



Casa de Macau no Canada (Toronto) Newsletter

Vol. 11 February 1, 2007

Board of Executives 2007-2009

President
Monica Alves
905-887-9408
1monman@rogers.com

1st Vice-President and Editor
Gloria Soares Anok
416-284-9095
theanoks@hotmail.com

2nd Vice-President
Marie-Cecile Remedios
416-383-0327
Marie_Remedios@msn.com

Treasurer
Barbara J. Baptista
416-283-7937
baptistabj@rogers.com

Secretary
Helena Barradas
905-201-7155
helena.tony.barradas@rogers.com

Other Contacts

Clubhouse Manager
Isabel Gomes da Silva
416-228-1207

Social Committee
Marie Louise (Rocha) Chang
905-889-3298

Clubhouse Address

4168 Finch Avenue East, P.H. #39
Scarborough, Ontario, Canada
M1S 5H6

Telephone: 416-299-6947

President's Message

On behalf of my Committee I would like to take this opportunity to wish all who could not attend the Annual General Meeting held January 20, 2007, a very happy and healthy new year.

There was a good turn out at the Meeting, with 132 members attending, and from the positive feedback we have been receiving, the dinner that followed was both delicious and more than ample. Also contributing to the success of the evening were the members who assisted us at the Registration Desks: Joyce Barros; Regina Holden; Fernanda Lee; Cacilda Ribeiro; Bernie and Lilia Vieira. We also thank Michael Barros for accepting to be the Chairman for the Meeting.

I was delighted to be able to introduce at the AGM Casa's new Social Committee headed by Marie Louise Chang. The Executive would like to once again acknowledge and thank the ladies and gentlemen who have volunteered. We look forward to what they will be planning in the next months and hope that members will continue to support them in their efforts. Please read more information pertaining to the Social Committee and their plans in the following pages.

I wish to also thank Isabel Gomes da Silva for agreeing to continue as our Clubhouse Manager.

As far as what might be in store for us in the future one certainty is that we will be involved in the preparations leading up to the Encontro. To date, we have not been advised by Macau

as to the actual dates except that the Encontro will happen sometime in November. The Organizers have requested suggestions from the Casas worldwide.

We have sent our contributions to both Yvonne Herrero (President of Casa de Macau Australia Inc.) and Maria Roliz (President of Lusitano Club of California) who kindly have agreed to collate all the input from the Casas and will be forwarding it to Macau by January 31. Whenever we receive any further particulars from Macau, they will be forwarded to you the members.

I would like to let members know of a follow up to a protocol that was proposed and accepted at the October 13, 2006 Conselho das Comunidades Macaenses (CCM) meeting attended by both Gloria and myself in Macau. We have now been informed that a Confraria de Gastronomia Macaense has been officially established in Macau through the signing of its Statues on January 9, 2007. The main objectives of this organization/committee, which will come under the umbrella of the CCM, will be to investigate, safeguard and promote the multiple aspects of Macanese Cuisine. For instance: recipes; traditional techniques; and evolution of dishes to name a few. Once again, we have yet to determine exactly how we factor into this Confraria (fraternity) and what our specific contributions could be other than obviously being supportive of its efforts. However I am proud that in our own way, long before it was decided to establish this Confraria, we have been promoting and preserving our Macanese Cuisine seen in the

variety of Macanese dishes you the members **regularly** prepare for the monthly Thursday Socials and at the special events like our Jantar Macaenses and the Minchi Nights that we have held, just to name a few.

Finally, on behalf of my committee I would like to thank those who have expressed words of encouragement to my committee and me. Sometimes lost in the day to day life of Casa is the fact that we all are volunteers doing our best for the community so please remember that few burdens are heavy when everyone lifts - please volunteer!

Monica

AGM-DINNER- PLEASE NOTE

First of all, we thank those members who contacted us to advise that they would not be able to come to the AGM/Dinner after sending in their forms to indicate that they would attend. This allowed us to inform the restaurant as to how many tables were required. Needless to say, there are always last minute emergencies that cannot be helped.

There were no seating reservations, but the majority of members managed to sit with whomever they wanted.

However, some latecomers who arrived after the meeting, at which time we were well into the fourth or fifth course, did not wish to sit at tables where there were one or two spaces as they were unwilling to split up. It was explained to them that it would have been unreasonable, and uneconomical to open up a table for 3 or 4 people, and pay the full price, when there were seats at some tables to accommodate them. **WE ASSURE MEMBERS THAT NO ONE WAS TURNED AWAY;** it was their decision not to sit at the available spaces.

It was also mentioned by the latecomers that they were "told" by their sponsors that dinner was at 7 p.m. In the future, if any member is unsure as to the time of the function, it will be to your advantage to call the contact person(s), or any of the Executive for confirmation.

EXECUTIVE

Monica will oversee Casa Matters, liaising with external official committees, Casa Presidents, Macau, dealing with special projects, the Website, Encontro 2007.

Gloria is Editor of the Newsletter, dealing with special projects, the Website, Encontro 2007.

Marie-Cecile will liaise with the Social Committee as the Executive will have the final approval of events (as to cost).

Barbara remains as Treasurer and Helena as Secretary.

IMPORTANT NOTICE REGARDING ENCONTRO 2007 IN NOVEMBER

Just a reminder to members that, as has been the practice in the past, subsidies received will only be distributed to those who have been members for two consecutive years, ie 2006-7.



KUNG HEI FAT CHOI TO ALL

SOCIAL COMMITTEE

A new year, a new term, and with it comes some necessary changes. As successful as it was for your Executive to pull off so many events during our past term, we were feeling the strain.

After discussing the situation, we arrived at a unanimous decision that we needed to form a Social Committee to organize and run the events. We then approached a few members and put forth our proposal.

We are pleased to announce that Marie Louise Chang (nee Rocha) has accepted the responsibility of heading the Social Committee. Once she has had a chance to get together with her "team" and plan for the next few months, a calendar of proposed events will be sent to members.

Marie Louise advises that the following will make up her Committee:

Joyce Barros
Lal Dayaram
Marie-Camille Gonsalves
Tony Gutterres
Regina Holden
Celsa Larcina
Cleo Ozorio
Cacilda Ribeiro
Virginia Sanchez

At the AGM a "roster" was circulated asking members to volunteer to help plan the menus for the First Thursday Socials. Enough volunteers came forward to fill the list to the end of 2007!! Marie Louise and her Committee are extremely grateful for your show of support.

The first function arranged by the new committee will be a Bingo and Minchi Night on March 24th at the Casa. Please refer to Calendar of Events.

Later this year, on Saturday, November 3rd, there will be a Mass in memory of deceased members of our Casa, as well as the deceased members of the Macanese Community worldwide. The Mass will be held at Our Lady of the Rosary Church, (Midland, just south of Finch) at 11:00 a.m., followed by a light lunch at the Casa. Further details will be forthcoming closer to the date.

We ask that you please give Marie Louise, and her Committee, your full support as it will be for the benefit of all members.

CLUBHOUSE MANAGER

We are thankful that Isabel Gomes da Silva has agreed to stay on as Casa Manager, albeit with a slight change to her duties. Isabel will still be responsible for seeing that the Casa is kept clean, stocking supplies, liaising with property management, looking after bookings, and other current duties. However, she will relinquish, to the Social Committee, the responsibility for arrangements regarding the First Thursday Socials.

OUR THANKS TO

Maria Cecilia Conceição for translating communications received in Portuguese to English; and to Peter Cheung for his unending patience with setting up an accounting program and producing our financial statements.

CASA

when attending functions at the Casa please ensure that your chair is neatly put away/stacked against the wall before leaving, if you cannot do the lifting, please ask someone to help, but DO NOT just leave it for someone else to pick up after you; the same applies to cups, dishes, etc. also, please help with pushing the tables back where they belong

very often, keys are left in the washroom(s); this resulted in countless keys having to be cut, time and again;

for those who are fortunate to be served first, we ask for consideration to be shown to those who have not yet started ... allow them to take their food before you start on seconds. We would also appreciate it if food is not doggie-bagged before everyone has finished, also check with the Social Committee in case they have been advised of late comers. Sometimes there might be a meeting or small gathering the next day, or a few days later, and some of the food can be frozen. This will help defray expenses.

also, members will be asked to help with dishing up the food on a rotation basis, as is the practice started recently. The people who take it upon themselves to help in the kitchen on a regular basis should get a break once in a while as it will lighten the burden that falls squarely on the shoulders of a few. Please cooperate.

there is a "Suggestion Box" in the kitchen area, feel free to use it, but remember to sign the note so that we can get back to you. Or, you could write to us with suggestions.

Membership Application Forms

We notice that membership application forms for new members received recently were not filled in correctly. Sponsors are required to sign –and- print their names, not just print their names. Please ensure that all Membership Application Forms are filled in as stipulated. Thank you.

Get Well Cards

As some members are aware, it has been Casa's practice, in our term(s), to send out Get Well and Sympathy cards to members. We would appreciate hearing from you if you feel certain individuals should receive these cards. Needless to say, we may have missed out mailing a few as we were not aware of the situation.



HAPPY VALENTINE - FEBRUARY 14

MISCELLANEOUS

Casa's Christmas photos can be found on our website www.casademacau.ca or at <http://www.flickr.com/photos/13gloria> On the above site you can click on the thumbnail, the picture(s) can be enlarged, doctored, etc.

Did you know, your local Police Station will put you on their mailing list for bulletins relating to your area? You will receive bulletins via e-mail on a regular basis. Click on their main website <http://www.torontopolice.on.ca> or, if you know the number of your police division add, after .ca above, : "d" and the number of your division <http://www.torontopolice.on.ca/d42>. In the bulletin you will find quite a bit of helpful information pertaining to your area, for example: Robberies, Commercial & Residential, what was stolen, mode of entry, photo gallery of most wanted and their personal info. Crime prevention tips, street Names and Addresses of Grow Houses (I stumbled on 2 addresses that I recognized) and other helpful information and emergency telephone numbers.

TEA, BUT NO MILK, PLEASE: HOW TO BEAT HEART DISEASES

Jane Kirby, Published: Jan. 9. 2007 (www.Independent.uk.com)

Tea drinkers have been told to give milk a miss if they want to help their hearts.

Studies show that drinking tea can help protect against cardiovascular disease. But now researchers believe that adding milk counteracts any beneficial effects. When black tea is drunk on its own, cardiovascular function improves.

The research, published in the European Heart Journal, involved studying 16 healthy post-menopausal women. They were given either 500ml of black tea, black tea with 10 per cent skimmed milk or boiled water as a control.

They drank it on three separate occasions but refrained from drinking tea for four weeks both before and after the study.

All the women were given a croissant as a standardized breakfast while they drank the tea.

In a healthy artery, blood vessels are able to relax if the blood flow increases. This is called flow-mediated dilation (FMD).

The researchers from the Charite Hospital Universitätsmedizin Berlin in Germany, measured FMD levels in the forearm using ultrasound. They did this before tea was drunk and at intervals afterwards.

The study said: "Black tea significantly improved FMD in humans compared with water, whereas addition of milk completely blunted the effects of tea." The researchers believe that proteins in milk, called caseins, could be to blame for the negative effect.

In Closing, Remember that
**The Only Way for Evil to Flourish,
Is For Good Men/Women
To Do Nothing**