Goan Connection

GOAN ASSOCIATION OF NEW JERSEY, INC. Established in 1991

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DECEMBER 2018

# GOANJ Wish List

Wishing all your families a blessed Christmas and a wonderful New Year! Sincerely, Executive & Planning Committees

Mary Viegas



### Who's Who



Rui Gomes



Brenda Fernandes **Designer & Editor** 



Dianne Nunes Assistant Editor



### **Executive Committee**



# **Association Corner**

My Dear Friends,

I want to take this opportunity to Wish you all A Very Happy and Joyful Thanksgiving from our entire GOANJ team. GOANJ has certainly a lot to be thankful for, this past vear.



I hope you folks were at our Halloween Dance, you really outdid, on the outfits and disguises. Well, you have another chance to party and that is at our premier event of the year, our Christmas Ball. The venue is set and the Band and DJ only solidify the prospect for an exciting event. This year it will be extra special with a new venue, ambience, great food and a Premium Alcohol Open Bar. Our Christmas Ball has always been a sold-out event. We request you to buy your tickets early and avail of the early bird special. You can get your own reserved table, all you need to do is call up a few friends and make sure you book a table of 10.

Reporting from last year, we are very happy to inform you that the Faith-based Family 'Tribes' in New Jersey have taken off to a great start. We already have several groups up and running and more are in the making. Should you be interested in starting or being part of a Prayer Group in your area, please do reach out to us and we will be happy to link you up or get you started.

Well as we close out the year 2018, we are always mindful of organizing our events for the next year. We call on you our Members to please chime in and let us know, what we have done well and what else you would like added for our next year calendar. GOANJ is always on the lookout for fresh ideas and talent, so that collectively, we can serve our valued members and communities.

Viva GOA my friends till we meet again in the very near future.

Felix Menezes President Goan Association of New Jersey, Inc.



Happy Hallanukkahivingsmasween!

Goan Connection 🕚 Winter 🔹 December 2018 المراغر المراجعة

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Blessings for a Holy and Happy Christmas Season and Wishes for a Blessed New Year in 2019! Sending all our love to you and your families,



Vera and Felix Menezes Wilma and Bambino Martins Mavis DaCruz Allan D'Guerra Cleta Lobo Wanda Gomes Michael Alvares Lorraine and Elvis Proença Deline and Gerard DaCosta Louella and Bromin Menezes Cassandra and Floyd Faria Connie and Marvin Fernandes Loviena Mascarenhas and Saby Fernandes Giselle and Rui Gomes Socrates and Mary Viegas **Dianne and Chris Nunes** 

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In lieu of cards to one another, the Planning Committee families have made a small donation. This fund will sponsor a party for the children at St. Xavier's Academy in Old Goa!

# Faith-based Family 'Tribe' Join/Form 1: For Intimate Gatherings + Spiritual Settings

#### Rui Gomes

Prayer and Service | Coordinators for this tribe: Giselle and Rui Gomes

The Tribe of Benjamin had their first meeting on Sept 8th, 2018. We had six families (or family members) attending.

On the agenda for the meeting were 5 topics:

 How often as a group should we meet to build up our community (other than the picnic and the dance). *It was decided that we should meet 4 times of the year (once each quarter)*

2. What social activities can we engage in that include all age groups so as to build connections between the young, adult and elderly.

- Several decided to meet at Goa Day on September 23rd to start showing our children who we are.

- We have set a date to meet on October 6th at ORT Farm, 25 Bartley Rd, Long Valley, NJ 07853 at 1 pm to go pumpkin picking and enjoy the fall weather, then attend mass together at St. Jude Parish Address: 17 Mt Olive Rd, Budd Lake, NJ 07828 Phone: (973) 691-1561

- 3. How do we incorporate spiritual fellowship into our community activities.
  Attending mass together before or after fun activities
  Saying the rosary whenever we meet as a group at someone's home
- 4. If anyone knew of new Goans in the area, to share their information so we could welcome them into the community. *Members would email Giselle*
- 5. How can we serve others who are less fortunate and in need Samaritans Purse: Building and donating Shoe boxes of gifts (to be researched) Soup Kitchen weekends -Eva's Kitchen, Paterson or Mother Teresa's Soup Kitchen, Newark

In addition to these main topics we contemplated on what we wanted our children to understand about being Goan. Only by showing them our community strength will they get an understanding of who we are and our culture.

#### Follow-up

• The Tribe of Benjamin enjoyed their first event, the trip to ORT Farms on Oct 7th (postponed by a day due to the weather).





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Meaning & History The Tribe of Benjamin was one of the Twelve Tribes of Israel. The tribe was descended from Benjamin, the youngest son of the patriarch Jacob and his wife Rachel.

#### Sophia Brielle Acevedo

Born August 13, 2018 - 7 lbs 6 oz-19.75 in Parents - Gabriella and Jose Acevedo Grandparents - Anile and Walt Martinez



Sophia Brielle held by her great grandmother, Elina Gomes, one of GOANJ's first members



**Cosme and Deanna Coutínho**, parents of Ashley, Tanía and Fíona, celebrated their 50th Wedding Anniversary in New Jersey. They were married October 19, 1968 at Victoría Church, Mahím, Mumbaí.

Dr. Rowan Michael



Dr. Rowan completed his one year Fellowship in Hand and Upper Extremity Surgery from the University of Florida in July, 2018. He completed his five-year Orthopedic Residency training from Dartmouth Hitchcock Medical Center in July 2017. Dr. Rowan earned his medical degree from Rutgers – Robert Wood Johnson Medical School, where he was elected to the AOA Honor Medical Society and Gold Humanism Honor Society.

Congratulations on your accomplishments!



## Great Goin'(Goan): **Sage Rebello**

Brenda Rebello

#### Why should I care?

By: Sage Rebello

Why should I care, if it does not concern me? Why should I raise my voice for those who have no voice? Most of us think this way and are thus afraid to pave the way

But from Porbandar, India, there hailed a man who took up the fight, after seeing his brethren's plight Not with sticks nor with stones, but with non-violence and sacrifice

He fought relentlessly for justice and equality, so that he could finally expose the atrocity

He was bent and frail and donned a loin cloth, barefooted and spectacled with a wooden staff Yet with a spirit of a lion and a heart steadfast, he fought each battle with courage and passion

He believed an eye for an eye, will only leave a world blind, And how right he was, as it echoes even in our times He fought for the defenseless, the marginalized, the outcast He restored dignity to women and the poor Saw no difference between hindu, muslim, sikh or jew, And as Bapu, he was loved by all

He could have easily taken the easy way out, and said, why should I care, it's not my fight or burden to bear? But Mahatma Gandhi paved the way, so you and I can live each day In peace, equality, dignity and brotherhood

He led by action, giving us a blueprint to fight for the marginalized faction The bullied, the unwanted, the undocumented, the Us and the Them

So, I ask you today, does it not become our fight, if it's unjust and not right? Let the Mahatma arise in each of us, so we may each refuse to exit the bus!



#### Mahatma Gandhi Art & Writing Contest 2018

Sage was awarded the first prize on Oct 7, 2018 at Princeton University from over 2000 entries received. She was presented the award by Mr. Shatrughna Sinha, Deputy Consul General of India. The competition was held by Association of Indians in America, South Jersey (AIA-SJ)

Chapter. The topic for this year was "The future depends on what we do in the present." -- Mahatma Gandhi

Congratulations to Sage on her first place finish! This is such wonderful news and we all are thrilled for Sage!



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Congratulations..

for the outstanding performance!

God Bless

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### **Goa Day in NJ: 'Amchi Mathi - Amchi Bhas'** World Goa Day 2018, A HIT!



#### Mary Viegas

For many, September 24<sup>th</sup> was the perfect day to stay inside and watch movies. But for around 500 Goans from the tri-state area and as far as Texas and Canada, it was the perfect day to be out in full force to celebrate World Goa Day 2018!! (Insert applause, whoo hoo's and fuloi's!) Organized by Invictus Film Inc., the celebration incorporated various traditions celebrated by Goans from every corner of the world. The theme for the day was Amchi-Mati-Amchi-Bhas (Our Land, Our Language). The event started with a prayer by Fr. Allan Tavares which then led into the festivities comprising singing, dancing, watching videos, playing games, expert talks, and of course the much loved... conga line! DJ Tom and the Goan band, Double Trouble, had everyone shaking their tailfeather with the wonderful selection of music while the MCs, Loviena Mascarenhas and Christie Rebello, kept the energy up and the day going!



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Various groups comprising all ages brought their musical, dance, and comedy talents to the stage! Children, dressed with red sashes and emblems of Portugal from the St. Francis Novena Group of PA performed the Portuguese dance, Corridinho. Their synchronized steps and smiles started the day off! Other amazing dances included the Kunbi Goan folk dance presented by the Peekskill Goans and a synchronized dance to the famous, Maria Pitache, by representatives from GOANJ, the Rowdy Mexicans. The dances had everyone up on their feet and cheering!

Goan children and adults gave their musical talent in choreographed musical showcases to allow us to sit back and enjoy the reminiscent sounds of Goa. The mando and dulpod, Goan folk songs, were performed by the Saudades de Goa who performed a beautiful medley that had the crowd singing and on their feet asking for more! The event also opened up to singers from all ages to delight the crowd with their music and bring the crowd nostalgia with lyrics from their childhood.

And if the sights and sounds weren't enough, the smells were equally enticing. Goans enjoyed fish fry, sorpotel, chicken cafreal, and fish curry, just to name a few dishes. And yes, they even brought Christmas to September by selling traditional Goan sweets such as kul-kuls, neureos, and baath. One could also buy Goan choriz! Football games were set up for the kids and many participated in the costume contest! The day also included the screening of Melvin Barretto's film, "The Photographer". When your appetite was quenched and your entertainment desire fulfilled, World Goa day also presented a medical presentation by Dr. Suzette Baretto about watching the metabolic pathways to avoiding disease.

It truly was a great day to see our Goan culture represented on stage so far from our homeland, Goa. Watching children perform also brought on a sense of pride knowing that our culture was being passed down to future generations. Surrounded by Konkani, Lorna songs and even kul-kuls, one really felt the comradery of enjoying a day out with fellow Goans. We certainly brought the party to Rochelle Park, NJ!













Halloween

Dance





























### Halloween Dance A Spooktacular 'n' Ghoul-ful Evening!

Teresa Cordeiro



The Goan Association of New Jersey held its 2018 Halloween Dance at the Crown of India Restaurant in Plainsboro Township, NJ on Saturday, October 27th. Everyone got into the spirit and showed up in costume, both children and adults alike. From Maleficent to Cleopatra, Superman and Supergirl to Wonder Woman, everyone strutted their stuff with creativity and pizzazz. Crazy Clown (1/2 good clown, ½ evil clown), Batman, Hogwarts students, Hugh Hefner and a very scary-looking Devil mingled with a variety of witches and goblins. The twenties and sixties were represented by gangsters, bikers, and their molls. We even had a silent masked couple supposedly from Sweden in very realistic skeleton costumes who turned out to be none other than our own Doreen and Adrian Lobo in costumes hand-made by Adrian himself!

We rocked to the music of DJ Doug who had the crowd on their feet for most of the night. Wonder Woman boogied with Superman, the Biker jived with his Moll, Crazy Clown waltzed with her sweetheart. As a special preview to our Christmas Dance this coming December, we danced to the music of our very own Club Harmony who displayed their versatility in a variety of music styles.

The kids proudly paraded in a costume contest won by *Reverie Rodrigues* dressed as a glittering **Batgirl** and the boy costume prize was won by *James Giovinazzo* the Gangster. *Melanie Martins* walked away with the prize for best costume by an adult in her fluorescent skeleton costume.

The children also delighted in a game of Four Corners with Reverie once again the winner. It was her lucky night, for sure!

Gerry & Deline D'Costa were the lucky winners of the 50-50. Everyone is invited to their home for Christmas!!!

All in all, a night to remember, distinct above everything else for the warm camaraderie and just pure fun that are the hallmarks of our Association events.

See you at the Christmas Dance Sat. December 15th at the Royal Albert's Palace in Fords, NJ. Be There or Be Square!!





# Saint Francis Xavier Feast

"In Thee, O Lord, have I but my hope, I et me never be confounded," St. Francis Xavier

# Feast day

Sunday, December 2, 2018

"Please join our celebration of fellowship and lunch"

S Live music by Castlerock

11:30 am : Rosary Noon : Feast Mass Location : Elizabeth Ann Seton 1200 Park Ave, Bensalem, PA 19020

Make checks psystila to ' GosPA' and ruai' to - Marie Monty, 2025 Bayborly Circle, Diminaus, PA - 18046 Cost 818/- per person \*5 years & above

BYOB

RSVP November 15, 2018

> 1.506 Francis Xavier was born to an aristocratic family in the kingdom of Navarre. He was the fifth and the youngest a child.

Today the body of St. Francis Xavier rests in a silver reliquary in a cathedral in Goa 152

1534 Xavier, Loyola and five others founded the society of Jesus (Jesuits)

 $15\,12\,$  Xawler anived in GOA on Way 6th and spent 5 months in preaching and ministering to the sick in the hospitals. He used to go through the streets ringing a little bell and inviting the children to hear the words of God.

1552 . While trying to gain entrance to mainland china, Xavier died of a fever on Ead 3. He was buried on the island and his body was placed in quicklime to hasten its decomposition so that it could be brought to GOA.

 $1\,622$  - Xavier was canonized, along with Ignatius Loyola, by Pope Gregory, XV on March 12

Name Email address Number of tickets Total Amount

"We will send you an email confirmation that will serve as your ticket.

Oct 22, 2018



# **Goans in the Limelight** Dr. Neville (Daniel) Mascarenhas



Brenda M Fernandes

The Pennsylvania Medical Society (PAMED) has announced the winner of its 2018 International Voluntary Service Award winner -Dr. Daniel Mascarenhas of Northampton County.

One more crown for our very own Goan, Easton physician!

Daniel Mascarenhas, MD, a cardiovascular disease specialist, won the award for his volunteer work with providing affordable cardiac care in India.

Dr. Mascarenhas founded the Goa-America Heart Foundation, Inc, a non-profit organization that places a strong emphasis on education, prevention, diagnostics, cardiovascular interventions, and after-care.

He also set up a **pacemaker bank at Holy Family Hospital, Mumbai, India**. This bank repurposes pacemakers collected in the U.S., re-sterilizes them in India, and implants them for indigent patients who would not live without one.

Dr. Mascarenhas has been recognized by numerous professional circles for his work with repurposed pacemakers.

- In 2012, Dr. Mascarenhas published data from patients who received these devices in India for articles in both the Annals of Internal Medicine and the American Journal of Cardiology.

- In 2018, he spoke on the subject at the Heart of Rhythm Society's annual meeting.

Dr. Mascarenhas of Navelim, Goa also set up the St. Vincent de Paul Free Clinic at Davorlim, Goa, India as well as started the PFN Mascarenhas Cardiac Diagnostic Clinic in Panaji, Goa, India.

In addition to being in full time private practice, Dr. Mascarenhas has an appointment as a clinical professor of medicine at Drexel University College of Medicine in Philadelphia, PA.

He is a 24-year member of the Pennsylvania Medical Society. Dr. Mascarenhas was formally presented the award at the Pennsylvania Medical Society's annual meeting in Hershey on October 27.



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# **Doctor's Advice:** Healthy and Helpful Tips from our GOANJ *Dotor*

#### Dr. Kezia Rebello

#### Facts on Hypertension?

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- About 1 of 3 U.S. adults—or about 75 million people—have high blood pressure
- Only about half (54%) of these people have their high blood pressure under control
- You can have high blood pressure (hypertension) for years without any symptoms and called the "silent killer"

**Risk factors:** High blood pressure has many risk factors, including: **Race, Age, Family history, Being overweight or obese, Not being physically active, Using tobacco, Too much salt (sodium) in your diet, Drinking too much alcohol, Stress, Certain chronic conditions** kidney disease, diabetes and sleep apnea), Sometimes pregnancy contributes to high blood pressure, as well (preeclampsia)

Blood Pressure Categories			American Heart Association
BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 - 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 - 139	or	80 - 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

Complications: Heart attack or stroke, Aneurysm, Heart failure, Chronic Kidney Disease, Stroke/ TIA, Thickened, narrowed or torn blood vessels in the eyes. This can result in vision loss, Dementia

#### Management of Hypertension

- Make Lifestyle Changes: Lifestyle changes can help you control your blood pressure.
- Diet (Low in <u>salt</u> (2gm sodium diet), total fat, saturated fat, and cholesterol, high in fresh fruits and vegetables)
- **Be active**. Try taking a brisk 10-minute walk 3 times a day, 5 days a week
- Do not smoke

Medication: Recommendation of the Doctor





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# Goan Giggles

#### **Treat a Cough!**

Salvador, the owner of the Pharmacia Salcette in Margao walks in to find a guy leaning heavily against the wall. The owner asks the new clerk, Bostiao "What's with the guy over by the wall?" Bostiao responds "Well he came here this morning looking for something for his cough." "I could not find the cough syrup, so I gave him an entire bottle of a laxative." Salvador, the owner, wide-eyed and excited shouts, "You idiot, you can't treat a cough with a bottle of laxatives" Bostiao, the new clerk calmly responds "Of course you can; look at him, he's afraid to cough"

#### A fishy story!

Anthon went fishing one morning in the Mandovi River but after a short time he ran out of bait. Just then he saw a large water snake with a frog in its mouth. Frogs are good bait for River Bass. Knowing the snake could not bite him with a frog in its mouth, Anthon grabbed it right behind the head, took the frog out and put it in his bait bucket. Now the dilemma Anthon had was to release the snake without getting bitten. So he grabbed his bottle of Cashew Feni and poured a little down the snake's mouth. Its eyes rolled back and it went limp. He released the snake into the Mandovi River without incident and carried on fishing using the frog. Not long after, Anthon felt a nudge on his foot. It was that

darn snake - with two more frogs in its mouth!



#### **Enjoy This TESTIMONIAL!!**

There was our good ole Goan Gabru who met his friend Santan at the tinto one evening .. "Arre, Gabru, Boro morre! Where u men, no sign so long ... You were trying for job no, at the Taj. What happened?" "Arre, Santan... Kitem Sangonk... I no want such job!" "Kiteak re? Kith zallem?"said Santan. "I am good swimmer. I would be fantastic lifeguard for sure. I went for interview at the Taj. Thinga ek Baill ani ek Dadhlo.. Borim English mattalim.. I good speaking English. They ask me 'Who I' I say - I am Gabriel Joao Leitao from Fortavaddo Nerul. I want to be lifeguard. They say show your feet. I showed my feet. Then mhaka sangttam show me your knees... I am thinking why for they want to see my Dhomppram but I showing them ... " "Then what?" said Santan. "Then, Sheeh Saiba, Loz dissta sangonk! That lady she tell me 'Show me your testimonials'.

Testi.. I no showing nobody my testi nothing!!! Hanv Dhaon ghara ailo!!! NAKA MHAKA OSLO JOB!!!"



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### **Goan Gourmet**

### Milk Cream / Toffee / Fudge (at Christmas)

Emirita Desouza

#### **Ingredients**

- 2 liters milk
- 600 gms Sugar
- 100 gms cashew nuts
- 2 tsp vanilla essence
- 2 tsp butter

#### Directions

- 1. Grind the cashew nuts fine and set aside.
- 2. Boil the milk in a non-stick pot.
- 3. Add the sugar and keep on stirring on a low flame until the milk gets a bit thicker.
- 4. Add the ground cashew nuts to the thickened milk and keep on stirring until the mixture looks fairly dry.
- 5. Add the Vanilla essence and butter.
- 6. Keep stirring until the mixture leaves the sides of the vessel,
- 7. Check the consistency by taking a small part of the mixture in a spoon, cool it slightly and try to roll it to form a ball. If it forms into a ball shape then the mixture is ready.
- 8. Remove the mixture from the vessel while it is still warm.

Socrates Viegas

9. Roll the mixture into small balls and press into lightly greased molds OR roll out the mixture on a lightly greased board / flat surface to desire thickness and cut into small cubes / diamond shapes. 10. When cool, store in an air-tight container.

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**Neil Gomes** 

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### **Caring Corner** Charitable Giving Hurdles and Challenges

Christopher Nunes

From its inception in 1991 when GOANJ was established, there was an immediate recognition on behalf of the Planning Committee

that this newly formed Association should link themselves in a charitable way with worthy causes in Goa needing special financial assistance. Hence, once we had some meager funds available (mostly due to frugal spending by the Committee, Planning Committee members shouldering some of the costs of functions, raffles and Mass collections), we were able to save up modest amounts with which to donate. Previously all you had to do was get the funds delivered! Not so anymore. The red tape and legal issues make monetary giving quite a challenge, starting the previous year.

When a foreign institution transfers funds in foreign currency to an institution in India, the Government of India requires the receiving institution to have FCRA (Foreign Currency Regulation Act) permission. Such transfer is closely monitored by the Government of India as to where the funds are being spent, thus requiring specific details of how the funds should be spent.

It is no longer as simple as selecting a worthy cause, and then underwriting some of those critical needs. Since GOANJ is a registered non-profit organization with the IRS (501-C3) we can receive a tax deduction for our individual donations. However, the challenges remain on organizations on the receiving end in Goa. Funds will be returned if the organization is not Government approved.

With this, GOANJ continues to support worthy causes. But these new strict guidelines put tight parameters on who can receive our funding. We come before our membership asking your ideas and your permission to give to a worthy cause in Goa. Over the past several years, our giving has targeted our very specific requirements: to give to a worthy cause, to foster our Goan heritage, involve education and promote our Catholic/ Christian faith. Why the latter requirement if needy people in Goa require our help? The Government has tightened the guidelines giving to Catholic institutions and they have come under persecution of sorts. Hence GOANJ feels more compelled to support Church related institutions since the Government of India largely abandons them when it comes to financial assistance.

Knowing all this background which comprises the boundaries of our financial support in Goa, we come before you and ask you for your input as to what worthy Catholicbased cause might we support. Many of you are aware of our ongoing relationship with St. Xavier's Academy in Old Goa for the differentially abled students (many of whom live on campus and are later employed by the school if they are unable to find jobs after graduation). The students have come to appreciate GOANJ for their generosity (renovations to their hostel and other improvements). The children are aware of the affection and love with which GOANJ communicates and supports.

Please do let us know if there is another cause for which GOANJ can research and support with our limited financial resources. We do our very best to select, screen and hold accountable the monies sent and how they are spent. We have confidence that the monies sent to St. Xavier's is spent wisely and carefully as all monies are handled

through Caritas Goa, adhering to strict guidelines. We would love to hear from you on your ideas or suggestions. Catholic causes need GOANJ more than ever - your suggestions are always welcomed! Kindly contact committee@goanj.com to share your thoughts, ideas and suggestions.

As always, thank you for your generosity and bless you for caring about the needs of others less fortunate.





### **Upcoming Events**

Christmas Ball December 15, 2018



Whist Drive March 2019



Easter Dance TBD 2019



### PRAYER TEAM

The Prayer Team continues to provide powerful intercession on behalf of those who are suffering for a variety of reasons. Our faithful prayer members are a great source of comfort to those in need. If you wish to have this wonderful group intercede on your behalf, or if you wish to be a part of this prayerful team, please don't hesitate to contact us:

Dianne Nunes <u>dianneenunes@gmail.com</u> Wilma Martins <u>vlfm@hotmail.com</u>

