

# Goan Association Of New Jersey

## Winter Edition



"Connect with the Goan Association of New Jersey for an enriching experience in culture, community, and companionship.

Sign up today to remain engaged and become a valued member of our lively Goan community!"

Goan Connection,  
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Participation welcomed by sending  
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[goanconnectionnj@gmail.com](mailto:goanconnectionnj@gmail.com)  
Inquiries, membership, and feedback  
sent to [Committee@goanj.com](mailto:Committee@goanj.com)

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# The Association Corner



*My Dear Friends,*

*Happy New Year ! Wishing you all the best in Health and Happiness for the New year 2024!*

*I would like to thank you for the astounding support for our Christmas Ball. It was a sold out event. Prism our New Jersey band kept us rocking all night long, the tantalizing spread from Royal Albert's, our sponsors and the engaging crowd made it a joyous event. It also gave us the drive to have a New Year's Eve Bash. It was the first time the association hosted a New Years Eve event which was once again received with an overwhelming response, to the point that we had to move to a bigger hall. It was great to ring in the New Year with our Goeankars, Castle Rocks, toasting champagne and dancing to the masala.*

*Now that we have stepped into a brand new year, your Association is planning an exciting year of events and activities. As we have the dates for our events confirmed, we will keep you posted.*

*If you have any suggestions for events or how we could enhance our association please feel free to write to us. If you would like to be involved come and join our planning committee or you are welcome to simply help at any of our individual events. We would like to get our youth together over the summer so they can have a space for themselves within their culture.*

*The lenten season is upon us and I pray your faith guides you through this. Our Association is also about giving and supporting others and we would like to be able to extend our help to those in our Goan community in need of our help. Our prayer team is always there to storm heaven for any favors or divine intervention and from my personal experience they definitely have a direct connection up there.*

*I am hoping to see you all together in person at our GOANJ events and as Bob Marley said "One love, one heart (for Goa), let's get together and feel alright "*

*With Love & Faith,*

*Louella Menezes*



My Dear GOANJ family,

Thank you for your continued support and contribution to our publication. Your dedication and commitment to providing insightful, compelling content have made the Goan Connection a success.

In this issue, waltz through our Christmas gala, news years eve bash, your favorite Konkani lesson by Effie Tavares, Dr. Suzette gives us some health & heart advice during the month of love, Chris Nunes takes us to Goa, and our goan gala dance winner, Aasha Thomas is selected as Haut Monde Mrs. India Worldwide finalist. Read about “Reinvented” and women in STEM. If you want to know what love is, browse through these pages.....and your heart will skip a beat!

I look forward to seeing you at our upcoming events, creating new memories together. Until then, have a meaningful and prayerful lent and a Blessed Easter.

Warm regards,

*Chantelle Faria*

# Renew Your Membership

UNSURE IF YOU ARE UP TO DATE WITH YOUR MEMBERSHIP?

NO WORRIES

REACH OUT TO [COMMITTEE@GOANJ.COM](mailto:COMMITTEE@GOANJ.COM)

**"Keep in touch with other Goans residing in New Jersey. Rejoin the membership and become an active member of the lively Goan Association of New Jersey."**



## Lenten Retreat

THE 2024 ZOOM LENTEN RETREATS FROM FEB 17TH TO MAR 16, 2024 ORGANIZED BY BOB VAZ

SATURDAY - USA NJ TIME	PREACHER	FROM	TOPIC
FEB 17	FR. AUGUSTIN VALLORAN -	POTA INDIA	TO BE ANNOUNCED
FEB 24	FR. DONALD DSOUZA	SVD MUMBAI	COMING DOWN FROM OUR SYCAMORE TREE
MAR 2	DR. JAYANAND	BANGALORE	JESUS IS THE LAMB OF GOD
MAR 9	BRO. TREVOR LEWIS	MUMBAI	FORGIVENESS AND LOVE
MAR 16	BRO. CHARLES	HOUSTON	TO BE ANNOUNCED

THE FLYER, ZOOM DETAILS AND ALL OTHER DETAILS WILL BE SENT ACROSS AS SOON AS THEY ARE RECEIVED.

# GOANJ CHRISTMAS BALL 2023



The 2023 Goa NJ Christmas Ball was a magical affair that brought together the vibrant spirit of Goa with the festive cheer of New Jersey. The venue was adorned with glittering decorations, reflecting the joyful atmosphere of the holiday season. Guests arrived dressed in their finest attire, ready to dance the night away to a mix of traditional Goan music and contemporary beats.

The aroma of mouthwatering delicacies filled the air, tantalizing the taste buds of all who attended. From savory vindaloo to goat curry to fish fry, the culinary offerings delighted the senses of every guest.

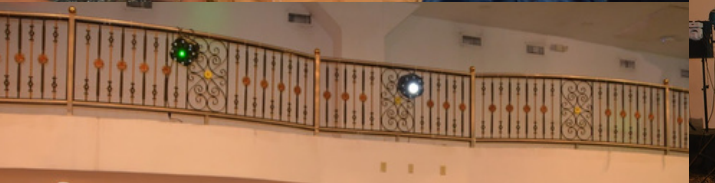
As the evening unfolded, Prism had the crowd on their feet. With Waltz, and Cha cha and jive numbers. Our young Goans rocked the night away to hip hop and more. There was something for everyone.

Amidst the Christmas lights and infectious music, the 2023 Goa NJ Christmas Ball was a celebration of unity, joy, and the timeless bonds of friendship and community. It was an unforgettable night that left a lasting impression on all who were fortunate enough to be a part of it.









# HEALTH AND WELLNESS CORNER

Dr. Suzette Barreto

February is Heart Month, when we celebrate Valentine's Day and focus on heart health. Many of us take some time during this month to consider heart and blood vessel diseases.

Did you know that high blood pressure (HBP) can affect your heart and blood vessels if it is not treated? It poses a risk for heart disease, along with other factors like smoking, diabetes, and high cholesterol, to name a few.

Important questions to consider regarding blood pressure include:

- What is blood pressure (BP) anyway? When your heart beats, it pumps blood into your blood vessels, creating pressure against the vessel walls. BP causes your blood to flow to all parts of your body. BP is measured in millimeters (mmHg).
- What level should my BP be? Normal BP is below 120/80 mmHg. The larger top number is the systolic pressure, the pressure in your arteries when the heart beats. The smaller bottom number is the diastolic pressure, the pressure in your arteries when your heart rests. However, there isn't a magical number to guide what an individual person should strive for. Instead, it's best to discuss with your doctor what BP range best fits your personal circumstances. Factors such as your age, overall health, and medication tolerability may affect your personal BP goal.
- How to determine if you have HBP? High readings on two or more separate occasions, taken by your healthcare provider and following recommendations. You can also buy a machine and monitor BP at home. Inform your provider about the readings in case they are high.
- How to manage HBP?
  - Quit smoking and avoid secondhand smoke.
  - Maintain a healthy weight by eating a diet low in saturated and trans fats, rich in fruits, vegetables, whole grains, and low-fat dairy products. Be cautious while reading labels, as foods low in saturated fats can be high in carbohydrates or salt.
  - Avoid salt and aim to consume less than 1,500 mg of salt a day. Keep the salt shaker off the table.
  - Limit alcohol consumption to one drink a day: 10 oz of beer, 6 oz of wine, or 1.5 oz of spirits.
  - Be physically active with about 30 minutes of brisk walking five days a week. Include upper extremity exercises, starting with 1 to 2 lbs and increasing up to 5 lbs if tolerated.
  - Take prescribed medications as directed without skipping. Take them at the same time daily to avoid fluctuations in BP and strain on the heart.

For more information and clarification on the above, visit: [heart.org/HBP](http://heart.org/HBP); [heart.org/AnswersByHeart](http://heart.org/AnswersByHeart); [heart.org/MyLifeCheck](http://heart.org/MyLifeCheck).

Saving a life and learning cardiopulmonary resuscitation (CPR) would be a gift to your community this month! For more information and videos about Hands-on CPR and other heart-related information, visit [www.heart.org](http://www.heart.org).

# SPEAK KONKANI KONKANI ULOI. -14

## XIKSAN – LESSON

Effie Tavares

Khuxealborit - Happy

Novem Voros – New Year

Sogleancher Bessanv Poddon: May God bless you all!

Bollaki – Health

Khuxealponn – Happiness

Girestkai – Wealth

Novem vorsank devan bessanv ghalun bori bollaki, khuxealponn and girestkai divum – May the new year bless you with health, happiness, and wealth.

Vaitt Korneo – Bad habits

Borim sopnam – Sweet dreams

Soddum Divun – Give up

Vengoi - Embrace

Vaitt korneo soddun divun, Borim Sopnam vengoi-a. Let's give up bad habits and embrace sweet dreams.

Sontosh – Peace

Mog - Love

Sontosh anik Mog – Love & Peace!

2024  
HAPPY NEW YEAR

# 2024 New Year Dance

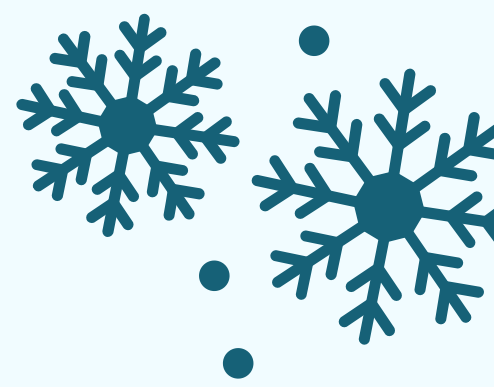
GOANJ threw its first New Year's Eve bash on December 31, 2023, at Royal Alberts-Mandap Hall with approximately 120 New Year revelers in attendance. The celebration began with Holy Mass, celebrated by Fr. Pauly Thekkan. What a beautiful way to bid 2023 adieu with thanksgiving, as we surrendered 2024 to His loving care. The evening took off with a banquet of appetizers. From Pani Puri to Chicken Tikka to Hakka Noodles to food galore. All that eating meant only one thing, we had to dance it off to make room for dinner and dessert, and dance we did, to the music of Castle Rocks. You did not need a gym membership because that musical duo made sure we were on our feet!

Our Emcee, Loviena Mascarenhas, got us all competing for prizes throughout the evening. Champagne flowed as the clock struck 12, marking a New Year, new beginnings. What a way to begin 2024, with family and friends and loved ones. Thanks to Louella Menezes, our Madam President, and the entire committee who pulled off this New Year's Eve bash at record pace. Only goes to prove, with the support of our GOANJ family, any feat can be turned into a feast! Viva 2024, Viva GOANJ!



# Visit to GOA

Chris Nunes



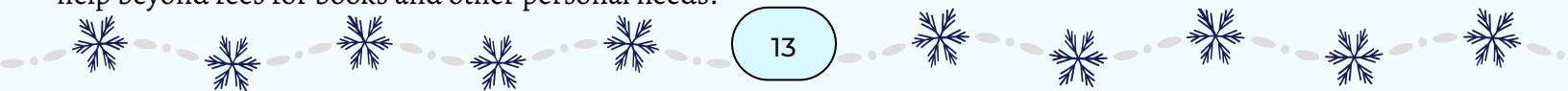
On my recent visit to Goa, I had the pleasure of meeting Sister Monica Coelho, Principal of St. Xavier's Academy. I was able to see the area under construction in the residence of the priests and nuns where the chapel will be located. GOANJ has donated funds towards having the chapel.

I was able to meet Fr. Valerian Vaz, Rector of Saligão Seminary (Seminary of Our Lady) and see all the great work that he has been doing at the Seminary. I also met Cardinal Filipe Neri Ferrão, Archbishop of Goa and Daman, who thanked us for our past donations to St. Xavier Centre and recent donation to the Saligão Seminary.

The Saligão seminary, which is the Minor Seminary has seminarians from Std. 9th to the 12th. They attend Higher Secondary schooling at St. Theresa's, Candolim. Thereafter the seminarians complete their College at St. Xavier's, Mapusa at which time they stay at Seminary Niwas, Duler (close to Mapusa) to facilitate attending college. Seminary Niwas is also part of the Minor Seminary. After graduation the seminarians go through one year of post graduate training concentrating especially on their vocation to Priesthood. During this last year of their Minor Seminary formation they stay at the Saligão seminary. Young boys who feel that God is calling them for Priesthood can join the Seminary at any point of their study from Std. 9th to graduation. After the Minor Seminary formation, the Seminarians proceed to the Major Seminary at Rachol, where they study Philosophy and Theology and go through some Pastoral experience. At present at the Saligão seminary there are 56 students and there are 15 more, who are accompanied, studying from home. The average annual expense for each seminarian is Rs. 54,000. Seminarians come from various financial background. Some pay the full fees, others pay what they can, and some cannot pay. Some of these need help beyond fees for books and other personal needs.

The Saligão seminary which can handle 150 students was inaugurated on Dec. 6, 1952. The building is 71 years old and needs a lot of renovation and maintenance. It has produced hundreds of priests. Except for a few all the diocesan priests working in Goa have had their training at this Seminary. Our late, Archbishop Raul Gonsalves, was the Rector of this Seminary. The present Cardinal Felipe Neri Ferrão, Archbishop of Goa and Daman was a student of this Seminary. Archbishop Anil Couto of the Archdiocese of Delhi was also a student of this Seminary. Many who left the Seminary, acquired high posts in the government or have become successful in their lives. So, this Seminary is instrumental in the growth of Goans in various fields.

The Seminary has been operating primarily on the donations from benefactors and support of the Church. Earlier, the Seminary used to receive financial support from Rome. Now that has practically stopped. Fr. Valerian, Rector of the Seminary, is focusing on making this institution self sufficient. The Seminary has a lot of land, but it has not been utilized to generate income. He has started plantation of fruit bearing trees and vegetables. The Seminary has been promoting organic farming and encouraging people to get into small scale farming. They recently started a project called GOA WITH EARTH, with the intention of promoting organic farming, by converting food waste into compost manure which reduces the wet garbage. This is a new method of taking care of our health, a new concept that needs to be spread and Seminarians are being trained in this regard. A healthy mind in a healthy body led by the Spirit of God.



# Visit to GOA



Picture with Cardinal Felipe Neri Ferrão, Archbishop of Goa and Daman at the Bishop's House in Altinho, Panaji

Picture with Sister Monica, Principal of St. Xavier's Academy outside her residence in Old Goa

Picture with Fr. Valerian Vaz, Rector of Saligão Seminary (Seminary of Our Lady) at the Seminary in Saligão

The Goan Association of New Jersey donates \$500 (Rs. 41,500) annually for the education of a seminarian. Members who wish to donate can mail their checks to GOANJ, P.O. Box 335, Cranbury, NJ 08512. Donations are tax-deductible.



# Haut Monde Mrs. India Worldwide

**Brenda M Fernandes**

Her cell phone rang, and she was reluctant to answer because the number was not familiar. A voice in her head prompted her to respond, and so she did. A friendly male voice responded by saying, “I am Rony Kaula,” and without a moment’s hesitation, she responded with, “and this is Aishwarya Rai!”

After a short exchange, Aasha Thomas, a Clinical Psychologist/Researcher, was convinced that it was indeed the well-known celebrity photographer who had reached her. The call made was to invite Aasha for an audition to identify contestants for the Haut Monde Mrs. India Worldwide 2024 – Season 13. YES!!

It is one of the leading Beauty Pageants in India that presents a beautiful platform for women across the globe who can participate and showcase their beauty regardless of their age. The globally acclaimed beauty pageant provides an exceptional journey that promises glamour and personal and professional development for contestants from over 40 countries.

With her very first round of auditions in September 2023, Aasha was informed that she would hear from them after a week. Within 24 hours, Aasha was informed that she was selected as a finalist! A splendid decision! On January 15, 2024, the final list of contestants was announced.

Those who attended the GOANJ Christmas Ball 2023 and watched the contest for the best female dancer will recall that Aasha Thomas was the winner along with Carmeline Gomes. Watch their moves; a performance that enticed the judges to include them in the final selection.

Please follow Aasha on Instagram [[@AashaThomas](https://www.instagram.com/aashathomas?igsh=MTF1cTEycTc2aGV3cg==)](<https://www.instagram.com/aashathomas?igsh=MTF1cTEycTc2aGV3cg==>) and watch her on this awesome journey that will culminate with the finals in Dubai, UAE (in May/June 2024). Following her will increase the views and help to boost judges scores on Aasha’s social engagement. Feel free to share this link with your friends and family, and if they care, to follow her too.

A press release in the Hindustan Times: The Haut Monde Mrs. India Worldwide 2024 – Season 13. [[PressRelease](https://www.hindustantimes.com/brand-stories/haut-monde-mrs-india-worldwide-unveils-star-studded-grooming-team-for-season-13-101705494521215.html?fbclid=PAAaZjEuWbZEVS4MbQPv9Iwn5AT_sp2CTO4lK4FG6OtMpGBRau7c_Gq-BZqYE)]([https://www.hindustantimes.com/brand-stories/haut-monde-mrs-india-worldwide-unveils-star-studded-grooming-team-for-season-13-101705494521215.html?fbclid=PAAaZjEuWbZEVS4MbQPv9Iwn5AT\\_sp2CTO4lK4FG6OtMpGBRau7c\\_Gq-BZqYE](https://www.hindustantimes.com/brand-stories/haut-monde-mrs-india-worldwide-unveils-star-studded-grooming-team-for-season-13-101705494521215.html?fbclid=PAAaZjEuWbZEVS4MbQPv9Iwn5AT_sp2CTO4lK4FG6OtMpGBRau7c_Gq-BZqYE))

The countdown to a grand finale is on. Watch Aasha step into the limelight one strut at a time.

# Love is



Adrienne Nunes playing cello



Riley Nunes spending time with Petunia!

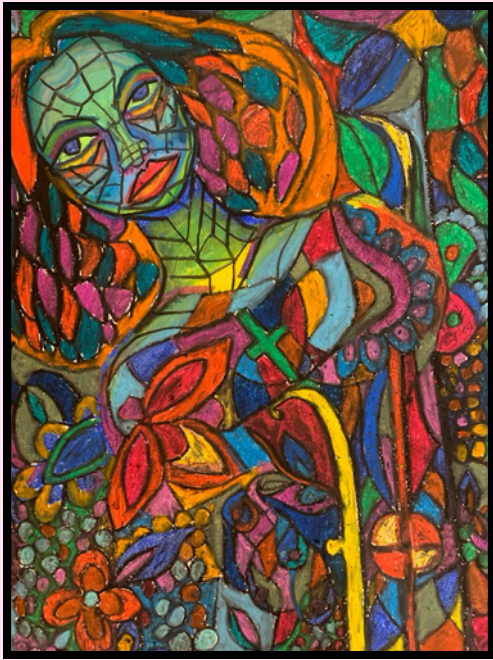


Tyler DeBellis earning his Emergency Medical Response certification



Brady DeBellis playing football





Love is creating masterpieces- Sage Rebello



Love is Swimming - Felicia Faria

## Congrats



"Reinvented became more than another organization I volunteer for; it became a community where I could seamlessly blend my identity as a first-generation student in STEM with my fervor for making a positive impact."

At the Annual Space Gala 2023, a celebration of women in STEM held on November 11th, Chantelle was awarded Volunteer of the Year, recognizing her outstanding contributions. Reinvented Magazine, with its focus on redefining the perception of women in STEM and inspiring interest in the field globally, has provided Chantelle with a platform to actively participate in this transformative mission. From joining as a general volunteer in 2020 and later transitioning to the marketing team, Chantelle has dedicated herself to Reinvented, volunteering for numerous virtual and in-person events, including the impactful Princesses with Powertools and the stellar Space Gala 2022. Through her commitment, Chantelle not only exemplifies the spirit of Reinvented Magazine but also contributes significantly to uplifting and empowering women in STEM.



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Lean ground beef in secret spice blend. **\$20/1 dozen**



### Alice's Fish Cutlets

Shallow fried spicy-tangy tuna fish cutlets. **\$18/1 dozen**



### Prisca's Bombil Balchao

Lightly fried dried Bombay ducks, cooked in a rich sauce. **\$25/lb**



### Bittu's Prawn Balchao

Spicy-sweet tangy, made with large shrimps. **\$23/lb**



### EZ' Beef Tongue Roast

Cooked with fresh warm spices to maintain perfect tender juicy bite. **\$29/lb**



### Aunty Joyce's Pork Sorpotel

Cured to perfect tanginess, heat and sweetness. **\$24/lb**



### Mai's Chicken Cafreal

Fragrant concoction of spices and fresh cilantro cooked to a thick sauce. **\$17/lb**



### Beryl's Vindaloo

Rich and thick vinegar-based chili curry. Chicken **\$17/lb**. Pork **\$19/lb**



### EZ' Jeerem Meerem

Exotic flavors of warm spices, caramelized onions & chillies. Chicken **\$19/lb**



### EZ' Spicy Pork Chilly

Blend of aromatic spices, garlic, chillies and kokum. **\$20/lb**

### Mai's Fresh Curry Paste (0.5 lb)

Cafreal **\$7**, Vindaloo **\$8**

Orange Coconut Curry **\$9**

Sorpotel **\$9**, Recharado **\$10**, Xacuti **\$12**

WE ENJOY COOKING AS A PASSION AND BASE OUR RECIPES ON  
GOAN CUISINE LEARNED THROUGH OUR FAMILIES & FRIENDS

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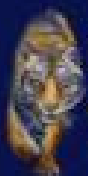
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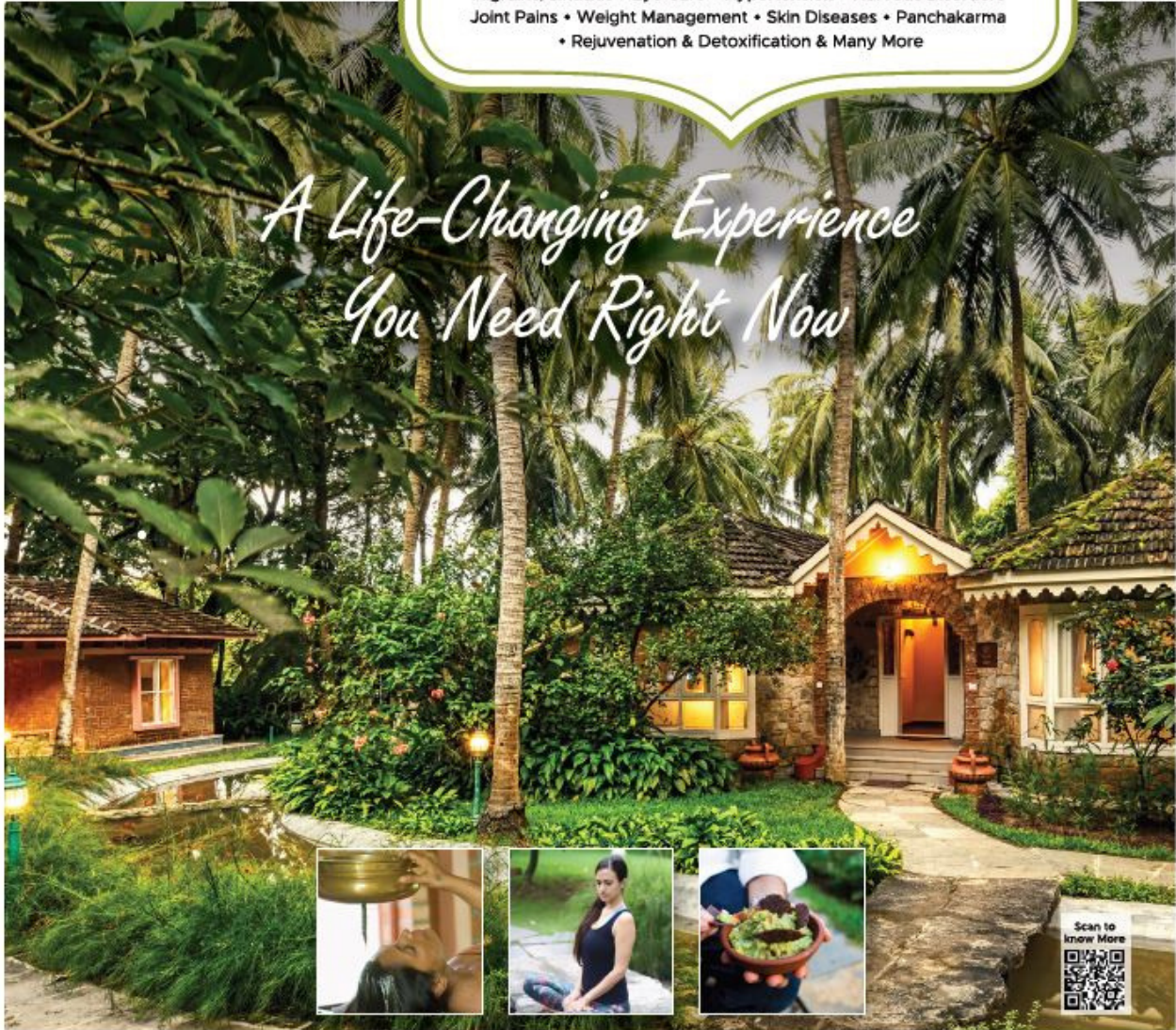
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# Announcements

## Prayer Requests

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

## Stay Connected



## Looking to Grow Your Business?

If you are looking to launch a new business or grow an existing business, consider advertising in the Goan Connection. Reach a vibrant and socially conscious audience in New Jersey, New York, Pennsylvania, Delaware, Maryland and beyond. Send the content of your advertisement in a Word document to [committee@goanj.com](mailto:committee@goanj.com)

Our yearly rates ( for 4 inserts, spread over 4 issues) are as follows:

2 inch \* 1 column \$20

1/3 page \$120

1/2 page \$150

Full page \$250

Contact Marvin Fernandes at 973 495 6298 for all your advertising needs.



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*Thank you so much!*

Your contributions and support are instrumental in making our Goan Connection all about fun, family and fellowship!

