

BOLETIM MACAENSE

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

President:	Sergio Rui de Pina	(604) 303 - 7557
Vice President & Editor	Luiz M. Souza, MBE AE	(604) 435 - 1819
Secretary:	Josefina do Rosario	(604) 303 - 7557
Treasurer:	Vacant	
Social Convener:	Helen Xavier	(604) 279 - 8824
Webmaster	Joao Paulo Batalha da Conceicao	(604) 876 - 8262

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.

Our Association Website is located at www.casademacau.net
Explore our website for information on Association activities

January 2006

In this month's newsletter we have included the following topics:-

Country of Choice (Two points of view).

Report on last month's General Meeting.

New Year's Eve Dinner/Dance.

Birthdays in January.

Chinese New Year Banquet

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Forthcoming Meetings & Socials.

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Miscellaneous

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Trivia and Jokes

COUNTRY OF CHOICE (Two points of view)

(contributed in part by Diana Gomes and Albert J. Souza).

Will Canada continue to be the country of OUR choice or will people from other countries that have now decided to come to live in Canada, because it has now become their country of choice, are now forcing changes upon us. Think about this seriously. When are they going to do something about OUR OWN VIEWS AND RIGHTS?

We celebrate CHRISTMAS but because everyone does not celebrate it, we can no longer say "Merry Christmas"? Now I have to make do with "Season's Greetings". It is no longer a "Christmas vacation"; it's "Winter Break". Isn't it amazing this "Winter Break" ALWAYS occurs over the Christmas holidays? We seem to have gone so far the other way, bent over backwards to not offend anyone, that we are now being offended ourselves. But no one seems to have a problem with that. This about says it all! There is, however, an Editorial written recently in a Toronto newspaper that makes good sense.

IMMIGRANTS, NOT CANADIANS, SHOULD ADAPT TO THEIR NEW LIFE.

We are sometimes tired of this nation worrying about whether we are offending some individuals from other countries or their culture. And we also see the “politically correct” crowd complaining about the possibility that our remarks may be offending others. I am not against immigration, nor do I hold a grudge against anyone who is seeking a better life in Canada.

However, there are a few things that those who are choosing to come to Canada, and even those who were born here, will need to understand. This idea of Canada being a ‘multicultural community’ has sometimes served to dilute our sovereignty and our national identity as ‘Canadians’. We have our own culture, our language and our own lifestyle. This has been developed over many centuries of struggles, trials by a great many men and women who have sought this freedom.

We speak ENGLISH and FRENCH, not Spanish, Portuguese, Italian, Arabic, Chinese, Japanese, Russian, or any other language. Therefore, if you have chosen to become part of our society why not learn the language!

“We stand on guard for thee” is part of our national motto that has been adopted because men and women adopted this motto based on certain principles to found this nation and this is clearly documented. We feel that it is certainly appropriate to display it on the walls of our schools. If that offends you as an immigrant then I would suggest you, as an immigrant, consider another part of the world as your new home because those principles are part and parcel of our Canadian culture.

We are happy with our culture and have no desire whatsoever to change and we really do not care how you did things where you came from. This is our country, our land and our

lifestyle. When you are through with your complaining, whining, and griping about our country and flag, our pledge, our national motto, or our way of life, we recommend for your serious consideration to take advantage of one other great Canadian freedom – the right to leave and go somewhere else.

Having said the above we must also be mindful that, on the other side of the coin, in a multicultural Canadian model of immigration, one is encouraged to celebrate one’s heritage and unique culture. Therefore, as the leading Macanese cultural association in Canada we should be encouraging and supporting this concept.

Cultural anthropologists tell us that there are several hundred languages in this world today (including Macanese) but in twenty years some ninety percent of those languages will disappear due to TV, mass media and globalization. The Canadian immigration model however is quite distinct from the USA’s melting pot model which ironically will result in the major language and culture being more “Hispanic” than “Anglo” in those same 20 years from now.

It should also be realized that when the media and people in public office use the terms “Winter Break” and “Season’s Greetings”, they are addressing the whole population. It does not mean one cannot use “Merry Christmas” and it really depends very much on your intended audience. It is not a matter of being offended or fear of offending someone. For example, if someone said “Happy Hannukah” to you, you should not be offended because it may not mean much to you, would it? So “Merry Christmas” may not mean much to a Jew or to a Muslim. The people using the more general terms are only trying to be all encompassing or catholic (with a small “c”). In this modern multicultural society we must therefore be very much more tolerant in our views.

Our greatest threat to uniqueness is blending in with that great nation to our south. Multiculturalism is one major distinction we encourage, celebrate and are subsequently enriched by. We sometimes make fun of Americans because they know so very little of other cultures; is that what we want as Canadians?

As far as we are concerned we must decide in what manner we are concerned and to express those concerns in a forthright manner. To take issue and be offended by what is happening around us is not likely to solve the problem. After all that is said and done, we do not wish to be labeled as narrow-minded, bigoted, or egocentrically racist.

REPORT ON LAST MONTH'S GENERAL MEETING

The General Meeting on 18 December 2005 was attended by over 35 members and was intentionally a short one to make way for our Association's Christmas Party for Children. The meeting touched the following subjects: -

- Our Secretary, Ms Josefina do Rosario read the minutes of the 20 November Meeting that was subsequently adopted and approved.
- The Financial statement as at 30th November 2005 was tabled by Sergio Rui de Pina and outlined the Association's financial activities for the previous month. This statement was subsequently adopted and approved.
- Sergio Pina reported that the 200 tickets for the New Year's Dinner Dance scheduled for 31 December 2005 at the Royal Restaurant, Garden City Road in Richmond have been sold out.
- Members were reminded that the General Meeting scheduled for

Sunday, 15th January 2006 will be held at the Metropolis Community Room in Metrotown. Patsy Jorge, Helen Xavier and Luiz Souza volunteered to provide tea for the meeting in January.

- Josefina do Rosario thanked all the parents and/or grandparents of the children attending the Christmas Party for providing the food for the sumptuous tea.
- The question of a Chinese New Year celebration was brought up for discussion and it was agreed that Zina TAM and Linda ACHIAM would put their heads together and organize a Chinese New Year celebration on a date yet to be decided upon. Details will be announced at the General Meeting in January 2006.
- Members were reminded that 2006 Membership fees are now due for payment. All checks should be made payable to the Macau Cultural Association and sent to its official address at P.O. Box 97197, Richmond Main Post Office, Richmond, B.C. Canada, V6Y 4H4 as soon as possible after 1st January 2006.
- Luiz Souza drew attention to the December 2005 newsletter that has been published in pastel colored stationery. We hope to continue printing our future newsletters in that manner.

There was no other business and the meeting was adjourned to make way for the Children's Christmas Party and the tea that immediately followed the party. Council members joined forces to wish every one a Merry Christmas and a Happy New Year in 2006.

NEW YEAR'S EVE PARTY

Our Association held its New Year's Eve Dinner & Dance Party at the

Royal Restaurant in Richmond on 31 December 2005. No less than two hundred dinner/dance tickets were sold and the guests started to trickle into the restaurant shortly after six in the evening.

After a short welcome address by Sergio Rui de Pina at 7.00 p.m. the party got off to an excellent start with a performance first by the Portuguese group "Os Tres de Portugal" comprising Suzana Rodrigues, Jose Amaral and Manuel Redondo singing renditions of Portuguese songs. This was followed by another singing performance by our own Association member, Armindo Santos. These very same artists appeared on stage at the Vancouver East Cultural Centre only recently on December 19, 2005 to present "An Evening of Fado" presented by the Portuguese Benevolent Society that played to a 'full house' and the concert was very well received. Participants at this "Bocage Celebration" event included, in addition to those artists named above, a number of other promising Portuguese performers and artists.

Two young members, Jessie M. GUTIERREZ LI and Delfino LEONG were presented with bursaries during the course of the evening. These bursaries are part of a continuing Association program every year to assist our young people to secure and achieve a higher education.

A fabulous dinner consisting of prime roast beef, roast chicken, and fish accompanied by a number of salads, pastas and vegetables were then served accompanied by red and white wine and fruit punch. After the main meal guests were treated to a fabulous selection of desserts in the form of a variety of fresh fruits, jellies, and a large selection of cheesecakes.

Immediately after dinner Armando Santos, from Toronto, provided a tremendous one-man musical performance that was very much appreciated throughout the rest of

the evening. At about 11.30 p.m. we provided a selection of snacks for all the happy revelers. Just before the bewitching hour of midnight the Association provided champagne for all the guests to toast and welcome 2006. There was just no question whatsoever that the evening was a huge success. Scott & Betty IU, the owners of "Royal Restaurant" are to be congratulated on putting on a fabulous gala dinner and dance for the Association. A great "thank you" goes out to the very many volunteers who helped to make the evening a great success. All fully paid-up members attending the function also received a cash rebate from the Association.

BIRTHDAYS IN JANUARY

As customary we wish to extend birthday greetings and best wishes to those of our members whose birthdays fall in January and they include, amongst others, the following: -

- Romao da Silva
- Gertie dos Remedios
- Guilherme da Silva
- Margaret Gutierrez
- Ana Clara Tellis
- Maria Fernanda Santos
- Linda Achiam
- Fernando Vieira
- Evelyn Florendo
- Delcie Souza

Our current birthday list is not complete by a long shot and we must ask members to provide us with details of their birthdates in order that we may include them in our salutations each and every month. One can conveniently provide the information asked for in the membership renewal forms that have been sent to all members.

CHINESE NEW YEAR BANQUET

As already reported in last month's newsletter Chinese New Year will fall on 29 January 2006 to usher in the Year of the Dog. May we take this

opportunity to wish every one "KUNG HEI FAT CHOY" on behalf of our Association.

We have booked three tables for a Chinese New Year Banquet that will be held on Sunday 22 January 2006 (one week after our General Meeting on 15 January) at the BIG LAI SEAFOOD RESTAURANT located at 4519 Kingsway in Burnaby at 7.00 p.m. SHARP.

Prices will be \$20 for fully paid-up members and \$25 for non-members payable in advance at the General Meeting on Sunday, 15 January 2006. Members who attend this function will also receive a "\$5 red packet" at the dinner.

The menu ordered will consist of the following :-

- 1. Fresh Fruit Salad with Prawns and Turkey.**
- 2. Honey & Garlic Beef Spareribs.**
- 3. Tofu with Dried Scallop and Shitaki Mushrooms.**
- 4. Braised Shark's Fin Soup with Shredded Chicken, Dried Mushrooms, and Bamboo Shoots.**
- 5. Live Lobsters and Crabs with Cream Sauce and Noodles.**
- 6. Deep Fried Crispy Chicken.**
- 7. Green Vegetables with Straw Mushrooms and Chinese Mushrooms.**
- 8. Deep Fried Rock Cod Slices with Sweet & Sour Sauce.**
- 9. Pan Fried Sticky Rice.**
- 10. House Dessert**

We wish to thank Zina TAM and Linda ACHIAM for organizing and setting up the dinner banquet on behalf of the Association.

ACCESS TO OUR ASSOCIATION'S NEWSLETTERS ON OUR WEBSITE

For reasons unknown, a few individuals are experiencing some difficulty in getting access to our Association's very popular monthly newsletter on our website. A very simple solution would be to first get into our Association's website which is located at www.casademacau.net

Once into our website you will be offered a golden opportunity, entirely free of charge, to get yourself installed into "ADOBE ACROBAT READER". Once installed into "ADOBE ACROBAT READER" you can easily gain access to many of our monthly newsletters that have been published in recent years. It's that simple and at no additional cost whatsoever. In fact the newsletters are available in the website for everyone to read and digest.

FORTHCOMING MEETINGS & SOCIAL EVENTS.

Details are still being worked out and we hope to shortly publish our Program of Social Events for the coming year. It has to be understood that all such announcements are subject to being reviewed as circumstances warrant them.

However, we would like to confirm now that General Meetings will be held at the Metropolis Community Room located in Metrotown on the third Sundays in **February on 19th** and in **March also on 19th**. Both of these meetings will commence at two o'clock in the afternoon. The third Sunday in April falls on Easter Sunday and members will be duly informed in due course when and where the meeting for April is likely to take place.

2006 MEMBERSHIP FEES ARE DUE !

NEW MEMBER

We welcome Rebecca (Becky) Rozario LEUNG as the first new member to join our Association in 2006.

ALZHEIMER'S – "LONG GOODBYE"

(Extract of article published in "Vancouver Sun")

Down through the ages, Alzheimer's disease has been the curse of the elderly. It hits roughly five per cent of those over 65 and 40 per cent of those over 90. It is universally fatal.

The cost of caring for the 420,000 Canadians currently suffering from dementia is approximately \$10 billion per annum. However, it is also universally acknowledged that the disease is harder on spouses and other family members than on the victims themselves. There is also strong evidence that it takes years off the lives of caregivers.

The disease has an insidious onset. There is the initial forgetfulness and this is followed by a period in which the patient is confused about where they are and what day it is. There is a total failure to remember any recent events. This will be followed by a loss of such personal functions such as the ability to dress and feed oneself. Finally there is the deterioration into the vegetative state where the patient is totally incapacitated and can no longer even recognize family members and loved ones. Nancy Reagan, describing her late husband's gradual health decline, termed the process as "the long goodbye".

Despite this and many other sad stories, Alzheimer's disease can be prevented. It is not an inevitable consequence of aging. It is an active, malevolent disease that involves relatively simple pathology. It can therefore be predicted that, sooner or later, methods of treatment will be found to reduce this disease hopefully to a historical curiosity. At present the effort placed on solving the problem is very

low. For every thousands of dollars spent on caring for victims, less than one dollar is being spent on finding the solution. Unfortunately there is little incentive for profit oriented pharmaceutical companies to sponsor any clinical trials on this subject. Even though a number of these companies are committing resources to an Alzheimer's disease solution, their primary objective is profit and not the curing of the disease.

The public priority is to cure the disease at the lowest possible cost. Public money should best be spent on developing definitive treatments for disease rather than on Medicare schemes that support pharmaceutical company profits.

The above story is an extract of an excellent article written for the Vancouver Sun by Dr. Patrick L. McGeer, a former MLA in B. C. and who is now with the Kinsmen Laboratory of Neurological Research at the University of British Columbia.

GOSTOS E SABORES

(Macanese Fusion Cooking)

Pernil Brasileiro (Brazilian Roast Pork)

Ingredients

5 pound Leg of Pork (have the butcher remove the bone and skin)

¾ tablespoon salt

¼ tablespoon pepper

¾ cup white vinegar) combine

2 Tbsp Gin or Vodka) together

or Brazilian Pinga) as a "mix"

2 bay leaves) marinade

2 tablespoon sugar)

6 peppercorns)

4 large onions) CHOP

1 bunch spring onions) FINELY

4 cloves garlic) "CHOPPED"

2 large red chilies) MIXTURE"

2 tablespoon Oregano powder

Method

Sprinkle the salt and pepper liberally over the pork. Use a Pyrex or porcelain container for marinating.

Cut slits into the pork and insert the “chopped” mixture. Sprinkle the oregano over the pork together with balance of “chopped” mixture. Pour the “mix” over the pork and let stand for several hours. Baste often using a wooden or porcelain spoon.

Tie up or roll up for roasting. Place fat side down on rack – spoon up any marinade on top of pork and roast at 300 degrees. Baste from time to time and, if necessary, add some liquid or water if roasting pan shows sign of frying up.

After about two hours remove rack, turn over the roast, and cook the fat side up. Continue to baste and, if necessary, cover the roast with foil to prevent roast from burning.

Cook until done in approximately three and a half hours. Check doneness by inserting a wooden skewer – if the juice oozing out is clear (not cloudy), then the roast is done.

Add water to juices left in the pan; add salt to taste, if necessary. Strain the juices and thicken it with some cornstarch.

Classic Minestrone

Ingredients

4 cups tightly packed spinach leaves
¼ cup extra-virgin oil
2 medium leeks, white and green parts, thinly sliced
2 medium carrots, peeled and chopped
1 medium onion, chopped
1 celery stick, chopped
7 cups vegetable stock or water
1 medium potato, diced
1 medium zucchini, diced
1 28-ounce can whole tomatoes, drained and chopped
1 cup Cannellini beans, cooked with two garlic cloves and salt, then drained.
½ cup Pesto, made with blended basil leaves, garlic cloves, olive oil, oarmesan cheese, and pine nuts.

Method

Heat the oil in a large soup kettle or stockpot. Add leeks, carrots, onions,

and celery. Saute over medium heat until softened, about ten minutes. Add stock or water, potato, zucchini, chopped spinach, and tomatoes. Bring to boil, reduce heat and simmer gently for about one hour. Stir in the beans and add a little salt to taste. Simmer another ten minutes. Remove pot from heat and stir in the pesto. Adjust the seasoning. Drizzle grated Parmigiano-Reggiano cheese and olive oil over the soup. Garnish with toasted crostini.
Yield: 6 servings.

Bebinga de Leite (MGTO recipe) (Coconut Milk Custard)

Ingredients:

3½ cups milk
1 ¾ cups coconut milk
100 grams cornstarch
350 grams sugar
10 eggs
¼ lemon rind

Method

Dissolve the cornstarch with the coconut milk; add egg yolks and mix well. Bring milk, sugar and lemon rind to a boil and let it cool off for about ten minutes. Mix in the cornstarch and coconut milk and heat over a low flame until it boils and thickens considerably. Pour the mixture into small serving cups and brown quickly under a grill. Chill before serving. (Serves about ten people)

PREVENTION OF SUBSTANCE

ABUSE

WHAT IS A STANDARD DRINK?

One standard drink is equal to:

- 1 can or bottle of 12 oz (341 ml) Beer/Cider (5-8% alcohol)
- 1 glass of 5oz (142ml) table wine (12% alcohol)
- 3 oz (85ml) fortified wine – port/sherry/martini (18% alcohol)
- 1.5 oz (43 ml) hard liquor/spirits (40% alcohol)

Low risk drinking guideline

- TWO standard drinks per occasion for men and women.

- FOURTEEN standard drinks per week for men.
- NINE standard drinks per week for women and the elderly.

The source for the above criteria is based on Canadian College of Family Physicians; Canadian Centre for Substance Abuse; and the Manual on the Management of Alcohol, Tobacco and Other Drug Problems.

TRIVIA & JOKES

(Contributed by Ron Gill & others)

BIG TROUBLE

A husband was in big trouble after forgetting his wedding anniversary. His wife told him "tomorrow there had better be something in the driveway for me that goes from zero to 200 in 2 seconds flat".

The next morning the wife found a small package in the driveway.

She opened it and found a brand new bathroom scale.

Funeral arranged for this Saturday.

ROMANCE MATHEMATICS

Smart man + smart woman = romance

Smart man + dumb woman = affair

Dumb man + smart woman = marriage

Dumb man + dumb woman = pregnancy

OFFICE ARITHMETIC

Smart boss + smart employee = profit

Smart boss + dumb employee = production

Dumb boss + smart employee = promotion

Dumb boss + dumb employee = overtime

SHOPPING MATHEMATICS

A man pays \$2 for a \$1 item he needs.

A woman pays \$1 for a \$2 item that she does not need.

DISCUSSION TECHNIQUE

A woman has the last word in any argument

Anything a man says after that is the beginning of a new argument.

LONGEVITY

Married men live longer than single men do, but married men are a lot more willing to die

GENERAL EQUATIONS & STATISTICS

A woman worries about her future until she gets a husband

A man never worries about the future until he gets a wife

A successful man is one who makes more money than his wife can spend

A successful wife is one who can find such a man

HAPPINESS

To be happy with a man, you must understand him a lot and love him a little

To be happy with a woman, you must love her a lot and not try to understand her at all

STOP PEOPLE FROM BUGGING YOU ABOUT GETTING MARRIED

Old aunts used to come up to me at weddings, poking me in the ribs and telling me, "You're next". They stopped after I started doing the same thing to them at funerals.

PHOTOGRAPHS APPEAR ON THE MACAU CULTURAL ASSOCIATION WEBSITE AT www.casademacau.net. JUST "CLICK" INTO "PHOTOS SECTION"

**Until next month – Happy New Year
Luiz Maria Souza, MBE AE
Editor – Macau Cultural Association
(Casa de Macau) of Western Canada
15 January 2006**