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Secretary's message

Hello Members,

With the onset of summer and heat calling for some chilled beer, February brunch was the most perfect occasion to soak in the basking sun.

With a rise in the spread of the Corona virus, it is advisable to take precautionary measures by following simple things like washing hands frequently, wearing masks at public places or during travel and as a precautionary measure covering the face while coughing or sneezing.

Come March, we have the special day to appreciate our mother, sister, wife, daughter, daughter-in-law, grand-daughter. Do not forget to spend quality time with the women in your life who work relentlessly without any sick leaves and expectations.

As we welcome one of the busiest months of the year, we hope to see you here for the much -needed break off work.

Have a great financial year ending

Shashidar Pai Maroor.
Hon. Secretary

The Editor's Desk

This issue of M.C. Live is dedicated to all the fabulous women of Mangalore club on the occasion of Women's day. Member of the month is ***Helen Alvares;*** she's bold, she's beautiful and she's a woman who holds her ground in a man's world. ***Lakshmi Shetty***, another woman of great personal style and taste is our foodie of the month.

Last month's Valentine's day, brought out the romantic side of many M.C couples, we had a record number of participants for the ***M.C. couple of the month*** club contest. It was a tough decision for the panel of judges, but at last we have a winner! We also have a fun section written by women...for women... about women. A big thank you to ***Giselle Mehta, Ramona Mathias & Luvlyn D'Souza*** for their articles. Wishing all the women a great year ahead!

Rajni Lobo Patrao
Editor, MC-Live.

Club events

Women's Day celebration
- 08th March - Sunday – 6:00 p.m onwards - A.C. Hall

Housie
- 21st March - Saturday - 8:00 p.m onwards - A.C. Hall.

Rummy tournament
- 29th March - Sunday - 11:00 at.m onwards - Card room.

Member of the month:

Helen Alvares

Business Executive, Agriculturist.

Helen Alvares, was the unanimous choice as member of the month, or should I say woman of the month, for this special women's issue. Helen, personifies the term 'empowerment'. She lives life on her own terms and does so with great panache. She is a hard working business woman, a dedicated mother, a talented cook, an enthusiastic traveller and a genuinely good human being. Helen, has been a club member since 2005 and holds the record of being the first female member on the club's executive committee. She's the daughter of Lavinia (also known as Bulloo) and Capt. Kiren Alvares. Helen has one son, Daniel, who is 29 years old. Daniel did his undergrad at Yale (U.S) and presently works in a financial services company in Singapore.

A woman's place is...

A woman's place is where she is comfortable in her own skin. Where she feels confident of giving and receiving the best she can.

The most adventurous thing you've ever done in your life -

Juggling my responsibilities as a Single mother, albeit by choice and running a full time business in a man's world.

According to you, the biggest hurdle that women in the business world face today is...

Lack of confidence in one's self, letting others views bring one down. Being expected to walk one or more steps behind a man.

Qualities that a man should possess in these modern times are...

Being emotionally intelligent in both giving and receiving; generosity of heart and spirit.

How do you pamper yourself?

Hanging out with my dogs, enjoying varied experiences by visiting diverse destinations

The best gift a woman can give herself is -

Freedom of choice! Also learning the art of enjoying silence, which does not come by too often in the life of working women/ mothers

_____ is/are a girl's best friend

A good listener!

A destination you highly recommend -

Experiencing the Northern Lights in Swedish Lapland and the Red Sea Coast, Egypt.

A dish, you'd travel miles to eat is...

A good Lamb Biriyani

A person who was a great influence/ role model in your life -

My father. He taught me the value of focus and hard work whether it was work or play

-Interviewed by :
Rajni Lobo Patrao.

Foodie of the month

Lakshmi Shetty recommends **Kori Rotti and Kundapur Chicken Ghee Roast.**

Kori Rotti, a classic dish of Tulunadu is one not to be missed at the club. It was absolutely by chance that we sampled it at MC on a friend's recommendation. It's really good, even the rice Rotti is pretty crisp. The other dish I recommend is the Kundapur Chicken Ghee Roast, it's prepared authentically at the club. I wouldn't hesitate to say that MC is probably the best place in Mangalore to have both of these. Since both are quite spicy, a fresh lime soda would probably be the best accompaniment (for a teetotaller that is! 😉).

Lakshmi Shetty

Wo-mania

By Women...For Women...About Women

Giselle Mehta, is a celebrated Mangalorean woman, a published author and an ardent activist of animal rights. She turned vegan many years ago has since been practicing and promoting veganism along with her husband D.B. Mehta. A topic very close to her heart, Giselle, writes about her journey into veganism and how it has now become a way of life.

Where There's a Will...

"Are you sure you can handle it?" he asked apprehensively. He was dubious of my culinary skills, while trusting my expertise on many fronts. My resolve for ethical veganism as our dining norm was surely daunting.

Fast forward seven years. My man hasn't perished of hunger but is flourishing gastronomically. My trademark thoroughness in learning the new and niche conjures up gourmet plant-based delights from a range of ethnic and global cuisines. He declares some of my creations, like the Vegan Shepherd's Pie, as masterworks. Earlier, he teased me about my penchant for dining out, but there's nothing I now like better than the home kitchen's Michelin starred equivalents.

Being a lifelong drinker of Masala Chai, he didn't enjoy tea with non-dairy milks. My solution? Make him drink coffee! My concoctions with freshly ground almond/ cashew and coconut milks make him greet each day with drooling anticipation. As a couple, we enjoy daily coffee mornings which eluded us when we drank different brews in the past.

Once I explained the cruelties involved, his wardrobe mirrors mine. Silks and wools are jointly banished for cotton, linen, jute, hemp and other fabrics of plant origin. Ditto the leather, but we are now excited with vegan versions based on interesting raw materials from mushroom to mango. We embrace novelty and innovation while staying steadfast to our principles.

The journey, though challenging has been enjoyable precisely for the stimulation and pro-activity involved. I have adroitly used the power of a familial role to steer a pathway on this less travelled road.

My feminine fires for a world kind to animals and sensitive to ecology also fuel my activism on numerous public platforms. It was nonetheless moving for me when the other half, offered a megaphone at a green marathon, pitched for veganism to beat climate change. His passion has grown to echo mine.

Regardless of gender, I believe we must live by our convictions. My experience equally accords with the observation- "Where there's a will, there's a woman..."

Ramona Mathias is a fashion connoisseur. She's married to Anand Mathias and is a mother to 2 kids; one, a millennial and the other belonging to generation Y. Among many things, Ramona is a fitness enthusiast. She's read every book ever written on diet and fitness and practiced all forms of exercise from Bharath Natyam to Zumba. All this makes her somewhat of an expert on the topic and she has the below advice for all the M.C. women...

Eat-Pray-Love yourself

As she walked into the Riviera Lounge all heads turned,
Watching her, some stomachs churned.

Not out of indigestion but from the effects of the green monster,
How did she fit into that skinny hipster?

How on earth did she lose so much weight?
I am sure there is barely any food on her plate.

Did she follow Keto or Paleo or intermittently fast?
Cause I am told those fad diets never last.

As I stuffed my face with parathas loaded with ghee,
I hoped nobody would notice me.

Thanks to all the Barbie dolls we played with as little girls,
The one with the perfect body, glowing skin and blonde curls.

We have a horrible image of what we are meant to be,
Even as we age, we don't want to do so gracefully.

If you are fat, you have let yourself go,
And if you get too thin, they say you have lost your glow.

We have decided that being chubby is a sin,
And forgotten to love ourselves from within!

Workout or don't workout, do whatever makes you happy,
Eat that burger and don't worry about society,

It's time we realise that appearances don't matter,
Live life to the fullest even if it means getting fatter.

Go on open that bottle of wine and gulp it down,
Don't look at the lovely food and frown.

Enjoy each moment and live it through,
Cause people won't remember skinny
or fat they will remember the awesome
YOU!

Luvlyn D'Souza, is a software engineer by profession, she has been working for 'Riskonnect Inc.' for the last 5 years and she holds the post of Manager, professional services. She's married to Lester D'Souza and is a mother of 2 adorable kids. Juggling between work and kids is a daily part of her busy life. Luvlyn, gives us a sneak peek into the life of a working mom.

Working Mom

This topic is so intertwined with the way my life is now... Working Mom...but then again does any Mom ever stop "WORKING"??!!!

I was a stay-at-home mom for 5 years before I decided to spread my wings and leave the nest, 'ahem'. How did I feel about getting back to work then? Well, I was very anxious wondering how my babies would manage without me. They were a tiny 5 and 3 years old then (eyes rolling!) That hasn't changed in the last 5 years, the anxiety is still there. The fear of missing out is always hovering around. Then again, this anxiety every mother goes through, stay at home or working... you always worry if you are doing enough for your children, are you being the ideal mom?! It doesn't help that society has its own standards of how a Mother should be.

Raising kids and running a house keep me pretty busy. I also have a little gig on the side called a full-time job. So, I unapologetically say no to plans being made because I am already tired tomorrow! ROFL...on a lighter note, many times I am tempted to tell my fellow co-workers to clean up their desks or there won't be tv time!! Or maybe I should tell the kids that if they don't eat their vegetables it will reflect in their annual appraisal!!

Motherhood is like the non-stop train, just keeps moving, although you would love for it to slow down sometimes so you can cherish every single moment with your child. So, when you must balance it with work, it comes with a whole pile of guilt... and how do I deal with the guilt? Well I tell myself that I am a human being too and if I need my children happy then I need to be happy first. And my work keeps me happy and sane... Yes, talking about sanity... I lose it every time I get a call from either of them complaining about the other or walk into a mess at home after a long day at work!

Sigh!! Yes...just like how all Moms want the best for their children... all children have made it their life's goal to challenge their moms... Afterall Moms are built for challenges. So, bring it on!

Rajni Lobo Patrao, is a children's theatre director and a Spanish language trainer. She's married to Avalon Patrao and has one daughter. "What's life without a little drama?" She always likes to say. Well, when her maid leaves, life turns into a full *tragedy/ action* play. *Tragedy* for her and *action* (housework) for the family.

'Maid' For Each Other

Here come those dreaded words no woman ever wants to hear. The words that will instantly shatter all dreams & plans and leave one swirling in a state of shock followed by chaos. Abandonment by the most important person in our life is never easy; the person who helps us maintain our homes, our kitchens and our sanity! Yes, I'm talking about *the maid* and the chilling words she utters: *"I'm leaving!"*

So, when my maid made the announcement, it was like a sword piercing my soul, I almost yelled in dramatic Bollywood style *"Nahiiiiin!"* There goes my maid, taking along with her; my next theatre production plans, coffee dates with friends, bar nights at Mangalore club and basically my entire social life...I'd have to say *good'bai'* to it all.

However, after the initial panic subsided, I found myself transformed into multi-tasking robot with ten hands. Basically, *Rajni* had turned into *Rajnikanth*; prepping meals with one hand, doing dishes with the other, dusting everything along my path, doing laundry, getting my daughter ready for school, overseeing homework, etc. etc. etc.

Actually, it was great! I felt energized & efficient. "Who needs a maid?" I boasted proudly, "I can do it ALL by myself!"

Well, those feelings lasted for exactly 2 days!

Then, along with my new-found *Rajnikanth-like* efficiency I had also gained his temper. If my unsuspecting husband said even the slightest thing to annoy me...he'd have to *MIND IT!* Because whatever was in my hand would go flying across the room, (in true *Thalaiva* style) in slow motion at first and then in 20x fast forward speed, chasing him around the room until finally, hitting the target...Bullseye!

Immediately the very next day, my husband began a frantic search for a maid. He said he preferred *Rajnikanth* in romantic movies rather than action *flicks*!

Well, ladies, apparently, it's very hard to find even an average maid these days; you know the type; someone who cooks nutritious & tasty food, sweeps impeccably, washes clothes and dishes immaculately and has a sweet smile on her face at the end of the day. That's not too much to ask for, is it?

So, needless to say, we haven't found our dream maid yet but we did find a balance, a harmony in the home, where chores are now divided and everyone pitches in. My daughter protested at first but then my astute husband, bestowed upon her the prestigious title of *'Maid of Honour'*. So now, our seven-year-old does her chores wearing a flowing gown and flowers in her hair. (Well, as long as the job gets done, we're not complaining!)

Finding that perfect maid is EVERY woman's lifelong quest. But when husbands lend a hand and kids pitch in, it's a great help! Our search continues but until then, we have accepted the fact that we are 'maid' for each other!

Events @ MC

Love was in the air at Mangalore club this Valentine's day. Couples as well as friends gathered to celebrate this day of love with *'Love bites',* a candlelight dinner under the stars. The 'Micro Band', consisting of Jackson and Clyde, played romantic songs that really added to the amorous setting. Couples danced, wined and dined. The club was beautifully decorated with red & white table settings and balloons. This event was organized for the first time in the club and for those who were there, it was an evening to remember.

Club News:

Congratulations on achieving permanent membership:
1.Mrs Anushka Shetty – d/o Mr. Nitin J. Shetty.
2.Mr Sachin Pai – S/o Mr Sathish Pai.

New club affiliation:

Dadar Club – Lane No.3, Lokmanya Tilak Colony, Dadar East, near BAPS Shri Swami Narayan Mandir, Mumbai, Maharashtra – 400014.

Club Express

If you switched roles with your wife for a day...what would be your biggest challenge?

Ganesh Kamath

To begin with I would upgrade to a double SIM mobile to handle all the calls and increase my limit on the credit card to take care of shopping...and OMG what do I do about guests who are turning up for lunch tomorrow? 😜

Vincent Koland

Putting up with the maid's nonsense and firing myself for trying to calculate how many eggs to boil for breakfast, lunch and dinner 😊

Santosh Rodrigues

Balancing 2 jobs, 2 kids and of course a 2 faced Gemini husband! Besides that, I would need to get used to the 48 hours a day clock without an afternoon snooze and remain calm through all the chaos. Being pro absent minded and relaxed at the same time with her standard response "don't worry, I'll figure it out."

"Oh no! No switching! Rajni, please pick someone else." 😉

Last month Contest winner :
M.C.'s Most Romantic Couple is: ROOPA & BIPIN JACOB

CONGRATULATIONS!

Club contests

On the occasion of Women's Day:
The 'Diva' of Mangalore Club

Ladies, send in your *best solo photo* to the editor @ 9945920547.

Looking for the *most glamourous photo.* Send in your entries by 31st March, 2020.

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