



December 2018

5455 Imperial Street Burnaby B.C.

The President's Message

Sócios e amigos

O Natal é época de renascimento, é época de reacender o fogo da vida, de renovar os sonhos e metas para o ano novo que já se anuncia, de facto é meu intuito fazer o melhor e foi para isso que me elegeram para ser vosso Presidente. A tarefa não tem sido fácil, contudo com a ajuda e apoio de todos vós, creio que estamos no caminho certo. A mudança para Portuguese Cultural Centre foi bem aceite dentro da nossa comunidade e dos nossos jovens, pois é neles que o seguimento e futuro desta organização se pode assegurar. Mas há sempre objectivos para alcançar e com a compreensão e a boa vontade de todos tudo se irá realizar.

Natal é tempo de celebrar todas as conquistas alcançadas. É tempo de virar a página e planejar o ano que vai entrar e como sempre, que seja ainda melhor!

Desejo a todos vós e vossas Famílias um Feliz Natal e um Ano Novo muito Próspero. Espero por mais um ano, compartilhar grandes momentos nesta vossa casa...

Dear members and friends

Christmas is a time of rebirth, it's a time to rekindle the fire of life, to renew dreams and goals for the new year that is already announced, in fact this is what we have done since you elected me to be your President. The task has not been easy, however with the help and support of all the directors and you, I believe we are on the right track. The move to Portuguese Cultural Centre has been well accepted within our community and our young people, because it is in them that the follow-up and future of this organization can be assured. But as everything there is always more objectives to achieve and with the understanding and the good will of all, everything will be realized.

Christmas is the time to celebrate all the positive achievements. It's time to turn the page and plan the year ahead, and as usual we always hope for the best.

I wish all of you and your Families a Merry Christmas and a very prosperous New Year. I hope, for another year, to share great moments with all of you.

Hilário Antunes



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Gustavo da Silva
Gloria Botelho



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Opinião por (Manuel Custódio)

page 2

Durante os 12 ou 13 anos que tenho sido voluntário e director na (PORTUGUESE CANADIAN SENIORS FOUNDATION), recentemente com o nome mudado para PORTUGUESE CULTURAL CENTRE. Tentei fazer o meu melhor, assim como todos que ali têm passado. Todos nós tentamos fazer coisas positivas e o nosso melhor para o progresso e melhoramentos desta grande organização Portuguesa.

Os meus agradecimentos a todos os voluntários e directores que tanto trabalham nesta casa, e todos que tem contribuído com fundos monetários etc. Também um especial agradecimento aos membros, que sem vocês não seria possível.

Parece existir um pequeno grupo de membros na nossa organização que demonstram publicamente e constantemente a sua dessatisfação com a direcção administrativa e voluntários.

É desmoralizante para os voluntários, directores etc.. Que tanto ali trabalham a ouvir críticas sem mérito. Muitos desses nunca ali levantaram uma unha para fazer alguma coisa. Apresentando-se como senhores e senhoras e não hesitando injustamente de criticar tudo. A melhor maneira de qualquer sócio que se sinta duvidado do serviço dos voluntários ou directores, eu aconselho a se candidatarem a qualquer posição para contribuir nos melhoramentos desta casa e do seu serviço. Eu garanto que como no passado, nunca houve falta de lugares para novos directores ou voluntários. Por essa razão qualquer um que queira ajudar a melhorar a situação do dia a dia. Candidatem-se ao mesmo tempo vão sentir-se satisfeitos pela vossa contribuição de pôr as mãos à obra para contribuir com algumas ideias de melhoramentos. Eu sinto-me orgulhoso de fazer parte do desenvolvimento desta grande associação. Já somos um grande centro de convívio. E com o nome de Portuguese Cultural Centre, em parte é como abrir os braços aos nossos seniores, filhos e netos. Para a nossa longa sobrevivência como um centro social e cultural português.

Também quero deixar aqui os meus agradecimentos à nova direcção pelo esforço que tem feito para completar a mudança do nome de Portuguese Canadian Seniors Foundation para Portuguese Cultural Centre of B.C.

Antes do fim do ano vamos iniciar a entrega dos novos cartões de sócios com o novo nome. Portuguese Cultural Centre of B.C. Se tiver alguma mudança a fazer por favor informe-nos.

Também dentro do plano esperamos que o novo website da Portuguese Cultural Centre of B.C. WWW. PCCBC.CA esteja a funcionar brevemente.

Manuel Custódio

Voce sabia Que a nossa direcção é dirigida por 14 directores divididos em dois grupos de 7 directores, e que são eleitos pelos sócios para um período de dois anos. Todos os anos numa assembleia geral se realizam eleições para eleger um dos grupos que termina o seu mandato ?

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Voce sabia Que Avelino Dinis está tentando formar um grupo coral de crianças até à idade de 15 anos. Se tem crianças e gostaria de as incorporar neste grupo, por favor **Avelino Dinis** telefone 604 329 1662

Opinion (by Manuel Custódio)

page 3

During the 12 or 13 years I have been a volunteer and director in (PORTUGUESE CANADIAN SENIORS FOUNDATION), recently with the name changed to **PORTUGUESE CULTURAL CENTRE**. I tried to do my best, just like everyone else that has been here. We all try to do positive things giving our best for the progress and improvements of this great Portuguese organization.

My thanks to all volunteers and directors who work so hard. And everyone who has contributed with monetary funds etc.. Also a special thanks to all members, without you this was not possible.

It seems that there is a small group of members in our organization who publicly and constantly demonstrate their dissatisfaction with the management and volunteers.

It is demoralizing for the volunteers, directors, etc. whom have contributed endless hours of work and hear criticism without merit. Many of these critics have not raised a helping hand in any shape or form.

The best way for any member who feels that the directors or volunteers are not keeping up with their responsibilities. You may feel free to put your name forward in the hat to become a candidate.

I assure you that as in the past, you will never hear a lack of spaces for new directors or volunteers. For this reason anyone who wants to help to improve the day to day situation please come forward and help, and at the same time you will feel satisfied with your contribution of putting yourself in a position to contribute some ideas for improvement. Instead of just criticizing on the side lines.

I feel proud to be part of the development of this great association. We are already a great social centre for our community, and with the name change to **Portuguese Cultural Centre** it's like opening our arms to our senior's children and grandchildren.

I would also like to thank the new leadership here for the effort you have made to complete the name change of from Portuguese Canadian Seniors Foundation to Portuguese Cultural Centre of B.C.

Before the end of the year we will start to deliver the new membership cards with the new name. Portuguese Cultural Centre of B.C. We advise if you have any changes of your current status please let us know, also within the plan we hope that the new website of the Portuguese Cultural Centre www.pccbc.ca we expect it will be working in the very near future.

Manuel Custódio

Did you know that our organization is run by 14 directors forming two groups of 7 directors each group who are elected by the members for a period of 2 years. Every year we realize elections on a General Assembly Meeting to replace the group who are terminating their mandate?

Did you know Avelino Dinis is trying to start a children's coral group. If you think you have a child with talent, please phone **Avelino Dinis ph 604 329 1662**

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Conselhos bem intencionados

"Algum tempo atrás eu li este artigo que gostaria de partilhar"

Podemos empregar alguém para dirigir o carro por nós, ganhar dinheiro e muitas outras coisas materiais, mas não podemos ter alguém que suporte a nossa doença por nós. Coisas materiais podem ser encontradas ou substituídas. Mas há uma coisa que nunca pode ser encontrada quando está perdida - a Vida. Qualquer que seja o estágio da vida em que estamos agora, com o tempo, nós enfrentaremos o dia quando a cortina vai cair.

Amor pela família, amor pelos amigos. Cuide-se bem e cuide dos outros. À medida que envelhecemos e esperamos ser mais sensatos, percebemos que um relógio de \$300 ou \$30 ambos mostram o tempo. Nós aprendemos que a nossa verdadeira felicidade interior não vem das coisas materiais. Se voamos de primeira classe ou economia, se o avião cair, nós cairemos também. Portanto, eu espero que compreendam, quando temos amigos, irmãos e irmãs, com quem conversamos, com quem rímos, com quem cantamos, com quem falamos sobre o norte-sul-leste-oeste, ou o céu e a terra. Isso é que é a verdadeira felicidade!

Não ensine seus filhos a serem ricos. Eduque-os para que sejam felizes. Só assim quando crescerem, eles saberão dar o valor das coisas e não o preço. Vamos comer a nossa comida como seja o nosso remédio, senão teremos que comer remédio como seja a nossa comida. Aquele que nos ama nunca nos deixará por um outro alguém, porque mesmo se existirem 100 razões para desistir, esse alguém vai encontrar uma pretexto para continuar.

Há uma grande diferença entre um ser humano e ser humano. Poucos entendem isto. Somos amados quando nascemos e seremos amados quando morremos. No meio, teremos que nos guiar! **Gustavo da Silva**

Voce sabia Que o nosso Centro Cultural está aberto na maioria dos Domingos, e também às Quartas-Feiras das 10 às 16 horas?

Voce sabia Em breve iremos anunciar bolsas de estudo aos estudantes que se qualifiquem para uma Universidade da sua escolha? Estejam atentos...

Voce sabia que a nossa biblioteca tem uma boa quantidade de livros em Português escritos por autores bem conhecidos e você pode le-los no conforto de sua casa?

Voce sabia Agora você pode saborear um expresso ou capuccino no nosso Centro Cultural sempre que nos visite?

Voce sabia Que temos aulas da língua Portuguesa no nosso Centro Cultural?

Voce sabia Temos um sócio que gostaria de formar um grupo coral com crianças dos 10 aos 15 anos? Se tiver filhos ou netos com algum talento e se queiram inscrever é favor contactar **Avelino Dinis**
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Advice well taken

"Some time ago I read this article that I would like to share" We can employ someone to drive the car for us, make money, and many other material things, but we cannot have someone bear our sickness for us. Lost material things can be found or replaced. But there is one thing that can never be found when it's lost-Life.

Whichever stage in life we are in right now, with time we will face the day when the curtain comes down. Love for our family, love for our spouse, love for our friends. Treat ourselves well and cherish others. As we grow older, and hopefully wiser, we realize that a \$300 or a \$30 watch both tell time. We will realize that our true inner happiness does not come from the material things of this world. Whether we fly first class or economy, if the plane goes down we will go down with it. Therefore, I hope you realize, when you have mates, buddies and old friends, brothers and sisters, who you chat with, laugh with, talk with, have sing songs with, talk about north-south-east-west, heaven and earth, that is true happiness! Don't educate your children to be rich. Educate them to be happy. So when they grow up they will know the value of things and not the price. Let's eat our food as our medicine, otherwise we will have to eat medicine as our food. The One who we love will never leave us for another. Because even if there are 100 reasons to give up, he or she will find a reason to hold on.

There is a big difference between a human being and being human. Only a few really understand it. We are loved when we are born, we will be loved when we die. In between, we will have to manage! **Gustavo da Silva**

Did you know our library has a large choice literature written by well known portuguese writers and you as a member you can borrow these books to read in the comfort of your home?

Did you know The Center besides being open on Fridays is also open on most Sundays and Wednesdays from 10am. To 4.00pm?

Did you know Soon we will be announcing the program of scholarships to be given to children who qualify and are engaged to go one university of their choice? Stay tuned...

Did you know Now you can enjoy a capuccino/expresso at the Center?

Did you Know We have classes of the Portuguese Language at the Center weekly?



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Bacalhau à Zé do Pipo

Is a traditional Portuguese dish, but even more specifically from Porto. This recipe owes its name to its creator José Valentim who was the author of the recipe and the owner of a restaurant in Porto in the 1940s. Without further delays... here is the dish that so many of us love.

Ingredients (serves 4) 1 steak of dried salted cod (bacalhau) 1 litre of milk 2

medium-sized onions, 4 tablespoons of olive oil, 1 bay leaf, 1 bowl of mayonnaise (made of 2 egg yolks and 4 decilitres of olive oil) 750 grams of mashed potatoes, 5 black olives, salt and pepper to taste

Steps 1 Soak the cod well and flake it into large chunks, 2 Cook the cod with milk, 3 Meanwhile chop the onions and pan fry them on olive oil as well as bay leaf, salt, pepper and some of the milk used on the cod, 4 The onions should be kept soft and white and not allowed to brown, 5 When the cod is ready drain it and put it in an earthenware bowl, 6 Place the onions on the cod and cover with mayonnaise, 7 Garnish with mashed potatoes and cook, "au gratin" 8 Garnish with the black olives on top separated evenly across the dish.

Did you know; That all the business advertisers spread throughout these pages are the sponsors of this bulletin? (You can see their cards at the Cultural Centre) Without their participation the publication of this bulletin couldn't be realized.

Thank you to all

**Os Versos da Rosairinha**

1 *Nunca deixes fechar
Aporta do teu irmão
Deixa sair e entrar
Amor para teu irmão*

2 *Dá e verás crescer
Dentro de tí amor e páz
E nunca te vais arrependar
Do amor que a outro dáz*

3 *Por isso nunca deves fechar
A tua porta a ninguem
Porque um dia vais precisar
Quem te dê amor tambem*

4 *Todo o bem que tu fizeste
Ao teu irmão ou amigo
E todo o bem que tu deste
Tu não o levarás contigo*

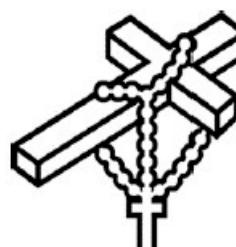
OBITUARIES / FALECIMENTOS

Por nosso conhecimento perdemos estes amigos e membros do nosso Portuguese Cultural Center of B.C.

Urbano Manuel da Ponte	1932/Nov./17	2018/Apr./07
Ana Olímpia Setas Monteiro	1940/Oct./17	2018/Apr./27
Adelino Dias Serrambana	1937/Jul/16	2018/May/15
Manuel da Silva Santos	1957/Jul/11	2018/Apr/09
João da Luz	1929/Oct/18	2018/Mar/29
Manuel Simões Gonçalves	1928/Nov/11	2018/May/16
Cristina da Palma	1930/Jul/24	2018/June/03
Clementina M. C. Simão Fernandes	1953/Dez/25	2018/July/22
Arlete Martins Sousa Rodrigues	1938/Jul/13	2018/July/23
Manuel Simões Amorim	1925/Mar./22	2018/Nov./26
Maria Luisa dos Santos	1948/Nov.02	2018/Nov./11

Às famílias enlutadas apresentamos os nossos mais sentidos pêsames e desejamos que o Senhor vos ajude nestes momentos tão difíceis.

As per our knowledge we lost the above members. To the families we present our condolences, hoping God will help you to co-op in this difficult times.



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Learn Portuguese with Portugal in Vancouver (page7)

I founded Portugal in Vancouver almost five years ago as a platform to promote and celebrate our culture. In that time, it became obvious that there was a need in Metro Vancouver for a European Portuguese language class for adults as none existed.

Because language is one of those elements that define a culture and its people, these classes seemed to be a natural fit for Portugal in Vancouver's mandate. I found instructors with years of experience teaching Portuguese and combining that with my previous experience as an English language instructor, has helped to design and deliver a language program that introduces Portuguese to beginners and those wanting to improve their current knowledge of the language.

Portugal in Vancouver has successfully been offering European Portuguese Language Classes for Adults since January 2018. This past year we have held five sessions of beginner level classes for our students; many of whom have returned to take multiple sessions.

If you know someone who wants to learn or improve their Portuguese, then share with them this article and let them know that our classes are held at the **Portuguese Cultural Centre**, 5455 Imperial St Burnaby B.C.,

Portugal in Vancouver offers two different beginner European Portuguese language classes for adults:

Beginner Level 1

Thursday, Januay 10, 2019

7:00 pm – 9:00 pm

Biguinner Level2

Thursday Januay 10, 2019

7:00 pm – 9:00 pm

Classes are 10 weeks long and are taught by qualified and experienced teachers whose mother tongue is Portuguese. These Beginner Level courses are also an excellent fit for those that already know the most basic Portuguese but require a refresher. For complete details, send an email to info@portugalinvancouver.ca. Registration will open up to the public in the coming weeks. To reserve your seat, make sure to go to my website here <https://portugalinvancouver.ca> and click on Services > European Portuguese Language Classes to register.

Space is limited so don't wait. Reserve your seat today!

Written by Gloria Botelho
Portugal in Vancouver

Did you know Pedro da Silva was Portuguese he was the first mail man in Canada? Documentation from the time shows that in July of 1693, Pedro da Silva received 20 Sols (Corresponding to the British pound) to take a package of letter from Montréal to Quebec City. On December 23rd, 1705, he received a letter from the commission signed by Jaecques Raudot, Independant of New France, declaring him as the “**FIRST COURIER**” in Canada

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Festas & Jantares

Festa das Beiras
 Festa do Ribatejo
 Festa do Valentines
 Festa da Young Generation
 Festa do Algarve
 Festa do Pai (Dinner)
 Festa do Pai (Lunch)
 Festa de Pedrogão
 Festa de São Bento
 Festa da Mãe
 Eleições (Elections)
 Festa da Marinha
 Dia de Portugal
 Annual Picnic
 Festa Alentejana
 Festa do Halloween
 Annual Bazaar
 Festa de São Martinho
 Festa das Ilhas
 Christmas with Santa
 Almoço dos Seniors
 New Year's Dinner

Jan. 19
 Feb. 02
 Feb. 16
 Feb. 23
 Mar. 09
 Mar. 23
 Mar. 24
 April 06
 April 20
 May 04
 May 05
 May 25
 June 09
 Aug. 17
 Oct. 05
 Oct. 26
 Nov. 1,2,3
 Nov. 16
 Nov. 30
 Dec. 08
 Dec.14,15
 Dec. 31



Portugal in Vancouver Student's meeting with Dr^a Marta Cowling Consul of Portugal in Vancouver at our Cultural Center Nov.29 /2018 photo courtesy of Gloria Botelho



To reserve your table at any of the events please contact Mrs. Viegas during weekdays
From 2.p.m. to 9.p.m. ph. 604 327 1010



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