

▶1 *Presidential Message*
▶2-3 *Priest's Message*



▶4 *Ode to Christmas*
▶5 *Skiing Tips*
▶6-7 *Behind the Scenes*
▶8-13 *Quarterly Vado News*
▶14-18 *2013 Member Milestones Recap*



MCA-EC

Quarterly

Mangalorean Catholic Association of East Coast, USA

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

▶19-20 *Sponsor Spotlight*
▶21 *Asian Outreach Program*
▶22 *Financial Statement*
▶23 *Kuswar Recipes*
▶24 *Youth Corner*
▶25 *A Final Word*



From Our President

Fellow members and friends of MCA-EC, on behalf of the board, I wish you and your family a Merry Christmas and a delightful new year.

Christmas is all about thanksgiving, hoping and wishing for life's very best, but we seldom make the time to sit quietly and think of our blessings - lets all take a moment for this. The holiday season is also a time to reflect on the past, and to look to the future with hope and confidence. Many of us will be thinking of those close friends and loved ones whom we may have lost during the year, or are in a situation not able to celebrate with us. I hope you can spare a thought, prayer or a gift for those unfortunate ones - thank you.

The new board started its term with 3 goals ahead of them – to provide **Self Service** to members and the board, to focus on **Growth**, and since MCA-EC is me and you, to make sure there is **Involvement** from everyone. I personally feel we are doing great in all 3 areas, but need your continued support to make it to the finish line.

When I think of the blessings MCA-EC has enjoyed, it always comes down to those dedicated leaders, sponsors and members who have decided to commit themselves to MCA-EC, with the mission to giving it back to the community. It is for sure your dedications will keep me and my team inspired and going for the rest of my term. I can assure you that your years of dedications and continuous commitments shall never be forgotten.

Indeed, I count my blessings and I'm grateful for the opportunity to serve you in the capacity of president of MCA-EC. I am grateful to my team, our sponsors and all my fellow members and above all to God. Let us begin 2014 with renewed commitments to our Mangalorean community here in the East Coast.

May your Christmas sparkle with moments of love, laughter and goodwill; and may the year ahead be full of contentment and joy. Compliments of the season and may God bless you.

Mog Asondee
Arun Menezes
President, MCA-EC 2013-2014

From Our Priest

Blessed Pope John Paul II and Beggar Priest



Dear Friends in Jesus Christ, I have a Christmas gift for you today. I hope that this gift will touch your heart, and that you will be able to unwrap the gift and use it. If this story is familiar to you — please do not let that interfere with the beauty of what is mentioned here. Final note: this story has appeared other places. I claim no authorship of it – I just think it is so beautiful.

Most of you may know the name Scott Hahn. He is a great Scripture scholar and a Protestant minister who converted to Catholicism. Scott Hahn has a priest friend— and the priest went to visit Rome. Among other activities, the priest was scheduled to have a private audience with John Paul II. On the appointed day, the priest had many hours free. And like a tourist, the priest decided to stop in a basilica to tour and to say a prayer. On the steps of the church were a number of beggars, something fairly common in Rome. On the steps, the priest thought that he recognized one of the beggars. After entering the sanctuary he knelt down to pray, and then it hit him. He remembered how he knew the man. The priest rushed out and approached the beggar. “I know you. Didn’t we go to seminary together?” The man gave a nod of affirmation. “So you are a priest then?” he said to the beggar. The man replied, “Not anymore. I fell off the deep end. Please leave me alone.” The priest was mindful of his approaching appointment with the Holy Father. “I’ve got to go — I’ll pray for you.” The beggar with the familiar face replied, “A lot of good that will do.”

With that, the priest left the beggar on the steps and departed for his meeting. These private meetings with the Pope are typically very formal. There are a number of people who have been granted a private audience at the same time, and when the Holy Father makes his way toward you, his secretary hands him a blessed rosary, and the Pope in turn hands it to you. At this point, one would probably kiss the Pope’s ring and say something heartfelt, such as asking him to pray for you, telling him you are praying for him, or thanking him for his service to the Church. However, when Pope John Paul II approached, the priest couldn’t help himself and he blurted out, “Please pray for my friend.” Not only this, the priest told the entire story. The Holy Father, looked concerned, and he assured the priest that he would pray for his friend. As he moved on, he whispered something to an aide.

Later that day, the priest was cell-phone contacted by staff from the Vatican. They told the priest that he and the beggar – the former priest were invited to see the Pope for dinner. Excited and curious, he rushed back to the church where he last saw his classmate. Only a few beggars

were left, and as luck (or grace) would have it, his former classmate was among the few. He approached the man and said, "I have been to see the Pope, and he said he would pray for you. And there's more. He has invited us to his private residence for dinner."

"Impossible," said the man, "Look at me. I am a mess. I haven't showered in a long time... and my clothes ..." Sensing the gravity of the situation (and understanding that this beggar was his admission ticket to have dinner with the Pope), the priest said, "I have a hotel room where you can shower and shave, and I have clothes that will fit you." Again, by God's grace, the beggar agreed. Later, they were off to have dinner with the Pope. The hospitality was wondrous. At the close of dinner, just before dessert, the Holy Father motioned to the priest who didn't understand what the Pope was intending. Finally, the Pope's secretary whispered to the priest, "He wants us to leave," at which point the priest and the secretary left the Holy Father alone with the beggar.

After quite some time, the beggar emerged from the room in tears. "What happened in there?" asked the priest. The most remarkable and unexpected reply came. "The Pope asked me to hear his confession," choked the beggar. After regaining composure, the man continued, "I told him, 'Your Holiness, look at me. I am a beggar. I am not a priest.'

"The Pope looked at me and said, ***'My son, once a priest always a priest, and who among us is not a beggar. I too come before the Lord as a beggar asking for forgiveness of my sins.'*** I told him I was not in good standing with the Church, and he assured me that as the Bishop of Rome he could reinstate me right then and there." The man relayed that it had been so long since he had heard a confession that the Pope had to help him through the words of absolution. The priest friend asked, "But you were in there for some time. Surely the Pope's confession did not last that long."

"No," said his friend, "But after I heard his confession, I asked him to hear mine." The final words spoken by Pope John Paul II to this prodigal son came in the form of a commission. The Holy Father gave the newly-reconciled priest his first assignment: to go and minister to the homeless and the beggars on the steps of the very church from where he just came.

And so, my dear friends — my gift to you at this soon approaching Christmas Season is to share with you this one gift that we Catholics have... the gift of the Sacrament of Reconciliation. Confession is the antidote to sin in our lives. Confession is an antidote to sin in the world.



Fr. Augustine Claude D'Souza, Capuchin



ODE TO CHRISTMAS

Christmas has a very special meaning for me. It means spending time with those you love, your family and friends. Christmas brings back to me fond memories as a child. It reminds me of the time when the Church youth choir would go house to house singing carols. Back then, the shops would be decorated with Christmas trees and stockings. Christmas not only meant getting new clothes and a new pair of shoes, but also meant going for confession the week before, helping my mother to clean the house, putting up the Christmas crib and decorations. It also meant staying up late and going for Midnight mass, though sometimes I would doze off during the multiple sermons. Christmas is that time of the year when there is fun, laughter and music in the air and also sweets and kuswar home every day.

As an adult, over the years Christmas means much more than sweets and Christmas presents. It is that time of the year for me to reflect and thank God for all the blessings that he has bestowed on me. Thanking God for keeping my family and friends safe and out of harm's way and reflecting on how fortunate I am to be surrounded by family and friends who love me. Christmas is the time for me to reflect on how I can help those less fortunate, in whatever small way I can so as to bring a smile on someone's face, whether it is recognizing my house help with a Christmas present or the postman with a generous tip.

Over the years, things have changed, but the true essence of Christmas still remains. It still means celebrating the birth of our Lord Jesus. It also means a time of happiness and spending time with my loved ones and bringing cheer and joy to those who are less fortunate. I wish you, your family and loved ones a Merry Christmas and a Prosperous 2014.

-Eric Fernandes, Treasurer 2013-14

To me & my family, Christmas first of all brings forward the great joy that our Savior was born on this day to bring salvation to the world. Another thing reminds me of family togetherness & fond memories which we used to have back in Mumbai (good old' Bombay to most of us) when we used to help in preparing kuswar & attend the midnight mass with my family, also how can I forget the Christmas carols which we used to sing going door to door. The next day used to be spent in distributing kuswar to our non-Catholic brethren and then enjoying good food & merry-making. Not that I have lost track of that tradition now. I still try to keep up the kuswar tradition, even though it's not a whole lot of things I make. We try to do at least some traditional sweets along with the very famous sugar cookies which have been absorbed from being in the U.S., I guess. My kids love helping out & it brings out fun time for them as well as to us to see the smiles on their faces when they make those crazy shapes & the mess in the kitchen. Hopefully these fond memories will make a lasting impression for them when they are all grown up. We love putting up the X'mas tree & all the decorations which the kids help us put up and we very much enjoy doing this with nostalgic X'mas songs ringing out in the background. I could go on and on and it would never get done. Oh, yes how can I forget the X'mas presents which brings great joy for the kids as they joyfully open their much awaited gifts from their dear Santa for which they have been patiently waiting for. We love going out & looking at houses decorated in all their finest lights & the brightness it brings to otherwise dark winter nights, which is just like the light shining down when Jesus was born.

I do miss going to India during this time as it used to be a fun-filled get-together with my family, which now has to be foregone as the kids don't get a long time off from school now. We should not forget that Christmas is also about giving to others, so I make it a point to let my kids learn to give something to the needy ministries who are in need. Christmas is beautiful & most cherished time of the year. Wish you & your family a Merry Christmas and a Prosperous New year from me and my family.

-Neeta Mascarenhas, VP of Membership 2013-14

Making Family Memories: Skiing Tips

By Michelle Fernandes, VP of Programs 2013-2014



1. Pizza and french fries are not just staples of good 'old American fast food: Learning to ski is like learning to walk when you were a baby. It's fun and adventurous. John and I have always had a flair for athletics, sports and adventure. Be it learning a new sport or discovering a new country all by ourselves. Our first skiing stint was at the Catskills in 2010. The kids took on the challenge very well. Our learning grounds after that stint at Catskills was at Campgaw Mountain: <http://www.skicampgaw.com/>. We got our ski rentals and started with group lessons and then moved onto more personalized lessons

gradually as our confidence increased. Pizza and french fries refer to the way you position your skis. Pizza consists of pointing your toes, and by extending your skis together to create a wedge-shape. The bigger the pizza, the faster you will stop. And, in logical fashion, if you point your pizza downward, downward you will go (and faster). French fries are when your skis are positioned parallel. The more parallel you are to the mountain, the more you stop. In our first few lessons, we did a whole lot of pizza and french fries.

2. There will always be people smaller and younger than you skiing better than you. Be okay with this. This is inspiration. This will inspire feelings of: I will evolve in skiing and get better.

3. Don't lean back on your skis, unless you want to fall.

4. Skiing is like driving. Everyone should get a license (or learn the laws first).

5. Dressing for success isn't about a briefcase or a little black dress. It's about good base layers and warm boots. Wearing the right ski gear is the most important part of skiing which includes skis, ski jacket, boots, thermal underwear and waterproof gloves. While it isn't compulsory to wear a helmet and ski goggles on the slopes, it is highly recommended. Ski gear can be rented at any of the ski barn chain stores or a ski rental shop near your area.

6. Moisturize your skin well, especially facial areas and have Vaseline or lip balm on hand. Also slapping on some sunscreen is always a good idea. Once we graduated the bunny slopes and got enough practice on the green slopes we went on to ski and hold season passes for mountain creek: <http://winter.mountaincreek.com/>. The snow here is better and has more slopes with different degrees/levels of difficulty. Mountain creek also has group and individual lessons. Great for families with kids and for all the beer drinkers, there's a wonderful outdoor bar with beer on tap. Being out on the mountain just brings a sense of serenity and peace, perhaps because we are literally closer to Heaven. You just can't go wrong with a day on the slopes. So, good luck skiing while burning those calories, and enjoying an outdoor sport to keep your winters adventurous.



Christmas Gala: Behind the Scenes



By Roshan D'Mello, VP of Public Relations

Hours, Weeks, Days and Months were spent by this MCA-EC Board to put this year's Christmas Gala event together. Imagine being a board member where the situation involves too many moving parts some known and some unknown. Not only does it challenge your ability of decisive thinking but at the same time it pushes your boundaries of decision making skills in tough situations. It challenges a board member to strike a balance, innovate and manage risks in a dynamic environment. Our MCA-EC Christmas Gala by far is the biggest event of the year. The behind the scenes activity within the board to prep for an event like this can be safely compared to the urgency in a hospital ER. Every decision had to be spot on with absolutely no room for error. The onus of responsibility to set a stage for a successful event entirely rests on the shoulders of the MCA-EC board.

So what happened behind the scenes? How did the MCA-EC board get this done? Well the secret is that we had a special Harry Potter magic wand from Universal studios. We swished the wand and chanted a few spells from the movie before every activity. Well, besides magic a lot of thought process went into narrowing down the venue for the Christmas Gala. We needed a ballroom with a bigger dance floor, conveniently located in central NJ accessible to all our members residing in NY, CT, PA, NJ and DE. Jewel of India/Clarion Inn was an easy choice. Our Christmas Gala attendees have grown year over year and Jewel of India/Clarion Inn simply gave us the ability to scale. This place can easily hold around 600 people.

As we got deeper into rate negotiations there finally came the moment of truth. Signing a contract to book this venue. In simple words, it could be simply described as being at a Las Vegas Casino's Black Jack table with no money and still betting big! So there we were in July 2013 not knowing the exact Christmas Gala attendee count but having to commit on a contract with a guesstimate attendee count 6 months prior to our Christmas Gala! How nice!!! So in techie terms we did some kind of Risk Assessment and decided heck why worry about the attendees because our members are always there supporting our event no matter what!! Whooho and then signed the dotted line with a short prayer.

To put an event like the Christmas Gala together we need money and for that we depend heavily on our revenue streams. Green is always hard to come by especially when you need it the most. Until now almost of all revenue comes to us from event fees. Before spending any kind of money some people think twice, thrice or maybe many more times and then ask themselves..."Will I get my money's worth if I sign up for this event"? So the onus was on us to work hard to make this a very memorable event for our guests. Moreover, we wanted to make every person feel special and ensure they enjoyed the event with their family like they always do at all our MCA-EC events. We made the tough choice of keeping the Christmas Gala event fees low as possible so then pursued multiple other avenues of incoming revenue streams. Sponsorship and event fees were the only standard revenue streams in the past. We were blessed to have the support of our dedicated sponsors that contribute year after year. That said, we had to balance inflation. We had to respect and fulfill people's recommendations via surveys for a venue with bigger dance floor for our Christmas Gala. As a result we needed more incoming revenue streams this year than prior years. To mitigate

the risks of falling into negative, we brainstormed the idea of a Souvenir booklet. Not only would this be our new revenue stream, we knew that it would open up a new concept of members and sponsors collaborating for business and support the association at the same time. Introducing the Souvenir booklet required us to put a plan in place and then get the word out to our sponsors while we narrowed down a printing press at low cost to balance our budget which was equally challenging.

We had to liaison with key vendors for every event. We value our partnership with vendors like Party Zenith for back drop decoration and Babco foods for Kuswar. They are our association members and have extended their selfless services and support to the organization year over year by going over and beyond. We couldn't thank them enough for being there to help us with event management. In a lot of behind the scenes activity, one that comes to my mind is the discussions around heart of the Christmas Gala, Yup! The Live Band !! We wanted a live band that would rock! PRISM came to our mind. They played at our Gala two years ago and got majority of the guests on their feet. Along with decisions like this we had to work on many other areas like following up with our sponsors and get their advertisement or messages incorporated into the Souvenir. We worked tirelessly on minute details like finalizing the menu for dinner, spot prizes, raffle prizes, conceptualizing the idea of carol singing, coordinating & following up with Gurkars, setting up the event agenda on the portal for registration, consolidating and putting together kuswar boxes, overseeing backdrop & decoration, reaching out to volunteers for help then following up with task assignment, newsletter inputs, sending MCA-EC emails to over 800 of our subscribers etc! We knew with so many moving parts it was vital communication was important and very significant to ensure everyone was aligned with the overall goal of the MCA-EC board. We held a series of meetings with these vendors to communicate exactly what was needed and how important it was for them to deliver to our expectations. With MCA-EC now quite well known as an association in the tri-state area. We saw the potential to bring brand 'MCA-EC' to the forefront and so we decided to customize mugs printed with the MCA-EC logo with our vision statement "Connecting People, Promoting Culture". We hoped our members would support us by buying these mugs and proudly display them in their homes & offices promoting brand MCA-EC. We kept our focus on the Christmas spirit. We decided to do things differently this year by introducing Mr. and Mrs. Santa for family pictures showcasing the value of togetherness like one big family. We wanted to engage our youth, kids and members across the board so we decided to assign Christmas Carols to each Vado for practice and get their vadyaagars engaged and motivate them to come in the forefront at Christmas Gala. We delegated these tasks to Gurkars to take up this challenge and they did a fabulous job with a lot of energy and enthusiasm.

So by now you may have concluded that Harry Potter's magic wand really worked in a lot of action behind the scenes. Yes, a lot of time and energy went into putting an event like Christmas Gala together. The team spirit & can do attitude of the board is remarkable and it helped us overcome many challenges. Along with this event management we were actively working daily in adding new features to our web portal. We were relentless in fostering regional activities and will continue to do so on spiritual retreats after the Christmas Gala. We would like to keep this momentum going. For us in the MCA-EC board it is a humongous effort to put an event of this magnitude together. Serving the MCA-EC board requires a lot of sacrifice especially on the personal front. There have been evenings and weekends where we spent hours on internal conference calls to tackle every challenge and to get things right the first time. At the end of the day we wanted our members to see the value in every penny of their event fees and get the satisfaction that their hard earned money was well spent, We hope and believe the outcome of such successful events motivates more members to come to forefront and support the board in many ways than before. This association is growing and the credit goes to our members, past and present board members for all their hard work and relentless support. We are proud to serve in the MCA-EC board and are optimistic of exciting days ahead for this association. We hope everyone who attended the Gala had a memorable time. We thoroughly enjoyed putting this event together for you! Thank you for being there to support your association.

Have a Merry Christmas and a prosperous New Year!!!

Quarterly Vado News

Bhagevonth Kutam Vado of PA &DE- Celebrating our first Christmas together

Written by Amrith Rodrigues-Lewis



It's the most beautiful time of the year. It's also a time to look back and reflect on a year that's quickly passing and a time to look forward and into the future, for very soon, we will be celebrating the birthday of Jesus, our lord and savior.

This year, the members of our vado are celebrating our very first Christmas as a group. It's hard to believe that at this time last year our group did not exist. Today, we operate like a well-oiled machine, with each of our members contributing their talents and time towards building our group.

We are very excited about our upcoming vado event "**Carols by Candlelight**" which will be held on Saturday, Dec 7th. The kids of our vado will be putting up a skit called, "A Christmas Story... a Night in Bethlehem" compiled and directed by Shilpa Menezes. We will be having Carol singing by Candlelight lead by Archie Menezes. Our vado families have been meeting up regularly for practice and this has been a great opportunity for the kids of our vado to build up on their oratory skills. In the past weeks we have been singing our hearts out as Archie Menezes and John Coelho provide us melodious music on the guitar and keyboards respectively. We have also been busy planning an evening filled with fun and games, dancing, Christmas tree decorating by the kids, pictures with Santa and lots of surprises. All this has been possible because of the help and dedication of the amazing core team, volunteers and their families.

Milestone moments in our members' lives:

Achievements:



Victor Sequeria successfully completed his CPA certification and MBA degree this year. We are proud of his achievements and wish him the very best in his future endeavors.

Sad moments in our Vado members' lives:



Theresa Mendonca (67), beloved mother of Anita Coelho passed away on Friday, November 1st in Mangalore. Our prayers are with the entire Coelho family, John, Anita, Simona and Steven at this difficult time. May her soul rest in peace and may the memories of your mom and grandma help ease the pain. Daijiworld link below:

http://www.daijiworld.com/chan/ob_disp.asp?oid=5863



Norbert Santhan D'Souza (77), beloved father of Adith D'Souza passed away on Friday, November 1, 2013 in Mangalore. We are very sorry for your loss Adith. You and your family are in our thoughts and prayers. Daijiworld link below:

http://www.daijiworld.com/chan/ob_disp.asp?oid=5866

NY's Kursa Vado's 4th Quarter 2013 Updates By Paul Quadras



1. Sanya Aranha daughter of Lavina and Steven Aranha celebrated her 5th year Birthday. Sanya doubled her joy and happiness by inviting all her friends and Kursa Vado members/children to celebrate her milestone birthday.

2. Fr. Augustine D'souza and Fr. Melwyn D'Cunha co-celebrated mass in Dyna and Stany Menezes' residence in Queens. All Kursa Vado members attended Rosary, followed by Mass, then concluded the evening with dinner. Kursa Vado families would like to thank Dyna and Stany Menezes for hosting this event and also a special thanks to Fr Augustine and Fr. Melwyn for taking some free time out of their busy schedule and to explain the importance of prayer in their daily life.

3. The Kursa Vado folks gathered at Angela and Thomas Menezes' residence for Thanksgiving dinner on Nov 28th 2013. Thanks to Andrew Menezes for taking the Kursa Vado kids to the local fire station and explaining the different machineries and techniques used by the fire personnel for extinguishing fire. All Kursa Vado members would like to thank Tom and Angela for hosting this wonderful event and making it a memorable one.



4. Many of you might know about the illness of Sanya Aranha daughter of Lavina and Steven Aranha. She is battling with a sickness called Acute Lymphoblastic Leukemia (ALL) and is now recuperating in the hospital. She needs our prayers to bear and overcome this pain and come out with flying colors. We just celebrated her 5th year birthday and she was so fine there with no signs of any illness whatsoever. May Almighty Lord give her enough strength and courage to bear the monstrous pain she is going through now. We humbly request each and every member of MCA-EC to just remember Sanya during your daily prayers. Kursa Vado Members meet every day from Monday to Friday @ 8pm via conference call to say the daily Rosary and special prayers to Sanya for her speedy recovery. Each Vado member will lead the prayer for a week. Rosary is held in Konkani except on Friday in English conducted by Kursa ado kids. We know and firmly believe that prayer can do wonderful things, and create miracles in our life, while bringing us closer to God.

Fatima Vado, Piscataway

Time flies, as we approach the year end for holidays and time with family and friends. There is a lot to think about when it comes to noting down what the Fatima Vado was doing over the last three months.



Bollywood medley.

Exactly one week after the MCA-EC Monthi Fest event in September, the Fatima Vado dance group performed the same dance at the **Asian American Association of Business Owners and Professionals** musical and dance night event in Pennsylvania. The adults danced to the Portuguese Courdinho group dance and the teens danced to the



October marks the dedication to our **Mother Mary**, and in remembrance, the Fatima Vado families gathered in homes to celebrate, meet, eat, and get together, but most of all to pray. We were also able to celebrate our special occasions, including the many wedding anniversaries and birthdays that we had in the month of October.

Come November, it was all about **Thanksgiving**. Fatima Vado celebrated its first Thanksgiving Soirée, which started with a Thanksgiving Mass and the choir singing English and Konkani hymns. This was followed by games, dinner and dance for the entire evening. We gave thanks, and made merry! An evening to cherish for 19+ families!



Moriye Vado

By Anita Pinto

Event: Welcoming the newest couple of our Vado, Jitin and Karen!



Description: In May of this year, the newest Moriye Vado couple got married in India. As usual, they got a warm Moriye Vado welcome and celebration. On September 22, 2013, Jitin and Karen Pais celebrated their wedding once again, here among their Moriye Vado family. They received well wishes from all of their friends and family throughout the world and everyone partook in their happiness, as well as the food and dance that came with. It was a great day for all!

Event: Celebrating the 40th birthday of our very own Merlin Mendonca!

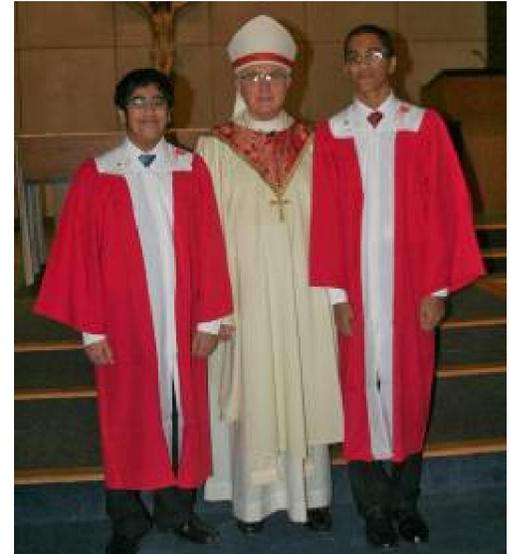


Description: Imagine how surprised our friend Merlin Mendonca must have been when she walked into her

house on her 40th birthday on September 1, 2013, only to be greeted by the smiling faces of friends and family from up and down the east coast. Friends and family from not only our Moriye Vado, but also from Virginia and Massachusetts were here to celebrate such a milestone in her life. Loved ones from all 4 corners of the world sent videos, slideshows, and greetings to our birthday girl. We had a great time celebrating her 40th birthday, and are hoping to celebrate so many more.

Event: Confirmations of Jonathan Pinto and Vinuth Furtado.

Description: We were very pleased to celebrate the Confirmations of our friends Jonathan Pinto and Vinuth Furtado on November 24, 2013. The party hosted by both families in Piscataway, NJ and was a blast! Everyone came together from far and near to congratulate the two confirmed on being sealed with the gifts and fruits of the Holy Spirit by Auxiliary Bishop Donato at St. Cecilia's Church in Iselin, NJ the day before. The party was marked with great food, fun games, lots of dancing, and an all-around good time for all present. Our Moriye Vado grew in both faith and fun that day.



Event: Memorial service for our dearly departed Kavita Arumugam.

Description: We were all deeply saddened by the loss of our very own Kavita Arumugam in a tragic accident in October. In her remembrance, many members of Moriye Vado and friends of Kavita got together on October 19, 2013 to speak about the impact she had on all of our lives. She had done so many great things for us and brought so many smiles to all of our faces, and for that we know that she is resting in peace with God in heaven. She will be very missed.

MILESTONES OF OUR VADO:

- New Members of Moriye Vado: Ivan D'souza & Fly.



- Melanie 10th birthday – July
- Merlin's 40th birthday – September 1st
- Jonathan Pinto & Vinuth Furtado's Confirmation day – November 23rd

2013 Babies



Giselle Cardoza, daughter of Gladson and Zeeta Cardoza was born on Feb 22nd, 2013. To the left is a photo from her Baptism.



Christopher D'Souza, son of Aarti and John D'Souza, was born on August 15th, 2013, the day of his parents' 10th wedding anniversary, a true double blessing. To the left is a portrait of big sister Keira, with her baby brother Christopher.





2013 Kids' Milestone Birthdays



1st Birthday



Maia Lewis, daughter of Diana and Roshan Lewis, celebrated her first birthday in March.

5th Birthday



Sanya Aranha, daughter of Lavina and Steven Aranha, sister of Shanessa Aranha, celebrated her 5th year birthday in 2013 with her fellow Kursa Vado kids, as well her friends. May the Lord bless her abundantly and shower his choicest blessings upon her.



Joevin Seravo, Son of Janice and Anthony Seravo, brother of Aston Seravo, will be celebrating his 5th year milestone birthday in the month of December 2013.



Shane Quadras, son and Paul Quadras, Shyna Quadras, celebrated his 5th birthday in 2013 with his fellow Kursa Vado kids as well as with his school friends.



Sherine Lobo, Daughter of Saritha and Stanislaus Lobo, Sherine Lobo celebrated her 5th birthday in 2013 with her fellow Kursa Vado kids, as well her friends.



Ria Lewis, daughter of Diana and Roshan Lewis, celebrated her fifth birthday in August.



10th Birthday



Seanna Lobo, Daughter of Saritha and Stanislaus Lobo, sister of Sherine Lobo, will be celebrating her 10th year milestone birthday in December 2013.



Joelyn Aranha, Daughter of Mable and Joseph Aranha, will be celebrating her 10th year milestone birthday in December 2013.



Melanie Mendonca, daughter of Merlin and Mark Mendonca, turned 10 in July.



Venora Furtado, daughter of Vanitha and Vijay Furtado, turned 10 on Nov 4th, 2013.



Athira Menezes, daughter of Archie and Shilpa Menezes, Miguel Mascrenhas, son of Manoj and Neeta Mascrenhas and Steven Coelho, son of John and Anita Coelho, kids of the Bhagevonth Kutam vado celebrated their 10th birthday this year. Kids, you are a decade old! Congratulations and God Bless.

13th Birthday



Orran Mendonca, son of Melvin and Pramila, turned 13 on May 9th.



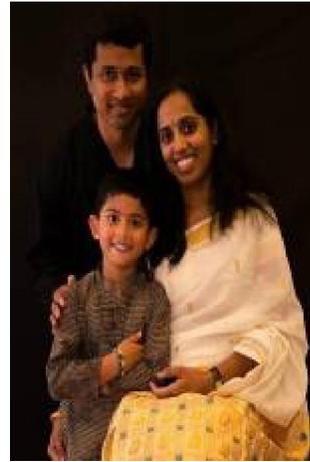
Meldon Mendonca, son of Mark and Merlin, turned 13 on April 19th.

2013 Wedding Anniversaries



Jasmine and Merwyn Madhta will be celebrating their first wedding anniversary on the 23rd of December. When the number one couple celebrates their number one anniversary, the celebration is bound

to be number one. Jasmine & Merwyn, our Bhagevonth Kutam Vado family joins in wishing you a very happy **1st** wedding anniversary.



Sunil and Divya Lobo celebrated their 10th wedding anniversary on the 29th of May. Most of you know the mastermind behind the web portal. Yes, it's our very own Sunil and Divya and they celebrated **10** years of marital bliss this year. If you have spent time watching the two of them together there is only one thought that comes to mind: made for each other!! Happy Anniversary to!! Regards, Bhagevonth Kutam Vado



Steven and Lavina Aranha celebrated their **10th** year wedding anniversary in 2013. May the almighty God bless you abundantly and keep you under his tender care and be the guiding light throughout your life. Best Wishes from the Kursa Vado Family.



Arun and Reena Menezes celebrated their **10th** year Wedding anniversary in 2013. We wish both of you good health, peace and happiness in all that you undertake and may you have the full joy of living a good family. May the good God bless both of you abundantly and shower his choicest blessings upon you to serve the family as well as community. Best Wishes from Kursa Vado Family.

choicest blessings upon you to serve the family as well as community. Best Wishes from Kursa Vado Family.



Harry and Anita Pinto celebrated their **20th** wedding anniversary on Nov 27th, 2013.



Sponsor Spotlight

Interview with Real Estate Agent Simi D'Souza



Q. Tell us about your position as a real estate agent and what your job entails.

A. As a real estate sales professional, my job is to assist buyers and sellers in realizing their real estate goal, be it finding a suitable purchase or liquidating an asset. My job entails understanding my clients needs, meeting expectations, identifying matching results, and negotiating and guiding them through the process to make a smooth transaction possible.

Q. What advice would you give a first time prospective home buyer?

Be patient, and be realistic but do not compromise or get weary. Sometimes, it could take a while before you find the right house, while for others it may be a quick find. Think with your head, not your heart when you see a house. Look at the potential that a house offers and if the location & size of the house suits your needs then you can always make it as beautiful as you dream your house to be. Don't get too hung up on the seller's decor, remember that is going away. And, always ask your agent to show you comparables before writing an offer.

Q. What do you think about the current market conditions?

It's an improving market. Ideal for buyers to still find a good house, since interest rates are aggressively low to lock in a purchase. Although, no economist or expert has a crystal ball, if economic conditions improve and if all factors are favorable, this could be still the best time to buy, historically.

Q. What is the number one mistake a buyer makes?

The number one mistake a buyer makes is thinking that the house they like will still be there after they take weeks to think about it, because most likely the house that you liked was appealing to someone else also and if they saw it and acted quicker on it then you could lose it. The other common mistake a buyer makes is getting cold feet. Cold feet is normal but in some cases, it means that you are not fully ready to buy a house. Buying a house isn't as easy as buying a a shirt from Walmart. It takes time to find a house that you

can call home. Buying a house needs time, understanding your finances and thinking over. Once you are absolutely sure then you should not be worried or second guess yourself.

Q. What criteria should buyers consider before making a purchase?

Location is the most important criteria. Second thing to consider is re-sale. Which means buyers should not only work alongside an experienced agent but should also research about the schools, crime, and convenience of any place. Besides this, every buyer has their own personal criteria which is dear to them - it could be the monthly payments, style of a house, number of bedrooms & baths, pool, lot size, house facing etc.

Q. Do you believe there is a house meant for everyone? Any interesting stories that demonstrate this?

I believe that there is a house for everyone. It's their special place, that perfect place to share their family memories, decisions, and feel secure. House purchase is both an emotional and a strategic decision. When you see the right house for you, you will know it in your gut. The important thing is to be realistic otherwise you could lose out on the house of your dreams. I recently helped a client buy a house in South Brunswick, they made a few offers on different houses and either lost it to a higher bidder or the house had issues that got revealed during home inspections. The buyers were getting a little dejected but then we saw another house, and my clients couldn't believe it because she dreamed of it that night and was shocked to see the same layout and so many similarities to what she had already seen. Right there and then, they knew they had found the house of their dreams!!!

Q. How has your sponsorship of MCA-EC affected your business? Would you encourage others to sponsor based on the results you have seen?

I would definitely encourage others to sponsor based on the results I have seen in my business. I have gotten calls from friends within MCA-EC to do a market analysis on their house or to help them with their house purchase. Sponsoring the MCA-EC is a good way to give back to your community and that in itself is a rewarding experience. However, it also is a good forum for you to market yourself and match up with someone who is looking for that service. Why not promote what you do best and help the members of our own community.

Q. How can members get in touch with you?

Members can get in touch with me via email or by calling my cell. I'm always accessible. If you call and I am unable to answer that means I am helping another buyer or seller somewhere, but I will return all phone calls within 24 hours so do not hesitate to leave a detailed message. My Email is: simibiz@gmail.com. My Cell is: 908-930-8987 By the way, when you call, don't forget to mention you were referred by a MCA-EC member or if you are a member yourself because my office is offering additional incentives/referrals.

Loving Thy Neighbor: Asian Outreach Program

Sometime ago, my parents were approached by a fellow Catholic lady of Indian origin who they often saw at mass, and who they used to exchange general pleasantries with, "Hello," "How are you?" "Have a nice day" and such. One day, the woman was so overcome with depression that she took my parents aside and in between sobs and heavy breathes, she confided that the smiling husband that would often accompany her to mass along with their children, would go home, drink heavily and become abusive. The woman asked my parents for support, so, on a later date, my father did his best to reason with the husband to abandon his habits for the sake of his wife and children. Unfortunately, my parents lost touch with the woman, and to this day, they do not know whether things ever improved.

I share this story, because though we may not be affected by this situation personally, based on general statistics (1 out of 3 women worldwide are affected by domestic abuse), at some point in our lives, it is a strong possibility that we will come across a victim of domestic and or substance abuse. Since these topics are so taboo in our culture, it is difficult to know how to handle these issues.

For the day that you cross paths with someone like this woman, please keep the following information handy. Besides prayer, we can empower women such as this with guidance from professionals. Below is specific contact information for a center that offers counseling and support specifically for Asians, with a variety of languages spoken, including **Konkani**, Hindi, and multiple other South Asian dialects.

Asian Outreach Program 140-15B Sanford Avenue Flushing, NY 11355 Ph: 718-358-8288 Fax: 718-358-5265	Outreach Program 81-14 Queens Boulevard Elmhurst, NY 11373 Ph: 718-899-9810 x200 Fax: 718-899-9699
--	---

- Clinic Administrator: Seline Bearman: selinebearman@childcenterny.org
- Hours: Mon, Fri & Sat: 9 AM-5 PM; Tues, Wed & Thurs: 9 AM-9PM
- Services provided: Multilingual and multicultural counseling for domestic violence, substance abuse for South Asian, Asian and Persian families.
- Admission criteria: current or past history of substance use/abuse, or being affected by someone else's substance use.
- Languages spoken: Konkani, English, Hindi, Bengali, Urdu, Gujarati, Marathi, Nepali,
- Public Transportation: Subway—R or V to Grand Avenue; Buses—Q53, Q58 and Q60



Financial Statement



MCA-EC

MONTI FEST 2013 - REVENUE & EXPENSES

Revenues:

Event fees: Registered participants	4,168.00
Event fees: Walk in	375.00
Montifest flower auction Collection	249.00
Montifest Mass Offertory Collection	822.00
Total Revenue	5,614.00

Expenses

Hall Rental	300.00
Hall Cleaners	300.00
Mass fees to priest	150.00
Food – Stany	2,900.00
Reimbursement to Steve for cutlery /supplies	327.22
Reimbursement to Steve for flowers	200.00
Reimbursement to Michelle for Adlib prizes	150.71
Vijai for Music	200.00
Reimbursement to Michelle for printing	40.00
Paypal fees	90.00
Total Expenses	4,657.93

Net Gain	956.07
-----------------	---------------

Kuswar Recipes



Coconut Cake (Baat)

Ingredients:

- Rava – ½ Kg
- Eggs – 6
- Sugar - ½ Kg
- Vanilla essence - 3 tsp
- Baking powder - 3 tsp
- Coconut – 1 freshly grated

Preparation:

- Beat eggs in a bowl. Fold in the rava bit by bit and mix well. Add the remaining ingredients: Sugar, Coconut, Vanilla essence, baking powder and keep mixture overnight. Grease a baking dish and pour the mixture. Bake at 200 F for half an hour. Check if cake is ready by piercing with a fork.

- Contributed by Michelle Fernandes

Gulliyo (Rice Marbles)

Ingredients

- 2 cups red rice powder
- 2 cups white rice powder
- 1 can coconut milk
- 1 cup scraped jaggery
- Cardamom powder
- Pinch of salt
- Oil for frying

Preparation:

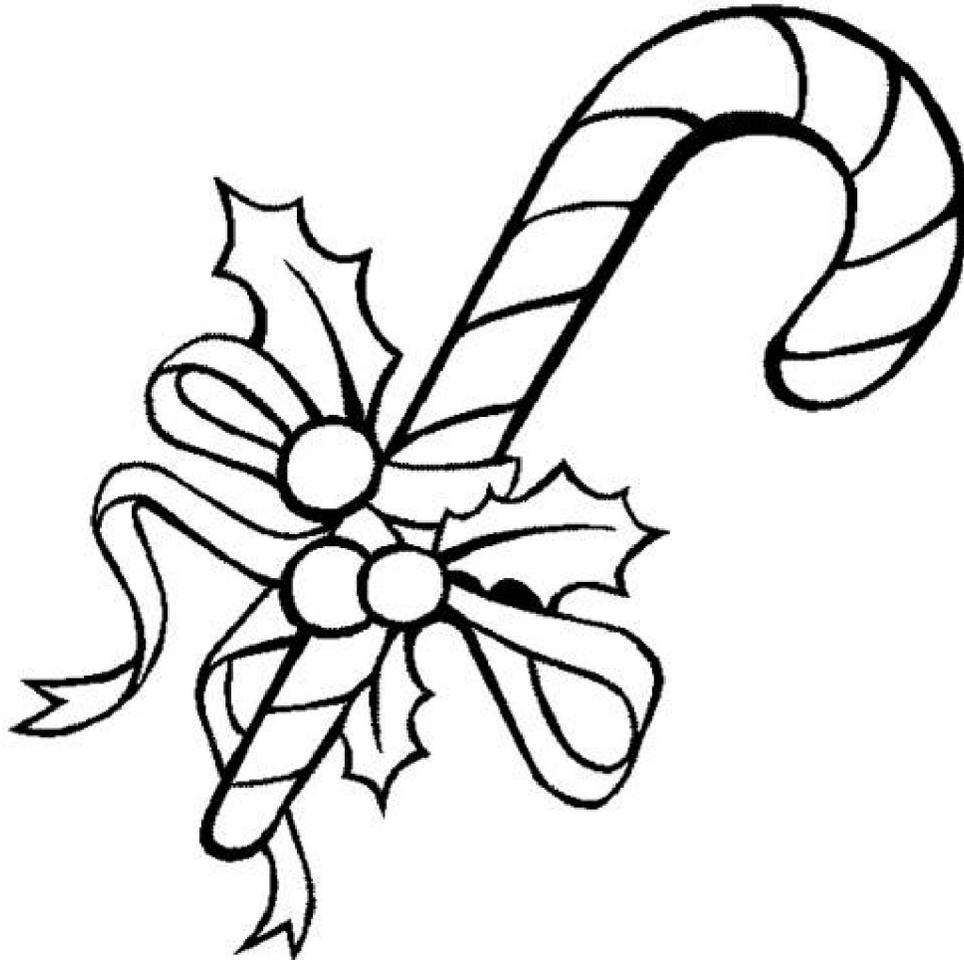
- Knead rice powders in coconut milk, add the jaggery, cardamom powder and salt. Keep the batter thick and dry enough to roll small marbles. Prepare small marbles and keep aside. Heat oil and fry the marbles.

-Contributed by Sunitha Rego

YOUTH CORNER: Candy Cane Story

Two Christmas Galas ago, the children were given candy cane favors with the religious meaning behind this sugary confection written on the plastic cover that they were enclosed in. Just in case you were in too much of a rush to eat the treat that you were unable to read the package, here is a poem, along with a coloring page for our littlest ones, as a timely reminder of its true symbolism:

Look at the Candy Cane
What do you see?
Stripes that are red
Like the blood shed for me
White is for my Savior
Who's sinless and pure!
"J" is for Jesus My Lord, that's for sure!
Turn it around
And a staff you will see
Jesus my shepherd
Was born for Me!



STRENGTH IN NUMBERS

- It takes just **one** person to make a difference and a difference doesn't have to cost anything: this Christmas,:
 - a) Donate gently used clothing,
 - b) Forgive one person
 - c) Join the bone marrow registry (matches are most likely within ethnic groups) Let's dramatically increase Mangalorean representation within this vital database. Visit www.bethematch.org **Strength in numbers.**
- A Christmas gift to you: **twenty-five** pages of content to commemorate the **twenty-five** days of this blessed season **Strength in numbers.**
- More than **450** individuals and **125** families comprise the MCA-EC as it now stands. **Strength in numbers.**
- The Catholic migration from Goa to Mangalore occurred between 1560 and 1763 or **250** to **453** years ago. Centuries later, Mangalorean Catholics, including the MCA-EC continue to uphold their traditions throughout the world. **Strength in numbers.**
- Over two **millennia** ago, Christ was born, yet His following continues to strengthen and grow, with **billions** celebrating his birthday year after year. **Strength in numbers.**

A Final Word

Every year has a notable attribute, and for 2013, the characteristic that most stands out is camaraderie. The sense of togetherness while striving to achieve common goals together is clearly at a peak. As MCA-EC members go through the natural course of life: birth, school, marriage, children, etc., it is uplifting to know that the milestones that come along with it, birthdays, baptisms, communions, confirmations, graduations, weddings, anniversaries, holidays, etc. are collectively celebrated with the extended cultural family.

If we can sustain this level of vested involvement, in just five years, just imagine what additional milestones we can bear witness to as a community. In a handful of years, with God's blessing, our 2013 newborns will be celebrating their 5th birthday, our newly minted teenagers will be welcomed into adulthood and we will have at least one silver wedding anniversary to highlight. In many ways, the MCA-EC simulates the "village" that it takes to raise a child in a loving, nurturing environment where personal achievements are exalted and children are edified and elevated.

In the spirit of togetherness, let us all pray for the continual well-being of the association. Prayer during the sacred season of Christmas is particularly powerful, and group prayer, even more so, as the Bible states, "For where two or three are gathered in my name, there am I among them. Again I say to you, if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven. Matthew 18:19-20"

In addition to the well-being of the association, let us also say a special prayer for the well-being of one of our littlest but most courageous members, Sanya Aranha. You may recall this 5 year old darling beautifully taking the stage at the Monti Fest Cultural Program to sing her heart out for the enjoyment of all in attendance. Remember, there is strength in numbers, so, this December 25th, together we should harness the powers of both group prayer and Christmas Day to pray for her well-being. May we be blessed with her lovely voice for many more Monti Fests to come.

As we conclude this year, my wish for each of you is for your health and family to be strengthened, your happiness multiplied, and your faith fortified. With God holding our hand, there is much to look forward to and nothing we cannot achieve together in 2014. Bhagi Nathalanche Fest ani Novay Warsache Besanv. Merry Christmas and Blessings for the New Year.

—Editor in Chief: Diana M. Lewis

