



Special Winter 2013 edition

FROM THE PRESIDENT'S DESK

Dear Members,

As my time as President comes to a close, I look back and feel a great sense of accomplishment for all that we have achieved together. Without the dedication and volunteerism from our members, this could not be possible. I am so appreciative and thankful to everyone for their time.

Your Association is enjoying an unprecedented growth and publicity worldwide. Our Facebook page 'Goan Association of NSW' has continued to attract new contacts with over 50,000 people following us worldwide. This publicity has been fuelled by the outstanding outcomes achieved in our recent events – the GOARAIA Cup, the Karaoke & Fish Curry Night and the Association's 36th Anniversary Dinner Dance held on 9th June 2013. A full report of these events can be read in the current edition of the Khobor. I would like to take this opportunity to congratulate our HSC High Achievers Chloe, Melanie and Shauna as well as Mark Fonseca for receiving the 2013 Outstanding Community Service Award.

The Executive Committee's two year term has now come to an end. However, we will remain in a caretaker mode up to the AGM in September 2013 when a new Executive Committee will be appointed. I would like to thank each one of you for your strong support at all our functions. I would also like to thank all those who sent me personal notes and thank you emails. Your feedback is very important to us. I am hoping that there will be an even stronger and passionate committee going forward who can build on the successes and achievements to-date. I would like to call upon the members to share their time and talent for the community by serving on the Executive Committee for the next two years. My sincere thanks go out to the Executive Committee - Alwyn, Chris, Abel, Ralph, Roy, Colin and Ashley and all the spouses for a job well done and for all their hard work and dedication to keep the Association driving forward. It is truly inspiring to see where we are now.

The Association will be hosting a Youth Leadership and Communication Workshop led by experienced members of the GOA Toastmasters and other distinguished Toastmasters. I urge all our youth to attend this value packed workshop – valued around \$300, but free for our youth and their friends. Please take advantage of this workshop as it will help our youth with practical day to day activities such as interviews, university presentations, public speaking and debating, as well as to build their confidence to face the challenges of the real world.

The very popular World Goa Day will be held on the 18th of August 2013. We are looking for expressions of interest from stall holders, preferably with authentic Goan food on offer for sale.

I look forward to meeting you all at the World Goa Day as well as the Annual General Meeting of the Association. My best to all and may we continue to prosper and thrive.

Deu borem korum

Tony Colaco-President

GOA NSW *Khobor*

Events held from April 2013-June 2013

WHIST DRIVE & BINGO

21st April 2013, Reg Byrne Community Hall, Wentworthville, NSW, Australia.

Reported By Ralph Vaz



“Yippee I won. I have never ever won a Whist Drive before.” These were the jubilant words from Thecla Fernandes, the ladies 1st prize Whist winner.

Backed by popular demand and at the request of the community, the Committee organised the Traditional Goan pastime of Whist drive and Bingo on Sunday 21st April 2013. The members responded in great numbers at the Reg Byrne community hall in Wentworthville. Abel Do Rosario the event director kicked off the event and Ralph Vaz, the Social Director compered the events which involved a number of whist drive sessions interspersed with the traditional bingo. A delicious meal, dessert, tea and coffee and complimentary soft drinks were served to the guests throughout the afternoon. The events were a great opportunity for family and friends to get together for a day of light entertainment.

The 1st Prize Whist Winners: Tony Azavedo (Gents), Thecla Fernandes (Ladies).

Prizes were even given for 2nd place as well as a booby prize for the lowest scores for a gent & lady.



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FISH CURRY AND KARAOKE (FCK) NITE

17th May 2013, Spoons Function Centre, Blacktown, NSW, Australia

Reported by Ashley Menezes

The GOA NSW prides itself in promoting our rich Goan cultural heritage. Traditional food and song have always been an integral part of the Goan fabric. Over the centuries the Goan community being situated so close to the west coast of India have indulged in a lot of fish as part of their traditional cuisine. Fish curry and rice have come to stay as the staple food for most Goan families. To remind the Goan community in Sydney of their roots, the GOA NSW decided to have a Fish Curry and Karaoke night in their calendar of events for 2013. It was an event like none held before.



The day was 17 May 2013 evening just before the peak winter season, a perfect timing for hot steaming fish curry on a cold winter evening. The mood was set and the venue was the Spoons Restaurant Function centre hall. The ambience and décor was perfect for an evening of fun and light hearted entertainment.



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As the families came pouring in with over 200 guests, the occasion was kicked off with some floor pounding music from the DJ J.Shehan. The early bird arrivals made the most of the music rocking and jiving to the rhythms of Shehan.



The dancing and festivities took a break when the aroma of the crab and fish curry filled the room. The Indian and Sri Lankan chefs lived up to their reputation for some outstanding crab curry, fish curry, biryani and sumptuous dinner delights. All the members and guests treated themselves to some real authentic Goan finger licking Seafood.



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The karaoke event was opened by the GOA NSW Cultural Director & Master of Ceremonies, Roy do Rosario. He set the pace for the evening by getting the crowd to choose the songs they wanted to sing. The night captured some nostalgic moments as well as some great hidden talent in our Goan community. The songs were made up of a good mix from Elvis' "All shook up", "Achy breaky heart", "Stupid Cupid", "Daniel", "Living next door to Alice" "Crocodile Rock" to name a few. It was all there on display from heart throbbing energy to the passion and romance performing music of artists from the yester years. The performances kept getting better as the evening progressed. Some participants were taking part as single performers, some as duets and the rest performing in groups. All stretching their vocal chords enjoying the karaoke and having a real fun night.

A Goan function would be incomplete without some of the good old folk songs in Konkani. The Goans led by Roy huddled together to sing in voices some in tune others in high spirits – all sharing a common love of singing in Konkani.



The performers who took away awards for "Men who impressed" at the night were Melvyn Noronha, Alfred Vaz and Hubert. Among the young achievers who received encouragement prizes were Rhiannon and her group of girls.

GOA NSW *Khobor*



Then the DJ Shehan took centre stage and set the dance floor on fire with a string of remixes and medleys from hip hop to Bollywood item numbers. The crowd partied into the night till the closing of the function.



The overwhelming support for this function has now made it a signature event for the GOA NSW for future years. The GOA NSW committee sincerely apologises to some of our members and guests who had to be declined due to the limited hall capacity and record 210 number turnout.

What a night it was!! Those who walked away dragged their feet enjoying themselves to some great cuisine, a wonderful evening shared with friends and family and fond memories to cherish.

Special thanks to:

The management of Spoons Restaurant for some well organised staff and professional setup of the function centre.

The Master of ceremonies and main event director Roy do Rosario who made it all come together for a wonderful evening.

DJ Shehan for giving us some awesome music to rock up the evening

Executive committee members and the spouses of the GOA NSW for their dedication and commitment in organising yet another fun filled and successful function for the Goan community in Sydney.

All the participants of the Karaoke segment of the evening making the event a grand success.

GOA NSW *Khobor*

GOARAIA CUP

26th May 2013, Nolan Oval, Rydalmere, NSW, Australia

Reported by Tony Colaco



The Nolan Oval, Rydalmere was the venue for the 1st edition of “The GOARAIA CUP”, a 20/20 limited overs cricket match between the Goan Overseas Association NSW (GOA NSW) and the Australian Resident Anglo Indian Association (ARAIA).

GOA NSW won the toss and elected to Bat with openers Alwyn & Brian. Alwyn after scoring 14 runs in the first 3 balls got injured on the 4th ball of the match attempting a quick single and had to retire hurt. His opening partner Brian Mathias scored a brisk 21 runs. James Noronha also scored 24 runs and with other noble contributions with the bat from Abel Do Rosario, Roy Do Rosario the GOA team put up an impressive score of 127 runs in their allotted 20 overs. For the ARAIA team Francis Fernandes was the only bowler to impress bowling an accurate line & length to take two wickets giving away only 15 runs in his 4 overs.



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The ARAIA team too up the challenge with captain David Conquest opening the batting and hitting an impressive 49 runs without sparing the GOA opening Fast bowlers. Though there were other notable contributions from Noel French, Peter Ellis and Roy D’Cunha the GOA total of 127 runs was too big a mountain to climb mainly due to some accurate bowling from the GOA medium pacers Prakash D’Mello, Brian Mathais & Roy Rosario some tight fielding and catches from James, Brian & Prakash. Finally the ARAIA team finished on 81 runs in their allotted 20 overs and losing by 46 runs. For GOA Prakash took two wickets for 18 runs.



ARAIA Captain David conquest was adjudged the “Best Batsmen”, ARAIA’s Francis Fernandes was adjudged the “Best Bowler”, GOA’s James Noronha was adjudged the “Best Fielder” and GOA’s Captain Brian Mathias was adjudged the “Man of the Match” for his all-round performance.



The Best Thing in Life is playing your favourite sport just for fun.



36th ANNIVERSARY DANCE

9th June 2013, Grand Royale Function Centre, Granville, NSW, Australia

Reported by Chris D'Cruz



GOA NSW Inc, the oldest Goan Association and the oldest Indian Association in Australia turned 36 in 2013.

The Executive Committee of the GOA NSW chose to commemorate this milestone by hosting an Anniversary Dinner Dance. The Grand Royale Function Centre at Granville was rightly chosen as the venue to celebrate this Event. The high ceiling with waterfall crystal colour changing chandeliers and centrepieces on each table, plus the beautifully decorated chairs added a touch of glamour to the evening. Each table had a complimentary bottle of red and white wine for the guests to enjoy and share in the spirit of the occasion. 250 plus guests attended the event. The ladies appropriately wore coloured dresses and the men sporting black suits and coloured ties. Amongst the guests were Vanessa Mendes representing Goans of Queensland, David Conquest, Noel French, Hector Soans, Bruce Soans of ARAIA and our guest performer Jose Fernandes & Bernadette Fernandes from Melbourne representing the Goan Association of Australia. Also in attendance were ex-Presidents of the GOA NSW who graced the occasion. This showcased the strong solidarity of the Goan community in Australia.

On arrival at the hall, the guests were warmly greeted by members of the Executive Committee and after helping themselves to the welcome drink of white wine & soft drinks, were ushered to their tables against the background of recorded music. Master of Ceremonies, Sheldon Braganza warmly welcomed the guests to the event and encouraged the guests to fully engage and enjoy in the celebrations. The fabulous Breakaways band featuring Danny Hodson of "THE VOICE" fame on the vocals then kicked off the glittering evening with a few popular numbers to get the guests in the party mood for the evening ahead. Hector & Cheryl Fernandes won a prize donated by MacMarshall Sausages for the 1st couple to hit the dance floor.



The first dance set was followed by entrée including "Kebbe Saynieh" the signature dish of Grand Royale. President Tony Colaco delivered his address highlighting the achievements of the Association.

GOA NSW *Khobor*



A special welcome was made to the interstate guests and committee members of our fellow GOA organisations from Victoria and Queensland. Tony Colaco also introduced his EXCOM team to the audience.

The talented Goan entertainer, the renowned Jose Fernandes, dubbed the Goan Elvis of Australia and the Engelbert of Bombay specially flown in from Melbourne was then introduced by the MC and made a dramatic entrance into the hall in a blaze of light and camera flashes to perform “The Engelbert Show” to enthusiastic members and guests.

Jose moved slowly through the crowd singing a number of the great Engelbert classics. The crowd surged forward and joined in. Our official photographers Suben & Gopi captured the special Kodak moments of Jose with the guests.



After a few more lively Engelbert classics, dinner was served to the guests. The menu comprised a table service of a magnificent spread of exotic dishes ranging from the delicious prawn biryani to the all-time favourites of beef vindaloo and the mouth-watering tandoori chicken. As part of the celebrations, complimentary fine wine, premium scotch and soft drinks were served throughout the evening to the appreciative guests as a way of thanking the community for their continued support over the last 36 years.

The GOA is always keen to recognise and support the academic excellence of our Goan youth at the HSC level and this year was no exception. Secretary Chris D’Cruz compered the HSC Award presentation. In a tightly contested result, Chloe Do Rosario, daughter of Roy and Carole Rosario, came first scoring an impressive ATAR of 96.40 and is currently studying Bachelor of Marketing & Media at Macquarie University. Melanie Ann Mathias, daughter of Carl and Barbara Mathias, came second with a score of 93.95 and is currently studying for a Bachelor of Arts and Commerce degree at Macquarie University. Shauna Dias, daughter of Paul and Daphne Dias came third with a score of 92.90 and is currently studying a Bachelor of Political, Economic and Social Science at the University of Sydney. Each of the prize winners was awarded a cash prize and a commemorative plaque to mark their achievements. The prize winners thanked their families and GOA NSW for all their support.



GOA NSW *Khobor*

The President then made a special Community Award to Mark Fonseca for his dedication and efforts to GOA NSW over the past 35 years. Treasurer Abel Do Rosario compered the President's Award. In his response speech Mark Fonseca said he was humbled to receive the award and thanked the EXCOM members for their painstaking efforts to organise many events to keep the community united which was received with a standing ovation from all the guests present.



In keeping with the theme of young people, the Band kicked on with some of today's hottest tracks which were enthusiastically welcomed by the youth who vigorously launched into an impromptu dance session.



The Jose Fernandes Show was then back to the centre stage and together with our very own *Remo* - Roy Rosario proceeded to sing a range of rousing and lively Konkani Mandos and Portuguese dance numbers bringing back nostalgic memories and reminding the guests of our rich cultural heritage.



Desert was then served which included Rasmalai & Mango Kulfi. Raffle tickets & Novelty Dance Hats were then also sold. The novelty dance sessions were warmly welcomed by all the guests who enthusiastically packed the dance floor.

A short break was then made to draw and announce the raffle prizes and a long list of lucky winners collected the wonderful prizes on offer. The raffle prize winners were our photographer Suben, who won a stay for two sponsored by Holiday Inn Darling Harbour, Ludeena Braganza, who won a Hamper donated by Goan Pickles, Rachael O'Brien, who won 2 bottles of Johnnie Walker Red Label donated by Con and Maureen Coutinho and Stella Mascarenhas who won a \$100/- Myer Voucher donated by MacMarshall's Sausages.

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The Early Bird Prize, a Johnnie Walker Blue Label bottle was won by Romero D'Souza. The Entry Ticket 1st prize, a Tusker Beer crate donated by Littledale Wines was won by Rochelle Lobo and the 2nd prize, an Arnott's Gift Hamper, donated by Silroy Thomas was won by Barbara Mathias.



The Novelty Dance prizes were won by Nilofer & Roy Sequeira and Aruna & Carlos Lobo.



The other winners for the many Dance spot prizes were Renee Monteiro, prize donated by Dorelli's Sausages, Alison D'Souza, prize donated by Dorelli's Sausages, Lourdina Gomes, prize donated by MacMarshall's Sausages, Nikhil Kapur, prize donated by MacMarshall's Sausages, James Travis, prize donated by Dorelli's Sausages, Hector & Cheryl Fernandes, prize donated by MacMarshall's Sausages, and Nikita Drego, prize donated by GOA NSW.



The evening was now in full swing. The dance floor was packed as the Breakaways continued to rock, the complimentary alcohol flowed and the guests intermingled into the evening.

All good things come to an end, the MC Sheldon wrapped up the evening. Committee member Colin Pereira thanked the guests, sponsors, MC Sheldon Braganza, Band, Jose Fernandes and the Grand Royale management and staff who had made the evening such a memorable occasion.



The “Breakaways” launched into their final session featuring a number of hot tracks. The guests then reluctantly headed home tired but with happy memories of a truly wonderful evening.

Here are some of the comments of the departing guests – “What a great event!” “A wonderful evening”, “A very special night - one we will not forget in a hurry”, “Such a lot of fun”, “Great entertainment, the food was excellent and the free drinks a great idea”, “We’ll be back next year”, “Great job by the GOA NSW Committee”.



Special thanks to all our Sponsors:

1. Tony Carneiro - One night’s stay for two at Holiday Inn, Darling Harbour.
2. Ellis Dorelli, Dorelli’s Sausages, Victoria- Boxes of Dorelli Sausages.
3. Derek & Muriel Marshall, MacMarshall Sausages, Perth- Boxes of Goa Sausages and \$100/- Myer Voucher.
4. Mervyn Pinto, Goan Pickles, NSW- Pickles Gift Hamper.
5. Drake Shikule, Littledale Wines, NSW- 1 crate of Tusker Beer.
6. Con & Maureen Coutinho- 2 Bottles of Johnnie Walker Red Label.
7. Silroy Thomas- Arnott’s Gift Hamper.
8. Amit Behl, Thousand Spices Restaurant- Dinner voucher for two.
9. VISIT AFRICA LTD (VAL), Kenya- Bronze Sponsorship for 36th Anniversary Dance.
10. The Breakaways Band.
11. MC – Sheldon Braganza.
12. Jose Fernandes, Bernadette Fernandes for The Engelbert Show & The Jose Fernandes Show.
13. Official Photographers: Suben Subenthiran & Gopi Ragavan.
14. The Management and Staff of the Grand Royale Function Centre.

GOA NSW *Khobor*



GOA GOLF UPDATE



Round 3 of the 2013 season was played on 17th March 2013 at Glenmore Heritage Valley & Golf Club, Mulgoa. Duncan Antao was the winner with a Nett score of 66 followed by Lina D'Silva as Runner-Up with a Nett score of 71.



Round 4 of the 2013 season was played on 14th April 2013 at Penrith Golf Club. Cajetan Miranda was the winner on Countback with a Nett score of 68 followed by Alwyn Henriques as Runner-Up.



The **Individual Stableford** Competition of the 2013 season was played on 11th May 2013 at Dunhaved Golf Club. Lina D'Silva was the winner with 36 points followed by Albert Mascarenhas as Runner-Up with 33 points.





GOA TOASTMASTERS UPDATE

The Gifted Orators of Australia (GOA) chapter in Area 50, Phillip Division District 70 of Toastmasters International is proudly supported and sponsored by GOA NSW. The Toastmasters model has contributed in mentoring and developing the communication as well as Leadership skills of some of our Goan youth and members. Recently in May 2013 the chapter elected the following new committee for the year 2013-14 which will be inducted on July 14th 2013.

PRESIDENT: Ralph Vaz -ACB, CL.

VICE PRESIDENT EDUCATION: Richard Shore –DTM.

VICE PRESIDENT MEMBERSHIP: Cherylee Drego- CC.

VICE PRESIDENT PUBLIC RELATIONS: Rennie Colaco-ACB.

TREASURER: Heather Campbell-DTM.

SECRETARY: Kristine Peralta-TM

SERGEANT AT ARMS: Jan Chris -ACS, CL.

The President Elect Ralph Vaz is also the current Social Director of GOA NSW. When asked what his vision for the GOA Toastmasters chapter for the coming year, Ralph answered "Establish and maintain G.O.A. Toastmasters as the premier Club in Area 50 whilst increasing G.O.A. Toastmasters Club's visible presence within both the GOANSW and local community". All members of the association take this opportunity to congratulate him and his new committee.

The GOA Toastmasters is organising a "Public Speaking and Leadership" 1 day Youth workshop for youth age 14-25 years on Sunday 11th August 2013 from 9.30am to 4.30pm, at Reg Byrne Community Centre, Cnr Fyall Ave & Darcy Road, Wentworthville. The workshop is free of cost with Lunch included. For Bookings, please contact Ralph Vaz on Tel# 0412812946, E-Mail: ralph_vaz@hotmail.com

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SAVE THE DATE

Sunday 11th Aug 2013 9.30am to 4.30pm
Lunch included.
Bookings close: 4th Aug 2013

G.O.A Toastmasters Invites the Youth
1 DAY WORKSHOP ON
PUBLIC SPEAKING & LEADERSHIP

Reg Byrne Community Centre
Cnr Fyall Ave & Darcy Road
Wentworthville
Please book early to avoid disappointment

Entry: **FREE.**
Youth 14- 25 years. For Bookings, please contact
Ralph Vaz: Mobile: 0412812946
Email: ralph_vaz@hotmail.com

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World Goa Day

Sunday 18th August 2013

St. Benedict's Church Hall
Crn. of 18 Justin and Neville St Smithfield

Are you interested in putting a food stall?

To discuss and secure your place

Call Now!!! **50% Sold out**

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MAJORDA - SALCETE



G.O.A NSW Inc.



Annual General Meeting
Sunday, 28th September 2013
@ 11:30 am, Reg Byrne
Community hall, Wentworthville

Join the outgoing G.O.A Executive Committee
in celebrating the achievements in 2012-13
and welcoming the new Committee.
Lunch and refreshment will be provided.
To enable us to cater for you - please email
Tony Colaco at colaco@bigpond.com

GOA NSW YOUTH

Throughout the year we catch up.
Some things we do include:

- ◆ Bowling/Laser Tag
- ◆ Ice Skating
- ◆ Clubbing
- ◆ Movies and that's just the start!!!

Join our online social group, **TODAY!!!**
It's **FREE!!!**

Facebook:
www.facebook.com/goanswyouth



SPONSORS SECTION

THE COMPLETE LENDING COMPANY PTY LTD

GOA NSW GOLF WING'S SPONSOR PARTNER FOR 2013 GOLF SEASON.

GOA NSW has entered into an agreement with THE COMPLETE LENDING COMPANY PTY LTD (CLC), a Sydney based Home Mortgage & Super Fund Brokerage Business, for sponsorship of the 2013 GOA NSW Golf Season. Under the scope of the sponsorship deal, CLC will sponsor the individual round and annual golf day prizes for the 2013 Golf season in return for marketing and advertising mileage at all golf and social events during the 2013 season.

Mr Alan Ferris, Managing Director CFC and Alwyn Henriques, Captain GOA NSW Golf Wing, jointly stated that the partnership will bring in value for both the organisations. Alan Ferris is our long time member and his sponsorship is a significant step for Goan business to work with GOA NSW.



Contact Information:

**Alan Ferris, The Complete Lending Company Pty Ltd, PO Box 7835, Baulkham Hills BC, NSW 2153
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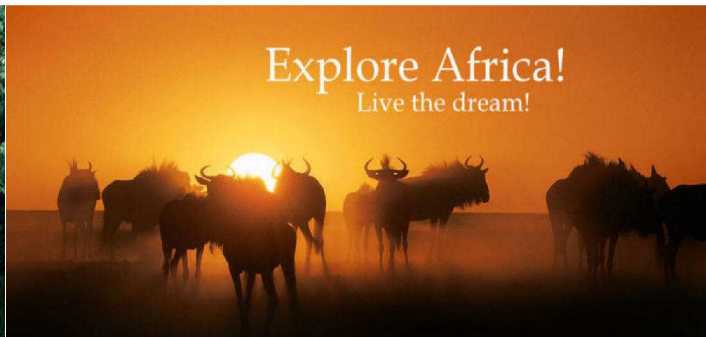
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LITLEDALE FINE WINES

Littledale Fine Wines is a registered company operating as a distributor, wholesaler, retailer, exporter and marketer of unique boutique wines, premium beers, ciders and wine accessories.

Littledale has extensive knowledge and experience in the field of on-premises liquor distribution providing products and services to over 300 establishments in the hospitality industry since 2006.

Recent notable achievements include:

- In January 2013, Littledale expanded their product portfolio to include a range of high quality imported beer from East African Breweries Limited in Kenya. In particular Tusker Lager & Tusker Malt, and they are in the process of securing a pipeline of additional products e.g. Bell from Uganda and Serengeti from Tanzania.
•In March 2013 they introduced new boutique wines from: Munari Wines - Heathcote, VIC; Cleggett Wines - Langhorn Creek, SA; and Constable Estate Hunter Valley, NSW to our portfolio.

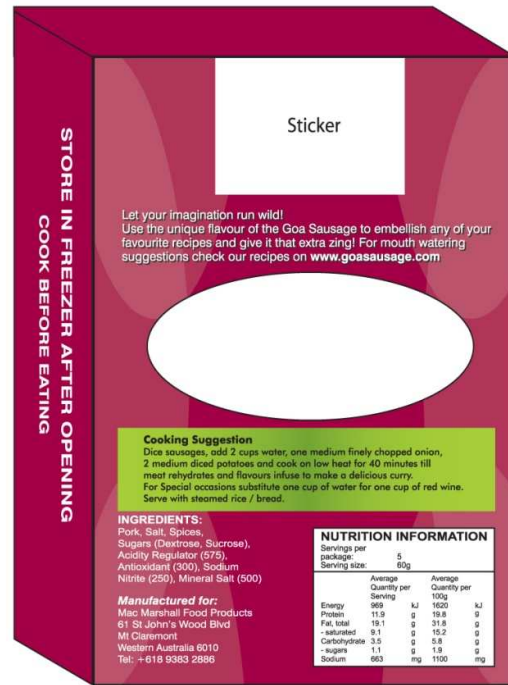
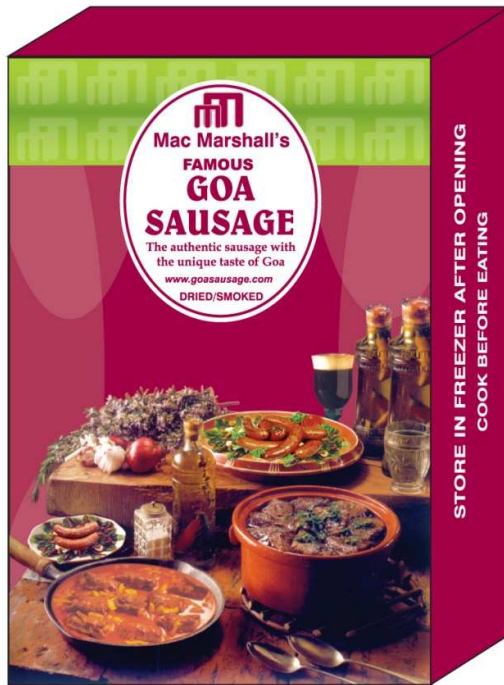
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XX

Advertisement for Manny's (Authentic Taste Since 1966), Proteus (Copier Repairs, Xerox Products Supplies, Contact Ivan Geric, (02) 9673 2417), and Dj Music Photography (with a photo of a man).



Mac Marshall Food Products is a family owned West Australian business that started operations in Perth in 1993 with the manufacture of authentic Indian sausages that were traditionally the concoction of Anglo Indian and Indo Portuguese people of colonial India.

Over the years, these sausages have taken on a unique place in genuine Indian cuisine but were little known outside the country. Unique as sausages go, these products are traditionally used to produce curries with distinctive flavours that are immediately identifiable to people from those parts of India but never found in the best curry houses anywhere in the world.

Starting off with basic premises but with the best available technological inputs of European trained, Master Butchers in Perth, Mac Marshall has truly captured the taste of these unique sausages through it's focus on meticulous research and development of the authentic recipe, stringent quality control and the use of imported spices. The next task was to convince the discerned palate as to the authenticity of the recipe and the ultimate flavour. Our sausages have been accepted as the best available even comparing with those from India.

Since then, Mac Marshall has introduced a range of other unique blends of BBQ foods that have been the 'gourmets delight' at parties and have given a new meaning to the word 'Aussie Barbie!'.

Mac Marshall's range of products are available in all major cities throughout Australia.

Contact Information: Mac Marshall Food Products, 125 Waratah Avenue, Dalkeith, Perth 6009, WA.

Telephone: 08 9386 9953, Email: admin@goasausage.com, Website: www.goasausage.com

GOA NSW *Khobor*

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GOANPICKLES is a gourmet foods business based in Sydney supplying authentic Goan foods through our own brand and our partnership with like-minded manufacturers of quality Goan products. In doing so, we optimize abilities to secure and provide a wider variety of delicious Goan cuisine to our clients across Australia.

Products - From ready-to-eat foods to ones that require preparation, our products contain fresh, natural ingredients without any artificial flavours, colours or preservatives

Services - We provide a simple as well as a comprehensive catering solution to suit any function or budget.

Our Vision to become the most relevant specialist supplier of Goan products, to the foodservice & consumer sectors in Australia. We will achieve this position by:

- Creating true partnerships with customers and suppliers, offering innovative solutions and superior services
- Customizing products for quality, functionality and value
- Offering technical expertise to assist customer development of enhanced products
- Remaining flexible in our thinking, with a can do, professional, customer focused approach

In doing so we believe we offer a long and sustained relationship with our clients, our partners, our community and our environment for present and future generations.

Contact Information:

Mervyn Pinto

Division of Pinto International Trading ABN 43 321 997 589

115A Bogalara Road, Old Toongabbie, NSW 2146, Australia

M + 0423 343 745 | T + 02 9863 4232 | F + 1300 781 061

E-Mail: mervynpinto@yahoo.com.au

Website: goanpickles.com



GOAN COOKERY CORNER

SHARK AMBOT TIK

Shark Ambot Tik Main Ingredients:

1/2 Kg Shark (Preferably a fish without bones and is meaty like shark), 1 Onion Sliced Fine, 1 Boiled and Skinned Tomato, 2 Tablespoons of oil, 10 Dry Kashmiri Chillies, 1/2 Teaspoon Cumin Seeds, 4 Pepper corns, 1/4" Turmeric, Four Flakes of Garlic, 1/2" Piece Ginger, s small marble sized ball of Tamarind.

Procedure:

- 1) Clean and wash the fish, cut it into desired pieces, apply some salt and keep it aside.
- 2) In the meantime grind the above masala ingredients with a little water to get the ambot tik masala.
- 3) Put the two tablespoons of oil in a vessel and heat it.
- 4) Fry the onion in the oil till it turns golden brown.
- 5) You can then add the tomatoes and fry then for a while just like the **prawn xeque xeque**. Make sure that the tomato pieces are all mashed as this helps with the curry and its composition.
- 6) Add masala to the bagaar and cook it for a few minutes.
- 7) Add the masala and fry it for a bit.
- 8) Add pieces of shark to the masala and mix them up. You can then add some water till the pieces of fish are submerged.
- 9) Cook the pieces till they are tender and this is done on a low flame.
- 10) The one we followed here is a little less time consuming, where you directly drop the fish into the masala. The second method is to first add the water, give the masala a boil with the water and bagaar, then add the fish pieces and cook on a slow flame.
- 11) Taste the dish and add salt and vinegar if necessary, you can also add the sliced green chilly to make it spicier.
- 12) You can then spread some coriander leaves, decorate the dish as per choice and serve the Goan Shark Ambot Tik!





HEALTH CORNER

EATING TIPS FOR TEENAGERS

Good nutrition is essential for everyone, but it's especially important for growing teenagers. Unfortunately many Australian teenagers have an unbalanced diet.

From the Australian National Children's Nutrition and Physical Activity survey, teenage boys and girls aged 14 to 16 consumed only half the recommended serves of fruits and vegetables per day. One in four adolescents buys unhealthy takeaway food every day or even a few times a day. If you eat takeaway food regularly, you are more likely to put on weight than if you eat fast food only occasionally.

Don't despair! It doesn't take a lot of effort to change your eating habits. A few simple changes will make a huge difference. You'll feel better, manage your weight and even save money!

Junk food is poor fuel for your body:

About nine in 10 teenagers eat junk food every day. This might be fizzy drinks and high-kilojoule snacks like potato chips. However, your body can't run properly on inferior fuel.

Compared to home-cooked food, junk food (which includes fast food) is almost always:

- Higher in fat, particularly saturated fat
- Higher in salt
- Higher in sugar
- Lower in fiber
- Lower in nutrients such as calcium and iron
- Served in larger portions, which means more kilojoules.

While a mid-life heart attack might seem too far away to be real, it may surprise you to know that you could have health problems already. A poor diet can cause weight gain, high blood pressure, constipation, fatigue and concentration problems – even when you're young.

Eating tips to improve your diet:

Small changes can make a big impact. Try these tips:

- Cut back on fizzy sugary drinks. Go for sugar-free versions. Even better, drink water instead – try adding a slice of lemon, lime or orange.
- Keep a fruit bowl stocked at home for fast and low-kilojoule snacks.



- Eat breakfast every day so you're less likely to snack on junk food at morning tea. A fortified breakfast cereal served with low-fat milk can provide plenty of vitamins, mineral and fiber. Other fast and healthy options include yoghurt or wholemeal toast.
- Don't skip lunch or dinner either.
- Help with the cooking and think up new ways to create healthy meals. Make those old family recipes lower in fat by changing the cooking method – for example, grill, stir-fry, bake, boil or microwave instead of deep frying.
- Reduce the size of your meals.
- Don't add salt to your food.
- Don't eat high-fat foods every time you visit a fast food outlet with your friends. Many of the popular fast food chains now have healthier food choices on the menu.
- Change your meeting place. Rather than meeting up with your friends at the local takeaway shop, suggest a food outlet that serves healthier foods such as wholemeal rolls with vegetable fillings or sushi.

Change the way you think about food:

There are lots of myths about healthy food. Don't make food choices based on false beliefs. Suggestions include:

Compare the prices of junk foods against the price of healthier food options to see that 'healthy' doesn't have to mean 'expensive'.

Experiment with different foods and recipes. You'll soon discover that a meal cooked with fresh ingredients always leaves a limp burger or soggy chips for dead.

Try different 'fast' options like wholewheat breakfast cereal, muesli, wholemeal bread, wholegrain muffins, fruit, yoghurt or noodles.

Don't think that your diet has to be 'all or nothing'. Eating well doesn't mean you must be a health food freak. A good diet allows for treats occasionally.

Summary:

Teenagers need to consume a healthy diet that is high in fruits and vegetables, and rich in nutrients like calcium and iron. Teenagers can do a lot to improve their diet, eat healthy meals and snacks, and maintain a healthy weight.





Laughter-The Best Medicine

WHAT IS A BREATH ANALYSER?

"Shhaaayyy, buddy, what's a Breath Analyser?" asked one drink to his friend at the next barstool.

"Well, I'd have to say it's a bag that tells you when you've drunk way too much," answered the equally wasted gent.

"Ah hell, whaddya know? I've been married to one of those for years and years now!"

Executive Committee 2012-2013

President	Tony Colaco – 0411 131 891 tony.colaco1@gmail.com
Vice-President	Alwyn Henriques – 0408 260 460 alwynhenriques@hotmail.com
General Secretary	Chris D’Cruz – 0404 829 452
Treasurer:	Abel Do Rosario – 0425 838 065
Social Director	Ralph Vaz -0412 812 946
Sports and Cultural Director	Roy Do Rosario – 0409 995 799
Committee Members	Colin Pereira – 0434 166 979 Ashley Menezes – 0425 376 713

ATTENTION MEMBERS AND FRIENDS

For those interested in contributing articles for the GOA Khobor please do write into us under the “Contact Us” tab on our website www.goansw.com. We would love to hear from you. For those still receiving hard copies of the Khobor the committee of GOA NSW would encourage you to please write to us and update your email with the GOA NSW, so that you don’t miss out on any fun and entertainment in the community.

With Warm Wishes from the Khobor Production Team,

ALWYN HENRIQUES, CHRIS D’CRUZ, ASHLEY MENEZES.