

THE NEUTRAL VIEW

Straight from heart



FORTNIGHTLY Wednesday, December 14, 2016 | Vol. No. 1 | Issue 1 | Price Rs. 10 | RNI: GOAENG00427



A NEW LIBERATION AWAITS

COVER STORY - PG 6-7



»3
Zeebop By The Sea



»10
Instant artist in the Internet era

»13
Kaalo: When ritual blends with art...



»15
Choking in style

Cover Photo &!



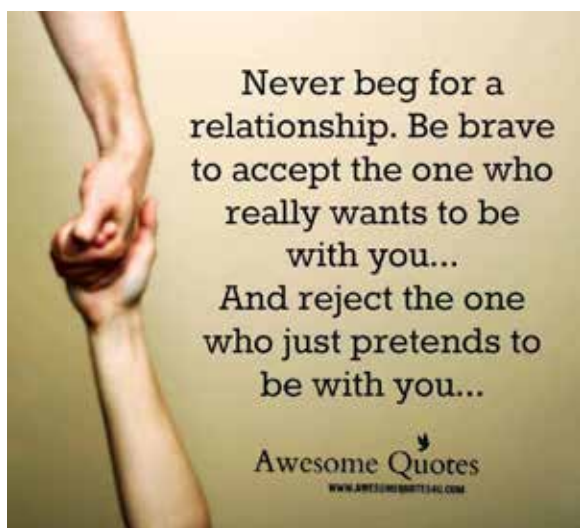
With Best Wishes





TRENDING

- **Henrikh Mkhitaryan**
48K people talking about this
- **Central Bureau of Investigation**
38K people talking about this
- **Fate of the Furious**
88K people talking about this
- **Chennai 600028**
23K people talking about this
- **Guns N' Roses**
470K people talking about this
- **Kerala Blasters vs. Delhi Dynamos**
4.8K people talking about this



With Best Wishes to TNV For A New Beginning

KALPAVRIKSHA

Spirit of Service

House of General Insurance
Motor Insurance | Health Insurance
Life Insurance | Fire Insurance
Theft Insurance | Households Insurance
& Shop keeper Insurance

Owner: Sandip Narvekar
M: 9823160060 | Off: 0832-2650060
Email: kalpavriksha.curchorem@gmail.com
C6, Shivani Arcade, Opp. Bagayatdar Bazar,
Curchorem, Goa

BaMo

If I contest this election, it will be only from Panjim.



DaNa likes this

VaNa: I challenge MaPa to contest from Panjim against me.

MaPa: Hati chalein apni Chaal, Kutte Bhonke hajar.

SiKu likes this

SiKu: @MaPa Bhai. Is my candidature from Panjim confirm?

MaPa: I have to ensure victory of BaMo at any cost. Don't you know that?

BaMo and ViSa likes this

SiKu:



MaPa: Don't worry. You will contest from St. Andre constituency this time.

SiKu:



PaMa: And me from Cumbharjua constituency on BJP ticket right?

SiKu and MaPa like this.

SiNa: We will not support PaMa in Cumarjua.

SiKu: Bhai, who will contest from Panaji then?

MaPa: If SiNa doesn't want to work in Cumarjua, let him contest from Panaji.

PaMa likes this

SiNa:



Write a comment...

Risksays



MEMBERS

48,493 Members



DESCRIPTION

You can love it or hate it, but you can't ignore 'Goa Speaks'... a vibrant FB Group from Goa that rocks. 'Goa Speaks', a small and beautiful Group, has emerged as one of the most POWERFUL 'voice of Goans' on cyber space... cherished by its members, and ENVIED by its critics. Goa Speaks gives you an insight of 'different Goan minds'; and keeps you updated on all the latest happenings in Goa, and the world around. If you wish to be a part of this adrenaline driven Group, do JOIN in, and enjoy the thrill. Viva Goa, Viva 'Goenkarpon' !!!

METHI BUNS



YOGINI ACHARYA

INGREDIENTS (For two servings)

- One cup finely chopped Methi leaves.
- 1 teaspoon Cumin (Jeera) powder
- 1 teaspoon Coriander seeds powder
- 1/2 teaspoon Turmeric powder (haldi)
- 1 teaspoon chilli powder
- 3 tablespoons of curd
- 1/2 teaspoon of Sesame (til)
- Wheat flour.
- 2 tablespoons of oil.
- Salt to taste

METHOD:

- Add turmeric, Chilli powder, Cumin powder, Coriander seeds powder, Sesame and salt. Mix all ingredients well. After 10 minutes add wheat flour and mix well. Add the curd and mix well to prepare the dough. Add water as required. The dough should be soft like chapati dough.
- Make small puris and deep fry. The methi buns are ready. Can be served with pudina chutney.

SOUL SOUFFLE

PRASAD RAICAR

Verna is one of the biggest villages in Goa. It prides itself as being a major centre of technical education in the state and also has a large industrial estate on the nearby plateau. The highway NH-17 passes through it, but because of the bypass, the verdant heart of the village has been spared from most of the vehicular pollution and accompanying ecological damage.

One of its many tiny village roads leads right into the hinterland, where just next to a beautiful spring named Uddear, sits Soul Souffle. I had been hearing about this restaurant for quite some time now, and the opportunity to drive down there came up a few days back. It is not easy to find, and one who doesn't have clear directions could get lost pretty fast. The tiny sign boards are easy to miss if you are not alert, and a drive at night time will only add to your confusion. A little help from GPS goes a long way to make sure you reach this destination.

The place is beautifully maintained and looks more like a country house than a restaurant. The ambience is superb, using natural lighting and breeze to make the patrons comfortable. Except for one other table, the place was deserted. Light pleasing music is piped throughout, but I would rather hear the bird calls that abound in the woods around. The only negative point was the loud music being played at another restaurant next to it – something that surely doesn't make sense in such a beautiful natural place.

The menu is comprehensive, and tends to veer towards seafood and North Indian dishes. Goan recipes are few, the chef could do well to add more to that list. The star listings are in the Mediterranean section, and deserve to be tried by all. The bar menu is pretty good. You must try the Sangria, it is a lively aperitif to stimulate one's appetite, and one of the best I have tasted in Goa. The cocktails are well crafted and beautifully presented. For our first course, we were suggested Junglee Chicken, Chilli

SERVES: Seafood, North Indian, Mediterranean, Goan

HOW TO GET THERE: Make sure to mark the route properly before setting out. Pay attention to the small sign boards at every corner. It is at quite a distance from the village. Google Maps is your best friend.

CONTACT: 0832-2782100, 9764694321

TIMINGS: 11 AM to 3 PM, 6:30 PM to Midnight

PRICES: 800 rupees for two, without drinks, approx

PARKING: Ample parking available in front and beside the restaurant

PEOPLE INVOLVED: Reynold Abranches runs this labour of love

Veggies and Chilli Garlic Prawns. I wanted to try out their recommended Squid Butter Garlic preparation, but they didn't have that item in their kitchen. The chicken had just the right amount of spice and was really tasty – I am going to order this every time I go there; the prawns were quite good but I would have loved a bit more kick in them, and the veggies were quite crunchy.

For the main course, we started with Thai Grilled Fish. I am a great fan of Thai spiciness, though we did have to ask for chilli flakes to complement this dish. We were not at all disappointed by the next dish, which was the classic French Chicken Cordon Bleu. The breasts were perfectly cooked, the stuffing was delicious, and the

portions were huge. A perfectly seasoned dish, with just the right aftertaste. And this lovely food journey ended with a subtle, sweet and citrusy Lemon Cheesecake. A perfect dessert for a lip smacking me!

The table service was very friendly, and prompt to recommend the dishes that they thought would agree with our palates. The food does take time to reach the table, but who had the time to check the clock more than once while relishing the lovely cocktails? Dinner at Soul Souffle should be very romantic, with candle lights et al in that charming place.

Some places are never intended for solo visits, and Soul Souffle fits that bill perfectly. Go with your loved ones or a bunch of easygoing friends, kick off your footwear, just relax in the reflective atmosphere, and let the food amaze you. So what if the restaurant is located away from your daily crowds? It is usually the road less travelled that lead to the treasures at the end of the rainbow – and Soul Souffle perseveres hard to be one such magical locale.

+91 98458 88995

The writer is a traveller, foodie who is now resting in Goa after spending 15 years in IT Wilderness

THOSE WHO MATTER

GORAKNATH NAIK



Waking up at 3.45 am in the morning is routine for this gentleman, unlike many others who are still in deep sleep during those hours. Goraknath Naik has been doing this for the last 50 years so that people in Mhapusa rise to fresh news every day.

He ventured into the business of newspaper distribution 50 years back. Ask him if he is happy and the prompt reply is a big yes. He alone looks after the business and like many others has a single complaint "We do not have holidays". Yet, he is a satisfied person.

He is today a regular face for all those who buy newspapers and magazines from him. "I have lost count of the people who come to my stall". But certainly people have never lost their way to Goraknath Vishnu Naik & Brothers stall in Mhapusa and will continue to go to him for a long time to come.

RAMESH GHADI

Whenever I feel low, I just go for a ride on my bike from Saligao to Siolim via Parra to see those hidden 'Dovornne'. A 'dovornne' is an ancient stone platform made for resting head loads while travelling by foot. They remind me of my father who would tell me stories of his childhood, of long walks through Sonarkhed, Siolim with Avoy, my grandmother who would carry a sackfull of sweet potatoes to sell at the Siolim weekly market on Wednesdays.

Saligao to Siolim was a long walk. Hiring a bullock cart was an expensive task. Filsu vohni and Filsulem, my granny's friends would give her company. En route, they would rest the load on various 'dovornnes' at Saligao, Parra and Anjuna. While resting, their chats would turn to family matters.

On one of those hot May trips the

1956... A LOVE STORY

discussion was about selecting a bride for my dad who had recently started working as a lorry driver in Margao city. My granny had planned a visit to her brother from Oxel who had spoken about his 16 year old niece, Indira.

Till the day of their wedding my mom and dad had not seen each other. My father said he respected his mother's choice. Both must have been shocked at their first glance. My father was lean and dark and my mother a fair, lean beauty. Yet they fell madly in love later. In those days, men did not show their emotions openly, but my dad was an exception.

My father was a truck driver. Wherever he went he would take my mom along. In the early sixties he became a bus driver. When the Goa to Bombay route started, he was one of the seniormost drivers. On returning from

Bombay he would park his bus at Mapusa and rush home. If mom was busy in the field he would change into shorts and run to the field. If mom was sweeping the courtyard he would grab the broom and start sweeping.

My mom had the largest tikka on her forehead and dad would love to see her with that fifty paise coin size tikka. My mother would love to wear a traditional nine yards sari. Once dad bought her a few banarasi saris. But she was not ready to change from her traditional style. Dad got very upset and did not speak to her for a week.

In 2004 when my younger sister lost her husband, my father was deeply shocked. He aged overnight, stopped dyeing his hair, and stopped going to the bazaar. Dad and mom became closer than ever. They would hold their hands and sit for hours.

Lets walk hand in hand

Thank you everyone for the overwhelming wishes showered on us after the first issue of The Neutral View was published on 23rd November 2016. We received several responses, suggestions, additions and subtractions from all walks of life. As promised, we will continue to be your voice and hence we have immediately started working on the suggestions you gave, which reflect in the present issue. We believe we have already begun a fruitful association with you, dear readers.

People are the strength of any good nation but the reality today is that they are often unheard. The strong and powerful decide the fate of the majority owing to which generations are often wiped out unnoticed. A similar fate awaited the Vanarmare tribal community based in the Nirankal area of Ponda, who have been residing in the state of Goa for the past 40 years or more. Their houses were razed down by a few miscreants who had their own motives. But even before the authorities did anything, the people of Goa rose to their support. What followed was an example of collective responsibility and leadership that our state has not seen for a long time. TNV dug further into the entire episode, the responses that followed, the government authorities' action and inaction and very importantly the human sides of the tribal community that was hidden behind several myths and apprehensions.

Help poured from all over Goa for the tribals but every time they were asked what else they needed, they said 'Nothing'. All that they wanted to do was return to normalcy and get back to work. They wanted to earn a decent and respectful livelihood. They wanted their children to get educated and secure a good future. They wanted to be treated as normal human beings. That's all! These certainly are minimum demands of any person. And as we celebrate 55 years of Goa's liberation, the time has come to liberate ourselves from the several misconceptions that we have about the downtrodden and less privileged communities around us. We all have a right to live freely and with dignity. But this cannot happen in isolation. This can only happen when we walk hand in hand to create a more humanitarian society. Let us begin!

On 8th August 2005 my sister called me up at around 6pm and told me dad was unwell. He had uneasiness in his chest and difficulty in breathing. I called up mom but she said nothing was serious and that dad just had his favourite pez (rice gruel) and bangdo (mackerel) for his dinner. He was all set to celebrate the 'Nag Panchami' festival the next day. It was also my birthday.

At 10 pm while I was having my dinner, the phone rang. It was my sister. She did not say a word, but was only sobbing. I got the message even before she uttered a single word. My immediate thought that moment was - When one love bird dies how will the other survive? How would my mother now look, without that large fifty paise tikka on her forehead? In a month's time they were suppose to complete half a century of their love affair. But God had different plans!! The 1956 love story had suddenly come to an end.

9850453355

The writer is a fitness trainer and a poet

Printed and Published by Priya Salgotra for and on behalf of Uttam Kumar. Printed at Elegant Offset Printers Pvt. Ltd., D2-31, Tivim Industrial Estate, Karaswada, Mapusa-Goa 403526

Editor: Anwesha Singbal (Responsible under PRB Act) Regd Office: Off No. Of/8, 1st Floor, Sapna Garden Co-operative Society, Chogm Road, Porvorim, Alto-Porvorim, Bardez 403521. Mob: 9923442746

Email: editor@theneutralview.com, letters@theneutralview.com, features@theneutralview.com, feedback@theneutralview.com

For Advertisements Contact: 9822111709 (North Goa), 8087657126 (South Goa). Email: advertisements@theneutralview.com

Disclaimer: Except for the editorial above, articles and other text in The Neutral View represent the views of the concerned authors and do not necessarily reflect the views of the The Neutral View Editor, publisher, and/or owners. The advertisements published in The Neutral View are based on information furnished by the advertiser. The Neutral View does not authenticate the printed information in the advertisement. The advertiser will bear all the consequences of issues arising out of the advertisements if any and not The Neutral View

BEING A PARENT THE FIRST 100 DAYS!

ASHWIN KAMAT

A kid in the house changes almost every aspect of your life – your sanity, your vanity and most importantly your perceived priorities!

I lived the first 32 years of my life in a carefree and undisciplined way. Then came along my little bundle of joy – my daughter Mau – and life, as I knew it, changed forever! Change, for a lack of a better word, is always exhilarating. But the first 100 days of my parenthood were unimaginably crazy.

Oh, the first 100 days! 100 days of feeding, burping, changing nappies, the room smelling of baby powder during the whole day and of dhoop during the evening, singing lullabies, making up our own funny lullabies and 100 days of pure learning!

My wife and I knew at least four dozen lullabies by memory. We could sing them day and night, back and forth, word to word, over and over again, in sickness and in health. I would shamelessly mash different lullabies and invent a new one. I could sing any Hindi Bollywood song in 'Ba Ba Black Sheep' tune and my wife – as usual – corrected me religiously whenever I sang the wrong lyrics. Well, it goes without saying that I fell asleep much earlier than my daughter whenever my wife sang lullabies for my daughter.

The human brain is a wonderful phenomenon – you think, do or say something repeatedly and somehow our damn brain makes it a way of life: I realized this when we got hooked on to the lullabies. By the first 100 days, my wife and I didn't just know the lullabies by heart, we could also converse fluently with each other in any lullaby tune – In fact my beloved better half could even scold me in 'Lakdi Ki Kaathi' tune!

Incidentally, the first 100 days are also a time when many life changing decisions are taken – after critically analyzing them from two angles: the

traditional experience and values of the grandparents and the convenience-based modern methods of the parents. Two foremost issues that were deliberated upon intensely in my house between the two diverse generations were – formula milk and diapers!

My wife and I won the argument in favour of formula milk to be given to my daughter in addition to the mother's milk. However the diaper case was won by the grandparents – it was decided that diapers could cause rashes and hence my baby would wear only cotton nappies during the day and a diaper at night (so that her sleep was not disturbed).

But the problem with cotton nappies was that we had to constantly keep checking if they were soiled. In fact I got so used to this process that by the 100th day, wherever I touched my hand (including my own car seat), I subconsciously checked whether the area had become wet!!

One more aspect that changed in the first 100 days was my prayer. My evening prayer now consisted of just one wish – that Mau should not wake up in the middle of the night and start crying. I had never imagined how difficult it would be to negotiate with a baby at an insane 2 am in the morning. I was so scared of making some sound and waking her up, that leave alone talking or sneezing, I had learnt to even yawn and fart silently in my sleep!

Oh, and while my wife and I were busy evolving as parents, our little Mau, in her first 100 days on this planet, learnt quite a few tricks to astonish and bewilder us – She could now do "purrrrrrrr" and throw all the medicine out of her mouth (making me swell with pride every time she did that). She could also turn over on her stomach on

her own and could crawl on – or under - the bed like a spider (I had warned my wife not to watch those Spiderman movies while she was pregnant!).

But by far the best trick Mau had learnt was the skill to figure out when she has annoyed us enough and then

to give us one of her magical smiles – it worked like a charm every time, melting our heart and filling it with love!

9923145005

The writer is a Chartered Accountant by profession and aspiring writer by passion



MERRY TOURISM, HAPPY GOA!

HRISHIKESH KADAM

Goa is gifted with immense natural beauty that spreads across the green Western Ghats and runs along the blue seas and exotic beaches. When such climate and nature blends with the most hospitable people in the world it is the perfect recipe for a lovely tourist cake.

Goa is a tiny place but has great diversity. May it be cultural, may it be religious, or may it be in the cuisine. And in all this we have unity. Goa witnesses many different genres of cultural and religious festivals, due to the 450 years of Portuguese rule and the traits of other cultures prior to that. Much in the state is different and unique – the food, song, dance, theatre –

The real Goa is rarely seen by visitors. It still remains largely unexplored and untouched. The Goa that is perceived by the tourist world is still mostly focused on just its beaches and nightlife clubs.

and the architecture in Goa too is a blend of Indo-Portuguese influences.

Goa thrives in its festivals and feasts. We have the Lairai Zatra (devotees walking on coal embers), St. Francis Xavier's Feast (where the relics of the saint are venerated), Sangodd (decorative scene created on two boats tied together), Santanche Pursão (statues of saints carried in procession), Gulal (festival of colours), Choram Zatra, Tako, Zayam Zatra, Sidiyotsav, Reichem Fest, Gadya Zatra, São João, Bonderam, Intruz, Sontryo, and many more.

Goa has many dance forms which showcase the cultural wealth of the state. We have dance forms like Gof (with interwoven ropes), Dekhni (a semi-classical song and dance), Fugdi (a whirling dance by women), Kalshi Fugdi (with copper pots), Mando (a soulful ballroom dance), Divli Nach (with oil lamps), Kaalo, Zemado, Ranmale, Horbala, Ghodemonni, Veerbhadra, Morulo, Toniya Khell and many more.

Apart from all this the state celebrates Shigmotsav and Carnival with the state sponsored parades throughout the state. This is done on behalf of the government to promote cultural tourism. But how many of the tourists visiting Goa have witnessed any of the varied folk dances mentioned above?

The real Goa is rarely seen by visitors. It still remains largely unexplored and untouched. The Goa that is perceived by the tourist world is still mostly focused on just its beaches and nightlife clubs.

Recently a documentary-maker friend visited me in Goa for the first time. I took him away from the hustle bustle and showed him some glimpses of Goan villages, the life there and he was mesmerized.

"Accha, Goa mein ye sab bhi hai? Aur wo filmo wala Goa kidhar hai?" (Oh, all this exists in Goa? And where are the filmy Goan characters shown in movies?), he asked. That is just ten percent of Goa, I said. That filmy stereotype generates much revenue for tourism. If the real and culturally rich Goa is showcased, it will attract much more, I said.

December is the most amazing time in Goa. Winters are romantic here, and all the more festive. Christmas is one of most celebrated festivals in Goa. Christmas is not only for Christians, it's for all Goans! Welcoming the New Year in Goa is a much coveted and magical experience for many travellers from around the world.

Easily available liquor, seafood by seaside, sand and sun makes Goa a major party destination. "Goa is for fun, Goa is for leisure, Goa is for partying!" This is the mentality of 90 percent of the people coming to Goa. The state government has been promoting Goa as the Vegas of the East. After all we have zillions of clubs, bars and EDM concerts galore, and a whole lot of casinos clogging up the Mandovi river!



Wednesday, December 28, 2016

While the partying tourist enjoys all this, Goans will be busy going to churches praying for a better new year in Goa. The average Goan will still begin his day with work at the office if he is a 9 to 6 worker or will be busy with his farming, fishing, toddy tapping and other daily activities. He is largely unaffected by the hustle and bustle and party mood. He is happy and content within himself and may even be pleased with the hospitality that his state is providing to the guests.

The state received 52.97 lakh tourists in 2015-16, which comprised of 47.56 lakh domestic and 5.41 lakh foreign tourists compared to 40.58 lakh tourists during the same period in the previous year. This number is increasing every year. The GA number plates seem to be a minority on Goan roads, more so in the peak tourism season. The tourist is crazy about enjoying the music in clubs which is not really the true, melodious music of Goa. The tourist is busy betting in casinos, but no one has ever heard of the good old traditional Godgoddo betting game played in villages.

Goa has 51 archeological sites including the Mahadev temple at Tambdi Surla, medieval rock carvings at Pansaimal and Kazur, and various forts, monuments and temples throughout the state. All these places have historic value. The Chapel of St. Xavier in Ella, Tiswadi exists in the vicinity of the ruins of the College of St. Paul at Old Goa. This small Chapel was founded by the saint himself and he is believed to have offered masses here, passing hours in meditation. The two caves at Naroa are scooped out of laterite rock. One cave has a small cell and antechamber with two pillars and linga in the garbhagraha with Brahmi script. The Shri Saptakoteshwar Temple on the bank of the Khandepar river Ponda is a beautiful temple constructed in laterite. Goa boasts of several such places which are hidden beyond the midnight parties and buzzing seashores of Goa.

cover story

Feni and cashewnuts are probably the two items that are most desired by the tourist. This is the result of fervent promotion by the tourism industry. The Goa Tourism department has promoted Shigmotsav and Carnival too, but not marketed well. Gujarat has a good example of the Ranotsav festival and the Kite Festival. It is high time for Goa to showcase its cultural tourism and explore new tourism opportunities. Eco tourism has immense scope in Goa. The backwaters of Goa, the waterfalls in Pernem and Sattari Taluka are a treat to visit. This needs to be brought to the forefront by advertising it properly and thus make Goa a 365-days tourist destination.

No matter what, sunset by the beach with a beer in hand is indeed bliss! Whether you are a Goan or not! It's Christmas and New Year time in Goa. Time to enjoy the beautiful Nativity cribs around the villages and the parties happening all around. Open up the beer! Cheers! Enjoy!



A MOON

Shining beautiful moon light
Giving us light, on scary dark night
After the day there comes the night
The moon and stars that shine so bright

The moon is moving off the trees
In the cool night breeze
Shining beautiful moonlight
The clouds are looking pretty

Watching from the window
I always wondering its beauty and charm
Shining beautiful moonlight
Making the whole world cool and calm

AFRAH SHAIKH

Std IV
Crescent School, Margao

The Rain

As summer is gone
The gay monsoon is on
It's a season inborn
Which will never
Let you be in sorrow

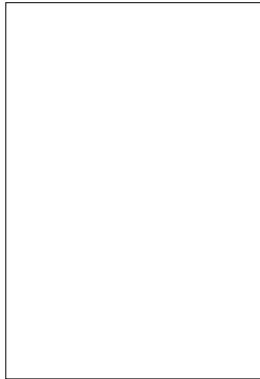
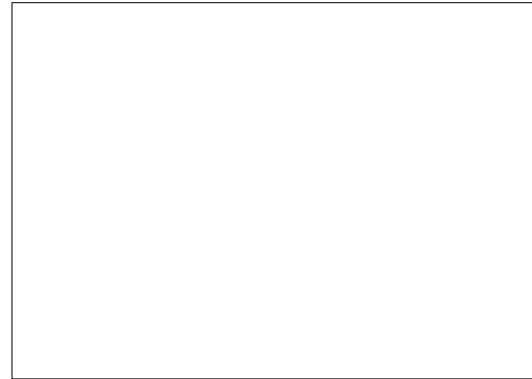
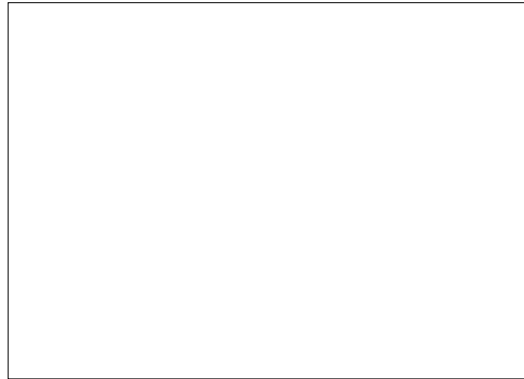
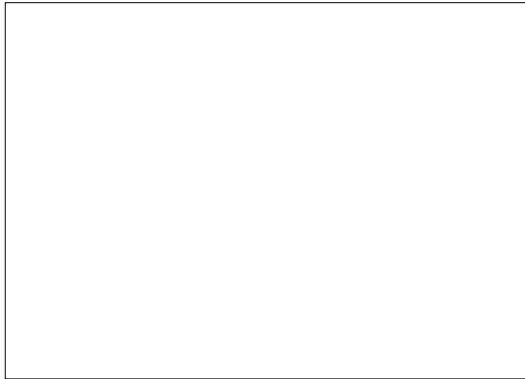
Rain oh rain,
You bring a smile
On our face
The children wait
For lots so great
Rain oh Rain

Peacocks are dancing
With joy and grace
Trees swing and bath in rain
Farmers waiting for
The crops to sow

Cloudy sky with
A minimum sun raise
Always confusing
Carry an umbrella
Or leave without

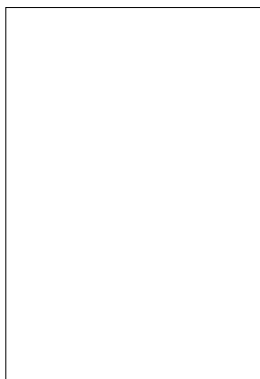
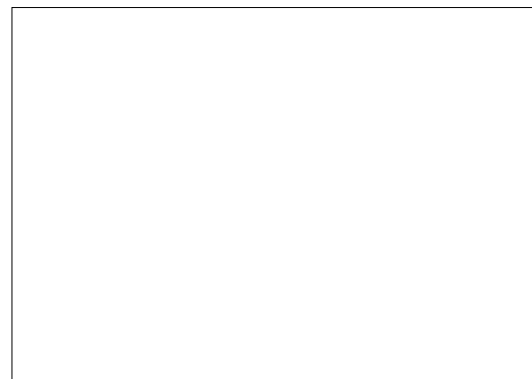
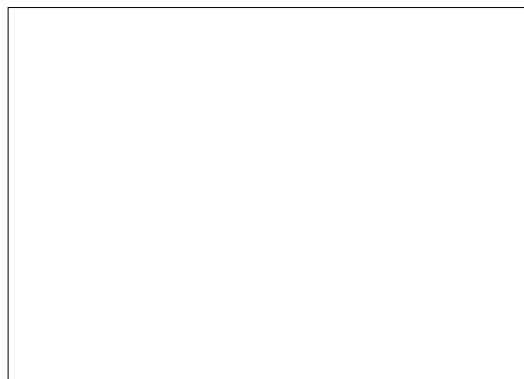
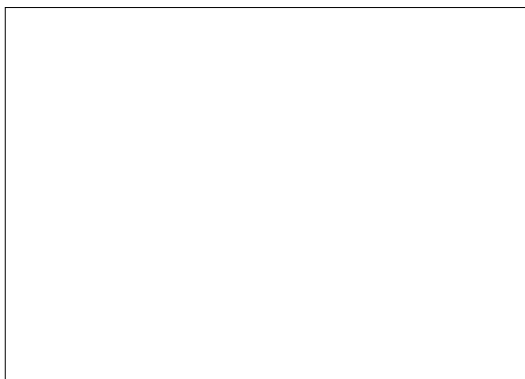
Rain oh rain
You are so beautiful
Like a rose in a garden
Like a sign of peace
Like a canary singing
A happy song
Rain oh rain

Slowly and steadily
The cool breeze of winter
Starts to blow



ESHIKA XEC

Std IX



ESHIKA XEC

Std IX



Beauty I See

I looked outside the window
And saw the trees and birds
It looked so beautiful
That I can't explain in words

I saw the sun shining
Up in the blue sky
I saw the birds flying
And I wished, I could fly

I walked in my garden
And saw the flowers around me
I saw the butterflies flying
So happy and free

All these flowers and trees
And the bees that buzz
All the rivers and mountains
God has made it for us

Gracina Colaco
VI A
Regina Mundi High School, Chicalim



The journey of a little Honey Bee

I often imagine myself to be a honey bee. Not too big, not too small, not very short, not very tall. One day I thought of touring the human land where human beings are supposed to share an interrelated relationship with all living organisms, and to live and value our priceless ecosystem.

I flew over the hills, the sea and came to the city. There, people were too busy greet or smile at one another. Each one was doing his own work.

Then, I went to a beautiful five star resort near the seashore. I was hoping to see them admiring the sun, sand and shore. But alas! They were making merry eating and drinking instead of enjoying and admiring the majestic natural beauty. It was then that I realized that animals and insects and even a small little bee like me know to admire nature and inhale fresh air which will keep one healthy but not the human beings.

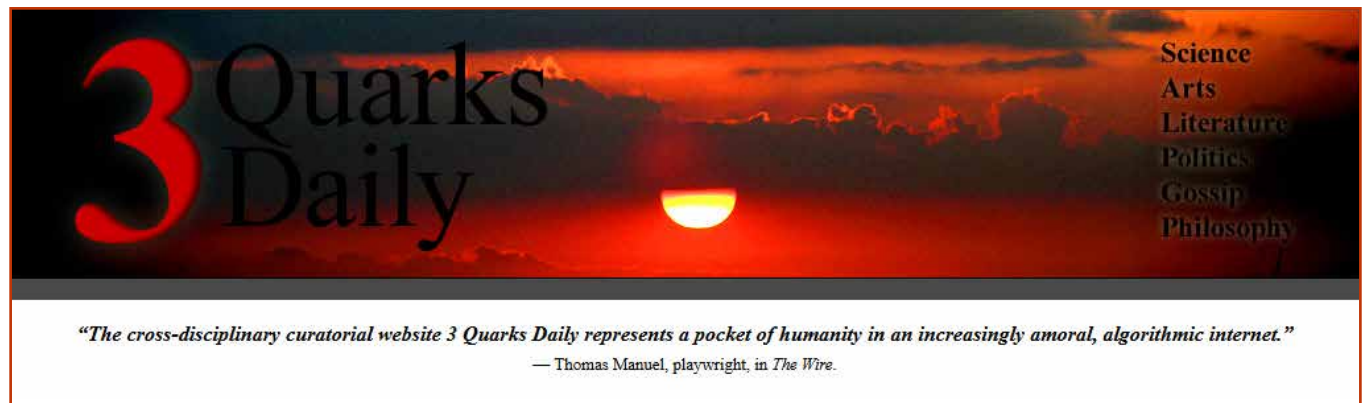
Man, remember to take care of nature or you will yourself destroy your future.

AASTHA ASHISH KOSSAMBE
Std VIII,
Bhatikar Model High School

5 Hot Websites For The Mind and Body

JOSÉ LOURENÇO

Everyone has some bookmarked websites on his or her cellphone, which are checked regularly every day. Let me share with you five of my favourite websites, that cover culture, science, literature and health and much more.

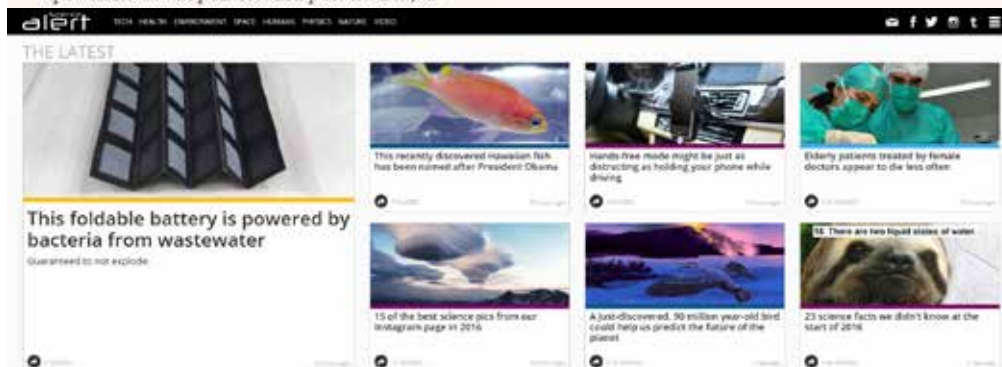


Arts & Letters Daily

(www.aldaily.com) is a collection of essays and opinions, book reviews and 'articles of note'. This website was founded in 1998 by editor Denis Dutton and is supported by The Chronicle of Higher Education. The list of internationally reputed magazines and newspaper websites on the left sidebar keeps you updated with world events and commentary. You can only see a short teaser line about the article or review, but that's enticing enough to make you click and read the whole article. If you read an article at ALD every day that's as good as a mini college course in culture and history.

3 Quarks Daily

(www.3quarksdaily.com) is another famed website that showcases modern culture. Created by the writer and philosopher S. Abbas Raza in 2004, 3QD gets millions of pageviews a month. Compared to ALDaily, 3QD also explores topics beyond the humanities, and features science content as well as commentary on current events. The name 3 Quarks Daily comes from the elementary nuclear particle of physics, which was named after the word quark used by author James Joyce in a novel. Thus science and literature come together in a single word. 3QD is an ideas-based blog, for the 'intellectual layperson' to be further enriched.

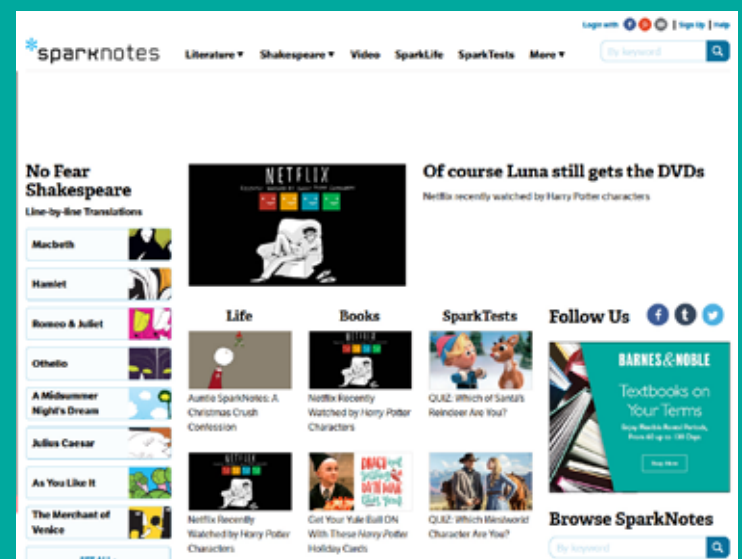


PsyBlog

(www.spring.org.uk) helps you "understand your mind with the science of psychology". Psychologist Dr. Jeremy Dean founded PsyBlog in 2004. Here are research news items with the latest breakthroughs in treatment of mental medicine. If you are feeling low and depressed, or know someone who needs a psychological boost, this website gives you tips to cope, in simple and compassionate language. No nonsense here, every article comes with reference links for the research papers.

Science Alert

(www.sciencealert.com) is the place to go if you want the latest news of cutting-edge research news in science. The website has sections like Tech, Health, Environment, Space, Physics, Human and more, but just browsing the daily feed on your cellphone is enough to keep you updated. There are mind blowing photographs here too. It's easy to get addicted to this site, but hey, addiction to science is a good thing. There are witty comments below every story title, which show you that science is also a good humoured field.



SparkNotes

(www.sparknotes.com) is an excellent site for learning about books that you may not have the time to otherwise read entirely. This site was started by a group of Harvard students in 1999. The website originally provided study guides for literature, poetry, history, film, and philosophy. Later, SparkNotes expanded to provide study guides for science, economics, math, health and other subjects. The publishing giant Barnes & Noble acquired SparkNotes.com in 2001. Whether you are a teenaged student or in your seventies, you can learn about classic books and get to the deeper meaning of their texts through the insightful commentary provided here.

A ZERO WASTE LIFESTYLE

SZWENSKA D'SOUZA

A zero waste lifestyle aims at reducing the waste we create from the kind of lifestyle we live. A couple of months ago, I came across an article on PEOPLE (snapchat) about a lady called Bea Johnson; her family of four generate a quart-size jar of waste per year. Incredible, isn't it? So I researched more about zero waste, I tried to understand what she was trying to say and I was amazed by the shocking revelations she made about our lifestyle.

Her vocation is to shatter misconceptions associated with the Zero Waste lifestyle, to prove that waste-free living can not only be 'stylish', but also leads to significant health benefits, and most importantly saves time and money. Her blog and her bestselling book—Zero Waste Home (available in 9 languages)—has launched a global movement, inspiring thousands of people throughout the world to live a simple life and take a stand against needless waste.

THE WAY TOWARDS A ZERO WASTE LIFESTYLE



HER FAMILY'S TRASH FOR THE YEAR 2015

Let's begin with the Zero Waste Home simple guideline, my 5R's: Refuse, Reduce, Reuse, Recycle, and Rot (and only in that order).

This particular zero waste lifestyle has been followed by our ancestors for ages. They used to make their food from scratch, there were no supermarkets, they would recycle their food to produce manure for the fields, and these methods are used by some of our farmers even today.

This proves that living the zero waste lifestyle in India can be easier as compared to the rest of the world where everything is packaged. There are

various reasons that back this: In India food grains, spices, fruits, vegetables, etc can be bought in bulk, none of these things come packaged, unless you buy them from a supermarket.

ZERO WASTE THE GOAN WAY!

Let's talk about the change we can bring in our State. Going back to the basics, most of the food that we cook is made from scratch, the bread we buy comes from bakeries, the vegetables, fruits and fish that we buy come from generations of hardworking skilled labour. Even today you will find farmers coming to sell their produce outside the main Panjim market. These vegetables and fruits are fresh produce by Buying organic food will help in upholding the livelihoods of daily wage labourers or farmers.

ZERO WASTE IN YOUR CLOSET

Stick to minimal wardrobes, shoes and purses. Only shop a couple of times a year to avoid compulsive buys. (Leave the shoe box at the store).

Be ruthless on fit, if it fits well, you're most likely to wear it. Donate unworn pieces. Keep some of your worn-out clothes for rags.

DINING AND ENTERTAINING

We Goans are full of life, and in Goa dining and entertainment is taken very seriously. Here's how you can organize a zero waste party at your place.

Remember to bring extra jars to the grocery store when shopping for company (including take-out). Make finger foods for larger parties and consider serving juices rather than fizzy water. Use glassware, ceramic dishes and cloth napkins at all times.

Avoid the use of serving platters



or dishes: When serving straight onto dinner plates, it simplifies, saves water from extra cleaning, and it allows for a plate presentation. Do not buy single-use products; they are a waste of money and are not worth it. That includes paper towels, garbage liners, wax paper, aluminium sheets, disposable plates, cups, etc. Stop buying CD and DVD's – download music and videos online. Give the gift of an experience as a birthday present. Pay for water sports or a yacht ride on the beautiful Mandovi river. Educate your friends about your zero waste efforts, so they don't bring waste into your home. You too can bring your own container for leftovers when dining out. This can get a bit embarrassing since people will find it weird but hey, look at the larger aspect.

"WHAT IF" AND COMMITMENT

Our society has become so fearful of the 'What if' that it has to apprehend any eventuality 'Just in case'. We are so afraid of being in need that we hold on to items that we rarely use, and often never will. Here are some examples: A wardrobe usually carries clothing reminiscent of earlier days – And of slimmer days – What if I lose weight? Etc.

Zero Waste as possible boils down to one fundamental element: Commitment. If we keep putting Zero Waste (or voluntary simplicity) on the back burner for various reasons ("I don't have time for this" being the most common), change does not happen, routine sets back in.

Commitment can feel torturous or simply inconvenient at times, especially at first, when you train yourself to change bad habits.

"When we started, it catapulted our progress; today it keeps our yearly trash tally from growing again," says Bea Johnson. Living a zero waste lifestyle isn't easy because you need a lot of commitment to go all overboard like Bea. Instead you can at least start with making minor changes to your lifestyle today.



THE MAGICIAN WHO BAKES CAKES!

SANSKRUTI AYIR

Ever imagined a Chicken Biryani that tastes sweet? Well, it requires magic and this young lady weaves the magic with perfection. Seema Acharya's customers approach her with unimaginable themes. These concepts can be anything. Cadbury, Rabdi Jalebi, Game of Thrones, animals from the Jungle Book, characters from the film Minions, a happy family, Pithala Bhakri (gram flour gravy and roti), Ras Malai, shopping craze, Chicken Biryani etc. and Seema does justice to all the demands of her customers. Her curious customers are always surprised and delighted when they see that their ideas have turned into a real CAKE!

Yes! Seema creates magic with flour and bakes customized theme cakes under the banner 'Seema's Flour Magic'. Her USP is customized fondant cakes. A home baker based at Pune, 30 year-old Seema began as a professional baker two years ago. Born and brought up in

Goa, she is a commerce graduate with a Diploma in Human Relations. After working at an administrative job and in Human Resources for nearly seven years she took a break and started afresh.

From HR to Baking

Seema's creative mind would decorate even the official letters that she composed during her stint in HR and Admin. By looking at her fine creativity her family advised Seema to take up décor as a business. But her love for cooking sweet dishes, especially baking cakes, converted her from a HR professional to a home baker.

Seema's very first cake was on her own first wedding anniversary, baked in a pressure cooker. She baked a Marie biscuit cake following a recipe shown on TV. Later she attended a basic foundation course at the White Lotus Institute at Koregao, Pune followed by learning Fondant Art at Askiyum Classes in Goa. She also follows the Candy Land Show of Olanda Gomes and many others shows on YouTube and on TV.

Transformation of hobby into profession

The various occasions of Seema's family, friends and neighbours would not be complete without Seema's delicious cakes. At that moment she had not imagined about transforming her hobby into a profession. It only

happened when her neighbor gave Seema her first order of Mawa cake for her daughter's birthday.

She began receiving orders for cakes within her locality at Pimple Gurav in Pune. Her cakes needed no marketing as word-of-mouth publicity worked very well and Seema turned into a home baker. She registered herself on a social media group of women entrepreneurs known as Pune Ladies. It is a group of more than 60,000 female entrepreneurs that includes over 200 home bakers of Pune.

Her cakes gained further popularity when her friend Makarand Parab advised and helped Seema to create her own Facebook Page. Her family believes that Seema creates magic with cakes but according to her magic is created with the flour and thus her Facebook page was named as Seema's Flour Magic.

Beginning as a home baker was itself a big challenge. She had to manage with limited baking equipment of baking and the increasing demands of the

customers. In addition to this she faced tough competition of other home bakers in Pune. "I was in a place where hardly anyone knew me," she says.

"My continuous urge is to stand out and be unique. The level of experiments and challenge becomes tough as my customers approach me with not so regular themes," says Seema. "I recall making the Pithala Bhakri cake. In reality it's a dish made up of gram flour and the roti. Its convergence into a cake and giving it the same texture, especially the colour of onions in a salad, was like achieving a higher level of creativity, along with making it really taste like a cake," she adds.

"17 to 18 hours are to be dedicated without a break to make one customized theme cake and it has to be perfect at one shot due to limited timing," says Seema who keeps on experimenting till she achieves the perfect texture and shape. She has a great sense of understanding of the emotions attached to a particular theme and hence she helps her customers to celebrate their special moments with a perfect cake.

Seema recently shot for 'Aamhi Saare Khavayye' a cookery show on Zee Marathi and went ahead to audition for MasterChef India. At the auditions she was appreciated for daring to make a spicy chocolate cake. "I am yet to accomplish perfection. My wish is to prepare 10-tier wedding cakes,



#SHARE THE LOAD

KAJAL KERKAR

The other day, I went to watch a movie. Before the movie screening there was a documentary shown on 'gender equality' featuring the actress Madhu. This documentary really made me upset and I was left fuming in the airconditioned theatre. It portrayed how women have been doing their traditional roles like cooking and cleaning for ages and also showed a typical scene during a marriage proposal. The actress Madhu said that for attaining gender equality we must do a role reversal wherein men perform the traditional chores of women and also a reversal of the marriage proposal scene, to a woman going to a man's house to see the potential groom, where he offers tea and snacks and she takes a decision on marriage. The people in the theatre were heartily laughing at the idea.

Such documentaries add fuel to the existing wrong impression that feminists are anti-men. But the reality is not so! Feminism strives to gain equality and gender-based women's rights. This does not necessarily mean role reversal. The women's movement has come a long way from fighting for basic human rights like the right to vote, equal wages for equal work to social inclusiveness, fighting against domestic violence, for reproductive rights and many others.

Achieving gender equality is a slow process and it should start with oneself. Since the last several decades, women have stepped out of the house and started taking up jobs and doing business. But the woman also continues to play her traditional role of cooking, caring for her children and elders, along with unending domestic

Achieving gender equality is a slow process and it should start with oneself. Since the last several decades, women have stepped out of the house and started taking up jobs and doing business. But the woman also continues to play her traditional role of cooking, caring for her children and elders, along with unending domestic work.

work. This has really overburdened her with home and office duties. It is cruel to call her a Super Woman and encourage her to carry on all these tasks without complaints and with a smile. Glorification of the concept of a Super Woman should stop. The stress level faced by an Indian woman balancing personal and professional fronts is unimaginable. By just being a sensitive and empathetic person one can simply: Share the Load!

A very basic thing a man can do at the home front is doing their own work like serving themselves food, taking soiled plates from the dining table to the sink, washing their own clothes and polishing shoes, and packing their own tiffin boxes and bags. There are still men in our society who need their wife to give them their watch and handkerchief in hand and pack everything for them. Such men should be declared as decadent. And women who religiously do these chores must stop and make these men more self-reliant.

The next level of help that men can contribute for their mothers or wives is sharing the load of cleaning the house and keeping it neat and tidy on a regular basis. These are time-consuming chores like folding clothes, keeping utensils on racks, dusting, etc. Shopping for consumables like vegetables, fish, groceries, etc can also be shared by men.

When we express the need of men to share the housework load, one may get replies saying that there are mixers, washing machines and domestic helpers who make house work easy. They may also comment on how the older generation used to do everything manually. But we need to understand the complexities of life today. The demands of the outside world and a demanding family makes our life hectic.

The way we feel proud of women who drive cars and do other traditionally male dominated roles, we should also feel proud of men who actively participate in house work. Equal distribution of work is required to attain gender equality. To be independent every person must also know basic skills of cooking. This cannot be the woman's responsibility all the time.

The men who wish to share the load must be encouraged and not stopped by women and I'm sure that one day there will be gender equality on all fronts in our society. Let us start with ourselves.



THE CHRISTMAS KUSVAD OF *Love And Joy*

WALTER MENEZES

Christmas – a season of lanterns and lights, cribs and carols, and tempting traditional sweets like the doce and the dodol. It's that time of the year to distribute the kusvad (a plate of homemade sweets), greet your near and dear ones or remember a long-forgotten friend and post him a card!

So what is Christmas all about? And what significance does the festival hold, especially to us Christians spread all over the globe? Is it about seeking leave and travelling great distances so that one is home for Christmas to have meals together with family members around the dinner table? Or does it go beyond neatly wrapped gifts for one's kids tucked underneath the Christmas tree?

Traditionally, Christmas has always been a moment of deep awakening. Come December, the call to give and share rings louder in our hearts. This is not to say that such a spirit fades away once the festivities are over and is absent for the rest of the year. It does endure but there is a certain charm, a certain magic that takes over everyone in December, as we wait to celebrate the birth of Jesus Christ.

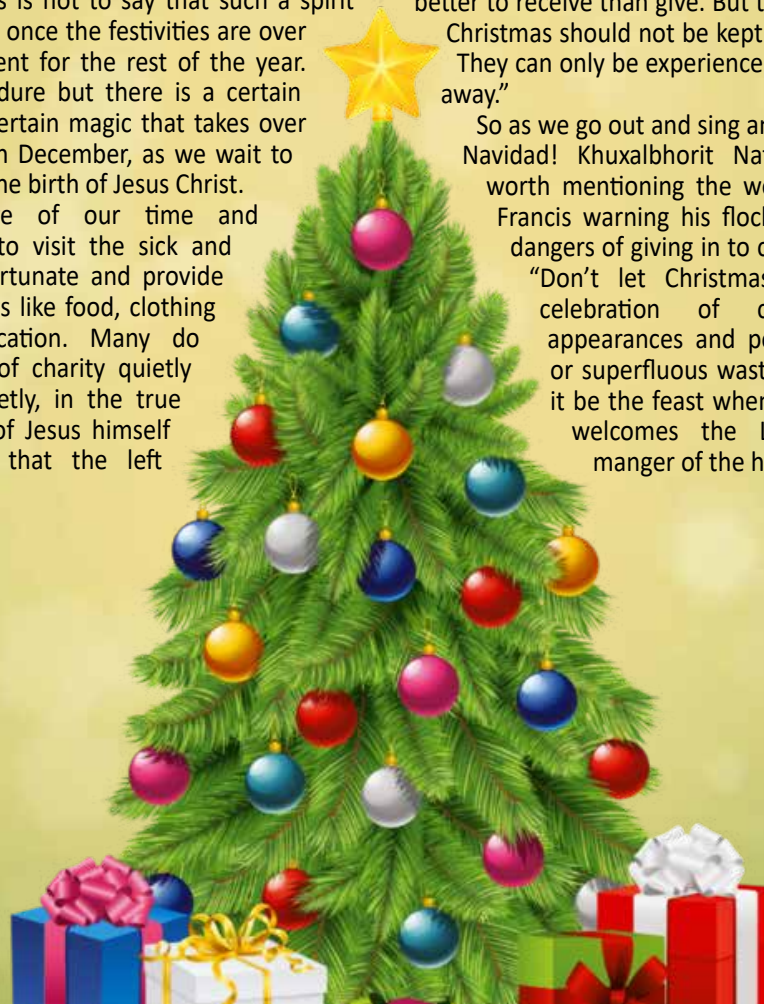
We give of our time and resources to visit the sick and the less fortunate and provide them things like food, clothing and medication. Many do such acts of charity quietly and discreetly, in the true teachings of Jesus himself who said that the left

hand must not know what the right hand is doing. Some, without fail, visit families who are in mourning, carrying along with them the kusvad so that they too can partake of the special sweets in their hour of grief. Others busy themselves in various activities aimed at building bridges and better bonds between members of the community.

But more needs to be done. In an article Giving the Gift of Christmas, Joshua Becker writes, "Christmas is a celebration of love and joy and peace. These are the greatest gifts we can ever give. But they are often the most difficult – especially if we have not received them from others.

We dig in our heels. We decide we will offer forgiveness, but only if they make the first phone call. We will show love, but only after they sacrifice something. And we may respond in goodness, but only after they start showing some kindness to us first. Suddenly, we fall into the same foolish trap believing it is better to receive than give. But the themes of Christmas should not be kept to ourselves. They can only be experienced when given away."

So as we go out and sing and shout Feliz Navidad! Khuxalborit Natalam!, it is worth mentioning the words of Pope Francis warning his flock against the dangers of giving in to consumerism, "Don't let Christmas become a celebration of consumerism, appearances and pointless gifts, or superfluous waste. Rather, let it be the feast when one joyfully welcomes the Lord in the manger of the heart."



fitness & fashion



make a mark!

SPENCER BAPTISTA

For many people finding that perfect dress which can suit their bodies can be a very difficult task. Its very important to wear clothes which you feel comfortable in but for many the comfortable can make them even more uncomfortable specially if they are a plus size or if they are too slim. Here are a few tips which you could use according to your body type.

If you are really skinny, tight clothes are a big no!- Crop tops, fluffy skirts, princess dresses look great on slender women. If you want to look curvaceous then avoid clingy materials like Lycra, tights or any hugging clothes because these clothes could make you look extremely thin. Long maxi skirts are great for hiding thin legs and look fashionable but at the same time its important not to wear anything too baggy.

If you are a plus size its very important to know how to accentuate you body- The colors and patterns you wear can draw people's eyes toward or away from your figure. Bigger patterns make you look bigger. Leggings look great but you need to be very careful on what you wear them with. Most women do look good when they match leggings with a long shirt or a dress. However, if you have larger hips, thighs, or bottom, it can look awful. Full sleeve jackets and cardigans look smart on huge women. A line dresses are a safe option if you are overweight and when you are not sure of what to wear. Choosing jewellery can be tricky, Larger women can pull off bold jewelry but too much of bling can make the face look ridiculous. Tiny ear rings are a big no as they make the face look even bigger.

Black is slimming- The color black can never go wrong, it could be a dress, a gown or even a t-shirt. Black is universally know to make the body look slimmer and flatter the skin color.

Avoid bright colours after 6 pm- If you heading for an evening party avoid colours like yellow, orange or any other brighter shades. Bright colours at night tend to be unpleasant to the eye.



Avoid high heels if you are above 5.7- Stilettoes are to die for but if you are already tall wearing really high heels could make your body structure look long and stretched. Long flowing gowns ,cocktails dresses are a plus point for tall people.

If you are really tiny- High waist dresses, frilled tops look cute on shorter women. Avoid trying hard to look tall by wearing extremely high heeled shoes it would only make you look like a camel where all the attention would only go on the shoes.

9673498002

The writer is a journalist



BOX OFFICE COLLECTION



DEAR ZINDAGI
Crosses 62 Cr Total in two weeks

KAHAANI 2
Crosses 24 Cr Total in one Week

BEFIKRE
DASHES OF OOMPH & CHUTZPAH



KAPIL SINGBAL

When a romantic movie associated with Yash Raj Films Banner hits the silver screen, one has reasonable expectations from such a product - sizzling chemistry between the lead pair, foot-tapping and melodious musical score, sentimental drama and high production values. And

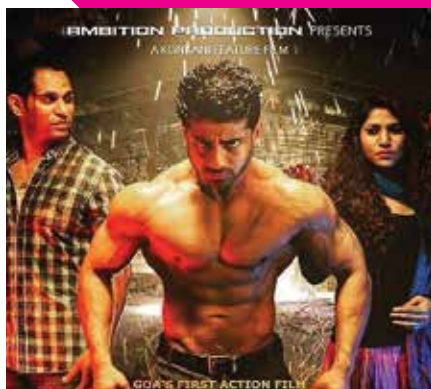
when a reclusive director like Aditya Chopra writes, directs and produces it, expectations only soar higher. The presence of the current superstar and teen heartthrob Ranveer Singh and his non-stop serial kissing with co-star Vaani Kapoor (who has come a long way from her Shuddh Desi Romance days), as evident from the teaser trailers of the movie, only set the bar higher.

Dharam (Ranveer), a desi guy from our very own Karolbagh in Delhi lands in Paris, to work as a stand-up comedian in his friend's night-club.

While scouring the city in a bid to achieve some female intimacy, he chances upon the carefree Shyra (Vaani), a French girl of Indian origin who has just been out of a break-up and is not looking for any new attachments. Dharam's innate honesty and goofy demeanour draws her into spending some crazy time with him, that includes their mutual fascination of challenging each other to a series of "dares", that are a mixture of quirky and gutsy. Will Dharam and Shyra shed their commitment-phobic vibes and unite with each other or will they remain forever committed to the idea of being non-committal?

FIRST ACTION FILM IN KONKANI

The first Konkani action thriller 'Noshaa' has entered the Goan film industry with a bang. It is running houseful and is well received by the audience. Noshaa is a journey of a man from being a good guy to becoming a villain, and where life leads him in the end. The climax of the film is based on a true story. Directed by Edison Gomes, the story and songs have been written by P Agnelo Fernandes.



The 137 minutes film is power packed with six action sequences directed by Josephfern D'Souza. This is the first Konkani movie to use techniques like colour grading and 5.1 sound with latest software for production which is presently used only in Hollywood films. Royce da Costa, a post production freelancer, has edited and post produced the entire film. Aniket Katkar, Shaikh Mohamad Rafiq and Geetesh Gawas have handled the camera for the movie.

Amod Mardolkar, Merlyn D'Silva, Damu Naik, Govind Lotliker and P Agnelo Fernandes have played important roles in the film. Music is by Filip Barreto and the background score is composed the noted Sancho Menezes alongside Dipak Manerikar.

REVIEW

The rest of the plot is devoted to finding the answer to this question.

Ranveer Singh sinks his teeth in a role tailor-made for him. Vaani Kapoor, balances Ranveer's machismo and aggression with her cool demeanor and devil-may-care attitude. Despite all the positives that work for the movie, the movie is unable to rise above the average entertainer due to its weak second half. While Ranveer and Vaani deliver a promising first half, the proceedings after the intermission meander aimlessly at times with the writers trying to find a suitable and unconventional conclusion to the story. Befikre tries to balance the outcome of the tale equally on the scales of tradition and modernism leading to a not-so-satisfactory ending. But if you are looking for some stylish Bollywood weekend entertainment with dashes of oomph and chutzpah, you should watch this.

ECLECTICS
STYLES FROM DIVERSE AREAS

Carpe Diem Art Gallery - Majorda hosted a group of very unique artists from across the Indian subcontinent whose work is aptly titled "Eclectics" - selecting what appears to be best in various methods and styles from diverse areas. With styles varying from photography, drawings, sculptures and print techniques to metal and ceramic art, this exhibition appealed to a wide audience and raised the bar on group art shows in Goa. "It has been our pleasure to bring to Goa a very "eclectic" group of artists from across the Indian sub-continent onto a single platform through this exhibition," said Daegal Godinho, Director of the gallery.

The show was conceptualized by Goan artist Raj Bhandare and curated by Mumbai based artist Tathi Premchand along with Carpe Diem. The participating artists were Monika Bijlani, Durga Kainthola, Srabani Sarkar, Vijaya Chauhan, Pratik Bakshi, Raj Bhandare, Tathi Premchand and Jayant Joshi. The exhibition was inaugurated by Shri. Narayan Bandekar.

IFFI NEEDS TO MATURE OVER TIME



The 47th International Film Festival of India opened with the film "Afterimage", a biopic on Artist Wladyslaw Strzeminski who fought Stalinist impositions and his own physical impairments to stand steadfastly by his own progressive views on the purpose of art. Some of the other movies screened were "According to her", "Mellow Mud" "The Student" and "Daughter" " Life animated" " I Daniel Blake" " Things to come" . "The Daughter" won the Golden Peacock and the hearts of the viewers. The professionals and cine-enthusiastic got a chance to view cinema on various topics like LGBT, self-discovery, religious fanaticism, war devastation, etc. There were different documentaries that dealt with real life problems.

The master classes were held at the Maquinez Palace and dealt with

various aspects of films like writing and directing, documentary filmmaking, visual effects, cinematography, editing and lots more. Some of the people who conducted these master classes were, Theresa Ellis Rygiel (visual effects), Robert Yeoman (cinematography) and Allan Heim (editing).

The audience at the film festival was a mixed crowd, from students to film enthusiasts and professionals. Though the film culture is maturing in Goa and lot of new infrastructure is especially created for the festival, there was some criticism too. The French Director Estelle Artus said that IFFI needs to create more spaces for interaction as the discussion between the audience and the filmmakers needs to increase along with interaction between filmmakers.