

# Goan Connection

GOAN ASSOCIATION OF NEW JERSEY, INC.  
Established in 1991



## AT A GLANCE

WINTER 2021

### Welcome to the Winter edition

Meet the Team  
GOANJ Christmas Gala  
Konkani Uloi  
A look back into GOA  
Nathaniel Dsouza, Soaring heights  
Spotlight-Authors among us  
Heart of the Matter  
Welcome new members  
Celebrations  
Thanksgiving  
In Memoriam  
Prayer Team/Bible Study  
St. Xavier Academy– A Recap  
Amazing Sponsors

### Goan Connection

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**Mavis Dcruz**  
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## The Editor's Desk

Welcome to  
Goan Connection!

*I can't believe 2021 is nearly a wrap. What a ride it has been for us at the Goan Connection.*

*With your help, we published 4 issues, filled with your contributions. You have invited us into your lives, sharing with us your pensive, thoughtful, happy and sad moments. We have become a closer knit community, thanks to you.*

*This issue is no different, we have a feature on the Authors within our community, A window to look back into Goa, Our member, Nathaniel Dsouza who is soaring heights, Getting to the heart of the matter, Konkani Uloi, A Welcome to our new members, and if you have missed our Christmas Gala, no worries, we have an in depth account with pictures galore. There is a ton of stuff, something for everyone!*

*My gratitude to our talented editorial team, Dianne Nunes, Wilma Martins, Suzette Barreto, Carmeline Barretto Chantelle Faria, Marissa Gomes.*

*Have a blessed Christmas and a Healthy New Year 2022!*

*Joyfully  
Brenda*



Goan Association of New Jersey, Inc.  
Website: [www.goanj.com](http://www.goanj.com)

## The Association Corner



My Dear Friends,

I want to take this opportunity to wish you all Merry Christmas from our entire GOANJ team. May the birth of our savior, Jesus Christ, fill your hearts with hope, your life with joy, and your world with love.

It was truly great to see everyone at our 30th anniversary Christmas ball, and I hope you all had as much fun as we did. It was our first indoor in-person event in over 2 years and from the looks of things, it appeared that everyone was waiting to get out and party. Looking back six months, we didn't think it would happen, but we received so many requests to have our annual Christmas ball that we had to make sure it took place.

The GOANJ planning committee put in so much effort to ensure that no stone was left unturned in making our 30th anniversary gala an event to remember. From gorgeous handmade table centerpieces, beautifully packed novelty prizes, the tech for hassle-free entry, to the meticulously arranged hall complete with a photo booth, everyone in the planning committee did their part in taking care of all the big and little things that can make and break an event; too many to name, they did it all. I sincerely want to thank the executive and planning committee for their selfless dedication and time. I also want to thank our brilliant talented master of ceremonies, Nathaniel Dsouza. Shout out to the band - Prism for putting on a show. They mesmerized everyone with their foot-tapping music and no one wanted to leave the dance floor. Complementing all of the above, we had an open bar with premium liquor and great food. The leftover food was donated to the soup kitchen in Newark to feed the less fortunate. We do this all over again next year. *So, circle your calendar for Dec 10th, 2022 for our next Christmas ball at the same venue*

As we look in the rearview of 2021, I want to acknowledge how lucky we feel to be healthy and be able to organize our traditional events like the picnic and the Christmas ball this year, given the global health crisis and the toll the pandemic has taken on our personal lives, our families and near and dear ones. The personal and economic challenges that so many families here and Goa have had to endure. As we informed you through our previous newsletters and emails, we in the Goan Association partnered with a few organizations in Goa and in the US to bring relief to the less fortunate, in countless ways. It was so great to see the community rally around a common cause. Couldn't have done without that partnership and teamwork. As we look forward to 2022, our vision is a future where we continue to bring the community together, and rally around important causes that are crucial to our community.

Our donors, sponsors, and advertisers were an integral part of our success this year, and we could not have achieved what we wanted to, without their help. May God bless them all. You will find them all in the newsletter. Do keep them in mind the next time you travel or are looking for a new home, or when you want to order food for your next event.

I want to thank you, members, of the Goan Association of New Jersey for patronizing your Association. It's almost cliché to say that it's not possible to do this without you. But it's true! And you can help us even further by writing in suggestions and providing us with constructive feedback.

Thank you, stay safe, and healthy.

Mog Assum,

Marvin Fernandes





**Merry Christmas  
and  
A Joyous New Year, 2022!**

# GOANJ's 30<sup>th</sup> Anniversary “Jingle and Mingle Christmas Ball”



Aasha Thomas and Brenda Fernandes



Culture and traditions are the backbone of every family, and their significance is more evident when living in a foreign land. We strive to find ways to connect with folks who share our culture to make us feel at home. That's exactly what GOANJ excels at –bringing socio-cultural people together to have a jolly good time.

The strong winds that evening in Fords, NJ did not deter Goans and guests from gathering to celebrate a milestone: GOANJ's 30<sup>th</sup> Anniversary! GOANJ's Xmas Ball was hosted at Royal Albert's Palace. The committees made every effort to make the evening spectacular and memorable. From the moment we entered the venue, we felt at home. People greeted each other delightfully, you heard peals of laughter while catching up on stories that you tried to listen to as you walked in. Ladies in formal dresses and gentlemen suited up dotted the hall, selfies were being taken, all this filled the air with excitement.

The welcome committee did an awesome job checking in guests with little or no wait time. The first 12 families that entered, received a bottle of Riesling. Tables were easy to find since the odd numbered tables stood to the left of the hall and even numbered ones to the right. Every table had a beautiful centerpiece comprising a red hoopla with a base display artistically arranged using pinecones, holly and other trimmings. 3 golden baubles dangled from the top center of the hoopla. Tucked in the centerpiece was a card with the names of the guests to be seated at the table. There were miniature tent cards with a QR Code to scan. The information relayed, provided the Event Highlights as well as listed information about the novelties that could be purchased. A variety of Santa hats and Leis offered you a chance to win attractive prizes -a \$1000 ticket voucher, L'Oreal product hampers, a liquor hamper from Tiger Spirits, a Kuswar hamper, and an Xmas Fruit Cake.

Every guest was provided with an Xmas themed mask and a bottle of hand sanitizer at the table. Each couple was presented with a keepsake green bauble and a generous piece of Goan baath cake (or Batica - authentic Goan coconut cake) as a takeaway.

The décor was beautiful and the ambience added to the feeling of Christmas! Particular mention should be made of the photo backdrop area that had a beautifully trimmed Christmas tree and a majestic couch where you had the chance to make memories with family and friends. Xmas props were provided for guests who wanted to get more creative and display fun in their pictures. A special ornamental balloon wreath was setup on a table as a photo booth option for the guests.

In bringing our youth to the fore, we had young Nathaniel Dsouza as our MC for the evening. None other than our pro Loviena Mascarenhas was his mentor and guide.

The band, PRISM, was truly amazing along with DJ Brian. They were entertaining, played songs from every genre and decade and the best of all – they got the crowd to keep rockin’ around non-stop for the entire night, right from the Grand Xmas march to the final number. They ensured that guests mingled, danced, enjoyed and even made a few new friends. We wanted more..... encores resounded on the dance floor from us five single ladies. A gentleman remarked, “Are you having a ladies night out?” Oh yes it was and we had a whale of a time!

The food and bar definitely need noteworthy mention. The variety in the appetizers alone felt like dinner. The assorted chicken kababs, chilli chicken, fish fry, samosa chaat, assorted pakoras, Chinese noodles and dabeli sandwiches were tasty and fired up our taste buds. The open bar was another huge attraction that served not only alcohol but also specialty cocktails like *Ambo-rita* and *Ladru-pedru* as well as mocktails like mango refresher and Shirley temple that helped our spirits to soar sensibly!

Fr. Martin Carvalho said the grace before meals in Konkani and English. We could not wait to tuck in the main course items because the band helped us to work up an appetite. The flavorful Shahi Korma, Mushroom Masala, Tandoor and Hyderabadi Chicken, Bhindi Masala, Saag Paneer, Biryani, Jeera Rice, and Naan comprised the widespread on the dinner tables. Mouth-watering desserts included Rasmalai, Vanilla Ice cream, Moongdal Halwa, the 30<sup>th</sup> Anniversary cake as well as Tea and Coffee to wash down our meals, and then get back onto the floor to dance the night away...

Life is what you celebrate. All of it. Even its end. So what more than celebrating the holiday season with good times, crazy friends, amazing memories at a home away from home?

*Deo Borem Korum* (Thank you) GOANJ !



# Christmas Gala-2021







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**Speak Konkani**  
**KONKANIM**  
**ULOI -6**



**XIKSAN -LESSON**



**NATALAM ANIK NOVEM VOROS**  
**(CHRISTMAS & NEW YEAR)**

**MORIE NAZARETH GHAVANT RAUTALI.**  
**MARY LIVED IN NAZARETH**

**ANJ GABRIEL-AN MORIEK SONDEX DILI**  
**ANGEL GABRIEL GAVE THE MESSAGE TO MARY**

**DEVAN JUZE-K BALLOK JEZUCHO PAI MUNON VINCHUN KADLO**  
**GOD CHOSE JOSEPH TO BE THE EARTHLY FATHER OF JESUS**

**ANKVAR MORIE NISKOLAN GHORBEST ZALI**  
**VIRGIN MARY CONCIEVED IMMACULATELY**

**JEZU BALLOK ZOLMOLO GORVA GOTTEANT BETHLEHEM**  
**BABY JESUS WAS BORN IN A MANGER BETHLEHEM**

**JEZUS BALLOK NATHALAM DISA ZOLMOLO**  
**BABY JESUS WAS BORN ON CHRISTMAS DAY**

**SOGLLEANK TUMKAM KHUXEALBORIT NATALAM ANIK**  
**ANAND BORIT NOVEM VOROS 2022!!**

**WE WISH YOU ALL MERRY CHRISTMAS AND HAPPY NEW**  
**YEAR, 2022!**



## Your Window to Look Back into GOA



Carpe Diem ( Art Gallery) – Majorda

The skills of Goan craftsmen had no boundaries. The homeowner engaged the mason, who along with the carpenter put their minds together to come up with this masterpiece.

The shell window now evolved into a door for a small balcony which is popularly known as the Romeo and Juliet balcony. The mason borrowed elements from Church architecture which were already built in Goa, such as corbellings (for the bottom base of the balcony) and head moulds with angel faces.

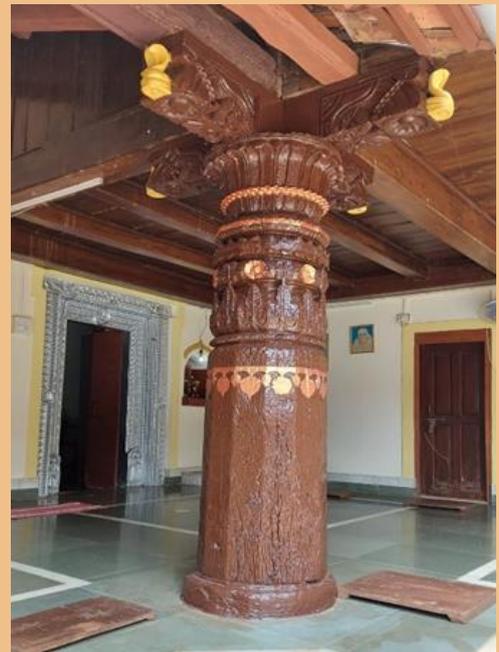
The carpenter added wooden railings crafted to perfection. The combination of the skills and minds of the carpenter and masons made the facades of Goan houses simply adorable.

When one sees huge pillars in a structure, one would imagine these are structural elements to take the loads of the upper floors or roofs.

This oversized- looking pillar is not only a structural element but also an aesthetic element to beautify the courtyard where it is erected.

Made of wood, probably the trunk of a jackfruit tree sliced and kept for seasoning for more than a year and then erected in position. Thereafter, the pillar was carved by the craftsmen and polished/painted as desired by the homeowners. These pillars which were well seasoned and treated for any attack from termites have stood the test of time for over 300 years.

One could always debate that this is a picture of a pillar in a temple. Depiction of a serpent on four sides of the pillar known as Nagmodi, in the local language which signifies the worship of a serpent. The homeowner felt it to be significant to have this art form in his residential house to have the feeling of security and positive energy in their lives. Spiritual beliefs were the basis of the design of the Goan houses which once again endorses the intricate skills of the Goan craftsmen.



Sawardekar Wada - Sanvordem



Antao House - Betalbatim

Goans began converting to Christianity in the 16th century. However, Goans by nature were very devout in their regular practices.

The Catholic homeowners while building their new houses made sure there was an altar in their house, big or small. Some Catholic homeowners designated an altar room for prayer. One would imagine this to be a picture of an altar in the Chapel or a side altar in a church. However, it is the altar in a residential house.

Members of many Goan families became priests and when they came back home for a vacation, they would say Mass at this altar for family members, neighbors and, fellow villagers. The altars were crafted as per the designs seen in the Churches. Some were open altars and were closed with doors to maintain the sanctity of the space. The oyster shells were usually used in windows and doors to enhance the external looks of the house. It is observed that oyster shells were used indoors only for altar doors. The Goan homeowners thus gave due respect to the skills and creativity of the Goan craftsmen.

"Have you seen a Ballroom?" In recent times this would be answered as ... " Yes, in a five,-star hotel ". Some Goan homeowners had incorporated the ballroom in the layout of his residential house in yesteryears. Before even building his house, dance, music and, food of the western world were embedded into his lifestyle. Hence the ballroom in his residential house.

The Goans mingled with the Portuguese and were influenced by their culture and lifestyles. Celebrations such as weddings, the feast of the Patron saint of the village and, other social get-togethers were held in these ballrooms with family friends and neighbors.

It could be said that "In yesteryears, some Goans lived life Kingsize ".



Braganza Pereira house – Chandor

#### *About the Author*

*Alinto Coelho is passionate about preserving our Goan Heritage. He holds a Bachelor's degree in Civil Engineering from Goa College of Engineering.*

*He provides Professional Consultancy Civil Engineering Services in Goa, which includes Restoration of Heritage Structures. He has initiated a process to document Heritage Structures across Goa.*

*The pictures in this article are taken personally by him.*

*Email: [heritage.goa@coelhosolutions.com](mailto:heritage.goa@coelhosolutions.com)*



## Nathaniel Dsouza, Soaring heights, while making a difference!



Meet Nathaniel Dsouza of GOANJ. He is 18 years old and is a Software Engineer at Uber, working with some of the brightest software engineers on the planet. So how did an 18 year old with no college degree and about to finish high school bag a lucrative offer from Uber? Read on to learn how he got here.

While tech is Nate's first love he is also a music composer, recording his first composition in Goa at the tender age of seven. Nate has gone on to compose many more pieces. Nate speaks Mandarin and Spanish and uses his visits to local restaurants to hone his language skills.

He has been homeschooled since 1st grade which gave him a lot of time to pursue his passion - Technology.

Nate's tech story begins at a very young age. When he was 6 years old he built a website that his parents quickly shut down when they found him selling valuable household articles at throwaway prices. By age 10, Nate was helping 16 year olds with robotics programming while continuing to dabble in software and technology.

Nate is a tech evangelist and has presented and spoken at multiple events in the US to motivate kids to learn to code. But the biggest event was at age 15 when Nate was the keynote speaker at the World AI conference in Bogota, Colombia. His address was so popular that he got featured in the local newspapers.



Nate did a live demonstration on stage of an Artificial Intelligence solution he created to address the school shootings epidemic in the US. His system is able to detect a potential threat early and give the school and students precious minutes to get to safety.

A few months later at the World Chamber of Commerce Centennial event, Nate was invited to participate on the panel that was discussing the future of education.

He was the only kid at the entire conference that had delegates from across the world.





At the conference, a start-up called Feelenials was so impressed with his accomplishments that they invited Nate to help them with their technology solution and so at 16 Nate assumed the role of CTO for their organization. Nate does not just code but is able to manage the entire IT organization, from creating solutions and apps, managing the infrastructure and servers while ensuring the highest levels of security. Nate built GoodFeelis, an app to help people manage their emotions and was in Barcelona last year presenting the solution to potential investors and partners.

Nate believed that he could get other kids to also fall in love with computers and so when he was 13 years old he started KidzIdeazTECH, a fast, fun, and easy way to learn coding. Nate has worked with many teams of kids to teach them coding, here in the US and also in China, India and Australia. Nate does all of this work with kids for free.



The team in India is located in a very poor part of the country and in spite of limited resources they were very enthusiastic to learn programming. Nate built a sophisticated learning management system to make learning to code a fun and exciting experience.

Nate has achieved a lot in his short lifespan. The products and solutions he built involved many hours of intense work. That work paid off. Even before he got the job, the Uber team informed him that he was in the top 1% of candidates that they had interviewed.

Nate plans to continue his education, specializing in Artificial Intelligence and BlockChain. These days Nate is enjoying his flying lessons as he is working to get his private pilots license. His other big passion is his Tesla. He is having a blast testing out the full self driving mode. Given an option he would live in the car.

Nate believes that, just like him, other kids can achieve great success in the world of software. He is always available to guide, mentor, and teach young people that may be interested in a career in technology. If you would like to reach out to Nate, feel free to reach out to Nate at [nate@hiyllo.com](mailto:nate@hiyllo.com)

# SPOTLIGHT

## AUTHORS AMONG US!



**BERTRAM MICHAEL** ; Sima (Bertie to his family and friends) was born in 1947 in Nagpur, Maharashtra and the eldest of three siblings, including GOANJ member Susan Michael. Bertie and Roshan have two children, Anuka and Nikhil.

Bertie went on to finish his schooling at St. Joseph's European High School in Bangalore. It was here that he developed a deep sense of love for the English language, nurtured further when he graduated with a degree in English literature from Loyola College in Madras. Banking and finance captured his career, but the bulk of his post retirement years he worked as an in-house consultant editor.

When life offered him another comfortable retirement, Bertie chose at the age of 74 to launch into the world of an author, presenting his debut novel "**Black Opulence.**" Bertie has poured out his love of the English language and creative writing skills into this novel about a plot to steal not just the Kohinoor from off the head of the Queen, but the whole darned caboodle of sparkles. Romance and intrigue weave this plot around a kidnapped princess with a plot that reaches all the way to the Vatican and beyond!

**DR. J. ANTHONY GOMES**, is a renowned cardiologist, and a pioneer in cardiac electrophysiology. Along with his numerous medical publications, he has also authored novels and is a poet.

His most recent book is '**Rhythms of Broken Hearts**', published by the international publisher, Springer Nature. Rhythms of Broken Hearts" is written for the lay public and provides an overview of Heart Rhythms Disorders and Heart Disease: their history, manifestations, and treatment as well as the effects on the lives of patients, their coping mechanisms, and relationships with doctors, family, religion, and death.

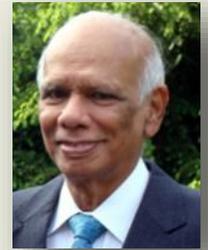
The book intersects the fields of medicine, literature, science, and art. Every chapter of the book contains patient stories, and stories of survival."

His other publications include a collection of poems, "Visions from Grymes Hill" and "Mirrored Reflections" and novels "The Sting of Peppercorns" and "Have a Heart" and, "Nas Garras Do Destino", which was published in Portugal and Brazil. It has been said that Dr. Gomes is a renaissance man; a physician, poet and a writer. His friends also agree that he has a great love of Goa, which comes through in many of his published works.



# AUTHORS AMONG US!

Marcos Catão was born in Candolim, Goa. Marcos was educated in Mapuca, Belgaum where he earned a Latin scholarship and studied Economics at Lingaraj College, Bombay.



Though his dream was to be a journalist, his professional career was in the pharmaceutical field, commenced in India, including a stint in Singapore before concluding in Brazil where he eventually retired.

He moved to the USA in 1996 to be near his children and grandchildren. There, he took up his passion for writing. Initially mainly with short essays for GOANET. He then progressed on to authoring several books.

His first, "Death of a Prince" a semi-historical novel based in a military station in India during World War II was printed as a soft cover. For those who lived in Belgaum, the vivid descriptions of the military station in the forties triggered many long-lost memories.

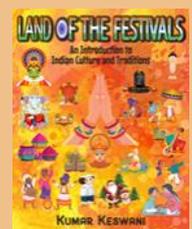
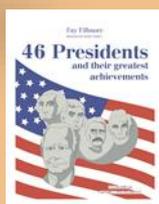
His second and third books, were both books of poems, displaying his versatility and wide range of interests. While "Pedrinhas na areia" (Pebbles in the Sand) was in Portuguese (though including a few poems in French), his next book, "Voices of Passion" was in English. The poems covered aspects of Goa, Nature, Animals, Music, Goan Patriots. Both were published as e-books. His final e-book, "Feuilles Mortes: Life's Lost Leaves" was a memoir covering Marcos' life in GOA, Africa, Belgaum, Bombay, and Singapore. This included a compilation of some of his previously published essays about living in Goa in the forties and fifties as well as fresh writing about his life, both professionally and personally in Bombay and Singapore.



**LIONEL MASCARENHAS** is a self-published author of children's books. His company, Shoebill (named after a bird) works with new and aspiring writers.

If anybody has an idea or story to tell, Shoebill will bring the story to life, right from creating the characters, illustrations, proof reading, editing to the finished product.

One of the most notable books that has been published by Shoebill is, "The Blue Woodpecker". It's a story of a bird who does not have a home and goes tree to tree to build one before darkness.



# THE HEART OF THE MATTER



Dr. Glenn Gomes, MD MPH  
Hackensack University Medical Center

## Scenario

You just finished a hearty meal of Goa sausages and sorpotel. As you are about to lay on the couch and watch some TV, you suddenly feel pains in your chest. You become nauseous and a little sweaty. Could it just be indigestion or acid reflux from the food you ate? Or could it be something more serious?

In the United States, someone has a heart attack every 40 seconds, with approximately 800,000 heart attacks happening every year.

**What is a heart attack?** Simply put, a heart attack is when the heart's blood vessels get clogged and prevent blood flow to the heart, causing damage to the heart muscle and eventual death if untreated.

## Major risk factors for a heart attack include:

- ⇒ Age over 45 (and especially over 65)
- ⇒ History of high blood pressure, high cholesterol, and/or diabetes
- ⇒ Obesity, smoking history
- ⇒ Family history of heart attacks (siblings, parents, grandparents)
- ⇒ Pre-existing heart disease

**“Classic”** pain from a heart attack is described as a crushing pressure on your chest, as if an elephant is sitting on it. However, heart attack pains can come in many forms, such as back pain or rib pain. Especially in women, heart attack pain can be atypical—it may be pain in your abdomen/stomach, or just difficulty breathing, or fatigue.

**At the emergency room,** we ask a few questions to assess how likely it is that your pain is related to a heart attack:

- ⇒ Where does your pain radiate or travel to? If it goes down your left arm, it is 1.5x more likely due to a heart attack. Right arm? 3.2x more likely. Both arms? Even more likely. If it travels to your jaw or neck, then 1.5x more likely.
- ⇒ Nausea or vomiting with your pain? If so, then it is 1.6x more likely a heart attack.
- ⇒ Sweating with your pain? Sweat carries with it a 4.5x greater likelihood that you are having a heart attack. (So don't assume it is just from the chili peppers!)

## What to expect?

You can then expect to receive an EKG, Chest X-Ray, and bloodwork as initial testing to assess your heart. If you are having a heart attack, medications will be started and a Cardiologist will determine whether you qualify to have stents placed in the heart's clogged blood vessels to return its blood flow.

## So, how do you prevent a heart attack?

Some of those risk factors above cannot be changed, but everyone can benefit from healthy eating, losing weight, stopping smoking, and keeping their blood pressure under control. Unfortunately, our Goan diet is rich in carbohydrates, fats, and salts (which is why it tastes so good!). But some daily moderation can go a long way and keep your heart healthy!



# Heart Attack WARNING SIGNS



85% of heart damage takes place within the first  
**2 hours of a heart attack**



KNOW THE SYMPTOMS &  
**CALL 9-1-1  
IMMEDIATELY**

## MEN vs. WOMEN

SYMPTOMS THAT COME AND GO AND FINALLY BECOME CONSTANT AND SEVERE:



Shortness of breath



Fatigue



Jaw Pain



Chest pressure,  
burning, aching or  
tightness



Pain that travels  
down one or  
both arms



Anxiety



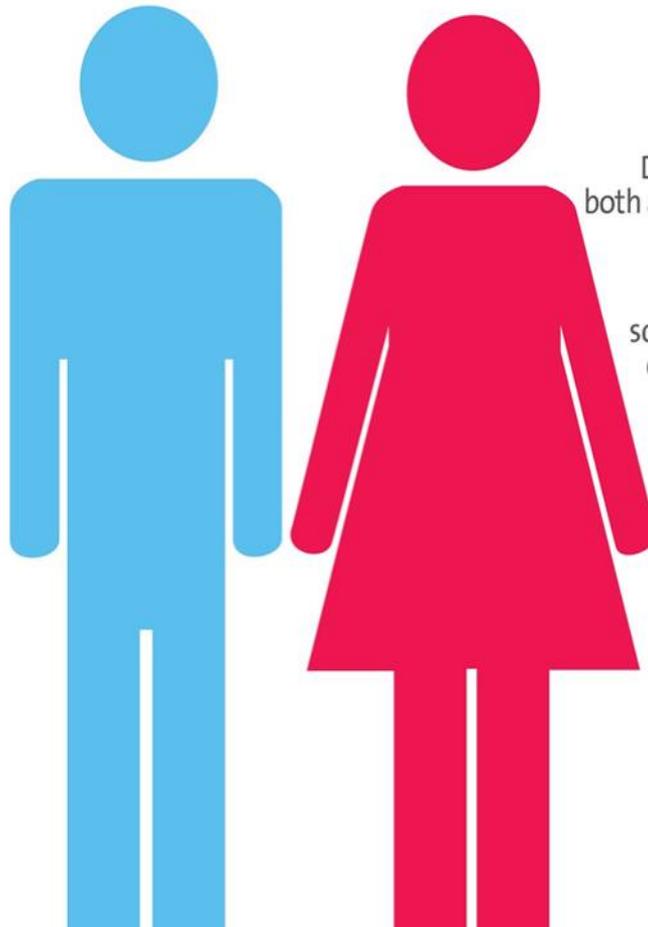
Back Pain



Feeling of Fullness



Nausea



Unusual fatigue



Lightheadedness  
and fainting



Discomfort in one or  
both arms neck, shoulder,  
jaw or stomach



Chest pressure,  
squeezing pain in the  
center of their chest



Upper abdominal  
pressure or  
discomfort



Feeling of Fullness



Nausea/Vomiting



Cold Sweat



# Welcome New GOANJ Members



Eusebio (EZ) Pires and Ryan DSouza moved to the USA 14 years ago from Mumbai after they got their Ph.D degrees. They were biomedical research faculty at the University of Virginia in Charlottesville, VA and moved to NJ last year for better job prospects. EZ now works for Rutgers University as a business administrator while Ryan works for Pharma as a scientist. Both of them have Goan roots (from Raia area, Salcette Goa) and were raised in a Goan household and tradition. They enjoy meeting new people, travelling and cooking. They live in Somerset, NJ with Esme, their sweet cat.

Spinoza D'Silva, my wife Joaquina Mascarenhas, and sons Neil 3rd grade and Nolan 1st grade.

Joaquina is from Calangute in Goa but-born and brought up in Gujarat. My parents are from Udupi district.

We moved last August from St Louis ,Missouri to South Brunswick NJ

Joaquina is a manager, cell line at Thermofisher Scientific, Princeton and I am a Business intelligence IT Developer at Caleres, St Louis.

Neil and Nolan will be reenrolling (fingers crossed) at Monmouth junction elementary coming January after nearly 2 years of virtual learning.



So glad you have joined our GOANJ family!

Beverly D'Cruz, Francis Fernandes, Crezel Coelho, Savio Heredia, Eusebio Pires, Ryan DSouza, Michael Rodricks, Romila Gomes ,Ian Dsouza, Spinoza D'Silva, Joaquina Mascarenhas

# Celebrations



Welcome Baby Ellis  
Born: 8/11/2021  
God Bless you and your parents,  
Danica Rozario and Sara Healey



Welcome Baby Damian  
God Bless you and your parents,  
Desmond and Danica Rozario and  
big brother Dylan



Welcome Baby Niko Vail Gallo  
Born: 10/04/2021  
God bless you and your parents,  
Nerissa and Noah Valle Gallo  
And Grand parents Norbert and Mary Mendes

# Celebrations



Welcome Baby  
Mariaula Hamilton Vaz  
Born: 11/06/2021  
God bless you, and your parents,  
Sheldon and Celisa Vaz  
and  
Big sister, Mariausha



## GOD BLESS

Myron and Keith Paes  
received the sacrament of  
Confirmation on October 14, 2021  
at  
St. Isaac Jogues Church in Marlton,  
NJ.

*May the Holy Spirit be your constant guide*

# and that's how we spent thanksgiving!

The Vaz Family



Fr. Pauly,  
Blessing the  
meal!



Menezes Family & Friends



Getting a headstart!



Roweena & Olivia  
what a meal!



Fernandes family in  
Dubai!



A Cozy Thanksgiving!



Sharon celebrating a friendsgiving



Sibling Fun!



# PRAYER TEAM WARRIORS



The Prayer Team is a dedicated group, faithfully praying for the spiritual, emotional and physical needs of others. We place these petitions (anonymously, if preferred) at the feet of the Father, Son and Holy Spirit on those requesting prayer.

Reach out in faith and expected hope to either, [vilmalfmartins@gmail.com](mailto:vilmalfmartins@gmail.com) or [dianneenunes@gmail.com](mailto:dianneenunes@gmail.com) to submit your request.

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with My righteous right hand.” Isaiah 41:10

## CASH FOR CARDS– A GOANJ COMMITTEE TRADITION

Instead of sending Christmas Cards to each other, the Planning Committee of GOANJ donates (suggested \$10 per family) for the children of Saint Francis Xavier’s Academy in Old Goa, India to have a Christmas party. This year, a couple of generous donors gave privately so the monies collected for the cards were searching for a worthy cause here in the U.S. This outreach was brought to our attention and those that wish to support its cause, did so.

Nerissa Maria Ward is the daughter of Kevin and Ann Margaret Christine, founding members of the West Coast Anglo Indian Association of California. Kevin was a teacher for many years in Kolkata and her parents shared their love of caring and giving with Nerissa. Chutney Mary’s is her business and she uses that, in part, to spread holiday cheer by helping the less fortunate.

She collects monies from her friends, family and church community to assist those in need. This year the collections will go to the Elenor Kennedy Shelter in Fort Belvoir, VA , and consist of a snack goodie bag, new socks, a personal blanket and provisions to cook a gourmet hot meal.



We appreciate Nerissa’s efforts in spreading the Gospel of Christ with her faith in action. Our donation will help make this Christmas a little brighter knowing others care about them.

God bless Nerissa!

# Rest in Peace



**Suzana de Loyola Furtado**

Suzana de Loyola Furtado, age 101, wife of late Dr. Alvaro de Loyola Furtado passed away on Friday, Oct 29, 2021 in Chinchinim, Goa.

Born on May 4, 1920 in Velcao, Goa to Roldao and Jovita Souza, her early years were spent in Zanzibar , Africa. She completed her schooling in Bangalore, India.

Suzana is survived by her 5 children, their families, 13 grandchildren and 20 great grandchildren.

Prayer was an integral part of Suzana's life. She led a kind and peaceful life. Often times, Suzana patiently listened to the problems of her fellow villagers and rendered them assistance accordingly. She brought solace to all who came for her counsel and was the President of the Zeladoras, a group of women dedicated to the Sacred Heart of Jesus.

Suzana never wanted to be alone in her final moments. God granted her the privilege. She was surrounded by her son, daughter, daughter in law, 13 grand children and 20 great grandchildren, while she moved slowly into the arms of Jesus.

**Suzana will be greatly missed by all her relatives and friends.**

Eternal rest grant unto her , O Lord,  
and let perpetual light shine upon her.

And may all the souls of our faithful departed Rest In Peace.  
Amen



## Bible Study



Edgar Furtado

1 John 1:3 That which we have seen and heard declare we unto you, that ye also may have fellowship with us: and truly our fellowship is with the Father, and with his son Jesus Christ.

As God's children, we can live power-filled lives that are more than abundant. In order for us to do this, though, we must be in fellowship with God, our heavenly Father.

The word "fellowship" is from the Greek word *koinōnia*. Although it is usually translated "fellowship", this word is also rendered "communication", "communion", and even "contribution" and "distribution". If you were to do a word study and consider all of its usages in their contexts, you would find that *koinōnia*, fellowship, is more than just participation or a partnership. Fellowship is a full sharing, holding nothing back; a complete, open communication that works in both directions.

"The Word of life" is a figure of speech emphasizing "life". Not only were we made spiritually alive when we believed God's Word, but the Word of God provides us with "all things that pertain unto life and godliness" (II Peter 1:3). So, from verse 3, when the Word of life is made known, it then becomes available to have fellowship, full sharing and all that it implies, not only with other believers but with God and with Jesus Christ. Surely, we want to have fellowship with God, our heavenly Father!

The doctrine of a three-in-one God is so familiar that the vast majority of Christians believe it to be keystone of Christian faith. Without God the Son there is no Trinity. What is Christianity without Trinity? It is placed back at the point when the first century apostles lived and dynamically taught those things which God revealed to them and which Jesus himself had shown them during his life.

The Bible clearly teaches that Christianity is Monotheistic. God, the Father of our Lord Jesus Christ, is the one and only true God whom Jesus Christ and his followers are to worship over all things. Biblical study elucidates the beauty and significance of God's relationship with his Son Jesus Christ. Jesus Christ was not an extension of God, but one who was willing to be the sacrificial Passover Lamb- the redeeming Second Adam.

If you are interested in learning about God's Word please feel free to connect every other Sunday between 7:00 pm to 8:00 pm on Zoom. If you wish to teach or learn, there are opportunities, Contact Norman D'Souza [normandsouza100@gmail.com](mailto:normandsouza100@gmail.com)

# St. Xavier Academy, A Recap



Chris Nunes

The St. Francis Xavier Centre for the Differently Abled in Old Goa, Goa is a pioneering Institute which was established in the early 1970's by the Archdiocese of Goa and Daman through Caritas-Goa, to care for the children who are hearing impaired, intellectually challenged, physically challenged, slow learners, learning disabled, a few with multiple disabilities and children with autism. It began as a Training cum Production Centre for the Handicapped and evolved into a full-fledged Centre for children with special needs catering to their educational and overall development. There are hostels for boys and girls and serve nearly 300 children with special needs.

Through the assistance of GOANJ has funded several projects at the St. Francis Xavier Centre for several years. St. Xavier Academy (school for the differently abled) is part of the Centre.

Let me recap of what has transpired with St. Xavier's Academy (SXA) since 2018. Our original plan was to raise \$15,600 for upgrading the chapel. We raised \$9,000 with individual member donations and matching employer donations, and at the 2018 and 2019 picnic mass collections. The request for funds for upgrading the chapel was made by sister Monica Coelho, Headmistress of SXA. Fr. Maverick Fernandes, Director of Caritas Goa, who is responsible for SXA informed me in January 2020 that the Archdiocese of Goa is planning to renovate the residence of the sisters and fathers as the infrastructure of the current residence has been deteriorating. As part of the renovation process the archdiocese is planning to have a new chapel on the ground floor of the renovated residence. Funds collected by GOANJ for upgrading the chapel would be used to have a new chapel in the renovated residence.

GOANJ appealed to the Catholic World Mission (CWM) for matching funds. I presented a GOANJ check for \$9,000 to Deacon Rick Medina, Executive Director of CWM. CWM having approved the appeal transferred \$15,000 to St. Xavier's Academy which included a 67 percent match of the GOANJ funds.

All necessary central and local government approvals for the construction of the residence have been obtained, and the construction is expected to start in December 2021.



Letter from Fr. Maverick Fernandes  
Director, Caritas, GOA  
November 15, 2021.

*Dear Chris,*

*Greetings from Caritas-Goa.*

*I gratefully acknowledge yours and of GOANJ concern towards the St. Francis Xavier Centre for the Differently Abled in Old Goa.*

*This is to pleasantly inform you that we received the funds from World Catholic Missions supported by GOANJ just four days back. Chris I really can't thank enough the GOANJ for the continuous assistance towards the St. Francis Xavier Centre for the Differently Abled in Old Goa.*

*I want to update you about the technicalities of the project.*

*We received the approvals from the Town and Country Planning Department, and from the local ASI, Old Goa, Health Clearance, National Monument Authority of India and just yesterday we were given the final permission by the Village Panchayat of Old Goa. We are now ready to put our hands to the plough and begin the construction of the residential premises inclusive of the Chapel.*

*It has been nearly a two year long strenuous journey of seeking permissions from the authorities and feel so relieved to have them all. I appreciate your patience and the support all through this ordeal.*

*We received on 11th November 2021 from World Catholic Missions along with the contribution from GOANJ an amount of USD 15,000/- which got converted at the rate of INR ₹. 74.70/-, the total amounting to INR ₹ 11,20,500/- with commission deducted of INR ₹ 2,192/-*

*We are going to begin the work by the beginning of December 2021.*

*I really thank each member of the GOANJ for your continuous moral and financial assistance at different times and very specifically for this project now.*

*Thanking you and everyone from GOANJ towards your concern and generosity.*

*God bless each of you always.*

*Yours fraternally,*

*Fr. Maverick Fernandes  
Director  
Caritas-Goa*



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# EZRY Goan Delights

From Our Kitchen to Yours ...

*Keeping our Goan tradition  
Alive in our kitchen!*

Central New Jersey (Based in Somerset)

## Mai's Curry Paste (250 gm, made fresh)

Cafreal \$5, Recharado \$7, Vindaloo \$6, Sorpotel \$8, Xacuti \$8, and Orange Coconut Curry \$7.

## Posrō Delights (Appetizers)

### Aunt Rosy's Goan Croquettes

Semolina & breadcrumb coated lean ground beef and my secret spice blend. \$18/1 dozen.



### Alice's Spicy Fish Cutlets

EZ' Mom's friend Alice introduced us to her secret recipe. Shallow fried semolina coated tuna fish cutlets. \$16/1 dozen.



### Ryan's Potato Chops

Crispy mashed potato patties filled with seasoned spicy filling then shallow fried. Minced beef or Shrimps \$20/1 dozen.



## Balchãos (Spicy, Sweet & Sour Preserves)

### Prisca's Bombil Balchao

EZ' mom's lightly fried dried bombils, cooked in a rich sauce and allowed to mature. \$25/lb.



### Bittu's Prawn Balchao

Sister's original recipe: spicy-sweet tangy, made with large shrimps. \$21/lb.



## Mai' Orange Coconut Curry (Sea Food)

Traditional thick curry (with kokum). Dried Bombils or Shrimps \$15/lb, Pomfret \$17/lb.

## Ryan' Caldin Curry (Sea Food)

Rich coconut milk based thick yellow curry. Shrimps \$15/lb, Pomfret \$17/lb.

## Exclusive Party Delights

*(Halal option on special request & pricing)*

### Mai' Traditional Chicken Cafreal

Fragrant concoction of spices and fresh green herbs cooked to form a thick sauce. \$14/lb (+\$2 boneless).



### EZ' Jeerem Meerem

Exotic flavors of warm spices, caramelized onions, hot peppers. Chicken \$15/lb (+\$2 boneless), Pork \$18/lb.



### Beryl's Vindaloo

Rich and thick vinegar-based chili curry. Chicken \$15/lb (+\$2 boneless), Pork \$16/lb.



### Aunty Joyce' Pork Sorpotel

Fresh ground spice blend, perfect tanginess, heat and sweetness. \$20/lb.



### EZ' Spicy Pork Chilly

Blend of aromatic spices, garlic, hot red-green chillies and kokum. \$18/lb.



### EZ' Beef Tongue Roast

Mouthful of delectable-delightful flavors. Slow cooked with fresh warm spices to maintain perfect tender juicy bite. \$24/lb.

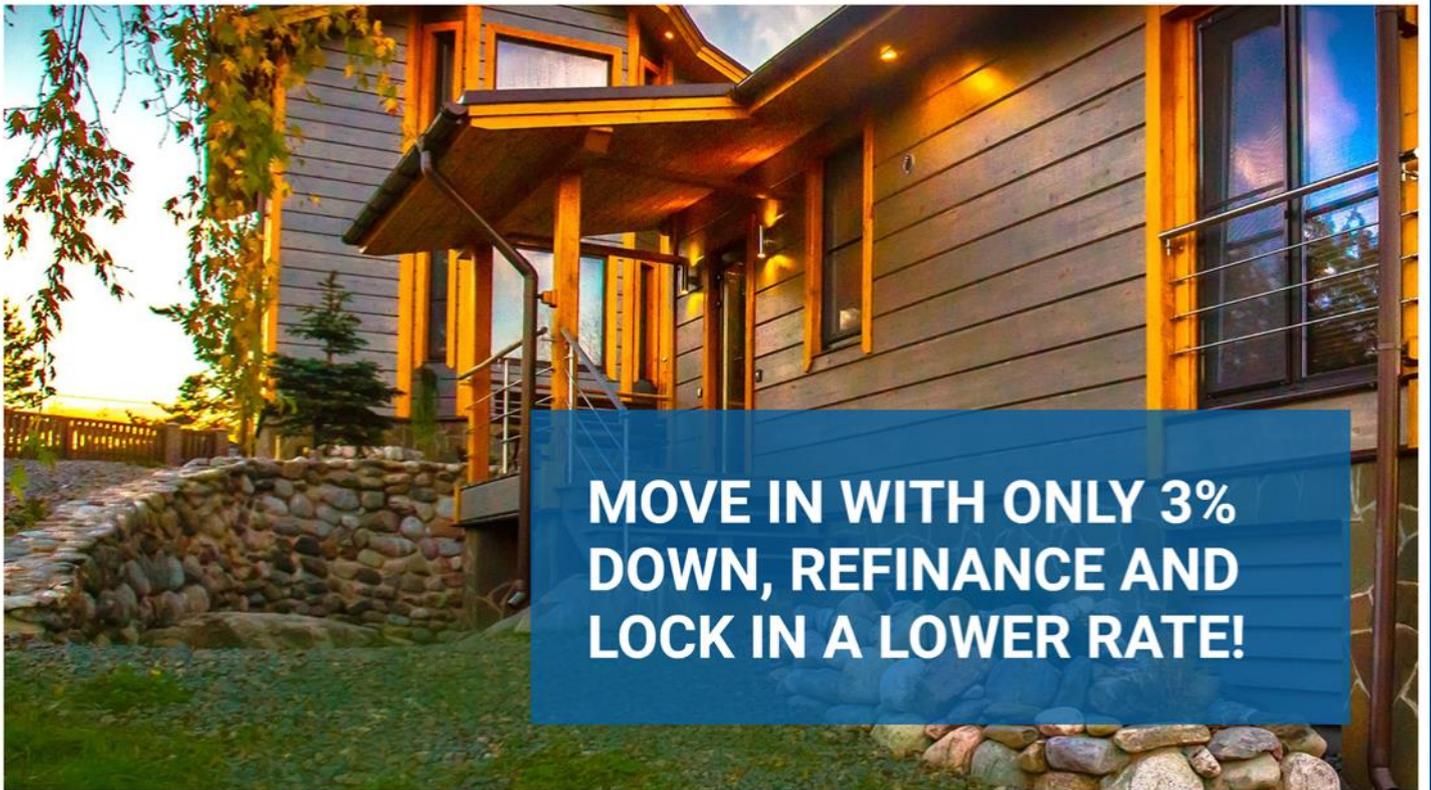


- ❖ Date & Walnut Rolls \$14/lb.
- ❖ Assorted Marzipan Fruits and Shapes \$25/lb.
- ❖ Nankhatai Cookies \$12/lb.
- ❖ Rich Plum Cake \$36/2lbs.
- ❖ Bathk Coconut Cake \$18/2lbs.

Place your Christmas sweets orders by 5<sup>th</sup> December and it will be fulfilled by 20<sup>th</sup> December.

Prices indicate minimum order

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