



Khobor

GOA NSW Newsletter

Dec-Feb
2014 Summer Edition

President's Message

Dear Members and Friends

I wish you and your family a very Happy New Year and the very best for 2014.

The New Executive Committee is very pleased with the strong show of support for the two recent events – the Feast of Saint Francis Xavier and the Christmas Dance. Both these events were very successful with record numbers of member and guests in attendance.

During January 2014, the Committee developed a Calendar of Events for 2014 which includes dances, sports days, World Goa Day, whist and bingo and special events for our seniors. You can read more about these events in this edition of the Khobor and our website or Facebook page.

Your Association will be celebrating its 38th Anniversary at the Novotel Rooty Hill on 31st May 2014. This is a significant milestone and I would like to encourage you to attend this event. Bookings will open soon.

It is my privilege to be President of the Association that means so much to you. I hope to see you all at our upcoming events.

The future is ours to create. Let us work, help and support each other as a sharing and caring community.

Tony Colaco



2013 SFX Feast & Social -page 5



2013 Christmas Gala Dance-page 7

GOA NSW Membership/Renewal

Congratulations, we as a community have grown from strength to strength in the last couple of years.

GOA NSW Inc. we are proud to say is on the way forward, gradually building into a vibrant and active community.

GOA NSW MEMBERSHIP FAST FACTS

Active Membership

75%

Inactive (membership fees in arrears)

25%

Since its formation in Sep 2013 the **GOA NSW Youth wing** has taken off with flying colors and there are more and more young people joining the GOA. We would like to request the parents to continue to encourage their kids to join GOA and participate in the various Youth activities and events. Our kids are our future and from within the youth group, new

community leaders will arise who will work hard to preserve and strengthen the Goan culture, language and traditions.

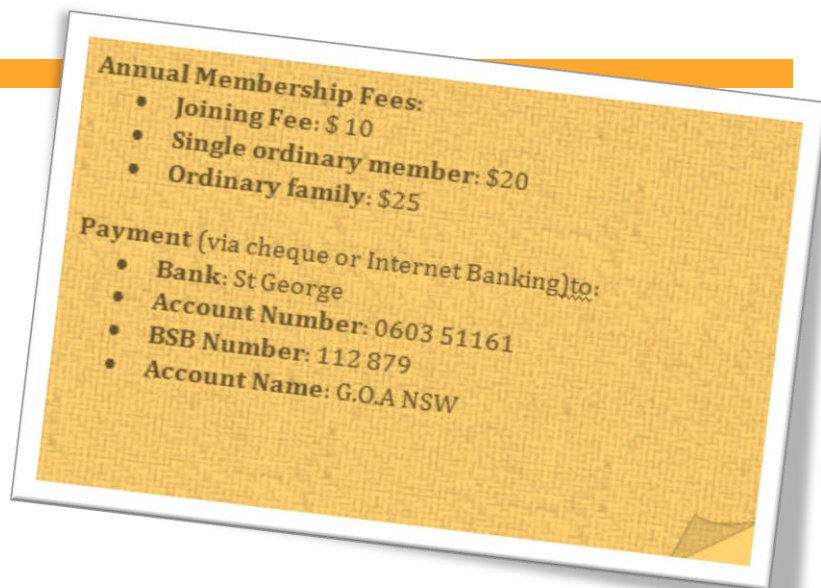
In the past few months we have seen an unprecedented growth in membership. However, there are 25%

registered members who have not paid their annual membership fees. We would encourage those members to reactivate their membership soon. The membership subscription fees and bank details for payment are given above.

Those members whose annual membership is due for renewal or new members wishing to join GOA can do so by clicking on the link in the box to go to our website.

If you have paid via Internet banking you can attach a PDF copy of your bank receipt and email it to:

mygoansw@gmail.com



IF PAYING BY CHEQUE PLEASE SEND TO:

GOA NSW Inc.

19 Vermont Court, Seven Hills, NSW 2147

CLICK ON THE LINK BELOW TO ACCESS THE APPLICATION/RENEWAL FORM

www.goansw.org/goa-nsw-application-form/



Is this your Answering machine?

Hello! If you leave a message, I'll call you soon. If you leave a sexy message, I'll call you sooner.

How can you delay milk turning sour?
Keep it in the cow.

To make you smile

Teacher: Now, children, if I saw a man beating a donkey and stopped him, what virtue would I be showing?

Pupil: Sir that would be brotherly love.

Doctor: Let us see what happens if I cut your ears

Patient: I will not be able to see at all

Doctor: Why?

Patient: Naturally, Where will I hang my spectacles?

There's this blonde out for a walk. She comes to a river and sees another blonde on the opposite bank. "Yoo-hoo" she shouts, "how can I get to the other side?" The second blonde looks up the river then down the river then shouts back, "You are on the other side."

A woman tells her doctor, 'I've got a bad back.'

The doctor says, 'It's old age.'

The woman says, 'I want a second opinion.'

The doctor says: 'Okay - you're ugly as well.'

SOME SITES VISITED IN GOA



National Institute of Oceanography



Colva Beach



Goa Shipyard

CHANGING GOA DEMOGRAPHICS (2001 CENSUS)

Hindus

65%

Catholics

30%

Muslims

5%



6th Know Goa Programme

Last year two members of our youth group, **Shauna Dias** and **Rene Monteiro**, were lucky enough to be given a truly once in a lifetime opportunity, via the **Know Goa Programme (KGP)**, to visit Goa as guests of the Goa government and act as youth ambassadors for Sydney-Australia.

The Know Goa Programme is formulated for the benefit of Goan Diaspora Youth who are not Indian Nationals but whose parents and/or grandparents are of Indian origin, and have had no opportunity to discover their roots in India in general and Goa in particular.

At the 2013 Christmas Dinner Dance they presented their experience s, as one that was a real eye-opener which helped them to understand their ancestry and how that shapes the individuals they are today.

Over the span of two weeks bridging November and December, they travelled

around the state of Goa in a tour bus with 12 other wonderfully remarkable and like-minded ambassadors of their own nations. There were five from **Canada**, one from **Kenya**, three from **Tanzania**, one from the **UK** and three from **Australia** (one from Perth, and of course, the two from Sydney). They were taken to see places like the National Institute of Oceanography, Goa University, BITS Pilani and Goa Chitra which gave them an insight into the development of Goa as a strong and vibrant state of India in its own right.

The youth ambassadors promoted the fact that as expatriate Goans we have still maintained a sense of our culture-although in comparison, it is but a small pocket of what Goa itself, in all its grandeur, can provide - *"If you want to experience Goa, you've got to go to Goa!"*

They were also privileged enough to be able to meet with the **Honorable Governor of Goa, Mr. Bharat Vir Wanchoo**.



Hello Fellow Toastmasters & Guests

I am delighted to inform you that GOA Toastmasters hosted a fantastic club contest on Sunday 9th February 2014 at our club, The Newington Community Centre.

A few of our toastmasters participated & we all had a great time. The Winners:

International Speech Contest

1st Place: Tom Ware

2nd Place: Cherylee Drego

Evaluation Contest

1st Place: Rennie Colaco

2nd Place: Dean do Rosario



Tom Ware & Rennie Colaco will represent GOA Toastmasters at the

Area Contest hosted by GOA Toastmasters on Sunday 23rd March

2014. Please pencil this date in your diaries, to attend & support our winners.

Congratulations to all our winners and participants.

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Click at this link for details on advertising rates: <http://www.goansw.org/wp-content/uploads/2013/11/Advertising-rates.jpg>



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SFX Feast 2013

SFX Feast & Kids Christmas Party

The feast of St Francis Xavier, the patron saint of Goans falls on Dec 3. The Goan community in Sydney is a small one, and its members celebrated the feast with a mass celebrated at the [Our Lady Queen of Peace Church, Greystanes](#) which was well attended. This was followed by a lunch cum social event at the nearby auditorium of St Paul's Catholic college. The Konkani mass with the wail of the violins accompanying the hymns, took one back to the masses of old in Goa, Bombay and Karachi. With many members it took them home to Goa.

It was such a welcome sight to see the newly formed GOA NSW Youth group in action, whose members organized the kids Christmas-Tree party. We had Santa Claus enter the hall with much pomp & fanfare. One could see the little kids all excited with an air of expectancy as to what Santa will give them for Christmas. Each of the kids had a chance to take a photo with Santa and one little one was brave enough to request Santa to tie his shoe laces that had come undone.

Many people say that we Goans only need to gather together to begin a sing-along, and this was exactly the kind of feast where this occurred, where old and young sang the traditional Goan folk songs with much gaiety and love.



The singing was led by the redoubtable Roy Rozario, and I say it was done with love because of the joy with which the impromptu group gathered on stage to belt out the old Goan folk songs and the sheer joy with which the old ladies came on the floor, many in singles to dance to the dakhni Age Nare Tuje Na-Ka. Among the instrumentalists were three violinists, a flutist, a guitarist and an organist.

Everyone enjoyed the buffet lunch & dessert. A game of bingo, some dancing and prize distribution completed an enjoyable afternoon for all the patrons.





GOA Christmas Gala Dance 2013

Saturday, 21 December was a red letter for the NSW Goans who attended the 37th GOA Gala Christmas dinner dance held at Club Marconi, Bossley Park.



Over 350 members and guests attended the Christmas spectacular. Patrons were greeted by the Executive Committee, offered welcome drinks on arrival and bought novelty items – a hat for the gents and a lanyard with a glow stick for the ladies.



Breakaways, with Gavin and Dannie from the Voice, enthralled the crowd with their fantastic dancing music. DJ Raj did a fabulous job with music in between and we had people on the floor right through the evening. The band belted out "Feeling hot, hot, hot" twice over the evening and despite the heat, Sydney siders and guests from the US, Canada, Dubai and even Goa had a great time.



A special surprise from Ron James belting out his signature song "Mustang Sally" had the crowd stomping the floor and shouting for more.



Following some delicate entrees, Club Marconi provided a sumptuous dinner complete with butter chicken, rogan josh, dal makani, palak paneer, fresh garden salad and rice / rotis. Dinner was complete with platters of fresh fruit and juicy gulab jamuns.



GOA NSW President, Tony Colaco, introduced the Executive Committee and thanked them for the fine job they had done since they took on the reins in September.



GOA youth, Shauna Dias and Renee Monteiro, who've just returned from two wonderful weeks in Goa as part of the Know Goa program, shared some wonderful insights of their travel to Goa.





[GOA NSW Youth Group](#)

[What's Up Down Under](#)

2013 was a great year for the GOA youth group and we're determined to make 2014 even more successful!

The Annual GOA Christmas Dance was a fantastic end to 2013 as over 350 people came together for a night of good entertainment, good company and good memories. Prizes were awarded throughout the night with two youth winning for 'highest heel' and 'spikiest hair.' It was great to see so many youth attending the night and enjoying the music of The Breakaways and DJ Raj. Photos from the night can be seen on our Facebook page, 'GOA NSW Youth' so if you have not already, like our page and stay updated with upcoming events.



The GOA Youth Group held their first outing for 2014 last week when we met up over the [Australia Day long weekend for a picnic at Avoca Lake](#). We had a good turn out with a few new faces who joined in for the fun. The day was actioned packed with lots of activities at the lake including kayaking, paddle- boarding and pedal boating which everyone took part in. To finish the day we played a game of soccer followed by somebody boarding at Avoca Beach. It was a great start to the events for 2014.

Coming up in the year we have plans for an all ages event every school holidays as well as other events throughout the year. We will of course be supporting all events held by the GOA so attendance at those events is highly recommended. The GOA NSW Youth will also be celebrating our first official year with a dance in September 2014 so stay tuned to find out more.

GOA - NSW GOLF CLUB

GOLF ANNUAL DAY AWARDS LUNCHEON

Urban Tadka Restaurant, Terry Hills, NSW provided the perfect setting for the 28th GOA NSW Annual Golf Awards Luncheon held on Sunday 2nd February 2014. The event was well attended by all the GOA Golfers, GOA members and their wives and families.

G.O.A.-NSW Sports Director Roy Do Rosario in his welcome address to the audience and said the Golf wing had consistently maintained the tradition and organized the Golf league for the past 28 years.

The GOA NSW GOLF CLUB Captain, Alwyn Henriques conducted the Award presentation. In his address, Alwyn mentioned that the GOA Golf Club is the perfect platform which bonds the GOA golfers together. He said that GOA NSW is the only Goan association in the world to run a structured annual Golf League for its members. The Annual Golf League is played throughout the year at various golf courses all over Sydney and the annual season culminates with an Annual Golf Luncheon to reward the top performers for the year. It is also an occasion when the club comes together to celebrate yet another successful year of GOA Golf.



For the first time in 28 years GOA Golf Club secured a [Sponsor Partnership with COMPLETE LENDING COMPANY \(CLC\)](#) a mortgage brokerage business for the Annual prizes. Alwyn said the GOA NSW is grateful to the [Managing Director of CLC Mr. Alan Ferris](#) for supporting the association in promoting its golf activities. He also thanked Roy Rosario, the GOA NSW Sports Director and the [Managing Director of Dynaflo](#) for sponsoring the prizes for the [DYNAFLOW Pairs Stableford](#) competition.



The GOA NSW Golf Club continues to grow in popularity with new Golfers joining the League every year. In last couple of seasons the CLUB had a total of [9 new golfers join the Golf Wing](#) including young [Rushil Dulabh who at the age of 10 years becomes the youngest golf player](#) to have ever played in the GOA Golf League. Alwyn welcomed all the new Golfers and wished them many more enjoyable golfing seasons with the GOA Golf wing.



The 2013 Golf season was a fiercely competitive season with a total of 27 Golfers who participated in the Golf League vying for the monthly round prizes and the Seven Annual Prizes. [GOA NSW Sports Director Roy Rosario, President Tony Colaco & Mal Ferris representing the Sponsor COMPLETE LENDING COMPANY](#) gave away the prizes.



WINNERS TABLE

SPIRIT OF GOA NSW Award: RUSHAIL DULAB
Least Putts Competition: PATRICK FERRIS
Eclectic Champion: DUNCAN ANTAO
Individual Stableford Competition: Runner up: ALBERT MASCARENHAS Winner: LINA D'SILVA
Dynaflow Pairs Competition: Runners-up: RAKESH PATEL & ALBERT MASCARENHAS Winners: DEEPESH DULAB & DARYL D'CRUZ
Nett Championship Runner-up: JOHN FERNANDES Winner: LINA D'SILVA
Gross Championship Runner-up: CARL D'SILVA Winner: PATRICK FERRIS
Golfer of the Year: LINA D'SILVA

G.O.A. President Tony Colaco in his address to the audience thanked the Golf Captain Alwyn & Sports Director Roy for yet another successful GOA GOLF Season and expressed his happiness on the growth of the Golf Wing into a truly multi-cultural club with golfers from various cultural backgrounds. He also mentioned that the GOA-NSW Golf Club is well known to all the Goan Associations worldwide and thanked the founders of the Golf wing for their initiative 28 years back.



After a delicious Lunch catered by URBAN TADKA, the group posed for a Photography session which drew the curtains for yet another memorable G.O.A.-NSW Golf Annual day.

From the Community Service Director's desk

*"I alone cannot change the world,
But I can cast a stone across the
waters to create many ripples." — Mother
Teresa*

Keeping in mind the beautiful and powerful quote from Mother Teresa above, GOA President Tony Colaco initiated the CommUNITY Service portfolio. We have a few great ideas and are working to get the ball rolling.

As you can see UNITY is a great part of community, and if we are to make a change, we require your help and assistance too! I also think this will be a

good one for fostering our Youth (another first initiative in GOA!) and handing down many traditions and Goan heritage.

Our first foray in this arena is a [Trip to Berrima for Senior GOA members](#). It will be open to all members who wish to come along. Bring a picnic and join us there for a fun day. Lock in the date

[April 6th details to follow.](#)

We would also like to celebrate "your special milestones" as a Community! – births, marriages, special anniversaries. We would like to support in times of sorrow, sharing sympathy and prayers. Please email us if you would like a mention on the website for the above.

If anyone has some ideas to put forth for consideration, please do email us at:

mygoansw@gmail.com

Or you may contact any of the executive members.

When we shine a light for others, we also light our own path – God Bless Yve

*Congratulations to
Bernard & Lourdes
D'Souza of Doonside on
the marriage of their
daughter Amanda with
Elton Lobo!!*

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From the Social & Sports Director's desk:

Feb 2014

Whist Drive & Bingo at Reg Byrne Wentworthville – 23/02/2014

Mar 2014

GOA NSW Sports Day at Dural Recreation Centre (Ellerman Park) – 16/03/2014

GOA Toastmasters-Area50 International Speech & Evaluation Contest at Newington Community Centre – 23/03/2014

Apr 2014

Berrima Trip at Berrima (Penrose Park) – 06/04/2014

May 2014

GOARAIA Cup at Venue to be decided – 25/05/2014

38th Anniversary Dance at Novotel Rooty Hill (Concept 33-Tivoli Room) – 31/05/2014

Jun 2014

Whist Drive & Bingo at Venue to be decided – 15/06/2014

Aug 2014

World GOA Day at Venue to be decided – 17/08/2014

Sep 2014

Annual General Meeting (AGM) at Venue to be decided – 21/09/2014

Oct 2014

Whist Drive & Binao at Venue to be decided – 19/10/2014

Oct 2014

MANGO Cup at Venue to be decided – 26/10/2014

Nov 2014

St Francis Xavier Feast at Venue to be decided – 30/11/2014

Dec 2014

Christmas Gala Dance 2014 at Venue to be decided – 20/12/2014

Bookings now open

Bookings can be done as per details in the flyer or by contacting any Executive member over the phone or on-line booking via the website. Click the link below:

[Expressions or Interest/Booking form](#)

GOA NSW Inc. has chalked out a Program of exciting events for the whole year.

Please check out the [Events Calendar](#) above.

To see the details of the events please visit our website-

www.goansw.org

Please keep those dates free for participation and *let's keep the community spirit going*. Details of events further down the track will be updated on the website as plans take shape for those events. For the latest info please visit our website regularly.

=====

Submissions for HSC High Achievers Award 2013

Are now open

Please send your nominations & their ATAR score to:

mygoansw@gmail.com

NEXT UPCOMING GOA NSW EVENTS

Click on the image for an enlarged view

GOA NSW FAMILY INDOOR SPORTS CARNIVAL

Sunday 16th MARCH 2014 10.00AM to 5.00PM

Table Tennis, Carrom, Darts, Indoor Soccer, Badminton, Squash, Indoor Volleyball, Free Throw Basketball + Kids Fun Games

Family BINGO

Dural Recreation Centre, Ellerman Park
25A Kenthurst Road, Round Corner, Dural

Please Remember to Bring
Your sports kits, picnic chairs and tables, Drinks...
BYO FOOD (Lunch Boxes available for purchase till sold out)

RSVP Abel de Rosario OR Roy de Rosario
0425 838 065 0409 995 799

THE GOAN OVERSEAS ASSOCIATION (NSW)

Celebrating Years 38 1977-2014

BUMPER WHIST & BINGO

Sunday 23rd February 2014
Reg Byrne Community Centre,
Cnr Fyall Avenue & Darcy Road, Wentworthville
UBD Map Reference: Map190 E14
Parking available or street parking

Entrance Fee:
\$20 a person
Includes light lunch, BYO
Tea/Coffee FREE
Time: Start at 11.00 am - 4pm

Bookings:
RSVP by 19 February 2014
Abel de Rosario (02) 8814 9258 (7-9pm)
Ralph Vaz (02) 9831 4619 (7-9pm)

Rights of Admission RESERVED
Goa NSW Inc supports responsible drinking of alcohol

**AREA 50 INTERNATIONAL
SPEECH AND EVALUATION CONTEST**

BEING ORGANISED BY

G.O.A. Toastmasters
Gifted Orators of Australia Club No. 92009

ON SUNDAY 23 MARCH 2014

AT 5:00 PM FOR A 5:15PM START

AT
NEWINGTON COMMUNITY CENTRE

GOA TOASTMASTERS WILL BE REPRESENTED BY TOM WARE & RENNIE COLAGO

If you are interested to attend, please email ralph_vaz@hotmail.com (President-GOA Toastmasters)

**The GOA NSW Community Pilgrimage to
BERRIMA / Penrose Park home of the
Pauline Fathers on April 6th 2014**

The Pauline Fathers have a dedication Our Lady of Mercy as she is known in Australia. Come pray and reflect in preparation for Lent with Family and Friends of the Goan Community.

Picnic in the shady tree studded grounds of the park, visit the many shrines built over the past 20 years by the various Catholic Migrant Communities of Sydney...

Transport details and costs to follow in coming weeks
LIMITED GOA NSW SENIOR MEMBER DISCOUNTS AVAILABLE / BOOK EARLY
Fatima Day celebrated every 13th day of the Month

<http://www.paulinefathers.org.au/>

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The Cross in our bodies

This is a pretty neat story and an interesting thing that few of us **know**.

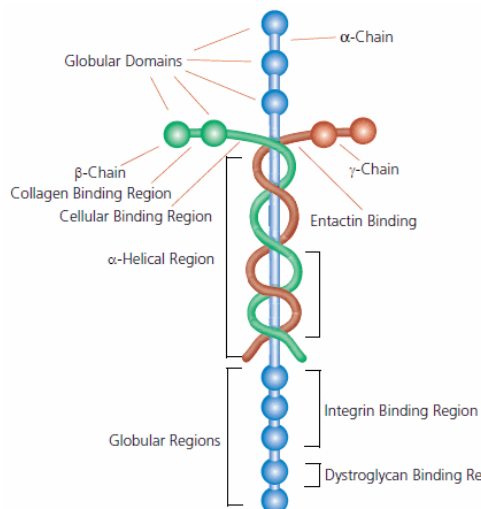
"A couple of days ago I was running (I use that term very loosely) on my treadmill, watching a DVD sermon by Louie Giglio... And I was BLOWN AWAY! I want to share what I learned...."

"He (Louie) was talking about how inconceivably BIG our God is... How He spoke the universe into being... How He breathes stars out of His mouth that are huge raging balls of fire... Etc. Then He went on to speak of how this star-breathing, universe creating God ALSO knitted our human bodies together with amazing detail and wonder. At this point I am LOVING it (fascinating from a medical standpoint, you know.). And I was remembering how I was constantly amazed during medical school as I learned more and more about God's handiwork. I remember so many times thinking... 'How can ANYONE deny that a Creator did all of this???'"

And then I lost my breath. And it wasn't because I was running my treadmill, either!!! It was because Louie started talking about 'laminin.' Being a doctor, I knew about 'laminin'.... And, for the lay person here is how Wikipedia describes them:

'Laminins are a family of proteins that are an integral part of the structural scaffolding of basement membranes in almost every animal tissue'

"You see.... Laminins are what hold us together... LITERALLY. They are cell adhesion molecules. They are what hold one cell of our bodies to the next cell. Without them, we would literally fall apart. And I knew all this already. But what I didn't know is what they LOOKED LIKE"



But now I do. And I have thought about it a thousand times since (already).... Here is what the structure of laminin looks like... AND THIS IS NOT a 'Christian portrayal' of it.... If you look up laminin in any scientific/medical piece of literature, this is what you will see....

Now tell me that our God is not the coolest!!! Amazing- The glue that holds us together- ALL of us- Is in the shape of the cross.

Immediately **Colossians 1:15-17** comes to mind. **He is the image of the invisible God, the firstborn over all creation. All things were created by him and for him. He is before all things, and in him All things HOLD TOGETHER.**

Thousands of years before the world knew anything about laminin, Paul penned those words. And now we see that from a very LITERAL standpoint, we are held together... One cell to another.... by the cross.

You would never in a quadrillion years convince me that is anything other than the mark of a Creator who knew EXACTLY what laminin 'glue' would look like long before Adam breathed his first breath!!

What I found when I googled laminin!!!!!!!!!!!!



Wish you a Holy &
Blessed Lent!
Ash Wednesday
falls on 5th Mar '14

Goan Roast Beef

Do you have fond memories of Roast Meat Sandwiches? Those finely cut slices of brown meat stuck between two slices of bread and butter. Used to be my favorite snack during work or play, pop in some greens and consider it a meal.

I would recommend doing this as a side dish, this is something to be eaten as a side dish or weekend sandwiches with a dash of mayo mustard and greens. I also like eating it along with some dal rice/ kichdi :) but then i feel it requires a tad bit more spice.

Ingredients for Goan Roast Beef

- 1 Onion of Garlic
- 1 1/2 Inch Ginger
- 8 - 10 Peppercorns
- 6 - 8 Cloves
- 2 Inch Piece Cinnamon
- 1 Teaspoon Turmeric Powder
- 1 Teaspoon Cumin Seeds

Roast Beef Ingredients:

- 1 Kilo Beef
- 2 Tablespoon Vinegar or Juice of 1 Sour Lime
- Salt as Per Taste
- 1/2 Onion
- 3 Whole Kashmiri Chillies
- Oil
- 2 Teaspoons Sugar



Procedure:

Salt the meat and keep aside. Pound or grind the 5 Spice

Masala ingredients,

Add the ginger garlic paste to the chunk of beef then add the vinegar. Once the vinegar is added, apply the spices to the meat.

The meat is cut like this so the spices can be put into the grooves and to ensure it gets into every part of it. Once this is done, keep it aside with a weight on it for 45 minutes to an hour. Pour some oil into the pressure cooker, when hot add some sugar and wait till its caramelized (becomes brown).

Add the chunk of beef to it and enjoy the sizzle :) Use a fork and keep turning it around till all the sides are nice and brown then add the onions and chillies. Put some water in the vessel you stored the meat under pressure in so we don't lose any of the masala and pour it in to the pressure cooker. Once its all in close the pressure cooker and turn on the heat, slower the better. In around 45 minutes depending on the heat, open up the pressure cooker

Once its cut, you can reheat the meat with the stock, or even wait for most of it to dry up.



Please note, in-case you added too much water this would not be recommended as you will over cook the meat.

There you have it, the Goan Beef Roast :) Do you want a slice? Go ahead make your kids those sandwiches their friends will talk about!

Executive Committee Contact Details

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