



# Goan Association Of New Jersey

## Fall Edition



\$25/-

# WHIST DRIVE



**AWESOME PRIZES**

MAXIMUM SEATING CAPACITY - 50 PERSONS

**BEER ON SALE**

**ENJOY** BINGO - SNACKS - DINNER - SING ALONG

*Grace Presbyterian Church*

57 Sand Hills Road,

Kendall Park, NJ 08824

**SATURDAY**

**NOVEMBER 02, 2024**

**5:00PM TO 9:00PM**

[www.GoaNJ.com](http://www.GoaNJ.com)

We LOVE your Children, but the LAW prohibits them from participating in this event

The Goan Association of New Jersey, Inc.  
PO Box 335 Cranbury, NJ 08512  
201-64.GOANJ (46265)  
[www.GOANJ.COM](http://www.GOANJ.COM)  
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Goan Connection,  
a publication of The Goan Association of  
New Jersey, Inc. a non-profit organization  
established in 1991.

# Executive Committee



Louella Menezes  
President



Rui Gomes  
Vice President



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Marvin Fernandes  
Membership  
Coordinator



Floyd Faria  
Secretary



## THE GOAN ASSOCIATION OF NEW JERSEY

presents

# Christmas Ball

Saturday, December 07th 2024

6:00pm to 12:00am

Royal Albert's Palace - Green House

1050 King George Post Road, Fords, NJ 08863

Live Band Music by Prism & DJ Brian

Open Bar, Appetizers, Grand Buffet, Prizes, 50/50, and more...

Advance booking for a table is available for FREE with the booking of 10 group tickets along with names of the attendees.

Choice of table location is on a first come first served basis. **Tickets are Nonrefundable.**

	Adults	Age 12-17	Age 5-11	Under 5 Years
Members	\$80	\$50	\$35	\$25
Guests	\$90	\$60	\$45	\$35

\* Infants are free

Book your tickets online at [www.goanj.com](http://www.goanj.com) Or complete the form and return with check along with Guest details and ages.

Checks must be postmarked November 10th for early bird special.

Questions Call : 1 201 64 GOANJ(46265) Tickets bought after November 30, will be subject to a surcharge of \$10 per ticket.

EARLY BIRD SPECIAL  
\$10 discount on each ticket  
Ends on November 10, 2024

Santa arrives at 6:30pm SHARP



# The Association Corner

My Dear GOANJ Family,

After experiencing one of the hottest summers, it is good to feel the coolness in the air. Welcome Fall! Although, the weather has cooled down the Goan Association is heating up with the hottest event –

**The Goan Association Christmas Ball on December 7th!** When I say hottest - we were receiving calls in the summer to know when the tickets would be released, So you know these tickets will not last. Please take advantage of the early bird special and get your tickets by November 10th!

To get warmed up for the event, we have the Whist Drive coming up on November 2nd. This is a fun, laid back event where we play cards, have dinner and end with a joyful sing song session. You are welcome to bring your guitars and instruments. Bring your friends and come and hang out with us for a relaxing evening.

The GOANJ Summer picnic was a great success, and I would also like to thank all of you for making it a great event. The clouds parted early enough to usher in a beautiful summer day. It was wonderful to see all the Goankars together - from the kids play their own games to the adults playing cricket, volleyball, basketball, soccer. The kids had games tailored to them and it was fun watching the group games where everyone rallied for their team. Evette set the mood with the music and the talented performers that kept us entertained through the day while some just enjoyed the company of friends. It also turned out to be an auspicious event when Cardinal Joseph Coutts graced us with his presence and celebrated Mass along with Fr. Johnnie and Fr. Martins.

I would like to thank all those who contributed and shared their stories making our newsletter a must read. As always it is your support that fuels us to bring you the most. I hope that you will be with us as the upcoming events, the whist drive and the GOANJ Christmas Ball!

Deo Borem Koru,

*Lonella Menezes*

## Congratulations to our Board of Trustees!

Our Board of Trustees was ratified at the picnic on July 13th, 2024.

We congratulate our Board of Trustees Chris Nunes as President, Felix Menezes as Vice President, Sebastian Fernandes as Treasurer and Wilma Martins as Secretary.





## *from the editor*



Dear GOANJ Family.

Fall is indeed my favorite season. It is transformational. Yes, transformation or change sometimes can be difficult or even painful, but the outcome can be beautiful. If you do not believe me, just look around.

With the changing seasons, we at GOANJ are also busy preparing for 3 exciting events; the Whist Drive on November 2, our annual Christmas Gala, and the New Years Eve ball. Planning these events entail a lot of work, long hours, meticulous planning, but seeing you show up, and meeting up with friends, creating memories is beautiful. So please mark your calendars. We cannot wait to see you in person.

The Goan Connection is our way of staying connected, reaching out to one another, uplifting each other, celebrating one another. Please continue to send in your contributions. This is our space. We love to hear from you. If you would like to be a part of the editorial committee, please reach out to [goanconnectionnj@gmail.com](mailto:goanconnectionnj@gmail.com)

Thank you to all our contributors and sponsors. You are fabulous!

Joyfully  
Brenda

*Fall, your beauty surrounds us all.  
A symphony of colors you delight us with,  
you hold nothing back, you give us all.  
Oh,  
beautiful Fall*



# Avenues for Revenue in Goan Heritage Houses



Cotta Mansion - Agacaim

Goan home owners struggle to maintain their ancestral houses due to forbidden costs of materials and non-availability of skilled labor. There are various ways of converting the Goan heritage house for adaptive reuse. One such adaptive reuse of a Goan heritage house is to convert it into a wedding/events venue. We already have a couple of houses that are doing that. One of the first families to do this, was the Cotta family from Agacaim. Mr Einstein Cotta initiated this concept a couple of decades ago.

We also have the Figueiredo mansion in Loutolim and the Silva heritage house in Benaulim. This was also possible, since these houses had a lot of vacant land around their house.

The Late Mrs. Sarah Fernandes opened the doors of her house to the public for a nominal fee, around 25 years ago. Other Goan heritage house owners have also opened their doors so that people from all over the world can visit and view these houses.

They charge a very nominal fee, and conduct a guided tour of the house. One surely is in awe of the furniture, the flooring patterns, false ceilings, crockery, etc. The furniture seen in these Goan houses is indeed unique and is not found in any residential house across the globe, not even in Portugal. The fees collected contribute in some way towards the maintenance of these houses. To name a few; Braganza Pereira House and the Menezes Braganza House in Chandor, the Figueiredo Mansion, and Casa Alvares in Loutolim.



Sarah Fernandes - Chandor

Many other houses intend to move in this direction, as it is welcomes income toward the maintenance of these houses.

Art galleries are also a viable option to have in the Goan heritage house. Daegal Godinho has converted a part of the Godinho heritage house into an amazing interactive art gallery known as Carpe Diem at Majorda. Besides displaying artworks, which are also sometimes sold, Carpe Diem also conducts workshops and activities throughout the year with various artists demonstrating how to make some of Goa's traditional crafts, such as terracotta pottery, etc. Carpe Diem also has a café which helps in generating revenue for this Goan house. It also has a small amphitheater where they have interesting presentations and group discussions. To sum up, Carpe Diem is an art and learning center equipped with an art gallery along with creative workshops and performance spaces. These activities help in revenue generation which is used for the maintenance of this Goan house. The Goan heritage house provides a unique ambiance for an enriching experience of art and craft at Carpe Diem, located in the village of Majorda, Salcete Goa.





Goan heritage houses are unique to Goa as they exist only in Goa and are not found anywhere else in the world. The Goans who are not privileged to have such houses prefer to have a photoshoot of special occasions at these houses. A lot of couples have their pre and post-wedding photography at a Goan heritage house. The Braganza Pereira house in Chandor attracts a lot of goan couples to have the photography of the bridal entourage and some special rituals related to a Goan wedding. The world of advertising and films has taken notice of the Goan heritage houses. Producers have used the Goan heritage house for shooting films, documentaries, and even product advertisements. Some of the houses which are open to this idea are the Savordekar Wada at Savordem, the Braganza Pereira in Chandor, the Figueiredo Mansion in Loutolim, and Dr Wilson Fernandes’s house in Betalbatim. The income generated from these shoots surely helps the house owners to meet some of the maintenance costs.

Most of these houses have also got tagged as Museums.

Dr. Wilson Fernandes - Betalbatim

Guest houses, Homestays, Heritage Boutique resort, and the titles continue to get upgraded. Goan Heritage houses have been partly converted into guest rooms on a commercial basis and the house owners continue to live in these houses. Some houses have been converted fully into Heritage homestays/guest houses and leased out or partnered on a profit-sharing model with an operator from the hospitality industry.

Hospitality giants like the Taj group have also ventured with a couple of Goan heritage houses in their inventory of guest rooms in Goa. This again is an interesting model with Heritage house owners migrating out of Goa and still retaining their ancestral heritage houses well maintained and above all generating revenue to create a corpus for future maintenance of these heritage houses.

This has indeed become one of Goa’s best hospitality experiences for visitors.



Figueiredo Mansion – Loutolim

And then there are so many other adaptive reuse models that can be explored with the Goan heritage houses. Over the years heritage houses have been converted into restaurants not forgetting “O Coqueiro” in Porvorim which took the lead almost five decades ago, which probably was the first heritage house that initiated the idea of generating revenue for its survival and further prospered as a business house. There are several avenues for revenue for the Goan heritage houses, however, the bottom line is the family should remain united to take forward the idea of conserving Goan Heritage houses. And surely forming a registered Family Trust is the stepping stone in this direction, and I appeal to Goans across the globe .....

“UNITED WE SHOULD STAND TO SAVE OUR GOAN ANCESTRAL LAND”

Alinto Coelho holds a Bachelor’s degree in Civil Engineering from Goa College of Engineering. He provides Professional Consultancy Civil Engineering Services in Goa, which also includes the Restoration of Heritage Structures. He has initiated a process to document Heritage Structures across Goa, as he is passionate about preserving our Goan Heritage



ALINTO COELHO – GOA  
[heritage.goa@coelhosolutions.com](mailto:heritage.goa@coelhosolutions.com)



# SPEAK KONKANI- KONKANI ULOI -16

## XIKSAN – LESSON



Effie Tavares



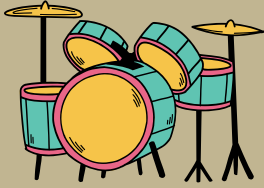
MUSIC - SANGEET

MUSICIAN - MUZK

DRUM – DHOL



DRUMMER – DHOL VAZOPHI



SINGER – GHAVPI

SONG – GHAYAN

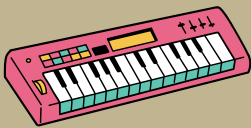


BAND – VAZOPHI PONGODD

TRUMPET – KORNNO

GUITAR – GEETAR

DANCE – NACH



KEYBOARD – KUNJIVNI

JIVIT TUJEM BOREM JEDNAM TUM NACHTA!  
LIFE IS BETTER WHEN YOU DANCE!



# *If you feel something, say something*



Brenda Rebello

October is Breast Cancer Awareness Month, and I would like to share my story in an attempt to spotlight this treatable disease that afflicts so many women. It has been 6 years that I have been cancer free and I want to encourage women to get tested regularly

It was a stinging pain that lasted for just a few seconds. It left as suddenly as it appeared. It must have been my imagination, I convinced myself. A few weeks went by, and then there it was again. This time, I was shoveling the snow. It was surely the repeated movements that prompted it. A few more weeks and I began to feel a lateral mass.

It just couldn't be. For one, I had a mammogram just 3 months earlier, and received a clean bill of health. But more importantly I thought, Indian women didn't get Breast Cancer. It just wasn't our disease, I had convinced myself. Yes, we die of diabetes and heart disease, even of exhaustion and nagging, but never Breast Cancer.

I had dismissed all fears, until I read an article on the internet of some celebrity, and her admission of how it was not the mammogram, but rather the ultrasound that saved her. Call it providential, I immediately made an appointment with my physician.

"You've got a clean mammogram", my doctor reassured me. But out of an abundance of caution, she wrote up a script for a 3D Mammogram and an ultrasound. I remember being more afraid of the insurance not covering the procedure, than the diagnosis itself

The look on the technician's face said it all. I did not have to wait for the radiologist to confirm my worst fears. You have a Bi-Rad 5, that's all I heard, and all I could think was, "How was I going to juggle my son's upcoming hockey tryouts?" I had messed everything up!

Before I could process another thought, I was whisked away to the 2nd floor. The room presented a very rosy picture. These people surely must love pink. I still had not made the connection with Breast Cancer and Pink. An appointment was made with the breast surgeon and the rest wasn't a mystery. I quickly learned that each breast cancer was different. There are garden varieties, and some more. I learned about triple positive breast cancers, hormonal and triple negatives.

A Cancer diagnosis is always scary. You go through a pendulum of emotions. I was afraid to tell anyone, the stigma of the disease. As a mother of 2 daughters, I was fearful for them. Did I give them anything? Your mind can be a devil's workshop. Faith, Family and Friends became my refuge. I began writing poems to express my deepest fears, and put on my game face every time I underwent some more tests.

I had a lumpectomy within a week, and started chemotherapy. After rounds of grueling chemo and radiation, I am now cancer free. I did all the genetic tests that were available, and each one came back negative. It's been six years, and I still don't know how I got the disease, but I can tell you, it is more common than you think. I was taking my kids for hockey practice after my last round of radiation. I was a little too excited, and I was pulled over for speeding. My first ticket in 25 years!. I tried to use the cancer card, and the cop had the expression, "been there, heard that lady!"

I have learned a few life lessons. Cancer is not the destination, it is a journey and through this journey, I have learned that cancer does not discriminate. It afflicts equally. It changed my perspective on life, and what I previously considered important, now seemed trivial.

I want to tell other women who find themselves in my situation, you are not alone. There are great organizations like the YWCA, American Cancer Society who make sure, you do not have to go through it alone. There is nothing, nothing to be ashamed of. It's okay to ask for help, and when you share your story, you could be helping someone out there, just like someone out there did for me.

*Early detection is key, so please get tested regularly. Most importantly, be your own health advocate. If you feel something, say something!*





## TIPS FROM Dr. Vinette Coelho-D'Costa FOR A WONDERFUL FALL AND HEALTHY WINTER

**The Breathtaking colors, crisp autumn air, apple cider and cinnamon or spiced pumpkin..... Speaks Fall. Those Glorious smells a signature of Autumn.**

On the other hand, fall means crops are being harvested and stirring up all kinds of dust, mold lying dormant in that pile of colorful leaves to rake up, and ragweed or other allergens in the air. People suffering from Respiratory problems, often have a difficult time during the fall. This mixture of those fall smells and the cooler air, can cause a variety of triggers affecting the upper airway - nose and sinuses or airway constriction (Bronchospasm) in the lungs.

**A few tips to help keep your lungs healthy and strong this time of the year.**

- Be aware of the air quality and pollutants. Beautiful Countryside drives with the windows rolled down during fall harvest might not be the best idea.
- Avoid smoking or being around second hand smoke if possible. Fall campfires and bonfires are gloriously tempting, but can be common sources of irritants to the lungs
- Be conscious of it being the start of Common cold and flu season.

### **TIPS to try and outsmart the FLU and Respiratory Viral season: Core Preventive Strategies**

- Use good hand washing with soap and water or an alcohol based hand sanitizer
- Try to avoid large crowds and practice social distancing
- Stay up to date with immunizations, especially if you are prone to breathing problems
- Eat a well-balanced diet - plenty of fruits and vegetables, natural antioxidants and protein all play a part in lung health.
- Stay hydrated
- Get plenty of sleep, and try to avoid excess stress
- Regular physical activity will improve lung health



#### **When you may have a respiratory virus:**

- Stay home and Use precautions to prevent spread
- Seek health care promptly for testing and/or treatment if you have risk factors for severe illness; treatment may help lower your risk of severe illness



# RESPIRATORY VIRUSES ARE CAUSING A LOT OF ILLNESSES IN OUR COMMUNITY

Especially in the Post Covid Era



Each year, respiratory viruses are responsible for millions of illnesses and thousands of hospitalizations and deaths in the United States. In addition to the virus that causes COVID-19, there are many other types of respiratory viruses, including flu and respiratory syncytial virus (RSV). The good news is there are actions you can take to help protect yourself and others from health risks caused by respiratory viruses.

## FALL AND WINTER IMMUNIZATIONS PER CDC GUIDELINES

CDC's Respiratory Virus Guidance provides practical recommendations and information to help people lower health risks posed by a range of common respiratory viral illnesses, including COVID-19, flu, and RSV.

An infographic titled "Fall and Winter Immunization Guide" from the CDC. It is divided into three main sections. The first section, "COVID-19 and Flu Updated 2024-25 Vaccines", states that "Everyone 6 months and older" should be vaccinated, accompanied by an illustration of a diverse group of people. The second section, "RSV Immunization to Protect Babies", offers two options: "Vaccine Pregnant parents during weeks 32-36 of pregnancy during RSV season" or "Monoclonal Antibodies Babies entering or born during the RSV season", with an illustration of a pregnant woman. The third section, "RSV Vaccine for Older Adults", notes that "currently, older adults only need to get the RSV vaccine once, not annually" and lists two groups: "People ages 60 and over at high risk of severe RSV" and "Everyone ages 75 and older", with an illustration of older adults. The CDC logo is in the bottom right corner, and a URL is provided at the bottom left: [cdc.gov/respiratory-viruses/prevention/immunizations.html](https://cdc.gov/respiratory-viruses/prevention/immunizations.html).

Immunizations help prepare your body to defend itself from viruses and severe illness. Some immunizations teach your immune system what the virus looks like so it can prepare to protect against it. Other immunizations directly provide you with antibodies to protect you from the virus. Getting vaccinated can reduce your chances of getting infected to some degree, but its main strength is preventing severe illness and death. More and more evidence suggests that the COVID-19 vaccine can also lower your chances of developing Long COVID.

Congrats Grad!

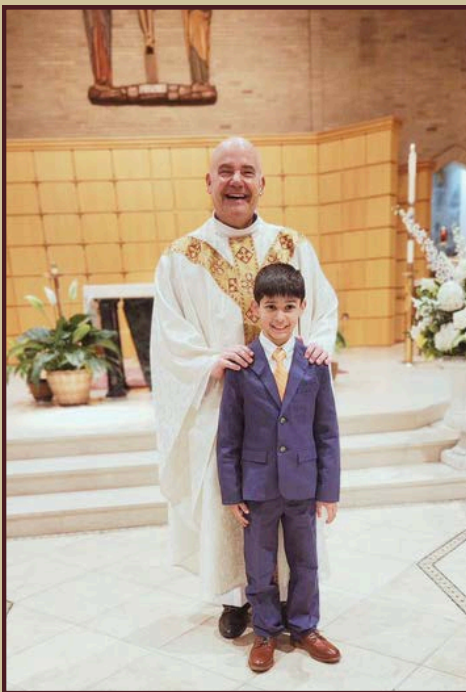


## Melanie Martins

daughter of Estella and  
Tony Martins  
Graduated from the  
University of Illinois  
Urbana-Champaign with  
a Master of Science in  
Accounting.

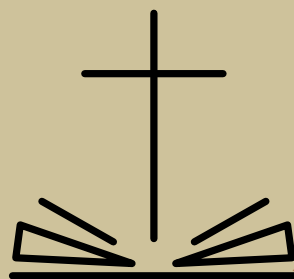
Congratulations Melanie!  
GOANJ is very proud of  
you.  
May our Lord bless your  
every endeavor.

## God Bless



**Liam Marcarenhas**  
received his First  
Holy Communion.

God Bless you Liam on  
your special day, as you  
received Jesus in the  
Holy Eucharist for the  
first time. May Jesus  
continue to bless you  
each and every day.

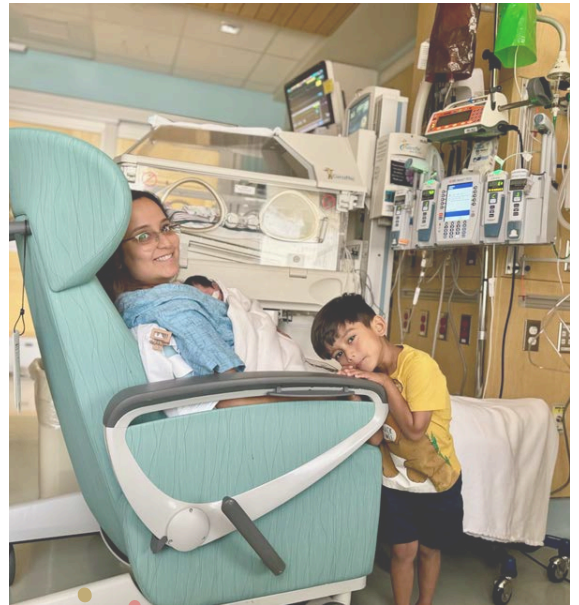




*Congratulations  
Welcome baby Zara!*



Zara Kylie Fernandes  
Born on 2nd July 2024 as a NICU baby at  
29 weeks.  
Parents - Francis Fernandes and Crezel Coelho  
Big brother- Warren Zayne Fernandes



# Faith in Action

Dear GOANJ Benefactors,

Praise the Lord. Give thanks to the Lord, for He is good; His love endures forever. —Psalm 106:1.

To love the poor and the vulnerable was always at the heart of our Founder - Fr. Faustino de Souza's vision. Our commitment to social service and social justice stems from this vision. We are physically located conveniently in places which need assistance, empowerment, rehabilitation, and transformation.



**Projector for St. Joseph Vaz High School**

1. On the outskirts of Vasco - Baina, Goa, which was a red-light area - we have Asha Sadan Social Service Centre, catering to Persons afflicted with & those living with HIV+/AIDS.

2. In the heart of the sprawling slum area of Zuarinagar, Goa, we have Kiran Niketan SS Centre, catering to the poor migrant families & those afflicted with air-borne diseases specially Tuberculosis.

3. In the far-flung tribal belt of Canacona, Goa, we have Divya Gyan SS Centre, catering to tribal women empowerment & those afflicted with renal diseases specially Kidney dialysis.

We depend on the generosity and kindness of persons/ NGOs for financial & voluntary assistance, which fuels our mission to create positive changes in the lives of the poor & vulnerable people we serve.

Today, audio-visuals are valuable in sharing & disseminating information/knowledge in real-time, in creating awareness about values, health & social hygiene, community support, interactive discussions and so on.

Time and again, our Social Service Sisters must rely on borrowed AV equipment.

As such, your swift response to donate a PPT Projector cum Screen has truly moved us. Your compassionate action demonstrates not only your dedication to our cause, but also your belief in its power of immediate profound effect. Your contribution holds immense significance that will make a lasting difference in the lives of many poor & vulnerable.

The AV Toolkit has been installed in Kiran Niketan SSCentre, Zuarinagar at present. It will be shared by all the three Social Service Centres, as and when required. Step by step, as we navigate a path towards our collective vision, your invaluable generosity stands as a steppingstone of progress. Your belief in our mission strengthens our resolve to persevere, knowing that each stride is guided by your unwavering support. Allow me to say that your boundless generosity illuminates our horizon of possibility for everyone we serve. Through your contribution, a brighter future dawns for our beneficiaries, one imbued with hope, progress, and a deep sense of gratitude.

We sincerely thank you for embracing our cause with such grace. We assure you of our prayerful support and welcome you into our Social Service Family.

Thanking you, once again, and wishing you and your Team a Profound

God Bless!

Sr. Maria Angela, sfn.  
Councillor for Social Work. (For Fr. Faustino Social Service Institution)



**5 computers donated by GOANJ**

GOANJ  
PICNIC





Goan Proud!



## Adrienne Nunes achieves the rank of Eagle Scout

June 10, 2024

Dear Mr. Clark,

As Adrienne's Nunes' grandmother, I put aside the subjective view that could easily obscure any objective evaluation of her character and achievements. Therefore, I write this letter of recommendation for her Eagle Scout based on years of my own experience as an educator, a community volunteer and an active member of our Church – putting faith, family and community in that ordered priority.

I believe that Adrienne is that rare and unique individual that you may or may not meet because she embodies so much of the positive aspects of strong and moral character. These individuals, at best, represent so much of what is good – Adrienne embodies every aspect of this and raises the bar to the highest level, stretching the established boundaries and giving it her absolute all. Adrienne is not content to just finish a task – she is determined to walk away once finished, leaving nothing behind.

Let's start with her attitude! Being an honor academic student at one of Houston's most challenging schools, Adrienne's days were full of lessons, homework and planned assignments. I have seen her come home after a long day (close to 4 pm) and turn around almost immediately to go to a music lesson or a tutoring class – knowing that any homework assignments are still due at the late evening hours. She accepts the academic rigors of this day-to-day schedule of full activities, with grit and determination. There are no complaints – just completing the immediate task at hand to the best of her ability. With this kind of consistent effort over all her young years, I have seen the strength of Adrienne's character blossom into a young lady that 'wows' everyone she meets. It is impressive to see Adrienne 'at work' in completing any task at hand, knowing full well you are going to get an absolute first class/first rate finish. I have never seen Adrienne submit to anything less. A remarkable track record.

I have also seen Adrienne in social settings where she easily captures center stage. However, Adrienne often moves away from the spotlight to give others a chance to absorb some of the attention and recognition. I am reminded of this when watching her play sports or perform on a musical stage. Time and time again, Adrienne will pass the ball off to a teammate just to foster team spirit. With her accomplished musical talents, I have seen her let others take the spotlight, either on vocals, or keyboard just so that individual has a chance to shine their talents. Keep in mind, Adrienne's abilities are far more developed than those of her band mates. She has no problem stepping aside and not only sharing the limelight but making it all about the other person while doing it.

If practicing your Faith is all about living the example to help others grow, get a sense of self-worth, and putting others' needs before your own, then Adrienne is certainly living the Gospel message. Her faith is unwavering, and her sense of spiritual direction is on a firm foundation. She is a strong Christian young lady with a character and moral compass that is noticeable in how she talks, and responds to day-to-day people, challenges and tasks. She keeps an upbeat attitude and strives to let all that is good, pleasant and worthy shine forth.

I admire Adrienne as the person she continues to be and am amazed at the challenges and heights she aspires to attain. But Adrienne, through it all, maintains a spirit and quiet filled confidence that has been nurtured from knowing the Lord. We are so grateful for having Adrienne in our lives and have her consistently reflect His glory in all that she does. We are blessed beyond measure.

She is a uniquely qualified candidate for the honor of becoming an Eagle Scout.

Sincerely,  
Dianne E. Nunes





# Thank You Note

It is through the caring of people like you that we get through our lows.

It is not just the music or food that earmark being from Hoa. It is the faith, love extended to others. It is a legacy that we are committed to continue.

Gratefully,

Anne and Walt Martinez  
Rowena and Andrew Sommer  
E.  
Families

Dear friends,

Thank you for all the support, prayers, and caring you extended to our parents, Dino & Elina, over the decades. Your friendship greatly enriched their lives and kept these memories of Hoa alive.

Thank you also for your support during the loss of our mom and the mass being offered for her



## Prayer Requests



The Prayer Team is a dedicated group, faithfully praying for the spiritual, emotional and physical needs of others. We place these petitions (anonymously, if preferred) at the feet of the Father, Son and Holy Spirit on those requesting prayer.

Reach out in faith and expected hope to either, [vilmalfmartins@gmail.com](mailto:vilmalfmartins@gmail.com) or [diannenunes@gmail.com](mailto:diannenunes@gmail.com) to submit your request.

“So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with My righteous right hand.”

Isaiah 41:10

Unsure if you are up to date with your membership?  
No worries! Reach out to [Committee@goanj.com](mailto:Committee@goanj.com)



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

## Looking to Grow Your Business?

If you are looking to launch a new business or grow an existing business, consider advertising in the Goan Connection. Reach a vibrant and socially conscious audience in New Jersey, New York, Pennsylvania, Delaware, Maryland and beyond. Send the content of your advertisement

in a Word document to [committee@goanj.com](mailto:committee@goanj.com)

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

2 inch \* 1 column \$20

1/3 page \$120

1/2 page \$150

Full page \$250

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



# EZRY Goan Delights

From Our Kitchen to Yours ...  
Keeping our Goan tradition Alive  
in our kitchen!

Central New Jersey (Based in Somerset)



PLEASE FOLLOW US ON  
[FACEBOOK](#)

**Mai' Fresh Curry Paste (0.5 lb)**  
Cafreal **\$7**, Vindaloo **\$8**  
Orange Coconut Curry **\$9**  
Sorpotel **\$9**, Recharado **\$10**  
Xacuti **\$12**



**Aunt Rosy' Croquettes**  
Lean ground beef in secret spice blend. **\$20/1 dozen**

**Bittu's Prawn Balchao**  
Spicy-sweet tangy, made with large shrimps. **\$23/lb**



**Esme' Prawn Pan Rolls**  
Savory crepe with a flavorful filling of minced prawn, gently pan-fried. **\$28/1 dozen**

**Prisca's Bombil Balchao**  
Lightly fried dried Bombay ducks, cooked in a rich sauce. **\$25/lb.**



**Alice's Fish Cutlets**  
Shallow fried spicy-tangy tuna fish cutlets. **\$18/1 dozen.**

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



**Aunty Joyce' Pork Sorpotel**  
Cured to perfect tanginess, heat and sweetness. **\$24/lb**

**EZ' Spicy Pork Chilly**  
Blend of aromatic spices, garlic, chillies and kokum. **\$20/lb.**



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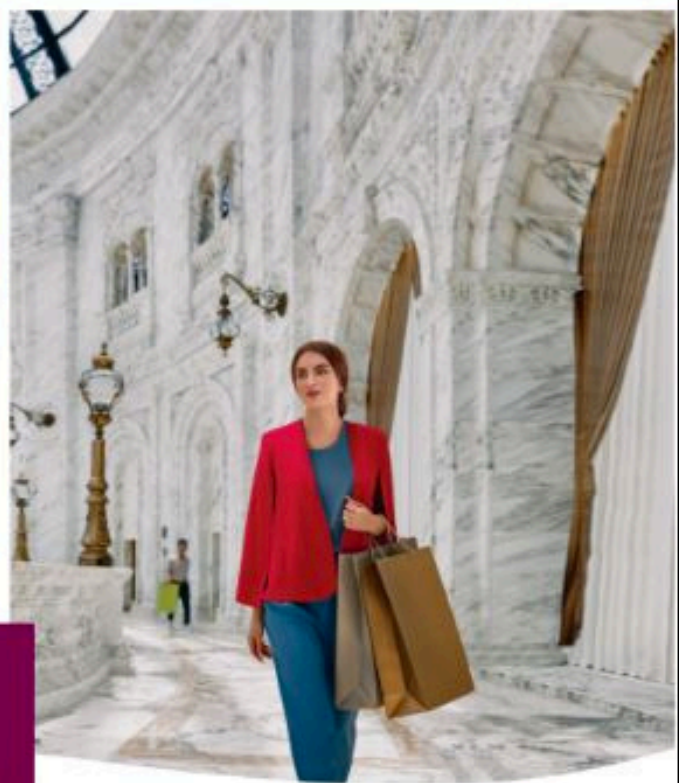
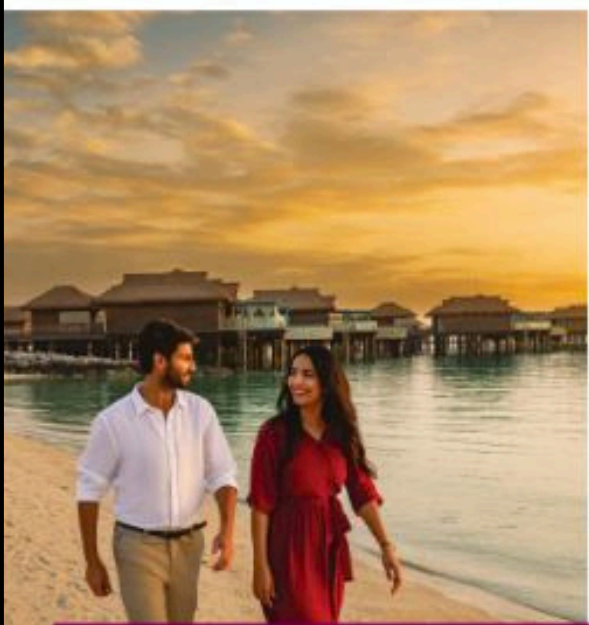
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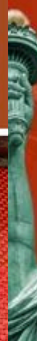
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Babco Foods International LLC, is an Importer and Distributor of high quality Indian Snacks, Masalas, Pickle, Specialty Flours and rice with a main focus on South India. We are headquartered in the State of New Jersey with three distribution locations - in Piscataway, NJ, in Hayward, California and in Dallas, Texas. Our distribution network currently covers over 45 States in the US. Our flagship brand ANAND comprises of over 130 unique food products, ranging from various types of snacks, such as chips and mixtures, to dinner table accompaniments, such as pickles and papads. All ANAND products are manufactured at locations in Kerala, Tamil Nadu, Andhra, Karnataka and Mumbai, India, as per our specifications in order to provide our customers in the USA, the authentic taste you desire and the superior quality you deserve. We also represent a number of reputed companies from India and distribute their products in the USA.

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