

**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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**EDITORIAL**

People generally have no desire to witness, month after month, the antics and embarrassing behaviour of a few individuals who insist on creating havoc at meetings over and over again. Any disruptions of this nature are a great disservice to the majority of members who attend these meetings to hear some news of the Macanese community, to meet up with their fellow members and to do some socialising. If these unruly individuals really have the interests of the Association at heart they should be directing their efforts in co-operating with their duly and democratically elected executives to do something positive, constructive, worthwhile and for the good of the Association. It has been stated on numerous occasions in the past that if anyone is unhappy with the performance of our duly elected officials, either individually or collectively, the opportunity to express that dissatisfaction should be done at the ballot box come election time.

**ANYWAY**

Some people are unreasonable, illogical  
And self-centred  
LOVE THEM ANYWAY  
If you do good, people will accuse  
you of having selfish, ulterior motives  
DO GOOD ANYWAY  
If you are successful, sometimes you win  
false friends and true enemies  
SUCEED ANYWAY  
The good you do today  
will be forgotten tomorrow  
DO GOOD ANYWAY  
Honesty and frankness make you vulnerable  
BE HONEST & FRANK ANYWAY  
What you spend years building  
may be destroyed overnight  
BUILD ANYWAY  
Some people need help but may  
attack you if you help them  
HELP THEM ANYWAY

Give the world the best you have  
and often you'll get kicked in the teeth  
GIVE THE WORLD YOUR BEST ANYWAY.

### **JULY GENERAL MEETING**

Fifty eight members attended our monthly meeting on 16 July 2000. As the meeting got under way it was necessary to confirm that it is perfectly normal and natural for the Chair to be vacated at a meeting for the Chairperson to express his personal opinion and thereafter to resume the Chair. This is required to ensure that the presiding officer remains completely impartial at all times. Items discussed at the July meeting included reports on our participation in the Portugal Day celebrations on June 11, 2000; the recent trip to Lisbon on 19-24 June 2000 by three Council members; the APIM logo competition; and the recent social activities of the Association.

Two motions proposed, seconded and supported by a few members at the June meeting were carried over to the July meeting. The two motions were as follows:-

(a) to vote and elect a sub-committee with full powers to explore the question of a "sede" for Vancouver; and

(b) to vote to accept offers from the floor to serve on that sub-committee,

At the meeting on July 16 both motions were ruled out-of-order because they are in contravention of our Association by-laws. The by-laws in question provide that it is the prerogative of the Executive Council to appoint sub-committees and that sub-committees cannot be granted "full powers" because all sub-committees must conform with terms of reference imposed on them by the Executive Council. After the two motions were struck down the Executive Council then appointed all three past presidents, Carlos Cordeiro, Ms Laura Cordeiro and Rene Ozorio to form a sub-committee to explore the question of a "sede" for Vancouver. One past president declined to accept the appointment claiming that he was not informed before his appointment was made. Council will seek to find a suitable replacement.

It is clear that the transfer of funds from Macau to the Jorge Alvares Foundation in Portugal in December 1999 has not only generated a lot of controversy in Portugal and in Macau but also in diplomatic circles. The proposed merger between FCDM and Fundação Macau announced by Edmund Ho, Chief Executive of the Macau SAR may give rise to an entirely set of rules governing the provision of grants and/or subsidies for the acquisition of club houses for the Macanese communities abroad. Meanwhile because of the uncertainties every one is apparently adopting a "wait & see" attitude.

### **A DAY AT THE RACES**

(contributed in part by Beatrice Baptista)

On Sunday, 6 August 2000 a group of Association members, comprising six gentlemen and two members of the fairer sex travelled to Hastings Park Race Track for some fun and relaxation, for a buffet lunch and to watch or bet on the fillies, colts, mares and geldings. The first race was scheduled to start at 1.20 p.m. and our party converged on the Members' Pavilion where tables had been

reserved and from where everyone enjoyed the excellent buffet lunch and then settled down to playing the horses and to watch the races without any hassle since there as a TV set at each table. There were nine races in all and everyone enjoyed themselves thoroughly. It turned out to be a day without big wins and/or losses because it was a day when most of the favourites came in. It didn't matter very much because a good time was had by all. We wish to thank Carlos Cordeiro for organizing the outing at short notice and we do hope we shall have a repeat performance or two before the racing season comes to a close.

### **NEXT MEETING**

The next monthly meeting will be held on Sunday, 17 September 2000 at the Eaton Community Room in Metrotown commencing at 2.00 p.m. sharp *Some of our friends in California have remarked that they find it absolutely amazing that many of our members are willing to "give up" one of their Sunday's every month to attend an association business meeting and sometimes, even a second Sunday to attend one of our socials such as a cooking demonstration and get together. This is really quite remarkable and they speak volumes for the enthusiasm and loyalty of our membership.*

### **YOUNG BURNABY MOUNTAIN MANTA CLUB**

Little Marilla, daughter of Eugénio and Magarida Cordeiro, and swimming for the Young Burnaby Mountain Manta Club, set a record in the 25 metre freestyle with a time of 24.7 seconds for new swimmers. She was also third in the 25 metre backstroke. Marilla is also a member of our children's choir, "Os Pequenos Cantores" Congratulations to Marilla and to her proud parents.

### **CHANGE OF PARTICULARS**

Members and friends are requested to inform this Association of any changes in their home addresses and telephone numbers in order that our Association records may be updated accordingly. This request is also directed to those individuals and institutions who are on our mailing list and in cases where there has been a change in office bearers. Please make it your responsibility to inform us of any such changes.

### **MACAU CULTURAL CENTRE**

As we go to the press there has been very little official development on this front during the past month. We have heard nothing further about the possible merger between FCDM and Fundação Macau in Macau but it has been confirmed now that Gabriela Cesar is being offered another posting and that she will be vacating her position with FCDM at the end of August 2000. Until an official announcement has been made on this matter nothing is likely to happen. It is reliably rumoured that even Fundação Oriente has also adopted a "wait & see" attitude on this matter. It is clear however that depending on the outcome of the proposed merger, Casas abroad, particularly those still without a club house, may be faced with an entirely new ball game and, possibly, a new Macau SAR set of rules governing the question of grants and subsidies for the acquisition of

club houses for Macanese communities abroad. There is absolutely nothing anyone can do until the air has been cleared regarding the future funding policies by the Macau SAR Government. The local picture has not changed one bit either and our Association will also adopt a "wait & see" position as well. In this regard it should be noted that in a letter dated 17 December 1999, addressed to FCDM and copied to Casa de Macau Club, this Association suggested the establishment of a working committee to consider the needs of each Casa in any future Macau Cultural Centre. Our letter was completely ignored along with several other letters we had written at that time in a gesture and spirit of goodwill, co-operation and openness.

### **ASSOCIATION FALL FESTIVAL**

Our Association's FALL FEST will take place on **Saturday, 18 November 2000** at St. Francis de Sales School Hall, 6656 Balmoral Street, Burnaby from 6.00 p.m. to 12.30 a.m. There will be a Dinner Dance preceded by a **Fashion Show** with fashions modelled by a few of our own Association members. Doors will open at 5.30 p.m. and the **Fashion Show will take place at 6.00 p.m. SHARP.** There are going to be special door prizes and live music will be provided by our own tuna band "Os Macaenses" . A Portuguese dinner will be served by "Floriano" and there will be complimentary wine with the dinner. In addition there will be a Macaense snack which will be served at around 11.00 p.m. The first prize will be one night's accommodation at the Four Seasons Hotel with breakfast for two donated by the **Four Seasons Hotel** in Vancouver. The second prize will be a hand-made Afghan made and donated by **Guiomar Costa**, an loyal and supportive member whilst the third prize will be a VCR donated by someone who has chosen to remain **anonymous**. Raffle tickets are only \$1 each or 11 tickets for \$10.

This is our Association's first ever fund raising event. Members AND friends are asked to come and support our fund raising efforts which will benefit our own tuna band "Os Macaenses" and our own special children's choir "Os Pequenos Cantores.

Tickets will soon be on sale at the following prices:-

**Members \$30.00**

**Non-Members \$35.00**

**Children 5-12 years of age: \$10.00**

Some of the printing costs for dance and raffle tickets are being donated by

**Allegra Print & Imaging of Burnaby.**

**For more details please ring Natercia da Rosa at 291-0561**

### **APIM - PRELIMINARY PLANS FOR FOURTH ENCONTRO**

Word has now been received that Casas de Macau around the world are being invited to send two representatives each to Macau for a preliminary meeting to help plan the 4th Encontro das Comunidades Macaenses do Novo Milenio "MACAU 2001" scheduled to be held in Macau in November 2001. This preliminary meeting will take place in Macau from 26 November to 2 December 2000 (arrival and departure dates included). The program for the meeting is still

in the planning stages but it will be sent to the various Casas de Macau as soon as it is finalised. Our Association intends to send the same successful team that went to Lisbon recently - Luiz Souza and Sérgio Pina. Our Association has already provided APIM with a list of items for possible discussion at the meeting towards the end of November 2000.

### **REDUCING CANCER RISK**

Research continues to show that some cancers are preventable and here are some steps that can be taken to reduce that risk:

- Be a non-smoker and avoid even second hand smoke.
- Eat 5 to 10 servings of vegetables and fruit per day. Choose high fibre, lower fat foods. If you must drink alcohol, limit your intake to 1 or 2 drinks a day.
- Be physically active on a regular basis: this will also help you maintain a healthy body weight.
- Protect yourself and your family from too much sun. Reduce sun exposure between 11 a.m. and 4 p.m. Check your skin regularly and report any changes to your doctor.
- Follow cancer screening guidelines. For women, discuss mammograms, PAP tests, and breast exams with a health professional. For men, discuss testicular exams and prostate screening with a health professional. Both men and women should also discuss screening for colon and rectal cancer.
- Visit your doctor or dentist if you notice a change in your normal state of health.
- Follow health and safety instructions both at home and at work when using, storing and disposing of hazardous materials.

### **GOSTOS E SABORES**

#### **Azorean-style Crab in the Shell** **(Carangueiro a Açoreana)**

##### Ingredients

1 4lb (2 kg) crab or 2 small crabs  
4 cloves garlic, minced  
2 tbsp tomato paste  
2 tbsp red wine vinegar  
2 tsp pimento paste  
½ tsp ground allspice  
1 12-oz beer  
2 tbsp vegetable (or olive) oil  
½ tsp salt  
Chopped parsley

##### Directions

1. Scrub crab thoroughly under cold running water to remove any sand between shell and legs. Pat dry with paper towels. Place in large heavy plastic bag and set in large bowl.
2. Combine garlic, tomato paste, vinegar. Pimento paste, allspice and beer. Pour over crab. Turn plastic bag to coat and secure bag. Refrigerate for two hours or overnight, turning several times.

3. Remove crab from marinade, letting excess drip off; reserve marinade.
4. In a large heavy saucepan or deep skillet, heat oil over medium-high heat. Cook crab for five minutes on each side or until shell is lightly brown. Add oil if necessary.
5. Add remaining marinade and salt to saucepan, cover and bring to boil. Reduce heat and simmer until shell is bright-red. Remove from heat and allow to cool.
6. If using one large crab, disassemble into pieces before serving. Pull/scrape and discard spongy gills. Discard soft stomach and entrails. Re-assemble crab on serving dish, using top shell to serve the sauce. Sprinkle with parsley.
7. Makes 4 appetizers servings or two main-dish servings. Serve with piri-piri or tabasco sauce for a dash of spiciness.

### **Baked Potatoes with Pimento & Garlic**

(Batatas apimentadas)

#### Ingredients

2 lb small new potatoes  
 2 tbsp pimento paste  
 2 tbsp olive oil  
 2 cloves garlic, minced  
 12 black olives  
 Sprigs of parsley

#### Directions

1. Bring large pot of water to boil. Add potatoes, return to boil and boil for 7 minutes
2. Blend pimento paste, oil and garlic.
3. Drain potatoes and slit each one with sharp knife. Place cut up side on baking sheet lined with greased foil. Brush with half of sauce. Bake in 425° F (220° C) oven for 15 to 20 minutes, or until potatoes are tender. Brush potatoes with remaining sauce and broil for 3 to 5 minutes, or until golden brown.
4. Pile potatoes on a platter, garnish with olives, and a few sprigs of parsley and serve immediately.
5. Makes 6 to 8 servings

NOTE: Steamed potatoes stuffed with pimento paste are served piping hot at many bars and bullfights on the Azorean islands of Terceira and São Miguel, where they are often accompanied by spicy beans (favas), boiled eggs and fresh limpets. These potatoes may also be served as a snack or as a side dish with a spicy sauce.

### **Receitas de Lisboa**

#### **BIFES AO MINUTO**

*(Receita para 4 pessoas)*

*800 g de bifos de novilho  
 1 lata de cogumelos laminados  
 1 pacote de natas  
 1 embalagem de sopa de cebola  
 1 colher (sopa) de manteiga*

1 colher (sopa) de azeite  
2 cravinhos  
1 colher (de chá) de mostarda (opcional)

*Passa rapidamente por água (por baixo da torneira) cada um dos bifês e coloque-os num prato. Espalhe o conteúdo de um pacote de sopa de cebola sobre a carne. Regue tudo com azeite e deixe repousar. Numa caçarola derrete a manteiga, salteie os cogumelos e reserve. Doure os bifês na caçarola. Junte as natas, os cogumelos e rectifique os temperos. Sirva com arroz de ervilhas e cenoura ripada temperada com limão.*

### **Receitas de Lisboa**

#### **CHOQUINHOS A ALFACINHA**

(Receita para 4 pessoas)

1 kg de choquinhos  
4 tomates  
2 pimentos  
2 cebolas  
2 dentes de alho  
4 colheres (sopa) de azeite  
coentros  
sal e pimenta

*Deixe descongelar os choquinhos. Tempere com sal. Pique os tomates, as cebolas e os alhos e corte os pimento em quadradinhos. Leve tudo ao lume com azeite. Deixe refogar 5 minutos destapado. Introduza os chocos e rectifique os temperos com sal e pimenta. Tape a frigideira e deixe cozinhar suavemente, vigiando o molho que se forma, para não secar. Se for necessário acrescente um pouco de água quente. No fim de cozedura, polvilhe com coentros picadas. Sirva imediatamente com batatas cozidas e brócolos.*

### **THE NEW PRIEST**

A new priest at his very first Mass was so nervous that he could hardly speak. After the Mass he asked the Monsignor how he had done. The Monsignor replied: "When ever I am worried about getting nervous on the pulpit, I put a glass of vodka next to the water of glass. If I get nervous, I take a sip.

The next Sunday rolled by and the new priest took the Monsignor's advice. At the beginning of the sermon he got nervous and took a drink. He then proceeded to preach up a storm. After Mass, he found the following note on his office door:

1. Sip the Vodka, don't gulp it down
2. There are 10 commandments, not 12
3. There are 12 disciples, not 10
4. Jesus was consecrated, not constipated
5. Jacob wagered his donkey, he did not bet his ass
6. We do not refer to Jesus Christ as the late J.C.

7. The Father, Son and Holy Ghost are not referred to as Daddy, Junior and Spook
8. David slew Goliath, he did not kick the xxx out of him
9. When David was hit by a rock and knocked off his donkey, don't say he was stoned off his donkey
10. We do not refer to the cross as the Big T
11. The recommended grace before meals is not: "Rub-a-dub-dub, thanks for the grub"
12. Next Sunday there will be a taffy pulling contest at St. Peter's, not a peter pulling contest at St. Taffy's

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Until next month,  
Luiz M. Souza, MBE AE  
President & Editor  
Thursday, 17 August 2000  
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