

LUSITANO BULLETIN

*The Publication of the
Lusitano Club of California*



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FALL 2014



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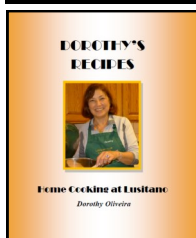
President's Message

It's been a great summer with lots of events and activities especially the celebration at our recent Lusitano 30th Anniversary Dinner Dance. It was great to see so many of our past directors, members, and distinguished guests that were present to celebrate this momentous occasion with us. Thank you for all the congratulatory messages received from those that were unable to join us. We are very thankful for all your support over the years making Lusitano what it is today and we look forward to many more years of celebrating our unique Macanese culture and heritage with you.

Hope to see you at our upcoming Halloween party on October 25th and Annual Christmas Celebration on December 13th.

Sincerely, Maria C. Roliz, President

Lusitano Cookbook for Sale



This special edition cookbook by Dorothy Oliveira **“Home Cooking at Lusitano”** to commemorate our 30th Anniversary with all proceeds to benefit our Lusitano Scholarship Fund is now in stock.

Order your book now! Cost US\$15.00
Contact Tila Danenberg at (415) 661-3027

Lusitano Club Shirts for Sale

Order your new Club shirt or jacket today.

Available in small, medium, or large sizes.

All with embroidered logo as pictured.

Contact any Director if interested!

Black or White T-shirts \$15

Black or White Polos \$25

Black Fleece full zip jackets \$25



2014 Calendar of Events

LUSITANO

Sat, Oct 25: Halloween Party, MCC, Fremont

Sat, Dec 13: Annual Christmas Party, San Mateo Elks Lodge

MACAU CULTURAL CENTER

Sun, Oct 12: Nossa Senhora de Fátima Mass & Lunch, Rossmoor

*If you need a ride or can offer a ride to a fellow member to any of these events please let us know. It is very much appreciated.
For additional details on any of our events please contact Maria at 415.3970767 or m_roliz@yahoo.com*

Halloween Party!

Lusitano Club of California

Date: SATURDAY, OCTOBER 25, 2014

Location: Macau Cultural Center

109 "J" Street (at Niles Blvd), Fremont



*Dress in your favorite costume!
Games, prizes & dinner provided*

Time: 5:30 — 9:30 pm
Cost \$10.00 Kids 5 & under free

RSVP by October 18, 2014

to Tila at 415.6613027 or TilaDanenberg@comcast.net

Mail check payable to Lusitano

c/o Chris daRoza, 1120 Landing Lane, Millbrae, CA 94030

LUSITANO CLUB

proudly presents its

ANNUAL CHRISTMAS HOLIDAY DINNER DANCE

Saturday, Dec.13, 2014 6-11pm

San Mateo Elks Lodge,
233 W. 20th Avenue, San Mateo, CA 94401
(Use Entrance on right side of building)

6 - 7:30pm No Host Cocktails/Hors d'oeuvres
Visit from Santa/Childrens' Gifts/Entertainment

7:30pm Dinner Buffet

8:30 - 11pm Dancing to live band music
by "D Minor"/Raffle/Prizes

COST

\$30.00 Lusitano members (ages 19-61)

**\$12.00 Lusitano senior & youth members,
& children (ages 5-12) of current members**

\$20.00 Children of non-members (ages 5-12)

All Children under 5 years of age no charge

\$38.00 Non-members

*Please remember to advise names/ages of children 12 & under
when you RSVP so Santa can bring a gift from the North Pole
and be present with your kids at 6:00pm to welcome Santa*

RSVP BY NOVEMBER 15, 2014

to Tila Danenberg 415.6613027 or TilaDanenberga@comcast.net

Mail check payable to Lusitano

c/o Chris daRoza, 1120 Landing Lane, Millbrae, CA 94030

Notice of Annual General Meeting of Members & Elections 2015

Dear Members:

An Annual General Meeting of Members of the Lusitano Club of California, a California non-profit mutual benefit corporation (the “Lusitano Club”), will be held at 3 pm on Saturday, February 7, 2015, at Macau Cultural Center, 109 J Street, Fremont, CA 94536, for the following purposes:

1. To elect a board of up to eleven (11) directors, including four (4) directors who will also serve as President, Vice-President, Treasurer or Secretary, to serve for the ensuing year and until their successors are elected; and
2. To consider and act upon such other matters as may properly come before the meeting or any adjournment thereof.

Only Members of record at the close of business on September 30, 2014 are entitled to notice of and to vote at the meeting or any adjournment thereof. For eligible Members who will not attend the meeting in person, absentee ballots and proxies will be mailed out by the Club by December 31, 2014. Absentee ballots and proxies must be signed, dated, and received by mail to the Lusitano Election Committee, 1527 46th Ave, San Francisco, CA 94122 by February 6, 2015 or by hand delivery before the call for votes at the meeting on February 7, 2015.

Nominations for directors and officers in writing stating the name of the Member nominated and, if applicable, the officer position for which such Member is nominated, must be submitted to the Lusitano Nominating Committee, 582 Market Street # 1905, San Francisco, CA 94104, by mail or via fax to (415) 397-0835 to be received no later than December 15, 2014. All voting Members 18 years of age and over on record at the close of business on September 30, 2014 are qualified to be a director. List of nominees will be available after December 15, 2014.

By Order of the Board of Directors

Lusitano Club of California

582 Market St #1905, San Francisco, CA 94104
September 30, 2014

Annual Picnic

by Sheila Jun

SUMMERTIME...and the PICNIC is on at Beresford Park. BBQ grill is stoked and the grubs on the grill.

Friends, relatives, members arrive in comfortable attire, hats, visors, and the best accessory... always a warm big smile. The benches were filling up, as they settled with drinks. As you meandered down to some shady trees... you could hear "PONG", tiles rattling and for sure... Mah Jong was ON.

Lunch was ready at different stations. Delicious Pork Chop sandwiches, meatballs in sweet and sour sauce, BBQ teriyaki chicken, Hot dogs, Hot links, and Korean noodles accompanied by fresh spring salad, corn beet salad, and potato salad.

After enjoying an enjoyable lingering lunch, raffles were drawn to benefit the Scholarship fund. Lucky winners were Tony Marcal, Dirk Tolson, and Eric Abbas.

Siblings Jessica and Leonardo Xavier prepared and orchestrated the children/ adult games. Laughter, fumbles and triumphs with 3-legged race, spoon and egg race, and sack race. Some welcomed cooling down with fun balloon toss.

Much anticipated Dessert time came with BIRTHDAY cake for the July Babies, almond jello with fruit cocktail and mouthwatering watermelon.

THANK You is not big enough for the directors and All the helpers and cooks who work SO hard to make this such a success. Kudos to Maria and Hunter Choi, Dorothy and Eric Abbas, Maria Joao and Nuno da Cruz, Ellen and Vic Boisseree, Kirk Harper, Chris da Roza, Maureen Xavier, Leonardo Xavier, Jessica Luu Xavier, Jessica Xavier and Tor Larson.

The biggest stars are those 180 attendees who showed up to make this the second largest popular event apart from the Lusitano Annual Christmas Party.

Many Thanks also to Dr. Rufino Ramos, Secretary General of the International Institute of Macau, and his lovely family for honoring us with their presence straight off their flight from Macau and always being so supportive to the Macanese community worldwide.





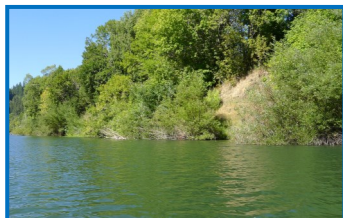


Russian River Canoe Trip

by Nuno Prata da Cruz

The weather was perfect - not too hot and a little breezy, and so they set off for the 30th time on the annual 7 hour canoe ride down the Russian river from Guerneville, California. 70 fun loving and adventurous (some for the very first time) souls departed the pier by the riverside at approximately 10AM. Loaded with drinks and food, the 26 or so caravan of canoes set off on the 10 mile course. During the journey, there were plenty of stops for swimming, food and rest. Some were veterans of the event, having participated for 30 years, while others, the greenhorns, were naturally apprehensive clinging on to their life vests.

All in all it was a very fun day along the breathtaking views of the river spent in the company of friends and family members; some coming as far as Southern California, Nevada and even Brasil. The evening's program included a sumptuous potluck at the campsite culminating with a fireside sing along and dance to 60's and 70's Beatle's tunes and Brazilian pop favorites.



Denny Carion, Treasurer of Casa de Macau RJ, flies in to join us for a weekend of fun



Lusitano 30th Anniversary Party

by Sheila Jun

The day finally arrived to celebrate this auspicious occasion. The venue was held at DOMINICS in Oyster Point, on a lovely autumn evening void of humidity or wind. Befitting the dinner dance, couples sauntered in, dressed in fine attire. Tuxedos, suits, cocktail dresses to formal wear. Milling around the open bar, friends reminisced about their years as a member, shared all the latest good news and was supportive of others. After a brief welcome, we were ushered to a delicious sumptuous buffet. The Mediterranean chicken and roast pork was outstanding. We all enjoyed a slide show, put together by no other than our marvelous Robert Roliz. It was with such gratitude and amazement to view the inception, development and growth of the club. All the hard working past directors and board members. This warranted an acknowledgement, word of thanks by the Portuguese

Consul General Nuno Mathias (*photo top left*), followed by personal thanks to visiting Vancouver Casa de Macau President Miguel da Roza (*photo bottom left*) and tokens of appreciation to the past directors and board members. A huge round of applause went to ... MARIA ROLIZ, our hard working,



perfectionist to detailed organization President. On this note, the band "D Minor" took center stage. They were terrific in entertaining us through the evening with a collection of dance music. Couples took to the dance floor, cha cha cha to Santana, fox trot, quickstep, twist, the Beatles. The most fun was the line dance to Achy Breakie Heart. What a fun, elegant evening. Each member was presented with a bottle of Red wine labeled for the event. The label says it All:

THANK YOU FOR BEING PART OF OUR 30 YEAR CELEBRATION

To all the members who attend and continue with their support; Lusitano will continue to thrive and grow.





LUSITANO
30TH ANNIVERSARY
CELEBRATION
SEPTEMBER 13, 2014



Macau Cultural Center “MCC”

by Maria Roliz, President

Email: macauculturalcenter@gmail.com

The Macau Cultural Center “MCC” continues to run smoothly with the help of our volunteers and revenue from our building rentals. We do, however, appreciate any donations to help us pay off our City of Fremont renovation loan or assist us in our “MCC” cultural activities.



Our upcoming event will be on Sunday, October 12th at 11:15am to celebrate Nossa Senhora de Fátima with a Mass at St. Anne's Catholic Church, Walnut Creek followed by Lunch at Las Trampas Room in Rossmoor. Cost is \$15 per person. Please contact us now if you are interested to attend as there is limited seating. Please make check payable to MACAU CULTURAL CENTER and mail to Maria Gomes, 2021 Ptarmigan Drive #1, Walnut Creek, CA 94595

PORTUGUESE CLASSES AT “MCC”

Our next series of 6 Portuguese language classes will start again in mid-January 2015. Assuming sufficient interest, we plan to have two Sunday afternoon classes each for 1-1/2 hour. A Beginner's session and an Intermediate/Continuing students session. Cost of the classes to include text book is \$20 for members of the Macanese community. Please email us now for further details or to enroll in the class.

Plan your next event at the Macau Cultural Hall

Casa members: \$400/day General public: \$600/7 hrs

Contact Maria Roliz at m_roliz@yahoo.com or (415) 990-5534

Donations are greatly appreciated to help maintain our Cultural Center owned jointly by our three USA Casas for the preservation and promotion of our Macanese Culture and Heritage. Become a Friend of the Macau Cultural Center. Donations can be mailed to Macau Cultural Center, 582 Market St #1905, S.F., CA 94104.

This and That

LUSITANO CLUB OF CALIFORNIA

30 Years of History 1984 - 2014

by Maria Roliz

I remember vividly back in May 1984 attending my first field hockey match in the States with my dad Rigo in Marin County. It was an exciting day for many as some hockey players from Club de Recreio, Hong Kong were visiting and a friendly game was arranged to be played against the Macaenses in California that once played for Club de Recreio or another hockey club in Hong Kong for the first time. It was a great opportunity for many of the Portuguese from Hong Kong, Macau, and Shanghai days to reacquaint themselves and enjoy the sports that was so popular as they were growing up and see their friends play.

There were thirty or more enthusiastic players in their twenties to sixties that showed up on the field that day. Amongst them were Antonio “Toneco” Jorge da Silva, Tony, Joe and Mike Delgado, Tony and Gino Reyes, Pablo Oliveira, Eddie and Michael Vas, Vince, Lionel and Ed Guterres, Robbie da Costa, Vic Pedruco, Junior Remedios, Tony Barradas, and a few others that played for the California “Macaenses” team. They all seemed to have a lot of fun whether goals were scored or not especially since the newly formed California team “Macaenses” were not as well practiced as the seasoned Recreio players. Everyone cheered on for both teams as they had friends playing on both sides and I don’t think it really mattered who won that day. It was just another opportunity for everyone to get together and have a good time.





After the game that afternoon, most of the players and some of the attendees were invited to a barbeque at "Toneco's".

As the players had so much fun that day, they could not stop talking about their next game. This thus led to the beginning of the "Lusitano Club of California" which was the registered name for the once "Macaenses" hockey team so they could play in the 1984 -1985 season under the Northern California Field Hockey League which required all teams to be a California registered club.

Why the "Lusitano Club of California"? The founding members



chose the name "Lusitano" for a variety of reasons.

One: since many of their fathers were involved with the social club Lusitano in Hong Kong and Shanghai.

Another: as with all Portuguese people throughout the world, we trace our lineage to a spirited, hardy, and tenacious Lusitanian. The Lusitanians were descendants of the Celts that migrated into the western Iberian Peninsula as early as the 8th century B.C.E. The courage and resistance they displayed in battle with the invading Roman legionnaires over almost two decades were legendary. Eventually conquered by the Romans "Lusitania" became a Roman province almost corresponding in location to modern day Portugal.

The constitution and by-laws of the Club, led by our first president, Arthur Britto, with 28 members set its goals to promote sports, and to preserve the heritage of the Macanese people. In 1986, Mario Britto took over the presidency and the Club continued to play hockey for another year. It was not until 1992 which really marked the rebirth of the Club when Antonio Jorge da Silva was elected as president.

It was during this same time, Thalia Prata da Cruz (Nuno's mother) convinced the officers of the Club to consider a more active role in the community. Her patriotism and determination inspired this change, and played a major part in the transformation of the Club. She offered the use of her building at 464 3rd Street in Oakland free of charge as the Club's hall and meeting place. She went as far as painting the Club's name "Lusitano" at the entrance to the building. (Prior to this, the Club

*Right: The 1992 Board of Directors in front of the Lusitano Clubhouse in Oakland
Left: Thalia Prata da Cruz, the woman who inspired the change*



held its meetings and used the address of Ted Almeida's glass business at 1160 Chess Drive in Foster City. In 1996, when the Oakland hall was no longer available, meetings were held at various directors' homes or Maria Roliz's office on Market Street, San Francisco which then became the official address of the Club.)

On May 13, 1992, the Club's eleven directors formally signed into effect its By-laws and Constitution. In effect at this point the Club changed its image from a hockey club to a social, cultural, and sporting club which included softball and 10-pin bowling. These basic articles of the constitution were received with enthusiasm and a great sense of purpose. The club was to continue to sponsor sporting activities, and to start concentrating on the history, art, food, music, and other cultural aspects.

To build up our funds the Directors donated prizes for auction at the many functions held at "Toneco's" backyard in Los Cerros. As the hockey team and many supporters enjoyed the BBQs and Clambakes as early as 1985, the Clambake was adopted as an annual Club function in the spring of 1992. As of today, we are still using the special wok built for the occasion and enjoying "Toneco's" signature dish *Ameijoas na Cataplana* which he continues to cook for us each year.

That same year, "an informal picnic" was held at Coyote Point, San Mateo and attended by approximately 200 Macaenses and their families with a softball game and lots of fun and laughter. Since then the annual Lusitano picnics continue to be a popular event with as many as 300 plus spanning 4 generations attending in 2012.

The Club also started hosting a Christmas dinner serving Portuguese and Macanese food free for all our senior members in 1992 for at least 10 more years before a nominal fee was implemented and the venue changed in order to accommodate this most attended family function year after year.

The enthusiasm and generosity of that early group really contributed immensely to the success and growth of the Club, and definitely its rebirth in 1992.

In 1993, the Youth Program was introduced asking members to “encourage their children and grandchildren to attend our functions” and in 1994 it was proposed that “our Directors should include the ideas of our younger generation when planning our events . . .” also suggesting that “we give some real thought to scholastic and cultural aspects . . .” The inclusion of our youth proved to be the success of our Lusitano Club which continued to grow. Many Directors of the Club in 2014 are the “youths” of those days.

By April 1993 the membership was 90 (excluding spouses). As “Toneco” had left to work in Hong Kong in the fall of 1994, Lizette d’Almeida acted as interim President until Luiz “Ozzie” Ozorio was elected as president in 1995 followed by Eduardo Collaco in 1996 and Merlinde Brown in 1997. Other succeeding Club presidents include Philip Ozorio in 2000, Luiz Ozorio in 2003, and Nuno Prata da Cruz in 2009. For the years in between, I am truly honored to have been elected and served as your President for 14 terms and an active director and volunteer since 1993. As of present day 2014, our Club continues to grow with 850 members.

Committing to promote our history, cuisine and culture; the first Lusitano Bulletin was published in April 1992 with Antonio Jorge da Silva as our first editor. The Club felt that it was imperative that we continue to concentrate on articles in our bulletin which will educate our readers in the Americas as to their history and heritage. Informative articles aimed at improving our daily lives and establishing and maintaining a bond between the descendants of the Portuguese of every race and culture were to be included. “Toneco” remained as Editor from Hong Kong until 1996 when he proudly announced his successor, Michael McDougall, the new Editor of the Lusitano Bulletin. Mike dedicated his time as Editor for 11 years, 1996-2007, and sadly passed away in March 2007. In the interim, Ken Harper published the next 2

bulletin issues until Melissa Xavier & I volunteered to take over as the Lusitano Bulletin Editors in Spring of 2008. We then changed its format to a color publication available both in electronic and hard copy formats.

One of the early goals of the Club was also to have a place of our own. This was finally accomplished in August 2007 when the 3 USA Macaense clubs jointly purchased the Macau Cultural Center with funds given by the Macau Government in 1999. The Macau Cultural Center celebrated its grand opening in May 2011 when its renovations were finally completed. Today the 3 USA Macaense clubs have their individual and joint functions at the hall where Portuguese classes are also offered.

Over the past 30 years, we have well represented our Macaense community and informing other Portuguese communities of our heritage and culture at conferences and other events at U.C. Berkeley, San Jose State University, etc. We continue to introduce to the Portuguese community a sampling of our cuisine at our food booth since our first participation at the 1995 Dia de Portugal 19 years ago.

Lusitano Club of California has come a long way since its inception. It has grown significantly both in membership size, activities and services offered. We have always promoted and encouraged the attendance and participation of youth in our activities, and it is rewarding to see their involvement on our Lusitano Board year after year.

We now have several major functions that take place throughout the calendar year, and an ever increasing series of smaller, interest-specific events that attract different members. The Board of Directors of each subsequent year has shown care and dedication by offering new and innovative ways to not only attract new members, but also to keep alive the excitement within the current membership, the pride and loyalty to the club over the long term. The result to date is an activities calendar that struggles to find available time slots to the membership's benefit.

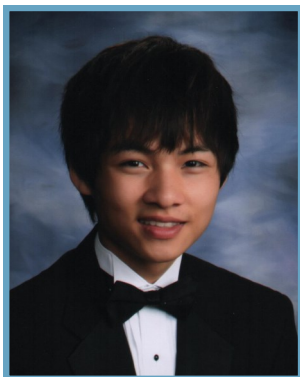
In concert with all the other Macaense clubs throughout the world, the heritage and culture of the Macaense people will continue to live on for future generations, the descendants of the Macaenses. With the continued support, interest and enthusiasm of our members, particularly our younger generation, all is possible.

A Happy 30th Anniversary to Lusitano!

PRESERVATION THROUGH GENERATIONS

Appreciating Macanese Culture as a Young Adult in 2014

by Connor Carion (Age 18)
Recipient of the 2014-2015 Lusitano Scholarship Grant



With constant technological advances and the rapid rise of social media, it's easy to lose track of who we are and where we come from. As a member of the Millennial generation, the very first generation to grow up with the internet, my culture and ancestral background took a back seat. Instead, as a child, I grew up watched and followed celebrities and their lives and wanted to mirror popular trends. Now, as a young adult, I've grown to appreciate and cherish

my background. The Lusitano Club of California and its dedicated members are critical to the preservation of Macanese culture, tradition, and timeless family values.

Some of my best memories are a direct result of my family's and my own Macanese pride, as well as participation in Lusitano events. One aspect of Macanese culture that immediately separates it from others is its emphasis on family. Whether that emphasis manifests itself through celebrations, casual gatherings, or food, I've grown up with a strong sense of love and support. To my family, tradition and frequent gatherings are essential. For as long as I can remember, I've gone to my paternal grandparents' house nearly every Sunday evening to share a meal (sometimes my grandma makes traditional Portuguese dishes) and spend quality time with my cousins, aunts and uncles. We have our own traditional ways to celebrate Thanksgiving, Christmas, other holidays, and special occasions. I find solace looking forward to these annual family gatherings. I used to take these family gatherings for granted – sometimes I thought they were just a little too long, a little too boring, or I just wanted to go home. However, now, as a young adult, I relish every moment and have come to realize that not many other cultures value family time the way the Macanese do. Unlike my family, some people only see their families occasionally. I attribute my strong family relationships to my

pride in being Macanese.

The Lusitano Christmas Party has always been a great joy for me: a warm, enjoyable gathering of families eager to celebrate. I remember my feelings of anticipation and excitement as a child when I patiently waited to receive my present from Santa, not knowing exactly what I would get. Though I'm now too old to receive presents, I still enjoy the magic show every year. I find great joy in seeing the smiling, amazed faces of the young children in the audience.

In my junior year of high school at Saint Ignatius College Preparatory, my English teacher, Ms. Elizabeth Purcell, assigned a project titled "Child of the Americas." The assignment required me to interview or research the first ancestor or member of my family to immigrate to the United States (and of course write a paper and present to the class). At first, this project seemed like nothing more than a lot of work – however, it later provided me key insight that helped me learn more about myself and where I come from. Luckily for me, it wasn't hard to find the person I needed to interview – that person was my grandma, Patricia (Betty) Carion. For the first time, I sat down with my grandma at the dinner table and learned about her past. She shared stories about growing up in Hong Kong and the influences of her Portuguese heritage. Upon meeting, Betty and my grandpa, the late Antonio Carion, bonded over cultural similarities and eventually fell in love. They married and eventually immigrated to the United States to discover a better life for their future children. I learned about their hard work and sacrifices, and ultimately developed an entirely new appreciation for them. At the end of the project, Ms. Purcell explained to my class that though we work hard in school and in our extracurricular activities, we had done very little to earn the comfortable life we enjoyed. I thought about this for a minute, and eventually realized that she was completely right. My family is responsible for my opportunity. The sacrifices my grandparents and ancestors made years ago allow me to enjoy a comfortable life and pursue opportunities and education. The ability to sacrifice comes from a deep root in Macanese culture. Our immense value on family allows us to put loved ones before ourselves, even when it may be difficult. I hope to follow in the footsteps of my grandparents – I want to work hard not only for myself, but for my family.

For the past eighteen years, I've been a beneficiary of Macanese

values put into action. Now, as an adult, it's time for me to give back. Though it would be great to participate more in Lusitano events, it's difficult while balancing both school and a job. However, I've come to realize that there are little things I can do to promote Macanese values and preserve our unique culture. As a recent high school graduate, I am both nervous and excited to begin pursuing my undergraduate education at UC Davis. I start my first college classes in the Fall, and plan to work hard and always put in my best effort. I realize that not many people have the privilege of going to college – I was lucky enough to have a loving family that made sacrifices for me to receive this opportunity. Perhaps my tenure at UC Davis will allow me to connect with other Macanese youth and share experiences with them. I want to continue to learn about my culture, my family members and what it means to be Macanese in America. I've learned the importance of sharing stories and passing down tradition. When I start my own family, I will make it a priority to celebrate in the Macanese tradition. I realize the critical importance of strong family relationships, and want future generations to preserve this value.

I extend my sincere gratitude to the Lusitano Club of California for giving me a chance to earn money for my college tuition, and for their sustained efforts in preserving and cherishing Macanese culture.

SIP & SAVOR EVENING AT THE IDESST SAUSALITO PORTUGUESE HALL

by Ken Harper





On September 5th 2014 members of the Lusitano were invited to the **IDESST Sausalito Portuguese Hall** for their Sip & Savor event. Lusitano Club members were invited to contribute Macanese culinary dishes for the pot luck. This event was a precursor to an event planned for later in the year which will celebrate the various cuisines of Portuguese cultures from around the world. Lusitano contributed 3 Macanese dishes;

Dorothy Oliveira shared a wonderful *Arroz Gordo* and I shared *Croquettes di Minchi* (Potato croquettes with a Minchi filling) and *Pao de Leite* (Coconut pudding.)

I was surprised to find out from IDESST President Manuel Azevedo and board member Mike Moyle that the IDESST Portuguese Hall was established in Sausalito in 1888; who knew? The recently renovated hall was beautiful and consisted of a spacious auditorium, dining hall, kitchen and bar. For those more interested in the hall you may go to: **<http://www.idesst.org>**

Other Lusitano members on hand included our Maria Roliz, Leo Xavier, Hunter Choi, Eric Abbas, and Chad Litz. IDESST displayed copies of Lusitano's Bulletins and our Macanese cookbooks including Dorothy Oliveira's and A Mesa da Diaspora. Members of the IDESST tried their hand at Goan, Cape Verdean and Goan recipes. Members of both clubs socialized and spent time explaining the various recipes and our common heritages and experience in the SF Bay Area. I can't wait to go back and spend more time with the friendly folks there.



THE MIRACLE MAN

by Lulu DeGraca

The Cancer Support Community held its 14th annual fundraiser event at the Diablo Country Club on September 20, 2014. It was a lavish \$300/person sit down dinner/dance extravaganza and the best part was that we did not have to pay for it. This year's theme was "an Enchanted Evening of Hope & Healing".

Rick DeGraca was one of three honorees at the event. The first honoree was the CFO of Genetech and the second honoree was a cancer surgeon. Jim Bouquin, executive director of the Cancer Support Community, spoke of the first two's contribution in the fight against cancer. After presenting the two with an award, Jim spoke first about the Cancer Support Community, a non profit that provides free services for cancer survivors: counseling, support groups, nutrition, exercise and patient education groups. It serves over 2000 survivors and their families and is expected to grow exponentially in the years ahead.

When Jim introduced Rick DeGraca, Jim said that he did not know how to introduce Rick. Jim called Rick a friend but more so as "The Miracle Man." Jim went on to indicate that Rick was diagnosed with an aggressive Pancreatic cancer in November 2008. At the moment

of prognosis, he had a 25% chance of surviving one measly year. He had 5% odds of living 5 years. Rick did everything he was told by the medical establishment.



However, being Rick, he did more. Nonetheless, his cancer returned 2 years ago and he was told to get his affairs in order since death was imminent. There was zero chance of survival.

Studies have shown, that everything being equal medically, patients that are active in CSC live an average of 18 months more. My boy Rick has again bucked the statistics.

Jim touched on Rick's family milestones, what he would have missed, if the medical professionals were right. Rick saw his daughter Annie give him his 5th and youngest granddaughter Madison. He saw daughter Toni return to teaching. He saw son Ricky graduate from college. Granddaughters Alexa and Haley started kindergarten and Amanda middle school. Ali received her 1st communion. He celebrated 41 years of marriage. When Jim was done with his talk on Rick, there were many teary-eyed individuals in the audience.

Jim was right. The CSC family has been a Godsend. However he did not touch on the love and support of Rick's family, siblings, and close-knit circle of friends, a fierce determination to live and most importantly, a strong faith.

The gala was definitely an enchanted evening. They successfully raised over \$400,000. Not bad for a nights work.

CELEBRATING AMBASSADOR KEITH HARPER

by Arthur Britto



Family and friends from USA and Canada were at the U. S. Department of State in Washington, D.C. on June 30, 2014 to witness the swearing in of Keith Harper as the U. S. Ambassador to the U. N. Human Rights Council. Ambassador Harper is a fellow Macanese and is the son of Doreen da Luz McKissack and brother of Kirk and Kenneth Harper. The Macanese community is planning a dinner reception to pay honor to

Ambassador Harper at our Macau Cultural Center in Fremont later on this year. Further information about the dinner soon to follow.



THE AZOREAN COMMUNITY GREET THEIR PRESIDENT

by Arthur Britto

The Azorean community of the Bay Area was on hand to honor their President of the Government of the Azores, Vasco Cordeiro, with a dinner at the Portuguese Athletic Club in San Jose on August 27, 2014. The Consul General of Portugal, Dr. Nuno Mathias, introduced President Cordeiro to Maria Roliz, President of Lusitano Club of California and to Arthur Britto. It was then, President Cordeiro was made aware of the presence of the Macanese community in California, our three Casas and of our Cultural Center.



President Cordeiro was in California on a three-day official visit. The main purpose of the visit was to officiate at the opening of the XVII Encontro of the “Casas dos Azores” at Hilmar on August 29, 2014. There

are thirteen “Casas dos Azores” worldwide and this Encontro was the first time held in California.

During his visit to California, President Cordeiro met with Governor Jerry Brown and with other Californian politicians. He also visited Silicon Valley and met with Azorean entrepreneurs and with many young Portuguese Americans.

Recipes

VACA ESTUFADO A MODA DE MACAU “STOFFADO”

by Ken Harper

A recipe adapted for a slow cooker from my great grandmother's, Guilly (née Ribeiro) Gutierrez's recipe as transmitted to me by my grandaunt, (Ricardina) Eduarda (née Osorio do Amaral) Gutierrez



Ingredients:

Serves 6

3 lbs Beef Chuck Roast, Tri-tip or similar stewing meat (whole)
3 tablespoon thick soy sauce
Pepper and Salt
3 tablespoons olive oil
1 large onion minced or 4 shallots minced
3 tablespoon tomato paste
1 can of tomatoes crushed or 4 med size fresh tomatoes diced
2 garlic cloves minced
1 cup of wine
2 cups broth or water
3 bay leaves
2 cloves
3 tablespoon thin soy sauce
3 tablespoon Lea & Perrins Worcestershire Sauce – or to taste
1 lb carrots, peeled and cut in thirds
4 potatoes, peeled and cut in half
Large frying pan
Large slow cooker
Large deep platter

Method:

1. Coat meat with thick soy, salt and pepper and let marinate for at least an hour. Remove meat and drain from marinade, but reserve the marinade liquid for later and blot the meat dry with a paper towel before browning.

2. On the highest temperature heat a large heavy pan and when hot add 3 tablespoons of olive oil. When the oil is hot, introduce the meat and brown the meat on all sides (this should take a minute per side or so). A pan with high sides is good for this to avoid splattering. Remove the meat from frying pan and set aside in a platter.
3. Over medium heat sauté onions/shallots in the same large heavy pan with the oil drippings from the browned meat; add a tablespoon of oil if needed. Sauté until soft and translucent, then add tomato paste until it caramelizes a little, then add tomatoes and garlic and sauté for another 10-15 minutes until the tomatoes break down a bit.
4. Place the tomato sauce base and leftover marinade in the slow cooker and place beef on top.
5. Deglaze the pan with a cup of wine/broth and pour over beef.
6. Add carrots and potatoes with remaining seasonings to slow cooker, and top off with water or broth until meat is mostly submerged in liquid. Slow cook on high for 2 hours, check the potatoes and carrots for doneness (test with a fork) and remove and set aside vegetables when done. Slow cook the meat an additional 1.5 - 2 hours until tender.
7. When the meat is done, carefully remove it from the liquid and let it rest for 20 minutes before slicing (resist the temptation to cut into the meat at this point). If you are going to serve it soon reheat the carrots and potatoes gently in the gravy (simmer, do not boil). When the gravy is hot, arrange the meat and vegetables in a deep platter and pour over the hot gravy and serve with a side of rice.

****It is sometimes nice to let all the ingredients marinate overnight in the refrigerator and serve it the next day. When ready to serve you may arrange the sliced meat, carrots and potatoes in a deep oven safe dish, and gently heat in the oven covered at 300 degrees for about 30-40 minutes until thoroughly warmed.*

****If you don't have time to do all the steps just sauté the onions and when soft add the tomato paste, tomatoes and garlic and then just combine everything in the slow cooker for a pretty good pot roast. It's important to sauté the onions to make them soft before adding the tomatoes for two reasons: flavor development and the tomatoes will prevent the onions from becoming soft.*

Word Scramble

*Find below the cities visited on our Lusitano Portugal Trip
scrambled across, backwards, diagonally, upwards or downwards*

LAMEGO
LISBOA
ALCOBACA
SINTRA
CASCAIS
BELEM
ESTORIL
SETUBAL
FUNCHAL
PORTO MONIZ

EVORA
FATIMA
OBIDOS
NAZARE
PORTO
BRAGA
COIMBRA
BARCELOS
GUIMARAES
AMARANTE

P O A N P P O R S C S S A I S O C A
A O S T O O A S B A I S O D I B O I
R A R A R R I G H F A A I A T N I S
T I O T T T R T R E C C O C D E M B
N A S R O E A I A A S A A A I O B R
I C O V M S A L M R A S C B M A R E
S A L E U G O C A S C E V O R A A T
I I E L N N U N A M A M E C O V E N
E S C A I I A I I E E O E L T I L A
R F R B Z Z A C M L O G N A T U A R
A S A U R A B C E A R T O R I S H A
Z E B T I A H B F Z R B R B V A C M
A T V E I E G G I O S A N B I S N A
N A L S L M O A F I S N E G T D U S
B U L M A E A S L I R O T S E S F I

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The Portuguese Community in Hong Kong - A Pictorial History
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Diaspora Macaense to California - US\$40.00
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Lusitano members on tour Portugal September 26 - October 6, 2014