spinster, educated, working in Mumbai. Reply with full details & photofraph to email : ID : vivian1548@gmail.com Mobile : 9096141335

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7050. LONAVLA : Mangalorean Roman Catholic Bachelor, (Born in November 1985), Ht. 5' 9", Wt. 75 kgs, Fair Complexion, Edn. MBA., working. Contact email :

dsouza_adrian@yahoo.co.in

7018. MUMBAI : Goan Roman Catholic Bachelor, (Born in October 1969), Ht. 5' 5", Wt. 80 kgs, Wheatish Complexion, Edn. SSC, Self employed. Contact Email :

fredrick.dsouza0110@gmail.com

7008. USA : Separated Roman Catholic, (Born in October 1983), Ht. 5' 7", Wt. 62 kgs, Wheatish Complexion, Edn. MD, MS, working as a Senior Engineer. Contact email :

jesusmary58@yahoo.com

6756 MUMBAI : Goan Roman Catholic Bachelor, (Born in December 1977), Ht. 5' 5", Wt. 78 kgs, Wheatish Complexion, Edn. 12th std. (HSC), working as an Admin. Assistnat in **DUBAI.** Contact email :

charlotteirani@yahoo.com

7019. MUMBAI : Tamilian Roman Catholic Bachelor, (Born in June 1981), Ht. 5' 6", Wt. 60 kgs, Wheatish Complexion, Edn. B.Com., working as a Customer Services. Contact email :

dasvinod1@gmail.com

7018. MUMBAI : Goan Roman Catholic Bachelor, (Born in October 1969), Ht. 5' 5", Wt. 80 kgs, Wheatish Complexion, Edn. SSC, Self employed. Contact Email :

fredrick.dsouza0110@gmail.com

6751 MUMBAI : Goan Roman Catholic Bachelor, (Born in December 1990), Ht. 5' 10", Wt. 70 kgs, Wheatish Complexion, Edn. B.Sc. (Hospitality), working in UK Cruise Line. Contact email :

asharcfernandes@gmail.com

6750 AUSTRALIA : Goan Roman Catholic Bachelor, (Born in October 1985), Ht. 5' 6", Wt. 70 kgs, Wheatish Complexion, Edn. Bachelor in Com-

munication, working as a Media Analyst. Contact email

artemiamaria@gmail.com

6746 MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in April 1987), Ht. 5' 10", Wt. 78 kgs, Fair Complexion, Edn. MBA / BE, Working as a Asst. Manager. Contact email :

nestortauro@rediffmail.com.

7007. MUMBAI : Goan Roman Catholic Bachelor, (Born in September 1977), Ht. 5' 8", Wt. 72 kgs, Fair Complexion, Edn. B.Com., MBA in Aviation. Contact email :

gerald-white@hotmail.com

7005. DUBAI : Goan Roman Catholic Bachelor, (Born in May 1986), Ht. 5' 6", Wt. 50 kgs, Fair Complexion, Edn. BMS /CFA, working as a Head Treasury in Dubai. Contact email :

matri3119@gmail.com

6997. MUMBAI : Roman Catholic Bachelor, (Born in October 1991), Ht. 5' 11", Wt. 80 kgs, Fair Complexion, Edn. CA, M.Com., B.Com., working as Associate Vice President in Bank. Contact email :

wrferns21@gmail.com

6996. MUMBAI : Tamilian Roman Catholic Bachelor, (Born in September 1990), Ht. 5' 5", Wt. 75 kgs, Wheatish Complexion, Edn. BMS., M.Com., MBA in Marketing, working for L & T Infotech. Contact email :

rodnidavid@gmail.com

6977. MUMBAI : Goan Roman Catholic Bachelor, (Born in April 1980), Ht. 5' 6", Wt. 65 kgs, Fair Complexion, Edn. S.Y. B.Com., working as B Bartender at princess Crews. Contact email :

dlimadenzil@yahoo.com

6662 MUMBAI : Goan R.C. Bachelor (Born in September 1972) Ht. 5' 7", Wt. 75 kgs, Wheatish Complexion, Edn. Edn. HSC., Selfemployed, Contact email: antferns72@gmail.com

6660 NASHIK : Goan R.C. Bachelor (Born in November 1984) Ht. 5' 11", Wt. 70 kgs, Wheatish Complexion, Edn. Graduation in perfusion technology, working as a Clinical perfusionist. Contact email :

dan2mills@gmail.com

6585. MUMBAI : Mumbai born and broughtup Roman Catholic Bachelor, Handsome, (Born in June 1988), Ht. 5' 7", Wt. 78 kgs, Wheatish Complexion, Edn. EXTC Engineering, working as a Networking Engineer. Having own accommodation. Contact email :

18.elaine@gmail.com

6250. MUMBAI : East Indian Roman Catholic Bachelor, (Born in January 1974), Ht. 5' 8", Wt. 76 kgs, Wheatish Complexion, Edn. B.A., working as a Manager. Contact email :

cardo.clint@gmail.com

OR 9833563182

6856 MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in September 1973), Ht. 5' 7", Wt. 67 kgs, Fair Complexion, Edn. MBA, working as a HR. Contact email :

clifforddsilva@yahoo.co.in

7083. MUMBAI : East Indian Roman Catholic Bachelor, (Born in November 1965), Ht. 6', Wt. 68 kgs, Wheatish Complexion, Edn. M.Com., PGDLM, PGDSM, working as PPM & Data Engineer in Shipping Company. Contact email :

ryan.intermilan@yahoo.co.in

7079. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in December 1962), Ht. 5' 5", Wt. 67 kgs, Fair Complexion, Edn. B.Com., Inter MBA, working as a Manager. Contact email : archielewis.al@gmail.com

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Email : royalchristianfamily@gmail.com

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7082. MUMBAI : Tamilian Roman catholic Spinster, (Born in September 1985), Ht. 5', Wt. 50 kgs, Wheatish Complexion, Edn. 12th std., working as a sales girl in Big Store. Contact email : susanmoses1385@gmail.com

7078. USA : Mangalorean Roman Catholic Spinster, (Born in September 1992), 5' 6", Wt. 65 kgs, Brownish Complexion, Edn. B.E. Mumbai, MS Newyork, working as a Consultant. Contact email :

rcmatrimonial2892@gmail.com

7069. MUMBAI : Tamilian Roman Catholic Spinster, (Born in April 1992), Ht. 5' 3", Wt. 50 kgs, Fair Complexion, Edn. B.Sc., Nursing, Staff Nurse. Contact email :

mpchandran68@gmail.com

Mobile : 9820041633

7076. MUMBAI : Goan Roman Catholic Spinster, (Born in May 1975), 5' 7", Wt. 55 kgs, Fair Complexion, Edn. B.Com., MBA., working as a Senior Executive. Contact email : tednvir@gmail.com

7075. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in December 1989), 5' 4", Wt. 65 kgs, Wheatish Complexion, Edn. Masters in Life Sciences, working as Gyneacology. Contact email :

tyron.noronha@yahoo.com

7064. MUMBAI : Goan Roman Catholic Spinster, (Born in May 1988), Ht. 5' 2", Wt. 50 kgs, Wheatish Complexion, Edn. MBA, working for Private Company as an Accounts Executive. Contact email : cecrc19@gmail.com

7063. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in January 1993), Ht. 5' 2", Wt. 60 kgs, Wheatish Complexion, Edn. Intert CA, working as a Fiancee. Contact email : eshitapais@yahoo.co.in / paischarlie@yahoo.com

7060. MUMBAI : East Indian Roman Catholic Spinster, (Born in February 1983), Ht. 5' 4", Wt. 50 kgs, Wheatish

Complexion, Edn. B.Com., Diploma in Finance from NMIMS, Diploma in B, Self employed. Contact email : vianneyde2k@yahoo.com

7059. SATARA : Tamilian Roman Catholic Spinster, (Born in July 1983), Ht. 5' 2", Wt. 55 kgs, Wheatish Complexion, Edn. MA, B.Ed., (English), Teacher in Convent School. Contact email : veronicadavidvd12@gmail.com

7043. MUMBAI : Mangalorean based in **DUBAI** Roman Catholic Spinster, (Born in October 1988), Ht. 5' 7", Graduate in Hospitality Management from Mumbai University working in **UAE** invite alliance from well settled Bachelors. Kindly reply with full details and photographs to email : udyavar99@hotmail.com OR Whats app 9930527227

7020. MUMBAI : Goan Roman Catholic Spinster, (Born in September 1982), Ht. 160 cms, Wt. 65 kgs, Fair Complexion, smart and goodlooking, Edn. HSC + Secretarial Course, working as a Receptionist. Contact email : dolphinz27@gmail.com

6999. PUNE : Goan Roman Catholic Spinster, (Born in May 1991), Ht. 5' 4", Wt. 60 kgs, Very Fair Complexion, Edn. MBA Finance from Symbiosis Institute of Business working as a Senior Credit Analyst. Contact email :

andreagemdsouza@yahoo.co.in

6998. CANADA : Mangalorean Roman Catholic Spinster, (Born in May 1998), Ht. 5' 3", Wt. 65 kgs, Fair Complexion, Edn. MBA Marketing & Advertising Professional. Contact email : richard.dsouza17@gmail.com

6972. M.P. : Roman Catholic Spinster, (Born in April 1986), Ht. 5' 2", Wt. 58 kgs, Wheatish Complexion, Edn. M.A., working as a Manager. Contact email : anitabilung@gmail.com

6970. MUMBAI : Roman Catholic Spinster, (Born in September 1987), Ht. 5' 2", Wt. 48 kgs, Fair Complexion, Edn. CS & LLB., working as a

Company Secretary. Contact email : mendonsajacinta@gmail.com

6969. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in September 1983), Ht. 5' 3", Wt. 54 kgs, Wheatish Complexion, Edn. M.A., Working as an Educational Consultant. Contact email :

elviraaranha@rediffmail.com

6961. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in March 1988), Ht. 5' 4", Wt. 60 kgs, Wheatish Complexion, Edn. MBA., Working as a Deputy Manager in Franch Bank. Contact email :

preethi.dsouza@ymail.com

6959. MUMBAI : Alliance invited from well settled RC Goan bachelors upto 30 years. for RC Goan Spinster (Born in November 1990), a B.A. graduate, done IATA, presently working in **DUBAI** in a travel company as a corporate travel officer, Ht. 5' 3", (preferable working overseas) Contact email :

sabjf1963@gmail.com OR

Cell No.: 8828998414

6951. MUMBAI : Born Again Christian Divorcee, (Born in October 1976), Ht. 5' 5", Wt. 55 kgs, Fair Complexion, Edn. Post Graduate Diploma, working for Insurance Company. Contact email : sonalmodawal33@gmail.com

6947. NEWZILAND : Goan RC Spinster, (Born in July 1984), Ht. 5' 4", Wt. 55 kgs, Wheatish Complexion, Edn. B.Com., MBA Finance, working as a Finance Analyst. Contact email : ronifernandes2001@yahoo.com

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Email : royalchristianfamily@gmail.com

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6901. DUBAI : Mangalorean Roman Catholic spinster, (Born in October 1993), Ht. 5' 7", Wt. 63 kgs, Fair Complexion, Edn. B.Com + IATA, Working as a Asst. Office Administor, Contact email :

rishalalbuquerque@yahoo.com

6905. ABUDHABI : Mangalorean Roman Catholic spinster, (Born in July 1989), Ht. 5' 1", Wheatish Complexion, Edn. Master in Commerce (Finance), working as a Secretary cum Accountant. Contact email :

steffifernandez798@gmail.com

6921. MUMBAI : Roman Catholic spinster, (Born in August 1991), Ht. 5' 2", Wt. 53 kgs, Wheatish Complexion, Edn. B.Ed., working. Contact email :

pota150259@gmail.com

6928. MUMBAI : Goan Roman Catholic spinster, (Born in July 1991), Ht. 5' 5", Wt. 67 kgs, Dusky Complexion, Edn. MBA Operations, working as an Executive. Contact email :

judith.dalgado2307@gmail.com

7044. DUBAI : Mangalorean Roman Catholic Spinster, (Born in February 1991), Ht. 5' 11", M.Com Finance & Accounts working in Dubai invite alliance from well settled bachelors. Kindly reply with full details and photographs to email :

waltercb@hotmail.com or whatsapp on 00971506245183

6927. MUMBAI : Goan Roman Catholic spinster, (Born in January 1977), Ht. 5' 2", Wt. 60 kgs, Fair Complexion, Edn. Post graduate, working as an Admin., in MNC. Contact email :

mrf.ma77@gmail.com

6967. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in June 1991), Ht. 5' 2", Wt. 57 kgs, Wheatish Complexion, Edn. MBA (Finance),

working as an Asst. Manager. Contact email : rcmumbai91@gmail.com

6926. MUMBAI : Tamilian Roman Catholic Divorcee. 1st marriage annuled by the church, (Born in June 1985), Ht. 5' 3", Wt. 76 kgs, Very Fair Complexion, Edn. B.A., Successful school teacher for last 10 years.

Contact email :

amelia_christopher@rediffmail.com

6954. MUMBAI : Goan Roman Catholic Spinster, (Born in October 1987), Ht. 5' 2", Wt. 47 kgs, Fair Complexion, Edn. B.Com., CA., working as a Finance Executive. Contact email :

merissa5@yahoo.com

6953. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in December 1992), Ht. 5' 5", Wt. 55 kgs, Wheatish Complexion, Edn. Bachelor in Vet Science, Doctor by profession. Contact email :

andrea-lobo786@gmail.com

6945. GOA : Goan Roman Catholic Spinster, (Born in July 1982), Ht. 5' 7", Wt. 80 kgs, Wheatish Complexion, Edn. M.Arch., Architect by profession. Contact email :

nishasoares82@gmail.com

6957. ABU DHABI : Mangalorean Roman Catholic Spinster, (Born in September 1986), Ht. 5' 3", Wt. 60 kgs, Fair Complexion, Edn. M.Sc. / BFI, working as a H.R. Executive. Contact email : fidora86@hotmail.com OR +91 702 006 2880

6931. MUMBAI : Parents of Goan R.C spinster, (Born in August 1986), Post-Grad, writer in a reputed publication, 5' 6", Fair and of medium build, seek for their only daughter a well-qualified and settled groom. The boy should be 32-35 years of age, 5' 7", or toller. Preferably of Goan origin and residing in Mumbai. Interested families / boys may please write, with a photograph, to couri60@gmail.com or call 99202 70637

6992. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in September 1989), Ht. 5' 4", Wt. 63 kgs, Wheatish Complexion, Edn. B.E. (Computer), MBA (Finance) working as a Officer in Bank. Contact email : thea_rocque@hotmail.com

6902. DUBAI : Goan RC spinster, (Born in April 1975), Ht. 5' 7", Wt. 70 kgs, Wheatish Complexion, Edn. B.Com., working as a Secretary. Contact email :

pepem25@rediffmail.com

7027. MANGLORE : Mangalorean Roman Catholic Spinster, (Born in August 1982), Ht. 5' 6", Wt. 65 kgs, Fair Complexion, Edn. B.Tech (IT) 4 years, Teacher by profession. Contact email : ranjithamenezes@gmail.com

6937. POONA : RC Spinster, (Born in July 1988), Ht. 5' 5", Wt. 58 kgs, Fair Complexion, Edn. MBA (Finance) working as a Financial Analyst. Contact email :

sheron.muller@gmail.com

7073. MUMBAI : Mangalorean RC Spinster, (Born in January 1982), 5' 3", Wt. 64 kgs, Wheatish Complexion, Edn. M. Pharm, Ph.D., Seeks a well settled qualified bachelor. Contact : email :

apoline_ubi@yahoo.co.in

6943. MUMBAI : Goan RC Spinster, (Born in August 1990), Ht. 5', Wheatish Complexion, Edn. Chartered Accountant, working as a C.A., Contact email :

sandreg67@hotmail.com

6922. CANADA : Goan RC spinster, (Born in October 1992), Ht. 5' 4", Wt. 65 kgs, Fair Complexion, Edn. B.Com., working as a Senior Associate. Having Canadian P.R. and Lives at present in Etabiko, Toronto, Canada. Contact email :

projann@rediffmail.com

6920. NEW DELHI : Goan RC spinster, (Born in August 1992), Ht. 5' 3", Wt. 60 kgs, Wheatish Complexion, Edn. B.A., working as a Secretary. Contact email :

jolenecrasto@gmail.com

6907. MUMBAI : Mangalorean RC spinster, (Born in May 1987), Ht. 5' 6", Wt. 70 kgs, Fair Complexion, Edn. B.Com., working for American Bank as a Bank Teller. Contact email :

carolp_1987@yahoo.co.in

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MATRIMONIAL

7066. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in June 1987), Ht. 5' 4", Wt. 78 kgs, Fair Complexion, Edn. B.E., (EXTC) M.S. (International Business Management), working as a Consulting Manager. Contact email :

l2018anselm@yahoo.com

The best material for pots and pans



HERE'S A GUIDE to the most common cookware materials and the pros and cons of each

If you've gone shopping for pots and pans any time in the last few years you have probably been overwhelmed with options. Beyond the various shapes and sizes, there are also all sorts of materials to choose from. Stainless steel or copper? Cast iron or aluminum? Or anodised aluminum? We help you know the difference better.

Copper :

Pros : Copper has excellent thermal conductivity, which means food cooks incredibly evenly.

Cons : Copper is reactive with alkaline or acidic foods, which can take on a metallic taste after being cooked or prepared in a copper pot. Light coloured foods, like eggs, can also develop grey streaks when they pick up the copper compounds, which also means you'll ingest small amounts of copper. Not a big deal if it's an occasional thing but not so great for

everyday use. Copper also requires regular polishing and maintenance and it's expensive.

A better option? Look for copper pots with a stainless steel or tin lining so you get the best of both worlds: great thermal conductivity, with the safety and versatility of a nonreactive lining.

Aluminum :

Pros : Aluminum has excellent thermal conductivity. It's also lightweight and very affordable.

Cons : Like copper, raw aluminum is highly reactive to alkaline or acidic foods. It's also very soft and tends to warp in high heat and scratch easily, which leads to health concerns with long term use.

A better option? Anodised aluminum has been treated by an electro-chemical process that hardens it, thus solving most of the problems with raw aluminum.

It's more expensive than raw aluminum but also a far superior cookware material. While anodised aluminum does take longer to heat up than other materials, it's an excellent heat conductor (superior to stainless

steel), scratch-resistant and lightweight yet very strong.

Stainless steel :

Pros : Stainless steel pans are non-reactive (meaning you can cook any kind of food in it), heavy and durable. You can find inexpensive basic options and more expensive ones, of course are often dishwasher safe.

Cons : The more basic models often have poor heat transfer and distribution.

A better option? You can solve the heat problem by buying better quality (and higher priced) stainless steel cookware with an added inner core made of copper or aluminum, which improves the heat conductivity. It might be expensive but it'll last a lifetime.

Cast iron :

Pros : Cast iron is durable, inexpensive, naturally non-stick if properly seasoned, distributes heat evenly and retains heat well, imparts iron to foods (an added benefit for some!) and great for long, low simmering and browning.

Cons : It is also reactive and doesn't take well to acidic foods. Plus, it's quite heavy, takes a long time to heat up and takes a bit more effort to clean and maintain.

Another option? While we still prefer raw cast iron for skillet, enameled cast iron (cast iron coated in porcelain enamel) has all the benefits of cast iron without the extra trouble, so it's a great material for dutch ovens. It's non-reactive, easy to clean and beautiful.

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