



News from the homeland: Eddie Fernandes, the man responsible for keeping Goans abreast of news and developments

On his annual holiday in Goa, Eddie Fernandes, Editor of Goan Voice UK, is quite engrossed in keeping up with the ongoing events in and around Goa so that the same can be uploaded to his website. For the past 15 years, the website has played a key role in connecting Goa to its diaspora across the world

The original voice of Goa

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The adapted saying, 'You can take a Goan out of Goa but not Goa out of a Goan' rings true when it comes to Eddie Fernandes, the editor of the website Goan Voice UK. Based in the UK, Eddie keeps himself and fellow Goans abreast with news, feature and videos related to Goa through his website. Just as every Goan opens the newspapers to check the latest goings on here, obituaries included, Goans away from home rely on their daily dose of Goa through Goan Voice UK.

Born in Ribandar, Goa, Eddie was schooled at St Pauls School, Belgaum in the 1940s before moving to Goan High School Mombasa, Kenya with his siblings, two brothers and two sisters. After completing his high school, he returned to India to study at St Xavier's College, Bombay followed by his post graduation in Librarianship at London Metropolitan University. He worked as a librarian with the University College London, where he collected over 2000 Goa-related titles.

"Living in Mombasa, the Goan community was very close knit and we had our own weekly 'Goan Voice' by editor Dr A C L de Sousa. I maintained the same logo for the website as a tribute to him. I started Goan Voice UK singlehandedly in 1999 and

since then have been putting up news and most importantly, obituaries every day without fail. It will always be at the beginning of the page," says Eddie, whose website gets nearly 17,000 hits every week.

He organises and selects news from different sources to suit his readers. "I believe that the reader can decide whether they want to continue reading the article after reading the first 100 words itself. I keep the main headline with a 100-word introduction and a sentence linking how they article is related to Goa by providing the genealogy. I condense the text, provide the link to the article and add a maximum of three links," explains Eddie.

It is physically and mentally tiring to go through various individual newspapers and magazines from local, national and international media searching for news. To make the process simpler, Eddie has subscribed to indexes for Goan news like Reuters, Nexis, AFP and the local newspapers. "I go through the new articles, features and different stories that I get through my mail and I limit it to just 10 to 12 new items for the day," explains Eddie. It doesn't stop there; he goes through the stories and verifies the ethnicity of the person in the article and whether they come from Goa.

Coming annually to Goa for the past 26 years, Eddie has noticed the good and bad side of development in Goa. "I don't come to Goa for the beaches so I have moved inwards towards Nachinola now. The changes for the better include developments in transport, communications and even shopping. However, the other side of the story is the garbage problem, the beggars and the noise pollution ruining the peaceful state of Goa," says Eddie.

Living on two continents, Eddie has seen nearly three generations of the Goan Diaspora and although he doesn't want to generalise the sentiments of Goans, he feels there is difference in opinion. "There are Goans right across the spectrum. Those who have recently migrated with the help of Portuguese passport still have their foot very much in Goa. The Goans in East Africa have a longing to return to Goa but are afraid of missing out on health benefits that will come in handy in their old age. They also don't want to take the plunge because their children and grandchildren are settled there. But the second or third generation of Goans living abroad are not interested in Goa or returning to their roots."

TWEETS @DOLCRUZ

life psych-le

'A' FOR... ADOLESCENCE

(PART 1)



Charlene Farrell is a guidance counsellor who deals primarily with issues faced by youngsters, and aids in bridging parental gaps, if any

A crazy circus of hormones and unexplainable feelings, a time of rebellion and argumentative spurts, irrational angst, sudden tears and a whole barrage of emotional turmoil. Parents looking at their children with a raised brow, thinking to themselves... where has that beautiful angel of a child of mine gone to? And who on earth is this imposter taking away the last shreds of my sanity? Well, my fellow adults, where do we begin? Adolescence is so much more than we ever imagined it to be! Besides, the generation we are dealing with now is a complete new entity in itself. Welcome to the 21st century, where everything is bigger and better, including the crazy adventures of adolescence.

Generation 'Y', and all we keep asking is why? Oh why?? Well worry not, you are not alone. There are thousands of parents out there asking the same 'whys' with the only difference probably being the volume at which they yell for deliverance.

Let's take a closer look at adolescence and

while we're at it, let's also try to relate our own brush with this confusing phase. Adolescence is commonly defined as 'a process or state of growing to maturity' or a 'transitional period between puberty and adulthood'. Earlier, we would identify the age of onset to be around the time the child hits his/her teens; that has changed now with children reaching puberty at a much younger age. Looking at the definitions, one would get a very strong sense of physical growth. Adolescence, however, encompasses the physical, the chemical, the emotional, the psychological, the social and so much more. Within a span of a few years, the child transforms from the inside out like a huge gush of water trying to squeeze through a crack in the wall.

The child has to deal with various changes in his/her body, which suddenly start, some of which are downright embarrassing. These changes are uncomfortable enough without the confusion we subject these children to daily, sending mixed messages about how they ought to behave since they are now adults but with our next breath comes a warning to not step out of line 'you are a child, act your age'. Enlargements and extra growths, hair in shocking areas, and to add to the fright value, they have their peers all around growing and different rates, comparing and passing comments on all their new discoveries.

As we are on the topic of peers we also have to strongly focus on the pressure aspect which is a very real thing and definitely not some figment of an overactive imagination. The pressures our young adults face range from bunking class all the way up to indulging in dangerous behaviours. As parents, in this context, keeping the lines of communication open is the best option. However, pushing your child to sit before you and relate his/her every experience will cause a wedge as large as an elephant in a matter of minutes. Some parents tend to pride themselves on the fact that they are their young teens' best friends. A teen is flooded with friends, what s/he is pleading for is an understanding parent who can be depended on and not one who is 'hovering' about with suspicion in his/her eyes. There is a lot to discuss about with regard to this rollercoaster phase of life... Stay tuned... we shall get back to it next time.

ALL IS WELL BETWEEN BEYONCE, JAY Z?

Singer Beyonce Knowles and Jay Z, who have been continually centred around rumours of a marriage crisis, looked happy and affectionate as they partied at Solange's wedding.

The 33-year-old looked happier than ever with her partner as they were caught partying Sunday night in New Orleans to celebrate her sister Solange's nuptials to longtime love Alan Ferguson.

Beyonce and Jay Z, who have been married for six years, couldn't keep their hands off each other and positively beamed with happiness throughout the festivities. - Agencies



Sad tunes could lift your mood after a break-up

A new research says that listening to sad tunes could actually help people recovering from break-ups feel happy. One can experience four different cognitive rewards of music-evoked sadness - reward of imagination, emotion regulation, empathy and no "real life" implications, German researchers found.

"Sad music has potential to regulate negative moods and emotions, as well as to provide consolation... In this sense, sad music can play a role in well-being," said study author Liila Taruffi from Freie Universitat, Berlin in Germany.

For the study, the team surveyed 772 participants from across the globe to find out why people listen to sad music particularly after break-ups. Participants in the study reported liking sad music more when they were lonely. The appreciation of sad music was also



enhanced after an argument with a loved one.

"People can appreciate the negative emotions conveyed in the songs without having to experience the 'real life' consequences of their sadness," the

authors noted.

Singer Johnny Cash's 'Hurt' and Beethoven's 'Moonlight Sonata' were the most popular songs participants listened to when they were feeling sad. - Agencies

Bertie Jones' Diary

THE FEAR OF EVERYTHING

Some people seem to think that women want men who are fearless. Guys who aren't afraid to roll up their sleeves and take care of business when push comes to shove. I'm really hoping that's not true. Otherwise I'm in deep trouble. I am the embodiment of rational and irrational fears. Let me give you an insight into what I'm talking about.

I fear heights. I can do ladders; ledges, not so much. Giant wheels are even worse. When you're at the top, you get that feeling in your stomach like all your insides have lost their individuality and are now one emotional mass. I don't like that feeling. And society is responsible for this. Remember 'rock-a-bye baby on the tree top'? What's with the part that says the bough will break and down will come baby, cradle and all? Splat. As a kid, they put the fear of heights in you.

The fear of mum. I'm not a mama's boy. But I fear mum. This is a woman who has given birth to three kids. She has known pain and has no qualms about getting you acquainted with it too. Yes, my friends think she's an angel who is capable of no harm. We've tested that hypothesis. Turns out, it's not true. No matter how old I get, when delivering bad news to my mother, I will keep an arm's distance away from her. Not that that will save you either. I live in a Goan house where we like to stock curios and little knick-knacks on any available space. These things turn into flying weapons given the opportunity. As do slippers, alarm clocks and meat cleavers. Just kidding! She never touched us with a slipper.

I fear critters. Not all of them. Cockroaches are as much as I can tolerate. Rats give me the heebie-jeebies. If there's a mouse in the house, I'm going to have to call the experts. The fire department. They are the ones to call in case of emergencies right?

Here's another one. I fear there's always

somebody watching me at home. And I'm not proud of some of the things I do in the privacy of my house. My table manners would make a caveman feel like an elitist. I dance like the demons that have possessed me are embarrassed and want to get out. And the celebrity impressions I do in front of the mirror are a hidden talent that should remain hidden. But in spite of living alone, I'm always looking around my shoulder to see if someone is peeping and that I'm going to be a Youtube sensation soon.

Then there's the fear of not waking up on time. I set 5 alarms on my mobile phone. 7:00, 7:01, 7:02, 7:03, 7:04 and lastly, my back up, 7:05. I'm bound to hear at least one of them or their snooze alliances. Want to know the weird part? I don't even have a workplace to go to! I work for myself from home. If I wake up half an hour late, I think the boss would be cool with it. In fact, I think he would tell me to take the day off and have a beer. He's flexible like that.

Ok, this one's a little morbid. I have this irrational fear of being buried alive. Mostly because I like sleeping a lot and I'm a heavy sleeper. Suppose they can't tell the difference and send me six feet down? Like Uma Thurman in 'Kill Bill', I'll have to punch my way out of the coffin. Considering the fear of breaking my knuckles, I don't think I'll make it.

So that's it! If there are women out there who fear men that are strong and unafraid, point them in my direction, I'm sure they'll be more than pleased.

Bertie Jones

Bertie Jones Diary is a compilation of journal entries by your average single Goan man, who after many trials and tribulations, returns to his native Goa, only to find that his life is about to turn more eventful than he bargained for

MASABA JOINS HANDS WITH FATHER VIV RICHARDS FOR FASHION LINE



Masaba Gupta, one of the promising young designers in the Indian fashion world, has now joined hands with her father, cricketing legend Viv Richards to design a sportswear line.

"Excited to share that my sportswear line launching in 2015 will be co-designed by @vivrichards56 #vivXmasaba #Woot," she tweeted.

Masaba, daughter of former West Indies cricketer Richards and actress Neena Gupta, had given a hint of the latest collaboration with an earlier tweet, saying: "So before I tell you all my new collaboration

tomorrow, here's a hint - a line co-designed by one of the greatest EVER entertainers in sport!"

Known for quirky prints with feminine drapes and silhouettes, Masaba was previously the creative director of the brand Satya Paul. She made her foray into the fashion industry with GenNext fashion show at the 2009 Lakme Fashion Week. Her collection helped her win the most promising designer award at the event. It was followed by the launch of her flagship store in 2010. - Agencies