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November 2020

Secretary's message

Hello Members,

It was finally that time of the year when every nook and corner of Mangalore Club would sparkle with the light of the diya and The Morgan room would echo with cheer of children's laughter. This year being different due to the pandemic, we had to take a step back on the celebrations of Diwali Night and Children's Day.

With the decreasing cases in the city we can hope and pray that soon we will be able to see a day when everything would

bounce back to normal and all functions at the club can be celebrated with the same pomp and fervour.

I hope you've had a safe and special Diwali in the company of your loved ones...

Shashidar Pai Maroor.
Hon. Secretary

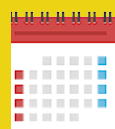


The Editor's Desk

This year Diwali and Children's day came on the same day but unfortunately M.C. could not celebrate either due to the prevailing situation. Therefore, we dedicate this month's M.C. Live to all the little members who have always filled the club with so much joy. In keeping with the children's day theme, our member of the month is the much sought after paediatrician **Dr. Santosh Soans** who, among other things, also talks about COVID and children's issues. Enthusiastic foodies of the month are siblings **Ashmit and Ashna Saldanha**.

We have surprises in store for all the children and members in this issue, turn to page 3 to find out more! In our club express section, **Dianne Coelho, Jay Rai Varma and Aidan D'Souza** tell us what they will remember the most about this year.

Rajni Lobo Patrao
Editor, MC-Live.



Club events

RUMMY TOURNAMENT

- 27th December - Sunday - 10.30 a.m onwards - Card room



Dr. Santosh Soans

Paediatrician

If you want to know what a truly great paediatrician is like, then you must meet **Dr. Santosh Soans**. His professionalism and friendly approach are the reason why children adore him and parents' trust him. He is dedicated to the point where he is always just a phone call away. I've been told that his gentle mannerisms and colourful neck-ties, immediately put his little patients at ease. So, it is only befitting that he is the chosen member of the month for our Children's day edition. Dr. Soans is Prof. & HOD of Pediatrics, AJ Institute of Medical Sciences, Mangalore; President, Indian Academy of Pediatrics (2018). He's been a member of M.C. since 1998. He and his elegant and soft-spoken wife Sarita have been married for 30 years. They have 2 children; their son Nihal who is an AI Engineer in Atlanta and their daughter, Dr. Nikita who is pursuing Dermato-Surgery in Bangalore.

1. Your most memorable experience with a child patient.

In 1986, during postgraduation at Manipal, we had successfully treated a child for leukemia (blood cancer). After 24 years, I accidentally happened to meet the boy's father. He informed me that his son was training to be an Oncologist. This was a touching moment of me. It made me appreciate the value of life all over again, the faith that people have in the doctor's profession and how God has blessed me to serve humanity in this capacity.

2. Children and Covid - what parents need to know. *The good news is that kids are least at risk, with only 0.1 percent mortality. But we can't lower our guard. The family should be health conscious, physically fit, practice yoga etc.*

3. A person who greatly influenced you.

My father has influenced me the most with his qualities like compassion and empathy. In profession, my teacher Dr. Sanjeeva Rai mentored me into the right professional track and also pushed me up the ladder of Indian Academy of Pediatrics (IAP), which is the largest body of pediatricians. I was able to make my mark in IAP by becoming the second person from Karnataka to be elected as its national President in sixty years.

4. Your message to the children of Mangalore Club for children's day 2020.

Children of today live in a distracting virtual environment. They need to be disciplined and focused. They should try to be continuous learners and become adaptable to change.

5. What Mangalore Club means to you ...

To me, Mangalore Club is the go-to place whether you are feeling down or on Cloud 9. The tasteful ambience, the friendly staff, food and facilities make it one of the best clubs in the country.

6. Your favourite dish and drink at Mangalore club.

I have always been a beer man. I find it to be the perfect drink for our hot and humid climate. As for food, there's nothing to beat pork roast.

7. Favourite holiday destination & what do you enjoy about it.

Valley of Flowers in Uttarakhand and Cherry Blossom in Osaka, Japan. Goa is also a great choice anytime.

8. Something that most people don't know about you...

Ha ha ... I hope this is not meant to be a conspiracy to get me in trouble with my wife.

9. Social media or social distancing from friends, which is more detrimental to young kids, according to you?

Certainly, it's social media. Its bombardment on tender minds will be detrimental to the nation. We will fully understand its impact only after twenty years when the youngsters join the mainstream and take control of society.

10. If you could go back in time and re-live an event in your life, what would it be?

My carefree days as an MBBS student, especially the unforgettable time spent at Kaprigudda hostel. We would be all-over town in our motorbikes and there was never a boring day.

-Interviewed by:
Rajni Lobo Patrao



Foodie of the month

Ashmit and Ashna recommend the **Chicken and Mushroom bake**.

The Chicken and Mushroom bake at MC is one of our favourite dishes at M.C. This creamy delicacy is absolutely lip smacking. 😊 It goes perfectly with M.C's freshly baked garlic bread! Try it just once...and you'll find yourself coming back for more! 😊



Ashmit and Ashna



Diwali contests:

This Diwali, we're sure, everyone clicked tonnes of lovely photos for FB & Instagram! It's time now to send them in and win some very exciting prizes at Mangalore club!

DIWALI CREATIVITY:

Send in a photo of yourself with an item that you created/made this Diwali. A diya which you painted or your very own creative rangoli design, etc. Winning criteria - most creative design.

Contest open for all age groups. PRIZE: Rs. 1000/- cash.



MY GREEN DIWALI:

A picture paints a thousand words. Send us a photo of yourself surrounded by Diwali items such as mithai, diyas, lamps, rangoli etc. Winning criteria – photo of member surrounded by maximum Diwali items.

Contest open for all age groups. PRIZE: Rs. 1000/- cash.



Children's Day contests:

Calling all M.C. members kids to participate in these children's day contests and win some super exciting prizes on behalf of Mangalore club.



M.C. LITTLE STAR:

Send us a photo (recent or past) of your child dressed up as any famous person/ fictional character, for example; Disney characters, national heroes, super heroes etc. Winning Criteria - child who looks most convincing in character.

Contest open for member's kids of all ages. PRIZE: Rs. 1000/- gift voucher from Toys R Us.



DIWALI DRAWING COMPETITION:

Send a photo of a Diwali themed drawing/painting you made and win exciting prizes! Winning criteria - best and most colourful drawing.

Contest open for member's kids of all ages. PRIZE: Rs. 1000/- gift voucher from Toys R Us.

Please send in your entries to the editor via **WhatsApp @ 9945920547** before **13th December, 2020**.
Results will be announced in M.C. Live December issue.



Club Express

“A memory or experience during this pandemic year 2020 that you will always remember.”



Dianne Coelho, age 9

This Pandemic prevented me from going to school, but I discovered the joy of living at home. I wake up late and then spend time in the compound with my plants and my two pet dogs. I have been assisting in cooking delicious food, as a family. I attend to my classes in the afternoon and then in the evenings, enjoy playing badminton, football and cricket. Each of these experiences, has created a joyful learning and a memory that will last forever.



Jay Rai Varma, age 11

This year has been most unusual. We don't go to school but school comes to us in the form of our teachers appearing live on our mobiles/ laptops. I miss my friends and the playtime fun with them but I managed to cope, thanks to some extra TV. time, playing PS4 and my video games. I am loving it at home, as I get to spend quality time with my brother, mama, papa and Zanz my rotti.e.v



Aidan D'Souza, age 11

When the lockdown started, I was very happy that my final exams were cancelled and my summer holidays began. I was happy to be at home, just enjoying my time not knowing much about what's happening around me. Soon, as the whole world came to a pause, all I heard was: social distancing, wear masks, wash your hands, use sanitizer, stay home and stay safe. Everyone around me was speaking about Covid 19 and all of us were worried about what we were headed for. I heard about several families being affected due to this lockdown. Many people lost their jobs and faced a lot of difficulties. I felt their pain, their losses and prayed for them. I realised how blessed I was. I prayed for the whole world and asked the Lord to heal the world. This lockdown has been a blessing too. I got to spend a lot of time with my family, learning new things, playing indoor/board games, reading books, watching movies together, cooking and experimenting on new recipes. I missed playing with my friends but would occasionally video chat with them. I learned to appreciate and value all I have in life. I just wish all this ends soon and all of us get back to our normal lives. Hoping for a wonderful year ahead.

Last month Contest winner :

'The masked gang at Mangalore club' is: PRATHVI SHETTY



CONGRATULATIONS!



Club contests



wines & spirits

Contact: 7760077007

- ★ We undertake processing of CL 5 Occasional Licenses
- ★ Wide collection of Imported wines
- ★ Great offers on Domestic Wines
- ★ Offers on Beverages

