

Boletim Macaense

A Publication of the Macau Cultural Association
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The Macau Cultural Association is a non-profit organization for the advancement of Macau and Macanese culture, heritage and interest. Based in Vancouver it forms part of the network of Casas de Macau throughout the world. Sister organizations are located in Lisbon, Toronto, Rio de Janeiro, Sao Paulo, San Francisco, Hong Kong and Sydney.

19 December 2004

EDITORIAL

Sergio Rui de Pina, in his first address as President-elect, stated last month that the Association's policy is to remain the same as it has been over the past decade and the incoming Council members will strive to continue and maintain this consistent policy to the best of their ability.

CHRISTMAS GREETINGS

We like to take this opportunity to wish all our members and many friends a **HOLY & MERRY CHRISTMAS and a HAPPY & PROSPEROUS NEW YEAR.**

HISTORY OF CHRISTMAS TREE

There are a lot of legends and different versions of the history of Christmas trees. Since ancient times evergreen trees have represented god-like powers because they remain green whilst other trees are without any leaves in the winter. Primitive people used evergreen branches to protect their homes during the dark cold winter months.

One of the earliest references to Christmas trees is in the Baltic towns of Riga (1510) and Rigal (1514). By 1531, in Alsace, Christmas trees were offered for sale in the Strasbourg market place and taken undecorated into homes for the holiday period. Around 1605 there is fragmentary evidence of decorated trees being used. By 1822 the Christmas tree reached England where it was first put up in German immigrant homes in Manchester. The first written record of a large Christmas tree standing on the floor as against on a table was in 1860 in the United States.

Decorating trees at Christmas is in fact a relatively new custom and there are various legends to explain it. In one, St. Boniface, an eighth century missionary, referred to the fir tree as a symbol of Christ and life everlasting.

Another tradition gives Martin Luther credit for creating the first candlelit tree to illustrate the message of Christmas that Christ is the Light of the World. Elaborately decorated Christmas trees were popularized in England by Queen Victoria's German husband, Prince Albert.

Pennsylvania Germans displayed the first Christmas trees in the United States in the early 1800s. In 1856 President Franklin Pierce decorated the first White House Christmas tree and it has become a North American tradition ever since.

ENCONTRO "MACAU 2004"

Our Association members must be immensely proud of our attendance and participation, where possible, in almost every event during the extremely hectic week that lasted from Sunday, November 28 right up to the finale on the evening of Sunday, December 5, 2004. Congratulations go to each and every member of the Macau Organizing Committee headed by Dr. Jose Manuel Rodrigues, President of A.P.I.M. for a task well done in organizing the event even though some events did not go entirely without a hitch. We are grateful to the very many individuals from the Macau Tourist Information Office who helped and guided us throughout the entire week of events. We are grateful to the many benefactors for sponsoring this momentous event that will long remain in our minds and hearts.

Members of the Macanese communities from Australia, Brazil, Canada, Hong Kong, Portugal and the United States of America numbering well over a thousand persons, attended the Encontro "Macau 2004". This is reflected in the last minute limitations imposed by the Organizing Committee and we became the victims of our very own successful Encontro "Macau 2004". A more complete post-mortem on the Encontro "Macau 2004" will be published in our next newsletter.

NOVEMBER 2004 MEETING

The monthly general meeting opened up on 14 November with thirty-five members present. Discussions centered on the forthcoming Encontro Macau 2004 opening on 28 November in Macau. Carlos Cordeiro spoke about the possibility of some financial subsidy forthcoming from Macau and also intimated that the Association might authorize the payment of a small subsidy from our own funds. Most of the participants will be staying at the Hotel Sintra and Sergio Rui de Pina will be in charge of keeping track of things during the Encontro. A "Guidelines to Participants" written by the President was circulated to all participants present at this meeting.

Other matters touched upon included: Ozzie Pereira has moved into Youville and he and Teresa would welcome visitors. Zina Tam and Cynthia Viera will be in charge of this year's Children's Christmas Party to be held on 19 December in conjunction with the Association's monthly meeting scheduled for that same day. The meeting observed a minute's silence in memory of Maggie da Costa who passed away recently after a very long illness. She was the wife of Tony da Costa, our past Treasurer for many years. (Members may recall we reported in our newsletter for January 1999 that Maggie had been stricken with a severe stroke just before Christmas in 1998).

Finally, Members authorized the expenditure of funds in excess of \$1,000 to meet any special expenses that may be incurred during the course of "Encontro Macau 2004".

NEXT MEETING

The next meeting will be held on Sunday, 19 January 2005 at Metropolis Center (formerly Eaton's Center) commencing at 14.00 hours. We hope to see many of you there. For the information of all our members the Community Room in Metropolis Center has now been booked for our use on the third Sunday of each month throughout 2005.

MEMBERSHIP DUES – 2005

We take this opportunity to remind you the annual membership is up for renewal on January 1. Needless to say we appreciate and value your membership in our Association. Our dues are currently as follows: -Adult \$20; Spouse \$10; Children 13-18 \$10; Newsletter (optional) \$6; Members with address outside of Canada \$30 (includes Newsletter); Spouse \$15; Children 13-18 \$10. Please attach a note with your renewal for us to update our records, if they have been changed in recent times. Please also make your check payments payable to Macau Cultural Association. If you have already paid your dues or your payment is in the mail, we would like to take this opportunity to thank you for your support. For new members there is also a flat entrance fee of \$20 per person.

SOCIAL TIDBITS

Our belated birthday wishes go out to **Angelina dos Remedios**, a member of our Association for many years, who turned "90" on 14 December and later celebrated the occasion with a group of relatives and close friends. It is an auspicious occasion indeed for Angelina to celebrate her ninetieth birthday. Muito Parabens!

GOSTOS E SABORES

Recipes under this heading will predominantly be Portuguese, Macanese and Chinese but over the years our taste buds have become much more cosmopolitan and you will see other recipes being published from time to time. In all these recipes "tbs" refers to tablespoon and "tsp" relates to teaspoon.

We are aware that from time to time there is some controversy over the origin of a large number of typical Macanese recipes. Nobody really knows where many of these recipes originated from and many of these recipes have had variations applied according to the whims of those individuals who are involved in the actual cooking over the years. Suffice it to say that the Macanese may have originated what many now refer to as "fusion cooking" and we have today a rich and much sought after collection of Macanese recipes. They are all there for the enjoyment of everyone regardless of nationality, color, or creed. Please feel free to make slight variations according to your own taste buds and that will in no way detract from the fact that these recipes are still a timeless heritage for each and every member of our Macanese community now spread all over the world.

DEVILLED LAMB SHANKS

Ingredients

4 lamb shanks
1 tbs oil or butter
1 large onion chopped
¼ cup tomato sauce
1½ cups water
2 tbs Worcestershire sauce (Lea & Perrins)
1tbs brown sugar
¼ cup vinegar
½ tbs mustard
pinch cayenne pepper (optional)

Preparation:

Brown lamb shanks in a heavy saucepan in some oil or butter.
Add chopped onions and fry for another 5 minutes
Add the rest of ingredients and simmer in a slow fire for 1½ hours or until lamb shanks are soft and tender. Add a little water only if necessary. Note: In place of lamb shanks one may also some other meat such as beef ribs, ox tail or pork ribs.

CHOURICOS VINHO D'ALHO

Ingredients

List A

3 lbs Pork Butt (finely cut up)
2½ tbs salt
2 tbs Sugar
2 tbs garlic powder
1 cup Brandy
1 cup Sherry
½ tbs Chinese wine

List B

3 ozs. fresh crushed chili (for very hot)
3 large cloves of garlic (finely crushed)
2 tbs turmeric powder

1 tbs cumin seed powder
1 tbs coriander powder

Preparation:

Mix well all the ingredients from List A and marinade for a couple of hours.
Add all the ingredients from List B to the above. Mix well thoroughly. Let the mixture stand for a couple of days, pressed down, if possible, with some heavy object.

Put the mixture into casings, preparing and tying up the sausages in the size desired.
After making all the sausages, dip them into a large pot of boiling water very briefly (about thirty seconds only) before putting them out to dry in the open. The sausages must really be dried out properly before storing them for future use.

Note: Without the casings one can also prepare a casserole with the marinated mixture and just add some diced potatoes, carrots and onions. The choice is entirely yours !

DIABO

Our Macanese communities throughout the world are justifiably famous for their cooking and “**Diabo**” is a classic example. This particular dish has many variations using various meats, often leftovers after the Christmas festivities. A number of traditional meats are specified but it is often left to the cook to work with what he or she has available.

Ingredients

Any left over Game and/or roast meats

1 roast chicken (about 2 lbs.)
1 lb. roast lamb (leg or shoulder)
1 lb. roast beef OR braised beef (vaca stofada)
2 lbs. Chinese roast pork (sui yuk)
1 Chinese roast duck (sui aap)
3 large onions
4-6 ozs. Shallots
1 small tin tomato paste
¼ cup Worcestershire sauce (Lea & Perrins)
¼ cup white wine
¼ cup chopped Chinese pickled ginger & shallots (sin keung/kui tau) OR Chinese plum sauce (sin mui cheong)
3 tbs. light soy
3 lbs. potatoes
3 tps. mustard powder
1 glass port wine

Preparation

The preparation is fairly simple as most of the ingredients are already cooked. Cut the meats into large bite-sized pieces; the onions and shallots into eighths.
Use a little oil to fry the onions, shallots, tomato paste, and mixed pickles. Then add all of the meats, soy sauce and sufficient water to just about cover the meats. Bring it to a boil and add the potatoes cut into quarters or eighths and cook for about fifteen minutes. When the potatoes are almost cooked add the wine, a little of which has been used to prepare the mustard to be added towards the end. Add salt and pepper to taste if necessary. Add the port wine at the very end. This dish tastes even better after being kept in the refrigerator for a couple of days.

Because of the amount of meats this dish can only be prepared in fairly large portions to feed over a dozen or more people. It can be taken with rice or with bread.

NEWS ABOUT HONG KONG (Vancouver Sun)

Twice the size of Hong Kong Island, Lantau is home to only about 10,000 people. It is hardly a tourist center. For decades, Hong Kong’s urban planners have overlooked it. Its rich potential for development remained untapped, while areas such as Kowloon and the New Territories boomed and every bit of empty land was converted into blocks of high-density housing. Seven years ago, things started to change. Lantau became a staging point for travelers, thanks to the construction of Hong Kong’s new international airport in Chek Lap Kok. The airport

has had a profound impact on Lantau. Once accessible only by boat, the island is now connected to the mainland by bridges, a toll highway, rail and subway lines.

Lantau is now entering a second and much bigger stage of development, designed to exploit its new accessibility and its gaping empty parkland. The Hong Kong authorities have decided to convert about half of Lantau into a self-contained, full-service destination. Visitors will in future be able to step off an airplane and shake hands with Mickey Mouse or play a round of golf or other activities without leaving the island. A massive convention center and exhibition hall is currently under construction. Slated to open next year, it will boast a luxury hotel, an ice rink and a concert hall. A championship-style golf course is taking shape right next to the convention complex. BUT the above development pales in comparison to the 126-hectare Disney theme park and hotel scheduled to open in 2006. The new Hong Kong Disneyland is expected to attract 10 million tourists a year and to create 36,00 jobs.

There is absolutely no question that the current rural paradise is about to change as Lantau Island prepares to welcome the one and only world famous Mickey Mouse in 2006.

NEWS ABOUT MACAU

Macau Post Daily (MacaU Magazine-English Edition)

Since August of this year Macau has had a new English language daily newspaper. The director of the newspaper is Harald Bruning, a German journalist residing in Macau for over 20 years whilst the deputy director is Ricardo Pinto, himself the director of the Portuguese daily "Ponto Final". In his first editorial Bruning maintained that despite not being one of Macau's official languages, English was very much the territory's "lingua franca".

Third Bridge (MacaU Magazine-English Edition)

The third Macau-Taipa bridge is scheduled to be finished by the end of the year. The new bridge will be 2.2 km long and cost 560 million patacas to build.. It has three lanes in either direction on its upper deck and the lower deck, a two-way tunnel, will permit vehicles to continue to use the bridge during tropical storms. In the future also the lower deck may be used to carry any new transport network currently under assessment by the MSAR.

Free Entry into Hong Kong (MacaU Magazine-English Edition)

The Macau and the Hong Kong Special Administrative Regions have recently signed a memorandum of understanding between them that would allow holders of the new style permanent residence ID card to travel between Hong Kong and Macau without a travel document (i.e. a passport). At the moment Macau residents can only enter Hong Kong with a proper travel document. Hong Kong residents are already allowed to enter Macau without the travel document, needing only their ID card.

Wealthy Australian Bets on Macau (Vancouver Sun)

Kerry Packer, one of Australia's richest men, is reported to have bought a stake in Stanley Ho's latest Macau gambling project as Asia's two biggest casino operators team up to expand in that region. Macau, which reverted to Chinese rule in 1999, is the closest place for the 1.3 billion people from China, Taiwan and Hong Kong to gamble legally in casinos. It is understood that Kerry Packer is buying a 28-per-cent interest in a Macau hotel and casino. Total gambling revenue in Macau will this year exceed that of Atlantic City and become the world's second largest after Las Vegas.

Sands unveils four new restaurants (Macau Travel Talk)

Venetian Macau Limited, owner of the Sands, opened the doors of four new restaurants on the casino's third floor in August of this year. The four restaurants are the Copa, an American-style steak house, Perola, featuring Macanese specialties, Cantonese restaurant Golden Court, and the Ruby Room, serving Shanghainese dishes.

Code-share agreements involving Air Macau (Macau Travel Talk)

Air Macau recently signed code share agreements with two major carriers in the region, Thai Airways International for five flights weekly starting on 1 October and Philippine Airlines (PAL) announced that it has started a twice-weekly service between Manila and Macau commencing October 2, with Air Macau as the operating carrier.

HEALTHWISE

We are passing this along because many of us are not fully aware of this information of vital importance. Remember that in cases of a possible stroke you might be a lifesaver if you are capable of asking the three questions given below. Very often symptoms of a stroke are difficult to identify. Unfortunately the lack of awareness may often spell disaster for the victim. A stroke victim may suffer brain damage while people around them fail to recognize the symptoms of a stroke. Many doctors now say and believe that any bystander can recognize a stroke by asking three simple questions. They are:-

ASK THE INDIVIDUAL TO SMILE: (A possible stroke is indicated if the mouth droops on one side or the smile appears warped or crooked).

ASK HIM OR HER TO RAISE BOTH ARMS: (When both arms are stretched out, one arm is likely to drift down, or the person won't be able to lift it - a possible sign of stroke).

ASK THE PERSON TO SPEAK A SIMPLE SENTENCE: (A possible stroke is indicated if the person sounds drunk; his speech is slurred or he or she is unable to speak).

If the afflicted individual has trouble with any of these tasks, call 9-1-1 immediately and describe the symptoms to the 9-1-1 dispatcher. Any non-medical individual should be capable of identifying facial weakness, arm weakness and/or speech problems. Your ability to ask the three questions could result in quicker diagnosis and treatment of the stroke and thereby prevent possible brain damage.

There is no question that widespread dissemination of the above information will possibly result in lives being saved.

HOW TO SURVIVE A HEART ATTACK WHEN ALONE

Many people are alone when they suffer a heart attack without help. The individual whose heart is beating improperly has only about ten seconds or so left before losing consciousness. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. The deep breathing and vigorous coughing must be repeated about every two seconds without any let-up until help arrives, or until the heart is felt to be beating normally again. Deep breaths get oxygen into the lungs and the coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it to regain normal rhythm. In this way the heart attack victim may have a better chance of getting to a hospital.

PLEASE PASS ON THIS INFORMATION TO AS MANY PEOPLE AS POSSIBLE, IT COULD SAVE LIVES.

I WISH YOU ENOUGH (By Bob Perks)

I wish you enough sun to keep your attitude bright

I wish you enough rain to appreciate the sun more

I wish you enough happiness to keep your spirit alive

I wish you enough pain so that the smallest joys in life appear much bigger

I wish you enough gain to satisfy your wanting

I wish you enough loss to appreciate all that you possess

I wish you enough hello's to get you through to the final goodbye.

SEE YOU ALL NEXT MONTH

Editor

18 December 2004