

BOLETIM MACAENSE

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

Our Association Website is located at www.casademacau.net
Explore our website for information of activities
"Click" into our "Photo" section and view the very many photographs

FEBRUARY 2007

A DREAM REALISED...

... OUR OWN SEDE !

By Sergio Rui de Pina

This accomplishment of the "DREAM" is purely a matter of having the solid background, steadfastness, a higher spirit and an honorable character of strength and conviction that led our Association to achieve this positive position. It led to the fruition of our very strong desire in obtaining and achieving our desire of owning our own "Sede", entirely free of encumbrances, intrigues, politicking and most importantly, free of any shackles or any joint plans of operation.

It has been twelve long years of "dreaming" and we are now in absolute heaven on earth. We now have exactly what we wanted all along; no more, no less and most importantly, we can now proceed with our own life without any interference.

Our core vision, values and faith survived the worst, and therefore, the Macanese Community will from now on fare much better.

Since we are proceeding with our plans for the future, we will hereon embark on our way of making our dreams come through after having overcome all the adversities in the long haul and fights, filled with broken promises, small minded intrigues, jealousies and stupidity from different sources.

Our dreams and beliefs are now being realized thanks to the foresight of present and past Council Executives and Members. We have refused to be swayed or be captivated by the **Dollar Sign (\$\$\$)** nor be guided and pushed on by Greed. Instead, we looked at the possible long-term benefits with a broader and more sensible vision and most important, the maximum benefits we will achieve from our Cultural background. **ALL ALONG, WE HAD THE OVERALL WELL BEING OF THE MACANESE COMMUNITY IN OUR MINDS AND HEARTS.**

And today also we must thank those in Macau who accepted our dream and long-range approach and who have the very same foresight as our Association in committing to the future. A bright future is guaranteed.

In addition, we do not only thank those in Macau who assisted us so much and so generously but would like to re-assure them that we have all along kept our faith in them, and we have looked upon them for guidance and co-operation. The fact is that we have always displayed our pride and honor of being real "filhos de terra" Macaenses and not just for convenience only!!

Our honorable behavior should set an example to the Diaspora around the world and we would dare to suggest that in order to build a strong base for our Race we must have people of Character to lead us.

Till next month.....
Sergio Rui de Pina,
President, MCA



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EXTRAORDINARY GENERAL MEETING – SUNDAY 21 JANUARY 2007.

As agreed at the General Meeting in December 2006, an Extraordinary General Meeting was convened on Sunday, 21 January 2007. At this meeting a special resolution was proposed by Armindo Santos and seconded by Ms. Jenny Sequeira. It was resolved that:

1. The Building (Sede) Committee is authorized to conduct evaluations and feasibility of acquiring a Sede based on the commitment made by Fundacao Macau and other funds available.
2. The Building (Sede) Committee is permitted to make enquiries, review submissions, consult with real estate agents, visit sites, consult with experts in the field and strike a budget to pay for the expenses of the Committee for transportation, consultants and other incidental expenses relating to the search activities.

3. In order to facilitate the process in obtaining the appropriate property and take advantage of any favorable conditions on short notices, the Building Committee is also authorized to make and accept offers, bargain and negotiate prices, and
4. Financing and any other terms germane to such activities using their best abilities and judgment without further reference to the General Assembly of Members.

Without exception members present voted unanimously in favor of the resolution.

SOCIAL FUNCTION – SUNDAY 4 FEBRUARY

We had our ever-popular Mahjong Social with SIX tables of Mahjong on Sunday, 4 February. With the addition of six camp followers we had thirty individuals participating in a fantastic dinner cooked up by Josefina do Rosario. Fina produced this month a huge cauldron of “FEIJOADA” for dinner and which was thoroughly enjoyed by one and all. A number of members provided victuals for afternoon tea and the most popular item was an excellent “Kari Kok” donated by Patsy Jorge. We also wish to thank the many members who pitched in to help with setting up the tables and chairs and the washing and cleaning up after dinner.

TENTATIVE CALENDER OF EVENTS – Jan-May 2007.

- **Sunday 07 January** – NO SOCIAL PLANNED FOR THIS MONTH
- **Sunday 21 January** – Extraordinary & General Meeting at Metropolis in Metrotown at 2.00 p.m.
- **Sunday 04 February** – A Social will be held at Centre Pointe in Richmond with Mahjong at 1.30 p.m. followed by Dinner. Please phone Helen at (604) 279-8824 if you are interested in participating.
- **Sunday 18 February** – Monthly General Meeting to celebrate Chinese New Year and to welcome the Year of the Pig at Metropolis in Metrotown at 2.00 p.m. Valentine’s Day which falls on 14 February will also be observed.
- **Sunday, 26 February** - MCA will hold a Chinese New Year Banquet & Dance this day to celebrate Chinese New Year at the Royal Dinner & Dance Restaurant located at the corner of Blundell and Garden City in Richmond. The Menu will be similar to the one last served at Christmas time. Please inform Helen at (604) 279-8824 if you are interested in attending.
- **Sunday 4 March** – A social will be held at Centre Pointe in Richmond on Sunday, 4 March 2007 with Mahjong at 1.30 p.m. followed by dinner. Please inform Helen at 604 279-8824 if you are interested in participating.
- **Sunday 11 March** – Daylight Saving Time – Don’t forget to change your clocks.
- **Sunday 18 March** – A monthly General Meeting will be held on Sunday, 18 March 2007 in Metropolis in Metrotown commencing at 2.00 p.m. We will be taking the opportunity also to observe and celebrate St. Patrick’s Day that falls one day earlier on 17 March 2007.
- **Sunday 1 April** – A Social will be held at Centre Pointe in Richmond with Mahjong at 1.30 p.m. followed by dinner. Please inform Helen at (604) 279-8824 if you are interested in participating.
- **Sunday 8 April** - EASTER SUNDAY
- **Sunday 15 April** – A monthly General Meeting will be held with venue and times to be announced.
- **Saturday 21 April** – Possible 9-day round trip bus tour to Las Vegas.

- **Sunday 6 May** - A social will be held at Centre Pointe in Richmond with Mahjong at 1.30 p.m. followed by dinner. Please inform Helen if you are interested in participating.
- **Sunday 13 May – MOTHERS' DAY**
- **Sunday 20 May** - Monthly General Meeting will be held with venue and times to be announced.
- **Encontro 2007** – Members are also reminded that “Encontro 2007” will probably take place in November this year. We have no details from Macau as yet but we promise to inform members as soon as details come to hand.
- **MORE NEXT MONTH !**

SOME HIGHLIGHTS OF TAX CHANGES TO 2006

(Contributed by Carlos Cordeiro)

As we approach the time of the year to sit down and file our Income Tax Return, the following are some of the changes enacted by the new federal Conservative government that is worth noting.

- The lowest rate of federal tax is 15.25%.
- Personal Credits is increased to \$8,839 for individuals and 7,505 for spouse or common law partner.
- All capital gains tax on donation of public-listed securities and ecologically sensitive land has been eliminated.
- Employment deduction is now available to a maximum of \$250.
- Trades tool to a maximum of \$500 is now available.
- Scholarship, fellowships, and bursaries received by students attending designated educational institution are exempt.
- Deduction is now available to eligible public transit passes after 30 June 2006. The tax rate is 15.5% in 2007, so if you pay \$70/month for your monthly transit pass, the tax credit one will receive in 12 months of passes, this year will be 130.
- Pension income deduction has increased to \$2,000.
- The criteria and application on disability tax credit has been revamped. One should obtain more details and pay special attention to these changes.
- Medical expenses will be expanded; the claim limit for a dependent has increased to \$10,000.
- There is a new adoption deduction of a child under 18 years.
- Provincial homeowner grants is increased by 22% to \$570 and for seniors, veterans and disabled people is increased to \$825. These grants are for properties valued at less than \$780,000 (From \$685,000).
- ***DISCLAIMER: Readers should consult their accountants and/or tax specialist on any of these points as Canadian tax rules are complex and varies from individuals to individuals depending on their particular circumstances.***

A BIT OF HONG KONG HISTORY

On 26 January 1841, a British naval party landed on Possession Point (near the present day corner of Possession Street and Queen's Road West) and raised the Union Jack, formally claiming Hong Kong Island for the United Kingdom. The Chinese had surrendered the island some six days earlier at the Convention of Chuanbi, but neither Britain nor the Chinese Government ratified that agreement. However, the Royal Navy held on to the rock as the First Opium War raged on for another 19 months, until the Treaty of Nanjing was signed. This time round, both sides decided to ratify the NEW

- *E-mail received 03/02/2007 01:41: 00 GMT –
“We are still waiting an answer from you yellow chicken. We think that you are a COWARD! You pretend to know it all, but we now know for sure that you are a COWARD! MCA people as in your person are pitiful.”*
- *E-mail received 03/02/2007 01:52:00 GMT –
“Howdy yellow chicken coward. A donkey jackass. You’re such a big coward. What’s the matter – never learnt English. Are you not going to answer us ? Us British know so much more than you Macau folks”.*

BLONDE AT THE BAR

Antonio walked into a sports bar around 9.58 and sat down next to a blonde and initially stared up at the TV. The 10 o’clock news came on and the news commentator was covering the story of a man on a ledge of a tall building preparing to jump.

The blonde looked at Antonio and asked, “Do you think he will jump? Antonio said, “you know, I’ll bet he will jump”. The blonde replied, “Well, I bet he won’t.” Antonio placed a 20 dollars note on the bar and said, “You’re on!” Just as the blonde placed her money on the bar, the guy did a swan dive off the building, falling to his death.

The blonde was very upset and handed her 20 dollars to Antonio, saying, “Fair’s fair, here’s your money”. Antonio replied. “I can’t take your money, I saw all this earlier on the 5 o’clock news and knew he’d jump.

The blonde replied, “I did too; but I didn’t think he’d do it again!” Antonio quietly took the money.

AGING SUCCESSFULLY

Studies have shown that people who tend to age “successfully”, share certain characteristics and activities that may help to keep them “sharp”. These practices may help prevent declines in cognition and memory.

- **PHYSICAL ACTIVITY** is strongly linked with lifelong brain health. Aerobic exercise in particular seems to sharpen memory skills.
- **MENTAL EXERCISE**, especially learning new things or pursuing activities that are intellectually stimulating.
- **MORE FORMAL EDUCATION** is associated with mental sharpness, possibly because continued learning creates a “neural reserve” of denser, stronger nerve-cell connections.
- **A SENSE OF CONTROL** or influence over our lives and those of others – believing that what we do makes a difference – seems to prevent cognitive decline, for reasons that are unclear.

KEEPING YOUR MEMORY SHARP

- **RELAX:** Tension and stress are associated with memory lapses. Managing stress improves memory.
- **CONCENTRATE:** Your teachers were right: If you want to recall something later, pay attention.
- **FOCUS:** Try to reduce distractions and minimize interferences.
- **SLOW DOWN:** If you’re rushing, you may not be properly focused or paying full attention.
- **ORGANISE:** Keep important items in a designated place that is visible and easily accessed.

- **WRITE IT DOWN:** Carry a notepad and calendar, and write down important things.
- **REPEAT IT:** Repetition improves recall. Try repeating names when meeting new people, or repeating facts when you are learning new information.
- **VISUALIZE:** Associating a visual image with something you want to remember can improve recall.

We hope that digesting the above will help everyone to improve one's memory lapses.

LOWERING CHOLESTEROL

It is impossible to judge cholesterol levels by how you feel, because high cholesterol doesn't cause any symptoms. The first step in lowering one's cholesterol is making lifestyle changes. That involves eating a healthier diet. Our liver makes 80% of the cholesterol in our body and we get the other 20% from the food we eat.

One of the main dietary culprits in raising cholesterol is saturated fat, which is found in animal-based foods such as meat and dairy products, and in some plant food such as coconut oil, palm oil, and cocoa butter. Trans fats (also known as trans fatty acids) are another problem. They are a form of man-made fat that is created during a process called hydrogenation, which is used to turn liquid oil into solid fat (such as certain margarines). Whilst technically unsaturated, trans fats act more like saturated fats by raising blood levels of LDL, sometimes referred to as "bad" cholesterol.

Soluble fibre, which is found in oat bran, fruits and vegetables, helps the body eliminate excess blood cholesterol. So increasing your consumption of soluble fibre will help your body rid itself of cholesterol.

How food is prepared has a significant impact on its health value. Vegetables that are high in fibre and low in fat lose their value when they are deep-fried. Try therefore to cook with less oil.

KUNG HEI FAT CHOI

We take this opportunity to wish everyone KUNG HEI FAT CHOI on the occasion of this year's Chinese New Year, which falls on Sunday 18 February 2007.

**Until next month,
Luiz Souza, MBE (Mil) AE
Editor, Boletim Macaense,
Macau Cultural Association
16 February 2007.**

ENCLOSURE 1

ELIZABETH REX (Signed)

ELIZABETH THE SECOND, by the Grace of God of the United Kingdom of Great Britain and Northern Ireland and of Her other Realms and Territories. Queen, Head of the Commonwealth, Defender of Faith and Sovereign of the Most Excellent Order of the British Empire to Our trusty and well beloved LUIZ MARIA SOUZA Esquire on whom has been conferred the Air Efficiency Award Squadron Leader in Our Royal Hong Kong Auxiliary Force.

GREETING

WHEREAS WE have thought fit to nominate and appoint you to be an Ordinary Member of the Military Division of Our said Most Excellent Order of the British Empire.

WE DO by these presents grant unto you the Dignity of an Ordinary Member of Our said Order and hereby authorize you to have, hold and enjoy the said Dignity and Rank of an Ordinary Member of Our aforesaid Order together with all and singular the privileges thereunto belonging or appertaining.

GIVEN at Our Court at Saint James's under Our Sign Manual and the Seal of Our said Order this Thirty-first day of December 1976 in the Twenty-Fifth year of Our Reign.

By the Sovereign's Command

PHILIP (SIGNED)
Grand Master.

Grant of the Dignity of an Ordinary Member
Of the Military Division of the Order of the British Empire
To Squadron Leader Luiz Maria Souza, A.E.,
Royal Hong Kong Auxiliary Air Force.