

# 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

<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 ("A Casa de Macau em Vancouver") is a non-profit organization *founded in the autumn of 1989* for the cultivation of Macanese culture, heritage and interests. Based in Vancouver our Association forms an integral part of the network of "Casas de Macau" established throughout the world. There are sister organizations in Lisbon, Toronto, Rio de Janeiro, Sao Paulo, San Francisco, Hong Kong and Sydney.

---

---

## MARCH 2005

### EDITORIAL

It is hard to imagine that our Association has now been in existence for over fifteen years and that we will be celebrating our sixteenth anniversary later this year.

As time goes by our newsletters are slowly undergoing small radical changes. We are trying to include a wider range of subjects to make the newsletter more interesting to possibly a greater number of our readers. We think that is the way to go. Let us hear from our members on this.

### CONGRATULATORY MESSAGES

A number of congratulatory messages addressed to our newly elected Council members have been received from many of our "filhos de terra" establishments scattered throughout the whole wide world.

### FEBRUARY 2005 MEETING

Thirty-four members attended the monthly meeting on Sunday, 20 February 2005. Subjects that came up for discussion included the Association's monthly financial position and the 2004 un-audited annual financial statement. Ron Gill spent a considerable time going through the highlights of the accounts and eventually both financial reports were approved as tabled.

### IN MEMORIAM

The meeting reported on the passing of Jose da Silva Martins in Macau and Richard (Dick) Silva in Burnaby and offered our Association's sincere condolences and deepest sympathy to the respective families, the next-of-kin and other relatives.

### MEMBERS' CORNER

Sergio Pina reported briefly on Renaldo (Ray) Pacheco's letter received recently. Members were informed that a number of points raised by Ray are currently under active consideration.

### ADJOURNMENT

There being no other business the meeting was adjourned at 4.15 p.m. and everybody then enjoyed the tea served specially to celebrate the Year of the Rooster.

### CHINESE BANQUET DINNER

Immediately after the monthly meeting on Sunday, 20 February 2005 many members stayed on to chat whilst a number of others went shopping to kill time for our Chinese New Year Banquet that took place later that same evening. Thirty-five people attended an excellent banquet at the Big Lai Seafood Restaurant on Kingsway near Metrotown. Some photographs taken at the monthly meeting and during the Banquet are reproduced in this month's issue of the newsletter. You will observe a number of members perusing copies of the popular "Macau Travel Talk", catching up on details of our annual accounts for 2004 and anxiously awaiting for the Banquet to be served. It is fairly obvious from the photographs that most everyone was having a really good time.

### RAEM 5<sup>th</sup> ANNIVERSARY CELEBRATION

The Association is awaiting the finalization of the arrangements, as far as this Association is concerned, for the local Vancouver celebration of the RAEM Fifth Anniversary that was officially

observed in Macau over three months ago in December 2004. The celebration in Vancouver has again been unduly delayed and it raises the question as to whether it will ever take place. Or maybe if we wait long enough we can then celebrate the Sixth Anniversary of RAEM on time.

### TONY & TERESA DA ROZA

This past month we welcomed back Tony & Teresa da Roza to our membership. They had previously been supportive members for a considerable number of years. Both Tony & Teresa recently sought to rejoin the Association and we welcomed them back with open arms. Meanwhile there was cause for a double celebration when Grandma Teresa got a second granddaughter, Zoe born on 26 February, the very same birth date as Grandma herself. Both mother and child are doing fine although there were some anxious moments. The da Roza family is firmly entrenched in seventh heaven at the moment. Congratulations to one and all !!

### SOCIAL GATHERINGS

Our social get-to-gather took place on Sunday, 6 March. We are very pleased to note that the number of people attending these social events is indicative of increased interest and we welcome back this trend. There were five tables of mahjong besides a number of other camp followers at the get-together. Tea, coffee and other edibles were available throughout the afternoon. "Porco Bafaca", "Braised Beef" and accompanying vegetables were offered for dinner by Fina & Sergio Pina, and by Cecilia & Ron Gill. Carlos Cordeiro also contributed some "chili con carne" Cakes were provided by "Avo" de Souza and Maria Luisa Rosario whilst Ana Clara Tellis worked extremely hard to help make the event a great success. Helen Xavier also provided a large custard pudding. Everyone had a wonderful time and a very good meal to boot.

*The next social gathering will be held on Sunday 3 April 2005. We hope to see more of you join us then. However, there will not be a social gathering during the month of May 2005.*

### THE GAME OF CRICKET

This humorous piece of apparent nonsense actually does describe the game of cricket.

**You have two sides, one out in the field and one in.**

**Each man that's in the side that's in, goes out, and when he's out, he comes in and the next man goes in until he's out.**

**When they are all out, the side that's out comes in and the side that's been in goes out and tries to get those coming in out.**

**Sometimes you get men still in and not out.**

**When both sides have been in and out including the not-outs, that's the end of the game!! Howzat ?**

For a more serious explanation of the sport please look up:-

[www.dangermouse.net/cricket/](http://www.dangermouse.net/cricket/)

### MEALS AT APOMAC IN MACAU. (Retired & Pensioners Association)

In December 2004 during the Encontro Macau 2004 we were privileged to visit APOMAC in Macau for a lunch arranged by Ana Clara Tellis and Zinha Rodrigues.

At lunchtime APOMAC serves its members and guests a lunch fare that includes soup, a main course, dessert and coffee or tea for \$20.00. For non-members there is a surcharge of \$5.00. On the day in question the lunch included a choice of either "Galinha Adobo", "Raizes de Lotus C/Carne de Porco", "Porco picado C/Mui Choi" or "Filete de Peixe C/Molho de Milho". The prices for other a la carte dishes ranged from a low of \$30 for **Grilled Chicken** to \$50 for **Grilled Bacalhau**. For a la carte dishes there is also a flat surcharge of \$5 for non-members. The soup of the day was \$5 and desserts ranged from \$6 to \$8. All the prices quoted are expressed in Macau Patacas. Those of us who had lunch on that day thoroughly enjoyed not only the meal itself but also, more importantly, the pleasant company. We wish to thank Ana Clara, Zinha and APOMAC for a really wonderful time.

### LIQUID GOLD (MAPLE SYRUP)

(Cooking at Home)

Over a period of about two weeks in late February or early March owners of maple trees drill holes the size of a dime, about three per tree, and hammer in spouts with pail covers attached to collect the sap. All trees produce sap but maple trees produce sweeter sap than other trees, and more of it, especially sugar maples, red maples, and silver maples. Canada produces about 85% of the world's maple syrup and over 90% of that in Quebec. To a lesser extent 6% is produced in Ontario and a little over one per cent in New Brunswick and Nova Scotia. Maple syrup is also produced in the northeastern United States.

An average maple tree yields between 35 L and 50 L (37 and 53 quarts) of sap in a season. Because maple syrup is 97% water it takes up to 40 L (about 42 quarts) of sap to produce 1 L (just over 1 quart) of maple syrup.

The native population had taught the European settlers how to tap the trees and boil down the sap. Cane sugar was scarce and blocks of maple syrup became a staple food for the pioneers. Maple syrup goes well with French toast, pancakes, sausages and ham steaks, baked beans, and doughnuts. Finally there is also the famous Quebec Sugar Pie; one cannot go anywhere in Quebec without finding this traditional "tarte au sucre"!!

### **MANY HAPPY RETURNS**

We wish to take this opportunity to extend our MANY HAPPY RETURNS AND BEST WISHES to those members celebrating their birthdays during the month of March. They include, amongst others, Felipe Cordeiro, Gwen d'Souza, Osman Mader, Alfonso McSmith, Margarida Pina, and Renato Rodrigues.

### **NEXT MONTHLY MEETING**

The next monthly meeting of the Association will be held on Sunday, 17 April 2005 at the Metropolis Center commencing at 2.00 p.m. We continue to encourage members to attend these meetings and to bring up items of interest for possible discussion and deliberation.

### **TIPS TO INCREASE THE SECURITY OF YOUR HOME.**

1. **Check your locks.** Keep your doors locked. Every exterior door should have a dead-bolt lock with a one-inch throw. If you have a key-in-the knob lock, then add another dead-bolt lock.
2. **Improve Your Home Security.** Make sure your outside doors are solid. They should be 1 ¾ " metal or hard wood. Secure sliding doors with a rigid wooden dowel in the track. Or insert a nail through a hole drilled in the doorframe. Install a peephole in all entry doors. Then you can see who is outside without opening the door. Consider grills or bars for basement or street level windows. Do not hide keys to your locks. Give a spare key to a neighbor instead.
3. **Protect Yourself.** Do not open your doors to anyone you don't know. Ask for identification. If a stranger asks to use your telephone, say no but you can offer to make the call for them if it is important. Have emergency telephone numbers handy. Don't keep large amounts of cash on your person or in your home. Have your valuable items in your home properly marked with proper identification.
4. **Assess the outside of your Home.** Prune all bushes around your doors and windows. Cut back tree limbs that could help a thief climb into a second storey window. All porches, entrances and yards should be well lit. Leave your porch lights on all night or install motion detectors.
5. **Know your neighbors.** Get to know your neighbors and discuss Community safety features with them. Neighbors, who keep watch or look out for you, are your best defense against crime in general.

### **RESEARCH SCHOLARSHIP PROGRAM**

The Cultural Institute of the Macau S.A.R. Government has announced that it will grant research scholarships aimed at encouraging investigation and research into academic subjects, preferably in the Chinese or Portuguese languages. The scholarship will include: -

1. A monthly allowance, whose amount will be determined at the time the award is made;
2. A research fund, subject to the approval by the Cultural Institute, to subsidize the purchase of materials, equipment and documentation, and to cover travel, word processing and other expenses, considered essential to the satisfactory completion of the approved proposal;
3. Only one research fund will be awarded per project, regardless of the duration of the scholarship.

The scholarship is intended to encourage scientific research in studies concerning Macau and Sino-Portuguese relations pertaining to the areas of **History, Literary Studies, Cultural Heritage, Anthropology and Sociology**. The relevant **Regulations and Application Forms** are available on request from:

- Macau at Fax : (853)529242 or e-mail: [info.deip@icm.gov.mo](mailto:info.deip@icm.gov.mo)
- Peking at Fax : (8610) 85191080
- Lisbon at Fax : (35121) 7936644

**PLEASE NOTE THAT APPLICATIONS WILL CLOSE ON 30 APRIL 2005.**

### **CHANGE OF PARTICULARS**

Members 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/or institutions on our mailing list. Please make it your responsibility to inform us of any such changes in these particulars.

### **DID YOU KNOW**

In 2004 Macau netted 1.8 billion from its vibrant gambling industry and that it contributed nearly seventy per cent of the local administration's tax income?

### **CONTRIBUTIONS FROM MEMBERS**

We welcome contributions and expressions of opinions from members and friends and including any "constructive" criticisms. Any such letters should be addressed to the Editor and should be brief and must also bear the name, address and telephone number of the contributor. The Editor

reserves the right to reproduce, produce excerpts, and/or edit any such contributions for the sake of brevity, clarity, legality and taste. Cuttings of articles that may be of interest to the membership would also be welcome.

**GOSTOS E SABORES**  
**(MACAU'S FUSION COOKING)**

**Arroz Saboroso (Tasty Rice)**

**Ingredients**

2 tbsp butter  
1 large onion, finely chopped up  
1 large clove of garlic, minced  
1 large carrot, finely chopped up  
1 sweet red or green pepper, diced up  
3 cups water or chicken stock  
½ tsp salt  
¼ tsp ground allspice  
a dash of Piri-piri or Tabasco  
1-cup rice

**Method**

In a large saucepan or Dutch oven, melt the butter over medium heat; cook the onions, garlic, carrot, and sweet pepper, stirring occasionally, for about 5 minutes or until softened. Pour in the water or chicken stock; cover and bring to a boil. Stir in salt, allspice, piri-piri or Tabasco, rice and return to boil. Reduce heat to medium-low, cover and simmer for about twenty minutes. Uncover at the end, if necessary, to evaporate excess stock. Remove from heat and let stand for 15 minutes, or until rice is fully cooked. Fluff rice with a fork, transfer to a container to serve. Makes four to six servings.

**HOT CROSS BUN PUDDING**  
**(Cooking at Home)**

**Ingredients**

3 Hot Cross Buns, cut into 1-inch pieces  
400 ml Half-and-half cream (1 2/3 cups)  
75 ml Plain Yogurt (1/3 cup)  
2 Eggs  
50 ml Brown sugar, packed (3 tbsp)  
30 ml Liquid Honey, warmed (2 tbsp)  
5 ml Vanilla (1 tsp)  
60 ml Slivered Almonds (1/4 cup)  
Sprinkle of Ground nutmeg

**Method**

Scatter bun pieces in greased shallow 2 quart (2 L) baking dish.

Whisk the next six ingredients together in a medium bowl or 4-cup liquid measure until well combined. Carefully pour ½ over bun pieces. Let stand for 10 minutes.

Stir the remaining cream mixture and carefully pour over bun pieces. Sprinkle slivered almonds and nutmeg over top.

Put the baking dish into a larger baking pan. Slowly pour boiling water into pan until water comes halfway up sides of baking dish. Bake uncovered, in 325o F (160o C) oven for 1 to 1-½ hours until set and knife inserted in centre comes

out clean. Remove dish from pan. Let stand for 20 minutes before serving. Serves 6  
The timing of this recipe is most appropriate as Easter falls this year on 27 March. This is as good for breakfast as it is for dessert. Keep in mind come Easter – what a great way to use up leftover hot cross buns!

In the end, the proof of the pudding is in the eating. Enjoy! And Happy Easter to everyone !

**HOW BEST TO REDUCE STRESS**

Never borrow from the future. If you worry about what may happen tomorrow and it does not happen, you would 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 it one day at a time.
11. Separate worries from concerns. If a situation is a concern, attempt to find 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 available: 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. Some more good advice coming your way in the future.

***We hope to see more of our members and friends attend our monthly meetings in the future. It can be a fun time and a challenge at other times !***

***Editor***

***19 March 2 005***