

# GWS

Caring & Sharing in Unity

# IN THE LOOP

September 2021

## MEET THE COMMITTEE

*Chair Lady: Desiree Gomes*

*Vice Chair: Sheila Lobo*

*Hon Gen Secretary: Suzanne D'Souza*

*Hon Treasurer: Cedric Nicholls*

*IPC: Daryl Azavedo*

*Committee Member: Renee D'Souza*

*Committee Member: Dr Anjali D'Souza*

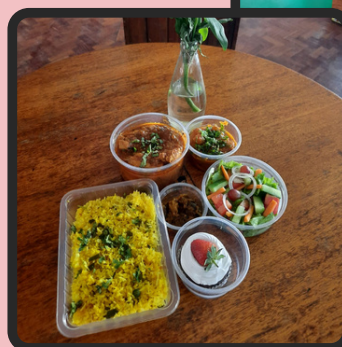
*Sambau: Adam Miyanji*

## Thank you

A big thank you to everyone who sent in contributions for the Goa Day package.

Gaye from flame tree of Nandi, did a wonderful job in preparing and packing the meal.

The recipients were over the moon that they could celebrate Goa day with some authentic Goan food.



## SUBSCRIPTIONS

**Subs 1800/- or more per year**

Once your Subs are paid you will receive a GWS card. With this GWS card you will be able to receive various benefits which we will update you on at a later date.

We are strongly advising everyone to get their Medical Insurance covers. One of our recommendations are the CSI Medicare GA Insurance LTD. For more information please contact Cedric Nicholls

Christmas is around the corner, any contributions/donations towards the Christmas Raffle would be greatly appreciated.



### PAYMENT OPTIONS TO GWS

 payments via MPESA phone menu:

MPESA > PAYBILL > PAYBILL NO: 516600  
> ACCOUNT 0080816158001

CHEQUE payments addresses to:

**GOAN WELFARE SOCIETY**  
Acc No: 0816158001  
Diamond Trust Bank, Capital Centre

# FOR HIRE

The Delta Variant is in Kenya and unfortunately it has a very high transmission rate and in some cases a high severity. Especially to those who are vulnerable and to those who have not taken the first step of protection.

**THE VACCINE-** We encourage everyone to take the Vaccine's which are now available in all hospitals country wide, free of charge. Although it might not fully protect you from getting Covid, it will prevent you from having severe symptoms.

We have purchased an **Oxygen Machine for hire**. This has proven to be of great help for those who get severe Covid. In addition we have a **wheelchair for hire**  
Please contact: **Cedric Nicholls: 0715882256**

## LETS PROTECT ONE ANOTHER GET YOUR VACCINES



## BRAVO

Calvin Desouza, has developed a 280km per hour handbuilt car. This is very impressive!! To read the full article : <https://www.kenyans.co.ke/news/67878-320kms-hr-inside-kenyas-fastest-hand-built-car-video>

Well done Calvin!

# SAMBAU FOR OUR COMMUNITY

SAMBAU works for the community along with a marvellous team of volunteers

Our roles are diverse, some of which are highlighted below, give our word search a try

P	C	T	E	N	O	I	T	C	E	T	O	R	P	❖ FUNERAL
O	U	S	U	P	A	S	I	Y	Y	U	S	E	N	❖ SECURITY
Y	S	T	R	E	L	A	A	A	S	C	T	N	E	❖ EMERGENCY
G	E	F	U	N	E	R	A	L	S	O	S	E	C	❖ ASSISTANCE
A	H	O	S	P	I	T	A	L	E	M	A	S	N	❖ PROTECTION
E	S	I	E	E	S	R	S	M	C	M	I	A	A	❖ SAFETY
A	T	O	E	M	C	S	F	C	U	U	E	A	T	❖ UPDATES
A	C	A	N	Y	E	Y	U	R	R	N	P	F	S	❖ ALERTS
Y	E	E	C	T	L	R	A	A	I	I	A	A	I	❖ HOSPITAL
P	T	P	S	E	L	N	G	T	T	T	A	C	S	❖ COMMUNITY
E	P	N	P	F	S	R	E	E	Y	Y	P	E	S	
T	E	A	S	A	P	M	E	C	N	U	Y	T	A	
S	S	G	T	S	U	A	A	R	I	C	P	L	G	
U	P	D	A	T	E	S	D	E	I	Y	Y	S	P	

In the event you require SAMBAU assistance call us on:

Chairman- Adam - 0722 600 088  
Vice Chairman- Rudy - 0722 529 178  
Members- Savio - 0721 994 566  
Brendan - 0721 302 727  
Daren - 0711 609 222  
Elmer - 0707 370 002  
Lily- Anne - 0724 479 832  
Que - 0722 374 030  
Wayne - 0714 129 997

# GOOD NEWS


Leo & Phillip Goes have finally got their Citizenship with the help of the Asian foundation and Cheryl D'souza. A big thank you them! To read more follow the link: <https://www.the-star.co.ke/in-pictures/2021-09-02-photos-stateless-asians-awarded-kenyan-citizenship-certificates/>



## A SPECIAL NOTE FROM THE CHAIR LADY

*Desiree Gomes*



Happy new month to all of you! 

I would like to take this opportunity to welcome you all to our first edition of the 'GWS Loop' this year ... a great initiative by our very own Editor Ariana Lobo. A big thank you to Ariana for putting this news shot together.

This year has not been easy for many of us with the onset of Covid-19, the semi-lockdown and curfew, working from home, loss of jobs, falling ill, facing mental health issues and losing loved ones. However always being an optimist by nature, I encourage all of us to count our blessings - we are alive, we are breathing, we have family and friends who care for us and we are healthy - all great gifts from God. Let us continue with masking up, observing social distancing and getting vaccinated.

The GWS has been busy behind the scenes helping several families who have reached out to us for different needs such as food supplies, medical care, medical insurance, school fees, organizing funerals, vaccination for senior members, assisting with hospitalization, purchasing an oxygen concentrator, helping with mental health issues, job placements where possible, fundraising and Sambau and Goan Medics Community assistance. We thank you our members for positively responding to our Goa Day appeal. We have since managed to send a full Goan cooked meal to all our welfare cases who received it with great appreciation. We will be shortly launching our Christmas appeal in order to sustain all our ongoing activities and we look forward to your continued support.

I encourage all of you to keep in touch with each other, call or WhatsApp to check on your friends ... let us lift each other up as birds do when flying in a V formation. Why do birds fly in a V: .... First, it conserves their energy. Each bird flies slightly above the bird in front of them, resulting in a reduction of wind resistance. The birds take turns being in the front, falling back when they get tired. ... The second benefit to the V formation is that it is easy to keep track of every bird in the group.

My parting message is to let us keep track of every member of our community. If you feel there is a need to reach out more to any individual, please contact any committee member of the GWS for further assistance.

We are at your service...

Thank you

Desiree