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Mangalorean Catholic Association of East Coast, USA

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

Our President



Dear Friends, COVID-19 has touched the lives of every person on this planet and tested us as a society and as individuals. I owe a deep debt of gratitude to the incredible health care workers and essential workers for their great resilience, dedication and hard work during the pandemic. You are doing a commendable job to help in recovery at a great risk to safeguard everyone from the deadly covid 19. Thank you being courageous, selfless, and for working tirelessly. We pray for the souls of the departed and also pray for the families who have lost their loved ones.

With the vaccines, I am more optimistic than ever that these dark days are numbered.

In these unprecedented times, we have adapted to new ways of living and connecting with family and friends. I have connected with far cousins and friends that I would not have connected during normal times. We have celebrated so many birthdays and anniversaries over zoom and all my choir practices were also on zoom. I have hiked so much this past year that my shoes are tired. I'm sure all of us have made most of the new ways of living and we have a lot of memories to treasure.

Last year has presented challenges beyond any we could've predicted, and the previous board rose to the challenge in innovative ways to bring the community together with online. This year we have been able to meet in person with all precautions thanks to the vaccines. We have had several successful MCAEC events so far with active participation and enthusiasm.

1. Our first event YLP – Youth Leadership Program, hosted by the teens and attended by the teens had a good turnout in June/July. What a great team effort that was! The teens developed and practiced communication and leadership skills that are vital to meet the challenges of today's world. All the kids got participation certificates and winners got prizes on Monthi Fest.

- 2. Our second event was the beach cleanup at the Seven Presidents Beach on Aug 14th. We had a good turnout of 30+ people who were at the beach bright and early at 7am. We started with a good breakfast and hit the beach with our garbage bags and high spirits. The volunteers did a great job of finding recyclables and garbage on a beach which looked really clean when we started. A job well done!! All the kids at the event got volunteer certificates that they can use for their school/confirmation.
- 3. Our third event was soup kitchen at Missionaries of Charity in Newark on Aug 21st led by Michelle D'Souza. We had 15+ in-person volunteers. All the vados helped by sending in cooked food, food cans, bed sheets, monetary gifts which really helped the nuns. We packed 100+ food packets on Aug 21st and we had more food left for the next day. It was very fulfilling to be able to help the needy. All the kids at the event got volunteer certificates that they can use for their school/confirmation.
- 4. Our fourth event Monthi Fest was a grand success with over 175+ people. We had an overwhelming response even though we capped the registrations early. The event started with the Holy Mass and offering of flowers to Mother Mary. The lunch and cultural program were hosted open-air to be safe in the pandemic. The program was very well appreciated by everyone who attended and we saw a lot of camaraderie among the members who celebrated Monthi Fest as one big family.

Thank you to all the coordinators, volunteers, and attendees for all the events so far. Your support is greatly appreciated. As they say, in a TEAM - Together Everyone Achieves More.

A big shout out of appreciation to the founders and all ex-office bearers (board, council, vados, committees) and the numerous volunteers who have nurtured this organization from its infancy and adolescence and now maturing into a young adult. We appreciate your continued support for these past years via your membership and your active volunteerism. The association is built and supported by you. Our spiritual director, Fr. Ron has made himself available to pray with you. Please reach out if you need Fr. Ron to pray with you.

Since we are still not out of the woods with covid, it is still a challenging year for all of us. The Executive Board, the Advisory Council and Gurkarns/Gurkars, will make best attempts at what we have at the moment and then look forward to a post recovery period from a congregation perspective. As I look at the executive board team, I am honored to work alongside some of the most talented, hardworking people with the biggest hearts. In closing, I wish you and your families and friends the best of health and most of all, peace during this time.



Our Spiritual Director



My dear family of MCA-EC,

For the past year and a half, we have been through a lot due to the pandemic. However, God has been good to us at every moment, not because we deserve it but because He is good. Therefore, we are given a mother like Mary to intercede for us. So,let us be thankful as we celebrate the birth of our Mother Mary.

While we celebrate this joyful vocation, let us also reflect on her life and learn from it. Let us pray to have humility and acceptance like our mother. Her accepting and trusting the will of God, while being humble and serving her cousin Elizabeth in spite of knowing she is going to be the mother of God is something we need to remember everyday of our life.

Today, let us ask her for wonderful graces so that we would be able to say as she said to the angel "Let thy will be done".

On this beautiful day I wish for all this. May Mary Our Mother Bless us all and take our prayers to Jesus her son as she always does.

Happy Feast.

God Bless,

Rev. Fr. Ron Machado St. Josephs Catholic Church North Plainfield, NJ 07060 frronhfc@gmail.com

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Office Bearers for 2021-2022



Vanitha Furtado - President
Violet Monis - Vice President
Josline Pinto - General Secretary
Ivan Derick Dsouza - Treasurer
Lavina Aranha - Regional Coordinator
Fr. Ron - Spiritual Director
Paul Quadros - Advisory Council
Kenneth Monteiro - Advisory Council
Reshma D'Mello - Advisory Council
Diana M. Lewis - Editor-In-Chief

Neeta Mascarenhas - Gurkarn - Bhagevonth Kutam Vado

Anita Pinto - Gurkarn - Divine Mercy Vado Michelle Fernandes & Lavina Almadi - Gurkarns -Fatima Vado

Reshma Monteiro - Gurkarn - Infant Jesus Vado Janice Seravo - Gurkarn - Kursa Vado Dolly Dsa- Gurkarn - Moriye Vado Danny Aranha - Gurkar - Sacred Heart Vado Siprian Rodrigues - Gurkar - Sangatha Vado

MCA-EC BOARD 2021-2022: WELCOME

My name is Vanitha Furtado and it is indeed an honor and a great privilege to serve as the President of MCAEC. This is my 2nd term on the board. I was the VP of MCAEC in 2010. I am originally from Bengaluru in India. I immigrated to the United States in 1997 and have called New Jersey my home for about 24 years now. I live in Edison with my talented and supportive husband Vijai Furtado and my two amazing children, Vinuth and Venora. I have an engineering degree and currently work as an IT Product Manager in one of the leading pharmaceutical companies. I have been actively involved in MCA-EC since its inception, from the Summer Picnic of 2009 and made many long lasting friends. It has been an incredible journey, and MCAEC has lived up to its goal of Connecting People and Promoting Culture. I look forward to meeting all of you in person and strengthening the bonds that we have with each other with renewed energy.



~ Vanitha Furtado, President MCA-EC Board 2021-22



Violet Monis is a nurse practitioner and now treasurer for the Mangalorean Catholic Association of the East Coast. She was born and grew up in Mudarangadi, a village of Karnataka's Udupi District. After earning her Bachelor's of Science in Nursing from the State College of Nursing in Bangalore, Karnataka, she moved to the United States and began her career as a registered nurse. Several years later, she attended Rutgers University to earn her Master's of Science in Nursing as a Family Health Nurse Practitioner. In 2009, she was elected as treasurer for MCA-EC's first board, and she's elated to now serve for her third time, taking up the Vice President role and continuing her work for the organization.

~ Violet Monis, Vice President MCA-EC Board 2021-22

Ivan Dsouza was born and brought up in Kinnigoli, Mangalore. He has a BE in computer science degree from Manipal institute of Technology. He moved to the U.S in 2013 along with his wife Anita and two children Isha and Irel. He is working as a software developer at Nokia.

He is an active member of MCA-EC and has volunteered for this organization since 2013. He is happy to take this treasurer post to continue his support for this organization.

~ Ivan Dsouza, Treasurer, MCA-EC Board 2021-22





Hello All, I pray that you all are doing well and am glad to represent the Executive board again, this time as its General Secretary. As most of you would know, my name is Josline Pinto and I live in Edison, NJ with my Husband Donzil Pinto and teenage son Jadon. On the professional front I work for a Logistic company and volunteer with the Civil Air Patrol (US Air Force Auxiliary) as its Recruiting and Retention officer.

I have been associated with MCA-EC since the Summer picnic of 2014 and immediately bonded with so many of you.

For the past few years, I have had the honor to serve as Gurkar for Moriye Vado in 2016-17 and 2017-18 and as an executive board member last year 2020-21.

We hope this year things get back to normal and we can have our events in-person and engage our youth much more so that they carry on our Mangalorean traditions for years to come.

Take care, be safe and stay connected.

~Josline Pinto, General Secretary MCA EC Board 2021-22

Hello MCA-EC family, my name is Lavina Aranha It is my honor to be serving as Regional Coordinator on the MCA-EC executive board for 2021-22. I am a part of the Kursa vado family.

Currently, I live in Floral Park, New York with my husband Steven and three wonderful Kids Shanessa, Sanya and Samuel. I got married and came to New York in 2003. We have been a member since MCAEC started. We truly enjoy participating in all the events and to get to know so many people. It has truly helped our kids grow closer to Mangalorean culture.

I look forward to serve this year and give my best.

-Lavina Aranha Regional Coordinator MCA EC Board 2021-22

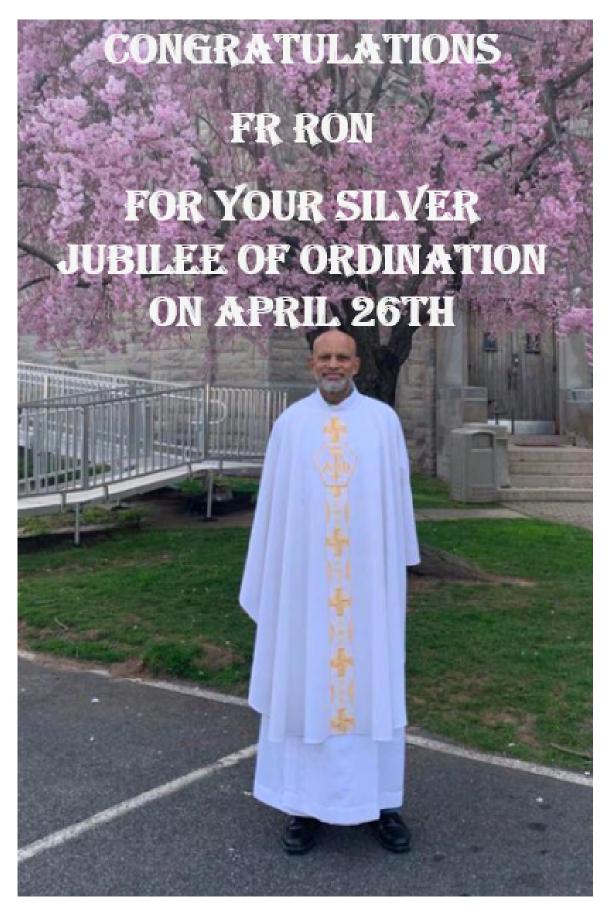




Fr. Ron, our spiritual director completed his 25 years as a priest on April 26,2021. Please join us in congratulating him for his work as he continues to pray for all of us and support our community throughout the year.

-Father Ron, Spiritual Director, MCA-EC Board 2021-22

Congratulations to Fr. Ron Machado on his Silver Jubilee of ordination on April 26th, 2021. We pray for his good health and wisdom as he leads MCA-EC as the Spiritual Director.



LENTEN RETREAT FEBRUARY-MARCH 2021

"We have been conducting live Spiritual retreats every year during LENT for the past 10 years. Since there were hardly any regular Spiritual events, Olivia and I felt, It was necessary to have at least one retreat in a year for the benefit of our dear brothers and sisters and for the glory of our dear Lord for the various gifts and benefits bestowed on us and our family member. The number increased from 25 in the first year to 150 to 175 in 2019.

Our regular preacher has been the well-known full time International Preacher for the past over 40 years, Dr. Jayanand from Bangalore who was kind enough to come to USA every year during Lent to conduct the retreat.

Every year, MCA-EC volunteers wholeheartedly worked behind the scenes with dedication. The ever-ready couple, Brother Palitha and his wife Kumari of the Sri Lankan prayer group sang vibrant spirit filled hymns while playing the piano. The Sri Lankan prayer group graciously conducted the praise and worship.

It has been so heartwarming the past 3 to 4 years to see the Goan, Sri Lankan and other prayer groups also actively took part in the retreat. They have been lending a helping hand by joining the vibrant MCA-EC volunteers. The help and support of the Presidents and Prayer Group leaders has been unforgettable. This has brought a lot of unity among the social and spiritual organizations all for the glory of our dear Lord.



In 2020, due to Covid we were forced to conduct virtual retreats by Zoom. This was especially possible due to the wholehearted invaluable support and help of OITC prayer group. The highlight of this virtual retreat in 2021 was that it was conducted seven well known speakers from 7 to 8 PM on seven consecutive Saturdays from February 13th to Mar 27. It was a delight to see so many people attending these talks for all 7 Saturdays. All of us benefited richly with the spirit filled talks of these great speakers. They were also graceful enough to conduct the healing service at the end of their preaching for the benefit of the attendees.

Several attendees called or sent messages appreciating the preaching of these seven well known speakers and how much these talks helped them during the Lent to prepare to meet the

RISEN LORD. We thank MCA-EC for its continued spiritual support and wish the association many blessings as we celebrate Monthi Fest. God bless!

BOB and OLIVIA VAZ
THE HOLY FAMILY INTERNATIONAL MINISTRY
NJ, USA

MCA's Youth Leadership Program June/July 2021

Youth Leadership Program (YLP) was a public speaking workshop for ages 12-18 organized by MCA-EC conducted by our youth leaders Melanie, Venora, Cleon, and Kenisha under Mark Mendonca's leadership. Our young attendees had fun learning and making new friends in both virtual and in-person sessions. Workshops consisted of prepared speeches, table topics, and peer evaluations in order to learn how to effectively speak in front of an audience. Here's what our attendees have to say about the program:



"YLP has greatly aided me in my leadership skills and public speaking. This program has taught me how to engage the audience in my speeches and help them feel included. It's helped train me to think of well-structured dialogues on the spot and I even learned how to be more confident while speaking. Ylp was a great program which I would love to do again." -Isha D'souza

"YLP helped me a lot with my public speaking. Before, I wouldn't be able to find the right words and would pause a lot when I spoke. I liked the table topics because they weren't planned and pushed me out of my comfort zone. I learned how to improve my speech by finding where the biggest problems were. One other thing I learned was that body language conveys a lot of information. YLP has not only improved my planned speeches but my unplanned ones too. We don't judge each other, we give feedback on each other's

speeches to help everyone get better. All the people mentoring us were knowledgeable and gave us valuable tips on how to speak fluently." -Keith Pais

"YLP is a great program for anyone who is looking to improve public speaking skills. It's a valuable skill for any real-life job. YLP helped me with my speech improvisation skills. Some people aren't able to end their speeches without looking down at a paper or stuttering. YLP also provides you the chance to learn alongside friends and you also get food. YLP gives you feedback on your speech. There is no judgment in YLP only constructive feedback. No one cares if you mess up, just keep going. So if your Indian mom is yelling at you about your public speaking skills come to YLP. Thank you to all the people who were teaching and mentoring us, last session! Shoutout to Melanie, Uncle Mark, Jadon, Cleon, Venora, and Kenisha."-Sean Misquith

"YLP provided me with a platform to build upon my knowledge of public speaking and put it to the test. Throughout the meeting, I was able to improve on the quality of my speeches using feedback that was provided to me. Finally encompassing everything I learned, I was provided with the opportunity to lead one of the YLP meetings as an instructor." -Jadon

Pinto



"From listening to speeches of the first day of school to learning the dreams of all the people I spend time with, not only did the YLP course teach me about public speaking, but some information about close friends even I didn't know. The creativity in choices of topics, along with how everyone took in the challenge and prepared a speech was very nice to see. It was good to see that no one was afraid to step up and speak, and everyone was able to take away something after it ended. The course was arranged in an orderly fashion, and everyone who helped organize it has my appreciation and respect. I wish we could do it again!" -Neil Correa

"It was a great learning experience and I took away a lot from this program. I like how you not only received feedback on your work but you could also give it. This program helped me improve on my public speaking and speech writing." -Aditi Kamath"

"When I first came to YLP, I was nervous and felt unprepared, but each meeting boosted my confidence a little bit. During YLP, sometimes I felt like the topics didn't fit what I could talk about, but I pushed through, as something was bound to hit a strong spot. I recommend this program for everyone to try because even though I didn't think I'd benefit from this program, it helped me overcome my fear of public speaking." -Carl Furtado

"I feel like the YLP program really helped me with my talking skills and confidence. It helped me to get insights on how to build confidence as a leader." - Kiyasha Mascarenhas



"YLP has increased my confidence in public speaking, it also taught me how to effectively communicate. I have made new friends in YLP. I had lots of fun in YLP, and I'm hoping that the program will continue every year so that many kids can benefit from this." - Nathan Mendonsa

"Loved the YLP program; thanks so much for the opportunity provided. It helped me think on my feet. Received some great feedback from the YLP organizers; especially on organizing speech content and using body language while making speeches. Looking forward to more such sessions." -Nathan Lobo

"Enjoyed the 6-week YLP program. Was happy to attend it as I learned a lot. It has improved my communication & public speaking skills. I enjoyed the feedback and evaluation sessions. I feel more confident and see the positive changes in me. I thank the organizers & the MCA board for organizing such a great and effective program."-Joanne Lobo



Our youth leaders-- Melanie, Venora, Cleon, and Kenisha-- did a great job conducting the 5-week program. We'd like to especially thank the MCA-EC Board for organizing, Violet and Vincy Monis for providing their home as a venue, and Mark Mendonca as our main conductor. Last but not least, thanks to Manesh Aranha, Meldon, Kenisha, Jonathan, Cleon, and Anitha Pinto for judging and timing our final event.

~From all the parents

Beach Clean-Up Day

By: Roshan D'Mello



August 14th, 2021 was a memorable day for me and many other volunteers. Our non-profit association MCA-EC had a volunteering event set up for beach clean-up at the beautiful Seven Presidents Beach in Long Branch, NJ from 7 to 9:30 AM. It was a great opportunity to volunteer for this noble cause and give some time to the community. In all honesty, I have never woken up at 7 AM to clean my own home, but here I was driving early at 6 AM to this event!

We arrived at the beach around 7 AM, where Vanitha Furtado & Josline Mendonca, the current board members, welcomed us with a hot breakfast from Dunkin' Donuts. I was pleased and self-assured with all the caffeine in me. There was less of a chance of me feeling light-headed, wobbling on the sand, and falling flat on my face. The volunteer group that surprised me the most were the kids, who showed up with keen interest. We were 35 members of MCA-EC in white & black T-shirts, all set to make a mark. The beach's administrative staff did a great job and provided us with gloves and garbage bags.

By then, the sun had risen and the beach had its early morning walkers, runners, and surfers as we dispersed in different directions, picking up trash from various corners of the beach. Some of the most enthusiastic kids went as far as a mile away! The best part of the Seven Presidents Beach is that it was cleaner than I thought, and we did not have to sweat it out. With the cool breeze behind us, we did our part and met back at 9:30 AM. We exchanged notes of our experiences and classified the trash. We learned it consisted of cigarette butts, bottle caps, packets of chips, and, unfortunately, no jewelry or buried treasure. Personally, I learned that I wasn't equipped to bend over and pick up trash a thousand times. Next time, I should get a trash-picking claw arm or bring my cleaning lady to the beach.

We were all proud of our achievements, posed for a group picture, and then it was time for the ceremony. Vanitha and Josline gave out certificates to all the kids who contributed with the beautiful pristine beach as the backdrop and lifeguards warming up. The kid's eyes lit upon seeing their names on the certificates and were super happy that they were recognized. The MCA-EC board put a lot of effort to coordinate and make this day memorable for all of the volunteers. The younger at heart like me ended up taking a dip into the waves, cooled off, and caught some Vitamin-D from the sun, enjoying watching fishing boats sail through the ocean. It was an eventful, fun day at the beach with a valuable lesson learned about helping the community, even in little ways like picking up litter from the beach.

MCA-EC Soup Kitchen Volunteering Saturday, Aug 21st Missionaries of Charity, Newark NJ.

The volunteers from various vados, led by Michelle D'Souza, assisted in meal preparation, as well as serving meals to the needy at the soup kitchen run by the Missionaries of Charity in Newark, NJ. Each of the vados coordinated food-drop the evening prior to the event. The volunteers had an early start, as they had to be at the venue by 8AM. The volunteer work lasted all morning and finished by noon. Around 200 meals were served. Additionally, the vados also donated bedsheets for the homeless shelter run by the nuns.

The following children all volunteered during the event: Aaron D'Souz, Adam D'Souza, Amelia D'Souza, Megan D'Souza, Aditi Kamath, Angelina Waghmare, Ava Waghmare.

"It was a great and enjoyable experience. I loved helping out in the kitchen with everyone and helping make foods. I got the chance to pack food for over 100 people out and know that I helped make some difference in their lives. I would definitely volunteer here again!" Aditi Kamath (daughter of Flavia and Ajay Kamath, Sacred Heart Vado)





New Jersey: MCA-EC Celebrates Monthi Fest By Vanitha Furtado

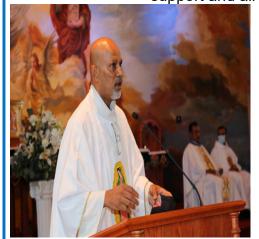
New Jersey, Sept 11th

After 2 years of the pandemic, we were excited to finally meet in-person to celebrate Monthi Fest at St. Thomas Syro Malabar Catholic Church in Somerset, NJ. It was a perfect day for members from all over the American East Coast to make their drives up and down the coast to the venue. The Eucharistic mass was a joyous celebration attended by around 175 members (restricted attendance due to the current COVID-19 pandemic). The Gurkars/Gurkarns and Past Presidents led the solemn procession with colorful "damaskachi sathri", followed by the Executive Board with "kanshi" and "beautifully decorated palki with baby Mary", followed by the celebrants. Fr. Robert Lasrado was the main celebrant, and a meaningful homily was given by Fr. Ron Machado. Fr. Augustine D'Souza and Deacon Francis D'Mello were co-celebrants. We observed a moment of silence for the victims of 9/11 and the pandemic. After the mass, we had the procession to Mother Mary's grotto with an offering of flowers by the children to Mother Mary. There was a splendid display of colors. The smiles and enthusiasm of the children were a joy to see. The melodious choir was led by Vijai Furtado accompanied by Tasha Pais on the keyboard. The program was captured in detail through videos and photographs by Christopher Monis. Following the mass, President Vanitha Furtado welcomed the MCA-EC family for the grand celebration. The cultural event was emcee'd by our very talented young adult Susanna D'Souza and teen Jadon Pinto who kept the crowd rapt with attention till the end of the event. The sound system was provided by Vijai Furtado and Clayton Monis. The event was hosted in open air next to the church as safety and fun were our highest priorities. The event started with grace by Fr. Augustine and a scrumptious vegetarian lunch was catered by Sukh Sagar. The traditional Mangalorean fare included Tendli Channa, Navaratna Koorma, Beans, Daal, Rice, Chapathi, Raitha, Pickle and pizza for the kids. Dessert was "vorn" mixed with blessed "novem". Post lunch, we had a felicitation of Fr. Ron's and Fr. Augustine's 25 years of service in priesthood, our Grand Sponsors, and the church trustees. The introduction and felicitation was beautifully led by our Regional Coordinator, Lavina Aranha. Afterwards, we had the Youth Leadership Program prize ceremony. Youth Leadership Program, a 6 session program that was organized by the teens and attended by the teens had a good turnout in June/July. Mark Mendonca was felicitated for his

our Regional Coordinator, Lavina Aranha. Afterwards, we had the Youth Leadership Program prize ceremony. Youth Leadership Program, a 6 session program that was organized by the teens and attended by the teens had a good turnout in June/July. Mark Mendonca was felicitated for his leadership and guidance throughout the YLP program and spoke about the previous 2 YLP programs. Cleon Monis spoke about how the 3 YLP teen leaders, Cleon Monis, Venora Furtado, and Melanie Mendonca organized and led every session. The YLP winners Keith Pais and Carl Furtado spoke about the benefits of YLP and how it transformed them into confident public speakers. The crowd absolutely loved the young adorable kids' speeches. The first place, second place, third place engraved plaques were distributed by the executive board to the winners of the 3 categories (Prepared speech, Table topic, Evaluation) and the 3 YLP teen leaders.

This led into the much-awaited cultural program, the yearly opportunity for MCA-EC members to showcase their skills on the stage. Fatima Vado teens wowed the audience with the brilliance of their foot tapping dance cheered by the whole crowd. Fatima Vado adult choir put on an amazingly orchestrated Konkani medley accompanied by Brian on the guitar. The jumpy medley got people dancing on the floor. Kursa Vado followed suit with another Konkani medley joined by the crowd and Brian accompanied them on the guitar on the spot which showed solidarity and camaraderie among the vados. Finally, Monthi D'Cunha sang a beautiful Konkani number melodiously. The small crowd was very homely and felt like one big family with everyone mingling freely and enjoying every moment. The cultural program ended with a housie housie game conducted by Kenneth Monteiro and the crowd participated enthusiastically with an overflow of

jokes. The atmosphere was very light and fun. People provided feedback that for the first time, they actually sat and enjoyed the variety of programs without running around changing and missing out on the actual event. People also said that the atmosphere felt like it was the best of Summer Picnic and Monthi Fest. The celebration ended with a Vote of Thanks by our Vice President, Violet Monis. The crowd did not want to disperse and were hanging around until multiple announcements were made to clean up. We would like to thank everyone for their support and all our volunteers who made the event very successful.



















View additional high resolution photos of the event here: https://photos.app.goo.gl/RnEH3izAhiRwERTo8



Take us to the beginning. How did your blog have its start and please tell us about your growth into various other media channels such as YouTube.

My blog was born in 2009 when my son was a few months old and I decided to take a sabbatical from work to take care of him. I had little knowledge of cooking, there were a few hits and a lot of misses. One day my husband asked me to document every recipe that turned out well and asked me to create a blog. Together we brainstormed the name and Ruchik Randhap was born. Over the next couple of years I updated the blog intermittently whilst juggling my duties as a mom, homemaker and professional. After I quit my job I found my blog to be my creative outlet. Experimenting forgotten Mangalorean recipes and trying out new ones turned into my newfound passion and I loved every bit of digging deep into our culinary heritage to find gems that I loved to cook, document and share. After my daughter was born in 2012 I nurtured the idea of starting a YouTube channel but didn't know how to go about it. It all seemed very intimidating so I put it on the back burner. We moved to Dubai and managing two young kids under 5 and my life as a homemaker in a new land seemed to give me just enough time to update my blog and nothing else. In August 2016 I decided to take the plunge and get started with the YouTube channel anyways. From buying the required equipment after extensive research online to setting it up, prepping up, planning my shoots, editing & marketing the videos on social media, I have done it all alone. Video shooting is my new passion and sometimes I can't decide what I love most - writing or shooting. While I would love to post more videos on my channel, I am picky about the quality of my videos. Come 2021, Instagram Reels have captured my attention and I absolutely love the 30-60 second format of quick videos and find that my viewership has increased. I shoot the clips as I cook and edit them post lunch on most days. The response has been amazing and I hope to share more videos soon.

Where does your love for cooking come from? Who is your greatest cooking influence?

I think I have always been an experimental cook and I find the whole process very therapeutic when I am not in a rush to feed people. Since I love photography too, I guess I love to cook in order to be able to shoot the food. There are three ladies whose cooking has influenced me - My mother, my grandmother & my mother in law. They have all been fabulous cooks and each one has helped me learn the different nuances of cooking.



Walk us through the process of your recipes. Where do you take your inspiration? How involved is your family?

I love collecting recipes. I usually ask people for recipes and most of them generously oblige. I also depend heavily on my large collection cookbooks and always cross check a few recipes online before I start cooking. My husband is my best critique. It would be fair to say that I also learned to cook from him. He can magically whip up something delicious in minutes and enjoys entertaining friends and family with his dishes. When we have guests over we split our work and stick to our expertise in the kitchen. We have also been training our kids to cook and my son and I go through the recipe cuttings and decide the recipes to try, especially for my Christmas posts. A dish that does not get the family's approval never makes it to the blog.

What is your favorite dish to cook? Least favorite? Favorite dish to eat? Least favorite?

I love baking and enjoy eating and sharing my cakes with friends & family. And as much as I love experimenting with new dishes, I dislike deciding what to cook everyday. I find that job boring. I don't think I have any dish that I dislike as I am a foodie and pretty non-fussy when it comes to food.

Which of your recipes have received the most positive feedback?

A lot of my Mangalorean recipes receive very good feedback especially Sannas, Pork Bafat and my mum's Chicken Green Biryani. Besides, that my Butter Cake recipe has been an all time hit with everyone, especially after the video crossed a million views on YouTube this July. I would add the Traditional Irish Christmas Cake, Pineapple cake and Ragi cake to the list of top recipes.

Is there a dish that evokes a personal favorite memory of Mangalore?

Every time I cook and eat my mum's Chicken Green Biryani my childhood flashes in front of my eyes. My mum used to make it on special occasions and it used to be so delicious that I always wanted to eat it for breakfast the next day and perhaps during tea time too. I guess that explains my weight:)

How do you and your husband pass on Mangalorean traditions to your children?

Our children are very involved in our cooking process. We cook a lot of traditional and seasonal food and explain the relevance of it while we cook. Our daughter is a Mangalorean at heart when it comes to her fish and chicken curries. While my son loves fried Pathrade and likes to explore food a lot more than sticking just to Mangalorean food so we try to give them the best of both worlds without forgetting their roots.

Any tips on time management and pursuing your passions?

For the most part I always like to follow my instincts and cook what pleases me. However I would emphasize on menu planning as it really helps a lot especially if you are juggling between a job and family. It also helps with grocery planning and minimizes wastage. I also try to finish all my cooking early in the morning and then focus on my other work. I believe it is very important to pursue one's passions as it helps you keep in touch with your true self. When the going gets tough you can always fall back on it and who knows, it may open up new doors for you in the future.

This interview will be published in our Monthi Fest Edition of our newsletter. Do you have a particularly memorable Monthi Fest memory that you'd like to share with our readership?

Monthi Fest has always been one of my favourite family celebrations. I always loved going to church to offer flowers to Mother Mary after the Novena. Plucking flowers from the garden, arranging them in wicker baskets or steel 'boshis' and then walking all the way to church, attending the mass followed by the flower offering whilst singing 'Moriyek Hogolsiya' and then waiting patiently for the sweets (especially 'saat' or 'mithai ladoo') that would be distributed is a memory that always warms my heart.

♦ Instagram: https://www.instagram.com/ruchikrandhap/

→ YouTube: Youtube/ruchikrandhap

♦ Facebook: https://www.facebook.com/ruchikrandhap

♦ Monthi Fest Recipes: https://www.ruchikrandhap.com/category/festive-cooking/monthi-feast/







Seasonal Vado News

Bhagevonth Kutam Vado of PA and DE- Vado News Summer Picnic 2021

The last year flew by in much anxiety & stress due to the pandemic. All our members wanted to get out and meet each other, so the summer picnic was the best way for our vado to come out of hibernation, breathe in the fresh air and greet each other (in person).

The most anticipated event of the year, our annual summer picnic which took place on the 14th of August at Hibernia Park, Coatesville PA. It was a day filled with fun, laughter, music, and games coupled with a never ending array of delicious food and snacks.

The highlight of the picnic was our vado member Santhosh D'mello making his signature grilled barbecue chicken for lunch & Mangalorean delicacy Goli bajje for teatime, all freshly made onsite at the picnic venue. Here's a few pics from our picnic for all of you to enjoy!













The pictures speak a thousand words. Needless, to say our summer picnic was a big success. We were blessed with beautiful weather and all of us enjoyed the day to the fullest.

PA Youth Member Features

Local Hotspot: Chanticleer Garden, Wayne, PA by Arlene Sequeira



The pandemic has been hard on all of us, especially last year when everyone had to learn to adjust to safety guidelines and protocols that have never been in place before. One thing that many people had to face during the pandemic was isolation. Over the past year and few months, many people have been stuck at home, struggling to keep themselves active and social. There was, and still is, a fear of going into public indoor spaces because of the virus, and many have missed out on experiencing new things and places.

Now one of my favorite things my family likes to do is travel. Due to the pandemic, a lot of our traveling has been hindered due to safety and health issues. Towards the beginning when COVID was at its peak, we rarely went anywhere. But as things slowly began to open, my brother Arvin and I started traveling locally, finding places that were unique and fun, while also practicing social distancing and wearing masks.

One of my favorite places we came across was Chanticleer Garden in Wayne, Pennsylvania. Chanticleer is an enormous botanical garden full of beautiful plants and greenery. The place is open to visitors, and tickets are reasonable, especially for college students looking for a peaceful outing on their days off from class. This garden is a part of an estate that was built in the early 20th century and was owned by Adolph and Christine Rosengarten. The couple hired an architect named Charles Borie to design the house, and after that was completed, landscape architect Thomas Sears was tasked with designing the beautiful gardens. In 1993, the garden opened to the public, and since then people can enjoy its beauty and are able to also see the house that has been very well maintained.

I thought that this location was great because it was an open space, allowing for social distancing. The garden is extremely peaceful and for walking enthusiasts, there are many pathways available. The garden is split up into different sections, each with a theme. For example, there is an "Asian garden" full of plants local to that continent. It was so interesting because each section was so distinct, it felt as if we had entered a completely different place altogether.

Chanticleer Garden is a lively, yet peaceful place to visit, and with this pandemic causing so much stress and struggles in general, it is so nice to just go out and take in the beauty of this earth. This was by far one of my favorite places to visit!







Lessons from the Pandemic

By Lara Fernandes



When the pandemic first hit in March 2020, like many students, I thought I'd been blessed with a two week vacation over a false alarm. I couldn't keep the smile off my face as I left school, practically skipping towards the bus, looking forward to catching up on sleep.

Fast forward to the end of that school year, to my first Covid summer. I was still optimistic, not having experienced zoom school yet. With the usual commitments canceled for obvious reasons, I thought I'd have all the time in the world to finally pursue my true passions. Art! Writing! I'd walk out of this pandemic as an Indian Frida Kahlo and have written the Great American novel. Look out world!

That didn't happen.

What happened was that, like many students, I woke up at noon every day, scrolled through my phone, watched some TV, scrolled through my phone again, realized it was nighttime, and went to sleep. I told myself I would do something productive tomorrow, thinking that I would suddenly be motivated to pursue my creative interests, right up until school started again.

While I was slowly becoming a vegetable, my dad was out there making the most of pandemic life. He took us on a couple of road trips, doubled his Costco, Giant, and Acme runs to supply our elderly neighbors with groceries, all while being the only one in our family who had a full time job.

So, what did I learn? That you can't wait for inspiration to strike you because it won't. As much as I made fun of my dad going stir crazy, he just went ahead and did his road trips, and helped neighbors without being asked, not waiting for the perfect moment. If you want to do something, you must get up and do it, even when you don't feel like it. If I had, maybe I would have gotten more out of the pandemic than an unorganized Pinterest.

PA Vado Members' Summer Garden Spotlight The Garden of Roseline and Gladdy D'cruz

Rose and Gladdy are our vado gardening enthusiasts and what better way to hear about Rose's love for gardening than the beautiful tribute written by her in loving memory of her dear dad.

Many people take pride in their gardens. They are keen green thumbs who enjoy the smell of fresh flowers whilst gardening. I used to watch my dad take care of his little vegetable and flower garden in our Mumbai row house terrace. He used to tell me how these plants are like his own kids and that they make him feel happy and cheerful all the time. Dad's roses were for a time his pride and joy.

I guess I followed his passion and started gardening when I moved to my own house here in Delaware. Gardening helped me significantly to improve my psychological health as well as mental and physical well-being.

My Dad gave me a love of gardens, of flowers, pets like dogs, fish, and birds among many other things. He left us 5yrs ago and I know he is tending God's Garden in heaven and watching over me with pride.



The Garden of Amrith and Dolphy D'Souza

Most of us know that Amrith Aunty (as we all fondly call her) is an excellent cook and hostess.

We have all tasted and marveled at her creations at summer potlucks as well as at dinner parties at her home. In addition to cooking, she also loves gardening and has a whole lot of traditional Mangalorean plants that she tends to in her garden. No points for guessing the names of the plants! They make their way into her delicious authentic dishes and her love makes its way into our hearts.





50th Wedding Anniversary





Cheers to Uncle Dolphy and Aunty Amrith for celebrating their golden wedding anniversary last year! 50 years ago on October 21st, 1970, they said "I Do". Through their marriage they were blessed with four beautiful kids- Anjali, Athena, Andrea & Ajesh and 11 incredible grandkids.

We join in wishing them once again, many more happy years of togetherness and good health.

Mazel Toy!





Recipe Spotlight!

Mangalorean Manni Recipe

By Kishori Fernandes



Ingredients:

Basmati rice: 200 grams Jaggery: 450 grams (optional) Palm Sago Starch (Indache Peet):

2 tablespoons

Thin coconut milk: 3 cups

Chopped cashew nuts, almonds: as per

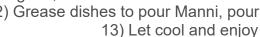
choice Raisins: Few as per choice

Thick Coconut Milk: 2 cups

Salt: ½ teaspoon Ghee: 3 tablespoons

Instructions:

- 1) Soak and grind rice to a fine paste
- 2) Boil jaggery in three cups water
- 3) Strain and place jaggery in a pot
- 4) Add thin coconut milk and boil
 - 5) Mix rice batter to a thin consistency, pour slowly to boiling jaggery mixture, stirring continuously
 - 6) Add salt
- 7) Cook on slow fire, continuously stirring
- 8) Mix indache peet with 1/4 cup water and pour slowly
 - 9) Add dry nuts and raisins
 - 10) Add thick coconut milk, stir till thickens
- 11) Add ghee, let cook on slow fire till it leaves sides of the dish
 - 12) Grease dishes to pour Manni, pour contents evenly







ConGRADulations!

Class of 2020



Sanjana Shanbhag, daughter of Veera and Naresh Shanbhag admitted to Carnegie Mellon University, now studying Finance. We wish you the very best Sanjana!

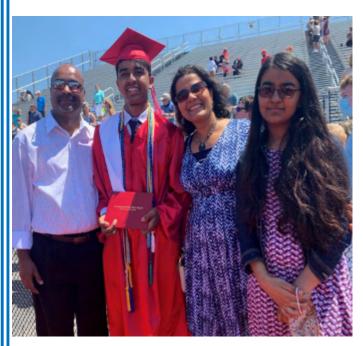
Arlene Sequeira, daughter of Victor and Rajani Sequeira admitted to Temple University, now studying Computer Science. We wish you the very best Arlene!



Class of 2021



Gabrielle Fernandes, daughter of Athena and Suraj Fernandes admitted to University of Pittsburgh, studying Bioengineering and hoping to pursue a Law degree after. Gabi was also Class President in her high school-West Chester Henderson High. We wish you the very best Gabi!



Miguel Mascarenhas, son of Neeta and Manoj Mascarenhas admitted to Schreyer Honors College at Penn State. Miguel plans to pursue a career in the medical field. We wish you the very best Miguel!

Welcome to the World, Little Ones! Vado Newbies

We welcome Andrew Connor Goveas to our vado family.
Congratulations Brandon and Jenny! Sending oceans of love and blessings your way.



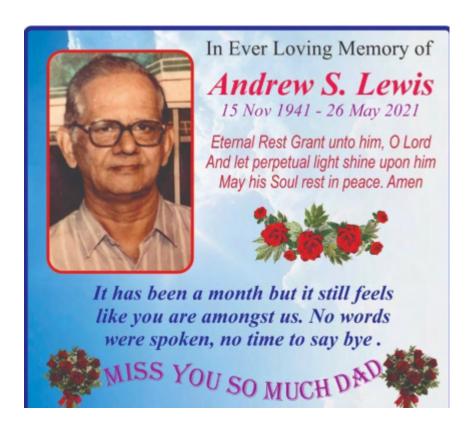
We welcome Valerie Rose Currie!
Congratulations Vishal and Lam.
Your princess has arrived.
Sending oceans of love and
blessings your way.





Obituary

Andrew Simon Lewis - Father of Dilip Lewis



As we enter the month of September and celebrate the feast of our Mother Mary, let us all join together to pray for our mother's intercession to bring an end to the Covid pandemic and bring peace to the world, especially in regions of conflict like Afghanistan.

Wishing you all a Happy Feast of the Nativity of our blessed Mother Mary!

Compiled with love by Amrith Rodrigues-Lewis and Neeta Mascarenhas







FATIMA VADO

Dear MCA-EC family,

Greetings from the warm families of Fatima Vado!! These times during the pandemic have been very challenging, however Fatima Vado has stayed strong, resilient and bonded both in fun as well as spiritually.

In this edition of the newsletter, we would like to share the joys and the successes of all our Fatima Vado kids, our stories are endless, however, we have captured some key highlights and milestones to share with you.

We are very proud of the kids of Fatima Vado, their hard work and dedication nurturing talent and providing motivation as well as setting a good example to the younger kids of our Vado and MCA-EC family.

We would also like to share a couple group pictures from our Fatima Vado picnic which was held on August 7th at Colonia Park in New Jersey. The turnout of our Vado families was incredible, we had a total of 19 families participate!!!! It was awesome to finally see everyone in person and we truly missed the handful families that could not attend due to unavoidable conflicts.

The whole atmosphere was so happy and cheerful that it reverberated positive vibes throughout the day and it was really nice to see everyone living in the moment, enjoying the company of one another. As a Vado, we unanimously agreed that we are truly blessed to have been provided with the opportunity to meet after 16 long months. Sharing some insight into the event, we had games, after picnic dancing, and a huge potluck buffet of delectable delights prepared by none other than all the master chefs of our Vado families.

We hope you enjoy reading our stories as much as we enjoyed sharing them with you and we look forward to making many more beautiful memories for us and our families in future.

Stay blessed, stay healthy and much love from the gurkarans of Fatima Vado, Michelle Fernandes (Gurkaran) and Lavina Amladi (Asst Gurkaran).







Words from Our Youngsters:



Kevin Fernandes:

Hello everyone, my name is Kevin Fernandes, I am 16 years old, and a student of South Brunswick High School. I would like to share my experiences with a Triathlon and starting **Prepinar** (non-profit organization).

When the coronavirus pandemic erupted, schools and colleges had to change the way they educate students. Therefore, online teaching emerged as the new norm. During my online school year, I found it difficult to find information that could help me figure out a plan for what field I want to pursue. This is what motivated me to find a solution that can help other students that have the same problem as me. I along with my two friends created an organization called **Prepinar**. The purpose of Prepinar is to assist students by providing them information from experts.

Here at Prepinar, our team will gather notable people to talk about their experiences of getting into exceptional colleges, occupational preparation, high school experience, etc. The seminars are free.

In these seminars, students have the opportunity to listen, and ask questions from students who have excelled, experienced, and achieved their goals. So far Prepinar has had two seminars with the topics of SAT prep, essay writing, and career guidance in the Computer Science field. If you are interested in joining future seminars please visit our website at www.prepinar.org. Here you can check on upcoming seminars, leave suggestions of topics you would like to hear about or sign up to be a speaker.

Another experience I would like to share is that I have competed my first ever state Triathlon! For those of you that are unaware, a Triathlon is a competition with the combination of swimming, biking, and running that must be completed in a given timeframe. I competed in the New Jersey Olympic State Triathlon which is a 1500-meter lake swim, 25-mile bike ride, and a 6-mile run. I completed the Triathlon with the helpful support of my friends and family in 3 hours and 35 minutes out of the 4 hours and 30 minutes given. I heard about this Triathlon through my friend, and I wanted to do it since school sports had been canceled. When training for this with my friend the only thing that kept going through my mind was "don't do this, it's too hard". But in the end, I was so amazed at my progress and my family and friends were so happy for me as well. My point is that if there is anything that I learned from this experience it is that you should always push through the hard work to achieve your goals because, in the end, it is worth it.

All in all, this Triathlon was a very fun experience and I hope I inspired you all to try out something new and push through the hard work. Thank you for reading my story everyone and stay safe!



Christina Fernandes

Hello everyone! My name is Christina Fernandes and I am a current incoming junior at the Rutgers Business School at Rutgers University, New Brunswick. This past summer I had interned at Goldman Sachs virtually and next summer I will be interning at Bank of America in New York City for Investment Banking in the Global Capital Markets division. Coming into Rutgers, I decided to major in finance. Finance is a dense major that provides you with a lot of various opportunities when navigating towards a career path in the industry. I also chose finance from my initial interest in business from having participated in the Future Business Leaders of America club in high school. Furthermore, I have a strong passion for math and studying the market news and trends.

During my freshman year of college at Rutgers, I applied to the Road to Wall Street program. This program accepts a select number of freshmen and guides and prepares them for the rigorous environment of Wall Street. It is a four year program, freshmen to senior year, which enhances our financial industry knowledge and prepares students for front office roles through fellow peer mentorship. I was required to complete training during the program which consists of a financial modeling class and numerous Wall Street preparatory courses and seminars covering technical skills integrated in the industry today.

Along with this program I am a part of LIBOR, Little Investment Bankers of Rutgers, which is a large financial organization. In LIBOR, I participated in a stock pitch competition

where I headed a team in producing and presenting an equity research report using technical analysis and analysis of the 10K and 10Q financial statements to pitch a company to a senior portfolio manager.

Finally, I am also a part of Women in Business and applied and am a part of the Women BUILD program. These programs incorporate rigorous self learning opportunities and experiences to further succeed as the next generation of female leaders in the financial world.

My main point is that there are several clubs and programs to apply to for each respective career field that can enhance and boost one's progress towards attaining an internship and securing a job from that point. The mentioned programs and clubs that I am a part of most definitely guided me as well as motivated me to work hard and keep progressing to achieve my goals of landing an internship in investment banking in the city.

Joshua Doss: An Internship to Remember

This summer I had the intriguing opportunity to intern at a government laboratory at the Passaic Valley Sewerage Commission in Newark. Though I've held internships before, this was the first time a job was directly related to my studies as a Biomedical Engineer.

Although my experience in microbiological and chemical laboratory etiquette and analytics dates back all the way to my early high school years working as an analytical intern was a meaningful and extraordinarily fascinating experience working at of all places, a sewage plant.

Between shadowing experienced microbiologists and chemists and talking to the other interns, I quickly learned how complex the job was in regards to responsibility and the actual significance of our work. Nearly every day the laboratory receives new samples from the plant, both "influent" samples that the plant receives from the sewer system and "effluent" processed and filtered liquid from the plant. Additionally we receive various composite and sludge samples that are brought to the plant by trucks for analysis that are distinguishable both in color, composition, and most prominently, smell. Even more interesting are the samples we receive from various industries that pay the lab to perform sample analysis of their wastewater to ensure no extremely harmful chemicals are present. As an intern, my designation switches every week between microbiological analysis and wet chemical analysis. From performing analytical inquiries to measure how dirty a water sample is, to determining how much oxygen is available in another sample to signal ecosystem pollutants - every week's assignment has been a learning experience. I've had internships every summer and I have a second job this year, but this internship finally allowed me to utilize skills I've acquired throughout my academic career in a professional laboratory environment and certainly exposed me to some of the important uses of chemistry and microbiology in the real world.

Joshua Doss | TCNJ Class of 2022

Jordan Doss: An a-May-zing story

Waking up at 7 am to your phone blasting notifications isn't what you'd expect on a summer Sunday morning. As it turned out, one of my 30,000 followers on my TikTok account was bombarding me with messages about "Brian May from Queen" reposting my video on his Instagram. While in disbelief, I unlocked my phone and headed over to his verified account and there it was- a repost of my viral Mario-themed guitar video. "Love this- I'm mesmerized. -Bri", was written in the caption of the world renowned rock musicians post.

The past year has been so hard for many school & college students including myself who've missed milestones or couldn't experience freshman campus life due to the pandemic. The silver lining through this period was getting to spend time on exploring and sharpening my music. My parents had provided me with plenty of instruments and equipment over the years, so I used these tools to arrange difficult pieces that I would never have time for with in-person school. I learned to make the most out of the Covid-19



situation, and music became my light at the end of the tunnel. There were times when I felt like I wasn't making inroads but saying my hard work paid off would be an understatement. This summer I was rewarded with the unbelievable bragging right that Brian May from Queen is a fan of my music. So don't stop me now... cos yeah, I'm having a good time!!

Jordan Doss | TikTok @jordan.doss |Instagram @jordansguitarr

Jiya Doss:

Becoming Me – With My Girl Scout Troop

About 3 years ago, I joined (*my mom forced me*) the Girl Scouts of NJ. I wasn't very keen on it, but, when my first GS meeting had finished, the first spark of interest had been lit. Over the course of the years, I've grown to enjoy and look forward to my Girl Scout activities. I've had opportunities to learn, support community goals, and participate in fun events. As a



troop we learned skills such as photography, art, and healthy snack making. We spent a day doing a STEM workshop at Stevens, visited the Liberty Science Center, and did a project learning about Justice Ruth Bader Ginsburg. We've helped out within by doing things like helping pick up plastic on beaches, singing holiday carols for the elderly, and most recently making snack bags for Elijah's Promise. As a troop we've had a great time together especially around Girl Scout cookie season and on our hiking and camping trips. I don't think I would've had these opportunities if I wasn't in Girl Scouts. My troop leader is wonderful and ALWAYS makes sure she plans interesting things for all the girls in the troop, for which I'm very thankful.

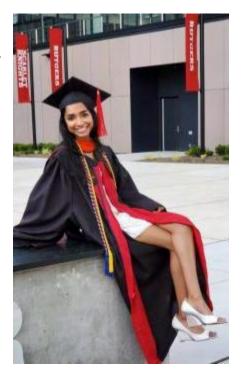
I've met wonderful girls in my Girl Scout troop, which has made being part of a Girl Scout troop much more enjoyable.

I try to make an effort to be the best Girl Scout member I can for my fellow Girl Scout members (cheesy, I know). We didn't have too many in person chances to get together last year but I am really looking forward to many more fun times together with my troop.

Jiya Doss | 7th Grade, Girl Scout Troop 82110

Darlene D'Souza

As you are picking which colleges you will be applying to I think it is important to make sure that you are actually picking the schools that are the best fit for you. Making sure that you've done your research on the programs, the types of classes, and the flexibility within schools and degrees are all really essential factors to consider even though you might not be sure of what you want to major in. As you create your personal statements and essays, I also think that tailoring them to each specific school will help them see why you're interested. Do the research, because the details and genuine interest will help set your application apart. It may take some extra effort to tailor your essays, but it will pay off in the long run.



Crystal D'Souza

(Darlene's sister) just graduated from Rutgers University in May with a B.S. in Electrical Engineering!

Sahanah & Rikah Sahay

During the summer of 2020, our very own Fatima Vado sisters, Sahanah Sahay (Sophomore at RBS) and Rikah Sahay (Junior at Montgomery High), decided to sell handmade bracelets to raise money to aid the Yemen Crisis. With the help of many people, the sisters were extremely successful and raised over \$600 to send to Unicef Yemen. As they began to grow their jewelry business, they formed an organization called TheShopByR&S.

Their uniquely beaded bracelets and necklaces became popular among their community and they have donated over \$1,000 since. For the past year, they donated profits to various other charities and organizations, including IntegrateNYC, The Bail Project, Black Women's Wealth Alliance, Red Cross Lebanon, and The Children's Home Society of NJ. You can support Sahanah and Rikah's organization and contribute to their purpose by reaching out to them via Instagram- @theshopbyrs or email- theshopbyrs@gmail.com!



Amelia Dsouza

As we all know, the pandemic caused life to come to a halt. With the rise of cases and



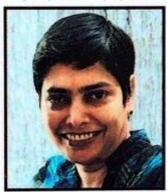
uncertainty came online school, quarantine, and limited travel. However, as days and months passed we found ways to adapt and still achieve or experience as much as pre-pandemic. For me, this included finding a new way to play the violin and enter competitions. Once at-home quarantine started, my teacher and I decided to switch to virtual classes. Using Skype, we'd video call at my class time and she'd conduct classes with her in her house and me in mine. It was a new and exciting experience, albeit

not as great as in-person classes. But we successfully adapted and took full advantage of online classes. This gave way to new online competitions opening up, which I decided to enter. Instead of going to a specific location, auditioning, and if qualified performing, I recorded myself playing and sent in Youtube or video links to judges. Later in the year, once cases lowered and gathering was allowed, I was able to meet my teacher and record my audition clips with her as my pianist. I enjoyed this experience, as it was less nervewracking and allowed me to try auditioning in a new way. I registered for a few competitions this way, each with new pieces, and got pleasing results from all! I received an award from Ron Kim, a State Assemblyman of New York, and ranked in three different competitions. I also submitted an ABRSM exam online, a UK-run establishment partnered with the Royal Schools of Music and ranked high, to my excitement. Playing the violin and participating in competitions online has overall proven to be a positive experience for me, and I am thrilled to continue to participate in more!

Amelia D'Souza | Senior at J.P. Stevens High



In Loving Memory of Rennie S. Monteiro 10/21/1966-1/1/2021



I have fought a good fight,
I have finished my course,
I have kept the faith:
Henceforth there is laid up for me
a crown of righteousness,
which the Lord, the righteous judge,
shall give me at that day:
and not to me only,
but unto all them also
that love his appearing.

2021 began on a very sad note for Kursa Vado, as we lost our dearest Rennie on New Year's Day. We know that she is in heaven and watching over us.

Although we are still fighting through the pandemic, we were able to enjoy the year through parties, get-together, travelling and many fun events. These are just a few events we have enjoyed as a Vado.

BIRTHDAYS

Shane
Quadras
and
Sherine
Lobo
Entered
their
Teens
This
Year!







Many milestone birthdays in the Seravo household!

Jaden Seravo turned 5 years old, and Aston Seravo turned 10 years old!

SACRAMENTS



Fiona Lobo Received Her First Holy Communion.

Shane Quadras
Received the
Sacrament of
Confirmation. His
Confirmation
Saint is St.
Michael the
Archangel.





Shanessa Aranha Received the Sacrament of Confirmation. Her Confirmation Saint is St. Agatha.

SPECIAL EVENTS



Hiking on the Seven Lakes trail in Sloatsburg, NY.



Silver Jubilee of Priestly Ordination of Fr. Augustine and Fr. Basil.



Kursa Vado Kids Enjoying Some Easter Egg Hunting. Various pool parties throughout Summer '21.

Kursa Vado ladies enjoying Fourth of July in Color Coordinated Outfits.



Celebrating Kursa Vado Fathers for Father's Day in Riva, Maryland.



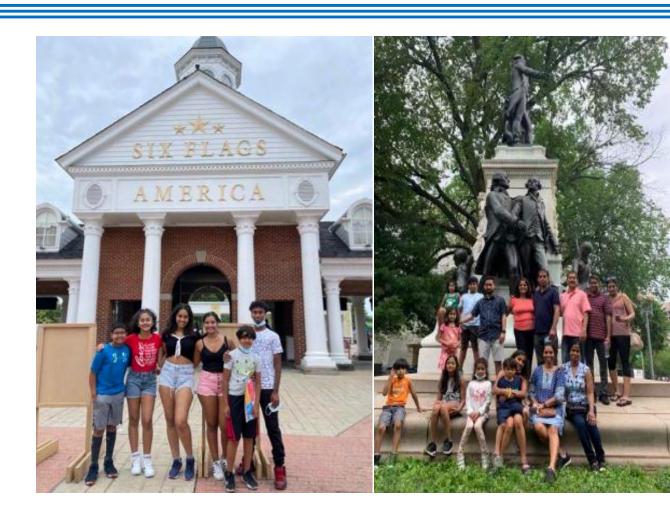
TRAVELLING

FLORIDA TRIP 2021





GILBERTSVILLE TRIP 2021



MARYLAND TRIP 2021



Kursa Vado International Trip to Costa Rica



In front of Arenal Volcano in La Fortuna, Costa Rica.



Samuel Aranha, Luke Menezes and Monthi D'Cunha were lucky enough to celebrate their birthdays in Costa Rica! Luke celebrated his Sweet 16 there!





Get-Togethers



Trail Walk – October 2020



Thanksgiving – November 2020



Boys' night out – July 2021



Fall Colors – Mercer County, Oct 2020



Seven President's Beach – June 2021

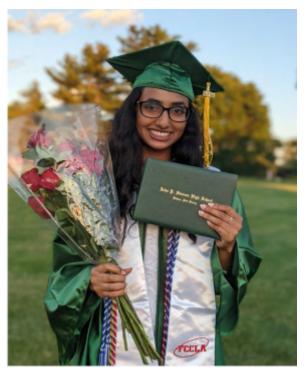


Picnic - Mercer County Park, July 2021

Graduations



Congratulations to Venora Furtado Graduated from J P Stevens High School



Congratulations to Melanie Mendonca Graduated from J P Stevens High School

First Holy Communions

Kaydi Saldanha September 2020



Julia Lobo September 2020



Birthdays

Jiselle Dsouza: Sweet 16th



Melanie Menodonca's 18th Birthday



Furry baby Chester turns 3 months – Newest addition to Lewis & MV family!

Kelly Saldanha and Joanne Lobo: Happy 5th



Meldon Menodonca's 21st Birthday





Anniversary

Mark and Merlin Mendonca's Silver Anniversary



Volunteering





Jiselle Dsouza Volunteered for Hydrocephalus awareness



MV kids volunteer at MCA-EC Beach Clean-up event

In the Kitchen

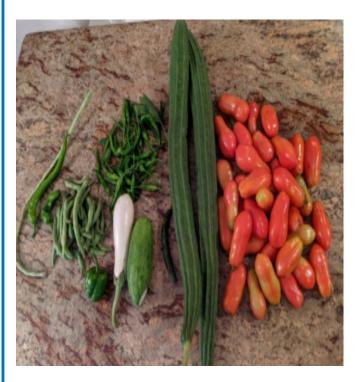




Carrot cake for Easter baked by Caroline Lewis Recipe: https://www.inspiredtaste.net/25753/carrot-cake-recipe/

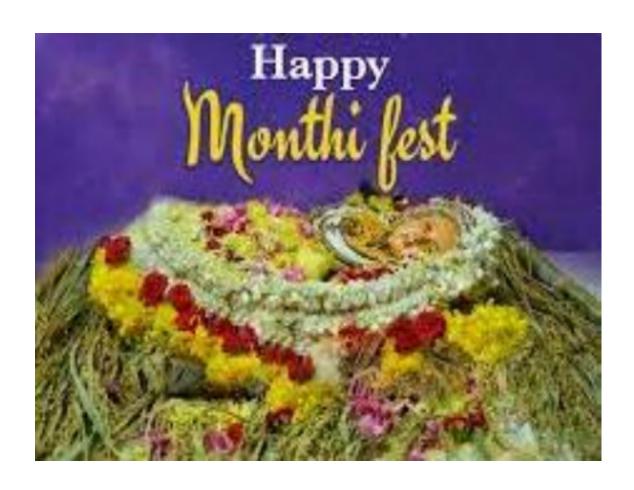
In the Garden

Vegetables from Merlin Mendonca's Garden





INFANT JESUS VADO WISHES MCA-EC A HAPPY MONTHI FEST



Sacred Heart Vado





Sangatha Vado

Sangatha Vado is grateful for the opportunities they had this past year to connect, whether virtually or in person.

Some highlights of the past year include:

 Sangatha organized the first virtual Eucharistic Mass with Father Ron. Grace Barreto lent her musical expertise to lead the hymns and help organize the mass.



Sangatha Vado won the virtual Christmas Caroling competition. Member Malcolm
Barreto wrote the original lyrics, cleverly changing the words of "Twelve Days of
Christmas" to describe items used during the pandemic. Grace Barreto, Dinesh, Kierra
and Kaelyn Dcosta and Kiera Dsouza led the chorus vocals. Gurkar Siprian Rodrigues
produced the final video which included the participation of fourteen Sangatha Vado
families.



emiered Dec 19, 2020





MCA-EC Christmas 2020 Virtual Calebration 540 views - Premieral Dec 19, 2020

6 to \$0 A share → size ...

 Weekly Activity: Rosaries were organized by member Jennifer Fernandes on Thursdays during the Academic Year

 On June 13th, Gurkar Siprian Rodrigues organized a picnic for the vado at the South Mountain Reservation in West Orange. It was the first time since 2019 that the vado was reunited. We were blessed with great weather and company. After a fun hike, the vado

members enjoyed a wonderful potluck.

SANGATHA VADO NEWS

We Warmly Welcome Our Newest Member Elijah William D'Souza born on June 1st 2021 Son of Alan D'Souza & Dionne Mascarenhas. God Bless You!



Double congratulations to Christopher D'souza, son of John & Aarti! He received his First Holy Communion in June 2021. In his speech he mentioned how grateful and blessed he was to celebrate this occasion with close friends and family. The second congrats is for his team winning the EDP soccer finals. Chris loves soccer and pursues it with passion. He prefers to play Center Midfield but is also adept playing central defense and right midfield. His favorite club is Liverpool FC and his favorite player is Mohammed Salah. He would love to connect with other players his age.

Kiera D'Souza, Christopher's older sister, is a talented pianist and wishes to share her recent performance of the classic "Claire de Lune" by Debussy (Bravo!): https://youtu.be/pnuwdG-pxF4





Sangatha Vado welcomed two new families in the past few months:

Divya and Errol D'Souza recently moved to Basking Ridge, NJ. Divya's parents are from Bejai/ Bendoor and Errol's parents are from Barkur/ Bendoor. Divya and Errol are parents of two daughters, Anya who is at the University of Canada and

Carina who attends high school.



Deena and Arun of Millburn, NJ also joined Sangatha Vado. Their daughter attends Boston College and their son is completing his PhD at Stevens Institute of Technology.





Sangatha Vado wishes every member a Happy Monthi Fest! Sangatha Vado Members attending Monthi Fest 2021:





Sangatha Gurkan Siprian and Anisha Rodrigues + Aarti D'souza (MCAEC President 2018)

DIVINE MERCY VADO

Summer 2021

This new year of 2021 brought a plethora of good news and new experiences to the Divine Mercy Vado family. For starters, we warmly welcomed some lovely new members to our family:

Meet the new additions to Divine Mercy Vado...



AMELIA MATHIAS
Daughter of
Harman Mathias & Roswin Miranda



AMI ROYCE MACWAN MSc. Computer Science Fairleigh Dickinson University



ERROL MORAS Internal Medicine Resident Mount Sinai



KENDRICK SEQUEIRA Senior Auditor PwC



NATALIE SEQUEIRA

Daughter of
Raulson & Melrin Sequeira



REEMA DSOUZA DevOps Engineer Guardian Life

We are excited to have them as a part of our Vado, participating in our celebrations and bonding with our members!

Speaking of celebrations, all of us here in Divine Mercy Vado are thrilled to be able to meet again in-person, even if it means maintaining certain restrictions, and I'm sure this is true for everyone in our MCA family. We partook in a multitude of events together which have been highlighted below:

Cool Down at the Beach!

- Written by Ami Macwan





For a cooling refresher, in the midst of, this hot summer, the Divine Mercy Vado spent a day at Seven Presidents Beach, Longbranch, NJ on July 17th, 2021, organized by our enthusiastic gurkarn Anita and Harry Pinto. The kids of our Vado kicked off this day by splashing around and swimming in the blue waters and were then joined by their parents and the rest of our crew. The youth enjoyed a game of volleyball while our other members were excitedly catching up after the long absence of events brought upon us due to the pandemic. Exhausted after all this activity, everyone was welcomed to a scrumptious feast at the Beach Pavilion.





There were Hot Dogs, Samosas, Bhel, Dabeli, and of course, Biryani, followed by some sweet watermelon for dessert! Everyone chatted and enjoyed their meals with a background of Bollywood music to get our spirits up for a game of Housie, which kept us all at the edge of our seats. We also documented our day in a fun Bollywood music video, starring all the superstars of our Vado showing off their best moves! All in all, this event was exactly what we all needed after months of being apart, and luckily it also resulted in the Divine Mercy Vado YouTube channel, where we hope to put up many more events in the future!

Divine Mercy Vado YouTube Channel:

https://www.youtube.com/channel/UC wy3SdKYp7mfP56Fp0BhKQ

DMV Beach Day'21:

https://www.youtube.com/watch?v=vwSDfpjI7eM&ab_channel=DivineMercyVado

Camping in the Woods!

- Written by Daniel Fernandes





There was no way I was going to get bored this summer. To ensure that, I convinced my parents to sign up for the Divine Mercy Vado's three-day long log-cabin trip. This way, I would have a brilliant summer. The trip started on a pleasant Friday evening. My family and I arrived at the huge Heronwood cabin at Camp Hoover and met the fellow Vado campers who had already lit up a great campfire by then. We warmed up for the evening with some exciting games like Couples Simon Says, Balloon Popping Fight and a Straw and Bangle relay. After dinner, we roasted smores on the fire which meant I learned something new. We also played a game of Antakshari and sang many songs.





On Saturday morning, it was time for some precision archery and challenging ropes. We took a lot of group pictures and silly dancing videos. After lunch, we went by the lake and enjoyed activities like paddle-boating, canoeing and kayaking. In the evening, we barbecued some yummy food and played some exciting group games like Heads Up, Guess the song, Cups Tower and my group won! Whoa! That's a lot of things to learn in a day! Finally, it was Sunday, the day we packed up, cleaned the cabin, and left for home. This camping trip kept me motivated enough not to have a single second of boredom. Surely, this was my best camping trip ever!

DMV Camping'21:

https://www.youtube.com/watch?v=JW2djhNDxuY&ab_channel=DivineMercyVado

In addition to these gatherings, our Vado members celebrated some worthwhile milestones highlighted here:



First Holy Communion of CHELSEA MATHIAS

Baptism of **AMELIA MATHIAS**





Baptism of NATALIE SEQUEIRA

And our exceptional graduates from the **Class of 2021**:



NIKKI D'COSTAJohn P. Stevens High School



THERESA CARLOS

Middlesex County Academy for Allied
Health and Biomedical Sciences



JUANITA PINTODoctor of Medicine (M.D)
New Jersey Medical School



CLAYTON MONISMasters Information & Data Science
U.C. Berkeley



JONATHAN PINTO B.S Computer Science Rutgers University

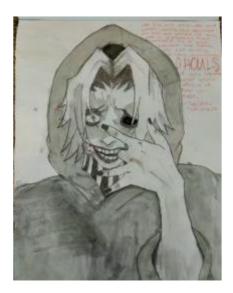
As we rise out of this pandemic, a lot of individuals from our Vado have learned an array of skills and talents.

Time to Get Artsy!

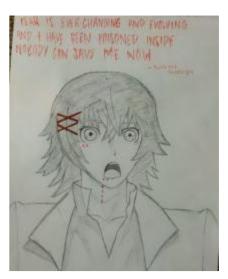
-Written by Isha D'Souza











My art is a way I like to express and explore myself and the world. I love discovering new techniques and varieties of art, as well as creating my own. I love destroying and rebuilding, toying with colors, and combining styles. I love gifting my pieces to my family friends, I love to see the smile on their face when they receive it. For example, during quarantine I would make glass paintings and give them to people to cheer them up during such a depressing time. My art is influenced by my mood, the weather, the news, and maybe an anime I might have been watching earlier in the day. I also like to reuse items to make different things. For instance, a rock can become a butterfly, some old flowers can become a perfume, and an old toy can become a purse. When you have an artistic mind, the possibilities are endless, and I am grateful to have been blessed with one. I also like to keep my art when I accidentally mess up because maybe later, I'll find a new use for it, or maybe have a good laugh at it when I get older. I hope to continue creating more and more pieces and maybe even put my pieces in a museum one day. For now, I'll just keep discovering.

Some More Masterpieces from Our Vado...



AVA WAGHMARE

Lion Sketch with chalk, paste colors and tracing pen for contrast.



REEMA DSOUZA

Shading art-piece of Mother Mary.



ANGELINA WAGHMARE

Mural try on FRIENDS during this pandemic. A homepage to our favorite show.

What's cooking good looking?

- Written by Kenisha Sequeira





This quarantine season, like a lot of other people, I experimented in the kitchen!

In the past, I used to love baking the occasional Rum Cake for Christmas and Chocolate Fudge brownies for my best friend's birthday. With everyone home, I decided to step up my game and add a little color to our monotonous quarantined days. I started off simple with Persian and Mediterranean food, moving on to Mexican and Indian fusion cuisines. I baked cakes for special occasions, my favorite being a Gulaab Jamun cake. The highlight of my cooking journey was learning to making bread! Replicating the Chilly Chicken Buns that we used to have after Sunday Mass every summer vacation in Mumbai was truly a treat. With cooking and baking, I found a creative outlet to put me through the otherwise boring days of the pandemic. And as they say, "All's well that ends well", this hobby always had food at the end and hence, was the absolute best!

Knock it out of the park! - Track



During the pandemic it was hard to train but we got around it. When Nationals came Ava, Ross, and Angie qualified for the US Junior Olympic in Jacksonville, FL. It was a surreal experience - Waghmare's



One with Nature



ROYCE MACWAN Zinnia, Dahlia, propagated Hydrangea, Lemon, Avocado, Mango, Eggplant

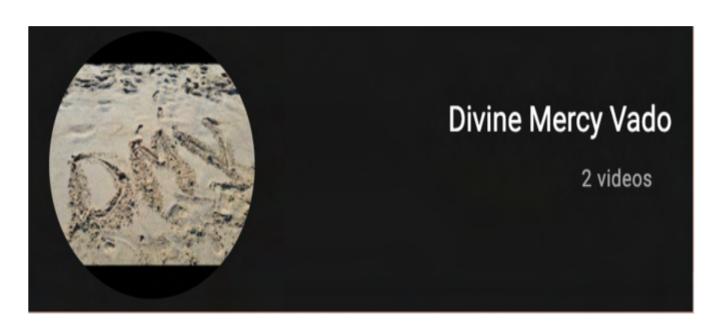


RESHMA D'SOUZA Hibiscus, Lily, Hybrid Rose, Calalily



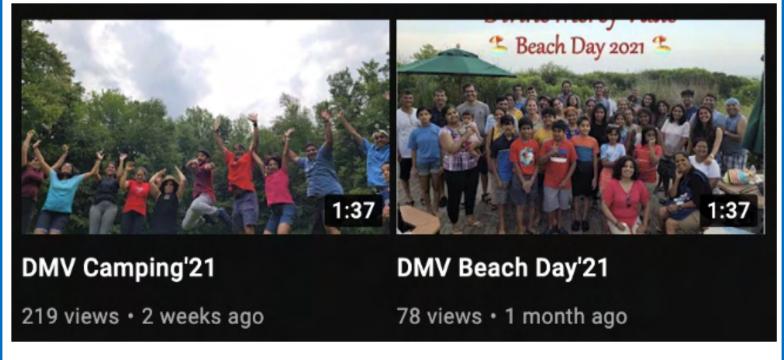
HARRY PINTO Bottle Gourd, Peaches, Basil, Tomatoes, Haldi Leaves, Roses, Orchids, Lavender, Cucumber

DIVINE MERCY VADO YouTube Channel



As a Vado, we have started a YouTube channel to share mini snippets of our time together in the form of fun music videos! It is a way for us to express ourselves and stay connected in this hybrid in-person and virtual environment. We have highlights of our beach and camping trips uploaded and will continue to populate this channel with many more memories as we go!

Divine Mercy Vado YouTube Channel: https://www.youtube.com/channel/UC_wy3SdKYp7mfP56Fp0BhKQ



Food Frenzy

As we gear up for the soon-to-come festival and holiday season, here are some recipes tried and tested by our Vado family, to add some sweetness and spice to your events!

Fall-time Favorite

Apple Cinnamon Cake

by Kenisha Sequeira

Creates one 8-inch diameter single layer cake (~10-12 servings)

Dry Ingredients:

Alf-Purpose Flour (Maida) – 210 grams OR 1 ½ cups Boking Powder – 2 tsp Robins Soda, V. tra

Baking Soda- ½ tsp

Caster Sugar – 150 grams OR % cup

Apple Mixture:

Red Apples - 3-4 Cinnamon Powder - 2 tsp

(OPTIONAL) Sugar Glaze

lcing sugar (or grind normal sugar) – ¾ cup

Vanilla Extract - 1/2 tsp

Milk - 1-2 fbsp

Wet Ingredients:

Large Eggs – 2 Vanilla Extract – 1 tsp

vanila Extract - 1 tsp

Vegetable Oil – 120 ml OR ½ cup

Yoghurt (preferably Greek yoghurt) - 120 ml OR 1/2 cup

Cinnamon Topping:

Caster Sugar - 50 grams OR 1/4 cup

Cinnamon Powder - 1 tsp

Unsalted Butter (melted) - 1 tbsp

Instructions:

- 1. Preheat your oven to 350 F
- Chop 3-4 red Apples into tiny bits and marinate for 15-20 minutes with Cinnamon Powder until each piece is lightly coated
- 3. Mix all your dry ingredients in a bowl and get rid of lumps
- Add both your eggs to this dry mixture one at a time
- Add your marinated apple mixture to this bowl
- 6. In a separate bowl , whisk all your other wet ingredients well until combined
- Gently whisk your dry ingredient bowl into your wet ingredient bowl, 1/3rd portion at a time until it is all incorporated into one batter
- 8. Put your batter into a cake pan that is covered with parchment paper (OR cake spray OR butter + flour)
- Prepare cinnamon topping by mixing the sugar, cinnamon powder and melted butter together and sprinkle on top of your cake
- 10. Bake the cake in your oven for 35 minutes or until a skewer comes out clean from the center of the cake
- (Optional) Meanwhile prepare a sugar glaze by mixing icing sugar and vanilla extract and then add 1-2 tbsp of milk until desired consistency is achieved
- 12. After the cake is baked, sprinkle the sugar glaze on it



Tips & Tricks

- Use accurate measurements while adding ingredients
- Sieve your dry ingredients into the bowl to avoid lumps
- Mix dry and wet ingredients only until combined – DO NOT overmix – it will make your cake hard
- Do not open the oven multiple times while baking
- 5. You can serve this cake hot or cold

MCA-EC Member Spotlight

Tenafly Clothes Drive for Afghan Refugees by Dr. Belinda Dsouza, Sangatha Vado Member



Dr. Belinda Dsouza is an assistant professor of cardio thoracic radiology working at Columbia Presbyterian in New York City. She hails from Kemmannu Parish in Udupi district. She has an MBBS from KMC Mangalore, and an MD from MS University of Baroda. She is happily married to Mr. Praveen Lewis from Vakola, Mumbai. They live in Tenafly and have twin boys Akhil Lewis and Nikhil Lewis and a dog named Khushi. She is a proud Mangalorean and loves being part of this community and is a valued member of the Sangatha Vado.

"I have been following the news from Afghanistan. When the withdrawal began, I did not expect Kabul to fall into Taliban hands in such a short time. I felt helpless watching the news. Coincidentally, around the same time there was an online post by Dan Berger, a 2016 Tenafly graduate who is an Air Force Pilot trainee, regarding a clothes drive for Afghan refugees. After seeing this post, I wanted to help. Dan figured out the logistics by connecting with the mayor of our town.

Loads of bags were donated. The drop off was 12 to 4 pm Saturday, Sunday and Monday. We had 5 volunteers. Dan, myself, a few of his classmates. By 3 pm we were exhausted. My son Nikhil and his friend Eliza joined us later in the day which eased it a bit. I appreciated the assistance from Ben and Anne Sequeira of the MCA who donated several bags for the Tenafly drive, Mrs. Divya Menezes and Mrs. Aarti Dsouza from Sangatha Vado

also assisted with this effort. We ended up collecting over 35,000 clothing items in a 3 day period! At the end of this exercise, my heart was full. I hope I have influenced our kids and other adults in a positive manner.

For others who might be involved in such efforts I would like to share a few helpful tips."

Tip 1: Assign a maximum of 2 hours for the kids. Middle school and high school students are a great asset. It is excellent experience for them to be associated with a good cause. It builds empathy and appreciation for what they have been blessed with. Alda, a 5 year old girl assisted us with so much energy, it was remarkable! She kept us going.

The second day, *I requested more volunteers*. Those who dropped off the bags assisted in boxing. A few agreed to stay back which hastened the process. We ended the day at 6 pm. We decided it was too much work to separate the clothes, so we started putting all the clothes together and putting numbers on the boxes. We ran short of boxes. We had bought around 60. Another 40 boxes were donated. We decided to use large black contractor bags. *Ask people that have recently moved to save the boxes*. My sons Nikhil and Akhil both helped on the second day. Nikhil was exhausted after two days. Akhil helped me get the boxes from the Sequeira family. He was in charge of receiving the bags from people at the door. On the third day we had about 10 volunteers, we also requested those who dropped off items to stay a little and assist. By the third day, we had huge trash bags. Paper, plastic and bags were all placed together. One of the volunteers, Birgitta, relentlessly started separating the bags into different categories.

- **Tip 2**: **Separate plastic bags, paper and boxes the first day, so it is less work by the end of the day.** At the end of the drive we collected 33000 clothes and probably around 100 strollers and car seats. *Be strict about the timing*, to be fair to the volunteers, bags were still pouring in after. A special mention and thanks to Divya Menezes from Sangatha Vado. She promptly collected 99 pairs of salwars for women and kids and drove all the way from Basking Ridge to drop them off at the Tenafly library. All were already packed and counted.
- **Tip 3**: **Please have the donors separate, box the clothes and number the boxes.**An ex-student of mine Dr.Shalini Sodhi collected 100 salwars. Shalini, an Edison resident arranged to drop them to Tenafly
- Tip 4: Strategize, divide and conquer. You don't want to be driving around tired.
- **Tip 5**: **Be very clear as to what the drive is about.** Only clothes, strollers, baby seats etc. No used or worn out items. So be clear to explain this in your flyer. Definitely no used undergarments. Organizations won't take them.
- Tip 6: Be sure to provide food for the volunteers. Lunch at 2 and coffee and donuts at 4. That is something I did. Ask for donations from the township people. You will be amazed! Over all, my heart is full at the end of this drive. Now the logistics of driving these boxes are being sorted out. Dan is trying to get Red Cross to help. He may drive himself. If he cannot, the plan is to request donors to donate money for transport to the air base in Burlington County. My husband made it all worth it with his famous lamb chops ready for a family Sunday dinner. Any TLC from friends and family is always welcomed. It goes a long way.
- Tip 7: Be appreciative to the volunteers.



AFGHAN REFUGEES

List of items needed:

- · Beach balls
- · Whiteboards
- · Permanent markers
- Dry erase markers
- Side walk chalk
- · Frisbees
- · White Silks
- · Fabric Markers
- Iournals
- Puzzles For Young Child
- · Playdough for Child
- · Large Legos Duplo
- · Hula Hoops
- · Jump Ropes
- · Bubble Solutions Large

- · Bubble Wands
- · Kids Scissors
- · Stuffed Animals
- · Small soccer balls
- · Large soccer balls
- · Force Wipes 220 Ct.
- · Microban Sprays
- · Garbage bags 13 Galloons
- · Hand sanitizer
- Masks
- Tea station
- · Tea Kettles
- Tea Bags
- Signage
- · Sandwich Boards

- · Playing Cards
- · Jenga
- Dominos
- Jump Ropes
- · Connect Four
- · Pens, Pencils
- · Pencil Sharpeners
- · Construction Paper
- Glue Sticks
- · Crayons
- Magic Markers Non Toxic Washable
- · Toy Cars for Children
- · Crochet Needles and Yarn
- Electric Pencil Sharpener

Items can also be purchased online through our Amazon wish list: https://a.co/01y6qMG

Drop off locations:

Catholic Charities Central Administrative Services: 383 West State Street, Trenton, NJ Catholic Charities Mercer Community Services: 132 N. Warren Street, Trenton, NJ Catholic Charities Burlington Community Services: 450 Veterans Drive, Burlington, NJ Catholic Charities Ocean Community Services: 200 Monmouth Avenue, Lakewood, NJ Catholic Charities Linkages: 4261 NJ-33, Tinton Falls, NJ

Student Member Spotlight

My Takeaways from a Summer Emerging from Under the Rock of High School into the Bubble of Tech. By Tasha Pais (Moriye Vado member)



For the first time in my life I lived alone for 3 months. Not alone, but at a couple hacker houses in Silicon Valley over the summer. These houses are just co-living spaces for curious and driven young people to share ideas and build together. In addition to coding in Solidity and discussing philosophy, I grew into a version of myself untainted by what my family and friends already thought of me. I had interesting conversations with traditionally successful people not because I was already an expert, but because I learned how to ask very good questions and learn along the way. Here are some takeaways I'd like myself to remember:

1) When faced with divergent paths in life, always choose the more challenging option. This is the one you'll be grateful for, in retrospect because of how much you've grown. For me, the choice was whether I should even move out. On paper, the people I would be living with seemed extremely well-read and accomplished. I felt like I wouldn't belong. Turns out, they're just experts in very niche subjects and are insanely curious about everything else. Intelligence is measured not by how much you know but how you synthesize information and connect ideas. It helped that most people weren't like-minded at all. Hot takes and contrarian viewpoints made for the most interesting conversations.

Takeaway: If you want to be interesting, surround yourself with interesting people. This can be in the form of online communities and podcasts, if not your physical location. Scroll down to the bottom for a list of resources that have changed my life.

2) School is an obvious case of diminishing marginal utility. Join an early-stage startup or work in industry on the side. I just internalized this a few weeks ago when a friend was telling me about how he was either completely un- or under- qualified for most of his past jobs. He's currently the first employee at a wildly successful seed-stage fin-tech startup. There are so many small companies working to solve problems that you care about and as long as you're ambitious, align with their mission, and can figure things out along the way, founders in Silicon Valley will hire you.

Takeaway: Your resume is irrelevant. Startups hire for personality and shared vision over arbitrary accomplishments. That's why it's important to remember that the areas in life with the highest competition have the least returns. Competing for an e-board position at a club at school is analogous to how professors compete for tenure at Harvard. The return on investment is low enough that it makes more sense to work on something that you actually enjoy-- it will eventually make you much more successful.

3) The reason San Francisco felt so different to me is because I felt confident. It had been a year since I deleted all my social media accounts and I cared very little of what other people thought of me. I attended dozens of tech white-boarding events overrun by men (just because of the nature of Bay area demographics) and felt at ease asking questions and networking. I was solely driven by the

curiosity to learn about deep tech instead of the fear of sounding like I didn't know what I was talking about.

Takeaway: It's normal to feel imposter syndrome when you're new, but very few people actually take the time to ask uncomfortable questions. In conversations, questions are like keys to unlocking personalized information. So the next time you feel insecure about your intellect, know that acquiring tons of knowledge isn't directly rewarded in society-- the world is just too inefficient. Just ask what someone to clarify what they are talking about.

4) There are actually no rules in life. Everyone is playing a status game. You just have to figure out what game you're playing and how you can, not win in a conventional sense, but tweak the rules to live life on your own terms. There's a famous thought experiment called Plato's allegory of the caves. It's about how people are living their lives chained to face a blank wall. Everything they perceive as reality is just a shadow projected on this wall because their backs are facing the real world. These shadows are often completely misinterpreted and arouse intense fear. The story goes that one person is unchained and escapes the cave. He comes back to tell everyone what he saw but is killed for being crazy.

Takeaway: There are only a few aspects of your life that have enormous influence: where you live, who you're friends with, and what you spend your time on. What's worse is that the highest returns come from just 20% of the work you're doing. This means that 80% of your hard work is basically useless. Finding where that 20% lies comes from retrospection. This book covers ideas like this in depth (The 4 Hour Workweek by Tim Ferriss).

5) I can't finish an article on tech in the Bay Area without mentioning crypto. As a CS student, the highest paying jobs in the market right now lie in blockchain development. Learning how to program in Rust/ Solidity and deploying smart contracts will get you hired asap. It's more than just making money, but the future of how we exchange digital assets.

Takeaway: The world is transitioning out of credit middlemen and centralized financial authorities. Moreover, every aspect of life-- from energy management to the future of work-- will benefit from a trustless, decentralized, immutable blockchain.

List of resources:

- 1) Online communities I'm a part of:
 - If you're in tech, Twitter is a much better place to be than LinkedIn. Finding jobs and following trends is so much more efficient. Here's my twitter handle if you'd like to see who I follow:
 @TashaPais
 - If you're in college or recently graduated, the On Deck community is a good place to access mentors and programming to succeed in tech.
 - If you're between the ages of 14 and 18, <u>The Knowledge Society</u> is the best place to learn about emerging tech that's going to change the world, while also training an unconventional mindset to make an impact.
 - If you're looking into joining a hacker house in SF/ NYC, there are a few I've gotten to know: Edyfi, Launch House, Mission Control, Tribe, Atmos
- 2) Podcasts with the best quality of information:
 - <u>Lex Fridman</u>: Led by an MIT researcher, conversations with experts about the future of intelligence and consciousness
 - How to Take Over the World: Takeaways from the lives of successful entrepreneurs, you can
 do anything you want!

- My Climate Journey: Guest interviews with successful startups working on solving a niche problem in climate using deep tech
- <u>All-In</u>: Hosted by the biggest names in tech (Chamath Palihapitaya, David Sacks, etc.), updates/ opinions on tech and current events
- 3) Tools for thought:
 - Obsidian, Roam, and RemNote use science-backed studies to help you remember the information you read and connect ideas together over time
- 4) Books I read this summer that will change your perspective on the world:
 - The Almanac by Naval Ravikant
 - Black Swan by Nassim Nicholas Taleb
 - Principles by Ray Dalio
 - The Three Body Problem by Liu Cixin
 - The Tipping Point by Malcom Gladwell



Dear God,

Thank you for the gift of education in every form. As our children prepare to start a new year, may confidence be their foundation, may grace be their guide and may hope be their compass toward a bright future. I pray they would have eyes to see the needs of those around them and a heart to love well. May they face each day with positivity knowing that no matter what comes their way, they don't have to face it alone.

In Jesus' name, amen.

A Final Word

FAITH

I am sure for many of you, faith has been the cornerstone of your lives, particularly in the challenges that the last 18 months has brought. In the midst of tragedies such as the pandemic and natural disasters, the light of faith transcends the darkest of days. As I edited this edition, every page contained a reminder of the blessings that have been bestowed on our extended family. It has been a difficult and painful year for many, yet vado after vado, we are all witnesses to how fiercely our members continue to focus on the positive, fostering a sense of community, accomplishing lofty goals and bettering their own lives while improving the lives of others. May you continue to keep up the faith!

HOPE

This newsletter contains more content from our younger generation than any prior edition; how wonderful was it to hear just what they had to say? It was so uplifting to read the various contributions of our youth. Their unique, intellectual, creative perspectives is evidence of a bright future ahead of us. To our youth, please know that your dreams motivate us parents (as well as vado "aunties" and "uncles") to keep making the world a better place. You are our stars and we are blessed to be able to celebrate your successes and victories together as a community. Keep believing in your dreams as we all cheer for you as your adopted family at heart. To every child in our organization, thank you for being our hope.

CHARITY

Here we are, once again, celebrating the quintessential Mangalorean feast, Monthi Fest, the Nativity of Mary. I consider ourselves extraordinarily blessed. From feeding the poor at a soup kitchen, to donating items to the homeless, to cleaning up beaches, to organizing clothing drives for refugees, even though we remain in a pandemic, our members remain deeply committed to our non-profit stance, putting the needs of others at the forefront of their value system. I can think of no greater way of demonstrating the Christian spirit than in these selfless acts. Thank you to each and every member for embodying the spirit of charity. You make us all proud to be Mangalorean in the way that you show us your commitment to what matters most. God bless each of you abundantly. May you continue to remain safe and healthy. Wishing you and your families a very blessed Monthi Fest!

-Editor-In-Chief, Diana M. Lewis

MONTHI FEST SPONSORS



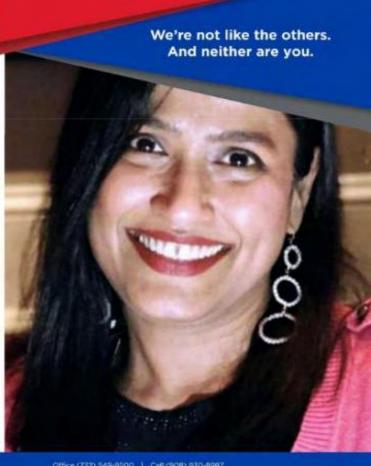
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PRAKES 18, 238492

Wishing you all a very Happy Feast of the Nativity of Mother Mary.

May Mother Mary bless us and keep us safe always!

-Simi & Gladwin DSouza at Remax Diamond Realtors



Best Wishes MCA-EC! From Ajay Patel & Family