Volume : 04 Issue : 09 October 2020

Secretary's message

Hello Members,
Hope you and your family are safe and healthy and are taking good care.

Like every individual and organisation around the world we, at Mangalore Club too, are going through this unprecedented situation. Yes! COVID 19 has created havoc, Mangaluru too had to be under lockdown for quite a long period and the Club operations also had to be suspended completely.
But due to request from members for starting food takeaway services we obtained permission for delivery of the same and our proactive **MC staff team** led by **Prasad** and **Prashant** did an excellent job in putting the kitchen back on track with all precautions & hygiene.

This was a challenging time for all of us at the club especially at managing finances under this circumstance. I have to put on record the support and involvement of all Committee Members in tiding over this crisis and special thanks to **Saju Neeliyara** and **Louis Pinto.**

Thanks to all the members who encouraged us by placing takeaway orders and stood by the club when needed the most. Thanks for bearing with those glitches in deliveries.

We have to appreciate the District Administration for taking control of the situation and delaying the local community spread as much as it could.

Now that our restaurants and bar have opened with few restrictions, we request members to use the club following all the protocols.

I join all the Committee Members in praying to the Almighty to restore normalcy soon.

Shashidar Pai Maroor.
Hon. Secretary

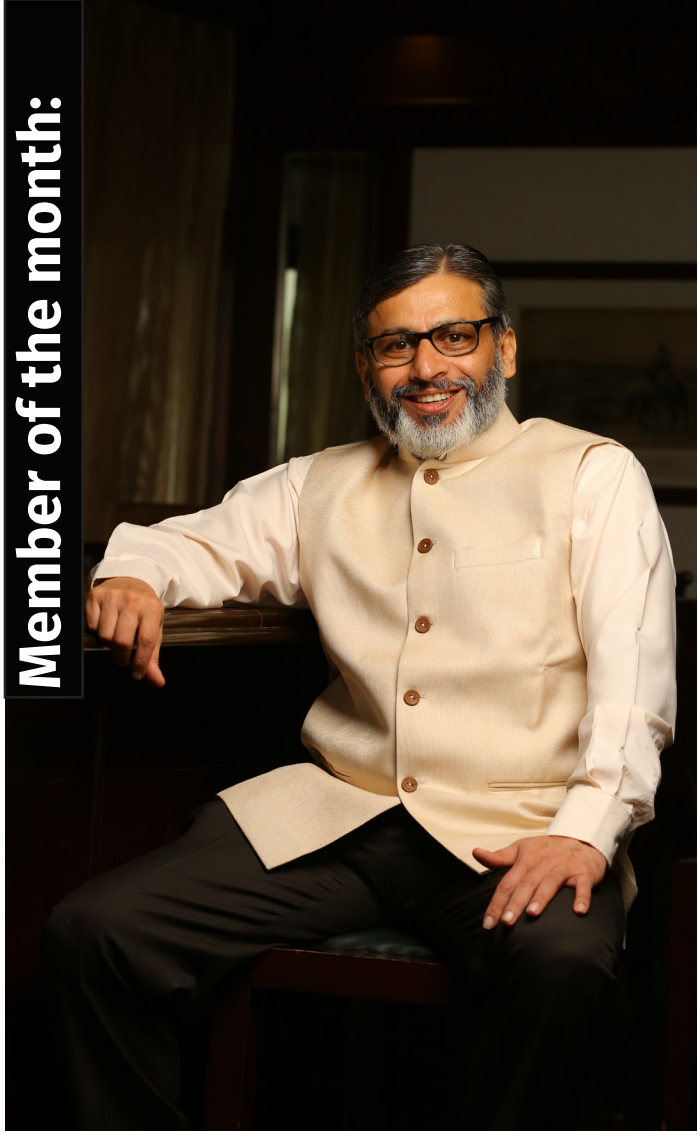
The Editor's Desk

M.C. Live is back after a 6-month hiatus. It's been a rough few months, with the lockdown followed by social distancing. M.C. live issue this month is all about catching up. In our 'Club Express' section, members **Harish Suvarna, Sheila Kini** and **Dr. Arjun Nayak** talk about how they spent their time in lockdown and what new skills they learnt. On page 3, **Ramona Mathias** pays a touching tribute to our fellow club members whom we lost in the last few months. Member of the month is **Dr. G.G. Laxman Prabhu**, a notable and well-respected Urologist. Foodie of the month, is **Dr. Rashmi Rasquinha**, an E.N.T surgeon and nutrition therapist who loves to cook creative dishes.

Stay safe everyone!

Rajni Lobo Patrao
Editor, MC-Live.

Member of the month:



Dr. G.G. Laxman Prabhu

Urologist

Dr. G.G. Laxman Prabhu is a well-known and notable Urologist in Mangalore. He is an MBBS graduate from Kasturba Medical college, Mangalore and has completed his MS in General Surgery from the same college. He has trained in urology at the department of Urology, Kasturba Medical College, Manipal and obtained the MCh (Genito-urinary surgery) degree from the Mangalore University. He serves in Kasturba Medical colleges, Manipal and Mangalore to date.

He is the recipient of the district governor's recognition for highest individual contribution towards Polio Plus funds. He participates regularly in the career guidance programs in his city focusing on planning careers in medicine.

Dr. Laxman Prabhu has been a member of Mangalore club sine 1998. He and his lovely wife Kavitha have been married since 1993 and have 2 children. Their daughter, Kruthika is a dietitian and nutritionist and their son Akshay is in freshman year pursuing MD (General Medicine) in KMC, Mangalore. They live in a joint family and are happy to be part of an undivided family living under the same roof.

1.What are some of the challenges you faced as a medical professional during this PANDEMIC?

Dealing with irrational fears and unscientific beliefs!

2. According to you what are some of the lessons that COVID has taught mankind?

Coping with fear of the unknown!

3. Your most unforgettable experience with a patient.

Patient declined to pay my charges when I said, - "I dress, God heals"

4. Mention a social cause that is close to your heart and how do you support it?

Swacch Bharath, participation whenever time permits.

5. What does Mangalore club mean to you?

Quietitude.

6. Which event at M.C do you make it a point never to miss out on?

Annual General Body Meeting!

7. Among your friends' circle, What are you best known for?

Talkativeness !

8. If you were not a doctor, what would have been your alternate career choice?

Veterinarian like James Herriot!

9. What is your idea of a perfect relaxing day?

Becoming incommunicado.

10. If you had the ability to permanently eradicate something from this world, what would it be?

Corruption.

-Interviewed by :
Rajni Lobo Patrao

Foodie of the month

Dr. Rashmi Rasquinha recommends **grilled prawns in creamy garlic sauce.**

One of my favourite dishes at Mangalore club is Grilled prawns.
This dish consists of a delicious catch of prawns that melt in the mouth, smothered in a creamy garlicky butter sauce, is served with crispy steamed assorted veggies and a dollop of lip-smacking mashed potato. It's an entire meal by itself. To compliment this dish further, the piping hot cheese garlic naan is the best accompaniment.
Do try out this dish, it's *'shrimply'* awesome especially for those on a see-food diet!

Dr. Rashmi Rasquinha

A Tribute

You will be missed ..

You left without warning, there was no time to bid adieu
The MC family would like to say a little prayer for you.

We will miss your warm handshake
When you greeted us on the stair
That smiling face seated on the lawn chair.

We will remember your laughter at the lounge bar
That friendly nod that acknowledged us from afar

As we look up to the sky, we see you shining bright
A twinkling star spreading your light.

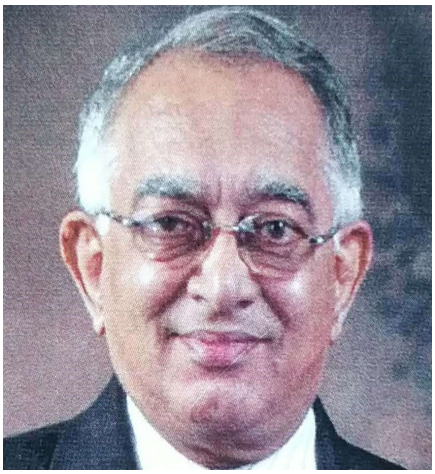
We are grateful to have known you, you were simply the best
Together as a family we pray God grant you eternal rest.

-Witten by :
Ramona Mathias

A. Chittaranjan Rai

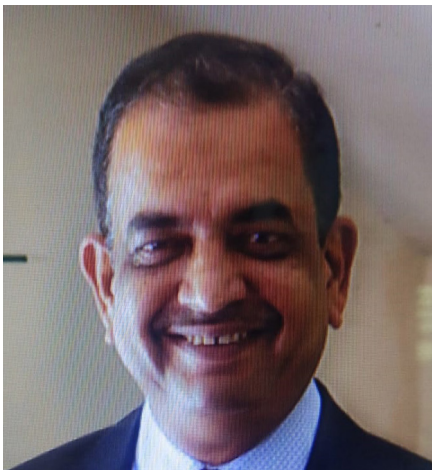
David J. Pinto

Dr. A.V. Shetty



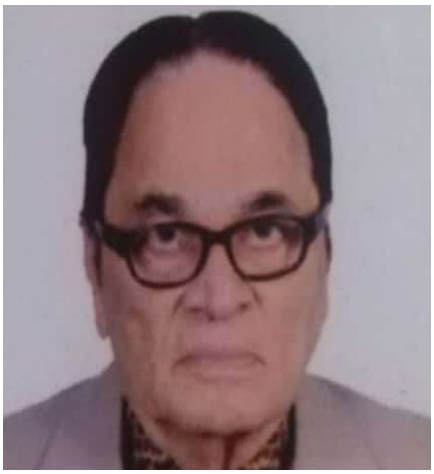
Dr. M. Ramgopal Shetty

Dr. S. Raghunath Shetty

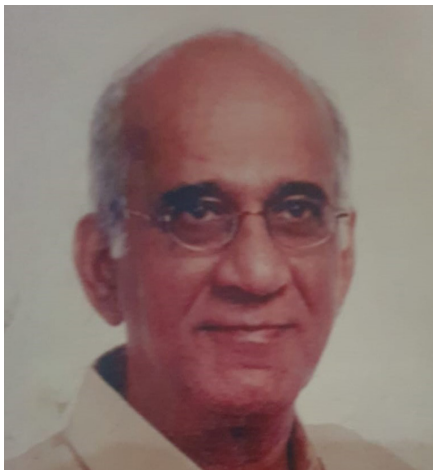


M. Durgadas Hegde

Pavoor Srinivas Rai



Dr. R.S. Mahale



S. Ramachandra Nayak

Club Express

"A new skill you learnt during the lockdown that amused or shocked your family members."

Harish Suvarna:

I have learnt quite a few skills during the lockdown. It has certainly earned me quite a few brownie points with my wife.

1. Sweeping and mopping the floor - I was used to holding a cricket bat but the technique here is a bit different from cricket. 😊 I have new respect for my maid.

2. Cutting those nasty onions - I read somewhere that keeping a slice of bread in the mouth helps but my wife and son burst out laughing when they saw me with a slice of bread hanging from my mouth!

3. Counting the pressure cooker whistles. This requires a great deal of concentration especially if you are watching a cricket match at the same time!

4. Finally the biggest skill that I learnt was living with my wife 24/7 and working from home without the option of running away to office was a fine balancing act. 😊

Sheila Kini:

One day at a time & better days will be here soon were my mantra during the lockdown...& much to the amusement of my family I decided to hone my karaoke skills to overcome boredom. So, there I was crooning to old tunes at odd hours of the day. We are all big fans of good music so my singing was mostly welcomed but there were times when I wondered if they thought that this too shall pass like the pandemic. 😊

Dr Arjun Nayak:

Since hitting the MC bar was not possible, I honed my skills in Cocktail making and surprisingly been a big hit with my family, and nobody wants to have any other cocktail now! 😉 But I must say I'm still learning. None the less I feel it's a great skill learnt and I found it therapeutic and a fun way to spend time with and entertain family during the boring lockdown times. Cheers!

Club contests

The Masked gang at Mangalore club

Click a selfie/ photo of your group or family wearing masks and spending time in M.C. and you could win an exciting prize!

Send in your entries to the editor @ **99459 20547** by **November 5th, 2020.**

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