Mangalorean Catholics, owe a lot to Goa, from where their ancestors migrated to Mangalore and the surrounding areas of south and north Kanara. Indians as a whole are a hospitable people, and "athiti satkara" is ingreained in their natures, which tells them, to respect a visitor and entertain him. When people have been left to themelves, they have had no grudges against one another, as they tend to see the good in others. This also lead the Goan catholics who migrated to Mangalore and its envirorns, to respect their host communites, and live with them in brotherhood and love. They blended with them, and borrowed many words and accents in the language of Konkani, as well as tastes in foods offered by their hosts. The community as well fostered a love of the culture of their ancestors, and their food habits and the music and songs. That is why we have so many common recipes, songs, and stories.

Now that I have had to good fortune, to return to the land of my ancestors, and take residence here, I have started to appreciate what we left behind. The beauty of the land, and the cool sea breeze that wafts from the sea, through the hills into our rooms, causes a lethargy, and a tendency, which they have nicknamed, "shuheagat". The slow pace of life, the people have been used to seems to jolt many by the activity and hustle bustle, brought in by the tourists, and Indians from other states. Yet the visitors, appreciate the culture of the area, its food and songs, and have got into the stream, and added spice to the life here. The Goans themselves have not lagged behind, and are in the forefront of the modernization of the place.

It is my fond hope, that the descendants of those who left this place, as well as those who have migrated for better opportunites, will not forget their home here, and come back and help in the re-energizing of the people once again.

The piety and sincerity in the practices of their respective faiths, have shown how Goans, in spite of progress all around have not deserted their old ways. Those of us who come newly to this place soon, imbibe this and become one with the lot. May happy days be once again with us. Viva, la Goa.