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Secretary's message

Dear Members,

All good things must come to an end and so has my tenure as Secretary in Mangalore Club. A year has gone by in the blink of an eye. What a roller coaster of a year it has been! Tiding over the crisis of running the club in the midst of a pandemic has been the most challenging yet adventurous experience.

With a drop in dine-in footfall, it was our aim to ensure our members are not deprived of the delectable food that the club has to offer. Food parcel and delivery service was promoted so that despite being in the safety of your homes you would not miss out on the various culinary delights. We are grateful to our members for patronising the same. In the absence of gala parties like Christmas Ball and New Year's Eve it was no less than any other entity being hit by the brunt of a sluggish market.

A big shoutout to the other committee members for working together as a team.

The journey of 18 months as a Secretary has indeed been a memorable one. With the hope that I have done justice to the prestigious post, I would like to thank you all for your continuous support. I wish the incoming committee the very best for the upcoming year.

Stay healthy, happy and safe.

Adieu,
Shashidar Pai Maroor.
Hon. Secretary



The Editor's Desk

At M.C. Live, the month of March is always dedicated to women as the world celebrated women's day on March 8th. This issue is FOR the women, OF the women and BY the women (and by a few men appreciating their women!) Our member of the month is the very artistic, altruistic and well-known director **Leila Alvares**. Tempting us with her exquisite choice of M.C food is **Rose Rego** as Foodie of the month. In the club express section, a few devoted husbands; **Dr. Siddharth Shetty**, **Dr. Vishwas K. Pai** and **Mr Kini**, agree that their wives are superwomen and disclose what superpowers their better-halves possess. In Events, we cover the women's day celebration and the rummy tournament.

This issue's main Centre-fold 'Womania' - contains funny, poetic and advisory articles from some of our 'leading ladies' at the club; **Ramona Mathias**, **Dr. Rashmi Rasquinha**, **Ratna Pinto**, & **Dr. Sharon Rasquinha**.

Rajni Lobo Patrao
Editor, MC-Live.





Leila Alvares

Planter

Once Upon a lifetime, comes along a woman like **Leila Alvares**, a woman with a cause, someone who believes in being of service to those in need, be it human or animal needs. Her many personal projects speak volumes about her altruistic nature such as her animal welfare organization for strays, the empowerment fund she has created to uplift women in Coorg and the creation of a trust fund to support local *anganwadis*. Among her most popular non-profit organizations is the C.A.U.S.E foundation, which she created to promote local talent and donate profits to local charities. All this while also being a planter by profession and a full-time mother who home-schooled her two kids, **Kieren** and **Keira** and has most recently authored her auto-biography titled 'Once upon a lifetime.' Leila is a strong, independent, talented, opinionated (according to her) and very frank woman, whose actions speak louder than words and that's why for our women's issue, we honour this magnificent 'iron lady'.

1. "To be or not to be?" According to you what is a paradox that modern Indian women face?

To be and to do it all – wife, mother, career person. Something which I personally do not believe works, as one or the other will ultimately get adversely affected.

2. The joys and trials of motherhood, what's the happiest and most challenging part of being a mom?

The happiest part is overhearing my children repeat my advice to them to their friends – even though at the time I gave it to them they didn't listen to it themselves! The challenging part was - and still is - being

okay with taking regular 'me time' to preserve my sanity without feeling like I was/am short changing my children.

3. Since you home-school your children, what skills do you think are most beneficial for kids that are not taught in schools.

If the child is an only child, then the skills of learning to share, being thoughtful and being respectful of other's things, wishes and feelings, etc. Having two children (or more) being home-schooled helps to develop these skills. I would like to point out that home-schooling requires the parent/s (as opposed to the child) to be more disciplined and patient in imparting these skills!

4. A fictitious/historical character you identify with the most & why?

I don't identify with anyone in particular. But someone once remarked that I was like Margaret Thatcher (the Iron Lady) - not sure if they meant it as a compliment! Though like her, I am pretty uncompromising – especially where the values, in which I believe in are concerned. And I certainly get things done!

5. What was your inspiration behind starting the C.A.U.S.E foundation?

After seeing the original production of Joseph & The Technicolor Dreamcoat on Broadway, I was determined to reproduce it back home. This led to the decision to start the Cause Foundation and promote local talent through quality musical productions while concurrently giving to charity.

6. A quirk of yours that your kids find adorable...

My son has just come out of adolescence and my daughter is going through it... Nothing I do or say is adorable!

7. You love Mangalore club because...

The atmosphere, the scenery, the beautiful clubhouse, the excellent food - but most importantly, because I know that it is a place where I will definitely find a friendly face!

8. What memories of Mangalore are closest to your heart?

The fact that you could drop in at anyone's (friend or acquaintance) house at any time of the day or night without phoning ahead and you would be warmly welcomed, watered and fed! And of course, the delicious Mangalorean food!

-Interviewed by :
Rajni Lobo Patrao



Foodie of the month

Rose Rego recommends the Crepes stuffed with chicken and Spinach/ Ravioli.

Rose Rego raves about the ravioli with cheese sauce & can't stop complimenting the chef on his crepes stuffed with chicken and spinach. "I love the continental cuisine at the club, it's simply awesome & the cheese sauce is my favourite!"



Rose Rego



Zoom In...

During COVID times we were all stuck at home
No place to go, no place to roam.

We mamas were so happy there was no school, you see
No more packing lunches or getting up early.

But the kids sat at home, got fat and lazy
Spellings were forgotten and math got a bit hazy.

The faculty wondered how all these kids will pass
Thus, schools started online Zoom class.

The first few days our kids listened to all that was said
Next, the laptop moved closer to the bed.

Well thanks to the features of the Zoom App
They mute audio and off video and merrily nap.

The teachers really worked hard to get tech savvy
But these tots are a computer generation, undoubtedly.

For them it was a dream come true
On the chat boxes they chatted and pictures drew.

Whenever a question is thrown their way
They put the video and audio off, "ma'am wifi problem" they say.

A couple of hours of class the rest of the day free
This academic year will be etched in their memory.

Monitoring their notes, studies and t.v.
We mothers don't have a minute that's free

We enjoyed the months of quality family time
But wishing them back to school won't be a crime.

Can't wait to drop them to their class room
Run back to our car and towards our freedom zooooom...

Written by the mother of an eight year old,
Ramona Mathias.



The pandemic witch-tionary

Women, are not easy to understand, at least according to the famous authors, poets, entertainers and comedians who have written at length on the nature of women. Women aren't confusing at all!! They're a Sudoku- Jenga puzzle surrounded by Rubik's cubes strapped to a terrorist screaming at you in an alien language. They only need "food, water and compliments". They're so uncomplicated, see? Well, of course, being a woman is a terribly difficult task, 'coz our lives consist principally in dealing with 'MEN' or most words that start with them!

Nancy Reagan once said, "A woman, is like a tea bag. She only knows her strength when you put her in hot water!" Rightly so, there's nothing a woman can't do... but she could never be a president. A candidate must be over 35 years of age and where are you going to find a woman who will admit she's over 35? One of the great mysteries though, about women, is the fact that they can pour hot wax on their legs, rip the hair out by the roots and still be afraid of a spider!

All said and done, I'd rather be a woman than a man. Women can cry, wear cute clothes and they're the first to be rescued off sinking ships! Now that women are jockeys, atomic scientists and business executives, maybe someday we will master parallel parking too!

Dr Rashmi Rasquinha



How 'stereo'typical!

The world has celebrated yet another woman's day on the 08.03.2021. Unfortunately, despite all the programmes, women often fall victims to some existing stereotypes. It starts from the time of the birth of the child. Pinks for girls and blues for boys. Barbies for girls and cars for the boys. How wonderful the nursery would look with both these colours and more and a shelf full of a variety of toys.

Stereotypes exist for men too but I have chosen to write on stereotypes about women:

1.Women make bad drivers: The best of us get this all the time. Well, let me burst this bubble by quoting BankBazaar which says women are better drivers as they have higher levels of tolerance and also tend to abide by rules. So, the next time you want to honk and push a woman off the road and pass a comment remember, we are just following rules.

2.Fan girls and not sports lovers: Women love to shop and take hours to get ready, watch the cricketers more than cricket, are not strong enough to open boxes and tight bottles and doors. Sigh, what can I say? Let me just say girls too, like boys follow a sport with passion. Women have conquered Mount Everest, set foot on the moon, led expeditions to space, and been the head of countries. So, let's not say they are not strong or serious about things.

3.Women prefer to read or write only novels on romance: In our favour let me point out authors like Jane Austen, Virginia Woolfe, murder mystery queen - Agatha Christie and lately J.K. Rowling, of the Harry Potter fame prove this point to be a myth. I rest my case ladies and gentlemen.

4.Successful working women in high positions are single and lonely: This very common stereotype reduces successful women to spinsters and old maids while similarly successful men are lauded and hailed as eligible bachelors. Also existing is a clichéd notion that powerful women are conniving, tough and masculine in their traits. People seem to think that competency, ambition, sensitivity and being feminine cannot co-exist peacefully.



The list could go on and on but time and space are my constraints. I will sign off at this point less I fall victim to one more stereotype that women talk too much!

By **Ratna Pinto**

Most precious gift

The best gift a woman can give her family and the world is: herself. So ladies, look after yourselves. Here is a helpful list of tests that women should be aware of and also know when to go for these check-ups.

A Gynaecologist can treat a girl or women at any age. American College of Obstetrics and Gynaecology (ACOG) recommends starting to visit a gynaecologist from the aged of 13 year and annual well women visits.

Regular health exams and tests can help find problems before they start and also help find problems early when your chances for treatment are better. As a woman you need some special examination, tests and screenings.

A Pap – test (Pap smear) to check for cancer Cervix (opening of woman's Uterus). It detects changes in your cervical cells that turn into cancer later. Women aged 21 – 65 years should get their Pap Smear done every 3 years. If it is abnormal, then your gynaecologist will tell you what to do. If you choose to combine pap testing with HPV – DNA Test (Human Papilloma Virus) then you can be tested every 5 years. Breast self-examination (BSE) should be done by every woman starting from 20's every month. Above 40 years, annual breast examination by your gynaecologist and breast self-examination monthly is a must. Mammography at least once between 40 to 44 years, 45 to 54 years every year, 55 years and older, every 2 years or yearly. If you have a family history of breast cancer, ovarian, colo-rectal cancer then you should tell your gynaecologist and test are done more frequently with additional tests. There is no screening for Ovary or Uterine cancer. Trans Vaginal ultrasound, CAS – 125 (Blood Test) should be done yearly if you have a family history of cancer.

W.H.O. recommends HPV Vaccine as a part of routine vaccination to prevent cancer cervix. Children above 9 years are given this vaccine. Take Care.

Dr. Sharon Rasquinha



Events @ MC: Women's Day celebration

On Sunday 7th March, the a/c hall was adrift with fragrances of assorted perfumes and an array of colours as all the lovely ladies of Mangalore club gathered to celebrate their day. The evening was specially planned by the club for the women, with talks by ENT surgeon and nutritionist **Dr. Rashmi Rasquinha**, life skills coach **Beena Shetty**, gynaecologist **Dr. Sharon Rasquinha** and a dance workshop by Zumba instructor **Sumanth Roche**. **Shobha Rao** compered the programme in her unique style ensuring everyone had a relaxing and entertaining evening.



Dr. Rashmi Rasquinha



Beena Shetty



Dr. Sharon Rasquinha



Sumanth Roche

Rummy Tournament

The monthly rummy tournament was held on 28th March, 2021. Here are a few snippets of the exciting event.

1. Bottom Left : All participants
2. Top Right : Winners
3. Bottom Right: Runners Up





Club Express

*"All women are Superwomen (no argument there!)
So what Super powers does your wife possess?"*



Dr. Siddharth Shetty

My wife's super power is her uncanny ability to read my mind. In fact, she says that she knows me better than myself! I don't doubt this. Unfortunately, the workings of her mind are a mystery to me. Ignorance is bliss! 😊



Dr. Vishwas K Pai

My wife's super power is her attitude towards life and honesty and dedication towards any task that she takes up. She keeps things simple and has a very positive outlook which sets her apart and to top it all, it's the humility and genuineness that makes her a superwoman!



Mr. R. D. Kini

She is a super mom. She has fantastic business acumen and is a mathematical whiz. She is the epitome of patience and has supported me in all situations without expecting anything in return. She loves me a lot and tolerates my nonsense. Her only weaknesses are branded bags and playing 'housie' at Mangalore Club.

Last month's winner of **'Most interesting & unusual holiday photo'**

Vathika Pai and Dr. Vishwas K Pai.

CONGRATULATIONS!



Club contests

Next month's contest:

In this women's issue, Mangalore club invites all ladies to send in their most stylish photo which depicts the caption:

'My Diva moment'

and win a **Rs. 2000/- gift voucher from LIFESTYLE** on behalf of Mangalore club. Please send your entries to the editor, **Rajni Patrao @ 99459 20547.**



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