

APRIL 2007

# 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](http://www.casademacau.net)  
Explore our website for information of activities  
"Click" into our "Photo" section and view the very many photographs

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## **EDITORIAL (Inspired by Sergio Rui de Pina)**

### OUR DREAM IS NOW MATERIALIZING AT LONG LAST!!!

As we approach the last stretch of our "long march" towards our cherished goal of obtaining "our own and separate" Clubhouse, it is very important that we should have the right individuals on board to ensure the total success and achievement of our plans with a minimum chance of any problems that may occur as we enter the last and most important period of our endeavors. We now need to be able to proceed in a positive manner in order to achieve our goals and plans for the future. We realize our plans for the future is for the well being of our Association and our members who so deservedly need and require a clubhouse of their own.



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It will be up to us to give our members what they richly deserve, after those long years of "absolute madness, frustration and totally unnecessary stupidities"

caused by some other selfish, self-serving and idiotic group of individuals. There is not much more to say or add to the above other than to say that we are fortunate that our dream is finally becoming a reality and it is up to us to make this dream come true. We have just one word of caution and that is to keep these matters, for the time being, strictly amongst ourselves and they should not be disclosed ahead of time to some outsiders who are anxious to put a spoke in our wheels.

### **MONTHLY GENERAL MEETING**

A General Meeting took place on Sunday, 18 March 2007 at the Metropolis Meeting Room in Metrotown, Burnaby at 2.p.m. The meeting started off on a sad note when members observed a 1-minute silence to remember Natalie Santos whose demise occurred early that morning. Natalie has been a staunch member of our Association for many years.

Although there has been no official announcement as yet, word has it that the forthcoming “**ENCONTRO**” is to be held 26 November – 2 December 2007 in Macau following an inaugural Reception to be held there on 25 November. This means that members attending the “**ENCONTRO**” must, at the latest, depart from Vancouver on 23 November to arrive in Macau on 24 November 2007.

Members who are contemplating on attending the “**ENCONTRO**” are requested to advise any member of our Executive Council as soon as possible.

### **BRIEF REPORT ON MCA SOCIAL**

On 1 April 2007 our Association held a Mahjong & Dinner Social at Centre Pointe in Richmond. There were six tables of Mahjong and over thirty people later sat down in the evening for dinner. As Josefina was working until six that day, a number of individuals pitched in to assist in the preparation of the soup until she arrived to give a delicate and final touch to a fabulous dinner of “Sopa Verde”, a very delicious “Vaca Stofada” (this was prepared earlier by Josefina). Mahjong players started playing soon after 1.30 p.m. followed by a Break for afternoon tea consisting of snacks made up of cookies and cakes supplied by Leonor. Maria Louisa, Louis, Carling and Gertie (hope we haven't omitted any names). Dinner was served at around 8.30 p.m. and the whole evening came to a close shortly after 10 p.m. After dinner Sergio Rui de Pina presented an impromptu update about a number of activities taking place within our Association in the coming months to the thirty Association members present.

### **MEMBERSHIP DUES/FEES**

Members are once again reminded that our Association annual fees for 2007 are due for payment and checks for payment of these dues should be made payable to the “Macau Cultural Association (Casa de Macau) of Western Canada” as soon as possible.

### **BIRTHDAYS IN APRIL**

We extend our very best wishes to those of our members whose birthdays fall during the month of April 2007. They include the following; -  
Patricia JORGE, Rosalind Marie YEE-HSU, Jules SIRON, Donald GILLIS and Peter da SILVA. **PARABENS TO ONE AND ALL!!**

### **FORTHCOMING MEETINGS & ACTIVITIES**

#### **General Meetings**

Our hard working Secretary, Fina do Rosario has confirmed that she has booked the usual location in Metrotown for general meetings to be held on **Sundays** on the following dates: -

**May 20, 2007; June 17, 2007; July 15, 2007 & August 19, 2007.**

We have the use of the Meeting Room from 1.30 – 5.30 p.m. but the meetings themselves are being scheduled to start at 2.00 p.m. We then have the half hour to set up the room for our general meetings.

### **Social Activities**

We are also planning on our very popular Mahjong & Dinner Socials so far for the following two Sundays: -

**6 May 2007 & 3 June 2007**

These dates are subject to a final review and members interested in participating in playing Mahjong and/or joining members for a Dinner on those dates are requested to telephone Helen at 604 279-8824 for a final confirmation on the above activities.

### **FITNESS**

#### **Walking – No Pain & Results in Plenty of Gain.**

**(Extract of an article written by Regina Nuzzo)**

Walking may be as close to a magic bullet as you'll find in modern medicine. Walking is the ultimate no-fuss exercise. Walking can get you from point A to point B in an earth-friendly non-gas-guzzling way. It can be fine-tuned to your own fitness needs – suitable for off-the-couch potatoes and adrenaline junkies alike.

#### **BENEFITS OF WALKING**

- It enhances blood circulation. It can lower blood pressure and improve blood cholesterol, important for warding off heart disease.
- It enhances the body's handling of glucose (good for diabetes control).
- It alters hormone levels (which play a part in breast and prostate cancer).
- It boosts bone mineral density (important in osteoporosis prevention).
- It reduces inflammation and clotting (related to stroke).
- It enhances the brain's neurotransmitters (good for anything involving mood and creativity).

### **CONCERN OVER THE USE OF PLASTICS**

(Extracted from a Johns Hopkins Health Alerts)

The Internet has been flooded with email warnings to avoid freezing water in plastic bottles so as not to get exposed to carcinogenic dioxins. The truth is that no dioxins are released by freezing water in plastic containers. Actually there are no dioxins in plastics. In addition, freezing works against the release of chemicals. It is quite okay to drink out of plastic water bottles. We should all be more concerned about the quality of the water we are drinking than the container it's coming from.

Having said the above, there is another group of chemicals, called phthalates that are sometimes added to plastics to make them more flexible and less brittle. **Phthalates** are environmental contaminants. If you heat up plastics, you could increase the leaching of phthalates from the containers into the water and food. This is why, with good plastic drinking straws, there is a warning on the label "not for hot beverages"

If you are cooking with plastics or using plastic utensils, the best thing to do is to follow the directions and only use plastics that are specifically meant for cooking. Inert

containers are best, for example heat-resistant glass, ceramics, and good old stainless steel.

### **OBITUARY**

**Mrs. Natalie SANTOS**, a long time and supportive member of our Association, was born on 7 December 1921 and passed away after a short illness on March 18, 2007. She was pre-deceased by her husband, Julio. She is survived by her stepdaughter Judith (Willie) Christo, three grandchildren, and six great grandchildren. In addition to the immediate family and relatives, both the Wake held on Monday, 26 March and the Mass of Christian Burial held on Tuesday, 27 March 2007 were attended by a great number of immediate family, relatives and friends, a wonderful testimonial to her tremendous popularity. She was subsequently interred at the Gardens of Gethsemani Roman Catholic Cemetery in Surrey, B.C. To the Family and Next-of-Kin we offer our sincere condolences and deepest sympathy.

**Mrs. Jacqueline (Jackie) Pereira**, a former member and Editor in our Association passed away on Tuesday, 20 March 2007. In recent times she suffered from an anemic condition with frequent hospitalization. Funeral services for Jackie took place at 1 p.m. at the Richmond Funeral Home on Friday, 23 March 2007 when members of our Association was represented by a number of mourners including Carlos Cordeiro, Helen Xavier, Ana Tellis, Laura Cordeiro, Luiz Souza, Domingos Leong and Cynthia Veira, Natercia & Tony da Rosa. Jackie is survived by her husband, Fernando, and two children, and a twin sister. To the Family and Next-of-Kin we offer our sincere condolences and deepest sympathy.

**Mr. Mike McDougall**, long time Lusitano Bulletin editor passed away on Easter morning at USF Hospital in San Francisco. To the Family and Next-of-Kin we offer our sincere condolences and deepest sympathy.

### **ABUSIVE E-MAILS**

Here is another comment we received about those recent e-mails and we quote: ***“Obrigado pelo newsletter que recibi ontem. Defacto estes e-mails são provocadores e revoltantes. Aliás até são covardes porque não tem coragem de se identificarem. Uma lastima para a Diaspora!***

Rough translation: **“Thank you for the newsletter received yesterday. These e-mails are provocative and revolting. The authors of those e-mails are simply cowards because they do not have the courage to identify themselves. It is a real shame for the Diaspora. UNQUOTE**

### **CELEBRATION**

Our Association is planning on a joint celebration to commemorate Portugal Day, Dia de São João (Patron Saint of Macau), Seniors, Mothers' & Fathers' Day to be held on Tuesday, 26 June 2007. We are still working out the details of this mammoth celebration. Meanwhile members and friends are requested to keep TUESDAY 26 JUNE 2007 open for this GALA event. More details will be announced in next month's newsletter.

### **UNTIL NEXT MONTH**

**LUIZ M. SOUZA, MBE (Military), AE  
VICE PRESIDENT & EDITOR  
MACAU CULTURAL ASSOCIATION  
CASA DE MACAU EM VANCOUVER  
FRIDAY, 13 APRIL 2007**