

Newsletter
MACAU CULTURAL ASSOCIATION
(CASA DE MACAU)
OF WESTERN CANADA
Box 48390, Bentall Centre 595 Burrard Street
Vancouver, B.C. CANADA V7X 1A2
(Incorporated under the Society Act of B.C. on July 31, 1990)

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VOLUME 10 ISSUE NO. 10 October 15, 1999

MEMBERSHIP IN OUR ASSOCIATION - THE ALTERNATIVE TO FEELING LONELY ?

As one's children grow up and eventually leave home, many older couples close to and in their retirement years, often wonder how they are going to cope and put up with the void created and with the long dreary days ahead. Sometimes the situation, whether by choice or through adversities, such as separation or death leads to one living alone also. But these are the facts of life, and life goes on. It is far from being the end of the world.

There is a great deal one can do - new pursuits to be undertaken, new friendships to be cultivated to occupy the days and weeks that lie ahead. There are any number of recreational and social pursuits at your disposal if only you would look for them. Happiness and contentment surely are not the prerogatives only of the family compact. Taking up a hobby is always such a rewarding pastime. There are car trips (if you or friends own a car), music, radio, TV, and reading. Learning to master a musical instrument is an excellent source of entertainment and self-accomplishment. Cooking is another rewarding pastime as you finish up enjoying your own culinary creation. You might even end up with more dinner guests than you bargained for. Then there are a variety of senior drop-in centres most of which provide meals, organised trips and outings, social gatherings, musical concerts and plays and all you need is to make that first move.

The Macau Cultural Association has filled that void and vacuum since it came into existence some ten years ago. A Director of the Orient Foundation (Fundacao Oriente) visited Vancouver in 1989 specially to meet personally with a number of individuals, all born in Macau, to encourage and persuade them to form an association which would provide the opportunity for members of the Macanese community and others with linkage to Macau and the Orient to get together and socialise here in Vancouver. Throughout the past ten years therefore the Macau Cultural Association has been very active in providing those opportunities and initiatives. The Association was the very first Macanese group in Vancouver to initiate and organise, amongst other things, pot luck meals; Christmas parties; Chinese New Year banquets; scholarship award grants for higher education; dinner dances; BarBQs in the Park; Portuguese and Chinese lessons; trips to Macau and Hong Kong and ocean cruises; participation in all three Reunions of Macanese communities held in Macau in 1993, 1996 and 1999; regular monthly meetings to keep the community informed of what is going on within the Lusitanian world; the publication of a newsletter, the only one published monthly by any Casa de Macau association the world over; assist in the distribution and circulation of copies of "Macau Travel Talk", a publication of the Macau Government Tourist Office; the setting up of the first Casa webpage; trips to nearby casinos and the local race tracks; and the establishment of a Macau Youth Group as an off-spring of our Association to revive the interest of the younger generation. A recent initiative (another first) by our Association was the formation of a young singing group - "MCA Singers - The Next Generation" made up of young Macanese individuals. Yet another initiative introduced recently has been a regular monthly social gathering when members get together for cooking demonstrations and other social activities such as playing "mahjong" and "dado de farinha" and other pastimes.

It is unfortunate however that all these initiatives on our part and our ability to undertake new projects are not being recognised in some circles especially when there seems to be a decidedly lack of any new focus, direction or initiatives coming from elsewhere. It would appear that we have always lead the way whilst others seem content to be just copycats.

SEPTEMBER 1999 MEETING

Fifty four members attended the General Meeting on Sunday, September 19, 1999. Discussions centred on the cooking demonstration that had taken place on September 5 and on the forthcoming one on October 3,

1999 Some individuals were planning on a quick game of ♣ mahjong♣ or ♣ dado farina♣ prior to the cooking demonstrations taking place in the afternoon. Members present were also informed of the visit by fourteen members and friends to Hastings Park for dinner and playing the horses. Members were informed of yet another ♣ first♣ by our Association in forming a new young singing group to be named ♣ MCA Singers - The Next Generation♣ . Hope was expressed that with coaching from ex-members of the ♣ Tuna Macaenses♣ of Macau fame, this young group of singers will develop and blossom into a singing group that the Association and its members may well be proud of.

SOCIAL GATHERING - OCTOBER 3, 1999

On October 3, 1999 nearly forty persons gathered together at Centre Point in Richmond to watch Linda Achiam demonstrate the finer points of producing ♣ Baked Pork Chop Rice♣ followed by Helen Xavier showing everyone how a ♣ Caramel Custard♣ is made. Not to be outdone Isabel Jorge Ma offered a quick discourse on producing excellent and great tasting ♣ Nam Yee Fa Saan♣ (roasted peanuts). Other food provided included ♣ minchi a safrão com orelha de rato (vun yee to the uninitiated) by Luiz Souza; a lovely ♣ sopa♣ by Linda Achiam; ♣ carrot cake♣ by Josefina Rosário, and ♣ batatada♣ by Betty Baptista. Some members and guests used the occasion also to play a few quick rounds of ♣ mahjong♣ . Non-members present included Angelina Rozario, Lyce Rozario, Rowena and Alex Tan who were all warmly welcomed by the Association members present. An extremely good time was had by all. Besides those whose names have already been mentioned above grateful thanks also go out to Rebecca Amante, Norma Castilho, Natercia da Rosa, Patricia Jorge and Laura Cordeiro (sorry if we missed out mentioning the names of possibly others) for their help in making the social gathering an unqualified success.

The next social gathering will be held at the same location on Sunday, October 24, 1999 when cooking demonstrations will be performed by Maria Luiza Rozário (Feijoada) and Ana Clara Tellis (a surprise). Members are looking forward to the next social gathering on October 24, 1999 with great anticipation. Those interested in attending please contact Isabel Jorge Ma at Tel: 261-6832

10th ANNIVERSARY CELEBRATIONS

The Association will celebrate its 10th Anniversary on November 20, 1999 with a Gala Dinner Dance at the Executive Inn Hotel, 7211 Westminster Highway in Richmond. Music will be provided by a live eight piece band which will include a female vocalist. Full details have been included in the circular dated September 18 which was made available to members at the general meeting on September 19. Even before the general meeting ended on September 18, 1999 we had already received our very first table reservation from the following members:-

Germano Ribeiro
Freda Neves
Michael Neves
Marina Neves
Tessie Delgado
Gilly Marshall
Steven Delgado
Hercia Delgado
Elsie Pereira
Tina Siqueira

All registrations and bookings to attend the Gala Dinner Dance must be submitted to the function organiser by the deadline of October 24, 1999 together with the appropriate fees. Members therefore have only another week to make up their minds to attend. Attendance will be limited to 220 individuals on a strictly first-come-first served basis. .. SORRY - NO LATE COMERS.

Any enquiries regarding the gala dinner dance should be directed to Isabel Jorge Ma during the period October 29 - November 6, 1999 as Luiz Souza (and Delcie) will be out of town on holiday.

Also watch out for a special entertainment treat for that evening.

Hotel Room Reservations

The Executive Inn Hotel is offering a very special rate of \$69 plus taxes for a double room to any members,

at their own expense, who may wish to stay overnight at the hotel and avoid driving home after the Gala Dinner Dance.

TUNA MACAENSES DE VANCOUVER

News Flash ! Our Association is once again showing its initiative through the creation of the very first "tuna" band here in Vancouver. This band is being put together through the untiring efforts of Fernando and Maria Meira, both of ex-Tuna Macaenses of Macau fame. We already have a quartet and if there is anyone else who would like to join this band please do not hesitate to contact Isabel Jorge Ma, our hard working 2nd Vice President. This band will follow the traditions of the tuna bands of old and play Macanese, Patuá, and Portuguese cultural and folk songs. . The "tuna" is now alive and well here in Vancouver through the initiative and efforts of the Macau Cultural Association. We have not yet decided on the final band name but we are calling ourselves the "Tuna Macaenses de Vancouver" for now.

SCHOLARSHIP GRANT 1999/2000

The Association announced details of the Scholarship Grant for 1999/2000. Bids for grants must reach the Association no later than October 15, 1999 and a sub-committee comprising of Betty Baptista, Isabel Jorge Ma and Natércia da Rosa will review all applications received by the deadline. Details of the guidelines are as spelt out in the application forms, copies of which are available on request.

FORTHCOMING ASSOCIATION MEETINGS

The next general meeting will be held on Sunday, November 21, 1999 at the Eaton Centre Community Room commencing at 2.00 p.m. Another year has gone by so very quickly and our Association is already looking ahead to our annual elections which will take place in February 2000. In doing so we are considering the following tentative timetable:

Sunday, November 21, 1999

We will need to appoint a Nomination and Election Committee to generally supervise the conduct of the elections which will take place at our Annual General Meeting to be held in February 20, 2000.

Sunday, December 12, 1999

Nomination Forms will be available for distribution on Sunday, December 12, 1999 and members will have until a week before the general meeting on January 15, 2000 to exercise their rights and officially indicate their willingness and desire to stand for office in the year 2000.

Sunday, January 16, 2000

The names of all the candidates for possible election to become office bearers of our Association in the year 2000 will be announced at the general meeting on January 16, 2000

Sunday, February 20, 2000

Our Association's Annual General Meeting and General Elections will take place on Sunday, February 20, 2000. The Nomination and Elections Committee will stand down three weeks after the General Elections unless a challenge to the results has been lodged, and in which case, the N and E Committee will only stand down once the official results of the General Elections have been verified and confirmed.

ASSOCIATION'S CALENDAR OF EVENTS FOR THE YEAR 2000

The Association has already drawn up a provisional Calendar of Events for the year 2000. A copy of the Calendar of Events is attached on page 10 of this month's newsletter for members' information. It should be noted however that the Association reserves the right, at short notice, to alter and change the venue, dates and times of the proposed events and activities for the year 2000.

OBITUARIES

Colonel Henrique Alberto de Barros Botelho, OBE ED passed away in Hong Kong on September 26, 1999 at the age of 93. A simple memorial service conducted by Father Marciano Baptista, S.J. took place at St. Joseph's Church on September 30 when a large number of members of the Portuguese and other communities paid their last respects to "Colonel Bots" as he was fondly known. Amongst the many wreaths were those from the RHKR (the Volunteers); the Hong Kong POW Association; and the London Branch of the Volunteers Association. He is survived by his sister, Olga of Toronto, Canada and two nieces, Mrs. Erica ("Rica") Hinden and Mrs. Yolanda ("Landi") Ling, both of Hong Kong. "Bots" was born in Hong Kong in 1906 and after he was called to the Bar he worked for the firm of Leo d'Almada e Castro and Company from 1934 to 1941. He joined the Hong Kong Defence Force earlier and at the outbreak of

the Pacific War he was C.O. of no. 6 Coy - the Portuguese company which was positioned in the Taikoo Docks, Quarry Bay area where the Japanese invading forces landed in large numbers and where a number of the Portuguese defenders were killed in action. [Bots] was imprisoned as a POW until Hong Kong was liberated in 1945.

After the Liberation of Hong Kong [Bots] joined the Hong Kong Government in the Legal Department where he worked for many years until he retired in the 1980s. In 1946 [Bots] was invited by Leo [Almada e Castro] to become president of Club Lusitano. He stepped down in 1968 after over twenty years in that office. He also continued in the service of the Hong Kong Regiment, later re-named the Royal Hong Kong Regiment (The Volunteers) for many years and he was appointed Honorary Colonel of the Regiment 1961-1971. He was awarded the M.B.E. (Military Division) and E.D. in 1949 and the O.B.E. (Military Division) in 1967.

We take this opportunity to offer our sincere condolences and deepest sympathy to his next-of-kin. Colonel Henrique Alberto de Barros Botelho, M.B.E., E.D. will be fondly remembered by a host of friends for many years to come. (We are grateful to Arthur Gomes, President of the HKPOW Association for providing some of the above details).

Amália da Piedade Rebordão Rodrigues, the Portuguese singer, known popularly as Amália and whose passionate rendition of Portugal's brooding fado music took her from the taverns of Lisbon to worldwide fame, died at her home in Lisbon on October 6, 1999 at the age of 79. She will go down in Portuguese history as a symbol of the Portuguese spirit and will be revered by millions of people from all corners of the Lusitanian world. The Prime Minister of Portugal, António Guterres, declared three days of national mourning on October 6, 7 and 8, 1999 when the Portuguese national flag was flown at half mast in all government buildings. Amália became known as the ambassador of fado for taking Portugal's sad and haunting traditional music out of the taverns in Lisbon and placing it on the world stage. Amália's interpretations of fado - which means fate or destiny - gave the whole world a glimpse into the depths of the Portuguese character. Fado lyrics concentrate on longing, sadness and fatalism and the guitar accompaniment combines the influences of Arab, African and Portuguese cultures. In the aftermath of Portugal's April 25 Revolution of Carnations in 1974 Amália had to prove that she had nothing against the new regime by singing and recording a version of Grandola Vila Morena, the song that symbolised the revolution. As an international star, she shared top billing with some of the world's leading entertainers at sold-out concerts in New York, Paris, Melbourne and Tokyo. The singer had suffered two heart attacks, in 1979 and in 1980, and increasing health problems caused her to retire from public life in recent years (Source: Extract from Associated Press article out of Lisbon on October 6, 1999)

MACAU TERRITORIAL COMMISSION FOR COMMEMORATION OF THE PORTUGUESE DISCOVERIES In the mail recently our Association received from the above mentioned Commission, resident in Macau, a number of publications as follows:-

(a) [Os Nguyen Macau e Portugal] by Pierre-Yves Manguin
Aspectos políticos e comerciais de uma relação privilegiada no Mar da China, 1773-1802
Several spare copies are available to interested members on request.

(b) [Guia de História de Macau] (1500-1900) by Rui Manuel Loureiro

(c) [Os Religiosos Ocidentais na China na Epoca Moderna] by Pascale Girard

Year 2000 PROBLEMS

The Year 2000 problem results from computer programs and electronic equipment using only two digits (99) to identify the year 1999 and the two digits for the year 2000 will be [00]. It may not be possible to determine the correct century from these two digits and may therefore provide unpredictable results and confusion may occur as a result. If you use computers in your home and/or business or if you have other electronic equipment that contains microchips, you should ensure that they will handle Year2000 dates. The possibility of problems in the year 2000 is clearly a foreseeable event and is therefore not covered by insurance. If you have not done so already, you should analyse your own situation and take the appropriate action to prevent any damage resulting from the Year2000 problems. For more information, call Industry Canada Year2000 Information Hotline at 1-800-270-8220. Avoid any possible problems by getting ready

and planning ahead.

THE INTERNET (continued)

What is e-mail?

Even with the excitement of the Web, Electronic Mail (e-mail) is the most frequently used application of the Internet. Many people have access to the Internet for no other purpose than to send and receive mail. A 1999 projection of the number of e-mails that will be sent is 5.3 trillion. It is all very easy. You type an e-mail, log into the Internet, and send it. The message first goes to your (ISP) Internet Service Provider's mail server, which in turn sends it to the recipient's mail server. On the way, your message goes through several servers, each reading the e-mail address in order to make sure it gets to the appropriate server. The benefits of e-mail are very obvious - it is very quick. E-mail has made sending a letter less formal, which in turn makes e-mail easier to compose and send. It is not just friends and co-workers that are receiving e-mails. Wherever you look, the Web is providing e-mail addresses. This has made communication between strangers easier than ever. When you visit a website, click on the Webmaster's e-mail address to let them know what you think. E-mail is but one of the services offered by ISP: a service that you are paying for each and every month.

TO BE CONTINUED NEXT MONTH . What can you search on the Internet ?

NEWS FROM MACAU

(Sources: Macau Travel Talk and others)

□ Patual on the Internet

□ Doci Papiaçam Di Macau is alive and striving in Macau ! It now has a new page on the Internet which is in Macanese and Patuá. Some of the Macau participants include Lísbio Couto, Luíz Sales Silva, Sónia Palmer, João do Rosário, Anabela Granados, Daniel Pinto, and Marina Senna Fernandes. Congratulations once again on Macau's initiative. The webpage can be reached at:

<http://members.xoom.com/isasousa/html/recitapatua.htm>

MGTO on the Internet

The Macau Government Tourist Office has completely revamped and updated its Internet home page to provide faster service about the many services it provides. Its publication □ Macau Travel Talk □ has now been added on to the MGTO website at www.macautourism.gov.mo

Chapel of Our Lady of Guia

A new attraction for visitors to Macau has been unveiled. After a year's painstaking restoration work, the Chapel of Our Lady of Guia has been re-opened. Centuries-old layers of whitewash have been removed to reveal some beautiful richly coloured murals. Cloud scenes, lions and two angels attired in Oriental clothing and blowing trumpets have been brought to light. They are believed to date back to the 17th or 18th century.

Handover News

A time capsule is being prepared to mark the handover of Macau to Chinese administration. Items relating to the historic occasion will be placed in the capsule to be handed over to Edmund Ho, Chief Executive-designate of the future Macau Special Administration Region. Meanwhile work on the steel framework of the special 6,000 square-metre structure built for the handover ceremony in December is nearing completion. It will accommodate 2,500 people.

A spectacular outdoor performance on the waterfront near the Macau Cultural Centre will form part of the celebrations to mark the Macau handover on December 19, 1999. There will be a program of dance, music and singing performed in a specially designed stadium to be constructed on the waterfront adjacent to the Macau Cultural Centre. After this there will be an official reception followed by an official banquet. After the banquet at about 11.30 p.m. guests will move to a pavilion where the actual Handover ceremony will take place.

Macau Special Administrative Region (SAR) Appointments

(Source: Ponto Final)

Chief Executive-Designate Edmund Ho Hau-wah recently nominated seven appointed members of Macau's so-called □ through train □ legislature straddling this coming December's handover by nearly

two years.

The seven appointees are as follows:-

- Cheong Wai-kei, a 52-year old building contractor and sports benefactor;
- Tina Ho Teng-iat, a 47-year old manufacturer and deputy secretary of the 100-member Macau Preparatory Committee;
- Joao Baptista Leão, a 57-year old retired civil servant, now working as an assistant secretary-general of STDM;
- José Manuel de Oliveira Rodrigues, a 47-year old lawyer and legislator appointed by Governor Vasco Rocha Vieira;
- Philip Xavier, a 52-year old lawyer and former legislator; · Stanley Au Chong-kit, a 51-year old banker and unsuccessful candidate for the post of Macau's first post-handover chief executive;
- Vong Hin-fai, a 41-year old lawyer and former legal advisor to the Macau Legislative Assembly.

Of the current legislature's seven members appointed by the Governor, only Rodrigues was re-appointed by Ho.

The other outgoing appointed lawmakers are Jorge Neto Valente, Miguel Senna Fernandes, António Felix Pontes, Raimundo Arrais do Rosário, Joaquim Morais Alves, and Maria Edith da Silva.

Meanwhile the United States has announced that it will recognise the future passports and travel permits of the post-handover Macau SAR.

Chief Executive to use Macau Government Palace after handover

It has been reported that Chief Executive-designate Edmund Ho will use the Macau Government Palace as his post-handover office. The Palace on Avenida da Praia Grande has been the office of Macau's Portuguese governors for over 100 years.

STDM's Profits Down

Macau's biggest tourism company, STDM reported a 50% in net profit last year but the total still reached 1.8 billion patacas (US\$230 million). Casino revenue dropped 18%; ferry passenger numbers were down 8% but helicopter passengers were up 9%.

13th Macau International Music Festival

This two-week (October 9-24) festival of opera, chamber music and orchestral concerts. Most will be staged in the new Macau Cultural Centre and at other locations such as Sao Domingos Church.

Of particular interest will be the "Requiem in Memory of Camões" which is a dramatic, beautifully orchestrated work, perfectly suited to the ornate Macau's São Domingos Church where it will be performed on October 18, 1999 during the Music Festival. It will be an emotional occasion as the Requiem pays homage to Luís Vaz de Camões, the great Portuguese poet, who reputedly wrote part of his epic "Os Lusíadas" whilst visiting Macau.

Art from Portugal

The work of Júlio Pomar will be on show at the Macau Cultural Centre from October 16 to November 1, 1999.

European Film Festival

This festival will be held on November 1-7, 1999 at the Macau Cultural Centre. All Souls' Day

The day after All Saints' Day on November 1, 1999, All Souls' Day is observed as a public holiday with special church services to celebrate an ancient traditional Christian festival.

10th Macau Theatre Festival

Macau, Hong Kong and mainland groups will perform at the Macau Cultural Centre on November 11-14, 1999.

Paul Taylor Dance Company

The renowned Paul Taylor Dance Company will perform at the Macau Cultural Centre on November 19-20, 1999. The performance on November 20 will include Piazzolla Caldera, a fiery tango-based dance as well

as Eventide and Esplanade, both of which have received rave reviews.

46th Macau Grand Prix

The 46th Macau Grand Prix, one of the biggest events in Macau's year will take place on November 20-21, 1999 and will be fought out on the tortuous Guia Circuit.

December 1, 1999 - Restoration of Independence.

This is a public holiday marking Portugal's restoration of independence from Spain in 1640.

Macau Marathon

The Macau Marathon will be held on December 5, 1999 when international athletes will be participating. The start and finish will be at the Taipa Stadium.

Feast of the Immaculate Conception

This traditional Christian festival is celebrated on December 8 as a public holiday in Macau.

Handover of Administration

This is undoubtedly one of the most important event in Macau's 452-year history when at midnight on December 19, 1999 Macau will formally revert back to Chinese administration. Special ceremonies, celebrations and entertainment will mark the event. Watch out for full details in due course.

Portugal and the Macanese Community

Maria Gabriela Remédios César, a former director of the Macau Economic Services voiced her opinion in a recent interview that the Macanese community should maintain its unique and close ties with Portugal beyond the handover, namely by preserving the Portuguese culture and language.

OLD CHINA HANDS REUNION (OCH-2000)

The Old China Hands Reunion (OCH-2000) will be held on October 19-22, 2000 at the Ramada Valley Ho Resort in Scottsdale, Arizona. Those interested in attending are requested to register NOW as attendance will be limited to 350 and the organisers have announced that they are already 75% full. The phone/fax numbers are 1 - 480 - 945 - 4603, or in the United States, phone/fax: 1 - 800 - 632 - 7797 whilst the e-mail address is:

meas-sys@primenet.com

GOSTOS E SABORES

Chow Kway Teow

Ingredients

2 lbs fresh rice noodles (ho fun)

8 oz. Chinese BarBQ pork

8 oz. small shrimps, shelled and deveined

1 pair Chinese sausages

4 oz. fresh bean sprouts

3 tbsp vegetable or peanut oil

2 tsp minced garlic

3 shallots, finely sliced

3-4 fresh red chillies, sliced

3 tbsp soy sauce

1 tbsp oyster sauce

2 eggs, beaten

4 green onions, chopped salt and pepper to taste

Directions

1. Pour boiling water over the noodles to soften and separate them. Drain

2. Slice up Chinese BarBQ pork finely.

3. Steam Chinese sausages for 5 minutes and then cut into thin diagonal slices.

4. Heat half the oil and fry garlic, shallots and chillies until soft.

5. Add pork, shrimps, and sausages and stir fry for several minutes until shrimps change colour.

6. Add bean sprouts and toss for about 30-40 seconds and turn mixture out of wok.
 7. Heat remaining oil and stir-fry the noodles to heat through.
 8. Add soy and oyster sauce and mix together thoroughly.
 9. Push noodles to side of wok, pour beaten eggs and green onions into the centre of wok and stir until eggs are cooked.
 10. Return fried mixture and toss with the rice noodles.
 11. Season with salt and pepper to taste.
- Serves 6 - 8 persons

LETTUCE WRAP

Ingredients

- 1 head iceberg lettuce
- 1 egg white
- 1 tsp white wine
- 1 tsp cornstarch
- ½ tsp salt
- ¾ lb. ground meat (pork or beef)
- 4 tsp oil
- ½ cup chopped Chinese mushrooms
- ½ cup chopped fresh water chestnuts
- 4 tsp dark soy sauce
- ¾ tsp sugar
- ½ tsp salt
- Hoisin sauce

Directions

1. Separate lettuce leaves, rinse under cold water and pat dry with paper towels. Arrange on a serving platter and refrigerate.
 2. In a medium bowl, combine egg white, wine, cornstarch and salt. Mix with ground meat and marinate for about thirty minutes.
 3. Heat oil in a wok over medium-high heat and stir-fry mushrooms for about a minute. Add marinated meat mixture and stir-fry until meats are no longer pink and the juices have evaporated. Add water chestnuts, soy sauce, sugar and salt and stir-fry for another 2-3 minutes.
 4. Transfer contents into a warmed platter and serve at once.
- Serves 4-6 persons

PORTUGUESE POT ROAST

Ingredients

- 2 tbsp oil
- 2 lbs Topside or similar joint suitable for pot roasting, rolled and tied.
- 1 large onion, sliced
- 1 green pepper, cut in rings
- 3 sticks celery, chopped
- 1 can (8oz or 200 grams) tomatoes
- 2 tsp tomato puree
- Generous pinch of brown sugar
- 1 dessertspoon dry mustard
- ½ pint (170 ml) red wine

Directions

1. Heat oil in heavy casserole into which the meat just fits
2. Brown meat on all sides in the hot oil
3. Remove meat and fry the onions until soft
4. Replace the meat; add the green pepper, celery and tomatoes
5. Mix the tomato puree with a little water and the brown sugar and add to the casserole.
6. Sprinkle on the mustard and add the wine.
7. Cover tightly and simmer gently for about 3 hours or until the meat is tender. Serves 4-5 persons

SALMON SALAD

This salad is sumptuous with so many different flavours and textures. Any other seasonal vegetables may also be used in lieu. Use sockeye salmon for great colour but other species of salmon are equally nutritious. This is one of many recipes endorsed by the Heart and Stroke Foundation of BC. Ingredients

1 lb asparagus, cooked and diced
1 lb potatoes, cooked and diced
2 cups fresh or frozen corn niblets
2 tomatoes, seeded and diced
4 cups lettuce
1/3 cup chopped fresh basil or parsley
6 green onions, diced
2 7.5oz cans salmon, well drained and broken into small chunks

Dressing

1 garlic clove, minced
¼ cup red wine vinegar
¼ cup olive oil
salt and pepper to taste

Directions

1. Combine the asparagus, potatoes, corn and tomatoes in a large mixing bowl.
2. Add the lettuce and herbs and toss well
3. Add small chunks of salmon
4. Combine garlic, salt, pepper, and vinegar for the dressing
5. Whisk in the olive oil and combine dressing gently with salad
6. Adjust seasoning and serve in a large bowl.

Chilicote (Deep Fried Pork Savoury)

Pastry

80 g flour
20 ml water
4 ml oil
1 egg

½ tsp salt

Directions

1. Dust flour with salt on the table
2. Add egg and mix well
3. add a little water, oil and knead into a dough
4. Let dough rest for about 30 minutes
5. Roll out dough into a thin sheet ready for cutting into pieces. Stuffing ingredients

100 g minced pork

45 g chopped onion

3 g minced garlic

1 tsp turmeric

25 g chopped potatoes,
flour,

corn starch

salt and pepper to taste.

Directions

1. Place onion and garlic in frying pan and stir-fry until tender.
2. Add minced pork and cook until done.
3. Add chopped potatoes, turmeric and seasoning.
4. Cook briefly, then add a little water or stock and mix the stuffing well together.
5. Allow the stuffing to cool.
6. Put a spoonful of stuffing in the middle of a piece of pastry and brush a little egg yolk along the pastry edge.
7. Press the pastry edges together firmly

8. Deep fry the chilicote until golden brown.
9. It is ready to serve.

FROM THE MOUTH OF BABES

(1) A mother was preparing pancakes for her two little sons, Pedro and António and the two youngsters started to argue who should get the first pancake. Their mother seized on the opportunity for a moral lesson and said: " Jesus would have said: " Let my brother have the first pancake. I can wait" . Pedro immediately turned to his younger brother and said " António, you be Jesus" .

(2) A father was at the beach with his your 4-year old son and came across a dead seagull in the sand. The son asked: " Daddy, what happened to him ?" The father replied " he died and went to Heaven" . The boy thought for a moment and then asked " Did God throw him back down ?"

(3) After a church service a little boy said to the pastor " When I grow up, I' m going to give you some money" . The pastor said " Well, thank you. But why ?" The little boy replied " Because my daddy says you are one of the poorest preachers we' ve had in a very long time.

(4) A mother was teaching her 3-year old the Lord' s Prayer. For a number of evenings he repeated the prayer after the mother. Then he was ready to go solo. The mother listened with some pride to the carefully enunciated words right up to the very end. " And lead us not into temptation but deliver us some e-mail Amen" .

(5) The little boy walked into his parent' s room where his mother was putting on some cold cream to her face. The little boy asked " Why are you doing that ?" The mother replied " To make me more beautiful" After several minutes the mother started to wipe the cold cream off with a tissue. The boy was again fascinated, thought for a moment and asked " Giving up ?"

HEAVENS ABOVE

An older couple met their death in an auto accident and were transported to Heaven. As they were being processed, they looked all around and the wife was amazed at the beauty, peace, tranquillity and contentment and she commented again and again at what a nice place Heaven was and how fortunate they were to be there. The husband sneered and said: " If it weren' t for you and your damned oat bran muffins and all that health food nonsense , we would have been here 15 years ago !!!

Until next month

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