

J U N E 2 0 0 7

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

Editorial

NOTES ON MAY GENERAL MEETING

The General Meeting held on 20 May 2007 touched briefly on the following subjects: -

1. News on the passing of the following friends:
 - Alfred Barros in Australia
 - Jorge Hagedorn Rangel in Macau
 - Lidia d’Assumpcao in Macau. She was a classmate of Sergio and a close family friend.
2. ENCONTRO 2007: A tentative list has been started and any members contemplating on attending Encontro 2007 in November are requested to register ASAP. This will assist us with the planning and give us an idea of the numbers planning to join the Encontro – with travel fares, hotel accommodation, etc.
3. SEDE (Clubhouse): We have not received any further news except that unofficially there are rumors that Mr. Victor NG is planning to send one or two representatives to visit Vancouver probably in late June or early July.
4. NEW MEMBERS: Terrence KWOK and Cindy WONG are two new members working for Manu life Insurance in Macau; Clara SUAREZ, and Teresa IEZZI.
5. VOLUNTEERS: We wish to express our thanks to those members who contributed food for our “Cha Gordo” last month. They included Gemma & Don, Delcie, Patsy, Luiz, Helen, Isabel, Leonor & Teresa, Archie & Dolores, and Jenny

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- & Gwen. Offers for assistance for the month of June came initially from Luiz, Patsy and Helen.
6. Mahjong Social: Members interested in joining our Mahjong Social on 3 June are requested to register with Helen as soon as possible.
 7. Our Association is holding a dinner/dance party on Tuesday, 26 June 2007 to Honor our "over 80s members". We have asked the Federal Government for a contribution towards this celebration. It will be held at the Royal Restaurant, in Richmond. The party will start off at 6.00p.m. with dinner commencing at 7.00 p.m. SHARP. Members are urged to get more members and friends to join in the celebration.
 8. At this Meeting we also welcomed Molly YIP and Diane WONG as guests.
 9. The Minutes of the last Helen Xavier read Meeting. A motion to approve these Minutes was proposed by Gwen D'Souza and seconded by John Howell and approved and passed as read.
 10. Similarly the Financial Statement was posted for general viewing and read by Sergio Pina. A motion to pass the statement as read was proposed by Laura Cordeiro and seconded by Ron Gill. Sergio confirmed that some funds were needed to meet expenses with the balance going back into GICs.
 11. Clubhouse News: Casa de Macau – Sydney have purchased a "modest" Clubhouse. We extended our heartiest congratulations to them. Meanwhile Sao Paulo is the only region with a huge and very impressive Clubhouse. In Toronto Fundacao Oriente bought the Clubhouse for the city and they carry most of the running expenses. In Vancouver Fundacao Macau will hopefully pay for our Clubhouse. We are hopeful that City Hall both in Vancouver or Burnaby may allow exemptions and be more receptive to special requests.
 12. The next meeting will be held on Sunday, 17 June commencing at 2.00 p.m. at Metropolis in Metrotown.

Mahjong Social

This was held on Sunday 3 June when Cecilia Gill cooked up a fabulous meal consisting of Greek Salad, Pasta and Roast Chicken and Ice Cream. There were only four tables of Mahjong this particular month but the dinner was thoroughly enjoyed by twenty-five individuals. Members are hereby advised that we are going to have Summer Break and there will not be any Mahjong Social in July.

Membership Dues for 2007.

This is the final reminder for 2007 Dues to be paid. Those members who have failed to pay their dues may run the risk of having their names removed from our membership list.

Contest for the Logo Creation

Mr. Hugo Robarts Bandeira, the President of the Board of Directors of the Confraternity of Macanese Gastronomy has announced that the deadline for the above contest has been extended until 5.00 p.m. on 29 June 2007.

Any information concerning this contest can be obtained by phone at (853) 28533544 or fax (853) 28524012 or at <http://www.apim.org.mo/confraria>.

TOP COURT GIVES MIXED RULINGS ON JOINT ACCOUNTS IN ESTATES.

The Supreme Court of Canada has upheld the dismissal of two separate cases involving disputes over whether joint accounts must be considered part of the estate when someone dies.

The court's rulings recently may fall short of giving legal clarity for thousands of Canadian families involved in lengthy and often-bitter disputes during probate, the legal process of settling person's estate.

The court has to consider two similar cases previously heard by the Ontario Court of Appeal which gave different rulings over whether joint accounts set up by parents with their adult children should be shared as part of the estate assets when their parents died.

In the first case, Pecore v. Pecore, the daughter's ex-husband was appealing the lower court's ruling against his claim for the joint account to be included in the assets of her father's estate, which was to be divided equally between the couple upon his death. But the Supreme Court rejected the claim and upheld the lower court's decision.

In the second case, Madsen Estate v. Saylor, the court dismissed an appeal by Patricia Ann Brooks, the daughter of the estate's executor, who claimed her father intended the joint account he set up with her not to be included in his estate as it was divided up between her and her two siblings.

The court cited ancient legal presumptions that go back to the 15th century as influences on its rulings and has opened the door to politicians to shape a law to clarify the situation after the dismissals were handed down. If anything, the rulings place onus on the joint account holder to prove presumption of resulting trust that the parent intended the joint account to be separate from estate assets. This question has dogged people and courts throughout the ages. How do you figure out what someone intended when they are no longer around to tell us?

IDENTITY THEFT

If you think it cannot affect you.... Think again!!

More than 7,700 cases of "identity theft" were reported across Canada last year. That represents over 16 million dollars worth of losses, according to the RCMP. Identity theft has become one of the fastest growing crimes in Canada.

Why is identity theft so nasty? One reason is that you never see the criminals or are aware that the crime has taken place. It all happens entirely without your knowledge. However, most credit card institutions will check up with you when they notice or detect unusual or suspicious activity on your individual credit card.

BIRTHDAYS IN JUNE

We extend our very best wishes to those of our members whose birthdays fall during the month of June. They include the following members – Desiree Jorge, Micaela Airoso, Brigida Medina, Sergio de Pina, Helen Xavier, Luiz Gutierrez, Celina LO, Oscar White, Rebecca LEUNG, Tony da Rosa, Daniel SHEUNG, Barbara VAN, and Alexandra Henriques. Best wishes and "Parabens" to one and all from all of us.

CANCER PREVENTION FACTS

Approximately fifty percent of cancer cases are preventable. There are five primary preventable risk factors. They are: -

1. **Tobacco Use:** Don't smoke or use tobacco products .If you do smoke, draw up a plan to quit smoking. Speak with your doctor about suitable

Programs or medications that can help you to succeed. Tobacco will kill half of all smokers.

2. **Body weight:** Watch your weight. Avoid being overweight and limit weight gain during adulthood to less than 11 lbs. Balance caloric intake with physical activity. Calories in must not exceed calories burned. For example, the sugar in a daily can of soda is enough energy for a 15 lb. weight gain in one year.
3. **Diet:** BODY WEIGHT. Eat foods, control portion sizes and do activities that help you achieve and maintain a healthy body weight.
PLANT-BASED FOODS. Eat a variety of healthful foods, with an emphasis on plant-based (vegetables, fruits, legumes)
VEGETABLES AND FRUITS. Eat plenty of vegetables and fruits.
MEAT & DAIRY. Choose the lower fat dairy products, fish and leaner meats. Limit consumption of red meats, especially those in high fat.
ALCOHOL. Drink alcohol in moderation, if at all.
SUPPLEMENTS & ORGANIC FOOD. For most people, supplementation is not required; while organic food may be desirable, there is no evidence that consuming non-organic fruits and vegetables increases the risk of cancer.
4. **Physical Activity:** Get 30-45 minutes of moderate to vigorous activity, at least five days a week. Strive for one hour of moderate physical activity daily, and one hour of vigorous activity one day a week.
5. **SUN:** Even a few severe sunburns increase your chances of getting skin cancer.
LIMIT THE TIME IN THE SUN. Reduce exposure to the sun between 11a.m.- 3p.m. when the sun's rays are the strongest.
SEEK SHADE. Make it; wear it, beach tents, umbrellas, and canopies.
COVER UP with long pants, long sleeved shirts and UV protective clothing. Choose a hat with a 4" wide broad brim.
SUNSCREEN. Use a broad-spectrum sunscreen, SPF 30. Its okay to start at age six months.
PROTECT YOUR HEALTHY NATURAL SKIN. For a tanned look, its okay to use artificial tanning creams, even though they provide no protection against the sun.

NEXT GENERAL MEETING

The next General Meeting will be held on Sunday 15 July commencing at 2p.m. and will be held at the Meeting Room at the Metropolis in Metrotown.

Until next month
Luiz M. Souza, MBE(Mil), AE
Vice President & Editor
Macau Cultural Association
15 June 2007.

Attached to this month's newsletter is a most interesting article:

OLD GOA AND THE PORTUGUESE LEGACY