



The Pulse

Goan Overseas Association, PO Box 5667, Station A, Toronto, ON, M5W 1N8
www.goatoronto.com

UPCOMING EVENTS

LOOK FOR DETAILS ON THE WEB

WWW.GOATORONTO.COM

2013

- **Table Tennis**
- **Badminton**
- **Line Dancing**
- **Zumba**
- **Children's X'Mas party –Nov 24**
Sapphire Banquet Hall
- **St. Francis Xavier-Dec 1**
Anaplis Hall, Viva Goa Style
- **New Year's Eve Gala-Dec 31**
Claireport Banquet Hall

2014

- Singing to the Seniors- Winter Blues
- Konkani Movie and a Makeover
- Career Fair
- AGM
- G.O.A. Anniversary Dance
- Movie Night
- Self Development Workshop
- Summer Games
- Community Garage Sale
- Art, Wine and Cheese show
- CIBC Run for the Cure
- Pumpkin pies and spicy turkey
- Children's Christmas Party
- Viva Goa - St. Francis Xavier Feast
- New Year's Eve Gala

****Note:**

Have a change of email address
or an update to your mailing
address ?

Contact: ldsa@goatoronto.com

Summer Games 2013

The Summer Games took 15 months to plan, it began with an idea of just reintroducing Track and field and expanded to include other sports such as Volleyball, Field Hockey, Badminton, Darts, Tirok, Carrom, Badminton, Golf and Soccer.

Special Thanks to the Summer Games committee that comprised of Abel Nunes, Audrey Almeida, Leo Lopes, Norman D'Costa, Zulema D'Souza, Danny Fernandes, Patrick D'Sa and Denis Pereira for their hard and diligent work.

The launch of Summer Games was planned to kick off on July 20 with the opening ceremony and track and field. Unfortunately due to the heavy rains the track was rendered unusable. This event will be rescheduled to a later date.



Each Sport had its own head coordinator and sub – committee:

Track and Field – Leo Lopes; *Badminton* – Leo Lopes; *Field Hockey* – Jeffrey Fernandes
Volley Ball – Danny Fernandes; *Basketball* – Ashley DaSilva; *Golf* – Derwyn Cardozo
Soccer – Antonio Fernandes/Vernon Vitor and Romeo Remedios; *Trook* – Savio Tavares
Darts – Steve Pereira and Mark Mascaranhas & *Carrom* – Francis D’Costa

The Summer Games were a great success and drew over 500 participants + more than 1800 spectators
The Games main sponsors were DeSouza Financial, Intact and Royal Bank. I would like to take this opportunity to thank all the Committee members, Sports Leads together with their sub- committees, participants, spectators, Sponsors and Volunteers for all their support. A Post games survey was conducted in September – this has enabled us to add more sports to the 2014 games and take corrective action where necessary.

Abel Nunes, Director Sports Activities

Summer Games 2013

Badminton

After many years since we last had a badminton tournament, the event was resurrected and brought to life on July 26, 2013 as part of the 2013 G.O.A. Summer Games. The event took place at Clarkson Community Centre, which had three courts for all the games to place in.

The turnout was a great success to the point that we had to turn down quite a few last minute registrants. Not only did we have many players participate, we also had a great amount of spectators. Family and friends filled up the gym to cheer everyone on.

It was great to see that we had many young adults who showed an interest in taking part in this badminton event. We hope to build on this interest by encouraging more of the younger generation to take part in this great sport.

We had 3 divisions who competed and we had winners in all 3 divisions:

Men's Doubles

Winners: Darryl De Souza & Dylan D'Mello
Finalists: Trevor D'Sylva & Brian De Souza
The game was filled with some long rallies and was a best of 3 games up to 21 points .

Women's Doubles

Winners: Melanie Lopes & Ann Marie Chittenden
Finalists: Velda Abreu & Sharon Braganza
There was a good mix of defensive and offensive play in the final game.

Mixed Doubles

Winners: Darryl DeSouza & Melanie Lopes
Finalists: Malcolm Britto & Velda Abreu
This game was decided in one do or die style, 1 game of 21 points!

Special mention goes to a visiting player, **Vigu Fernandes, from London, England**. He arrived in Toronto to specifically take part in this tournament. Having not been able to practice together with his partner, Malcolm Britto,

they were able to give 110% effort. He also took part in mixed doubles with his partner Fiona Lobo of which it was their first time playing together.

Special thanks to **Claire Fonseca** for helping making the event run smoothly. With all her past experience in badminton events, she was helpful in putting together the draw for the event and helped with taking player registration. In addition, a big thanks to Albert Lai and Malcolm Britto (who are both members of the Rathburn Badminton Club) who volunteered to assist me in running this tournament.

If so, please contact Leo Lopes (905) 275-7097 or through email: leo.lopes@sympatico.ca to join in the upcoming 2013/2014 season. We start playing during the 2nd week of September.

Leo Lopes, Head Coordinator

Volleyball

The Volleyball tournament held at Clarkson Community Centre was filled with great excitement and great volleyball. We are encouraged by the number of young players, some were 14 year old, and look forward to building this momentum and give them the confidence to move forward.

There were 11 teams participating in two groups round robin, that gave an opportunity for each team to play at least 4 games.

GOA Volleyball 21 July 2013

Group A	Group B
<ul style="list-style-type: none">• MAC SERV-IVORS• GOA ATTACK• ORVILLE READY-BLOCKERS• HITTERS• ALDONA	<ul style="list-style-type: none">• YOUTHS• I'd HIT THAT• MAC BALL BUSTERS• SALIGAO STARS• HITTING BRICKS• TEAM DSOUZA

Teams battled to the finish, Two teams Goa Attack and Hitting Bricks reached the playoff

with only 5 players. At the end of the day, Mac Ball-Busters were crowned Champions and Hitting Bricks Runner-up. We received very favorable response from teams and look forward to them in the next Tournament.

Danny Fernandes, Head Coordinator

Soccer

To all team captains, managers, players and fans that participated in the recently concluded Men's Open Soccer Tournament at the 2013 World GOA games.

This year we had 4 different Divisions represented in the tournament:

- Men's over 40
- Men's open
- Ladies
- Boys under 12

We would like to express our sincere thanks to all the 22 teams that participated in the tournament held on Saturday July 27, 2013. There were a few hiccups along the way but it all ended well. The calibre of soccer was very high and all games were played in a good spirit. We hope all had fun along the way. Please convey our thanks to all your individual players and supporters.

Winners of the four divisions:

Men's Open 2013 champions:

Loutolim

Ladies Champions: **Saligao**

Under 12 Champs: **North Toronto Nitros**

A thank you to: Romeo Dos Remedios, Vernon Vitor for helping co-ordinate the entire event. Let us not forget the numerous volunteers for their valuable time, as it made for a memorable day.

**Antonio Fernandes
& Abel Nunes, Head Coordinators**

Summer Games 2013

Golf

On Tuesday July 22, forty golfers braved an early 8:00 morning start at Piper's Heath Golf Club. Ten foursomes play a scrambled format with the winning foursome being Noel D'Mello, Edmund Dias, Gilbert Dias and Vincent Gomes who ended up with a 62. Other notables were our youngest attending golfer, 9 year old Lucas Rodrigues. Our goody bag contained some extra spicy meat patties made by Maggie Fernandes.

Thank you all who attended and we hope to see all of you out again in 2014, along with some new faces.

Derwyn Cardozo, Head Coordinator

Darts

The GOA Summer Games Darts tournament was held on July 24, 2013 at the Royal Legion Hall in Mississauga. It was well attended by those whose "aim" was to have some fun in a congenial pub atmosphere while playing the great game of darts.

Over 25 darters participated – men and women - while a few fans of the game had their eyes pierced to the dartboards. A contingent from Hamilton made a strong showing.

The competition comprised Doubles and Singles games. In a series of riveting games, the following reached the grand finale:

Singles Champion: Bryan D'Sa

Singles Runner-up: Oswin

Doubles Champions: Oswin and Mervin

Doubles Runner-ups: Bryan D'Sa and Jude (Toddy) D'Souza.

The winners and runner ups received medals, and all those who attended deserve GOA's appreciation for making this tournament a successful event.

Mark Mascaranhas & Steve Pereira, Head Coordinator

Trook

The Trook Tournament was held at the Manchurian Mathurai and offered coffee in the morning and a hearty lunch for all participants. It received overwhelming participation from 10 teams. The Mississauga Seniors group kept within the Goan culture and entered 5 teams, Mapusa, Marjorda, Saligao, Panjim and Verna. Two teams from the East end included the East end Fishermen and East end ladies. Bobao's 5, Kenya and ALL eSTARS engaged the other 7 teams in the round robin, semi final and final. Bobao's 5 won the bronze medal, Saligao the silver and ALLeSTARS emerged winners of the Arthur Tavares foundation memorial trook trophy. The trophy was presented by Mrs. Leonora Tavares to the Winners, Rosie

Cabral, Benny and Juanita Miranda, and Linda and Paully D'Souza (Captain).

Savio Tavares, Head Coordinator

Basketball

The G.O.A. annual basketball tournament, held in July of this year, was a great success attracting participants ages 16 and up in an exciting round of 3 on 3 tournament style basketball. This year's event featured 8 teams in an intense race to claim victory and capture the 3 on 3 title. The games took place at the Hershey Center in Mississauga, a venue commonly known for its lush sporting facilities. Extending over 3 regulation size basketball courts, the tournament lasted 4 hours, providing the players with ample playing time and plenty of room for intermissions. The games concluded with an exciting display of talent in the 3 point shooting contest, and were followed by the awards presentation where the winners and runner-ups were awarded with their respective medals. I'd like to thank all the participants for all their support and co-operation, it truly made for an enjoyable event. Special thanks also go out to the referees and the volunteers who dedicated their time to make sure the day was a success.

Ashley DaSilva, Head Coordinator

Carrom

Francis D'Costa organized this Carrom event for the Toronto Goan Overseas Association for the Summer Games, 2013. The event took place on Sunday, July 21st, 2013 at the Manchurian Madurai (The Boat House). Francis is the President of Carrom Canada which was formed in October 2012 and brought his wealthy of knowledge to make this a special tournament.

On this day, die-hard and amateur darts enthusiasts came out to exhibit their skills in carrom. Another successful Summer Games event!

Francis D'Costa, Head Coordinator

Summer Games 2013

Field Hockey

In partnership with the Mississauga Field Hockey Club (MFHC), the field hockey event of the GOA 2013 Summer Games was held on Sunday, July 21st, 2013 at picturesque Appleby College hockey fields in Oakville. The event was well attended throughout the day by approximately 200 participants, spectators, family and friends alike who came out for some friendly competition or to cheer on the teams while enjoying the pot luck lunch and support in spirit of the GOA Summer Games.

Teams were represented with players of all skill levels under the following categories:

- Social/ Masters/ Teenage Division: 8-A-Side based on team roster pre-approved and ranked by the festival Director. Players ranked "A" were allowed outside the "D" and not allowed to score. Players ranked B were allowed in the "D" to score and defend.
- Junior Division: 7-A-Side Coed Under 12 and Coed Under 09 Flexible rules based on the participating teams.

Guest team – CFHCC, and Toronto Rovers. After the round-robin league these were the standings followed by the play-off.

U-9 division:

Yellow finished 3rd winning Bronze

Brown finished 2nd winning Silver

Black finished 1st winning Gold

Under 9 years – Team Black, Team Yellow, Team Brown

U-12 division:

Green finished 3rd winning Bronze

White finished 2nd winning Silver

Purple finished 1st winning Gold

Under 12 years – Team Green, Team White, Team Purple



Finals: Black Vs Brown Gold Medal: Team Black



Finals: White Vs Purple Gold Medal: Purple

The Men's Division were represented by 4 teams:

Rovers Black, Rovers Gold, Mombasa Institute and Nairobi Institute. The Semis saw Rovers Black facing Nairobi and Rovers Gold taking on Mombasa. Rovers Black met Mombasa in the Finals, with Rovers Black winning the tournament.



Semis 1 Rovers Black Vs Nairobi / Semis 2 Rovers Gold Vs Mombasa



Finals Rovers Black Vs. Mombasa
Gold Medal – Rovers Black

***We hope that the Summer Games tournament was run to your satisfaction.
It is our intention to make this an annual affair.***

Please mail abelnunes@rogers.com with suggestions on how we can make the 2014 edition an even greater success story

The event ended with a lot of smiles and enthusiasm and we look forward to next year's GOA Summer Games 2014.

Jeffrey Fernandes, Head Coordinator

Summer Gala 2013

As a reward for the participants' great efforts in the 2013 GOA Summer Games, the coolest after-party to attend was the GOA Summer Games Gala! This successful first year took place on July 27th at Swagat Banquet Hall in Mississauga. From inspiring speeches, to delicious food, spending time with friends and family and enjoying great music, the night was sure to be unforgettable.

The night began with small chatter amongst tables as the flow of people began to pick up. As soon as the hall was full the speeches



had begun; stories of people's lives in Goa left the crowd interested and awe-struck. Soon afterwards the band "The Goa Amigos" began to play some music and sing some traditional songs. They made the night feel authentic as if the night were taking place back in Goa and brought people together on the dance floor to show off some dance moves! When the band needed a break, a very talented DJ came out to keep everyone moving to the beats of today's hit songs!

Continuing through the night, food was served when those who had some crazy dance moves got tired and hungry. Made by the chefs at the hall and served by their gracious staff, the food was delicious, appetizing, and left you wanting seconds. After the food, it was back to dance floor for what seemed like hours until dessert was served! A special thank you goes out to everyone involved in making the Summer Games a spectacular night!

Palma-Rosita Colalancia

Run for the Cure

October 6, 2013 was the annual CIBC run for the cure. This year the GOA organized a team. Team GOA had nineteen registered runners/walkers. Everyone in the team, in some way or another, had their lives touched by cancer. Getting involved and raising funds for research and the treatment of breast cancer was very compelling and rewarding. The team managed to raise about \$1000.00 for breast cancer research. I want to extend both my thanks and congratulations for the amazing willingness to participate, the stamina and the fundraising efforts that the team accomplished. Even with the rainy day, both the turnout and the enthusiasm were incredible. A special shout out goes to Violet whose fundraising efforts took our donated totals to new heights and to Marylyn who did not let a little rain and pain keep her from the event.

Our next run date is Sunday, October 5, 2014! Please keep it free!!

Shivhoun deMelo



President's Message

Dear Valued Members,

The current Executive Committee was elected in April 2013. Prior to elections, the team met monthly from October 2012 when the GOA's mission, vision and values were discussed for the upcoming term. After elections, the following goals were presented at the Annual General Body Meeting held earlier in the year:

Short-term goals

- Increase membership
- Launch a new web site
- Create a professional development program.

Long-term goals

- Create a program to help new immigrants
- Continue to promote the Goan culture
- Create a small business database
- Create membership value.

As the year comes to a close, I am pleased to report that most of these short and long-term goals have been achieved.

There were many innovative ideas from our Executive Team. These included new programs focusing on health and well-being (hike/bike/walking tours). Partnerships with government run organizations (Access Employment) to hold employment workshops aiding new immigrants. In recognizing the loneliness of our seniors in the nursing/retirement homes, we organized various groups to perform and entertain them to meet this worthwhile need. As requests from these various groups were so overwhelming, it was decided to extend these entertainment programs from 2 hours to a full-day. It is really encouraging to see such enthusiasm and we plan to continue this in the New Year. Our "Out of the Box" thinking brought events such as a cruise on the tall ship "Kajama" to celebrate World Goa day and a sold out cultural event Canji, Kalchi Kodi ani Bombil luncheon both very enjoyable events.

The very successful Summer Games ignited a strong Goan community spirit with great expectation that it will grow and flourish. The Summer Games survey indicated that members wanted more sporting activities. In response, the G.O.A. Executive Team are pleased to announce the introduction of table tennis, badminton and volleyball starting in the Fall/Winter season. Please make sure you register with the respective Executive Committee members as spaces are limited. On another positive note, the youth of our community have approached the Executive Team with a view to voicing their opinions. A tentative date in October has been reserved and a notice will be circulated inviting all youth to attend. It's encouraging to note the youth involvement. We hope to see you out.

It is interesting to note, that many members feel the need to have our own clubhouse where we can meet, greet and have something for our future events and young generation even though on a small scale as a starting point. An opportunity in this regard has presented itself and consequently, we are in discussions with Konkani Delite with the possibility to rename the restaurant to Goan Overseas Association. The Executive Team is dealing with this matter and if all is in order you can look forward to the new sign in the New Year. As part of bringing people together and uniting communities and having joint ventures, the Executive Team has been in discussions with the Canorient Christian Association with the likelihood of merging both Associations and currently a due diligence exercise is being conducted. Once finalized and if deemed appropriate, the proposal will be presented to the General Body. These ideas have been presented to the Board of Trustees with a favorable response to proceed.

The G.O.A. will be looking to the membership for support over the next few months as we celebrate the Feast of St. Francis Xavier, Viva Goa style in December and our New Year's Eve Gala Dance. In this regard, the Association depends on the success of the New Year's Eve Gala dance to create a positive cash flow. It is only through the participation and support of all the members that can guarantee the success of our future event programming. Your support is very important to us, so make sure you keep the future of the Association in mind and purchase your tickets early so not to be disappointed.

In closing, our membership is growing. Our web site is attracting a lot more visits to the site, and so many more people are reading our Facebook posts. There appears to be an excitement and an enthusiasm within the membership. It is very encouraging to see so many individuals coming forward with various ideas and offers to help, and for that, We Thank You!

The G.O.A. Executive Team is willing and delighted to listen, learn and take action. We endeavor to do our best and once again, look forward to your continued support and attendance.

Finally, hope you enjoyed the various activities planned and I would like to express my sincere gratitude to the members of the Executive Committee, the Board of Trustees, members of the various sub-committees, their spouses and families, all volunteers and those who have contributed their time and talents to Our Association!!



Velda J.M. Abreu
President
Goan Overseas Association

G.O.A. Property Update

Vaughan Rezoning

The Owners' Group is still awaiting the decision by the MTO which has been delayed until at least the end of 2013, on the location and land required for the new major Highway, North of Kirby Road. Until then all development is on hold.

Hwy 400 Widening Expropriation

The MTO made the G.O.A a final offer of \$78,140 plus interest plus all costs. We have instructed the lawyer to accept this offer rather than proceed to an OMB hearing, which could have further delayed the compensation, without a guarantee of success and may have resulted in additional costs to the Association. The final settlement with interest should be approximately \$84,500 off which we have previously accepted \$41,000. The documentation has been submitted to the MTO and we are awaiting the final payment.

Greenbelt

As soon as the MTO has released the land for development, the Landowners Group is being represented by the Humphries Group Planning Consultants assisted by Beacon Environmental will commence the Block Plan phase, during which we will endeavour to adjust the Greenbelt Boundary in our favour, which is essential to permit viable development outside the Greenbelt after the Expropriation.

The Best Use Report received from the Humphreys Group has identified several options for development possible within the Greenbelt, including existing residential, Veterinary Facilities, Greenhouses and Recreational. These will be our guide to obtain future development planning approvals with would assist in selling the land. This cannot be started until we know when the land is being released by the MTO, which has now been pushed back to 2014.

Contributors' Mortgage Bond Redemptions

The AGM approved redemptions to the amount of \$30,000 plus any compensation received from the MTO less \$20,000 for future development needs. Redemptions by a draw will commence on receipt of the MTO compensation or in November whichever is earlier

There are 4 Bond Holders who have yet to be traced and are listed below.

It is extremely important for Bond Holders to inform the G.O.A of a change of address, otherwise we have no means of knowing when a person relocates, possibly resulting in the inability to refund your contribution when due. The funds will be held in escrow until the individuals have been identified. If the Bond Holder is not a current member, please state that you are a Bond Holder.

Darrel Carvalho, Vice President, Building

Wondering what the property looks like??



Building- Bond Holders – Current Contact Information Required

The following is the list of the remaining Bond Holders to be traced. Please review the list and call Darrel Carvalho 905-897-0890 if you are on the list or know any of the people and their current address and/or phone number.

Last Name	First Name	Last Known Address	City	Prov	PC
BENSON	JOHN				
PINTO	ROMANO	910-31 HIGH ST EAST	MISSISSAUGA	ON	L5G 1J9
SELK	PETER				
VAZ	DEREK				

Attention New Immigrants - A Ray of Hope

Good News, for all new migrants. By- **Meloney J**

•Lost and lonely •Need to discuss about job openings in Canada •Need help with writing a resume •need help to prepare for an interview: contact the below offices:

**Access Employment is a Non Profitable
Government Aided Centre.
151 City Centre Drive, Suite 602,
Mississauga, ON, L5B –IM7**

**Newcomer Centre of Peel
165 Dundas Street West
Mississauga L5B2N6**

The teams at Access are dedicated and strive to help Newcomers adjust to the customs, traditions and work ethos of the country. You can find a personal consultant who will work with you and help you find a suitable job. The center offers different programs all through the month. Do pass this message on to all who are new to Canada. I would like to say a special thank you to, Selwyn Collaco and Velda for introducing me to this program.



The Goan Overseas Association (G.O.A.) is a strong integrated cultural organization that seeks to preserve the Goan identity and develop a wider appreciation of Goan culture locally throughout the GTA and worldwide. The organization will continue to actively maintain family, culture and tradition through social, cultural, athletic, and educational activities within the Goan community.

Ancestor's Trail

As Goans, our ancestry is of special pride to us. Whether it is our religious practices, our gastronomical experiences or our alcoholic preferences, we have been influenced to varying degrees by our immediate and extended ancestors.

For several hundred years, we were influenced by the Portuguese. This area of the Konkan coast was variously under Hindu, Bhuddist and Muslim influence going back to the first settlement of early humans who left Africa for greener pastures.

Our human evolutionary roots can be traced back to East Africa (National Geographic's "Genographic Project") but our common ancestry with other species is less known. Would it shock you to know that besides mammals, we have a common ancestry with all life on the planet going back some 3.5 billion years to the dawn of life? And why is this knowledge important today? Because many of the species we are dependent on for our wellbeing are going extinct due to man-made climate change. We are currently experiencing an unprecedented rate of species extinction.

Understanding our connection to other life on earth and acknowledging our interdependence is the first step towards taking positive actions to change our attitudes and actions. Towards this end, the concept of the 'Ancestor's Trail' was adopted here based on the book of a similar name written by evolutionary biologist, Richard Dawkins, called "The Ancestor's Tale".

The premise was to convey to participants the immense tract of geological time necessary for evolution to have taken which has resulted in the biodiversity we see around us today. Only the last billion years of evolutionary history was plotted along an accessible urban trail in Mississauga (from the dawn of multicellular life with each average stride equaling approximately 60,000 years!). Along this 12.5k route, markers were placed indicating our common ancestry with surviving life forms we recognize today. It is now known that all species of birds are survivors of one scion of dinosaurs that escaped extinction when an asteroid collided with earth 65 million years ago. Incidentally, all mammals on earth are also descended from one shrew-like progenitor that also escaped extinction at that time.

Starting at Erindale Park, the Culham trail is a well groomed urban hiking trail that, for the most part, follows the course of the scenic Credit River as it winds its way through Mississauga. Except for a small section in Streetsville, this tree covered trail allows hikers to cover 4 hours needed to complete the distance.

Progressing up the trail following our own evolutionary history brings us face to face with the history of how our own bodies evolved.



Slimy, eel-like hagfish have a skull to protect their brain but lack a spine, which leaves the nerves susceptible to damage. Cartilaginous fish like Sharks and Rays have a protected spinal cord and a streamlined body built on a frame to support muscles that allows coordinated and precise movements and sensory organs. Bony fish, that are a staple in Goa, allowed better protection of the brain and spinal cord that supplied the segmented body with sensory and motor innervations while lung fish, including the archaic coelacanth, went beyond gills to breathe air directly in dry conditions including the transitional land-fish famously known as Tiktaalik. Amphibians, like the bull frogs that are being harvested to extinction in the Goan paddy fields, made the transition to partially live on land and used their modified fins as appendages to support their weight. They gave rise to the reptiles and dinosaurs that, although cold blooded, thrived in all ecological niches on earth. Various extinction events were explained on the hike as the

trail got more exciting and the hikers got more tired. Rest stops provided some much needed respite from the oppressive heat and humidity which plagued the day but eventually the hike ended with a much appreciated barbeque lunch in a beautiful treed park off the Credit River in Streetsville. As an added bonus, participants were treated to a live display of large snakes by the owner and staff of the Squamata reptile store in Streetsville.

Eventually, to give the participants an idea of how much time humanity has graced this planet, a time line of the last 6000 years of recorded history (beautifully illustrated in a 16 foot fold-out chart) would have occupied just 6.5cm of the 12.5k trail! And to think, in this short while, we have plundered this planet with our lust for technology and trinkets. As has happened in the past, 99.99% of all species that ever evolved have gone extinct. There is no reason to think that humans will be the exception but let it not be said that it happened on our watch. Knowing our common ancestry with other life is the first step towards attempting to save it and consequently save ourselves for a few more generations. **Kevin Saldanha, Owner Creditview Animal and Bird Hospital**

Family Portfolio

Sing-along to Seniors



On a bright sunny Sunday afternoon – family and friends gathered in harmony at Tyndall Nursing Home in Mississauga to sing to seniors. Three groups performed for an hour and half, keeping the seniors entertained. The first group was led by Audrey DaCosta with her group of 12 singers and musicians. They performed for 45 minutes to the delight of the audience – with some joining in because they remembered the words.

The second group of three, led by Maria Coutinho from Scarborough were accompanied by a Pianist who was also a violinist – singing songs from the past that many of the seniors were familiar with.

Alex Pereira led the third group of 14 that had 5 youth and young adults. They got the seniors involved by asking a few to join in the singing on the mic. There was one crooner who did very well and had the voice similar to The Chairman of the Board (Frank Sinatra).

The afternoon ended with Jessica Correia accompanied by her baby brother Joshua Correia on the piano doing a duet singing ‘Alleluia’. In addition, Joshua played the last number performing solo and playing the guitar.

Seniors at this nursing home were well entertained – the smiles, feet tapping, shoulder swaying and a few joining in were testimony that our group of 30 talented Goans made many very happy on a Sunday afternoon.

Joyce DeSousa, Director-Family Activities

Bike Ride – October 20th 2013.

The G.O.A. with the assistance of Patrick and Margaret Castelino planned the inaugural Bike ride. Fourteen enthusiastic riders arrived at 155 Douglas Kennedy Headland at approximately 9 am, on this crisp Sunday morning. The 16 Kilometer bike ride began at 9.15am and took us along the waterfront trail to Prince of Wales Park and back.

The scenic Ride along the lakefront with the Toronto skyline as a backdrop was completed at 10.45am, when we proceeded for quick pot luck.



The Goal of the ride was to both foster active living and collect non-perishable items for the food bank. All non-perishable items collected were dropped off at St John of the Cross Parish to be circulated to needy families.

Due to the success of this ride, we are contemplating doing several of these rides next year with the intention of forming a G.O.A. Bike club. - **Abel Nunes**-



G.O.A. Retirees and Friends

Fiddler on the Roof

April 11th was promising to be one of those challenging weather days. Snow, ice pellets and treacherous driving conditions were all that was being announced on the weather channels! This did not deter 128 GOA members from turning up at the Stage West Theatre for the Fiddle on the Roof show and dinner.

A special rate was negotiated for GOA members by William Fernandes who pulled all strings to make it a night to remember. The show was spectacular and the dinner scrumptious (I am sure we all left ten pounds heavier!). Many had seen the Fiddler on the Roof before but nevertheless came out commenting on how wonderful it was.

Cicely & Jonas

Greta, William and Hilda- thanks for organizing! Both the dinner and the show were absolutely 'top notch'! I doubt anybody had any cause for complaints! When is the next one??

Fabian Correia:

Thanks so much for organizing, the Stage West Dinner show yesterday evening!
Meena and myself, enjoyed the ambience and commode of our dear Goan friends, some whom I encountered after a long time.
Your Talented Organization Skills supported by our Stalwarts Hilda and Great William will be always cherished.

Tina DeMello:

Was trying to find something to complain about! But no nothing. We had beautiful seats. The show was fantastic, the food terrific - an other outing well done.
Keep it up Greta, thoroughly enjoyed the evening.
Thank you for all the effort you put in bringing the event together. I must thank William for once again, coming through for the GOA and as usual raising the bar, and also Hilda Vitor who always works to perfection.

Bridge & Scrabble

The first GOA ^{BRIDGE} and **SCRABBLE** tournaments were held on May 30th, 2013 in Mississauga.



The afternoon began with a scrumptious meal prepared by Konkan Delight. After lunch the bridge enthusiasts assembled at their tables and Jean Andrade, who organized the tournament, read out the rules. Silence is definitely a must as the players plan their next move. The afternoon was filled with gasps of frustration or smirks from the lucky ones who

had the perfect hand. I myself, had no clue how the game is played but a little nudging from Jean and Ben DeSa, a number of scrabble players showed interest in learning the game. Classes begin in the Fall with Ben as the instructor. Ben and his partner Rose DeSouza took home the first prize. *There was a lot of interest in doing this on a regular basis and the idea is being pursued.*

Not to forget the Scrabble players: It was great to see the intensity of the players trying to think of the longest word with the biggest word score. The winners of the afternoon were **Marion Dias** and **Maureen Pereira**. Special thanks to **Jean Andrade** for working very hard to make the event a huge success and to **Ben DeSa** for assisting on that day.



World Goa Day

The Toronto Goan Overseas Association celebrated World Goa Day on August 16, 2013, aboard the Tall Ship "Kajama" (aka SS

Karanja for those of you who remember!). A most memorable event, with impeccable weather - not a cloud in the sky! Hours of sailing on the Toronto Harbour with a scrumptious lunch and entertainment by a DJ and much more. The GOA Flag was proudly displayed on the boat for all to see.



Testimonial:

Morning Greta, just a quick note to say well done on the cruise. It was a beautiful day, everyone had a great time! I know planning these events is a lot of work and just wanted to acknowledge your efforts. Have a great Sunday! Pauline



Cruisers helped hoist the flag, while others took in the picture perfect scenery. There was dancing, singing, Konkani music and much more. A great way to put Goa on the map.

Canji Kodi

We live in a World that is constantly changing with iPads, iPhones, ITouch and revolutionary technology that boggles one's mind. To our good fortune, the one thing that stays true is our strong connection to our motherland, Goa. With this in mind, we need to keep our traditions and culture alive to pass on to our future generations even with the changing dynamics of the family units.

Canji, Kalchi Kodi ani Bombil, a Goan tradition, was celebrated at the Old Meadowvale Village on September. 21, 2013. It was a sold out event which was extremely well received by those who attended.

John Tavares explained the historical custom and significance of the canji tradition.

Aunty Bella`s Shack

- ✓ Canji
- ✓ Kalchi Kodi (yesterday`s curry) prepared by Muriel Pereira.
- ✓ Kasmur (dried prawn salad) recipe from Rachel Pinto prepared by Lucy DeSouza and demonstrated live by Delphine Francis and Lucy.
- ✓ Bombil
- ✓ Xacuti
- ✓ Pao (bread)
- ✓ Bathica
- ✓ Feni, wine, beer, scotch and soft drinks. The bar was tended by Bosco D`Sa.

The weather provided for `Monsoon` type rains but the patrons were happy to have the Goa atmosphere. Mayo Pereira (on the keyboard) entertained and Delphine Francis sang in Konkani, the National Anthem, Happy Birthday to Gemma and the Anniversary Waltz to Cynthia and John Nazareth.

John Nazareth "spooked" the guests with Ghost Stories and to his surprise saw a ghost lurking in the corner.



Thanks to all the helpers,(too many to mention), who worked tirelessly before, during and after. I would personally like to Thank the G.O.A Retirees and all the volunteers for their support and dedication to make each event a huge success. They work tirelessly, have bonded and make it so much fun to run these events. It is now four years since the inception of the Retirees program and they have never faltered in their commitment.

Deu boro dis dium Deu boro dis dium

Greta Dias, Director - Goa Retirees and Friends

WORD OF MOUTH..... Are you pleased to be a member of the Goan Overseas Association Toronto? If you are reading this newsletter, the likelihood is YES; you are likely to be a long-time or recent member. The best method of bringing in new members is through referrals. Let your friends know that you are enjoying the variety of events that are organized by G.O.A. Toronto and invite them to attend events with you and to consider Membership.



JOB POSTING NOTE - EMPLOYERS – POST YOUR JOB OPENINGS ON THE G.O.A. WEBSITE

If you are an employer and have positions that you need to fill, you can post them on the G.O.A. website. You can reach a potentially large number of very qualified candidates in our community. This service is offered free of charge. Email the posting to info@goatoronto.com



ZUMBA®

Wednesday nights starting October 23rd

7:30pm at Konkani Delite, Cash Bar

Cost: \$5 per person

Register: veldaabreu@gmail.com

Spaces limited



Members Only

LINE DANCING

**TUESDAY NIGHTS STARTING
OCTOBER 22, 2013 - 7:30PM to 9:30PM**

Konkani Delite - 3181 Wolfedale Rd Mississauga, ON L5C 1V8 (905) 804-1122
Cash Bar | GOA Members \$3 / Non-members \$7
Register with Velda Abreu: veldaabreu@gmail.com.

TABLE TENNIS

**EVERY SUNDAY IN OCTOBER,
NOVEMBER AND DECEMBER**

**7pm - 9pm | Elite Table Tennis Club | 130 Matheson Blvd East, Unit #7, Mississauga
GOA Members \$65 / Non-members \$70 | Bring your own table tennis paddle and balls
Deadline: September 20th | Contact: Derwyn 416-579-9352 or derwyn_cardozo@yahoo.ca**

Due to the special flooring players must have non-black sole indoor running shoes. Normal black coloured non-marking sole shoes will not suffice as they are only for wood or vinyl flooring. White coloured, red, or gum-rubber sole running shoes are best in terms of usage.

St. Francis Xavier Feast – Viva Goa Style



JOIN THE G.O.A IN CELEBRATING THE FEAST OF ST. FRANCIS XAVIER

VIVA GOA

EXPERIENCE OUR GOAN CULTURE AND HERITAGE WITH LOTS OF ENTERTAINMENT, FOOD STALLS, CHRISTMAS BAZAAR AND MORE . . .

SUNDAY, DECEMBER 1, 2013
ANAPILIS HALLS
2185 STAVEBANK RD., MISSISSAUGA (QUEENSWAY & MAVIS)
MASS AT NOON

GUEST HOSTS: RADIO MANGO - MILENA & WILSON

TICKETS: \$5.00 FOR ADULTS & \$2.00 CHILDREN (ages 3 - 12)



IF YOU WOULD LIKE TO PARTICIPATE OR PURCHASE TICKETS PLEASE CONTACT THE FOLLOWING:

BUSINESS VENDORS:

FIONA PINTO - DE SOUZA:

905.278.1403

FOOD STALLS

ALPOIM ANDRADE:

905.475.7066

ENTERTAINMENT:

DELPHINE FRANCIS:

905.624.2566

PLACIDO DIAS:

416.298.4266

ANTONIO MASCARENHAS:

905.270.9773

GRETA DIAS:

905.846.2853

Join a Mailing List

Exclusive offers, news and more.



Please advise your friends to visit our website www.goatoronto.com to learn more of our upcoming community events and please note that they are welcome to attend as non-members as well.

E-MAIL ADDRESS SIGN-UP: Do you have an E-mail address? It is a benefit to you. Sign-up on our mailing list, to receive information and updates. This can be done simply online at www.goatoronto.com

Twitter Follow G.O.A. Toronto on [Twitter@goatoronto](https://twitter.com/goatoronto)

This is a growing online social network service keeping you updated with what's happening in our Community.



GOAN OVERSEAS ASSOCIATION founded: April 5th, 1970, Ontario, Canada

Please address all correspondence to the : Membership Coordinator- Email: membership@goatoronto.com
G.O.A. Mailing address: P.O.Box 5667 Stn 'A', Toronto, ON M5W 1N8
For the latest information, visit us online: www.goatoronto.com

MEMBERSHIP FORM- 2014

MEMBERSHIP # _____

- ☐ MEMBERSHIP RENEWAL (Due- January 1st, 2014. Defaulters as of March 1st, 2014)
☐ NEW MEMBER

The G.O.A. Pulse is available on the website at www.goatoronto.com and also via e-mail

Do you wish to receive the G.O.A. Pulse via email?

YES ☐ NO ☐

Do you wish to receive the G.O.A. Annual Report via email?

YES ☐ NO ☐

If you wish to receive a hardcopy of the Pulse and/ or the Annual Report, please indicate here: PULSE ☐ ANNUAL REPORT ☐

MEMBERSHIP <small>Select one of the following if you are Goan or of Goan origin:</small>			
<input type="checkbox"/>	SINGLE	Has full voting rights. A non-dependant (ie: finished school) at least 18 years of age.	\$25/year
<input type="checkbox"/>	ORDINARY	Has full voting rights. Includes spouse & dependants.	\$40/year
<input type="checkbox"/>	LIFE	Has full voting rights. Includes spouse & dependants. In the event of Life Member's death, the spouse of the deceased may automatically become a Life Member. Should the member re-marry, the Life Membership will cease thereafter.	\$600
<input type="checkbox"/>	PATRON	Has full voting rights. Must be <u>at least 65 years of age and a member in good standing for 5 consecutive years.</u> Includes spouse & dependants. Upon eligibility, please inform the General Secretary in writing with photocopied documentation of age. For members and past members requesting Patron membership: I have been a member in good standing for 5 consecutive years (Check box) <input type="checkbox"/>	\$0
ASSOCIATE MEMBERSHIP <small>Select one of the following if you are non-Goan: -</small>			
<input type="checkbox"/>	SINGLE	A non -dependant (i.e. finished school) at least 18 years of age. No voting rights.	\$25/year
<input type="checkbox"/>	ORDINARY	Includes spouse & dependants. No voting rights.	\$40/year

A dependant in this context is:

- (a) a child under the age of 18 years who resides with and is wholly dependent upon a member
- (b) a child 18 years of age or over who because of mental or physical infirmity is principally dependent upon the member
- (c) a child 18 years of age or over who because of full-time attendance in school, college or university is principally dependent upon the member.
- (d) a parent 65 years of age or over who is principally dependent upon a member in good standing.

MEMBER INFORMATION*	
NAME	SPOUSE
STREET	EMAIL
CITY / PROV.	PHONE
POSTAL CODE	Occupation**

DEPENDANT INFORMATION*					
DEPENDANT NAME	BIRTH DATE	E-MAIL ADDRESS	Sex	HIGH SCHOOL	YOUNG ADULTS UNIVERSITY/COLLEGE
	(dd/mm/yy)	(each person)	M/F	East/C/W	SCHOOL PROGRAM

* All information on this Membership Form is confidential and accessible only to the G.O.A. Executive Committee members for the purpose of providing event information.

**This field relates to your job category and will be used for analysis

PAYMENT ENCLOSED : \$ _____ DATE: _____ SIGNATURE: _____
☐ Cash ☐ Cheque Please renew before the expiry date of December 31st 2013

FOR OFFICIAL USE ONLY	
MEMBERSHIP #:	DATE:
PAYMENT RECEIVED:	MEMBERSHIP COORDINATOR:



CHILDREN'S CHRISTMAS PARTY

Sunday November 24th at the Sapphire Banquet Hall
959 Derry Road East, Mississauga, ON L5S 1N8
10am to 3pm, Lunch for all ticket holders

GOA Kids Members: \$25 / Non-member Kids: \$30
GOA Adults Members: \$18 / Non-member Adults: \$23
Children 12 years and under will receive a gift!

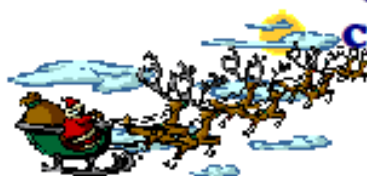
*Loads of fun, games and activity stations,
including Santa's visit!*

Please complete registration form
For tickets & payment contact: Joyce DeSousa
Tel: 905-495-1885 or joyce_desousa@rogers.com

\$25^{per kid}

NON MEMBER KIDS: \$30

Attendees understand that any pictures or video taken by the Goan Overseas Association, Toronto, or authorized representative may be used for promotional purposes and/or posted on the G.O.A. Toronto website or communications and remain the property of the Association.



Goan Overseas Association Children's Christmas Tree Party

Registration Form

Sunday, November 24, 2013

10.00 a.m. to 3.00 p.m.

Sapphire Banquet Hall - 959 Derry Road East, Mississauga



FUN! FUN! FUN! FUN for KIDS!

Activity Stations, Meet Santa, Games

A gift for ticket holders aged 12 years and under

Members (please complete):

Name: _____

Email Address: _____

Tel. No.: _____

Membership #: _____

CHILDREN

Please complete for each child 12 years and below:

No	First Name	Last Name	Age	Gender (M/F)	Member \$25.00	Non-Member \$30.00	Total Amount
					Insert \$ not # below		
1.							
2.							
3.							
4.							
5.							

ADULTS

13 Years of age and over/adults - please complete number of Tickets Required

		Number of Tickets	Total Amount
No. of Tickets Required = Member \$18.00			
No. of Tickets Required = Non-Members \$23.00			
TOTAL AMOUNT			

Please make cheques payable to: Goan Overseas Association

For Tickets and Payment:

CONTACT: Joyce DeSousa

joyce_desousa@rogers.com

Telephone: 905-495-1885



GOAN OVERSEAS ASSOCIATION

NYE BALL

**Celebrate an Elegant
and Unforgettable Night**

Tuesday, December 31st, 2013, Doors open at 5:30pm

Beautifully renovated, Claireport Place Banquet Hall, 65 Claireport Crescent in Toronto.
Fabulous sounds of Blind Fold Test & DJ Darren.

Dinner will commence at 6:45 pm sharp, with a 4 course sit-down dinner to include a seafood course
and entrees of veal and Chicken Cordon Bleu with a special Midnight surprise!

Free hats, noisemakers and party favors and Champagne service

Dress Code: Black Tie Encouraged

Ticket prices early bird to November 25th, 2013: Members - \$75.00 | Non-Members - \$95.00

After November 25th: Members - \$95.00 | Non-Members - \$115.00

For tickets contact: Fiona Pinto-De Souza 905-278-1403 or Greta Dias 905-846-2853

Attendees understand and agree that any pictures or video taken by The Goan Overseas Association, Toronto, or authorized representative may be used for promotional purposes and/or posted on the G.O.A. Toronto website or communications and remain the property of the Association

Executive Committee

Velda J.M. Abreu	President (abreu@goatoronto.com)
Gavin DaCosta	Vice President, Administration
Cassian Rodrigues	Treasurer
Edward Soares	Assistant Treasurer
Darrel Carvalho	Vice President, Building
Linda D'Sa	General Secretary
Abel Nunes	Director, Sports Activities
Jesse DeCosta	Director, Marketing and Communications
Fiona Pinto-DeSouza	Director, Social Activities
Greta Dias	Director, Cultural Activities
Selwyn Collaco	Director, Sponsorship and Information Technology
Joyce DeSousa	Director, Family Activities
Shivhoun deMelo	Member

Board of Trustees

Kevin Pereira	Chairman of the Goan Overseas Association Board of Trustees
Paul Nazareth	Vice-Chairman of the Goan Overseas Association Board of Trustees
Cedric D'Souza	Secretary of the Goan Overseas Association Board of Trustees

Auditors

John Nazareth	G.O.A. Auditor
Almir D'Cunha	G.O.A. Auditor

Goan Charitable Organization Executive

President	Kevin Pereira	Chairman of the Goan Overseas Association Board of Trustees
Vice President	Paul Nazareth	Vice-Chairman of the Goan Overseas Association Board of Trustees
Secretary/Treasurer	Cedric D'Souza	Secretary of the Goan Overseas Association Board of Trustees
Director	Velda J.M. Abreu	President, Goan Overseas Association
Director	Gavin DaCosta	Vice-President, Goan Overseas Association
Director	Hazel Fernandes	

Due to the rising costs of printing & mail, the PULSE is mainly being sent via email. If a hardcopy is necessary, a \$10/yr. would be appreciated to defer expenses. Contact: Linda D'Sa (General Secretary) lds@goatoronto.com

**** My special Thanks to Daphne Britto for her time & skill to help put this edition together**- Linda D**