



## GOA NSW Inc Newsletter

21 March 2010

Volume 2

Welcome to this edition of 'Our GOA'!

### PRESIDENT'S REPORT

Dear Friends,

We are in the 3rd month of the 2010, and I hope when I wish you a 'Happy, Healthy & Prosperous New Year', you will take it in the same spirit you felt on 1<sup>st</sup> of January, a few months ago! Ideally I would have liked to have got this letter to you earlier, but the vacation period, reshuffling of the committee and the settling in to some semblance of routine has taken its toll. The Saint Francis Xavier's Social and Christmas Dance were held at the end of 2009 and while a lot of effort and expense went into the organizing of these events, they were poorly attended, again to the financial detriment and long term future of the Association. Notwithstanding that, both functions were very successful and enjoyable. I would like to thank Gwen de Souza, Hazel Nazareth, Jacinta Costabir and Monica Nazareth for their sweet-additions to the Senior's gift pack at St Francis Xavier's feast.

The committee is striving to revive enthusiasm for the GOA among its members and will be scheduling functions for 2010 with that in mind. We hope you will come in big numbers and support the Grand Anniversary Dance on 22<sup>nd</sup> May (see details in this newsletter). The venue, food, band and company are all geared towards having an enjoyable evening. We are keeping the entry prices at a manageable level and we hope you will find this, as well as meeting your friends, a pleasing incentive. In keeping with the direction of our efforts, the vision of this committee will be to "bring YOU back to the GOA". This goes for members, ex-members, those that are lapsed and new ones as well. We intend to keep the interest alive and thriving by making our gatherings exciting, comfortable, good value and of course entertaining. We will be investigating opportunities to give back to the Community and we hope to shortlist deserving organisations. Again, all this will only be possible if all are equally committed to the GOA.

We are working towards issuing the bulk of our newsletters on email. If you still wish to receive a hard-copy of the newsletter, please call me (Mark Soares) on 9746 3917.

Mark Fonseca our software guru is in the process of updating the MASS database, (which keeps a record of member's details and the status of their membership/subscriptions). This is a good opportunity to update us with any changes to your personal details that you have not yet communicated.

We are also in discussions regarding the update of the GOA website. This will take a while but when completed, the website will be catchy, user friendly and current, by the time it is live. Please bear with us in the interim.

## Hatches, Matches & Dispatches.....

It is with regret that I announce the resignation of Cyprian Fernandes and Philomena Fernandes, from the Executive Committee. We thank Cyprian & Philomena for their support during their tenure on the Committee.

We welcome to the committee, two new members - Lalita Mathias as the Social Secretary and Lauren Fonseca as the Youth Coordinator, and we look forward to their input.



Lalita Mathias will not need an introduction to some of you – she has been the General Secretary of the GOA in 2003. She is a young-at-heart energetic mother and grandmother and can relate to seniors, youth and children with equal candour. Lalita works at a leading current affairs forum and has organised large and small events for high profile guest speakers from politics, business and academia. Drawing on over twenty-one years experience in the event and seminar market she brings this same passion to the GOA and hopes to provide enjoyable functions for all its members. She firmly believes that the support and attendance of members to various GOA functions will ensure its success and longevity.

Lauren has many exciting events planned to bring the youth back into the GOA fold. Please assist and encourage her with your input. Daughter of Mark and Eva Fonseca, but maybe more commonly known among the youngsters as "Jason's sister", Lauren, at 26, has recently gone back to university to pursue her passion of becoming a Primary School Teacher and School Counselor. So with the extra time on her hands, she has volunteered to help out the community.

Lauren brings with her a wealth of valuable knowledge and skills extending from Events to Management and Training. And also brings her experiences from traveling, having just arrived back from a two month adventure in India and Asia where she discovered the under-rated delicacies of pani puri on the streets of Bangalore, home-made marzipan in Mumbai and goa sausage in... where else, but Goa.

Lauren commits to the Youth Coordinator position for 2010 and looks forward to running a few casual events where the youth (and those who just like to have fun!) can catch up for a drink and a bite to eat.

If you would like to be included on the mailing list for these events, please send an email as soon as possible to [laurenfonseca@hotmail.com](mailto:laurenfonseca@hotmail.com) with your

- full name,
- suburb,
- mobile no and most importantly
- Your email address.



Lastly, let us all pray collectively for peace across all Indian communities in Victoria and NSW.



**Mark Soares**  
President

## NOMINATIONS FOR NSW & ACT HIGH ACHIEVERS AWARD 2010

Nominations are invited from members (current for 2009/10 financial year) for the NSW & ACT HSC High Achiever award 2010 in recognition of the highest UAI achieved by a GOA NSW Inc member's child for the 2009 HSC year.

Please email your nominations to [m\\_soares@bigpond.com](mailto:m_soares@bigpond.com) with subject HSC High Achiever Award 2010 or post to GPO Box 4572 Sydney NSW 2001, stating the nominee's full name, age, scanned full copy of UAI score, brief overview of their academic career and HSC results. Awards will be presented to the 1st, 2nd & 3rd highest UAI achievers. The final date for receipt of nominations is Sunday 16 May 2010.

If you would like to sponsor the prize money of \$400, \$250 and \$125 for these awards or need more information please call Mark Soares on 9746 3917 or 0434 897676.

These awards will be presented to the winners at the 33rd GOA Anniversary Dance

## NEW POST BOX ADDRESS SOON (FROM 1 APRIL 2010)

We will be closing our old city PO Box (and consequently mailing address) and opening a new one in Wahroonga due to the convenience to the committee, not to mention a very competitive rental cost. However we will have mail re-directed for 3 months from the old address to the new. Please keep a lookout for notification of the new postal address when made available.

## Birthday Facilitations

Happy Birthday to all those who celebrated a birthday in the 1st quarter of 2010.

## Condolences

GOA NSW would like to express its deepest sympathies to the families of the late member Millie Mendonca and ex-member Pam Godhino, as well as to all members who have recently lost a loved one.

## YOUR COMMITTEE

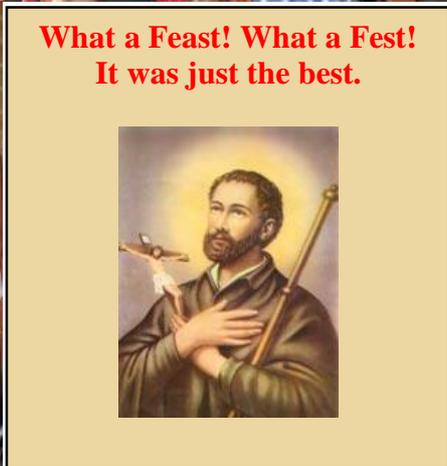
Name	Position	Email	Home	Mobile
Mark Soares	President	<a href="mailto:m_soares@bigpond.com">m_soares@bigpond.com</a>	9746 3917	0434 097 676
Warren Pereira	Vice President	<a href="mailto:zulubar@gmail.com">zulubar@gmail.com</a>		0410 697 793.
Chris D'Cruz	General Secretary	<a href="mailto:cdcruz@woolworths.com.au">cdcruz@woolworths.com.au</a>	9487 2998	
Abel Do Rosario	Treasurer	<a href="mailto:adrgoa@yahoo.com">adrgoa@yahoo.com</a>	9897 8643	0425 838 065
Lalita Mathias	Social Secretary	<a href="mailto:lalitamathias@hotmail.com">lalitamathias@hotmail.com</a>	9328 5056	
Lauren Fonseca	Youth Coordinator	<a href="mailto:laurenfonseca@hotmail.com">laurenfonseca@hotmail.com</a>		0405 5252 52
Hazel Nazareth	Committee Member	<a href="mailto:hazelnazareth@bigpond.com">hazelnazareth@bigpond.com</a>	9686 7627	
<b>Non-committee</b>				
Mark Fonseca	IT Help Desk/Database			



**Goan Overseas Association NSW Inc**  
SYDNEY, AUSTRALIA  
Email: [mygoansw@hotmail.com](mailto:mygoansw@hotmail.com)

## St Francis Xavier's Feast Review

The St Francis Xavier's Feast Mass at The Holy Name of Mary Church was conducted in much the same harmonious style as the prior years and was very inclusive, incorporating a regular Sunday Mass with a wider Australian congregation in attendance.



The readings highlighted the Goan passion for celebrating St Francis Xavier's Feast. At the Offertory the St. Francis Xavier's statuette, looked after by Greta Nazareth over the years and maintained by Indira Fernandes and I believe introduced to the NSW community, by John Mascarenhas, was proudly carried in.

Rachel Menezes organized the choir which sang melodiously, amply aided by the organist and violinists. Rachel managed with a few practice sessions and reckons the choir could have been flawless if they had practiced more – from where I stood it sounded brilliant so I cannot imagine fine tuning the best!! Gwen D'Souza did the readings and was very eloquent. Thank you all for your unstinting input in spite of many personal commitments and priorities.

Here is a group photograph outside the church and shows you how well the mass was attended.



The Ermington Community centre was tastefully decorated to reflect the Christmas Spirit and Irvy Coelho's music was upbeat, clear and joyful. The turnout was uncharacteristically low so there was room to spare – but it was heartening to see many who have not been to the feast day for a while, attend this year. The Seniors were treated to a true feast of sorpotel & sanaas, vindaloo and pulao by Viva Goa Chef Gus D'Souza, with alcohol flowing and needless to say topped off with 'feni'. The other attendees did not do too badly either, with very favorable comments as to the quality of food and service. The seniors got to take home some Goan goodies at the end of it all, organized and sponsored by generous and thoughtful members.

Rachel Menezes, Hazel Nazareth, Phil Fernandes, Gwen de Souza did a sterling job with helping variously. Mark Soares filled in for Santa and it was fun to see the kids go crazy (not to mention some of the adults) at his arrival. All said and done, the afternoon ended on a high note (even with the cleaning and squaring up) and we hope to see a higher attendance in future as a worthwhile gesture of thanks to everyone's efforts.

Many thanks to the committee and their families without whose efforts the show would not have succeeded – they are Philomena Fernandes & family; Chris D'Cruz and family, Warren Pereira and family, Hazel Nazareth and family and Abel Do Rosario and family.

Maria Helena Soares

## 2009 Christmas Dance

The event was a huge success with the crowds enjoying the band's energy and beautiful tunes as they danced the night away. Cyprian ensured that all present enjoyed the Christmas spirit, and as the master of ceremonies, made it his duty to get all the men and women on the dance floor, for the "Nut bush" and other fun dances, to enjoy the Christmas spirit.



Hazel Nazareth and Philomena Fernandez should be congratulated along with Abel Rosario who helped organize the Christmas dance and without their efforts the event would not have been possible.

Though the numbers may have been down, the Goans and friends that did attend really did enjoy themselves, and from all accounts, a fabulous night was had by all....

Warren Pereira

2009 Christmas Dance



## SUPPORTING OUR COMMUNITY

### Out n About South Asians

SEVA International invites seniors (60 years and over) to Harris Park Community Centre, 11 Albion St, Harris Park from 11:00 am – 2:00 pm. Share information about what it means to age well; meet aged care workers and seniors from a range of cultural backgrounds.

Cost: gold coin donation  
Close to Harris Park station

**RSVP** by Thursday, 25<sup>th</sup> March to Caroline at 9804 7271 or [sydromeo@tpg.com.au](mailto:sydromeo@tpg.com.au)

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### Crisis and Need

In times of crisis and need, family is the first source of assistance and support. But what if such care means a family member has to give up work, reduce work or struggle to maintain a balance between paid work and younger/elder care responsibilities?

The Home and Community Care (HACC) Program is jointly funded by Australian and State Government to provide a basic level of support to older people, younger people with disabilities and their Carers and family.

Services under the HACC Program include domestic assistance, personal care, transport, respite, linen service, allied health care and nursing services. Recent illness, disability, bereavement of simply the passing of years and reduced functionality to manage the activities of daily living can be criteria to access HACC. To reiterate, access is determined by need rather than age. HACC services

- (a) Complement care provided by your family and friends rather than take over the responsibility of caring;
- (b) Keep you connected to family and friends rather than isolate you;
- (c) Offer you options to be cared at home rather than inappropriately access residential care (nursing homes).

Several community organisations are funded to provide HACC services. To find out what's available in your area, contact the Commonwealth Carelink Centre on 1800 052 222.

A referral can be made by family or friends. a medical professional referral is not necessary.  
**Need more information?**

Read Help at Home - Community Care

<http://www.health.gov.au/internet/main/Publishing.nsf/Content/hacc-index.htm>  
<http://www9.health.gov.au/ccsd/index.cfm>

Contact:

**Caroline Romeo, Statewide HACC Multicultural Access Program Officer**  
**Tel: 93190288**

## 33RD ANNIVERSARY DANCE

We have much pleasure in bringing you the GOA NSW Inc 33<sup>rd</sup> Anniversary Dance and we promise you a night of good food, fun, music and dance. Please book early to ensure a table of your choice.

**LOCATION:** Pioneer Room, Castle Grande, Corner of Pennant & Castle Streets, Castle Hill 2154

**TIME:** 6:30 PM sharp **ON:** Saturday, 22<sup>nd</sup> May 2010

**DRESS:** Lounge Suit Bar facilities available

**BOOKINGS:** Lalita Mathias (02) 9328 5056 or email: [lalitamathias@hotmail.com](mailto:lalitamathias@hotmail.com)  
Maria Soares (02) 9746 3917 or email: [m\\_soares@bigpond.com](mailto:m_soares@bigpond.com)

**COST:** \$50 Members / \$60 Non Members

**PAYMENT:** St George Bank

**BSB:** 112 879 **Account Number:** 060351161

**Account Name:** GOA NSW Inc.

**REFERENCE:** Please show your Membership No & No of Tickets required with your EFT  
For example: M000221 4 Mbrs or M000221 2 Mbrs 2 NonMbrs

The Goan Overseas Association (NSW)  
presents the

# Anniversary Dance

*Be inspired by an evening of shimmer and style  
at The Castle Grande, Castle Hill  
Saturday 22<sup>nd</sup> May 2010  
Cost: \$50 for members; \$60 for non-members  
Music by Nightshift*

**SAVE THE DATE**

**MORE DETAILS SOON**