

BOLETIM MACAENSE

A Publication of the Macau Cultural Association
(Casa de Macau) of Western Canada

“A Primeira Casa de Macau em Canada”

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The Macau Cultural Association (“A Primeira Casa de Macau em Canada”) is a non-profit organization founded in the autumn of 1989 for the cultivation of Macanese culture, heritage and interest. It is the first such association established here in Canada and forms an integral part of the network of “Casas de Macau” established throughout the world. Sister organizations are located in major cities like Lisbon, Toronto, Rio de Janeiro, Sao Paulo, San Francisco, Hong Kong and Sydney.

The MCA website is located at www.casademacau.net
Explore our website to view photographs of our Association activities

November 2005

In this month's newsletter we have included: -

WHAT WE CONSISTENTLY DO FOR OUR MEMBERS

PREVIOUS MONTH'S ACTIVITIES

General Meeting

Mahjong Social & others

NEW MEMBERS

HEALTHWISE

BIRTHDAYS

MACAU WORLD HERITAGE

FORTHCOMING ACTIVITIES

ESTATE PLANNING

MACAU'S INTERNATIONAL FUSHION

COOKING

MISCELLANEOUS

OBITUARY

What we consistently do for our members

This Association has now been in existence for over sixteen years and

we believe we are the only Casa that produces a newsletter on a monthly basis throughout those years. We feel that it is the best way to keep members informed of what is going on in our own little Macanese world of ours. Our aim is to keep members informed of what has happened in our community during the preceding months and also to make members aware of what has been planned in the coming months.

On the first Sunday of every month, for example, we usually organize a social and that invariably means a game of mahjong for those interested in that game. If there are others interested in a card game we would be happy to oblige. The mahjong games draw to a close at about 8.00 p.m. and we then have members who will also join us for a dinner prepared from scratch. The thirty or so participants will enjoy very typical

Macanese fare followed by a friendly “chit-chat” after dinner.

On the other hand, on the third Sunday in each month we hold our monthly General Meeting and we go through the process of an official meeting and end up having tea invariably in the form of a “cha gordo” attended by anything between 25 to 40 members who turn up for the meeting.

In addition to the above the MCA organizes from time to time additional functions to celebrate special events such as a “Chinese New Year Banquet”; a dinner/dance at a local hotel, or a typical Chinese “hot pot” (Ta Ping Lo) at a local restaurant. In a typical function recently forty members and their guests enjoyed an evening together enjoying a “Ta Ping Lo” gathering. In many of these functions the Association will invariably offer a cash rebate to members in good standing in an attempt to partially subsidize the cost of the meal from Association funds.

All the above takes a bit of organization by our Council members, with help and assistance from a handful of volunteers who help us to fulfill our overall aim in providing activities for the pleasure and enjoyment of our members throughout the year.

We remain at all times open to suggestions from the membership but we are limited to some extent in our resources. We are prepared to listen to all suggestions and do whatever we can to accommodate everyone and strive and endeavor to make all our members happy.

Everyone should also be made fully aware that management of the affairs of our Association is vested in a duly constituted executive council made up of several members. However, no individual council member, not even a President, has the right or power to act unilaterally. All members of the executive council must be consulted collectively and a

vote taken on important issues. That IS the law of the land contrary to what some misguided and misinformed individuals may think otherwise.

PREVIOUS MONTH'S ACTIVITIES

General Meeting

Our monthly meeting last month was held on 16 October 2005 and it was attended by twenty seven members.

Discussions at this meeting touched on the following:-

- Minutes of our General Meeting held on 18 September were read and approved.
- Highlights of the Association Financial Report as at 30 September were raised and the Report was adopted as read.
- Several individuals were confirmed as new members
- Health of our members were noted
- Possible cruise events and trips to Las Vegas were noted
- Helen Xavier was duly placed in charge over the sale of tickets and seating arrangements for MCA New Year's Party on 31 December 2005.
- Members were duly notified that MCA General Meetings for November 20 and December 18 will be held at Centre Pointe in Richmond and not in Metrotown.
- Sergio Pina and Fina do Rosario will be attending the Macau IV East Asia Games in Macau from 27 October – 6 November 2005. A Meeting of the CCM will also be held during that time.
- Members were informed that to date there has been no reply whatsoever from Casa de Macau Club to our letter dated 18 August. It has now been three months without any reply.
- Children Christmas Party will be held on 18 December 2005,

Registration of children for the party will close on 4 December 2005.

The meeting was adjourned and members then enjoyed the tea organized by the MCA with victuals provided for by a few volunteer helpers.

Mahjong & Social

With Sergio de Pina & Fina do Rosario scheduled to being both away for the Macau IV East Asian Games and the CCM Meeting in Macau, Luiz Souza took up the challenge to organize the Mahjong Social at Centre Pointe in Richmond on 6 November 2005. Four tables of mahjong were arranged by Helen Xavier but at the last minute one individual backed off and three members were left stranded without a game. This should never happen and members should play the game once they have given their word to do so. Meanwhile Luiz Souza prepared a very sizable quantity of "Minchi Sutate" with grilled potatoes; a good portion of "Pak Choi" cooked in Chicken broth and a "Haam Sin Choi" with "Cha Sui" and "Sui Yuk". The latter was a tremendous hit with the 20 members present for the dinner. For dessert the Association served Ice Cream and a Mango Pudding. The latter was donated by Maria do Rosario. A great time was had by all present.

NEW MEMBERS

Carol **SJODIN**, J. Vasco **DOS SANTOS** (Re-joined), and Louis **LEE** were confirmed and welcomed as new members in our Association.

HEALTHWISE

Domingos LEONG has recovered from his recent serious operation and is now up and about. Meanwhile it was good to see Alfonso McSmith attend the meeting after a long spell of absence.

BIRTHDAYS

We are pleased to extend birthday wishes to members whose birthday falls in November 2005 and they include the following: -

- Hank Killeen
- Jacqueline LO
- Lily Guterres
- Alice de Souza
- Maria Teresa Leong

A Happy Birthday to one and all.

Macau World Heritage

We continue to provide a brief description of some of the locations that make up the Historic Centre of Macau in this issue of our newsletter: -

Lou Kau Mansion

Built in 1889, this was the home of Lou Kau, a prominent Chinese merchant who owned several imposing properties in the city. The location of this grand old house depicts the diverse social profile present in the centre of the old "Christian City, where this traditional Chinese residence stands near Leal Senado and the Cathedral Square. Lou Kau Mansion is a two-storey, traditional grey-brick courtyard house with the architectural characteristics of a typical xiguan Chinese residential building.

St. Dominic's Church

Founded in 1587 by three Dominican priests who originally came from Acapulco in Mexico, this church is also connected to the Brotherhood of our Lady of the Rosary. It was here that the first Portuguese newspaper was published on Chinese soil, A Abelha da China (The China Bee) on 12th September 1822. The bell tower, at the back of the building, has been modified into

a small Museum of Sacred Art, now exhibiting a collection of around 300 artifacts.

Ruins of St. Paul

The Ruins of St. Paul's refer to the façade of what were originally the Church of Mater Dei, built in 1602-1640, destroyed by fire in 1835, and the ruins of St. Paul's College, which stood adjacent to the Church. As a whole, the old Church of Mater Dei, St. Paul's College, and Mount Fortress were all Jesuit constructions and formed what can be perceived as the "Acropolis of Macau". Close by, the archaeological remains of the old College of St. Paul stand witness to what was the first western-style university in the Far East, with an elaborate academic program. Nowadays, the façade of the Ruins of St. Paul's functions symbolically as an altar to the city.

Na Tcha Temple

Built in 1888, this temple is dedicated to the worship of Na Tcha. This small traditional Chinese temple stands close to the remains of the principal Jesuit enterprise of the region, presenting a dialectic of Western and Chinese ideals, as one of the best examples of Macau's multicultural identity and religious freedom.

Section of the Old City Walls

This surviving segment of the city's defense structures, built as early as 1569, is a remnant of an early Portuguese tradition of constructing defensive walls around their port settlements, done also in Africa and India. In Macau, this section bears testimony to the incorporation of

local techniques and materials, especially a solid compound called "chunambo", an elaborate mixture of clay, soil, sand, rice straw, crushed rocks, oyster shells compacted in successive layers.

Mount Fortress

Built in conjunction with the Jesuits from 1617 to 1626, this was the city's principal military defense structure. The fortress was equipped with cannons, military barracks, wells and an arsenal that held sufficient ammunition and supplies to endure a siege lasting up to two years. The fortress covers an area of 10,000 square meters, in a shape of a trapezoid. The four corners of the fortress protrude to form bulwarks.

St. Anthony's Church

First built of bamboo and wood before 1560, this is one of the oldest churches in Macau, also marking the site where the Jesuits set up their earliest headquarters in the city. The church was constructed in stone several times, while the present appearance and scale of the church dates back to 1930. Previously members of the Portuguese community would hold elaborate wedding ceremonies in the church and thereby giving rise to the Chinese name of Far Wong Tong (Church of Flowers).

Casa Garden

This house was built in 1770 and was originally the residence of a wealthy Portuguese merchant, Manuel Pereira. At a later period it was rented out to the English East India Company. Nowadays it is the headquarters of the

Orient Foundation. (Fundacao Oriente).

Protestant Cemetery

This site provides an insight into Macau's diverse community profile. Located close to the Casa Garden, the Protestant Cemetery provides a comprehensive record of the earliest Protestant community of Macau. The chapel, built in 1821, is now referred to as the "Morrison Chapel" in honor of Robert Morrison (1782-1834). George Chinnery (1774-1852), an important British-China trade artist is also buried at the site, alongside various other prominent figures of the time, including several officials from the East India Company, and Protestants from the United States and Britain.

Guia Fortress

The fortress was built between 1622 and 1638. Inside the fortress stands Guia Chapel, Originally established by Clarist nuns, who resided at the site before establishing the Convent of St. Clare; the chapel's elaborate frescoes depict representations of both western and Chinese themes. Displaying motifs of religious and mythological inspiration that are a perfect example of Macau's multicultural dimension. Guia Lighthouse, dating back from 1865, which also stands within the perimeter, is the first modern lighthouse on the Chinese coast. Guia Fortress, along with the chapel and lighthouse, are symbols of Macau's maritime, military and missionary past.

This completes the brief description of some twenty-five locations, which

have been incorporated and described in our newsletters for September, October and November 2005 for the general information of our members. Collectively they make up what constitutes the Historic Centre of Macau and which have now been included on the World Heritage List.

Forthcoming Activities

- Social/Mahjong session on Sunday 4 December 2005 at Centre Pointe in Richmond at 13.00 hours.
- Short one hour General Meeting at 14.00 hours AND Children's Christmas Party at approximately 15.00 hours on 18 December 2005 at Centre Pointe in Richmond
- MCA New Year's Party at 18.00 hours at the Royal Restaurant at the junction of Blundell & Garden City Roads in Richmond on 31 December 2005 to usher in the New Year. For further information please refer to the details published in our newsletter for October 2005.
- How about a lunch or dinner buffet at the "**Runway 26**" **Buffet Restaurant** located at the River Rock Casino Resort on 8811 River Road in Richmond. (Travel north on "Garden City" right across "Great Canadian" and straight into parking lot of Resort). It has a 400-seat restaurant located on the 3rd floor of the Resort and features a unique wrap-around view of the Fraser River. "Runway 26" is perfect for a group get-together or any special event.
Current Prices
Buffet Lunch 11.30 – 2.30 p.m.
Monday to Saturday
Adults: \$11.95 Seniors: \$10.95

Buffet Dinner 5.00 – 10.00 p.m.

Sunday - Thursday

Adults: \$17.95 & Seniors: \$15.25

Friday & Saturday

Adults: \$24.95 & Seniors: \$21.20

Sunday Brunch 11.00 – 2 p.m.

Adults \$17.95 & Seniors 12.70

Soft drinks, coffee and tea are included in every meal. Sounds very interesting and well worth looking into. This is a good possible choice for our “rebated” excursions.

- MCA Calendar of Events for 2006 needs to be compiled. Basically social/mahjong on 1st Sunday and Monthly General Meeting on 3rd Sunday of each month and other special occasions and events throughout 2006.

Estate Planning (Vancity Advice – Fall 2005)

Who will make critical healthcare decisions when YOU are unable to do so?

The recent right-to-die battle involving 41-year old Terri Schiavo of Florida put living wills in the spotlight. The brain-damaged woman died earlier this year after her feeding tube was removed – a step her husband had to fight in court, as it was against the wishes of Terri’s parents to pull the tube. Have YOU thought about who will make the life-and-death decisions on your behalf when you cannot?

How can YOU make your own wishes clear?

‘Living will’ is not a legal term anywhere in Canada. In B.C., it’s the Representation Agreement Act that allows a legally binding way to arrange in advance how decisions will be made about your care if you are incapable of making those decisions yourself.

A ‘power of attorney’ is good for handling financial and legal decisions, but it does not apply to medical or healthcare decisions. For that you need a ‘Representation Agreement’.

Why is a Representation Agreement important?

If you were to become incapacitated as a result of a serious illness or accident who would speak for you and voice your wishes?

A “representation agreement” ensures that all these decisions will be made by the individual(s) you have chosen (not necessarily family members) to carry out the wishes you have written down or have expressed verbally. **HOW DO YOU SET IT UP?**

Get the document drafted by a lawyer. But before doing that, review your choices with your healthcare doctor to ensure that the directions you have left are suitable in your own health situation.

It is an ongoing dialogue with the person(s) you trust to be the decision maker. Advances in medical technology could make today’s aggressive measures into a routine procedure tomorrow.

How will the hospital know of your agreement?

If you are brought in unconscious to a hospital staff can immediately check the “Nidus Registry” to see if there is a representation agreement record for you. It is easy to register this secure website and it costs only \$25.

For more information contact the Representation Agreement Resource Centre at 604-408-7414 or www.rarc.ca which provides complimentary information on such agreements. One can also contact your bank’s Estates and Trust Department for assistance and help.

MACAU’S INTERNATIONAL FUSION COOKING

Baked Fish in Curry & White Wine

Ingredients

4 lbs whole fish or two smaller ones

2 lbs potatoes, peeled and sliced paper thin

2 large cloves of garlic, thinly sliced

¼ cup olive oil
1 1/2-teaspoon sweet paprika
2 tsp curry powder
¼ tsp whole cloves
2 bay leaves
2 onions, sliced
1 cup white wine
4 or 5 slices prosciutto or ham
1 sweet red pepper, thickly sliced
¼ tsp black peppercorns, crushed

Method

Clean fish. Make shallow diagonal cuts about ¼ inch deep along backbone and sides of fish. Sprinkle both sides of fish with salt and pepper.

Grease large baking dish or pan. Arrange sliced potatoes in the bottom of the dish. Place garlic slices in cuts of fish and place fish over potatoes.

Sprinkle fish with 2 tbsp olive oil, ½ tsp paprika, 1 1/2 tsp curry powder, pinch of cloves, 1 bay leaf, and 1 onion, sliced. Pour ½ cup wine over the fish. Roll prosciutto /ham and tuck into corners. Place red peppers over the top and sprinkle with peppercorns.

Bake in 450oF for 10 minutes per inch of thickness. Turn fish over when it begins to turn opaque. Sprinkle remaining olive oil, and the other ingredients. Continue baking until fish flakes easily. Uncover and broil for about five minutes or the top is browned.

Place fish on a platter and arrange potatoes around. Degrease and strain pan juices through fine sieve to make the sauce and drizzle the juices over the potatoes and fish. MAKES 6 TO 8 SERVINGS

Broad Beans with Salami & Ham

Ingredients

1-tablespoon olive oil
1 onion, finely chopped or sliced
4 oz. Salami, finely chopped
4 oz. Prociutto-style ham, sliced
450 grams broad beans
4 oz. Carrots, sliced
1-tablespoon tomato puree

Salt & pepper to taste

Method

Heat the olive oil in a casserole and sauté the onions, salami and ham for about five minutes. Add the remaining ingredients and cover and simmer over low heat for about an hour or until the beans and carrots are well cooked. Season to taste. Serves about four persons.

Baked Salmon

Ingredients

4 salmon fillets (100 g each)
2 cups chopped fresh spinach
1 cup sliced mushrooms
1 medium tomato, chopped
1/3 cup Sundried Tomato & Oregano Dressing (Kraft)

Method

Preheat oven to 375o F. Place salmon fillets, skin sides down in 13x9-inch baking dish sprayed with cooking spray. Combine remaining ingredients and spoon over salmon.

Bake 20 to 25 minutes until salmon flakes easily with fork.

Makes four servings.

MISCELLANEOUS

Distracted Driving is Dangerous

Driving.

(Article by Canadian Automobile Association)

At this time of the year the kids are back in school, parents are back at work, and millions of cars and drivers are back on the roads. With the increase in traffic motorists must remember that distractions are everywhere.

Traveling at 50 kilometres per hour one will travel 14 metres in one second. Even one second spent gazing at a provocative billboard, or fiddling with the CD player, or reaching for your coffee cup could lead to a fender bender that ruins your whole day, if not worse.

The key is to be aware that distractions will occur, and to reduce how those distractions affect you.

Anything – an event, activity, object, or person within or outside the vehicle – can shift your attention away from the task at hand of driving your vehicle. These distractions slow your reaction times – you fail to see that the light ahead has turned red or the truck that is pulling out from the side road. But driving today on our congested roads requires being fully aware of your surroundings and making rapid decisions that can only be made successfully when the motorist is fully focused on what is happening on the road.

Using a cell phone whilst driving IS a distraction but cell phones are far from the only distractions that motorists face. Education and driver awareness are important tools to address distractions in driving. Anyone who drives KNOWS the only behavior we can control is our own. As such motorists themselves are the biggest assets for reducing crashes due to distracted driving. When your mind drifts off, remember that your fellow drivers are relying on YOU being focused on the road ahead.

“Mental Exercise” keeps one’s mind younger and longer.

(Extract from The Daily Telegraph)

Mental aging can be reduced by cognitive exercise and lifestyle changes and elderly people can gain over ten years of “cognitive youth” by engaging in mental exercises. One of the main threats to being able to function effectively in old age is without any doubt the functioning of our brains. We all know 80-year olds who are pretty sharp and also people in their fifties or sixties who seem to have lost a lot of cognitive function.

We can all help to keep our brains fit through the following:

- 60-year olds who exercise regularly show less of a drop-off in mental ability.

- Challenging mental tasks encourage new connections between brain cells and stimulate cell growth.
- New experiences lower the likelihood of succumbing to dementia.
- Moderate levels of stress are stimulating, though very high levels have negative effects.
- Frequent and varied social interaction helps to keep the brain active.
- Fruit, vegetables and fish slow the brain’s decline. On the other hand polyunsaturated fats are bad for cognitive performance.
- People who consider themselves young somehow have the ability to retain their youthful abilities.

OBITUARY

Leonardo (Leo) Gustavo Vieira passed away peacefully on Friday, 11th November 2005, at the age of 80 years. Leo, the beloved husband of Lilia (nee Gaan) for 53 years, was born in Canton, China on 23 November 1924 and later lived in Hong Kong, where he and Lilia raised their four children. Upon retirement from Hong Kong in 1973 the family immigrated to Scarborough, Canada where he resided until his passing. Throughout his life he was an avid sportsman and excelled in tennis, field hockey, softball, cricket, lawn bowls and golf. To his widow, his children and grandchildren and other next-of-kin we offer our condolences and deepest sympathy.

Lilia is also related to the Editor.

Until next month

Luiz M. Souza, MBE

Vice President & Editor

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18 November 2005.