

**Mangalorean Catholic Association EC, Inc.**

***Christmas Gala 2015 Edition***



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Newsletter has been generously sponsored by  
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**A hearty thanks to BABCO Foods International  
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Era, Second Innings, DTDC and NORAMSCO.**



# Anand Food Products



## Babco Foods International LLC. (Southern Region Distribution Center)

*Distributors of Quality Food Products Since 2002*

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

### Importers & distributors of:



### CORPORATE OFFICE

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email: sales@babcofoods.com | Web: www.babcofoods.com



# Babco Foods International

*Distributors of Quality Food Products Since 2002*

## **Our History**

Babco Foods was established in New Jersey, USA, in 2002 by Robert (Bob) and Olivia Vaz. We started importing and selling Anand™ brand snack products manufactured in the Kerala and Karnataka states in India. The brand became an instant success owing to the superior quality of the products, excellent customer service, and thorough distribution coverage of retail stores in the US northeast region

Our repertoire quickly came to include food products from South India, North India, and Sri Lanka to cater to the needs of the Indian and Sri Lankan diaspora in the US. Babco Foods now represents several companies from India as exclusive distributors of their products in the US market.

Within this short period, Babco Foods has earned a name for itself in both the US as well as internationally for its well-organized distribution of fast-moving consumer products, high ethical standards and prompt payment record. Many companies regularly approach us to distribute their products, including Nestle Corporation from Sri Lanka for distribution of their Maggi brand coconut milk powder.

## **Sales and Product Growth**

Sales of each brand we represent has grown at a typical annual rate of 20%, with some of our brands growing over 50% annually. Our goal is to give to customers what *they* want. We take great pride in maintaining exceptional relationships with store owners and employees. Our sales team ensures maximal market penetration via both in-person sales and merchandising as well as phone-based sales.

Just as importantly, we engage in continual communication with all of our suppliers to

exchange ideas on sales and marketing strategies, product development, and analysis of customer feedback.

## Expansion of Product Range

Our existing dry product range includes many varieties of snack products, masalas (spices), flours (podis), rice, gravies, condiments, and dry whole chilies.

Babco Foods now also distributes biscuits (cookies) from McVitie's (UK) and Gullon (Spain).



We recently launched a frozen foods division selling ready-to eat frozen entrees, frozen vegetables and frozen fish. These products have quickly gained popularity in the northeast US market and we have upgraded our trucking and warehousing capabilities to expand our frozen food distribution in all US markets.

## Executive Profiles

### ***Robert Vaz (Bob), Chief Executive Officer***



Bob Vaz is the Chief Executive Officer and Partner of Babco Foods. He manages all imports, drives initiation to increasing market share, identifying new agencies, product development, growth and development of the company.

Bob brings more than 30 years of international import and distribution experience to Babco. In his former position as Senior Divisional Manager of the food products divisions at multi-national companies in the Middle East, he was responsible for identifying new products, importing them and distributing the products to over 500 retail outlets.

He managed large sales teams consisting of over 100 sales and administrative personnel. During this period he also managed over 20 supermarkets and 10 convenience stores in collaboration with Shell Global. Prior to founding Babco Foods, in Oman, Bob managed the exclusive distribution of several major brands including Nestle, Kraft, Kellogg's, Bel France, Lindt (Switzerland), and Hershey's (USA).

## **Olivia Vaz, Chief Financial Officer**

Olivia Vaz is the Chief Financial Officer and Partner of Babco Foods International, LLC. She is responsible for overseeing all functions of the company's finances, including financial planning, policies and credit control.

Olivia has been involved with Babco Foods since its inception. She joined Babco Foods full-time in September 2010 as Chief Financial Officer and brings with her more than 25 years of international commercial banking experience at banks including HSBC.

Prior to joining Babco, Olivia was Vice President and Portfolio Credit Manager at Sun National Bank in New Jersey. She has vast experience in corporate lending, credit analysis, budget and planning and debt collections.



## **Ken Vaz, Executive Vice President**



Ken Vaz is Executive Vice President at Babco Foods and Manager of Babco's Southern US Region. At Babco, his role is in establishing sales and operations at our new Houston, TX, distribution center as well as identifying new products and development of short- and long-term projects.

Ken holds a Ph.D. in electrical engineering from Rutgers, the State University of New Jersey. Prior to joining Babco Foods in 2015 he was a Staff Scientist at a US federal agency engaged in developing new nanotechnology. During this period he was continuously involved in strategic planning at Babco and the implementation of efficient sales and logistics at the ground-level.

## **Distribution Network**

We distribute our products to retail stores all over the USA and to a few stores in Canada as well. We are headquartered in Piscataway, in New Jersey. In October 2012, we opened a distribution center in Hayward (San Francisco) California, to directly distribute our products to all the Indian and Sri Lankan stores in the US West Coast region.



In June 2015 we opened our third

distribution center in Dallas, Texas, to service both the Texas and Houston market as well to provide efficient distribution to all states in the Southern US.

- Optimized journey plans for sales team
- Fast turnaround delivery
- Fleet of Babco-owned trucks
- Computerized inventory, invoicing, sales reports and forecasting
- Palletized and color-coded warehousing
- First-in first-out rotation for freshness
- FDA, health, and safety inspected



### ***Warehouses***

- Climate-controlled in all seasons for dry food freshness
- Walk-in freezers to maintain quality of frozen products
- Standard-height loading docks for palletized deliveries
- 20,000 sq. ft. in Piscataway, New Jersey
- 10,000 sq. ft. in San Francisco, California

- 10,000 sq. ft. in Dallas, Texas

### ***Logistics***

- Babco-owned truck fleet in NJ, CA, and TX
- Our trucks deliver to major markets
- East coast: Boston, MA, to Northern Virginia
- West coast: All of California (San Francisco, Los Angeles)
- Texas: All of Texas (Houston, Dallas, Austin)



## Brands We Represent



Snacks and frozen entrees from South India



Masalas and flours from Tamil Nadu



Sesame oil



Flours from Kerala



Spices, mixes, pickles from Kerala



Kitchenware



Flours and ready-to-eat products from Kerala



Ghee and desserts



Biscuits (cookies) from Spain



Flours and snacks from Kerala



Ragi (millet) flours



Masalas from Bangalore



Snacks from Mumbai



Coconut milk from Sri Lanka



Snacks and frozen entrees



Health mixes from Tamil Nadu



Biscuits (cookies) from the UK



Pickles from Pune



Masalas from Tamil Nadu



Gravies and pickles from Kerala



Masalas from Hyderabad



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# MCA-EC Quarterly

Mangalorean Catholic Association of East Coast, USA

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

## Our President

### *Bhagi Nathalanche Festh Ani Novem Voros, 2016*



On November 30th, 2015, a lady reflected on Christmas at St. Andrew’s Church in Avenel, NJ and she said, “On 26<sup>th</sup> December, after you open all your gifts under the Christmas tree and say, **ah... I am glad it’s over**, then you will know that you were not waiting for Jesus, but for Santa.” Her message was so powerful that I started pondering. Isn’t it true how most of us feel on December 26th? The black Friday sale begins so early that we do not even have time for a good Thanksgiving meal together these days. Each and every day after Black Friday leading to Christmas Eve is a constant hustle and bustle to make sure that we have checked every item off the wish list of our loved ones. The commercialization of Christmas and the advertisements are so strong and misleading that many children associate Santa Clause and gifts with Christmas and some have forgotten

baby Jesus.

Take a pause now and compare this with your own Christmas celebrations growing up in India some 30-40 years ago. I vividly recall making the great crib with all natural materials – the grass, the branches of trees (Indha thale), the making of a manger with mud/clay etc. Then decorating that crib with a star and miniature lighting. I recall, family sitting around the table to make kuswar. Finally, the night of Christmas, we all go to midnight mass and have the meal thereafter together as a family. Well, I recall the only gift I used to get was a new trouser/new shirt to be worn on Christmas mass. **What a joyous Christmas, it was!** Reflecting on all of it, I see that the true spirit of Christmas is slowly fading away replaced with the spirit of commercial Christmas. No matter where we are and what we do, Advent and Christmas is the time to take a pause, reflect upon the past, and prepare a manger in our hearts for baby Jesus. It may be a holiday season for the rest, but for us Christians, it should continue to be a Christmas season with the birth of our Savior.

If I reflect upon the last year, a lot of positive things have happened in my personal and professional life and I am so thankful to God. From the MCA-EC perspective, this year has been a “**year of transition.**” We are now an IRS recognized non-profit organization and have an adequate governance structure. We also have an **approved transformation plan – MAGIC** (Mangaloreans Accepting Growth Integrating Culture) in place to transform MCA-EC into a **valued** organization, we have come together dissolving most of our differences. With renewed support and coalitions, we have taken the **bold step** to move forward with the **implementation of MAGIC-1** (First year of MAGIC). There is still work to do from the financial and people perspective and we can never shy away doing the right thing for our members and community. We call this as a journey because every journey has challenges and these challenges make us strong. Let’s continue to focus on our strength and make MCA-EC a valued organization for all of us.

They say, “**Faith makes all things possible, Hope makes all things work, Love makes all things beautiful. May you have all THREE things during this Christmas.**” Wishing you a Merry Christmas and Prosperous New Year, 2016.

**Mark Lancy Mendonca, President, MCA-EC Inc.**



## *Our Spiritual Director*



### **Christmas: A Joyous Moment of Our Life**

As Christmas is approaching fast, it is good to reflect on the fact that God came to us as human person. Obviously, we have a certain answer in the Gospel of St. John: “God so loved the world that he gave His only Son, that whoever believes in Him shall not perish but have eternal life” (Jn. 3:16). On our feast days and Sundays during Mass we profess our faith and acknowledge: “Christ came down from heaven for our salvation” (Nicene Creed).

In the first book of the Holy Bible, in Genesis, we read that our first parents Adam and Eve had a harmonious relationship with our Creator God. Unfortunately, this relationship was destroyed by the sin of disobedience to God. Adam and Eve were not only the ones affected by the result of sin, but each of us as well, as we have descended from them. Simply taking a look around us and even within our own hearts, we see the effects of Original Sin still present.

Our human nature is so fragile, that easily we fall into personal sin; become slaves to the passions of flesh and become the enemies of God. It is unfortunate that by ourselves we are not able to recover from the effects of Original Sin. However God’s Love is so great that He became incarnate in the person of Jesus Christ. He took on our human nature and suffered a most agonized death to save us all from our sinful nature and earn for us our original inheritance with the Creator God.

Through the holy sacraments, our sins are washed away by Christ. Each and every page of the Holy Bible urges us to shun sin and turn to God. Jesus preached forgiveness of the loving God the Father, and commanded us to “sin no more” (Jn. 5:14; 8:11). Prophet Jeremiah was confronted with the question why God’s hand seemed to have been lifted up from His chosen people. Certainly the answer was sin. “It is He who gives us the autumn rains and the spring rains at the same time. It is He who assures us of the regular weeks of the harvest. Your misdeeds have stopped these things from coming. Your sins have deprived you of my bounty” (Jeremiah 5: 24-25).

Christmas is a joyous time for all of us. Joy is something that is different from happiness. Happiness comes to us when everything is right. We experience happiness during the Christmas season as we are engaged with several activities like shopping, decorating, entertaining, mailing cards, feasting with food and drinks etc. However when the source of happiness departs, happiness goes with it. Joy is a gift that comes from God. It is based upon what God has done to the people who accept His wonderful plan. Joy is sustained by God. Nothing can destroy joy except sin. Let us try to experience this joy in our lives. Let this Advent season help us to repent for our sins and make a way to invite Christ in our families. I wish you all Merry Christmas and a prosperous New Year 2016.

---**Fr. Augustine Claude D’Souza, Capuchin**



**EXERCISE**



**BIRTHDAY CELEBRATIONS**



**REHAB**



**GAMES**



**FESTIVALS**



**NURSING**



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- . Eye Doctor
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- . Physical Therapist
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- . Social
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- . Magazines
- . Newspaper
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- . Movies
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FREE PICK-UP & DROP-OFF . MEAL WILL BE PROVIDED**

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# MCA-EC BOARD'S CHRISTMAS WISHES



**Mendonca Family, December, 2015**

Christmas is a time for celebration in our family. It is a season to visit people, attend parties, eat good food, attend mass, prepare and eat kuswar together, exchange gifts etc. Our Christmas fever starts from the day we decorate our house (usually Thanksgiving week) and continues until the year end party. As a family, we decorate the Christmas tree, install lightings and all the decorations inside the house giving a festive look to our house. Since ours is the only Christian house on the cul-de-sac, it kind of stands out.

Our celebration of Christmas is an amalgamation of Eastern and Western traditions of Christmas celebration, albeit more towards the Eastern traditions. We do several types of kuswar (kidi, vode, thukdi, lado, nevre, sakli, etc) as family (or families), involving both children and adults. Kids come up with creative ways of making shapes out of dough which will be fried later. Day of Christmas are full of celebrations. Several families decide to go to vigil mass in a particular church and we all decide to meet at the end of the mass at our house for kuswar and wine. Since we have extended family in the neighborhood, a few family and friends meet on Christmas to celebrate health and happiness. Prayers are part of every celebration and we firmly believe that Jesus is the reason for this season.

The week from Christmas leading to New Year is so eventful. If we recall, last year, every day was a fun filled celebration – be it wedding anniversary, a trip to Rockefeller Center, a birthday party, a New Year party or just a lighting show at the PNC arts center. We went in groups of 30-40 people for all these celebrations/events and it continued non-stop for more than a week. It was really an enjoyable time with our Moriye Vado members. Writing this article re-lived the great memories we had and we wish & pray to have a similar fun time in the near future.

## Arine Aranha, Vice President of Programs:

Merry Christmas One and All.....

Part of my journey as a VP of MCA-EC is to speak authentic Konkani, so Bhagi Nathalanche Festh and Noveai Vorosachi khushalkai, wishing you and your family a very happy and blessed New Year 2016. Christmas to me, is when we celebrate the birth of the Christ child. God sent His Son, Jesus and his birth brought great joy to the world. That day had finally come when the star stopped over Bethlehem just to mark the way for those who were looking for this special child. Shepherds, wise men and angels, all shared in the excitement of experiencing this great glory. They knew this was no ordinary baby. The prophets spoke of His coming hundreds of years before. It must've been a splendid sight to see. We all try to recreate that beauty and wonder in our homes every year with the setting up of the crib.

Each year I look forward to the joys and festivities this celebration brings. Lighting the Advent Candles, making Kuswar, decorating our home, adorning the tree, laying gifts under the Christmas tree, making the crib, sending Christmas messages by way of cards in the mail, e-mail, what's app, etc, yummy dinners with family and friends, snow in the yard, and the shouts of "Merry Christmas" to everyone we meet.

A big part of being a Catholic is that we use this time of Advent to reflect and experience the waiting period that those shepherds and wise men had. A time to prepare our hearts and souls to welcome Jesus and make a path for his Grace to flow deep within us. A time to spend time with God reflecting and thanking God of all the blessings received and challenges overcome with his Grace and Guidance.

I feel blessed that we enjoy a wonderful cozy home in the cold winters and yummy meals to keep us stuffed topped up with the love of our family and friends. Although, I miss being back in my homeland, what I love about being in the US is that I have the opportunity and encouragement to share my blessings with others by way of donating trees, packing meals, coat drives and much more.

Being miles away from home, has not dampened my enthusiasm of family traditions. I share the joy of preparing Kuswar with friends who are now family to me. I look forward to share the Joys of this Season amidst you all and bring about the spirit of Christmas with all its grandeur and festivity – not forgetting the real reason of this season. Let our hearts rejoice and overflow with love as we share God's peace to one and all. Together we can make a difference and make this world a happier and better place to live.

Wishing you all a very Merry Christmas and blessed New Year 2016 from me and my family to yours!





Mr. Paul Quadras  
Vice President - Regional Coordinator  
(2015 -2016), MCA - EC.



## Merry Christmas & Happy New Year - 2016

Pope John Paul II in his Angelus message on 12/19/04 said that "the Traditional Christmas tree is a very ancient custom which exalts the value of life, as in winter the evergreen becomes a sign of undying life. In general the tree is decorated and Christmas gifts are placed under it.

The symbol is also eloquent from a typically Christian point of view: it reminds us the "tree of life" (Genesis 2:9), representation of Christ, God's supreme gift to humanity".

The message of the Christmas Tree, is that life is "evergreen" if one gives; not so much material things but of oneself: in friendship and sincere affection, fraternal help and forgiveness, in shared times and reciprocal listening.

The mystery of Incarnation is mystery par excellence. God became man for our sake not to make us little god's but to make us better human beings and to share the God given life with others.

I take this opportunity to wish you and your family a happy gracefilled Christmas. May the Babe of Bethlehem continue to bless us, our families, our children and our work. May this holiday season sparkle and shine, may all of your wishes and dreams come true, and may you feel this happiness all year round.

Merry Christmas & a happy New Year 2016.

Paul Quadras  
VP Regional Coordinator (2015-2016), MCA-EC.

## Dylon D'Souza, Vice President of Public Relations:



Christmas is a special time of the year for all, be it as a believer of Jesus or not. The Christmas music, window displays, glitter, lights everywhere just ignites the spirit within oneself and bring out the feeling of joy and generosity all around.

Christmas time is about focusing on Jesus and acknowledging the precious gift that God has given us by sending us his only son so that we can be redeemed. It's this time of the year that I count the blessings that have been bestowed on me and my family, the good health and happiness which only our Savior can provide. It is also a time to remember especially the less

fortunate ones and see how to help them in kind and deeds. As the year draws to a close, it's time for some introspection on what was accomplished and what could have been done better.

When I sit down and think about Christmas I see how over a period of time it has changed for me in some ways. When I was growing up in Mumbai, India it used to be so different. The season would start by cleaning up the house and then putting up the decorations inside. Then there would be kuswar sessions at home with Aunts and cousins where over a period of time everyone pitched in to prepare delicious traditional kuswar( newris, kulkuls, rice laddo, chakli, keedios, karakadi being the favorites) and the best part was that we would feast on these goodies every day. During Christmas time the church would have activities (games, musicals, carol singing, talent shows) for the youth and I remember spending hours there and having fun with friends. Then on Christmas night we would wear our best clothes and go for Midnight mass. Going for the Christmas dance which went on until the wee hours of the morning was the highlight of the season.

Having been in the US for almost 20 years now, I have tried to keep up with most of our traditions. Christmas is a big holiday in the US and we know "Thanksgiving" is the beginning of our holiday season here. With festivities starting so early on over here, it's so easy to get caught up with the holiday shopping frenzy, setting up the house, planning and preparing for the parties, get-togethers and last but not the least preparing for Santa's coming. Even as I enjoy and participate actively, we as a family try to keep the focus on Christmas and its true meaning during the season. Some of the things we try to do to keep the spirit of Christmas is work together to setup the Christmas decorations, the tree and the lights, have kids participate in the Christmas Choir, take part in church activities, participate in charity drives, have carol singing, help the needy and reach out/re-connect with friends and relatives. Here in the US we also try to keep some of our Mangalorean traditions like making kuswar at home, with everyone at home pitching in, with the hope that the kids pick up this tradition of ours. Although we are far from our parents, siblings and close relatives, over the year's we have developed close bonding with a lot of friends and it has been their love, generosity care and affection that has made each Christmas special to us.

## **Rodney Quadros, Vice President of Finance:**

It's that time of the year - Christmas is around the corner and along with it come all the joys of Christmas. But what is the real meaning of Christmas? What do we learn from Christmas? Is it all



about shopping and decorations? Is it all about Santa Claus and gifts? Is it all about gifts under the tree, or lights in our homes, or stockings hanging in the living room? Well for me Christmas symbolizes many things. First of all it reminds me about humility - God sent his only son to be born in a humble manger as an infant by giving up his divine self and coming into this world as a mortal. It teaches us that however successful or famous or great we may be we should never lose touch with our inner innocence and humility which we had when we once came into this world. Christmas also teaches us about love - "For God so loved the world that He gave His only begotten Son". It teaches us that we should love all our fellow human beings and treat everyone with respect. It also teaches us to give to the lesser privileged especially those who may not be able to purchase extravagant gifts or celebrations so that they too can be part of this wonderful event of the birth of our Lord Jesus Christ.

Christmas also teaches us the importance of family. When I go back in time, I remember our family getting together and getting our entire house spick and span. I remember the entire process of making the kuswar - juggling hot til in both hands while making til laddus, each family member doing their part while making newris, which according to me is the most complicated of

all kuswars, happily getting a comb to make culculs, eating a few rava laddus when my mom was making them - all with Christmas carols playing in the background. It used to be great fun. I would also look forward to helping out my dad while decorating the house and preparing the crib. And then I would go out with my school friends for carol singing with lanterns to every home. And then finally I would look forward to the midnight mass which was very special to me. This Christmas my family and I wish each and every one of the MCA-EC members a merry and joyous Christmas season. We hope all of you spend quality time with your families not only decorating the house, making kuswar, etc. but also reflecting on the true meaning of Christmas and the Lords' birth.

# Deen

FASHION



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787 Newark Ave.  
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T. 201-963-8902

**Extending your hand to help someone has more value than joining your hands for prayer: Can you double the value by doing both?**

**Mark Lancy Mendonca  
President, MCA-EC Inc.**

*It was Saturday, 1<sup>st</sup> of August, 2015 and I was undergoing an 11 hour surgery for transformation. Well, it was not **MAGIC** of MCA-EC, but the personal transformation from **“Bald and Beautiful”** to **“Bold and Handsome.”** Jokes apart, I was going through the hair transplant surgery at Mangalore, India. Inside the operations theater, the doctor was asking questions about life in USA and how I spend my time on weekends. During the conversation, MCA-EC came up and I took this opportunity to speak about the great things MCA-EC does for our Mangalorean Community in USA. Evening came, and I was at the reception ready to pay the hospital bill. My doctor, Mr. Bhatt called me and told me, “Mark, I am impressed by the great work you do for Mangalorean Catholics in USA. I would like to contribute a small amount to your effort. I am giving a 10% discount on my charges, which you can use for the community.” **I was really moved by the act of kindness by a non-Catholic doctor in India thinking about the Mangalorean Catholics in USA. I remembered the quote “Extending your hand to help someone has more value than joining your hands for prayer.”***



***Extending your hand to help someone has more value than joining your hands for prayer***

*I doubled that contribution and deposited it as seed money for our MCA-EC charity account, which was opened last month at our local bank, in NJ. Today, I invite all of you to start contributing to this fund and make a difference in our community. This is the season of giving and why not give to the community you love? We take this opportunity to answer some of your questions on Charity money and how we collect, safeguard, and spend the money to the right cause.*

**Q: What will MCA-EC do to safeguard the money that is collected for charity?**

**A:** As I alluded earlier, the money received for charity will directly go to a separate bank account as Charity contributions. A separate book of accounts is maintained and financials are published at the Annual General Body meeting. The Philanthropic committee will provide

recommendations after soliciting input from members at the AGM for the following year's contributions.

**Q: How do I ensure that the money is spent only to the purpose it was collected?**

A: MCA-EC's by-laws were amended to ensure that the charity money is spent only for the purpose it was collected. It will be kept in an account and the members will be notified on how much gets collected and how much gets distributed and to which cause, as well.

**Q: How do I ensure that one entity does not get all the money in a given year and empty the funds?**

A: The amendments were also written to safeguard this interest. For example, MCA-EC can only make one contribution per year to an entity subject to a maximum of \$1000, at this time. If more than \$1000 is collected for a specific purpose (E.g. Educational assistance), the remaining money will be subject to an annual ceiling of \$1000 per entity and can be donated next year. Alternatively, MCA-EC can choose to donate to another entity for a similar purpose.

**Q: How do you decide which entity will be the beneficiaries of MCA-EC contribution?**

A: Each year, with the members consent, the philanthropic committee and Executive board jointly decide the purpose and entity for which it will donate. This will be voted in the Annual General Body meeting (AGM). The funds will be disbursed based on this decision made at the AGM.

**Q: What are the purposes of Charity and how are they defined?**

A: Currently, we have the following purposes defined. These are subject to change.

1. Individual Charity to cater to educational needs and health needs.
2. Organizational Charity catered to an Orphanage and old-age homes.

**Q: How do we contribute?**

A: At this time, the contributions can be made by writing a check payable to "MCA-EC" with the memo stating "Charity Contribution" and mailing directly to "MCA-EC, PO BOX 41, Woodbridge, NJ ". We are in the process of enhancing our portal so that you can contribute directly using our website.

**Q: How can I maximize the contribution that I make?**

A: Some employers double your charity contributions. Please consult with your HR for details.

**Q: Thank you so much for spending time with us today providing details about MCA-EC charity. Are there any final words?**

A: Giving is always better than receiving; because giving triggers the receiving. We thank you for your support and wish you a Merry Christmas and Happy New Year. Hope you will consider contributing and help make a difference. You will hear more about this once the Philanthropic committee is formed and decide about the details of the program.

# For The Kids, By The Kids

Powered by MCA-EC

**What:** An educational assistance for high school kids in India who excel academically, but financial weak to complete education

**Who:** MCA-EC kids save \$10 per month with parents support through various means – a) Clipping coupons b) Sacrificing the wants c) Getting good grades, d) Performing household chores such as cleaning, lawn moving, snow shoveling. e) Chillers for children piggy bank. Money collected will be used to pay school fees.

**Why:** To benefit the needy children in India and to model the good behaviors in the Children in USA. Children can also get volunteer hours for such activities.



**How:** You can join this program, by replying to this email ([info@mca-ec.com](mailto:info@mca-ec.com)) with your child's name, age, and email address for this purpose. You can send checks quarterly (\$30) or annually (\$120) by mailing to MCA-EC P.O.Box 41, Woodbridge NJ 07095. Please make checks payable to MCA-EC and write FTKBTK and child's name in memo field. For ideas to save money for this, please contact Meldon Mendonca ([melmen2000@gmail.com](mailto:melmen2000@gmail.com)) or Darrel Dsouza ([Darell.Dsouza@gmail.com](mailto:Darell.Dsouza@gmail.com)).



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# 2016 BIBLE DIARY

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*Bible Diary*®

THAT THEY MAY HAVE LIFE

“ I have decided to announce an Extraordinary Jubilee which has at its centre the mercy of God. It will be a Holy Year of Mercy. We want to live in the light of the word of the Lord: “Be merciful, even as your Father is merciful” (cf. Lk 6:36). And this especially applies to confessors! So much mercy!  
– Pope Francis



“ O Lord, you are our Father;  
we are the clay, and you are our potter;  
we are all the work of your hand. – Isaiah 64:8



# Together, we are embarking on a multiyear transformation journey (MAGIC) as one MCA-EC (MAKA-EK)

*“Alone I can say, together we can talk. Alone I can smile, together we can laugh. Alone I can enjoy, together we can celebrate.”* That's the BEAUTY of Human Relations. We are nothing without each other!  
- Anonymous.

Dear Fellow Mangaloreans:

YES, there is a magical power in togetherness and with that power, we crafted a multi-year transformation journey called **MAGIC** (Mangaloreans Accepting Growth Integrating Culture). In this short article, I would like to provide you a glimpse of this beautiful journey to transform MCA-EC into a valued organization for our members.

We started with identifying what value means for each of the members by asking the three powerful questions – stop what, start what, and continue what and “why”? The overwhelming response was analyzed and a three pronged MAGIC plan was developed, which was approved unanimously at the special general body meeting on 11/8/2015. The three prongs consists of 1) Empower members, 2) Serve the community, and 3) Strengthen locally. In order to meet this objective, the organization was adequately restructured by giving more **power to the people**. Along with this, several amendments were made to the by-laws so that we have the right checks and balances as the organization grows. We leveraged the past six years of history and proposed a plan “**For the people, By the people.**” The proposed plan was delivered to several

Together, we are embarking on a multiyear journey as one MCA-EC “MAKA EK” to transform MCA-EC into a valued organization for our members. This transformation journey is called **MAGIC**—Mangaloreans Accepting Growth Integrating Culture.



Alone I can say, Together we can talk.  
Alone I can smile, Together we can laugh.  
Alone I can enjoy, Together we can celebrate!

Coming together is beginning, working together is progress, staying together is success - Henry Ford

**Guiding Principles:**

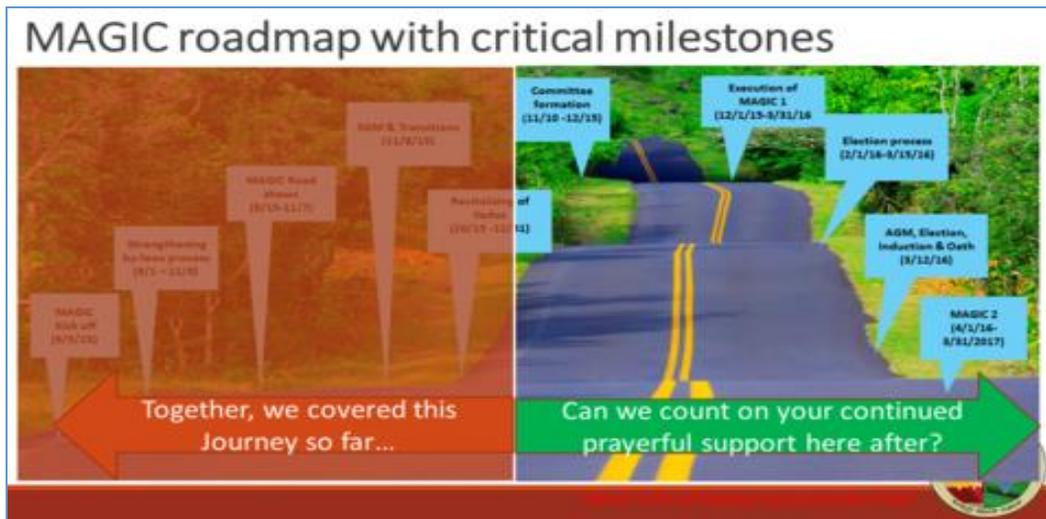
- Leverage MCA-EC history
- Redefine Organizational structure
- Foster collaboration, transparency, and accountability
- Empower the members
- Strengthen locally, scale globally
- Serve the community
- Address challenges and future needs



locales of the organization in the form of several road shows and the feedback received was incorporated into the final MAGIC plan. To implement the plan, specific committees are being formed with an individual charter to each committee. The organizational structure and the various committees are described in the pictures below.



The MAGIC journey has two phases – Planning Phase and Implementation phase. The Planning phase completed with the approval of the plan during the special general body meeting on 11/8/2015. The critical milestones are depicted in the picture below.



The next phase of the MAGIC is implementation. We are implementing MAGIC in multiple stages. The first year is called MAGIC-1 and each of the following boards, with the help of committees are expected to carry out this journey in many more stages (MAGIC-2, MAGIC-3 etc.) In order to get an idea, we have shown below the first few months of activities performed by each of these committees. As the years pass on and as we apply the lessons learned, we will expand the benefits of MAGIC to other Mangalorean associations throughout North America. We are already in

discussion with strategic alliances/collaboration to carry out some charity work on educating low-income, academically high performing children in Mangalore, India.

## MAGIC1 (Year one of MAGIC) has planned the following calendar of Events.

	November	December	January	February
<b>Social Activities</b>	Form the Committee Plan events for the period	Christmas events Teen networking event	Earn your Future Technical Classes Linked in network	Easter Gathering Youth Program Value added services
<b>Public Relations</b>	Discuss format of newsletter Research Social Media	Newsletter ideas Media publications	Email Digest	Email Digest
<b>Philanthropic</b>	Form the Committee Plan events for the period	Soup Kitchen Coat Drive	Food Pantry Hospital Visit	Fundraiser for a Charitable Cause
<b>Technical</b>	Leveraging Salesforce Website Rebuild Social Media Rebuild	Integration of the Portal and the Website	Development Phase 1	Development Phase 2
<b>Elections</b>	Form the Committee Formulate Election Process	Preparation for election	Election nomination process	Conduct election Induct Officers
<b>One-Time Committee</b>	Form a Committee for Catholic Events	Gifts for the Needy Prayers during Advent	Retreat	Lenten Preparation



As always, every journey has challenges. It is not easy to carry out such a massive undertaking using the volunteer hours of few individuals. We ask each of you to be part of this journey and enjoy the value of it. Lincoln said, *“At the end, it is not the years in the life that count, but the life in those years.”* We encourage each one, reach one and spread the MAGIC.

**Mog Asundhi,  
Mark Lancy  
Mendonca,  
President,  
MCA-EC Inc.**

Each one, Reach one, and spread the **MAGIC!**

**THANK YOU**

*...Come, Let's all partake in this journey as one big MCA-EC family... "MAKA-EK" ...*



## Congratulations – MAGIC committees are formed

Name	Objective	Activities & Metrics	Team
<b>Social activities</b> 	<ul style="list-style-type: none"> <li>To improve the general well being of the members</li> <li>To address the personal, professional, spiritual and social needs.</li> </ul>	<ul style="list-style-type: none"> <li>3 Flagship events</li> <li>6 Webex or Google Hangout conferences</li> <li>1 Educational / Leadership Program</li> </ul>	<ul style="list-style-type: none"> <li>Norma Rodrigues</li> <li>Karen Arumugam</li> <li>Anita Pais</li> <li>Mark Mendonca</li> </ul>
<b>Public relations</b> 	<ul style="list-style-type: none"> <li>To obtain and disseminate information</li> </ul>	<ul style="list-style-type: none"> <li>Media communications</li> <li>4 quarterly newsletters</li> <li>Website management</li> <li>Social Media Management</li> </ul>	<ul style="list-style-type: none"> <li>Diana Lewis</li> <li>Dylon Dsouza</li> <li>Loraine Dsouza</li> <li>Jitin Pais</li> </ul>
<b>Philanthropy</b> 	<ul style="list-style-type: none"> <li>To identify charitable causes.</li> <li>Raise funds for charitable causes.</li> </ul>	<ul style="list-style-type: none"> <li>2 Charitable Activities like Soup kitchen or packing food</li> <li>Donations for the needy</li> <li>Educational charity</li> </ul>	<ul style="list-style-type: none"> <li>Anita Pais</li> <li>Lorna Tauro</li> <li>Vivian Kamath</li> <li>Arine Aranha</li> <li>Victor Pais</li> <li>Meldon Mendonca/Darrel Dsouza</li> </ul>
<b>Technology</b> 	<ul style="list-style-type: none"> <li>To ensure MCA-EC leverages technical knowledge to develop tools needed to cater to MCA-EC's needs</li> </ul>	<ul style="list-style-type: none"> <li>Implement effective technology – Portal development and management</li> <li>Understand and address changing needs</li> </ul>	<ul style="list-style-type: none"> <li>Manesh Aranha</li> <li>Sunil Lobo</li> <li>Ivan Dsouza</li> <li>Christopher Monis</li> <li>Arun Menezes</li> <li>Rodney Quadros</li> <li>Dylon Dsouza</li> </ul>

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# Quarterly Vado News

**Bhagevonth Kutam Vado of PA & DE wishes you the Joy and Peace of the Christmas Season!**



**By Shilpa Menezes**

## **Year 2015 at a glance...**

At the very beginning, on behalf of our Vado, I would like to be thankful for the many blessings, the wonderful families and the great fellowship we have experienced this past year. For some of us, this year marked 3 years of knowing each other and our families. We have been coming together as a community for prayer meetings, Lenten gatherings, potluck lunches, summer picnics and our annual Christmas get-together. The magic of adding new families to our Vado continues...

I would like to specially thank our Core Team members for being so supportive and amazing through the year. Helping us plan and organize the various events through the year. We encourage new families to come forward and volunteer for a specific event or join our core team and support the year's activities.

### **2015 Core Team & Organizing Committee:**

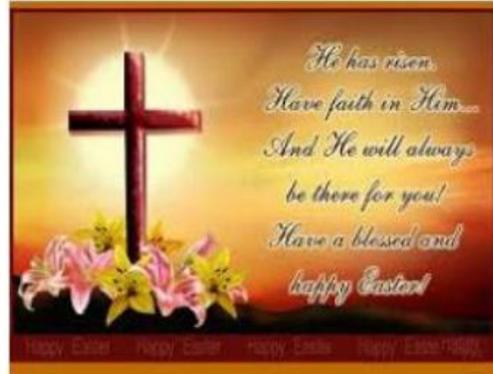
Victor & Rajani Sequiera, Sunil & Divya Lobo, Merwyn Madtha & Jasmine D'Souza, Gladdy & Roseline D'cruz, Sanjay Currie, Anil & Arlene Fernandes, Manoj & Neeta Mascarenhas, Dilip & Amrith Lewis, Allwyn Saldanha, Archie & Shilpa Menezes, Sweetie Lewis & Noel Castellino.

And I take this opportunity to thank our parent organization MCA-EC and the leadership team for their continued support, guidance and cooperation every year.

Give thanks to the LORD, for HE is good; His LOVE endures forever. Psalm 107:1

- **March 22 – Vado – Lenten Prayer Meeting and Potluck Lunch**

The Bhagevonth Kutam Vado of PA and DE conducted the Way of the Cross on March 22 at Malvern, PA. We had over 15 families participating in this year's Way of the Cross prayer service. The celebration was a carefully planned prayer session with hymns and prayers for the intentions of all our vado families. We shared a potluck Lenten lunch after the prayer session Lenten Art Project & Charity: The children had busily prepared a piece of art that depicts the Lenten season. There was a silent auction for these arts, with the proceeds donated to a charitable cause.





- **May 16 – May Month’s Rosary in honor of Mother Mary & Dinner**

We are thankful to all the vado families who attended the rosary get-together at recite the holy rosary as a group on May 16th at St. Charles Borromeo Catholic Church Grotto. Special thanks and a shout out to Victor and Rajani Sequeira who organized the church hall as well as the church for us. We had a lovely evening. We was able to relive some fond memories of our childhood days while trying to create fond memories for our kids.



- **August 16 – PA –DE Vado Summer Potluck Picnic**

Around 50 of our Vado members gathered together on the 16th of August to celebrate with our loved ones from our Vado at the gorgeous and quaint Evansburg State Park in Collegeville, PA.

What better way to start the day than by singing our National Anthem, Jana Gana Mana. It was wonderful to see the flag swaying in our embraced land. While some of us preferred to start the day gorging on the wonderful appetizers, others preferred to play our favorite sport CRICKET. We had many more games all afternoon to keep us energized while building team spirit including the favorite ‘Lagori’ from last year. After a sumptuous lunch, we had watermelons to keep the heat off and garam chai to refresh our minds, before we wound up the event in the evening.



- **Dec 5 – Annual Christmas Celebration**

110 Vado members with their family & friends celebrated to bring in the holiday cheer and the eagerness of the Christmas Season at West Chester's Knights of Columbus hall. With lots of caroling, children's prayer, Christmas tree and Santa's surprise gifts, live band ([Gerry Coutinho - NJ](#), Archie Menezes), the kid's band (Stephen Coelho - Guitar, Vocals: Athira Menezes, Julia Coelho) and DJ music (Rohan Coutinho), dancing, awesome session of bailas (Vocals: Vinod Menezes, Archie Menezes, John Coelho – keyboard, Stephen Coelho – Guitar), games, raffles, high spirits, scrumptious food from **Bangles Restaurant** and the wonderful crowd that kept the party going through the evening.



It was a gala affair and so good to see everyone come forward and experience the magic of the Christmas season. We had a special talk from Mr. Anil Noronha on his experiences in America being away from Mangalore, family, culture & tradition, and the significance of community events organized by the PA-DE Vado. **Very special thanks to Mr. Vishal Currie for making it all the way from Vietnam and being gracious to be our favorite Santa of the season.** The kids were thrilled and the parents reminded of their younger days. At the end of the evening, we distributed Kuswar boxes to each family. **Kuswar was prepared by Mrs. Rosy D'Souza, mother of Ms. Connie (D'souza) Doss (New Jersey).** Large and generous portions of Nevris, Kulkuls, Rose Cookies, Sev left everyone nostalgic of Christmas time.

The core team and the organizing committee is grateful to all the vado members, friends and family for the great turnout, the participation through the evening, the good wishes from those who couldn't attend and for all the support and cooperation from all involved.



## Important Announcement:

As the Gurkarn of Bhaghevonth Kutam Vado since March 2014 and taking over from my good friend Dilip Lewis, I have cherished every moment working with the core team and finding new ways to keep the community actively involved in the activities of our Vado. I am very pleased to hand over the leadership baton for the coming year to Mr. Victor Sequeira as Gurkar and to Ms. Jasmine D'Souza as the Deputy Gurkarn of the Bhaghevonth Kutam Vado (PA-DE Vado). We announced this change at our Annual Christmas get together on Dec 5, 2015. We will send a more formal introduction with their brief profiles in the coming weeks.



**Victor Sequeira - Gurkar**



**Jasmine D'Souza, Dep Gurkarn**

Our core team is very excited about the year to come and we have already started a few discussions to schedule our 2016 Calendar of Events. Stay tuned...

### **Final Word: What we truly cherish...**

The opportunity for us to come together and celebrate good times and to pray together in difficult times. Hear that friendly voice on the phone or an email reminiscing the good times at a recent potluck or picnic or another event, or sometimes just to know that there is a community guided by like-minded people who care about our rich culture, and walk with a purpose and at the end of the day – get the feeling of belongingness.

**On behalf of the Bhaghevonth Kutam Vado:**

**We wish you all a very blessed season. Merry Christmas and a Happy New Year!! *Dev Boro Koron...***



# News From



# Kursa Vado

By, Reena Menezes



## St Francis and Christmas Crib.

The story of the origin of the Christmas Crib rests with the very holy man St. Francis of Assisi.

In the year 1223 St. Francis of Assisi visited the town of Greccio in Assisi to celebrate Christmas. With the help of people of Greccio and his brothers he prepared a manger and brought hay, ox and cattles to the place appointed.

At the eve of Christmas the brothers and the people holding in their hands the burning lights chanted the Psalms of Praise. The man of God St. Francis of Assisi

chanted the Holy Gospel and preached to the people the Nativity of poor King; and being unable to utter His name for the tenderness of love, he called Him the Babe of Bethlehem.

While preaching the Gospel a wonderful vision was seen by a certain vertuous man. In the vison he saw a little child lying in the manger lifeless and the Holy man St. Francis of Assisi go up to it and rouse the child as from a deep sleep. The vission was not unfitting, for the child Jesus had been forgotten in the hearts of many; but by the working of his grace, Christ was brought to life again in many hearts by St. Francis of Assisi.

Although the story is long old, the message is clear for us. Today the focus on consumerism distracts humanity from the true meaning of the birth of the savior. May we never forget to see in our hearts the little Babe of Bethlehem, who came to save us from sin. We should never forget the wood of the manger held him so securely one day give way to the wood of the cross. May we too embrace Him like Francis of Assisi in love and tenderness.

I take this opportunity to wish you and your family Happy Christmas and a prosperous New Year 2016.

Reena Menezes.



# Congratulations !

*A good leadership is not a position or a title  
it is action and example.*

*Reena Menezes  
New Gurkarn for Kursa Vado*



Neola  
Nov. 25th



Sanya  
Oct 12th



Ethan  
Nov. 3rd



Abigail  
Oct. 17th

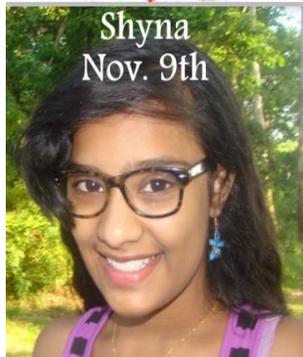


Seanna  
Dec. 9th



*May your special day surrounded with happiness, filled  
with laughter, wrapped with pleasure, brightened with fun,  
blessed with love, remembered with joy & enriched with  
hope.*

*Best wishes from: Kursa Vado*



Shyna  
Nov. 9th



Florine  
Dec. 18th



Janice  
Nov. 13th



Rennie  
Oct 21st.



Steven  
Oct. 25th

May Marriage be Blessed  
with Love, Joy and Companionship ...  
For all the years of your Lives !!!

# Happy 16th Marriage Anniversary



Mr. Paul & Mrs. Monthi



# Congratulations!



# Congratulations!

Abigail received  
Sacrament of Confirmation  
on October 7th.



Be assured I am with you always.  
Matthew 28:20





# Welcome to POCONOS Pennsylvania



"It is said gratitude is the heart's memory"  
To put it in the words of John Moser -  
"Gratitude unlocks the fulness of life. It turns  
what we have into enough, and more. It can  
turn a meal into feast, a house into home, a  
stranger into a friend".

Other than that Gratitude strenghtens our  
family and friendship bond. It increses our  
trust and confidence in others.

Gratitude is also a sign of expression of ones  
inner satisfaction, contentment, peace, joy  
serenity, happiness and fulfillment.

We the families of Cursa Vado gathered  
at the residence Mrs. & Mr. Stevan Aranha  
& fly for our thanksgiving celebration party.  
We thanked God for the numerous gifts  
and blessing that He shaowered upon us.  
We had wonderful time together.

Our sincere thanks to Mrs. & Mr. Steve Aranha  
for hoisting the party.



This is the day the Lord has made

Let us rejoice and be glad.

# FATIMA VADO NEWS



## 2015 Thanksgiving Celebration



On Nov. 27, Fatima Vado held its annual Thanksgiving celebration and was attended by more than 20 families. The gathering started off with mass celebrated by Fr. John. Vado members, big and small, participated in the mass by singing in the choir and reciting the Prayers of the Faithful. After the conclusion of the mass, families chowed down on a buffet



dinner and danced to the music of DJ Gladson. There were games for the kids and the mood was festive and happy. "I think we had a great event today," Gurkaan Dileeni commented, "it was really wonderful to kick-off the Christmas season with a Thanksgiving celebration. There's nothing better than getting together with our Vado family to be thankful for all that God has done for us this year."





RODNEY AND JOYLINE'S  
ROCKING DUDE, RONAN  
QUADROS CELEBRATED HIS  
FIRST BIRTHDAY THIS YEAR!



JAISON AND SHARLET'S LITTLE  
PRINCESS, SOPHIA BANJI,  
TURNED 1 IN JUNE 2015!





5

**Rodney and Joyline celebrated 5 years of togetherness this year.**



20

**Manoj and Saritha completed 20 years of wedded bliss on February 23rd 2015.**



40

**Evergreen couple, Bob and Olivia Vaz celebrated their 40th wedding anniversary on Oct 27, 2015.**



**HERE'S WISHING ALL THE COUPLES MANY MORE YEARS OF LOVE AND TOGETHERNESS.**



## Waiting for Christmas

by Clarissa Furtado

Waiting all year for Christmas  
Outside it's a winter wonderland,  
Until it finally comes

Mountains of snow, teasing me to come outside and play,  
Build a snowman,  
Create a snow angel,

"It's time to open presents!" I hear my parents call,  
Fling snowballs at my brother.

Can't wait to see what Santa brought me,  
I've been waiting a whole year.

"Wow! Cool! This is just what I wanted!" I cheer.

Getting ready for the church celebration,

Dressed in my Christmas best,

Rejoicing at the birth of Jesus.

Joyously caroling with the rest,

I rush to the Christmas tree,

Ripping open my presents,

Praying to Jesus at the crib,

Inviting Jesus into my heart,

Enjoying special moments that will be treasured for years to come.

And it's a long, long year before Christmas comes again.

Celebrating the season of giving,

Sharing a meal with family and friends,

The exciting day has come to an end



## Christmas Time

by Jiya Doss

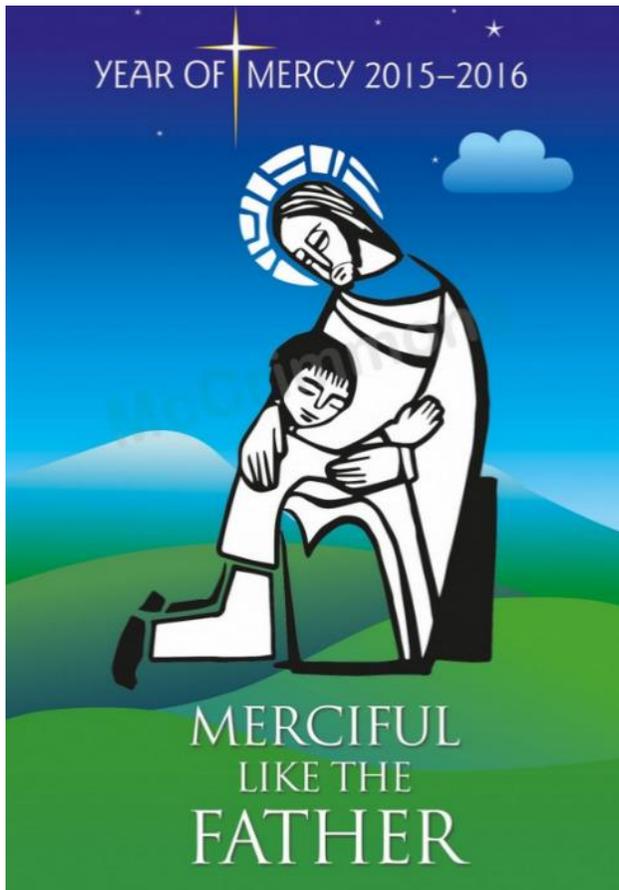
Christmas is my favorite time of the year!  
Christmas is the time of Jesus' birth. Jesus  
is the Son of God, but he came to earth  
because He loves us. I love to put  
ornaments on my tree. I love to put out my  
nativity set, too. I love to see baby Jesus  
and I love the camel and donkey too.  
Every year I have a Christmas party. I sing  
carols and it is so much fun. I sing Jingle  
Bells and Jingle Bell Rock too. There's so  
much fun you can have on Christmas day!



## USHERING IN A NEW YEAR AND JUBILEE YEAR OF MERCY

**Connie D'souza Doss**

Reflecting back, I believe 2015 was a year packed with some very impactful events. Our Vado and extended MCAEC family celebrated birthdays, communions, and confirmations together



with successes in careers, children's accomplishments and important milestones. There were also many sorrowful departures of loved ones into eternal life, illnesses, setbacks and frustrations. Through it all our faith has been the light on the top of the hill, always guiding us and supporting us in every walk of our life. The excitement of Pope Francis' visit to the U.S., the challenges faced by our families back home due to natural disasters, the fear of terror and hate – all these bittersweet moments have brought us closer to God in many ways. As we close the

chapter on yet another year, my wish for the New Year is to find a renewed sense of purpose to live life with passion and intent (and work on losing weight -- again! :). And in a very special way, in this Jubilee Year of Mercy, I ask God to help all of us to work on asking for forgiveness and showing mercy to others in a tangible way.

**WISHING OUR ENTIRE MCAEC FAMILY  
A HAPPY AND BLESSED 2016!**

# Moriye Vado

## Message from Gurkar Ron

### My Dear Vadyegars,

We were very fortunate and blessed to have been able to celebrate Thanksgiving this year with our vado members as one big family. It was hosted at Roshan and Smitha Dmello's residence. We really thank them for opening their hearts and doors so that we could host the event. We gathered together to thank the Lord. We had a mass which was celebrated by Fr. Anthony. It was a beautiful moment when Fr. Anthony during his homily preached the importance of togetherness and unity. He emphasized the importance of unity in diversity and setting an example to others by forgiveness and mercy. We really thank Naveen for making all the arrangements for the mass and Smitha for her decorations.

Thanksgiving cannot be complete without food and we had lots of them, mouthwatering delicacies prepared by each family was served at dinner, not to miss the grand Turkey which was cooked by Sharlet. Everyone enjoyed the meal to their heart's content and gave praise to the Lord. The kids got to pen down what it is that they were thankful for at this Thanksgiving, a great tradition which really helps them to reflect and appreciate all the wonderful gifts and blessings that they have received.

After dinner comes entertainment and we had lots of fun thanks to Vanita for arranging the games and Gladson for his wonderful music. I am really thankful to each and everyone who came and contributed in their own way in making this Thanksgiving truly memorable. God Bless!!!



The Thanksgiving Party

## My Vado Thanksgiving By Shawn D'Mello (Age 8)

Pick, pick, pick. I was picking grapes off the vine. It was the day of the Thanksgiving Vado party at my home. My mom and I were making a fruit turkey. The head was a sweet potato, the body was a pineapple, the feathers were cantaloupe and grapes, and the beak was cranberries. There were also corn and oranges on the bottom.



When all my friends came we ate, talked, and played. Then the priest came and we had mass. He gave a speech about staying together and not to hate others. After mass the priest blessed the dinner and we ate. There were lots of delicious things like pork, turkey, and rice. After that we had to write what we were thankful for. Then we watched a movie called Inside Out. We also ate popcorn and had drinks while we watched the movie. When the movie was over everyone left. It was an awesome party. I wish you all a happy Thanksgiving!

## A Letter To Santa by Jadon Pinto

Santa you know this is my 2nd Christmas here in USA and I'm sooo excited!! I can't believe that it's been almost 2 years since I moved with my family to New Jersey.

As we have entered Advent we have started Christmas decorations. We have set up the tree, put up the wreath, lights, and the ornaments and are eagerly waiting for Baby Jesus to arrive. My dad has already placed an order for my Christmas gift. I'm so looking forward to it. Dad says we'll buy gifts for my friends, too. I'm also looking forward to snow, which does not allow me to sleep at night. Well one problem is this year it's going to start snowing in January not December. Apparently snow is one month late.

On Christmas Eve we'll go for mass. Later maybe we'll eat delicious cake, and have fun with family and friends. We celebrate Christmas every year, which allows us to decorate our house and build our own crib.

I know I'm too big to believe in Santa stories but I'm still writing this letter to you for a magic wish. I have all I need this Christmas and I can't thank Jesus enough except one important thing is missing - my Grandparents. I wish they could be here with us.. Santa, can you do some magic for me? I also wish to have world peace where all these wars end and all humans can be friends. Can you please please, please do something about it...?

**Merry Christmas!  
Jadon Pinto**



## "Joys of Preparing Kuswar" by Roshan D'Mello

Family that prepares Kuswar together, stays together. I think someone once already quoted this famous line . If not, then lucky me, let me be the first to etch this phrase in the history books. Preparing Kuswar is an art by itself. It is not for the faint hearted. 'Ruchik Randhap' (Delicious Cooking ) is what we Mangaloreans give a shout out when we relish the gastronomic delicacies ...but oh boy... preparing Mangalorean Kuswar is a league of its own. It is no child's play. I relate Kuswar making to the playoff season in NFL. You better get your Kulkul, kedoes and Chaklis right the first time or else you are done for the season. In my opinion History, Geography, Physics, Science and Chemistry all come into play when you deep dive into making authentic Mangalorean Kuswar. It is magic at its best , nah not the integration magic. Every year, when my lovely wife prepares the varieties of Kuswar single handedly, it would make me happy that there is indeed someone to do justice and relish those painstakingly well made delicacies.

This year- was different. One evening I heard the Stars Wars voice "Let the force be with you" and lo and behold I made up my mind to try my hand at preparing Kuswar. If Trump can build a wall around Mexico , heck then why can't I try my hand at the Kuswar? There is always a first time. I vaguely remember last week was my Day 1 in the Masterchef kitchen of my home and Day 1 task was code named Operation Chakli . So taking a deep breath I volunteered to knead the dough and my wife gracefully obliged- Well let me tell you folks- after twenty five minutes of kneading, I had enormous respect towards every human being kneading dough on this planet. I felt the guy who invented the mixer grinder & dough mixer deserved a Nobel prize...Not only is kneading dough painstaking, it takes a toll on all the muscles, veins and joints from your shoulder to your pinky. As I wrestled to tackle the dough, I felt it was getting the better of me, a losing battle. I second guessed myself half way that getting into the Masterchef kitchen for Kuswar making was not a good idea. My fingers , wrist joints, elbow, forearm and shoulder were sore and taking a beating. I was not done. I was determined that the force was with me and I had to complete Operation Chakli. Well, when you just think the hard part is over, here comes the technical brilliance where there is no school to master the art of circular Chakli culinary. Getting the chaklis nice and round is indeed hard as a PhD in Mathematics. As I attempted the first Chakli, if Galileo was next to me , he would have given up science & rechristened earth to the shape of my chaklis and done the same to the entire constellation. Believe it or not -My first attempt with the Chakli maker tool started with a triangle Chakli, scary, real scary followed by improved trapezoid, followed by tilted rhombus, and somewhere slanted into hybrid of rectangle & parallelogram. It seemed I had just invented a new shape of Chakli the world had never seen. This gave me the idea which even Newton would not have imagined with his forces of motion. I had this brilliant move of holding the chakli maker static and instead of moving it around-I decided to move around it in a circle. Boy !! Did I hit a jackpot ! Not only was the Chakli closer to circular shape, it made me proud of my design and architectural endurance.. After 5 chaklis and going twenty times round and round in circles ..I felt a little light headed... I blamed it on the stress of kuswar making. Looking at those 5 newly invented chaklis, I thought I achieved what Neil Armstrong achieved defying gravity on the moon. Then reality struck as I looked around. My wife and kids had completed around 35 chaklis in record time. It gave a feeling that as I was at the starting line, getting ready for the race to begin but it just ended in the blink of an eye. It seemed I had lost to the kids once again at the game of Wii and Nintendo . So, I checked Chakli off my check list, what next?. Day 2 was even more exciting, Kedios !!! Piece of cake. I was all ready to get this perfect on Day 2. My focus was at the pinnacle of Everest .We had all the forks ready to get the Kedios curl out in a supply chain. My first Kedio looked like a well fed Japanese beetle, nice and strong, I looked around to see how my wife and kids were doing , theirs kideos looked slim and trim like Shilpa

Shetty. Oh boy, here we go again- never in my wildest dreams could I imagine that kideos would be my Achilles heel. If this was counted towards my SAT scores then I would still be in school trying to pass. I just couldn't get them to curl. I gave myself a D grade. The next day- Day 3 was a new day, My favorite football team the New England Patriots never lose 3 in a row and that gave me hope. It was operation 'Karanji', woohooo !!!..Who can forget those half moon minions? Let me tell you if bungee jumping is scary or sky diving makes your heart skip then Karanji making is like diving right into the grand canyon one way with no return. By each passing minute and every failed attempt at folding a Karanji -I made peace that sealing an envelope with sticky glue is way easier than getting that stubborn Karanji to clasp like a clam. To add salt to injury, as I turned around, my wife and kids had their karanji's all done just like shapes of Tacos. On day 3 of Kuswar preparations my grades were hovering somewhere between Y and Z.

Today, I have utmost great respect to every Kuswar in its actual shape ,size and form. The next time I am at the Patel Cash and Carry aisle staring at those Babco foods Chakalis, I will kneel down for human endurance, brilliance and for that individual for getting physics and chemistry just right on those Chakalis! As the saying goes –“Try, Try until you succeed.” I am determined to get my culinary skills straightened by next season. I wish I had a selfie with those Chaklis and Karanjis to share. Good luck with your kuswar! Merry Christmas and happy new year!



## Recipe from Arine Aranha

### Snowballs:

1 pack Marie biscuits, about 12-15 biscuits  
3 tbsp heaped cocoa powder  
1/2 cup sugar, powdered  
1 tin condensed milk  
1tsp vanilla essence

Desiccated coconut needed for binding and rolling.  
Use a food processor or chutney grinder to powder  
the Marie biscuits.

Combine the cocoa, powdered sugar, essence  
and the powdered biscuits and add to it 1 tin of  
condensed milk. You may need about a cup of  
desiccated coconut to bind everything into a  
dough. Pinch small pieces and roll them into small  
balls and then roll them into the coconut to coat  
them.

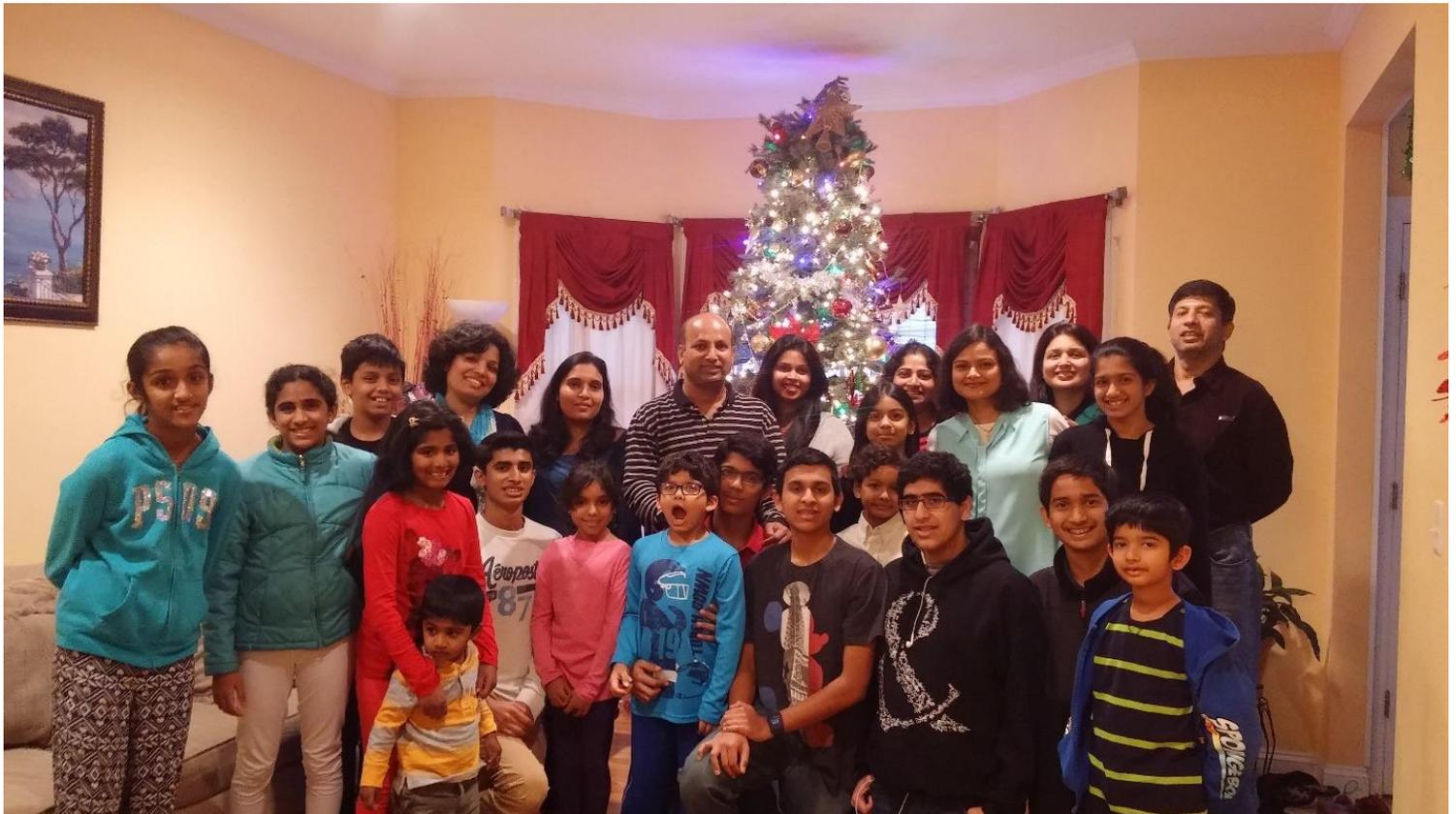
Allow them to dry for a couple hours and then  
refrigerate them.

*They stay good for a couple weeks.*

## Events

- Manesh and Arine Aranha will celebrate their 5<sup>th</sup> Wedding Anniversary on the 29<sup>th</sup> of December
- Vinuth Furtado turned 16 years old on March 6<sup>th</sup>
- Jadon Pinto turned 10 years old on 27<sup>th</sup> August and also received 1<sup>st</sup> Holy communion on 2<sup>nd</sup> May
- Megan D'Souza turned 10 years old on 27<sup>th</sup> October

***A glimpse behind the curtain: A picture of the Christmas performers of the MCA-EC Inc. family!***



## **Moriye Vado Milestones in 2015**

***Congratulations to Karen Arumugam on completing the New York Marathon!***



CONGRATULATIONS ROSHAN & SMITHA D'MELLO ON COMPLETING **15** YEARS OF MATRIMONY!  
GOD BLESS! HAPPY ANNIVERSARY!!!



CONGRATULATIONS CHRISTOPHER & VIOLET ON COMPLETING **20** YEARS OF TOGETHERNESS!  
MANY MORE TO COME! HAPPY ANNIVERSARY!!!





# Financial Statement



Mangalorean Catholic Association EC - INC MONTI FESTH 2015-REVENUE & EXPENSES				
DATE:	9/5/15			
REVENUE				
NO	DATE	DESCRIPTION	AMOUNT IN US\$	
1	9/5/2015	Event Fees	4350.00	
2	9/5/2015	Offertory Collection	656.00	
3	9/5/2015	Flower Auction	133.00	
4	9/5/2015	Housie Collection	320.00	
		<b>TOTAL&gt;&gt;</b>	<b>\$5459.00</b>	
EXPENSES				AMOUNT
NO	DATE	ITEMS	DESCRIPTION	IN US\$
1	9/5/2015	Food	Hoysala: Lunch+Tips	2692.00
2	9/5/2015	Food	Breakfast	375.00
3	9/5/2015	Mass Fee	3 priests	350.00
4	9/5/2015	Hall Rental	Rental+Insurance+Cleaning	580.00
6	9/5/2015	Flowers	Mass & offering	272.25
7	9/5/2015	Music	Sound/Music	200.00
8	9/5/2015	Supplies	Refreshments	41.42
9	9/5/2015	Prizes	Housie + Game Prize	161.49
10	9/5/2015	Cutlery/ Supplies	Cutlery/ Supplies	194.60
11	9/5/2015	Paypal Charges	Paypal charges for event fees	120.53
		<b>TOTAL&gt;&gt;</b>		<b>\$4,987.29</b>
<b>SUMMARY:</b>			<b>US\$</b>	
		TOTAL REVENUE	\$5,459.00	
		TOTAL EXPENSES	\$4,987.29	
		<b>PROFIT/LOSS</b>	<b>\$471.71</b>	

The first stage of life has passed...  
The children are all grown up...  
We have entered in the second stage of life  
Let's enjoy the beautiful colors of life together.

**ACTIVITIES**  
*Exercise*  
*Trips/Games*  
*Festivals*



## **SECOND INNING** *adult day care*

*Our program is designed to provide social, medical and emotional support in a comfortable setting.*

*We invite you to explore our center and learn more about the beneficial and therapeutic services that we provide to our members.*



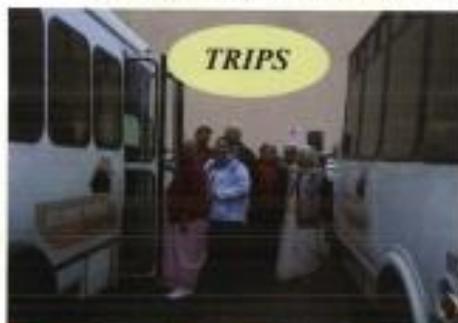
**NURSING**

**LIMITED  
AVAILABILITY**

FOR SENIORS 65 AND OLDER  
WITH MEDICAID COVERAGE



**SOCIAL ACTIVITIES**



**TRIPS**



**YOGA**

**PROGRAM  
HOURS**  
Mon-Sun  
8am-7pm

### *Benefits...*

- ❖ Enhance physical & cognitive well-being
- ❖ Activities and entertainment
- ❖ Health monitoring and teaching by a licensed nurse
- ❖ Round trip transportation
- ❖ Nutritious meals
- ❖ Social work services

**NOW  
OPEN**  
*FIRST COME  
FIRST*

**For Additional Information**

**Please Contact Us At**

**732-626-5544/5545**

**1501 Livingston Ave, North Brunswick, NJ 08902**



There will be a **Joint Retreat between the Mangalorean Catholic Association and the Goan Association of New Jersey on March 6th, 2016 at Our Lady of Peace Church in N. Brunswick, NJ.**

"Without me you can do nothing" John15: 11-17.  
Jesus' profound words to his disciples.

With such dependency on God for everything, it behooves us to examine our relationship with the Lord. Why did Jesus come down and die for us - teaching, leading and suffering by example as he did?. At some point we will be accountable for how we lived our lives. Have we given in love in as much as we received from the Lord?

Suffering is meant to be part of our lives. Jesus taught us how to suffer. It is comforting to know that Christ suffered. He's been there. "Come to me all ye who are weary and are burdened and I will give you rest" (Matthew 11: 28).

To help understand Jesus' suffering and to help us deal with our own, Fr. Jim Jackson's focus this coming Lent will be "The Passion Narratives". It will be an audio-visual presentation. What do the gospel writers tell us about how Jesus handled his passion. *Fr. Jackson will present this topic in three 45 minute segments at the joint Retreat between the Mangalorean Catholic Association and the Goan Association of New Jersey on March 6th, 2016 at Our Lady of Peace Church in N. Brunswick, NJ.*

Fr. Jackson, currently an associate pastor at St. John/Holy Angels parish in Newark, Delaware has a BA degree from Mt. St. Mary's University, Emmitsburg, Maryland, where he also went to the seminary.

*The Retreat will be preceded by a Social Hour from 12.00 - 1.00 pm where refreshments will be served with the Retreat commencing immediately thereafter. Mass will be celebrated at 5pm followed by another Social hour where snacks will be served.*



## Atlantic Subsea

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operations@atlanticsubsea.com

The team at Atlantic Subsea  
wishes all a blessed Christmas  
and a happy fun filled New

**Year 2016!!**



**Best Wishes from**  
**Vinod Menezes and family!**

## *A Final Word*

*A few months ago, my mom called me to ask whether I wanted to accompany my parents to Philadelphia to see the Pope. I immediately said no. I said no because my mind was burdened by the thought of leaving my children. I also let me inner skeptic take charge, thinking there was no way we would see the Pope except for on a Jumbotron. As it turned out, one of my sisters decided to accompany my mom instead. However, two days before the Philadelphia visit, my mom informed me that my sister had a sudden obligation to address, so, again, she asked me if I could accompany her. This time, I said I would check whether my husband was free to watch the children. I asked my husband, and he immediately said yes, so, I called back and told my mom the news. Thank God for my change of heart. Though the experience was full of numerous frustrations, excessive waiting, enormous crowds, I had the chance to sit with my dad on the 2 hour bus ride to and from Philadelphia, a treasured time together listening to his detailed, beautiful anecdotes. This was his 3<sup>rd</sup> Papal visit. He told me that when he was a teenager, he overheard that Pope Paul VI would be visiting a local prison in Mumbai, and so, he skipped school to dash across town to catch a glimpse of the Pope who incidentally was the first to visit India. He then told me of his second Papal encounter, a few years before I was born. My grandparents were in New York visiting the same time that John Paul II was visiting. He decided to take my grandparents to the Papal Mass at Yankee Stadium and said it was a moving, memorable experience. My father had never told me these stories before. Immediately, I felt remorse that I had initially said no to my mother's invitation, and then, I felt gratitude at a second chance to share this special time with my parents. I received my Christmas gift early: I felt so blessed that my first Papal mass was with my parents at my side. The whole day was a lesson in true faith and true love. We were in awe and wonder as we realized what an opportunity we had to be attending Pope Francis' mass in Philadelphia, the home of freedom and the city of brotherly love. The love for humanity was universally tangible as we stood in the tightest of spaces in a crowded sea of faces surrounded by flags of every nation, including the Vatican City, USA and India.*

*As some of the few Indians there, we caught the attention of a random stranger who rushed to speak to us. This woman told us how she has made 300+ missionary trips all over the world, and that she had personally met Mother Theresa in Tijuana, Mexico. She then gifted each of us a photograph that she had taken of Mother Theresa during mass in Mexico. We were so touched by her kind spirit and loving generosity. We all assumed she must be a nun, but as the mass concluded, she told us she had to run back to her husband. We were amazed to realize that this woman somehow balanced a layman's life with a family of her own along with a life of such immense charity. I share this story to make us all think about the balance in our own lives. Many of us in this organization have "made it," we've achieved our once lofty goals in our personal and professional lives, but how many of us have given back to the world sufficiently? With Christmas on the horizon, it is the perfect time to think about how we can give more freely in the New Year, whether it is time or money or love. Particularly in this very frightening political climate full of hatred and terror, where immigrants are being looked at with suspicion, please remember that we can and should be ambassadors of goodwill. Imagine if everyone in our tri-state area personally knew of an Indian Christian who was charitable? This positive, personal relationship would transform the hearts and minds of skeptics of "foreigners" more than any other medium. My Christmas message to everyone is to be an ambassador of goodwill and love. Show your community and society what goodness is in your heart. Goodness that remains in the heart is absolutely of no good, pun intended. Goodness is meant to be shared so we can overcome the pain and treachery and hatred that tries to penetrate the light of the Lord. Wishing you a blessed Merry Christmas filled with light, love, joy, hope and peace!*

*P.S. Many thanks to all the sponsors of this Christmas Souvenir booklet. Members, we urge you to patronize these fine local establishments as part of our deep gratitude. Please make it a point to mention that you are a proud MCA-EC member, so, that these businesses are encouraged to sponsor the association in the future!*



*-Editor-In-Chief, Diana M. Lewis*