

# GOAN Connection

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The Goan Connection is a publication of the Goan Association of New Jersey, Inc., a non-profit organization established in 1991.

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# Spring Fling

Saturday April 17, 2010

6 pm to 11pm

VFW Hall

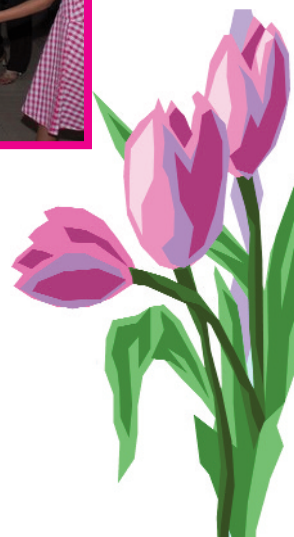
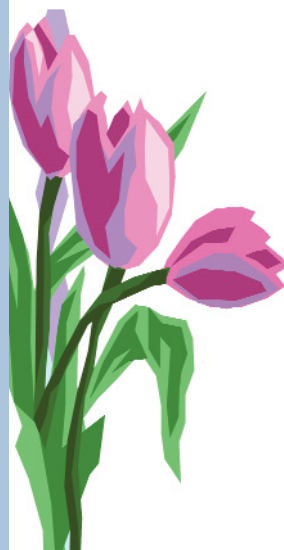
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dinner, Beer and  
prizes!



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# Association Corner

My Dear Friends,

Welcome to 2010 and may this year be a year of happiness, tranquility and prosperity for each and every one of you and your families. We are certainly threading our way out of this lousy recession and I sincerely hope the pain and suffering of this gloom is now in the rear view mirror.

We Goans are a resilient lot and I am sure whatever the adversity it would end up being an opportunity for us. Talking about adversity, we certainly were challenged by the weather gods, who put the Goan Spirit to the test, by dumping several inches of snow in the tri-state area on the day of the Christmas Dance. We were in a quandary as many calls came in cancelling, but just as many inquiring if the dance was still on. We had to be practical and at the same time give you, the members, the opportunity to decide whether or not you could make it to the dance. Needless to say the Goan Spirit WON and we had over 80% of our members attend. We missed those who couldn't make it, but unfortunately we could not make any restitution because of monies committed and monies paid in advance. The dance went off very well with many telling me that this was their best dance ever. I owe this compliment to the outstanding performance of Prism and DJ Brian, together with the exceptional work of our reduced staff of Exec. and Planning committee members. We gave away the raffle prizes at this dance where we were happy to report that we had reached our goal of \$10K for the Goa America Heart Foundation. Please note that every dollar of this contribution was raised through our efforts and your generosity. I sincerely thank all of you, especially Dr. Neville Mascarenhas, who was our biggest

donor in this endeavor. Thanks to all the ticket

sellers and prize donors who went the extra mile to help us.

We Goans by nature are benevolent, even though at the moment we believe our efforts in helping our less fortunate brethren in Goa can be categorized as mediocre. However, we hope to step up our efforts with outreach programs to our less fortunate brethren here in the US. We plan on helping with the soup kitchen at Mother Teresa's in Newark and other locations in New Jersey with the intention of involving our membership at large. At this point, the Exec. and Planning committees are piloting this project but we hope to make this a regular feature where all of you could help participate at least once in a calendar year. Your financial generosity is second to none and we know you will be generous in volunteering your time as well.

I want to sign off with our best wishes from the Exec. and Planning committees to you and your families. Wish you good health and every success, and may you always be a part of this great Association.

Viva Goa!

Felix Menezes  
President



# Heart-to-Heart



*Fr. Basilio Monteiro*

It has been sometime since you heard from this corner of the heart. First, gratitude for the generous donation of \$10,000 from the Goan Association of New Jersey, Inc. to Goa-America Heart Foundation Inc., and a special thank you to President Felix Menezes, who spearheaded this fund raiser and has been an ardent supporter of our project. Thanks as well to those individuals who supported and continue to support the Cardiac Outpatient Diagnostic Clinic, which opened in mid April 2009, sharing quarters with JMJ Hospital on that bustling hilltop of Porvorim. The stream of patients is almost endless. The staff at the clinic, headed by Dr. Jyoti Kusnur, our interventional cardiologist, say that the clinic is their place to make a difference in the lives of everyday people. These dedicated professionals live our vision and mission of providing affordable cardiac care to all in need, especially the less privileged. The word of mouth has spread far and wide about the good work done there.

Recently our very own cardiologists, Dr. Neville Mascarenhas and Dr. Tony Gomes, visited the clinic and spent some time there offering their services to the people of Goa. This

occasion brought greater attention to the clinic and favorable publicity in the local media.

However, the physical space is too tight, and is becoming tighter by the day as more and more patients filter in. We desperately need more room; we have the land, but we need funds to build a suitable facility. You may know some people who may want to do some good ...please speak to them about making a monetary donation.

We benefited from the generosity of our predecessors, so it is our turn to make the future a better one for our coming generations by providing institutions which will respond to their needs. It is our time now, and we can't walk away from it. We have to raise \$4 million to establish a state-of-the-art cardiac hospital. Any financial help you can render will be most appreciated. Tax-deductible donations can be sent to GAHF Inc., P.O. Box 331, Churchville, NY 14428. For more information, please visit our website <http://www.gaheartfoundation.org/>

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# Three-Year GOANJ Goal Reached in Six Months

By Valerie Moniz

It was just last Summer that President Felix inspired us with the idea of obtaining a plaque at the GAHF Clinic in Provorim, Goa in the name of the GOANJ. Felix wanted our membership name, the GOANJ, forever emblazoned in the clinic, so that not only now, but future generations will know that we, the Goans in the Tri-State, opened our hearts and our purses to help the people of Goa.

In order to obtain this plaque, we needed to donate \$10K. We, at the Planning Committee meeting, looked at Felix with raised eyebrows, silently wondering how we could come up with so much money. Felix, sensing our concern, said "Let's give ourselves 3 years." OK, this was doable in three years! The Caring Committee readily agreed to suspend all future charity giving (except for educational commitments that are already in place) in order to give all our budgeted dollars toward this project, until we reached our goal of \$10K. So right away, the 2009 budget of \$1000, went toward the \$10K. Also, \$2000 that Dr. Neville received from St. Jude Medical, for his presentation on cardiac care at the Summer Picnic, was donated toward the \$10K. Already, the goal seemed reachable. Felix then suggested that we run a raffle, starting at the picnic, and ending at the Christmas Dance where the prizes would be an airline ticket to Goa, India, a laptop and a \$200 coupon to a gourmet restaurant.

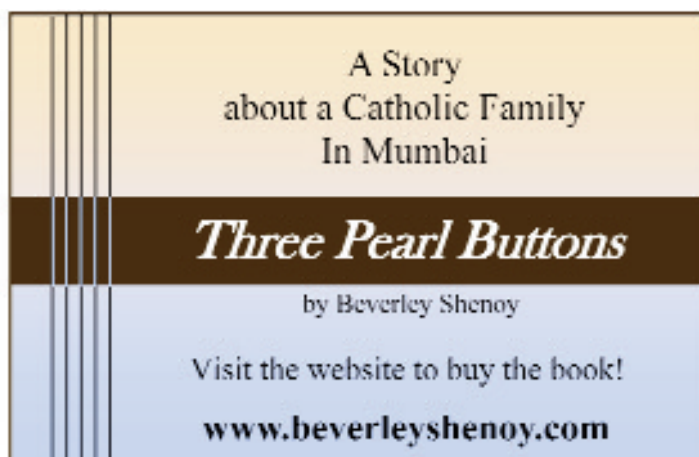
The GOANJ Members should be very proud because we reached our 3-year goal within 6 months. Our intention from the onset was not to use any existing funds for this donation, so we are happy to announce that we have since returned the \$ 1,000 dollars that were taken from the budget of the Caring Committee. We were able to do this because of the generosity of the members and friends who bought the tickets, as well as the following members:

Ticket sellers: Conrad D'Souza, Chris Nunes, Jacinta Fernandes, Victor Desa, Wanda Gomes, Gladys Monteiro, Bromin Menezes, Alan Lobo, Kezia Rebello, Teresa Cordeiro, Miguel Barretto, Steevan D'Souza, Sean Vincent, Valerie Moniz, Wilma Martins, Allan D'Guerra, Michael Alvares, Christabel D'Souza, Arlene Pinto, Nora Dias and Felix Menezes.

All three prizes were generously donated by the following:  
Two airline tickets to Goa: David Rozario of Jetways  
Laptop: Ralph & Yvonne D'Souza, Francis & Wilma D'Mello,  
Roy & Mary Lou Rodrigues, Jose Silva and Simon DeSouza  
\$200 – anonymous

Allan D'Guerra did an outstanding job with the auction of an airline ticket at the dance, which helped raise \$1,350.

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## Baby News:

Tony and Minu Colaco, along with grandparents Adolfo and Angela Colaco, proudly announce the birth of their new daughter, Mary Indira, on November 27, 2009.



## Baby News:

Noel and Lynette Martins, along with grandparents Bambino and Wilma Martins, proudly announce the birth of their new daughter, Ayla Ema, who was born on January 7, 2010.



## Baby News:

Rui and Giselle Gomes, along with grandparents Melvyn and Mona Lopez, proudly announce the birth of their new daughter, Maiya Andrea, on December 18, 2009.

## Goan Gourmet



### JEROME'S GOAN FIRECRACKER CHILI CON CARNE by Jerome Pereira

FEEDS 15 Goankars

Keep in mind that for best results this is a 3-day preparation.

- 1 lb bacon and 2 lbs ground beef (80% lean)
- 2 lbs ground pork or Italian sausage
- 2 lbs Goa Sausages (substitute hot links or Hot Carolina sausage)
- 1 lb celery stalks, 15 cloves fresh garlic
- 8 large onions
- 4 large carrots, 4 jalapenos
- 2 29-oz tomato sauce, 2 6-oz tomato puree
- ¼ cup chili sauce (Tabasco or whatever else)
- 2 tbs cumin powder
- 1 tbs paprika, chili powder, onion powder, kosher salt
- 2 tsp black pepper, 2 tsp garlic powder
- 2 tbs chicken soup stock concentrate
- 5 tablespoons brown sugar
- 1 cup cooking oil, 1/3 cup apple cider vinegar
- ½ cup coconut fenny (sub: Bacardi rum)

**Accompaniment:** Garlic Bread, Sanna's or Breadsticks

#### Method

Chop the sausages into very small pieces. Chop the Jalapenos, Bacon, Onions, Celery, Carrots and Garlic (JBOCCG mix) very fine. (Grate fine but do not puree). In a large pot heat the cooking oil. When hot, add the BOCCG mix and stir continuously on high heat until caramelized. Then add the ground beef, ground pork, chopped sausage, and dry spices. Stir continuously on high heat for 15 to 20 minutes. Next add all the rest of the ingredients and keep stirring on high heat for another 30 minutes. Lower the heat to minimum possible and let it simmer for 3 hours. Stir every 20 minutes. Turn off stove and let it sit unrefrigerated overnight. Next day simmer the chili again on low (minimum) heat for 3 hours. Stir every 20 minutes. If too thick, add a little water to steady the consistency. After you turn off the heat skim off all the excess fat. Taste the chili and add salt, Tabasco hot sauce and additional apple cider vinegar as required. On the third day place in crock pot and leave it on slow heat for 8 hours before serving. Serve in rustic clay bowls with wooden spoons. Garnish with the chopped red onion and grated cheddar cheese.

Questions can be emailed to Jerome Pereira at [thejaps@yahoo.com](mailto:thejaps@yahoo.com)

# Caring Corner:

## OUTREACH PROGRAMS FOR GOANJ MEMBERS



*Valerie Moniz & Dianne Nunes*

The GOANJ is poised to embark on a stronger commitment to volunteer in our local communities and we are looking for our membership to join us. The Planning Committee has, at various times, volunteered at the Mother Theresa's kitchen in Newark, under the leadership of Alan Lobo. These group events have been much appreciated by the sisters, and have been satisfying and fun on many levels. We would like to broaden the scope of our outreach, as well as include the membership. It is a pilot program, with initial thoughts of doing it once a month. Depending on the number of volunteers we get, it could mean that a family might enjoy the privilege of helping the poor maybe once in a calendar year. For those who may not want to go to Newark, we are thinking of serving lunch or dinner at a shelter in central NJ. Here are two outreach programs we would like to support.

### **OZANAM FAMILY SHELTER IN EDISON**

On January 28, Dianne Nunes, Olinda Gomes and Val Moniz prepared sandwiches for approx. 35 people and took them to the shelter which is run by Catholic Charities. It assists women and children who need food and shelter. According to Ozanam's mission statement, this is a place that provides short-term assistance that will lead to self-sufficiency and an improved quality of life. So, with a few trays of sandwiches, chips, soda, etc., these 3 Planning Committee members shared their time and a meal with the women and children living there. Meals are served everyday, but it is a treat for them when outsiders bring in a prepared meal to serve and share. The staff and residents at Ozanam couldn't have been more welcoming and pleased to see us. They were all so touched that we took our time to be with them - their happy and smiling faces said it all! The cost for the lunches came to approximately \$15-20 for each member, a small amount out of our pockets to bring a little joy to these unfortunate people's lives.

### **MOTHER TERESA'S SOUP KITCHEN IN NEWARK**

On January 31, several members of the Planning Committee headed toward the soup kitchen, armed with trays of spaghetti and salad fixings. We arrived around 8:15 am, just in time to put the trays in the large ovens, and head toward the attached church to hear mass. Then we quickly rolled up our sleeves to prepare the trays of salad, and set up the food line. The nuns prepare large vats of tea and coffee before mass and the local bakeries provide rolls, cakes and pastries. The doors opened around 10:00 am, and after a short prayer, the business of serving food to 140 homeless men and women got underway. There was some left over food, so take away packages were made up for those who requested it. Then it was time to clean up and to stack the tables and chairs away. The cost for each family was approximately \$30 which included a large tray of spaghetti and meat sauce, as well as shared cost of approx. 5 trays of salad. The group treated themselves to lunch at a Spanish restaurant (optional) afterwards and the cost of that came out of their own pockets.

The GOANJ would very much like to make this a community event, so if you are interested in volunteering, please contact Dianne Nunes at 609-395-8428/Valerie Moniz at 732-885-3330 or email us at [committee@goanj.com](mailto:committee@goanj.com).

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## Coming Up

### APRIL

**17 Spring Dance**  
VFW Hall  
Sayreville, NJ

### JULY

**TBD Summer Picnic**  
Princeton Country Club  
West Windsor, NJ

### SEPTEMBER

**TBD Adult Retreat**

### DECEMBER

**11 Children's Christmas Party**  
**18 Christmas Dance**

*Event photos and other information  
can be viewed online at:*

**[www.goanj.com](http://www.goanj.com)**

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