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MCA-EC

Quarterly

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Mangalorean Catholic Association of East Coast, USA
SPECIAL 5th ANNIVERSARY EDITION

Editor-in-Chief: Diana M. Lewis (mca.eastcoast@gmail.com)



From Our President

I am writing to you as I approach the end of my term as the 5th president of the association. I remember how excited I was to write my first presidential message and it is also with the same excitement that I am writing this goodbye message to you, since I know deep down within me that I'm handing over the leadership to a great team. If you remember my message at last year's picnic, the team's main goal was to achieve 3 things:

1. **Self-Service:** Since the creation of the technology team, the self-service features have helped us tremendously and has setup a good foundation for the next few years to come. At the picnic, we introduced an auto check-in, wherein the folks at the registration desk were able to check-in guests as they walked in. There are more ideas on the table and some of these will come to fruition in the next few months.
2. **Growth:** We have outgrown the worry we used to have to drive folks to register for events. Under my leadership, all of the last three events were sold out. I'm sure Roshan is on it and working on moving us to the next level—I have even heard rumors of us renting the Giant's stadium for Christmas this year.
3. **Involvement:** I've see a transition of the word "ME" to "US," very clearly during my term. I've seen new faces among the folks who have shown interest to volunteer. I'm sure this trend will continue and we will keep this team spirit alive for the next generations to come.

The previous presidents had steered the association along this dynamic road and have done so in a responsive and measured way, ensuring appropriate adjustment and continuity in associations affairs. Many people have contributed to this outcome, far too many people to mention here by name. My team of Michelle Fernandes, Roshan D'Mello, Eric Fernandes and Neeta Masceranhas – we all worked our best to give out the best we could. I want to take this opportunity to thank my core team, along with Editor-in-Chief Diana Lewis and MOT member Sunil Lobo – Thank you all for your loyalty, dedication, trust and friendship.

The next president doesn't need any introduction. Roshan D'Mello has been out there giving out his best. We all have seen his zeal for the association. I'm confident that the new team will continue to deliver and raise the bar high under his leadership.

Finally, a heart filled thanks to each one of you – I pray that our Lord will bless the new Board of the Mangalorean Catholic Association of East Coast, and I wish you all the best that life has to offer.

Dev Borem Korum.

Arun Menezes

President, MCA-EC 2013-2014

From Our Priest

PRAY CEASELESSLY



A man bought a horse from a preacher. The preacher informed the man that this horse had been trained in a very unique way, (being the horse of a preacher). The only way to make the horse go was to say, "Alleluia!" The only way to make the horse stop was to say, "Amen!" The man was pleased with his purchase and immediately got on the animal to try out the preacher's instructions. "Alleluia!" shouted the man. The horse began to run. "Amen!" shouted the man. The horse stopped immediately. "This is great!" said the man. With an "Alleluia," he rode off, very proud of his new purchase.

The man traveled for a long time through some mountains. Soon he was heading toward a cliff. He could not remember the word to make the horse stop. "Stop," said the man. "Halt!" he cried. The horse just kept going. "Oh, no.... Bible!....Church!....Rosary!.... Please stop!!" shouted the man. The horse just began to move faster. He was getting closer and closer to the cliff edge. Finally, in desperation, the man said a prayer. "Please, dear Lord. Please make this horse stop before I go off the end of this mountain, in Jesus' name, AMEN."

The horse came to an abrupt stop just one step from the edge of the cliff.

"ALLELUIA!" shouted the man.....!

Very often our prayer life is like this man who bought the preacher's horse. Usually, we pray in the beginning of great events. We also remember to pray on completion of important milestones of life; when we are struck by the tragedies, in our helplessness, and during times of sickness and death we pray.

In the Bible, we are constantly reminded to "pray without ceasing" (1 Thes. 5:16; Rom. 12:12). Jesus wished his disciples to constantly be in touch with His heavenly Father. While we pray,

we not only talk to our God, but also walk with Him. Blessed Mother Teresa said: “Prayer is not asking. Prayer is putting oneself in the hands of God, at His disposition, and listening to His voice in the depth of our hearts.”

As a human person, Jesus always insisted his followers’ to buildup a relationship with His heavenly Father. However, when he had to depart from this world, he promised the Holy Spirit to his followers. Here, we may ask what is the role of the Holy Spirit in the life of a disciple. In what way is the Holy Spirit connected in our prayer life? The Bible offers several names for the Holy Spirit, such as ‘Paraclete’, ‘Counselor’ (1 Jn. 2:1), ‘Advocate’, ‘Teacher’ etc.

The root of the word ‘Paraclete’ derives from the Greek word “*paracletos*,” which can be translated as ‘Defense Lawyer’. We engage a lawyer to fight our case against our opponents and to get justice done.

In the Acts of the Apostles, we read about how Paul and Silas were dragged, beaten and thrown into prison, then chained like animals to a stake (Acts 16: 22-24). Further we read that at this moment, Paul and Silas took out their cell phones and dialed their Defense Lawyer, the Holy Spirit. Both of them, through prayers and praises (Acts 16: 25) communicated to their Lawyer, who in turn understood the details of their case.

The Advocate appealed the case directly to the Judge, the Father, who pronounced the verdict “innocent” without delay. Both Paul and Silas, along with other prisoners were set free. As additional fruit of their prayer, the jailer and his family repented and baptized to accept the teachings of Christ (Acts 16:32).

If we give prayer and praise first preference in our life, we offer God a chance to enthrone Himself in our families. Let the Pentecost, the outpouring of the Holy Spirit take place everyday in our lives! During this summer, let us feel the warmth of the Father by making prayer constant in our family life.

Fr. Augustine D’Souza, | OFM Cap.

LOOKING BACK AT 2013-2014: AN MCA-EC BOARD REFLECTION

As you know, my tenure as VP-Membership has ended. It was a wonderful experience being a part of the board, especially being with such a dynamic group. I never knew the time and achievement each event takes, until I became a part of the board. Even though it's a voluntary thing, lot of time & effort is put in by each board member to bring events of such magnitude.

As a Board member, one of the positive outcomes, I have seen is that there was a sizeable PA vado participation for this end of the year picnic event, which made me really happy.

I wish MCA-EC all the very best and hope the Lord gives strength to all the Board members to carry on this wonderful journey in bringing more Mangalorean Catholics under one umbrella.

We all can and will make this Association grow by leaps & bounds, with the help of each other.

-Neeta Mascarenhas, VP of Membership, 2013-14

Having been a part of MCA-EC, my family and I have found ourselves actively participating at all the events. My husband John was elected as treasurer for two years and then I have been an event coordinator since last year, which has helped us bring in new ideas to make MCA-EC a more vibrant community. I am part of the New Jersey based Fatima Vado and have coordinated dances and practices for Monti Fest and the Christmas events for the past 3 years. It has helped me meet new talent within my Vado and has allowed me to work with kids, which I love doing. It makes my time and effort totally worth it when planning games for the picnic or seeing these kids shine on stage, whether it is seeing them act their part for the nativity play or dancing at the Monti Fest cultural event. I enjoyed emceeing the Christmas Gala in December along with Brian our DJ. Since I was six and a half months pregnant, I think our baby Alexia enjoyed it, too. I can't wait to involve her in future community events.

I look forward to many enjoyable years with the MCA-EC community, either as a member of the board or as an actively participating member. This is our family away from home.

-Michelle Fernandes, VP of Programs, 2013-2015

Incoming Presidential Letter: Roshan D'Mello, MCA-EC President 2014-15



As the sun rose on June 14th, 2014, we made history as MCA-EC celebrated its 5th year anniversary. This was quite an achievement for a small Mangalorean community in this great nation of rich diversity. We are lucky to be on this exceptionally remarkable and enriching journey. We have reached a pinnacle where we have developed a fantastic culture of openness, connection, natural networking, transparency and great community spirit. The progress we have witnessed over the last few years within this association has been due to some extraordinary commitment, resilience, hard work and passion exhibited by the past and current board members but equally due to each and every MCA-EC family who's pride in being Mangalorean and attending our events religiously year over year made it a huge success.

Our accomplishment thus far has been fabulous considering we are a non-profit association run by volunteers. Our events over the past couple of years have scaled especially since attendees and memberships have increased. The challenge is enormous and so is the pressure on board members to organize a top notch event through crisp planning with our modest source of revenue streams like membership and low event fees. Despite these challenges, I am confident that this new board under my leadership will continue to bring value and pioneer our way forward.

It is an honor to serve as the President of this association but more than that it has been my great privilege to work with exceptionally dedicated and skilled board members for the past two years. I am happy that on this new board we have members with outstanding capabilities and competence. I firmly believe that we as the new board will pave the way forward for many more success stories. We all have a dream to see this association grow from strength to strength. We will hang on to our values, seize the initiatives to lay a foundation for the next generation of our association. We will capitalize on opportunities that will make a difference and overcome our challenges.

I would like to thank the outgoing board members, especially Arun Menezes for his selfless service to the association. I thank each and every one of you from the bottom of my heart for your contribution and support towards this association and we look forward to more of your support, as always. God bless you all and God bless the MCA-EC!

An Anniversary Commemoration:
by MCA-EC Past President Manesh Aranha, 2009-2010



June 2014 marks an important milestone for MCA-EC, as it celebrates the 5th anniversary of its founding. The vision of a few Mangaloreans resulted in the establishment of this Association in June 2009.

Monthi fest was the first festival celebration of the MCA-EC. This day is still very fresh in my mind. I was astounded by the response we received, two days before the event, a challenge which was so easily met with the enthusiasm of our fellow Mangaloreans. Ever since that challenge, there has been no turning back. One event led to another, and today we can proudly say that we have over 400 enthusiastic members, always willing to share their talents and skills, not forgetting cooperation and team spirit.

In these 5 years, I can proudly state that MCA-EC has successfully continued in stride, helping to build new relationships and cement old ones! Another positive development was the creation of vados. The vados further strengthen MCA-EC enriching the spiritual and cultural growth of its members.

As I reflect on the growth of the organization since its inception, I only feel assured MCA-EC will grow from strength to strength. Our focus in developing our youth today, will only cement a brighter future to keep our Mangalorean culture active and alive for many years to follow. It is my vision to host a Mangalorean cultural convention for the whole of North America. I feel assured that the vibrant community of MCA-EC will go a long way to fulfill this dream.

Sincerely, Manesh Aranha

A Reflection on MCA-EC, Past and Future: **Mark Lancy Mendonca, Co-founder and Past President 2010-11**



As I reflect on the past five years, it is evident that MCA-EC has grown many folds and is one of the best managed non-profit organizations in the world. The credit goes to many leaders who toiled hard under the hot sun to make this a successful organization. In a very short span of five years, MCA-EC has become dear and near to its members and has become a platform to connect and strengthen Mangaloreans.

There is no doubt that there were challenges, but every challenge has been seen as the opportunity to thrive. For example, just think of the summer picnic of 2013, when the leadership got the call from the township at 4 PM the previous day that the picnic venue would not be available the next day due to heavy flooding. The swift action by the SWAT team and generosity of the members made the summer picnic possible despite inclement weather.

From a technology front, we have the best event registration portal. From my experience, many organizations spend millions of dollars to stand up a portal like this, but MCA-EC members accomplished this by sacrificing their personal time.

Think of the MCA-EC logo, MCA-EC newsletter, MCA-EC website, MCA-EC communications...none of these are lesser than Fortune 500 companies from a quality perspective. We have a global brand, MCA-EC, and it is recognized by many. Most importantly, the bond that we have, the feeling of togetherness, the helping nature, have made all of us feel connected. The greatest accomplishment of all is that members have started referring to MCA-EC events as “Our events” instead of “Your events.” This is the sense of ownership and this sense of ownership coupled with the passion for MCA-EC will make MCA-EC one of the best organizations in the world!

Stock market analysts say, “Past history is not a guarantee of future performance.” However, we know that something that starts well has a better probability of success. Looking at the passion and commitment of the past, present and future executive board, the able gurdars, the silent leaders, the mentors, spiritual directors, the volunteers, and the unwavering support from members, I am confident that this organization will continue to grow under the wings of the merciful God. Let’s never forget that God is always amongst us and with His help, we will continue to advance towards our vision of “Connecting People, Promoting Culture.” Together, we can thrive!

**A Tribute to MCA-EC:
Gladwin D'Souza, Past President 2011-12**



Wow, I can't believe it has been 5 years. As an Ex-President of MCA-EC, I have been humbled to see 5 years of consistent growth. MCA-EC is now on the map as the fastest growing organization in the North East.

The best thing I like about the organization is the blend of Spiritual and social life. It is a great environment to meet fellow Mangaloreans who share the same beliefs as I do. MCA-EC also provides a safe and cordial environment for our children and a great platform to develop leadership skills for youth and adults. I see my child creating friendships with other children that will last a lifetime. During my tenure, I met wonderful leaders (my fellow board members) who worked zealously to take the organization to new levels. Passing on the baton to new leaders coming forth was a welcoming sight. Implementing the Vado concept has helped in developing closer relationships and bonding between families. The biggest asset or strength of our organization has been the strong spiritual foundation. The Monthi Fest celebration, Stations of the Cross during Lent, Rosary, Day Retreats, etc., have been highlights of blending spiritual events, in addition to our social events, namely the Christmas dance and the annual picnic.

I am proud to be associated with our growing MCA-EC organization and I visualize our youth taking over the mantle of leadership of the organization in the coming years bringing in new ideas and excitement. God bless our organization, all its members and of course, our awesome Board.

A Testimony to MCA-EC **by Former President Steven Aranha, 2012-13**



When I received the email in summer of 2009 about the formation of a Mangalorean Association, I got very excited. I knew it was the beginning of a new chapter. I invited our friends, which at that time was limited to one family. I spoke to Mark, who was organizing the event and told him that I was glad to see it all happen.

I always look forward to MCA–EC events with my family. I migrated to USA in 1994 and until 2009 had only one Mangalorean family friend. In 2009, that grew to 100. What a change, which I can never forget!

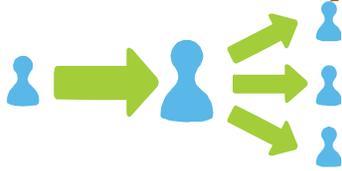
“You never forget your first time,” and this was my first time meeting so many Mangaloreans in USA. I was given an opportunity in 2011 to be the VP of Programs. This was the first time in my life, I let go of my stage fear. I took the position as the President of MCA-EC in 2012. I was thrilled to lead this organization.

I felt all the difference and my hard work paying off when my child was diagnosed with leukemia in October 2013. I received so many emails and prayers, that it was very comforting. At the present time, my daughter is doing very well with her treatment. I can only credit this to our Lord Jesus and prayers from all my friends at MCA-EC. I am looking forward to serve this community once again and take this organization to another level. There is nothing like this, where we can show our kids their origin.

Praise the lord and long live MCA-EC!

Thank you,
Steven Aranha

MCA-EC's Birth Demystified



by Mark Lancy Mendonca

Henry Ford said, “Coming together is a beginning; keeping together is progress; working together is success.” Yes, we came together at the beginning, made progress, and worked together. Today, MCA-EC has been recognized as a vital organization for Mangaloreans on the East Coast to connect and cherish rich Mangalorean culture. As MCA-EC celebrates its 5th birthday, I would like to provide a brief history of its genesis and demystify some of the myths surrounding its birth.

Our story is no different than that of the birth of several great organizations, which started at the basement of a house or at a car garage. About 8 families, all from Mangalorean origin, used to meet together and celebrate events as one big Mangalorean family.

One day, one of the members jokingly said, “I am tired of looking at the same ‘old’ faces.” This triggered the thought of expanding our family by reaching out to other fellow Mangaloreans. We all agreed, but no one took any action. We met again (in fact, met several times) and we discussed the same thing, but took no action. Finally, I was assigned to draft an email to these 8 families and thought about forwarding the email to our friends as a chain letter. Despite a great plan, procrastination took us nowhere.

Several months passed and one day I was talking about this, and my wife became irritated and shouted at me, “If you do not send this email today, never bring this topic up, again.” Well, suddenly, I had the energy and wisdom to write the email and forward it to 8 families with the request to forward it to their friends and family members. The email contained our initial vision for the organization, logistics for our inaugural potluck meeting, and other information about how to sign up for the potluck.

We booked a small park in Woodbridge, NJ with the expectation of about 50 or so people attending. The eight families shared most of the expenses for this maiden get-together. To our surprise, about 150 guests from over six states (Massachusetts, Connecticut, New York, New Jersey, Pennsylvania and Maryland) graced the inaugural of the Mangalorean Catholic Association, at William Warren Park, New Jersey on Sunday, June 7, 2009. The weather was splendid, and the park provided a magnificent setting for partygoers, who enjoyed great food, wonderful company and the opportunity to meet fellow Mangalorean Catholics. All who attended brought

delicious, authentic Mangalorean food and Lorna Tauro had the logistic nightmare of finding a table to place the food.



Figure 1: Founding members (People in the inner circle served as part of the MCA-EC Executive Board)

The day started with a prayer by Melvin Mendonca, followed by a Konkani hymn by Merlin Mendonca and her team. I was the MC of the event and, as such, greeted the guests. This was followed by a keynote address by Lynn D'Souza, who emphasized the importance of upholding our Catholic faith and Mangalorean tradition to create a rich platform for the next generation. The ice breaker, a fun-filled activity, was arranged thereafter by the founders, in which the participation by the guests was animated and enthusiastic.

Lunch was a delectable spread of fine Mangalorean cuisine. Mealtime allowed for the guests to socialize, interact, and to get to know each other better. After lunch, team building activities were conducted by Kevin D'Costa. Next, the executive board was selected and the name of the organization was finalized as Mangalorean Catholic Association of East Coast (MCA-EC).

Manesh Aranha was elected as the president of the Association. Grace Baretto, Kevin D'Costa and Lynn D'Souza, respectively, were elected to the posts of vice-presidents of program, membership and public relations. Roweena Rego was elected as the secretary and Violet Monis, the treasurer. A team of four was chosen as the webmasters: Daryl Martis, Dilip Lewis, Collins Lewis and John Aranha. Edridge D'Souza and Clayton Monis, both twelve-year-olds, volunteered to be the webmasters of the junior wing of the organization. Joe Martis, Mark Mendonca, Charles Rodrigues and Brian Santhumayor were chosen as mentors to guide the executive board. After another round of fun and games in the evening by Kevin D'costa and Ravi Rego, the event ended with a vote of thanks by Christopher Monis.

So, there you have it, MCA-EC's birth demystified!

MCA-EC Culinary Masterpieces



Below are the award-winning Mangalorean recipes from our annual MCA-EC Picnic cooking competition. Try these recipes out to impress all your friends and family (and your own tummy!).

Shrimp Sukkha by Antony Serravo



Ingredients: 1lb medium size shrimp (with tail-on), 2 cups shredded coconut, 4 tablespoons oil, 1 tablespoon bafat powder, 1/4 tsp turmeric powder, 2 small size onions, 20 curry leaves, 1 full garlic (crushed finely), 3 whole red chili, 1.5 tablespoons cumin seeds, ice cube sized tamarind soaked in half cup water, salt to taste.

Marinate and wash shrimp, draining all water. Add tamarind water plus salt, turmeric powder and bafat, then mix well and keep marinated at least for 2 hours or overnight in the refrigerator. For the gravy, first, finely grind cumin seeds. Take the shredded coconut in a regular mixer and add grinded cumin powder to it. Grind it coarsely. Take one onion and chop it finely and fry with 2 tablespoons oil until brown, then add coarsely ground coconut to it. Keep stirring, then add curry leaves, red chilli and crushed garlic. Stir on medium flame until coconut is slightly brown. Take another onion, chop finely and fry with 2 tablespoons oil until brown, then add marinated shrimp to it, and cook for 8-10 minutes on medium flame without covering the pan. When the shrimp starts losing some water, add the coconut gravy (if it is too thick, add a little water) and stir for 2 minutes. Your shrimp sukkah is ready!

Mandas by Cocess Arumugam



Ingredients: 2 cups boiled rice, 1/2 teaspoon methi, 2 cans of jackfruit, 1 cup coconut, 10 peppercorns, jaggery, according to taste, cardamom powder, according to taste, salt, according to taste.

Soak 2 cups parboiled rice with 1/2 teaspoon methi for 3 hours. Grind the soaked rice and methi along with 2-3 cans of jackfruit, 1 cup of coconut, 10 peppercorns, and jaggery according to your taste for sweetness with a pinch of salt. Keep the entire batter outside for 3 hours until it settles. Take a vessel and spread a little ghee at the bottom. Pour 1 layer of batter. Steam the mixture as it is or you can also stuff one layer of jaggery and coconut and pour one more top layer of the batter, then steam/pressure cook it for 3 whistles. After 3 whistles, reduce the flame to simmering and let it cook for 5 minutes. You can also add cardamom powder to the mixture. Open, cut and eat!

Sukurunde by Arine Aranha



Ingredients: 500 grams moong dal boiled in 3-4 cups of water, 1 whole coconut (narial) scraped flakes, 1/2 teaspoon cardamom powdered for flavor, 200 grams jaggery for taste, 500 grams rice raw or maida for batter, water as required for batter preparation, 250 ml. cooking oil for frying

Sukurunde means sweet buns. Follow these steps to prepare them: First boil the moong dhal, in 2 to 3 cups of water, (the water should be slightly higher than the surface of the dhal). After it is boiled, it should be sufficiently dry and cooked. Scrape the coconut, and add it to the cooked dal, together with the cardamom powder. Add jaggery and mix well by mashing the mixture thin until it becomes one homogenous whole. Then take a handful of the mixture and form flat cakes about 2 inches in diameter, and a quarter centimeter thick. Let us call these moong dal-cakes.

Prepare the batter from the soaked raw rice, or maida which should be of the consistency in which the batter will stick to the cake when dipped. Dip the moong dal-cakes, and fry them in hot cooking oil, in a deep frying pan. Remove the cakes after they turn brown with a perforated ladle, then place them in a wicker basket lined with paper towels.

Quarterly Vado News

Bhagevonth Kutam Vado of PA & DE –

Summer is around the corner!

By Shilpa Menezes



Shilpa Menezes,
Gurkarn, PA-DE Vado

Did you say spring break? And did it go faster than your morning run? If you feel the weather warming up too soon, get ready, *spring is not here to stay for too long.*

I heard a mom at school say, “where did the spring break go?” and I knew instantly of one thing we did differently this year. We did not plan for the ever so famous ‘spring break’. We used every opportunity to get out and experience the bleak warmth of the sun or the cloudy days by the beach.

The spring bloom in our garden was amazing. It was fun, colorful and magical. The little creatures around the greens were happy and running around. While my husband was happy to get rid of the winter coat, I was still not ready. Yes, the snow and the winter chills were far too stretched but I was still hugging on to the memories of the fireplace and hot chai in the evenings.

But surely, Spring had arrived and there was no escaping. The weather was unpredictable but that did not stop us from getting outdoors. Between work, parent-teacher meetings and spring break projects, I, for one have decided ‘no more planning for spring break’. It was perfect and everyone at home had survived the chaos of springtime.

It is now the summer months that we await and that, makes me smile. I am looking forward to the warm breeze, wonderful long days, sunburns, sun dresses, barbecue and some great outdoors.

Like all families, our family at the Bhagevonth Kutam enjoyed a quick and a quiet spring break, experienced the joys of birth and celebrations and the sorrows of loss, pain and setbacks. A true nature of life is to endure and be hopeful. To all our readers, we wish you ‘Faith, Hope and Love’.

We are gearing up for some activities for the upcoming summer months and a Christmas Gala for the later part of the year. Stay tuned for more details in your inbox.

Congratulations to all the graduates. Our daughter Athira graduated from Elementary to Middle School next week. Girls Scout Year-end party, a graduation ceremony at school and an after-party in our yard is all set to make the Menezes household busier than ever.

And, for everybody out there, summer is truly around the corner!



Athira Menezes,
Graduating from Grade 4 to Grade 5

Summer Sun and Barbecue By Neeta Mascarenhas

Finally, summer is here. Summer is oh so beautiful, with all the wonderful scents of flowers blooming & the smell of burning wood & BBQ get-togethers which we all love.



One of the things I like for the grill along with chicken is the very versatile paneer, which can be made in many different ways. I was given this recipe by one of my friends and trust me, if followed perfectly, it comes out very well.

PANEER TIKKA

2 cups paneer cut into 2" cubes
1/2 cup capsicum cut into 2" cubes
1/2 cup thick curds (hung overnight)
1 1/2 tsp ginger-garlic paste
1 tsp chili powder (Kashmiri)
2 tsp fenugreek (kasuri methi)
1/2 tsp garam masala
1 tbsp. finely chopped cilantro
5 tbsp. oil for greasing & cooking
1 tsp chaat masala
Salt to taste

Neeta is a resident of Harrisburg, PA and enjoys the outdoors. Ask her about her spring break in Kentucky!

TO PREPARE THE MARINADE: Mix together the hung curd, ginger-garlic paste, chili powder, kasuri methi leaves crushed between the palm of your hands, garam masala, fine chopped cilantro, salt to taste, and 2 tablespoons oil. Add the paneer and capsicum to the above marinade and lightly mix it so as not to break the paneer and so that the marinade coats them very well. You can keep it overnight or 1-2 hrs in the refrigerator before preparing it. Arrange the paneer in a skewer or on BBQ sticks: first paneer, then capsicum & then paneer, again. Do not overcrowd the skewers. Sprinkle chaat masala once done. Serve with any green chutney, preferably, pudina chutney and enjoy.

NOTE: If you are using wood sticks, please do not forget to pre-soak them in water to avoid burning. Happy B'qing and don't forget to invite me!

PA SUMMER CAMPS, here we come...



Divya D'Souza has compiled a list of summer camps in the Chester County Area, full day, half day and even overnight camps.

If you don't see a camp listed here that meets your needs check out the American Camp Association (ACA) Keystone Section which has an easy to use Find-A-Camp search engine that allows parents to enter custom fields to locate day and overnight camps, you can find it, and other good information, at <http://www.campparents.org>.

Note: Each of the camps listed below have hyperlinks embedded into their headings. Use the hyperlinks to review their specific websites for more information.

Divya is an active member of our Vado, a busy professional with excellent baking skills and a dedicated mom.

Overnight Camps

- **Golden Slipper**, **Location:** Bartonsville, PA (Near Stroudsburg), but main office is located in Bala Cynwyd, PA, **Ages:** 7-15 for campers... 16= counselor in training
- **Julian Krinsky Camps and Programs**, **Location:** Haverford College or Villanova University, **Ages:** 10-17

Full Day Camps

- **Trashcan Lacrosse**, **Location:** Episcopal Academy, United Sports & Westtown School, **Ages:** 8-14
- **Malvern Preparatory School Summer Camps**, **Location:** 418 South Warren Avenue Malvern, PA
- **Valley Forge Educational Services' Summer Matters Camp**, **Location:** 1777 North Valley Rd., P.O. Box 730 Paoli, PA 19301, **Ages:** 5-21
- **Exton Adventure Camp**, **Location:** 701 Haywood Drive Exton Pa , **Ages:** 7-11
- **Briarwood Day Camp** , **Location:** Furlong, Bucks County, PA, **Ages:** 3-14 years old
- **Summer Discovery**, **Location:** University of PA, **Ages:** Grades 9,10,11,12
- **Green Valleys Association's Summer Nature Day Camps**, **Location:** Green Valleys Association at Welkinweir Arboretum 1368 Prizer Road, Pottstown, PA 19465, **Ages:** 4-14
- **Summer Creative Arts Camp at The Center on Central**, **Location:** The Center on Central | 24 W. Central Ave. | Paoli PA 19301, **Ages:** 5-12 yrs old
- **Benchmark School Camp**, **Location:** Benchmark School 2107 North Providence Road, Media, PA, **Ages:** 6-11 years old
- **Rock & Roll After School Summer Band Camp**, **Location:** 400 Franklin Ave, Suite #109, Phoenixville, PA 19460, **Ages:** 7 to 17 years old
- **Villanova Boys Soccer Camp** , **Location:** Villanova University, **Ages:** Session I: (Boys 6yrs- 18yrs old), Session II: (Boys 11yrs-18yrs old)
- **Art Partners Studio**, **Location:** 524 E. Lincoln Hwy Coatesville, PA 19320. **Ages:** 6-15
- **Main Line Art Center**, **Location:** Haverford, PA. **Ages:** 4-13 years old (Teen Studios offered for ages 13-18)
- **Camp Walnut**, **Location:** 825 Walnut Street, Philadelphia, PA 19107, **Ages:** 8-18, **Times:** July 7 – August 3, Monday – Thursday, 9:30am to 3:30pm / 4:30pm. Early drop off starting at 8:45 and after care until 6pm
- **Children's Summer Dance Camp** , **Location:** The Dance Center, Howard Business Park, 317 Westtown Road, West Chester PA , **Ages:** Two age groups: 6-8 & 9-11 , **Times:** July 16-19
- **Kimberton Dance Academy Summer Camps and Dance Intensives** , **Location:** Phoenixville, PA **Ages:** 4-6, 7-12, and 13+

DE SUMMER CAMPS, here we come...



And for those planning to take those trips to Delaware, **Sweetie Lewis**, has compiled a quick list for outdoors and camps in the region. Check out the links below.

- <http://www.brandywinezoo.org/camp.html>
- <http://siegeljcc.org/camps>
- <https://www.dtcc.edu/continuing-education/youth-programs/stantonwilmington#summer>
- <http://www.destateparks.com/programs/summer-camps/>

Sweetie is a resident of Delaware and a very new member of our Vado.

NY Kursa Vado



As we all celebrated **Easter**, which marks the beginning of the church calendar, we at Kursa Vado all met at Diana & Stanley house to celebrate. It was pot luck and everyone joined with their favorite delicacy. The kids had a blast, since they were all meeting after a long break. It gave both kids and adults a time to catch up. There were games, music and dance. It was nice to see everyone having their share of fun and frolic. Now that we are in

the middle of spring, some of us are busy putting our gardening skills to work, resulting in beautiful surroundings, with colorful flowers and herbs, attracting bees and butterflies. While some of us are dealing with spring allergies, the fortunate ones are busy shopping and getting ready to reunite with their families



back home. It is really touching to hear kids making a list of what to take for their cousins in India. Now that the kids are on their last leg of this academic year, plans are in the air on how to spend the summer vacations and beat the heat!



Birthdays are fun to celebrate. They are more fun filled when an adult birthday is celebrated as a surprise. Kursa vado had something similar when the Vado decided to celebrate **Anthony' Seravo's birthday** at one of the vado's gathering.



Celebrating a kid's birthdays in Kursa Vado is an every weekend affair. This time around, we celebrated **Shane Quadras' birthday** at their residence in the Bronx. A delicious, homemade cake from Shane' sister Shyna was the surprise for all.

Kursa vado is going big on playing some good games during every get-togethers. For the folks going on summer vacation, stay cool and hydrated and for those travelling, have a safe and fun filled trip.

Fatima Vado, Piscataway

As we concluded the month of May we continued to show our reverence towards our Mother Mary. The Fatima Vado members each have their own way of showing their love for the precious mother who held the pain of seven swords piercing her selfless and compassionate heart. It makes us wonder how she could have done it. Imagine a great epidemic that overflows the world. It first starts in Africa with no cure, and while you hear about this happening, you say “Oh no! How sad!”, yet continue eating your dinner and moving on with your life. Then, over a couple days, the epidemic spreads to Asia, then Europe, and soon creeps its way into the United States. Terror has spread. The only cure can come from one specific and pure blood. Doctors and nurses all around the world are in search of this person who has it. They come to your town and check you, your husband, and then your son. They tell you that you and your husband are not the one but your son seems to be the perfect match. He is the cure! There is joy! Everyone around the world is so happy! They take your son away and tell you to tell him goodbye. You ask why, and they reply that they didn’t know he would be so young and that he wouldn’t survive the procedure. You have a choice, to let the world die or let your son die. You sacrifice your son. The whole week, people are so proud of you and your son but the next month or year, everyone carries on as if it never happened and continues their lives. This was how it was for Mother Mary. God gave his only son to this world under the care of Mother Mary only for him to die to save the whole world. Jesus is the only pure and holy one who could save us all, but imagine the pain Mother Mary had to go through. The sorrow, the anguish, the love, the pain, and the tears felt. We never think from her perspective, yet we ought to. When we say the rosary, do we actually think about what it means? Do we actually show the love our Mother deserves? Or, do we just say it because we have to, and then continue on with our lives just like those people did? Maybe this time, we can actually reflect on what we say and think from our Mother’s point of view. Maybe this time, we can see the suffering and love she has had for us all along.

~ Susanna D’Souza

As we show our love for Mother Mary, there have also been a lot of very important things that have happened in the month of May in our vado. Our vado baby, Alexia D’Souza received Baptism! She is now a member of the Church, and has strengthened her love with God. We are very joyous and hope Alexia flourishes with the rest of the sacraments awaiting her along her journey in life. Congrats! Another sacrament took place, recently. Through the beautiful sacrament of confirmation, one of our vado youth members received the Holy Spirit in her life this month: Stacey Barretto has been strengthened with the Holy Spirit, as she fully accepted Our Lord in her life. We are very proud of her since receiving confirmation is a huge and important occasion to be jovial about. Another memorable event happened: our youth vado member, Brandon D’Souza graduated from high school! Now, many people would think of being a doctor or maybe an engineer, but what Brandon picked, surprised everybody. Can you guess what Brandon planned for his future? He has been one of the select few who have been accepted in the Naval Academy! That’s right, the Naval Academy which is

a prestigious career in which very few are accepted out of the thousands and thousands who apply! We salute him for being so brave and we wish him good luck! This is just the beginning for Brandon D'Souza!!! As you see, this season has been a very productive and beautiful one, with much to be proud of for all of us!

~ Leann Rego

April 25th was an evening to remember for mothers-to-be Joyline Quadros and Sharlet Banji. Many ladies of the Fatima Vado planned their baby shower. Since both mothers-to-be are expecting their first baby, the Vado decided to present a traditional Mangalorean style event. The ladies helped the mothers dress into sarees, with the fragrant *mogranche phool* decked on their hair. The elderly Vado ladies represented as mothers to Sharlet and Joyline, blessed them and presented them with gifts, while the vado joined in a mix of traditional and modern songs. The Vado kids choreographed a dance and chose several songs for music, which kept the whole vado singing and dancing through the evening. For Joyline and Sharlet, this was an evening full of Vado emotions, Vado surprises and Vado love and warmth, which they will cherish as they move into a new life of motherhood.



~ Jaison Banji

A GUIDE TO OUR VADO!

As MCA-EC continues to flourish with more and more members, our vado continues to grow. Our Fatima Vado would like to make it easier for those new members to find their way around in our area. This is a small interview we had with our vado.

Q: What is the best grocery store to shop for your household items?

A: Our Vado picked these stores: Pathidar, Whole Foods, Trader Joe's and Shoprite

Q: What is your favorite restaurant to go to with your family and friends?

A: Our Vado picked these restaurants: Lucas, Cheesecake Factory, On the Borders, Olive Garden, Anjapur, and Sarvanah Bhavan

Q: What is your favorite hangout area to be with your friends and family?

A: Our Vado picked these hangouts: Each other's homes, parks, theaters, and restaurants.

~ Leann and Susanna

SUMMER! IS IT REALLY YOU?

I would like to start off by congratulating our current board members and past board members on completing five successful and glorious years. This is a great milestone in establishing a firm foundation to our future endeavors.

The association has seen tremendous growth since its inception, but what makes a vibrant Mangalorean Catholic Association?

Well, it's the energetic children and vibrant adults who are ever ready to get involved. We specially thank all our fellow Mangaloreans for their active participation in all the activities of the MCA-EC. Your support and involvement is what moves us from strength to strength.

So at Moriye Vado, What have we been up to? Hmm... Where do I start...?

The second quarter started off with the hunt to find a new gurkar. Alas! We're proud and happy to present Ronald D'Souza as our Gurkar and Violet Monis as gurkarn for the year 2014-2015. Violet will be supporting Ron in his efforts towards our ever growing Vado.

We're thrilled and excited to note that Roshan D'Mello will be the President of the MCA-EC. Harry Pinto, Naveen Sequiera and Gladson Cardoza are the other newly elected board members who will be working closely with Roshan. We wish you all the very best for a great term and y'all know we've got your back here at Moriye Vado.

Blast from the Past.

We were pleasantly surprised when our 1st Gurkar dropped by to say hi! He flew all the way from SFO to NJ, and boy, were we happy to see him, so, how could I resist a picture perfect moment with our Gurkars and Gurkarns?

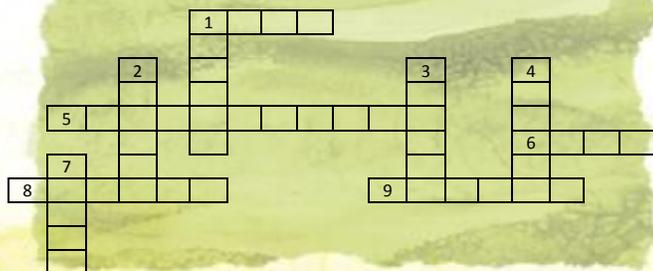


What's in this issue?

- *MCA-EC: A History Lesson!*
- *Youth Leadership Program*
- *Art and Crafts Central*
- *Cooking up some...Potpourri*
- *I've got a poet in me!*

MCA-EC HISTORY

Chapter 1: Know your founders! ☺ Just kidding, I thought of coming up with a fun way to remember our Vado members who were also past board members.



Here are the clues:

ACROSS

- 1 He is bald and beauuuuttiffull, need we say more?
- 5 I'm as saintly as my name, why stick to 1 name when I'm given 3?
- 6 An apple a day keeps the doctor away; luckily there are other fruits in the bowl! Because this Doc, needs to stay.
- 8 A Pharmacist by Day and a Party Planner by night. Well, that's how she rolls.
- 9 Her Thumkas are like Sheela and her Dhumkas like Munni.

DOWN

- 1 Our founding President loves rules but luckily, knows when to break them!
- 2 Dancer & Prancer, Writer & Singer, these few qualities truly describe her. She is like an energizer battery ever ready for challenges.
- 3 Talents unlimited, is the way to describe her, she set our accounts straight with her trusted calculator.
- 4 Roses are Red, ____ are Blue, and People like her are very few.
- 7 Dial 1-800-FOOTBALL, 1-800-TENNIS, 1-800-DIY, 1-800-GARDENING, 1-800-BEER?!? If you know him, you also know he's the "go to" guy for 1-800-HELP

YLP 2: Youth Leadership Program

The Youth Leadership Program started off on a great note! We're happy to see not only the children involved, but the parents too.

Under the guidance of Mark Mendonca and Manesh Aranha, the children are learning different aspects of public speaking, such as keywords to use, ums and aahs!, posture, gestures, engaging a crowd, etc.

YLP 2 has 13 children registered. They are divided into two groups. Each week one group speaks and the other group assumes duties of a time keeper, a grammarian, a table topics master, general evaluator and the Toastmaster.

While the speakers are evaluated by their peers, they also receive expert advice from toastmasters Mark and Manesh. Parents are also engaged themselves by providing feedback to the children, which I feel is very motivating to the children.

All I can say is that my last experience at the YLP 2 showed me hidden potential and talent in the MCAEC children. They're simply awesome!

Arts Central



Artwork by Giselle D'Souza

COOKING UP SOME Orange Spice Potpourri

By Manasa Rego

Here's an easy, "do it yourself" potpourri recipe. The ingredients are easy to find; most of them are readily available in your kitchen.

The citrus notes of the potpourri are sure to appeal to your senses. They can also add fragrance to your home, office space and car or wherever you choose to put it.

You will need:

2-3 Oranges
1 Lemon
1 Grapefruit
1 Tbsp. ground cinnamon
2 Cinnamon sticks
4 Star Anise, whole
Natural Orange essence *Optional

Preheat the oven to 200 degrees. Line a baking sheet with parchment.

Slice the citrus fruit as thin as you can. Place slices in a single layer on a towel. Press the fruit segments to release the juice, but try to keep the fruit segments in place. This will make a prettier presentation when dried.

Place the citrus slices in a single layer on the parchment. Sprinkle with cinnamon. Bake for 1 hour, and then turn and check your fruit. They should be dried, but do not allow it to become brown or get burnt. This alone will make your house smell amazing! Bake for some more time if required, but again, do not allow to brown or burn.

When dried and cooled, arrange the citrus slices and other spices in your potpourri bowl and place them around the house. If you want a stronger scent or it starts to fade, sprinkle with natural orange essence for a boost.

Our Flag

A Dutchman was explaining the red, white, and blue Netherlands flag to an American.

"Our flag is symbolic of our taxes. We get red when we talk about them, white when we get our tax bills, and blue after we pay them."

The American nodded. "It's the same in the US, only we see stars, too!"

FISH

By Melanie Mendonca, 5th Grade

Sparkles in the light
Glitters really bright
Its rainbow scales glow
As the sea begins to flow

It confidently catches its prey
It makes me smile everyday
It bubbles in the sea
As it swims peacefully

Swimming side by side
In the cool waters, it glides
Eating smaller fish
As a delicious dish

Black beady eyes
In the water
The rainbow fish beautifully lies!



WELCOME TO MORIYE VADO!

If you are new to the neighborhood and you're looking to meet or make great friends, here is a great place to start!

Gurkars – Vado Leaders

We are happy to introduce Ronald D'souza as Gurkar and Violet Monis as Gurkarn for our Vado. We look forward to stronger relations and better opportunities under their leadership.

We sincerely thank our ex-Gurkarn Anita Pinto and ex-Gurkar Melvin Mendonca for doing such a great job in keeping all of the members updated and connected throughout their term. They've helped our Vado become more united and have brought many more families together.

History

The Vado was founded around the friendly neighborhoods of Iselin, Edison, Hillsboro, Manalapan, New Brunswick, Secaucus and Woodbridge. Pretty big neighborhood!

Eric Correa was our First Gurkar, who not only took up this position enthusiastically but did a fantastic job along the way!

It was during Hurricane Sandy that we saw our Vado grow closer. We realized one thing that day, come rain, shine or storm, as long as we have each other, all will be well!!

We're more than glad to reach out and welcome our fellow Mangaloreans. So, if you're around and you're looking for a place to mingle, have some fun, share some light moments or get involved in MCA-EC Activities, we warmly welcome you to join.

GOOD PLACES TO EAT!

Brother Jimmy's Barbeque, New Brunswick, NJ

It's a great place for some Southern Style BBQ. The rib tips were amazing. The entrée platters are generous and can be split easily. The place has got a hip vibe, since it is in the heart of Rutgers.

Joia De Portugal, Roselle Park, NJ

Great place to have a wonderful Spanish or Portuguese meal. The ambience is beautiful and the service is great! The Paella is awesome, can feed three hungry people, and should be followed by some garlic shrimp!

TIME TO PLANT SOME

Gasko's Family Farm

Spring has arrived at the Gasko's Family Farm and Greenhouse (112 Federal Road, Monroe Twp, NJ 08831). I agree, it's quite a drive for people in the Woodbridge/Edison area, but offers a huge selection of plants and trees, herbs, veggies, flowers, fruits, shrubs, and snowman topiaries, to name a few!

Open Daily Mon-Sat 9 to 5 and on Sun 9 to 3. If you're up for a drive, and would like to save up on some green, I would advise you make the trip! Oh! And, please carry cash or a check! No credit cards accepted.

Summer Bucket List

- **Cherry Picking.**
- **BBQ on the Beach.**
- **Watch a Movie in the Park (Royal Albert's hosts a free dinner and movie for Children at the Alvin P. Williams Park in Sewaren ON Summer Weekends).**
- **See a play in the Park.**
- **White Water Rafting, again!**
- **Peach/Apple Picking (Freehold Farm has the juiciest and biggest peaches I've ever seen).**

Coming Up...

Summer Sports Training for Kids

-By Ryan D'Souza, Harry Pinto, Kevin D'Costa, Vijai Furtado and Rowena D'Souza

June 2014 to August 2014

Kennedy Park Elementary School #24

We have activities such as Soccer, Swimming and Field and Track Training.

Annual Vado Picnic

Organized by Kevin D'Costa and Ivan D'Souza

September 2014

Details to Follow

*From all of us at Moriyé Vado,
We would like to wish everyone a fun-filled,
super-duper Summer!*



MORIYE VADO

Gurkar: Ron D'Souza

Gurkarn: Violet Monis

Reach us @: moriyevado@googlegroups.com

Editor: Arine Aranha

Member Poetry Spotlight

My Glorious Childhood By Rennie Monteiro



*Times were tough when we were growing
Money was scarce
But I know in my childhood
I grew up having it all*

*Mom stayed home and cooked for us
Dad worked to earn our daily bread
We all sat around the table at dinner
Waiting for the meal to be placed*

*There were no fancy gadgets to make the meal
Or a restaurant to order from
We all ate Mom's home cooking
And boy nothing could beat it*

*There was no dining in front of the TV
Or cell phone in our hand
Nor was the stereo blasting
We just had the family talk*

*Around the table as we dined
Everyone in their place
There were no surprises
We recognized every face*

*Brothers to the left of me
Sister to the right
That's how dinner was eaten
Every single night*

*We laughed, we joked, we talked, we ate
We were a family, don't you see
Though some may have been raised poor
You can see it wasn't me*

*We ate fish curry, rice
We ate our veggies, too
We were appreciative of Mama and Papa
We used the magic words thank you and please*

*So when you talk of family life
Or how it used to be
Though many had more money
None were as rich as me!*

Around the World: A South American Adventure



Article by Diana Lewis/Photos by Roshan Lewis

With the World Cup being held in Brazil, the memories of our trip to South America come flooding back. Below is an abridged reprint of an article I wrote for Mangalorean.com several years ago. [To see the original, with additional photos, click A South American Adventure.](#)

Our 2-week South America trip (Peru, Argentina and Brazil) was so picturesque that we ended up with over 2,000 photos! Here are just a few of the pictures to summarize our spectacular journey which included 7 cities and 2 new Wonders of the World:

Peru: Machu Picchu: The sight of the ruins of this ancient, once "lost" city took our breath away. Perched atop a mountain and surrounded by a forest of clouds, the panorama was nothing short of celestial. All the positive "M" adjectives came to mind to describe Machu Picchu: Magnificent, Marvelous, Mesmerizing, Mysterious, Miraculous etc. Machu Picchu was an Incan city built around 1450 and abandoned about 100 years later during the Spanish conquest of the Inca empire. It was never discovered by the Spanish conquerors and it remained hidden until 1911, when an American anthropologist named Hiram Bingham discovered it. It is a maze of empty plazas, chambers and palaces connected by stairways carved out of solid rock. The glorious terraces are simply unforgettable! It is no wonder that Machu Picchu was voted as a new Wonder of the World.



Peru: Puerto Maldonado/Amazon Rainforest And River: Puerto Maldonado is one of the gateways into the Peruvian side of the Amazon Rainforest. The Amazon encompasses 1.2 billion acres and it is located within 9 countries, Brazil, Columbia, Peru, Venezuela, Ecuador, Bolivia, Guyana, Suriname, and French Guiana. The Amazon represents over half of the planet's remaining rainforests and comprises the largest and most species-rich tract of tropical rainforest in the world. Interestingly, as we entered the town of Puerto Maldonado (Motto: World's Most Bio-Diverse City) we felt as if we could have been in India. The most significant similarity was the mode of transportation: Bajaj scooters and Rickshaws! It was as if we had traveled to the Amazon, and accidentally landed thousands of miles away in Mangalore :-)



The familiarity of the sight made the world just a bit smaller, making us feel right at home, even in the Peruvian jungle! After a rocky ride, we ended up blowing a tire right as we arrived in the gold mining region: the riverbanks of the Madre de Dios. The Madre De Dios is a tributary off the Amazon, which is the largest river in the world by volume. Length-wise, the Amazon is just 400 meters shorter than the Nile.

Argentina: Buenos Aires: My husband and I had danced the tango for our wedding, so we were thrilled to visit the city of the tango, the so-called "Paris of South America," Buenos Aires. We started our sightseeing on Avenida 9 de Julio, the city's widest street, where we saw the city's famous Obelisk. The center of the city has an overwhelmingly European influence. The scenes were reminiscent of some of the historical sites in Madrid, indicative of its colonial past. As we walked through the city center, what was apparent was the Argentinean vibe, which could best be described as frenzied urban sophistication. From the



the Obelisk, we made our way to the Pink Presidential palace (Casa Rosada), where Evita once greeted her visitors. We then walked to Iglesia San Ignacio, the city's oldest Catholic Church. The first night concluded with a visit to Puerto Madeira, a revitalized waterfront neighborhood which is now the hottest spot for dining and nightlife. The following day, we made our way to one of the most famous historic sites in BA, the Cementario de la Recoleta, a huge cemetery that spans several city blocks, filled with over-the-top, some beautiful some outright gaudy mausoleums and tributes to the former BA residents, mostly wealthy socialites. Though the idea is a bit grotesque, people were clicking away, trying to find the most audacious memorials. We peered through the glass of some, and were shocked to find that insides of many resembled a room with an altar, along with the entombed remains of the dead. Some had staircases to underground vaults. Some were insanely ornate, to a point which seemed ludicrous, but whatever the judgment call, all of it was certainly fascinating. We ended the day by hitting Cafe Tortoni for a tango show. As expected, the audience drew a very international crowd, though mostly from Europe, the US and Japan. Before the show started, there was a wonderful introduction by the cast members, in which the lead female dancer asked audience members where they were from and then instructed the band to play a song from that particular country. There were at least 20 different countries represented in the audience and the band was able to play a song for every nation represented; however, when we mentioned India, the band was totally stumped, which gravely disappointed us :- (I later wrote a huge suggestion to the show's staff that they should ensure that they have an Indian song ready so that next time, we would hear it and be proud. When the actual tango show commenced, we were blown away. The moves were so rapid that even our professional camera wasn't fast enough to capture the drama. It was gorgeous to see, definitely money well spent. I promised the owners that many Indians would be coming to see this tango show at Cafe Tortoni soon, so please, please, I urge you to go to Argentina and see this delightful, exquisite show!

Argentina-Brazil Border: Iguazu Falls: We opted to trek toward Iguazu Falls (2nd largest, after Victoria) and see it from one of 3 vantage points. It was a bit of a walk, especially in the 90 degree



heat, but we were motivated to keep moving based on the sheer joy on the faces of the people who were returning from having seen the Falls. The exhilaration on the visitors' faces was a clear sign of something extraordinary. And, when we finally got to the Iguacu Falls, it was no longer a mystery. The Iguacu River hurtles 60 meters over a cataract several kilometers wide into a churning cauldron below, sending clouds of spray high into the air. My husband and I were astounded and wanted to stay there forever. The water was overpowering and gorgeous and even grown men were giggling at the

thrill of beholding such a daunting sight. I came to the conclusion that this main section of Iguazu shouldn't be called Devil's Throat. It should be called Heaven's Throat because it was as if we were in the inside of a celestial place. I kept asking my husband to try to capture the many rainbows we kept seeing, like the one to the left. It was just brilliant. We spent a good 15 minutes basking in the sun and in the amazingly powerful strength of the Devil's Throat portion of the falls. Spectacular was an understatement. I don't think we can ever compare seeing the falls to any other natural wonder that we have experienced. Certainly, now I understood why when Teddy Roosevelt's wife saw the falls, she exclaimed "Poor Niagara!" because Niagara is just 1/100th of the splendor of Iguazu!

Brazil-Rio De Janeiro: We took a morning cog railway ride to the top of the Corcovado Mountain (710 meters), to see the famous and newly nominated "Wonder of the World" Christ the Redeemer

statue, which is 40 meters high. At the top, we were greeted by a crowd of awestruck visitors and as we finally got to the base of the statue and looked up, we understood why. The statue itself was grand, magnificent and with its arms wide open, a great symbol of God's all-encompassing love. The magnificence of



the statue was only partially due to its sheer size; the other cause for the splendor was the Christ statue's placement atop a 360 degree panoramic view of Rio in all its grandeur, city, beaches and all. Standing atop of Corcovado, time somehow stopped, and between the statue and the views, we, along with the other visitors, took our sweet time enjoying the poignant spirituality of our location. Our 3 days in Rio was enough to convince me that we really were in Cidade Maravilhosa, the Marvelous City. It was no wonder the locals loved it so much, here was a municipality in which its residents could enjoy the beach all year round, with no more than a 10 minute commute. This city, also known as the City of God, was blessed with mountains, beaches, rainforests, samba, Carnival, and so much more. There was a distinct rhythm to the way the city and its people moved, and it was enchanting and inviting. My husband and I, even as foreigners, felt extremely at home in the heart of Rio. In fact, our Mangalorean readers would be delighted to know that one of Brazil's delicacies is Feijoada, a dish made of numerous unmentionable pork parts, just like Mangalorean sorpotel! After our brief stay in Rio, I could conclude that of all the names Brazil is known for, Brazil de Todos (translation: Brazil for Everyone) made the most sense. A notable part of the Rio portion of our trip was seeing a huge statute of Gandhi in one of Rio's many parks. The plaque below the statue stated Gandhi's message of loving all human beings, regardless of creed, race etc., and that his message was the ideal that Rio strives for. It is a universal truth that peace among all is not particular to any location on this planet but to all of humankind. Seeing Gandhi's powerful message, combining the hopes and dreams of our temporary home of Brazil with our native home of India, was indeed a fitting and wonderful end to our South American adventure. (On a side note, our entire South American trip literally brought back memories of India--- from the two Indian clothing stores we stumbled upon in the midst of both the commercial streets of Lima, Peru and Rio De Janeiro, Brazil to the restaurant called "Pub Bangalore" in the middle of Buenos Aires, Argentina. It was clear that the influence of India was just about everywhere we went...including South America!!!)

SAVE THE DATE!!!



Annual Mass & Celebration: Monthi Fest, Saturday, September 6th, 2014

A Final Word

Those of us who didn't know about the birth of this organization came to be enlightened in this edition. As a mother to a five year old, the fifth year anniversary commemoration is particularly appreciated. A mother or father can readily relate to the birthing process: whether you go through it yourself or bear witness to it, it requires months of preparation and planning, followed by pain. The pain may last minutes or hours, but the end result is nothing short of beautiful and miraculous, a child born of a blend of paradigms, intelligence, love, faith, etc. The first days are always nerve racking and full of paranoia: will she get hurt as I bathe her, could water get in her lungs accidentally, what if I hold her too tight, or forget to burp her, could the consequences be dire, or what if she is unusually quiet, do I need to check on her to see if she is still breathing? And, then as the days turn into weeks, suddenly confidence sets in, and they have their wonderful milestones, from their first smile, to rolling over, to sitting up, to crawling, then standing upright, saying their first word, to running so fast we can hardly keep up, to becoming adept at feeding themselves to becoming pros at stringing sentences together, to then one day, even coming up with some quick-witted one liners to either make you awe struck at their IQ or embarrassed that they put you in your place. Then one day, they set forth as kindergarteners, with their adorable backpacks that seem larger than their tiny bodies can carry; they seem so ready to take on the world with such confidence and independence that you can hardly recall that at one point, they were clinging to your index finger. To fully appreciate what 5 years of this organization means, all the mini-milestones, all the setbacks, all the overcome obstacles, challenges and hard fought battles, this metaphor of the child and a young organization helps place things in perspective and context. The journey has been full of so many smaller moments, so many of which have been behind the scenes. We all see the cute child, but we rarely see and comprehend all that goes into that one child, including the sick days, the tantrums, the sadness and rebellion. As we enjoy the fruits of this organization, may we all also have a sense of appreciation for all the tiny and large sacrifices that so many known and unknown members, volunteers, boards and presidents have given so graciously to us. Because of their generosity, we have collectively been able to receive such a wonderful gift, the gift of a permanent community.

As we plan the next five years, and additional milestones to check off of our lists, let's have a strong vision of what we wish to accomplish. As the Bible says, "Where there is no vision, the people perish," (Proverbs 29:18). I have always been a proponent of putting pen to paper and writing down my goals, along with a step-by-step action plan; it has always helped me succeed in every aspect of life. I encourage you all to do the same for MCA-EC. This is your organization, so, come up with a plan, and feel free to submit it for the Board's consideration. If the organization is to achieve additional growth, it can only happen with the synergy of great minds. Here are just a few items on my own wish list for the next five years, all of which require a can-do type-of-attitude, and a person willing to get the ball rolling, as exemplified in Mark Mendonca's MCA-EC origins essay. I am sure that some of these suggestions have already crossed your mind. If you truly want to make it happen, it is probably YOU that we need to get things started. Here are ten initiatives to think about implementing as we head toward our tenth anniversary:

1. Both an Engaged and Married Encounter weekend run by Member couples certified by the Church.
2. A children's community service program in which children who have completed a predetermined number of volunteer hours are recognized for embodying charity during our annual Monthi Festh celebration.
3. A "Promise" premarital program for teens, promoting pureness, and the concept of waiting for marriage.
4. A singles' dance to help bachelors/bachelorettes find their true fit.
5. A content rich website that contains a library of Mangalorean recipes + prayers + documented customs/traditions for Baptisms, Weddings, Housewarmings, etc. (This is vital for us to share information with the next generation).
6. A counseling service for members in need of psychological aide.
7. An introductory Konkani language course conducted online as a webinar.
8. More volunteerism/outreach in local areas by MCA-EC members (a good example of this is the MCA-EC repeating the Nativity play at local nursing homes during Christmas, as has been done in the past).
9. A mentorship program of teens connecting with adult professionals to understand a day in the life of their dream job.
10. A faith renewal program for families to strengthen their bond with God and each other.

May this 5th Anniversary inspire you to take dramatic action for the continued success of this association. Whichever path you take, make an impact! Wishing you a blessed, productive, healthy and joyful summer...

