

**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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Editor: Beatriz Baptista  
VOLUME 2                      November 2000

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## EDITORIAL

Last month's editorial stated that the "Boletim" will have a "New Look". The November issue had adopted a new format that is different from past issues.

You will notice that this month's edition has articles contributed by members of our association. Let us make the "Boletim Macaense" our own newsletter.

Please sent to the editor news about your family and friends, your travels, your birthdays and anniversaries or anything you think is of interest to your friends and the members of our association. The editor would like to start a "Letters to the Editor" column and is looking forward to hearing from you before the publication of the next "Boletim" on December 15, 2000.

Yesterday is history,  
Tomorrow a mystery,  
Today, is a gift,  
That's why it's called the present.

O comentário do último mês indicou que o "Boletim" tem "Uma Nova Cara". A edição de Novembro tinha adoptado um formato novo e diferente das edições passadas.

É favor observar que esta edição tem artigos contribuídos por membros da nossa associação. O "Boletim Macaense" ira ser boletim de noticias desta associação.

O editor quer encorajar todos os membros para contribuir noticias sobre suas famílias e seus amigos, seus passeios e viagens, seus aniversários ou qualquer coisa de interesse.

O editor gostaria apresentar uma secção de "Cartas ao editor" e está aguardando comunicações dos membros antes da publicação do Boletim de 15 de Dezembro, 2000.

Ontem foi história  
Amanhã um mistério  
Hoje é uma prenda,  
E por isso, é chamado presente.

## SOCIAL ACTIVITIES

### **Recent Events:**

**Fall Fest 2000** – This Function will be reported in full in the next newsletter in December.

### **Association Scholarship**

There were 5 applicants. The result of winners of the scholarship will be announced as soon as the Executive Council has confirmed the selection made by the Scholarship Committee.

### **Forthcoming Events:**

#### **Birthdays –“Many Happy Returns”**

November 18 – Alicie Souza

December 5 – Luiz Souza

December 7 – Natalie Santos

Mary Killeen

Cynthia Vieira

December 16 – Leonardo (Rios)

Remedios

### **December 17, 2000**

- 1) Children’s Christmas Party at the Rain Forest Café 2:00 – 4:00 pm.
- 2) Macau Youth Club – Bowling Night at Old Orchard Mall

### **For-Get-Me-Not**

Tony da Costa wishes to let friends and well-wishers know that: His wife, Maggie, is now at the Eagleridge Manor, Hillside, Room 338, 475 Guilford Way, Port Moody. Her private telephone number is 461-8449. Visiting hours is all day.

### **Next Meeting**

The next general meeting will be held on Sunday, December 17, 2000 at Eaton Centre Community Room, commencing at 2:00 pm sharp. A Nomination and Election Committee will be appointed at this meeting to generally supervise the conduct of the elections, which are scheduled to be held on February 18, 2001. Nomination forms will also be made available at this meeting for those members who wish to serve on the Executive Council in the year 2001.

## TRAVEL TALK

### **Highlights of a recent visit to Hong Kong.**

Hong Kong continues to amaze and fascinate anyone who visits the territory. One must somehow find the time to re-visit old haunts; to visit entirely new places and establishments; to find time also to pay a visit to numerous eating places (old and new) and finally to do some tremendous shopping for which Hong Kong is so well known the

world over. Whilst it is true prices are not what they used to be, there are still great bargains to be had if you know where to go for your shopping.

Shopping remains on the top of the agenda followed by socializing and enjoying the good food that abounds in Hong Kong. We are absolutely amazed, for example, with the development of Tung Chun on the north coast of Lantau Island, a very small fishing village in the old days accessible only by sea, and which is now a fairly large relatively new township serviced by the Mass Transit Railway as well as a very efficient transportation service. It is quite close to the new magnificent Hong Kong Chek Lap Kok Airport. Discovery Bay, on Lantau Island, is now linked through a tunnel to both Tung Chun and the airport and, where previously people living in Discovery Bay had to take a ferry to Central before making their way to the airport, it is now a mere twenty-five minutes ride by air-conditioned coach. The coach fare from Discovery Bay to the Hong Kong Airport is a mere HK\$28 per trip.

Just a few of the Eating Establishments visited

- 1 Jimmy's Kitchen – 1-3 Wyndham Street, Hong Kong
- 2 Club Lusitano – Melbourne Plaza, Hong Kong (numerous times)
- 3 Thai Restaurant – Discovery Bay, Lantau Island, Hong Kong
- 4 America Club 0 Tytam Road, Hong Kong
- 5 Chinese Seafood Restaurant – Lamma Island, Hong Kong (after harbour cruise in a launch)
- 6 H.K. Jockey Club – Happy Valley, Hong Kong
- 7 Great Shanghai Restaurant – Pacific Place, Hong Kong
- 8 Jo Jo Indian Restaurant – Discovery Bay, Lantau Island, Hong Kong
- 9 Maxim's Restaurant – Hong Kong Airport, Hong Kong. (Dim Sum)
- 10 American Restaurant – Lockhart Road, Hong Kong (Szechwan food)
- 11 Singapore Restaurant – Granville Road, Kowloon. (Curry)
- 12 Zetland Hall – 1 Kennedy Road, Hong Kong
- 13 Hong Kong Club – Central, Hong Kong
- 14 Man Wah Restaurant – Mandarin Oriental Hong Kong, Hong Kong
- 15 Chinese Restaurant in Tung Chun – Lantau Island, Hong Kong. (Dim Sum)
- 16 Royal Hong Kong Yacht Club – Causeway Bay, Hong Kong

Some people we met during our low-key visit

Sally & Luiz Souza, Doreen & George Riggin, Anthony M. Souza, Cissy Santos, Hilda & Gilberto d'Almeida, Lucy Azedo, Father Marciano Baptista, S.J., Winnie Baptista, Comendador, Arthur Gomes, MBE, Comendador Arnaldo de Oliveira Sales, CBE JP, Sir Roger Lobo & Lady Margaret Lobo, Dr. Arthur van Langenberg & Nim Ying, Rodrigo Roliz, Noel Barreto, Ms. Amalia Sales, Ms. Tessie Rodrihues, Mr. John C.C. Winterbourne, and Richard C.F. Bradley.  
Luiz Souza.

### **Our son, Andrew's Visit**

Our son Andrew was invited to give a talk by the Faculty of Pharmacy at UBC last month. This coincided with the Cardiovascular Conference held at the Pan Pacific in which he was attending on business. Andrew also brought his wife Laurie and their 2 year old son Adam. This was a lovely treat to say the least, for Great-grandma (great “Bubba”) Alicie and grandparents Fernando and Cynthia (“Bubba”), that’s what he calls us as he can’t pronounce “grandma” yet, and also Auntie Elaine. We had a lovely time although it was too short. They left November 2 since they were here we celebrated my Mom’s and Elaine’s birthdays and also Christmas.

Cynthia, Vieira

### **Our Visit to the U.K. this Summer.**

My husband, Hank and I spent nearly a month in the U.K. this summer, partly to visit some dear friends in England but mainly to join our daughter, Toni, and her family who were on leave in Scotland. It was our first visit since the Seventies.

London, although crowded, is still an exciting and very cosmopolitan city. There are so many good stage shows that one can enjoy. Although popular ones are usually sold out months ahead of time, if you had the time, you could buy first-class seats for half the price at a special ticket booth in Leicester Square. These are tickets, which were either returned or unsold on the day of the performance.

Hank and I were especially impressed with the transportation system in England, eg. If a train was scheduled to arrive at 11:51 am, you can count on it to arrive at that precise time. It was interesting to note that senior citizens who live in London have the privilege of travelling free within the City. We saw the London Eye, which is like a slow-moving Ferris Wheel from which passengers are given a beautiful view of London. This was built for the Millennium and is very popular. The quality of Chinese food has vastly improved from the mid-seventies. There are a number of good Chinese restaurants all over England and, to a lesser degree, in Scotland as well. Hank couldn’t get over the fact that there was even a small Chinese take-away restaurant in a remote area of Scotland, which goes to show how enterprising the Chinese are. However, we enjoyed a huge meal consisting of delicious but – by today’s standards – pretty unhealthy food. Haven’t you noticed that anything, which tastes good, is bad for us?

Whilst in England, we stayed with Harold and Lollie (nee Britto) England who were most hospitable to us. Since then, I’m sorry to say Harold has suffered a severe stroke and although out of danger he is not well enough to return home which is terribly hard on Lollie. We also saw a number of ex-Shanghai and Hong Kong friends who all seem to be happily settled in England.

Scotland is beautiful and the Scots are warm, very hospitable and, contrary to general belief, generous people. It was especially nice to meet up with our son-in-law’s parents again as well as many of his relatives. We were driven all over Scotland. It was indeed educational and fascinating to visit such historical places as Edinburgh Castle, New Lanark Conservation Mills, etc... If ever you visit Scotland, be sure to visit New Lanark

and take a ride on the Millennium Experience. It was interesting to see from the displays how primitive living conditions were in the Eighteenth and Nineteenth centuries. It made us feel so lucky to be living in this era. Hank was in his elements when we visited all the famous golf courses, such as St. Andrews, Gleneagles, Turnberry and Loch Lomond. The greens at these clubs were just perfect and meals were absolutely delicious. St. Andrews is of course one of the premier golf clubs of the world, but I also was very impressed with Gleneagles. Another interesting experience was our being driven on a road known as the Electric Brae. It appeared as though we were going downhill whereas in actual fact we were going uphill.

WE found the U.K. to be expensive, compared to Vancouver, but less so than Hong Kong which is the second most expensive city in the world.

Mary Killeen

### MACAU NEWS

We did not receive the Macau Travel Talk on time this month because of the long weekend holiday.

### LITERATURA PORTUGUESA

Uma Contribuição de Latino Chinino

#### Luís de Camões

O expoente máximo da literatura portuguesa nasceu em 1524.

Autor genial dos lusíadas, o poeta traduz de coração apaixonado as facetas mais brilhantes da historia de Portugal

Ele também foi brilhante em obras de feição lírica. Escreveu sonetos, canções, elogias, odes, todas a traduzirem a volubilidade do seu passionismo.

A seguir publicamos o delicioso soneto, a mais linda poesia de Camões que segundo consta foi composto visando a sepultura de D. Catarina de Ataíde, a sua Natércia:

Alma Minha gentil, que te partiste,  
Tão cedo desta vida descontente,  
Repousa lá no céu eternamente,  
E viva eu cá na terra sempre triste.

Se lá no assento etéreo onde subiste,  
Memória desta vida se consente,  
Não te esqueças de aquele amor ardente,  
Que já nos olhos meus tão puro viste.

E, se vires que pode merecer – te,  
Alguma coisa a dor que me ficou,  
Da mágoa, sem remédio, de perder-te.

Roga a Deus, que teus anos encurtou,  
Que tão cedo de cá me leve a ver te,  
Quão cedo de meus olhos te levou.

### **Piada**

Nunca se esqueça do telemóvel

Um grupo de homens estava na sauna do seu clube quando um telemovel que estava num banco começou a tocar.

Um dos homens atende.

- Alô!
  - Sim, querido?
  - Sim querida
  - Olha estas na sauna
  - Sim
  - Estou em frente umas de roupas, uma é visão magnífica, lindo Posso compra-las?
  - E a visão custa quanto?
  - Meu amor só custa 300 contos.
  - Bom está bem
  - Olha, já agora, passei no concessionário Mercedes e vi o ultimo modelo. É fantástico falei com o vendedor que nos faz um preço de amigo e como estamos a precisar de substituir o BMW que compramos o ano passado....
  - Quanto é o preço de amigo?
  - Meu amor são só 20.000 contos
  - Bom, como temos dinheiro para gastar. OK. Mas por esse preço quero com todas as opções.
  - Olha antes de desligar deixa-me só pedir mais uma coisa.
  - O que?
  - Hoje de manhã passei em frente da imobiliária a reparei que aquela vivenda que vimos no Algarve o ano passado estava a venda. Lembras-te? Aquela com piscina e jardim e barbecue completamente isolada em frente daquela praia magnífica?
  - E quanto é que ela custa?
  - Meu querido, só custa 250.000 contos.
  - Bom, como não temos ainda muitas casas podes comprar, mas negoceie com o vendedor e só pagas 220.000 contos
  - Está bem meu amor. Obrigado. Então até logo.
  - Até logo.
- Depois de desligar o homem vira-se para os outros e grita:
- De quem é este telemóvel?

Natércia da Rosa

### **DELÍCIAS E COZINHADOS**

When I was in Portugal this summer my cousin asked me for the recipe of Chao Chao Parida. This gave me the idea of presenting three different versions of this recipe. The usual bife chao chao; rings chao chao, this is for you Chappy and galinha chao chao, a recipe I found from the Reseats do Instituto de Formação Turística (IFT) in Macau.

## RECIPES/RECEITAS

### **Chao Chao Parida (Beef)**

#### **Ingredients:**

225 grams (½ lb) flank steak  
¼ teaspoon turmeric  
1 teaspoon white vinegar  
1 dessertspoon cooking oil  
½ teaspoon sugar (optional)  
3 sprigs spring onions (chung)  
1 dessertspoon strips of thinly sliced ginger  
Salt & pepper to taste.

#### **Method:**

- 1) Slice flank steak against the grain into very thin strips about ½ inch long
- 2) Marinate this with oil, vinegar, turmeric & sugar. Do not add salt & pepper. This toughens the beef.
- 3) Dice spring onions
- 4) Heat wok with cooking oil
- 5) Sauté spring onion and ginger first
- 6) Add beef and stir fry till almost done
- 7) Mix tablespoon cornstarch with ½ cup cold water or chicken broth
- 8) Pour this mixture gradually into wok and stir fry till gravy thickens
- 9) Add salt and pepper, if necessary before serving.

### **Rings Chao Chao (Kidney)**

#### **Ingredients:**

Same as Parida except:  
6 pigs Kidneys instead of flank steak  
½ wine glass vinho branco or sweet sherry instead of vinegar

#### **Method:**

##### **Do Not Marinate Kidneys**

- 1) Slice Kidneys flat wards into two
- 2) Cut the white pieces inside completely off wash the kidneys well, strain and cut lengthwise about halfway through, six or seven cuts. Then cut into thin slices across
- 3) Do not wash after this but put them aside. Have about ¼ cup boiling water or (chicken broth) ready
- 4) Heat wok with cooking oil
- 5) Put in ginger & fry, then the spring onions and turmeric.
- 6) When this is done add the cut up kidneys and stir fry till the colour starts to change
- 7) Add the hot water or chicken broth and stir-fry till the kidneys are cooked on the inside. Do not boil as this makes the kidneys tough.
- 8) Just before serving add salt and pepper and lastly the wine.

## **Galinha Chao Chao Parida**

### **Ingredients:**

2.5 kg chicken meat  
½ wine glass Chinese wine  
80 grams ginger  
Spring onions as needed  
4-5 teaspoons turmeric  
400 grams onion  
2-5 grams garlic  
3-4 teaspoons cornstarch  
Salt and pepper to taste

### **Method:**

- 1) Cut chicken into strips and marinate with salt, pepper, Chinese wine, shredded ginger and turmeric for 20 minutes.
- 2) Stir fry garlic onion and add chicken strips and a little water or chicken broth
- 3) Thicken the sauce with corn starch

## **Sopa Lacassá**

This is usually served on Christmas Eve after fasting

### **Ingredients:**

300 grams shelled shrimp  
30 grams shrimp paste (bali chão)  
50 ml olive oil  
200 grams rice vermicelli  
200 grams chopped onion  
2 bay leaves  
50 ml Chinese white wine  
40 grams spring onion  
3-litre fish stock  
Salt and pepper to taste

### **Method:**

- 1) Soak the rice vermicelli in cold water until soft, then strain
- 2) Heat olive oil gently in pot and add the chopped onion, bay leaves, Chinese wine, shrimp paste and stir-fry for 5 minutes.
- 3) Add fish stock and shrimp, boil for 10 minutes
- 4) Before serving put the vermicelli into the soup, then sprinkle the chopped spring onion and serve.

## **Batatada**

### **Ingredients:**

2 lbs sweet potatoes (fan see)  
½ cup coconut juice

150 grams all purpose flour (5 oz)  
½ teaspoon baking powder  
½ lb sugar  
6 egg yolks  
2 egg whites (optional)  
½ pint milk (1 cup)  
¼ lb butter

**Method:**

- 1) Boil, peel and mash sweet potatoes
- 2) Pass mashed potatoes through sieve to remove fibre or use a blender or food processor to mash. Set aside.
- 3) Cream butter and sugar until light and fluffy.
- 4) Add egg yolks one at a time and then the two egg whites, beating well with each addition.
- 5) Combine milk and coconut juice
- 6) Add to butter cream mixture of the mashed potatoes alternating with the milk mixture
- 7) Sift flour and baking powder and add this to mixture one tablespoon at a time. Mix well.
- 8) Pour mixture into a greased baking pan and bake in a pre-heated oven (325°) for at least 1 hour then test to see if batter is cooked (use a knitting needle). If batter is still wet bake for another 10 to 15 minutes. Repeat this till knitting needle is dry.

As an alternative you may use ordinary potatoes

Beatiz (Betty) Baptista  
Editor  
Friday, November 17, 2000