MC LIVE
Issue 12

Volume : 02
Month : JULY 2019
Editor : Dr. Siddarth Shetty

IN RIGHT EARNEST

It's July ...and we are more then half way through 2019.As I write this, the Indian cricket fans are a depressed lot. The men in blue faltered when it mattered the most and crashed out in the WC semis.This young Indian team will have to wait for another four years for its tryst with destiny.
On the political front a melodrama is being played out in Karnataka keeping the news channels in full bloom and the common man frustrated.
Amidst all this our own club chugs along reassuringly and peacefully. More footfalls from our members with their families has been one of the highlights. It's good to see all the areas of the club packed and this has happened because of the positive attitude of our staff and the excellent multi cuisine menu that we now have.For us in the committee it's heartening to get such a positive response.
Our Solar Power project is nearing completion ahead of schedule and the savings are bound to accrue soon.The eight rooms of our club will have a swanky new look by the end of this month.
Plans are already on to have an exciting Independence Day celebration, our next big event.
A warm welcome to all the newly elected members.
As the monsoon gains momentum there really is no better place than the cosy environs of MC to sit back and enjoy the weather!
Cheers..

Ganesh Kamath
Hon Secretary

The living room in 'Ferndale'

THE EDITOR'S DESK

This will be my last issue as editor of this fine newsletter. As I depart I must thank all those who made my tenure a pleasure. First and foremost, I must thank the Immediate past sec. **Isaac Vas** for having thought me worthy of adorning this post. He has played the role of a mentor during my time and is responsible for the heights that MC Live has reached. Past sec. **Dr. Ajay Kamath** helped me anytime I asked for an interview and was always forthcoming with suggestions. **Kevin Vas** was the whiz who rendered the contemporary look for the newsletter and his layouts were always perfect. The talented sisters **Ramona Mathias and Rajni Patrao** were always there for covering events and conducting interviews, I'll be forever grateful. The staff at Mangalore club, club manager **Prasad Monappa** and F&B manager **Shashiprashanth** were very efficient in organising photo shoots at the club and putting together food items ready for review. I thank all the contributors who contributed lifestyle articles- Isaac vas with his snapshots of Mangalorean lifestyle, CA Lionel Aranha, Brandon D'Souza, Rani Mathias, Manjari Saldanha, Lyn D'Souza and of course 'The epicurean foodie'.
In this last Issue of the MC year we have an interview with a reputed heart specialist, a beautiful mansion is revealed, the spotlight is on a vegetarian delight and the turkey tour is covered in detail.
Au Revoir MC'ites, it was an honour and a privilege.

Dr. Siddarth Shetty
Editor, MC Live

MAJESTIC MANGLORE BUNGALOWS : FERNDALE

Tucked away from the hustle and bustle of Kankanady is this green respite which cradles “Ferndale”. The last few of Mangalore’s compounds, where one can be taken back to,’ walks with grandpa’, to pick the fruit of the season. Natural, organic and grown to natures tunes.

This is a very Mangalorean house: Tiled roof, wrapped around by the veranda, Huge Portico, very big kitchen with a runny (wood fire), Nani with its barn and a garage, cross ventilated with spaces to read, play music and watch TV. An old-world charm with an upgrade of modern amenities.

Ferndale has been home to two of illustrious sons, Dr Lawrence Fernandes, one of the founders of Fr. Muller’s hospital, whose statue you see on your right as you enter the original gates of the hospital. The other Dr. John Salvador Fernandes, lovingly known as Sally. A skilful and eminent dentist, one of the very first to enter the UAE.

His son, Adrian, married to Nayana now lives here along with their two boys, Yeshaya and Isaiah. It must be mentioned that the couple stay along with Adrian’s mum and his two spinster sisters. The house has 7 bedrooms.

The living spaces are filled with art, Avid travellers Adrian and Nayana have collect curios of ranging sizes from the lands they travel to. Fine art is exclusively from Mangalorean artists. In 2001 Nayana starting hosting Mangalorean artists and offered them a platform. The original house was built in 1890, Had its first renovation in 1970’s under the eye and style of Late Malcolm Noronha . To meet modern-day needs, had a yearlong renovation under the directions of the twins (Peter and Paul), Arch-Technics and now is a place of delight to friends and family. Your time at Ferndale has some musts, Adrian walks his visitors all around the compound & to the vegetable garden. There is plenty of music here and you are welcome again and again…….

Italian Veg Fiesta

Here is a true fiesta for all connoisseurs of veggie delicacies. This continental entrée is a potpourri of divinely delectable, yet diverse dishes brought together on a single platter. On one side of the platter, sit deliciously grilled portions of cottage cheese stuffed with paprika and cheese which simply crumbles into savoury morsels as it enters one’s palate. On another side is the stuffed mushroom, a couple of large button mushrooms stuffed with assorted minced vegetables and cheese; accompanying this is the vegetable and cheese stuffed eggplant. The unassuming brinjal is cut in half and the seeds scooped out before stuffing it with assorted minced vegetables and cheese. Although both have a similar stuffing, the flavours lent to the stuffing by the base (mushroom or eggplant) give it completely divergent tastes. While the mushrooms are succulent and luscious, the eggplant has a smoked tinge. If this wasn’t enough there is the cherry on the cake waiting in the middle of the platter: Basil pesto tossed English grilled vegetables. This is a melange of exotic veggies like zucchini

which are grilled and then extruded into the perfect sized cylinder on the platter. The veggies are cooked to perfection with an assortment of sauces including Basil Pesto, Tomato and White sauces. Mouth watering already? Head to MC now and enjoy this enticing and exquisite entrée!

The Epicurean Foodie

MEET - DR. R.L. KAMATH

Dr.R.L.Kamath is a renowned Cardiologist and the first ever to qualify as MD, DM in the entire state of Karnataka in 1984. Always cheerful and affable, people close to him call him "Dil Ka Doctor". Apart from his profession, Rotary is his passion. Whatever time he manages to spare in between his busy profession and family commitments, he gives to service in Rotary. This commitment extends to his practice too. Even though getting an appointment with him take weeks, mention that you are a Rotarian and his clinic arranges for you to see him in minutes.

The most interesting patient he has seen.
Every day I see a lot of patients who have serious heart diseases, but the most interesting are the ones who do not have anything wrong with their heart but think that they have serious heart disease.

On what motivates him to attend a patient in the middle of the night
Taking care of my patients is part of the game. I always pick up my phone at any time of the day or night. You may not believe, for the last 45 years I have not slept continuously for 4 hours.

On the effects of drinking.
One or two pegs a week should not have any bad effects on any of the systems of the human body.

On Mangalore Club
You can't get a better place than this anywhere else. I have been coming to Mangalore Club for maybe 50 years. My teachers Dr. Ganeshan and Dr. A. V. Shetty used to invite us here for student parties. Squid butter garlic is my favorite. My comfort zone is still in the bar where I recharge along with my friends.
The one thing I wish would change is the parking area; we need more space. I think we should have the foresight to have a large contingency fund ready, to secure any adjacent property that comes up for sale. And who knows we could be lucky!

On what makes him smile
When a patient asks me, have you seen my type of case in your entire life?

On his role model
My teachers from St. Aloysius are my role models. The entire old brigade of school teachers including Vas Master were my teachers. I remember my school days and the dedication with which they taught us. Though almost all of them are no more. I used to respectfully stand up when they visited my clinic. Those were the rare moments I cherish when I got a chance to repay them for their gift of education. I also remember the bulletin 'Soldier of God' that we used to get for 10 paisa or so. Moral Science was taught to us as a subject in St. Aloysius. I wish this is introduced across India in the curriculum for students.

On the main reason for ill health
Churches are built on hill tops. In temples we go round the deity, in mosques devotees do namaaz, all this is done for us to exercise. Earlier our life style used to make us walk, climb steps. Today we drive till the last mile, take an elevator. Contrary to this, our eating habits have not changed. We still eat 'bulk' rice. We should shift to millets and reduce the quantity of food that we eat.

His idea of entertainment
In my house the radio is on from morning to night, 365 days and I feel that is the best thing that keeps me informed as well as entertained while I go about doing my work.

On his favorite car
I love the Innova. The comfort of the middle seat of the Innova beats any car in India.

His advice for a happy life
Adjust to any circumstances in life. Adaptability is the best quality that can make you remain happy. In Kannada we say "swalpa adjust maadi"

Interviewed by Ganesh Kamath

केनरा बैंक
भारत सरकार का उपक्रम
Canara Bank
A Government of India Undertaking
Together We Can

EVENTS

20.07.2019 (Saturday) – Housie.
28.07.2019 (Sunday) – Rummy Knockout

Karnataka Bank
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ENCHANTING TURKEY...

Visiting Turkey was always on my bucket list and when I saw a message in the last week of March 2019 on the Mangalore Club WhatsApp group informing members about MC organizing a trip to this enchanting destination I signed up for it, though I had serious misgivings about group travel (thanks to a bad experience in 1994) and also the short time available for the agents to handle all the paper work and finetune the itinerary.

I need not have worried. The typical 'laid-back efficiency' ensured the trip to Turkey was truly enchanting for the twenty five MC members who made the trip from the 5th to the 15th of May 2019.

Our **"Enchanting Turkey"** trip included the sights of Kusadasi, Cappadocia and Istanbul.

Izmir/Kusadasi :

We were transported back in time in the ruins of ancient Greek & Roman city of **Byzantine Ephesus** with its majestic structures like The Great Theatre and the Library of Celsus. The **Ephesus house of the Virgin Mary** brought out religious fervour among the catholic members. We drove round **Izmir** the sunshine city of Turkey – the land of the natural, organic and fresh; frolicked in the calcium warm springs of **Pamukkale's** brilliant white travertine terraces and walked the ramp with the young Turkish models of **Freyo Russo,** the leather factory; all the while enjoying the hospitality, food and the beautiful sea views from our rooms at Korumar Hotel Deluxe, Kusadasi

Cappadocia:

The unique rock formations, honeycombed hills and fairy chimneys, made us feel like we landed in a whimsical fairy tale place in **Cappadocia**. We turned troglodytes for 2 nights at the **cave hotel**-Exedera Hotel & Spa whose cozy dining hall was an yester year underground chapel.

For the eleven of us who awakened at 3.30 am and braved the chilly Cappadocian early morn, taking to the skies in a **hot air balloon,** dotted with another 150 balloons was an ethereal experience. The view from the skies of lunarscape fantastical topography below, the first glimpse of the rising sun and the snow clad mountain peaks jutting out of dusky clouds were surreal scenes that are etched in our memories forever.

The **Goreme Open-Air Museum** with its fresco-adorned rock-cut churches & eleven refectories belonging to the 10th , 11th and 12th century represented historical unity. Walking and (sometimes) crawling through nearly one hundred tunnels of the **Cithadel of Kaymakli** provided us with an insight of how the ancients created safe havens from marauding armies for themselves and their animals in the underground city.

At the cultural extravaganza organised for us some members discovered their hidden **belly dancing** talents as they joined in with the dance troupe. Needless to say that the dancing skills were preceded by the highly spiritual **Turkish Raki.**

Istanbul

Located on two continents-Europe & Asia, and a history of 25,000 years, Istanbul is an eclectic amalgam of cultures influenced by the Roman, Byzantine and Ottoman empires. Our eyes feasted on the different aspects and sights dotting the banks of the Bosporus river/strait while on the **Bosporus cruise.** The typical tourists sights of the **Hagia Sophia, Blue Mosque, Topkapi Palace** were a revelation of world famous architectural styles, mosaics and art works. Some of us also ventured on our own into the underground cistern-**Yerebatan Sarnici –** a reservoir for water storage which is 138m long and 65m wide, with 336 columns of Corinthian or Doric Style, and took in the 360 degree scenic view of the whole of Istanbul at the medieval stone tower- **Galata Tower** . **The Grand Bazaar and Spice Market** were a maze of hallways with a kaleidoscope of colourful lanterns, crockery, glassware, carpets, spices, sweets and jewellery. Our shopaholic members were the delight of the friendly shopkeepers, though one of us suffered a traveller's nightmare when his wallet was stolen in a 'classic Con'. Our members also left an indelible mark on the night life in **Istiklal street** on Taksim Square when they created a dance floor in a street bar and got the locals dancing into the wee hours of the morning (in typical MC style)

The joy of traveling is in experiencing the local cuisine. With its heritage of ottoman cuisine, there was something for every taste. Our foodie palates delighted in the kebaps, Dolmas, Kumpirs, Doner, Kofte, Mezze, Pide, Gozlemes, Lokums, Baklavas et al.. Two of us got lucky and savoured the flavourful 'pottery kebab' with the theatre involved in its service.

The highlight of the trip was the friendly & warm camaraderie among the group members that ensured high spirits (of the soul & liquid) despite the last minute planning, delayed flights, missed connections, long airport transits, 3 am wake up calls and even non-arrival of a visa.

Our special thanks go out to Samir Saldanha, Paul Mascarenhas, Vishwanath Mallya (Cox & Kings), Minoo (Group leader) & Kaya (guide) for conceptualising, planning, coordinating and making the tour a memorable experience

"To move, to breathe, to fly, to float, To gain all while you give, To roam the roads of lands remote: To travel is to live.", said Hans Christian Andersen.

Cheers to more such enchanting travels with Mangalore Club members.

Rani Mathias

Monthly bulletin of Mangalore Club, For private circulation only
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Printed at Prasad Printers, Milk Diary Road, Kulshekar Mangaluru -575005