

# BOLETIM MACAENSE

A Publication of the Macau Cultural Association  
(Casa de Macau) of Western Canada  
"A Casa de Macau em Vancouver"  
P. O. Box 97197 Station Main  
Richmond, B.C.  
CANADA V6Y 4H4

Website: <http://www.casademacau.net/MCA>

<b>President:</b>	<b>Sergio Rui de Pina</b>	<b>(604) 303 - 7557</b>
<b>Vice President &amp; Editor</b>	<b>Luiz M. Souza, MBE AE</b>	<b>(604) 435 - 1819</b>
<b>Secretary:</b>	<b>Josefina do Rosario</b>	<b>(604) 303 - 7557</b>
<b>Treasurer:</b>	<b>Ronald Gill</b>	<b>(604) 275 - 5928</b>

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.

---

---

## FEBRUARY 2005

### **EDITORIAL**

This is the first chance I have had to really communicate with all of you since re-joining the Council after an absence of several years. Throughout that hiatus I have continued to wholeheartedly support this Association, the senior "Casa de Macau" in Canada. Since re-joining I am already hard at work for you and the Association in general. I would not have agreed to re-join the Council were it not for the fact that Sergio Rui de Pina had assured members, including myself, that the Association's overall policy would remain the same as it has been over the past decade.

### **Do you believe our Cultural Heritage is Worth Defending and Preserving ?**

Are you proud of your culture and interested in keeping the cultural flame alive ? Is there a role for Macanese culture in contemporary society in this part of the world ? These are relevant questions we need to *honestly* ask ourselves when we attempt to consider the future of our cultural heritage. Over the years a number of Casas de Macau worldwide have been fortunate to be the lucky recipients of funding from the Macau Government in pre-1999 years when funds were established to assist and support the numerous Casas who faced daunting challenges in their efforts to maintain contacts with our history, culture, Macau itself and ourselves. We are grateful to the people of Macau and to the administration of the Macau SAR for their continued support and recognition that the Casas de Macau established worldwide and all "filhos

de terra" would continue to remain a vital part of Macau SAR's overall plans in the future. The voices and opinions expressed and reflected in our newsletters are part of the tapestry, which hopefully connects our communities across Western Canada, elsewhere around the world and provides a valuable insight into the Macanese social fabric all around us. However, we need and require support if we are to continue. This is essential if we are to keep the voices of our Macanese communities alive and vibrant in Western Canada, not only for now, but for future generations. We have to make everyone aware that we are part of the Macanese worldwide community and we must encourage everyone to actively participate in the activities of that worldwide community. If you do not take this initiative now, then sometime down the road it may be too late. Our communities and culture are definitely worth defending and preserving. Many other ethnic communities are facing the same struggle – let's keep ours alive and striving and the battle continues. Please direct any ideas and suggestions to any one of our Council members. In his recent address Sergio Rui de Pina invited and encouraged our members to participate and to contribute more actively towards our planning activities in order to accelerate and improve the social well-being of members of our Association. Let us give Sergio our whole-hearted support for the sake of our community and for our Association.

### **JANUARY 2005 MEETING**

Despite inclement weather conditions twenty odd die-hard members turned up for the Association monthly meeting on 16 January 2005. With the necessary quorum the meeting went ahead with a full slate of agenda items for discussion. Carlos Cordeiro, the former president, spoke a few words about the Encontro "Macau 2004" and in a written farewell speech dated December 15, 2004 which he belatedly circulated, he acknowledged that some events held in Macau during the recent Encontro "Macau 2004" did not go smoothly but he was nevertheless grateful for the efforts of the members of the Macau Organizing Committee volunteering many hours in organizing such a momentous event. He also voiced his strong support for the new Council just installed and wished the Association the best of luck in the future.

Of particular interest to everyone concerned was the announcement by Council that for the next few months entrance fees (as opposed to membership dues) would be waived and a contest would be held for the members that introduced and induced new members to join or re-join the Association. The prize offered would be \$100 and \$50 respectively for the winner and runner-up. Members were informed that, after a lapse of several years, a calendar of events for the current year was being revived and drawn up by the incoming Council. As a result of this initiative it was agreed that a partially subsidized Chinese New Year Banquet would be held after the next monthly meeting on Sunday, 20 February 2005 to celebrate Chinese New Year and the Year of the Rooster at the "Big Lai Palace Seafood Restaurant" at 4519 Kingsway near Metrotown. The Banquet will be held after our Monthly meeting also scheduled for the same afternoon. Zina Tam and her friends will organize this banquet function. It was also agreed that the usual "Mahjong Social" is to be held on Sunday, 6 February 2005. In view of the time factor members present were asked to pass along the information by word of mouth to attract greater member participation in those functions. Those who are interested in participating in any of these two named functions have been asked to register with Helen Xavier, our very hard working Social Convener.

At this meeting Chris Gresat was on hand to brief members on the Association's investment portfolio with CIBC Wood Gundy. A few photographs taken at recent Association meetings (including the Children's Christmas Party) and the recent Encontro "Macau 2004" were handed out. Some of these photographs have also been incorporated into the January 2005 Association newsletter for greater and widespread circulation. Tea was served immediately after the meeting with "goodies"

provided by a number of members. A big "thank you" is due to one and all for their co-operation. Finally it was announced that the incoming Council would continue with its efforts to promote more Association activities than has been organized in the past year or so and we wish also to encourage more active participation by our membership in those activities.

### **NEXT MEETING**

The next monthly meeting of the Association will be held on Sunday, 20 March 2005 at the Metropolis Center (Formerly Eaton's Center) commencing at 2.00 p.m. Members should realize by now that the newly elected Council members are more forthcoming and open with members who will find our meetings in future will be more interesting and entertaining. For their part Council members would like to see greater active participation by the membership in all our social activities,

### **5<sup>TH</sup> ANNIVERSARY CELEBRATION OF MACAU SAR.**

Dr. Edmund HO Hau Wah, Chief Executive of Macau SAR has given the green light for Casas de Macau worldwide to organize and participate in a belated celebration of the 5<sup>th</sup> anniversary of the Macau SAR that took place on 20 December 2004. Each casa worldwide has been asked to submit proposals for a lavish celebration with a detailed budget (type of celebration, number of persons to be invited, date of event, expenses, etc. We look forward to presenting a more detailed information on this forthcoming event.

### **MEMBERSHIP DUES – 2005**

Members are reminded once again that the annual membership is currently up for renewal. Needless to say we appreciate and value your membership and support of our Association. Please make your check payments payable to "Macau Cultural Association".

### **GOSTOS E SABORES**

#### **(Macau's Fusion Cuisine)**

#### **Acorda (Seafood & Bread in Broth)**

##### Ingredients

2 tsp Olive oil  
1 clove garlic  
4 ozs fish (firm)  
6 Manila clams  
4 large mussels  
12 shrimps  
1 2/3 cups fish stock  
dash of piri-piri or Tabasco  
2 tsp chopped coriander  
6 ozs day-old French bread cut into cubes  
1 egg  
4 ozs cooked crabmeat  
salt & black pepper to taste  
2 tsp mustard (optional)

### Method

In a heavy saucepan heat olive oil over a low heat and add garlic and cook for three minutes or until soft

Rinse fish and pat dry, Scrub clams and mussels with brush under cold running water to remove sand and grit. Discard any clams and mussels that are not tightly closed.

Add fish, clams, mussels, shrimp and fish stock to saucepan; cover and bring to boil.

Simmer for about five minutes until clams and mussels open and shrimp and fish are opaque. Discard any clams and mussels that have not opened.

Remove saucepan from heat, discard shells from shrimps, clams and mussels and return seafood to saucepan with piri-piri and coriander, stirring to coat.

Reduce heat to low and add bread, a few handfuls at a time, stirring between additions. Add enough bread to soak up the sauce. Mixture should be moist but not soupy. Season with salt & pepper.

Remove from heat and transfer mixture to a decorative serving dish. Break the egg into a small bowl and carefully slip the egg over the bread and seafood mixture.

Sprinkle on the crabmeat and add mustard. Quickly mix up all the ingredients until well blended.

Serve immediately. Makes four appetizer servings or 2 main dish servings.

### **AFRICAN CHICKEN (Henri's Galley)**

A 3-3 1/2 lb. chicken, quartered or cut into pieces.

#### Marinade for chicken

1 teaspoon minced dried hot Chile pepper  
1 teaspoon minced garlic  
2 tablespoon minced shallot  
1 teaspoon paprika  
2 teaspoon five-star powder  
2 teaspoon crumpled dried rosemary  
Salt & pepper to taste

#### Preparation

In a bowl mix all the above ingredients and rub into chicken and in a shallow dish allow the chicken to marinate, covered and chilled, for about six hours or preferably overnight.

#### Sauce

1 cup minced shallot  
1/2 cup minced garlic  
1 1/4 cups minced red bell pepper  
1/4 cup corn oil  
1/2 cup sweet paprika  
1 cup grated coconut  
1/4 cup natural style peanut butter  
1 1/2 cups chicken broth  
2 bay leaves (dry)  
3 tablespoon corn oil  
1 potato

In a saucepan cook the shallots, garlic and bell peppers in oil over moderate heat, stirring occasionally, until the bell peppers are soft. Stir in the paprika, coconut, peanut butter, bay leaves and the chicken broth. Bring the mixture to a boil, simmer the sauce, stirring occasionally for about ten minutes and then discard the bay leaves.

In a large skillet heat the oil over moderately high heat and brown the chicken with the potato cut into one inch cubes. Transfer the chicken and potatoes into a baking dish; spoon two cups of the sauce over the chicken and bake in a 400-degree oven for about thirty minutes. Add the remaining sauce and bake until you obtain the right consistency of sauce of your own choice and preference.

### **Chocolate Zucchini Loaf**

3 medium eggs  
1 cup of oil  
2 ozs unsweetened chocolate (melted)  
2 teaspoon of vanilla  
2 cups grated Zucchini  
3 cups all purpose flour  
1 teaspoon salt  
1 teaspoon cinnamon  
1 1/2 teaspoon baking powder  
1 teaspoon baking soda  
1 cup chopped walnuts

#### Preparation

Beat eggs, sugar and oil until lemon coloured. Stir in melted chocolate, vanilla and zucchini. Sift together flour, salt cinnamon. Baking powder, and baking soda. Stir in Zucchini mixture, mix well and then mix in the chopped walnuts. Pour into two well greased 9X5 loaf pans and bake at 350o for 50-60 minutes. ENJOY IT!

### **MORE ENCONTRO "MACAU 2004"**

#### **PHOTOGRAPHS**

Attached to this issue of our newsletter are several more photographs taken at the recent Encontro "Macau 2004". They include photographs of:

- (1) **Sonny & Paulina Brown** with **Peter Silva** in the background;
- (2) **Sergio Rui de Pina** engaged in animated conversation with **Dolores & Archie Rodrigues**;
- (3) **Sergio Rui de Pina** engaged in making some announcement with **Carlos Cordeiro** looking on;
- (4) A most happy photograph of **Gustavo & Gloria da Roza** and **Luiz Souza** taken at a Banquet held during the Encontro "Macau 2004";
- (5) Momentos being exchanged between **Carlos Cordeiro** and **Comendador Arnaldo de Oliveira Sales** at the Club Lusitano in Hong Kong;

- (6) Group photograph of the ten Macau Cultural Association "**A Casa de Macau em Vancouver**" members who were fortunate to attend the cocktail reception at the Bela Vista, the official residence of **Dr. Moitinho de Almeida**, Consul General of Portugal in Macau during the course of Encontro "Macau 2004".
- (7) **Marlene Pereira, Natalie Santos and Helen Xavier** photographed during the course of a function held during Encontro "Macau 2004".
- (8) **Ana Clara Tellis and Patricia Jorge** photographed during the course of a function held during Encontro "Macau 2004".

### **WHO'S LISTENING ?**

A small boy was kneeling beside his bed with his mother and grandmother and softly saying his prayers, "Dear God, please bless Mummy and Daddy and all the family and please give me a good night's sleep".

Suddenly he looked up and shouted, "And don't forget to get me a bicycle for my birthday !!" "There is no need to shout like that," said his mother. "God is not deaf".

"No", said the small boy, "but Grandma is".

### **TRAVEL TIP**

Do not put your home address on luggage tags. Use your last name, and, if possible, the phone number of a family member, close friend, or your travel agent. Should your luggage be recovered after it has been lost or stolen, your chosen contact will be telephoned and advised.

### **HELP LIGHT UP THE WORLD !**

One SONG can spark a moment  
 One FLOWER can wake a dream  
 One TREE can start a forest  
 One BIRD can herald spring  
 One SMILE begins a friendship  
 One HANDCLASP lifts a soul  
 One STAR can guide a ship at sea  
 One WORD can frame the goal  
 One VOTE can change a nation  
 One SUNBEAM lights a room  
 One CANDLE wipes out darkness  
 One LAUGH will conquer gloom  
 One STEP must start each journey  
 One WORD must start a prayer  
 One HOPE will raise our spirits  
 One TOUCH can show you care  
 One HEART can know what is true  
 One LIFE can make a difference  
 You see it's all up to YOU !

### **HOW BEST TO REDUCE STRESS**

Never borrow from the future. If you worry about what may happen tomorrow and it does not

happen, you have worried in vain. Even if it does happen, you then would have had to worry twice !

1. Go to bed on time
2. Get up on time so you can start the day unrushed.]
3. Say "NO" to projects that won't fit into your time schedule.
4. Say "NO" to projects that will compromise your mental health.
5. Delegate tasks to others who are capable of performing them.
6. Simplify and don't clutter up your life.
7. Less is more. Although one is often not enough, two are often too many.
8. Allow extra time to do things and to get to destinations.
9. Pace yourself. Spread out big changes and difficult projects over time; don't lump the hard things all together.
10. Take one day at a time.
11. Separate worries from concerns. If a situation is a concern, attempt to fine out what should be done and let go of the anxiety.
12. If you cannot do anything about a situation, forget it.
13. Live within your budget; don't use credit cards for ordinary purchases.
14. Have backups; an extra car key in your wallet; an extra house key somewhere safe, etc.
15. K.M.S. (Keep Mouth Shut). This single piece of advice can prevent an enormous amount of trouble.
16. Get enough rest.
17. Eat right.
18. Get organized so that everything has its place.
19. Listen to a tape while driving that can help to improve your quality of life.
20. Write down your thoughts and inspirations
21. Every day, find time to be alone.
22. Have a problem ? Try to nip it in the bud, and don't procrastinate !
23. Laugh
24. Laugh some more !
25. Take your work seriously but not yourself at all.
26. Develop a forgiving attitude (most people are doing the best they can).
27. Be kind to unkind people (they probably need it the most)
28. Sit on your ego.
29. Talk less; listen more.
30. Slow down.
31. Keep reminding yourself that you are not the manager of the universe.

Until next month  
 EDITOR  
 19 February 2005