

LUSITANO BULLETIN

*The Publication of the
Lusitano Club of California*



VOLUME 26 ISSUE NO. 2

SUMMER 2016



*Volunteers at the Lusitano Food Booth for the 19th
consecutive year celebrating Dia de Portugal Festival
at History Park, San Jose on June 11, 2016*

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President's Message

Summer is finally here and it is time to enjoy the outdoors! Our annual picnic is in just a few weeks and so is our camping/canoe trip on the Russian River. Portuguese and Mandarin language classes will also restart at the Macau Cultural Center on August 28th. It is the perfect opportunity to learn these languages. Please remember to sign up now if you plan to attend any of these events/classes.

Summer is also the time to think of vacationing if you are not already on your vacation. Remember this November is the Macau Encontro. If you plan to go, please make sure you have submitted your Macau Encontro Enrollment form.

Best Regards to all. Sincerely, Maria C. Roliz

BE GREEN! Send us your email address if you are not receiving Club news by email now or would like to switch to our e-Bulletin to get your news sooner!

2016 Calendar of Events

LUSITANO

Sun, July 24: Annual Picnic, San Mateo Beresford Park

Aug 12-14: Russian River Camping/Canoe Trip

Sat, Oct 29: Cooking Class/Halloween Party, "MCC", Fremont

Nov 26-Dec 2: Macau Encontro (with pre and post side trips)

Sat, Dec 10: Annual Christmas Party, San Mateo Elks Lodge

MACAU CULTURAL CENTER

Sundays Aug 28, Sept 4, 11, 18, 25, Oct 2: Mandarin Classes
11am-12:30pm

Sundays Aug 28, Sept 11, 25, Oct 9, 23: Portuguese Classes
1:30-3:30pm

Sun, Oct 16: 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.

2016 Lusitano Scholarship Grant

Lusitano offers each year two \$1,000 scholarship grants towards a trade school or college tuition for Lusitano members 18 and over. Applications for the school year 2016 -2017 are available via email to lusitanoclubusa@gmail.com with a deadline of July 31, 2016.

Consulate General of Portugal SF New Hours

Please note the Consulate General of Portugal in San Francisco has implemented new office hours for the public from 9am-2pm Mondays –Fridays except closed Wednesdays. A new online appointment system is available in its website:

www.PortugalinSF.com. Please schedule your appointment before your visit. A new App can also be downloaded (free) from the *Apple Store* or *Google Play* (look for “Portugal in SF”) to enable you to have Consular Services at your fingertips.



***Come join us for a full day of fun with
your family & friends at our
Lusitano Annual Picnic
Sunday, July 24, 2016
12 – 5 pm***

Beresford Park “Picnic Shelter Area”
Parkside Way & Parkview Way San Mateo, CA
*(off Hwy 92 Alameda de las Pulgas exit towards 28th Ave.
Please note we will be in the sheltered area
where we normally have our Annual Clambake)*

Food & Soft Drinks Provided

12:30 pm – 2 pm Lunch

3 - 4 pm Children’s/Adult Races

*Games Mahjong Balloon Toss Prizes
Spoon/Egg Race Three-legged Race*



Cost per member \$10.00

Cost per non-member \$15.00

Kids of members 12 & under free

Non-member kids 3-12 yrs old \$5.00

Please RSVP by July 12, 2016

*Reservations must be accompanied with names of attendees
including ages for kids 12 & under, and a check payable to
“Lusitano Club of California” mailed by July 12th to
Chris daRoza, 1120 Landing Lane, Millbrae, CA 94030
For additional information please contact Tila at
(415) 661-3027 or lusitanoclubusa@gmail.com*

LUSITANO RUSSIAN RIVER CAMPING/CANOE TRIP

Join us for a weekend on the river with great fun for everyone! We will be enjoying the great outdoors with camping, canoeing, games, music, potluck and a whole bunch of good times with family and friends.



August 12 - 14, 2016

Two (2) nights of camping Friday & Saturday

Mirabel Park, 8400 River Rd, Forestville

“Club” Campsite

Canoe down the Russian River Saturday Aug 13 10am

Burke's Canoe Trips, 8600 River Rd, Forestville

Pot Luck Dinner Saturday Night

Camping Aug 12 & 13: \$22 per person

Canoeing Aug 13: \$65 per canoe (sits 2-3 persons)

RSVP with names by: July 10, 2016

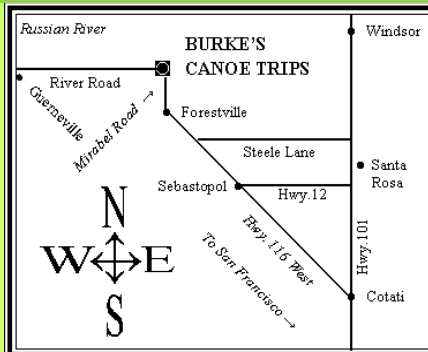
Please contact Maria Roliz

m_roliz@yahoo.com or 415.990.5534

Please make check payable to Lusitano and send to
582 Market St # 1905, San Francisco, CA 94104

**BURKE'S CANOE TRIPS & MIRABEL PARK
AT THE INTERSECTION OF RIVER ROAD & MIRABEL
ROAD JUST ONE MILE NORTH OF FORESTVILLE**

From San Francisco cross the Golden Gate Bridge and go 101N. Exit at Hwy 116W and follow 116W for 7 miles into Sebastopol. Continue another 7 miles on 116W into Forestville. Turn right onto Mirabel Rd at the only gas station in town. Follow Mirabel Road 1 mile to the entrance of Burke's. Mirabel Park is to the right of Burke's.



Macau Encontro 2016

“Encontro das Comunidades Macaenses”

Preliminary Program (Nov 26 - Dec 2)

(Updated as of June 7, 2016 subject to change)

All participants must complete and return the Macau Encontro Enrollment form to lusitanoclubusa@gmail.com or via fax to 415.3970835 by June 29, 2016 to attend as a member under Lusitano Club of California. To obtain form or book your travel arrangements with the Lusitano group, please call Maria at 415.9905534 (Please refer to the Spring 2016 Bulletin for trip cost).



CONSELHO DAS
COMUNIDADES
MACAENSES
澳門土生國際聯誼會

Nov 26 (Saturday)

6:00 pm Welcome reception “Chá Gordo” organized by CGM at Escola Portuguesa.

Nov 27 (Sunday)

10:00 am Visit to the Historic Centre.

6:30 pm Welcome dinner at Sheraton Grand Macao Hotel.

Nov 28 (Monday)

3:30 pm “Encontro Family Photo” at S. Paul’s.

9:00 pm Sound & Light Show at Leal Senado Square, courtesy of IC.

Nov 29 (Tuesday)

11:00 am Visit to the Monument in honor of the Macanese Diaspora.

2:30 pm Introduction to local and regional development projects which are relevant to Macau, such as the HK-Macau Delta Bridge, by Arq. Madeira de Carvalho; presentation of a research work on Macanese symbols and myths by Prof. Susana Barreto, PhD; exhibition of documentary on Comendador AO Sales by TDM and launching of their DVD *Ui di Saboroso*.

Venue: University of Macau at Hengqing Island.

6:30 pm Event organized by the Macanese Youth Association.

Nov 30 (Wednesday)

10:30 am Cultural Session courtesy of IIM, venue (tba).

9:00 pm Patois show/session by Dóci Papiaçãm.

Dec 1 (Thursday)

8:00 am Visit to Guangzhou, with the support of the Liaison Office of the Central Government, with overnight stay. Booking in advance is required and individual visas to China to be handled directly by participants in the U.S. before arrival in Macau. **Trip Cost US\$100 per person sharing room/ US\$150 per single room (to be paid in advance to Lusitano Club).**

Itinerary to be advised. Return to Macau afternoon of Dec 2.

December 2 (Friday)

6:00 pm Mass at Sé Catedral.

7:30 pm Closing dinner at Macau Tower.

Annual Clambake

by Vic Boisseree

Another successful Clambake took place April 23rd 2016 at Beresford Park, San Mateo. We were also blessed with good weather. In addition to clams, good food was had by all. Thanks to all the hard workers that put this event together. Our president Maria Roliz and husband Hunter Choi, Jessica Xavier, Chris daRoza, Michael Carion, Ellen Boisseree, Dorothy Oliveira and husband Eric Abbas, Clem Esmail, Ozzie Ozorio, and Antonio "Toneco" Jorge da Silva. Toneco was good enough to share with us his latest book "Macaenses" which was launched by Lusitano at the park that day.

There was, as usual a group of ladies playing Texas Hold'Em at one of the tables. Among this group of ladies, however, is a *Lone Gentleman*, Al Madera. Why is he is the only man the ladies would invite to join? He is either a charmer or a generous loser in poker.



The first year of the Lusitano clambake was in 1984. It all began at the home of Antonio "Toneco" Jorge da Silva. His recipe for this tasty mollusk has many of us returning every year to the clambake (*see recipe in the next few*

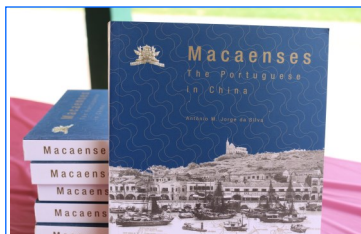
pages). To this day, Toneco continues to preside over this annual event whenever he can.

After more than 30 years of enjoyment in the name of the clam, perhaps it is also time to pay homage to the "*Clam*".

Clams can be eaten raw, steamed, boiled, baked or fried. They can also be made into clam chowder, or cooked using hot rocks and seaweed in a New England clam bake. Clams are not only pleasing to the palates of seafood lovers, but also an important contributor to the English language as well. The clam is known for its happiness, and its silence. It reclines upon the seafloor, safe and secure in its shell, and say nothing. "Clam" has developed numerous slang and figurative uses over the years, i.e. to clam up" meaning to remain silent, lips pressed together like a clam's shell. Happy as a clam, silent/quiet as a clam, and "shut your clam" to name a few. Clamshell

is the name given to a container or mobile phone consisting of two hinged halves that lock together. Clam is used as a reference for the dollar. Some of you may remember Elvis recorded a song "Do the Clam" in his 1965 feature film *Girl Happy*.

Okay. I think it's time for me to clam up.



Book signing by author, Antonio Jorge da Silva, of his latest book "Macaenses" at the Clambake. Available from Lusitano at US\$22.50

Dia de Portugal Festival

by Maria Roliz

For the 19th consecutive year, Lusitano joined in to celebrate Portuguese week with our food booth showcasing our Macau cuisine at the Dia de Portugal Festival held on June 11th at History Park, San Jose. The Portuguese Historical Society did an excellent job as usual in organizing a fun-filled day of entertainment, arts, crafts, a parade and a variety of Portuguese food celebrating our Portuguese culture with the thousands of visitors passing through.

Many thanks to our member volunteers that came to help out at our booth. With the great teamwork, we ended the day with one of the best sales year as we served the long queue of customers until we ran out of food. To Dorothy Oliveira, Maria Joao da Cruz, Hunter Choi, Chris da Roza, Clem Esmail, Linda Lam, Shirley Wong, Justin Pedruco, Jane Spieker, Joe Spieker, Ricardo de Senna, Paul and Angel Chan – A BIG THANK YOU! We could not have done it without you! Muito Obrigada!





This annual festival is always on the second Saturday in June. See you next year on June 10, 2017.

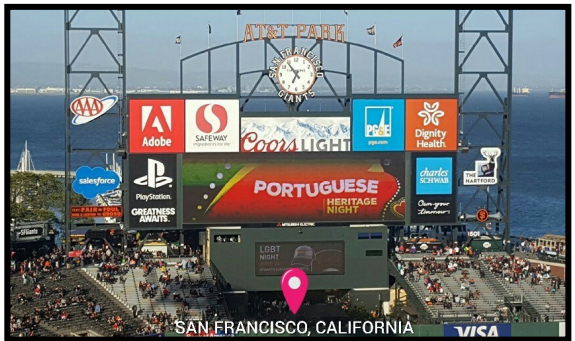
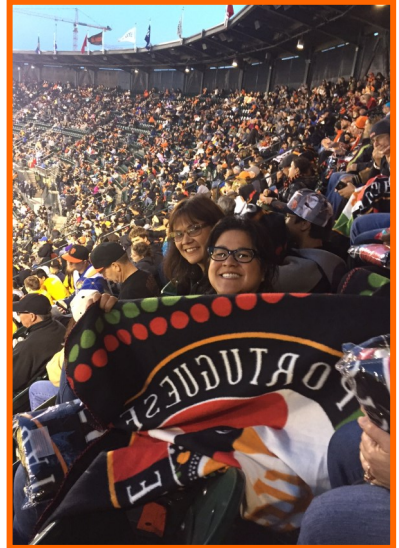
Consul General Nuno Mathias visits the Lusitano Booth and volunteers

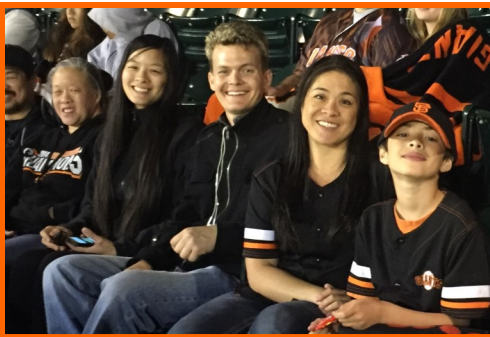
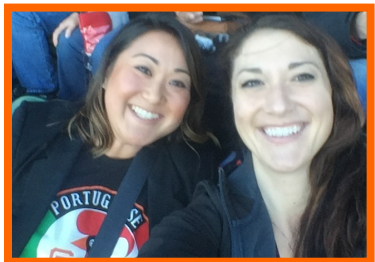


Portuguese Heritage Night

by Maria Roliz

Over 100 Lusitano members and friends attended the SF Giants vs Milwaukee Brewers game on June 13th. On that night we celebrated the 3rd Annual Portuguese Heritage Night at AT&T Park along with many other Portuguese organizations. In attendance was Consul General Nuno Mathias who gave a pregame on-field interview. It was a fun evening with pregame cultural entertainment followed by a win by the Giants over the Brewers. We all returned home with our special event blanket. **Go Giants!**





Macau Cultural Center “MCC”

by Maria C. Roliz, President “MCC”

Celebrating Dia de São João (aka Macau Day)

Members of Casa de Macau, Lusitano, and UMA, attended a beautiful mass at the Macau Cultural Center officiated by Fr. Mathew Vellankal on June 25th. A delicious lunch of *tacho* and *minchi* prepared by Dorothy Oliveira and Flavia Greubel were served followed by *gummy gummy* by Vilma Remedios, and a fresh fruit salad by Albertino da Roza. Attendees also enjoyed a video clip “In conversation with Miguel de Senna Fernandes” about the identity / who is Macanese.



Thanks to the International Institute of Macau (IIM) for sponsoring this event, and thanks also to all the wonderful helpers that made this a most enjoyable day.







Time to sign up for classes at the Macau Cultural Center now!

Portuguese Language & Cultural Classes

with professors Aurelio Dias-Ferreira & Jose Luis da Silva

Beginners level: 1:30 – 2:30pm

Continuing students: 2:30 – 3:30pm

Sundays Aug 28, Sept 11, Sept 25, Oct 9, Oct 23, Nov 6

Cost: Casa members \$30 (\$180 for non-members)

Please contact Maria Roliz at

macauculturalcenter@gmail.com or 415.9905534

Mandarin Classes Series 3

with Ms. Jiani Zhang

11am – 12:30pm

Sundays Aug 28, Sept 4, 11, 18, 25, Oct 2

Cost: Casa members \$30 (\$180 for non-members).

Please contact Elsa Denton at

elsadenton@yahoo.com or 415.3857499

Upcoming 2016 MCC Event



**NOSSA SENHORA DE FÁTIMA
CELEBRATION**

*Sponsored by Macau Cultural Center
and Fundação Oriente, Lisbon, Portugal*

SUNDAY, OCTOBER 16, 2016

11:15 AM MASS

ST. ANNE'S CATHOLIC CHURCH

1600 ROSSMOOR PARKWAY

WALNUT CREEK, CA 94595

12:30 PM LUNCH

**CLUB ROOM, CREEKSIDE CLUBHOUSE
ROSSMOOR**

*Directions: Tell Security you are going to Creekside
Clubhouse. After clearing Security, go straight on Rossmoor
Parkway. After the 3rd STOP Sign, turn Right into Parking lot.
Club Room is 1st room on the right when entering the Clubhouse.*

COST:

**\$12.00 FOR CASA DE MACAU,
LUSITANO & UMA MEMBERS**

\$20.00 FOR NON-MEMBERS

(No refunds for no shows)

*Please RSVP by October 1 with names of attendees to
macauculturalcenter@gmail.com
or Flavia Greubel at (925) 930-8672*

Mail check payable to:

MACAU CULTURAL CENTER

582 Market St # 1905, San Francisco, CA 94104

Macau Cultural Center Hall Rental Rates

Casa members: \$400/day General public: \$700/7 hrs

Contact Maria Roliz to book your event at 415.9905534

or email macauculturalcenter@gmail.com

This and That

MACAENSES, IDENTITY AND LEGACY

by Nuno Prata da Cruz



Held at Moses Hall on May 21 from 2 - 4:30pm at the University of California, Berkeley, Dr. H. Miguel de Senna Fernandes, attorney, author, play writer, director and linguist spoke to a group of approximately 60 on the subject of the Macaenses, Identity and Legacy.

Dr. Senna Fernandes was on a trip from Macau to northern California with the purpose of interacting with the California Macanese diaspora community. Being currently the president of the Association for Macanese Education (APIM), the Association of the Macanese (ADM) and the Doci Papiacam di Macau (DPM), his busy schedule apart from some sightseeing, was centered on networking with the local Macanese associations. He met with the presidents and respective boards of directors of the Macau Cultural Center, Casa de Macau, Lusitano, UMA and the Portugal Macau Institute of America. When asked how the diaspora could assist Macau, his answer was that the California Macanese community should always maintain a solid link with Macau.

With the 9th Encontro in Macau just 6 months away, it is nice to see that a Macau figure of such high stature has seen fit to pay us a

visit. It was indeed an honor to have you Dr. Senna Fernandes here with us in the San Francisco Bay Area. Do visit us again soon and come more often.

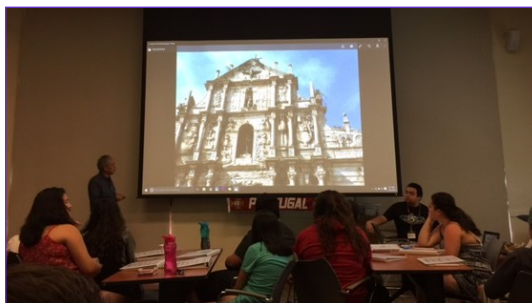


LUSO CULTURAL YOUTH SUMMER CAMP

by Maria Roliz

On June 20 - 24th, the Luso-American Education Foundation (LAEF), held their annual Cultural Youth Summer Camp at Santa Clara University for 60 youths from the ages of 12-17 of Portuguese background, including 4 Lusitano-sponsored members. The five day experience was great in that it included a study and appreciation of the many aspects of the participants' Portuguese background and culture.

Included in the program was a presentation on Macau, its history, geography, and views. Our thanks to Antonio Jorge da Silva for providing a most interesting power point presentation on Macau for these young people, and thanks to Dorothy Oliveira for making a variety of Macanese desserts for everyone to enjoy.



For the short time we were there for the presentation, we could feel the energy and enthusiasm from the students, the camp advisors and mentors. It was definitely a well put-together camp program and an invaluable experience for all.



In the next few pages, our 4 Lusitano sponsored youths share their camp reflections.

L-R: Cynthia Carion, Rose Carion, Jaclyn Aquino, and Sophie Afinowicz

Thank you to our dear friends, José Luís da Silva, Sara Rodrigues, and Joann Malta-Weingard for giving us the opportunity to be part of this wonderful experience. Obrigada!

SOPHIE AFINOWICZ, AGE 15 ...

Before I arrived at Luso Camp, I had not really thought about being Portuguese. As my mother says, I am a “special blend” of cultures. I am very close to my grandparents Doris and Fred da Silva who are Lusitano members. My grandmother Doris is from Hong Kong and she has told me a lot about her childhood in China and I enjoy eating Chinese food with her. My grandpa Fred is from Macau. He loves to meet people and also had a good appreciation for food. On the other side, my dad Dave is mostly Polish and I have visited his family in their Polish community in Oklahoma. Again, I mostly know that culture through the food. From my unique background, I was surprised at how the campers were so passionate about the Portuguese culture. As part of the Luso program, there was tremendous exposure to a variety of Portuguese food, much of which I had never tried. A popular meat is pork. We took a field trip to Bacalhau Grill where we ate a pork sandwich with garlic sauce. It was very good, especially the meat and bun together. Throughout the week, we sampled homemade bread which was delicious, especially the sweet rolls Bolo Levedos (Portuguese muffins). The most unusual dish was meat in a jelly with seasonings served with fish sauce. This was served cold. I tried a bit and it was very strong tasting. This was very different to me but I was glad I tried it.

Along with the awesome exposure to food, I joined the Portuguese people, as mentors and as peers, and got to learn more about their unique backgrounds. Surprisingly, I learned that each of us shared similar interests and we are connected in many ways. When we visited the mission I found out that most of the campers are Catholic, like me. Living together in the dorms, we stayed up talking and laughing. Most everyone at this camp was very open and humorous. There was a sense of unity we shared and a light mood rang out in many of our outings including a trip to Levi Stadium and the Tech Museum. This kind of merriness pulled me in, made me feel proud of my unique heritage, and truly made me feel a part of the community.

I also learned and found interesting Portuguese dancing and the Portuguese card games. I don't particularly like dancing, but I found it fun to do it with the other campers and mentors. I observed the complicated movements of Samba. I enjoyed the upbeat music. Probably my favorite part of the camp was playing cards. We learned a very fun American version of the Sueca card game. I get very competitive and I saw how competitive the other campers were. I had a good time both winning and losing card games - either way there

was lots of laughter.

Before I arrived at the Luso camp, I never acknowledged or even thought about Portuguese culture. After this camp, however, I now know more about the Portuguese passion, humor, and cuisine. In closing, I'm really glad that I attended this camp and thankful for learning more about one of my many cultures. Thank you!



*Our Family
Coat of
Arms:
All of us
are Silva!*

*"I am
the one
standing
in the
middle of
the back
row".*

CYNTHIA CARION, AGE 12 ...

Luso camp is a cultural learning camp, that will help kids learn more about their family's Portuguese history. As you can imagine, I did not want to go to this camp I thought my parents had randomly found online. Going to this camp would mean I would have to interact and room with complete strangers; which is very difficult for me. I'm that type of person who would rather stay inside all day reading, other than outside meeting new people. But this camp has taught me to go out of my comfort zone and explore new things.

The first night of camp, we did many different ice breaking activities. This helped break the ice/ the awkwardness between the other campers. One of the activities involved 30 groups of two campers. The mentors would play music and the two partners would dance in circles. When the music stops, the team would have to find each other and sit on the others leg. The first time I heard about the game, I was slightly uncomfortable because my first interaction with this person would be sitting on their leg.

After this activity, we went back inside a room to work on our dorm room art. Mentors handed out a sheet of cardstock paper with

15 rows of sentence starters: I am... This workshop helps express yourself easier than explaining in person. After filling out the sentences, you are free to design the paper with whatever you desire.

The next few days flew by very quickly. That is probably because I've made new friends and gotten used to the camp schedule. One of my favorite workshops was when a college teacher came to our class and taught us all a lesson about public speaking. Our assignment for that class was to come up with a 1-2 minute(s) speech, with the amount of three minutes to write it. The topic was about your internal and external selves, and how they have changed throughout time. During the three minutes she gave, I was quite stressed. Having to write a speech right on the spot was not easy, but is a very useful lesson. The teacher gave many important tips on public speaking; 1) Don't memorize the speech, understand it. 2) Make eye contact 3) The content of the speech is 60%, while the delivery is 40%.

The Portuguese culture is very unique and amazing. I have learned that Portugal has gone through many tough incidents. In the Early Middle Ages, Portugal had a extended empire and great power. But gradually they lost most of their wealth and population. About 2 million people left Portugal to live in Brazil. That was a very depressing time, yet in the end, they ended up with independence for all of Portugal's African colonies. Not only are they a strong country, but are creative. They created many delicious foods by experimenting. For example, when people didn't have enough money to buy certain ingredients, they created the muffin, Bolo Levedo. It only involves five ingredients, which made it so popular.

Overall, I am very glad I've got to experience this type of camp. I have learned more about my family heritage, and how to prepare myself for my education in the future. Next time another opportunity like this one comes up, I can't wait to attend.



*Cynthia and sister Rose Carion
with their Coat of Arms*

ROSE CARION, AGE 16 ...

The moment I carried my suitcase out of the trunk and started walking, I immediately felt awkward. Dragging my suitcase across the parking lot made a loud noise that everyone within a mile radius would

be able to hear. Once I entered the building and got my room assignment. I was disappointed to find that I would be sharing a room with someone I did not know, even though the only person I knew at the camp was my sister. After leaving my suitcase in my room, I left to meet everyone in the room where we had to meet. Everyone already knew each other and I had a feeling that I'd be with my sister the entire stay at camp. But then I found out my roommate was also from the Lusitano Club and she didn't know anyone else at camp so we quickly bonded over that. After the ice breakers, I realized how friendly everyone was and at that moment, I felt that I would have a good time at camp.

My roommate and I bonded over things that we had in common. We both liked eating hot cheetos. We would eat it at night, as a midnight snack. Despite having to drink water after every bite, it was still a lot of fun. We both wore contacts, so we understood the burdensome task of taking it off every night and putting it back on every morning. Also we both liked dogs and had a sister, but unfortunately, I did not have a fear of feet as she did.

The mentors were friendly and fun. They would talk to the campers and sit with them during meals. During one of my talks with a mentor, he found out that I take an interest in architecture and on the last day of camp, I received a nickname based on that conversation. I was acknowledged for being the next Bob the Builder.

The lonely meals of eating with my sister were quickly changed to when my sister and I decided to meet new people. We bonded with two other campers through a card game that involved hitting the card before the rest of the players. It was a violent, yet amusing game. Since then, my sister and I ate with them during every meal.

My sister and I had never learned Portuguese before entering this camp. Jokes would be told in Portuguese and we would just look at each other and shrug. After meeting new people, we realized that we weren't the only ones who couldn't speak it and bonded with them. Singing Portuguese songs with them made singing much more fun and enjoyable.

The activities at camp were a lot of fun. They ranged from dancing folklore dances to eating Arroz Doce, a Portuguese rice pudding. Every activity we did helped me and my sister bond with the other campers. We sang together, laughed together, and slept during the same boring presentations together.

JACLYN AQUINO, AGE 16 ...

In my time at the Luso camp I learned many things about my cultural and college life. On the first day I learned how to open up and learn how to make new friends. This would help me while I'm in college by getting out of my shell and being more open to meeting new people. The second day, I learned how to play a new and very entertaining game of sueca. I also learned how to dance the samba, which was an amazing experience, and learned about the history of the Santa Clara University Campus. We had a seminar where four former graduates from SCU came and talked to us about their experiences in college and how they decided on which majors they wanted and which clubs they wanted to join or start. The third day I learned the do's and don'ts in acting and dressing for an interview taught by Angela Costa Simoes. Jose Luis Da Silva taught us that looks don't always matter, it's what mostly about your personality and how you are as a person. He also taught some words to describe people in Portuguese such as someone who is a good listener you would say "gusta de ouvir os outros". I gained helpful tips on what I should do while preparing and giving a speech. I loved learning the history of Macau, it was sad to see how much the city changed so much over the years, it was also sad when Antonio Jorge de Silva said that his home wasn't his home anymore because there were so many changes. I was also taught folklore dance which was something I was very interested in, and in my opinion I thought I was good for someone who just learned it. The fourth day I learned how to decorate arroz doce, which is just rice pudding with cinnamon. I learned that going to this camp was a very educational and fun experience. My time at Luso camp has opened my eyes on college life and my culture. It has made me understand that it's okay when

going into college to not know what you want to do, this experience also taught me how beautiful my culture is.

*I'm the one on the right
with my family coat of
arms "Oliveira"
Jaclyn Aquino*



AMÊIJOAS NA CATAPLANA – ALGARVE

Clams in the Cataplana Pan

Traditional Portuguese Dish
Modified by António M. Jorge da Silva



This dish is one of the gastronomic delights of Algarve. Although for many years it remained unused and almost became extinct, the Cataplana pan has been revived in this region of Portugal. In the past the pan was made of zinc or hammered iron. Today it is made of copper. It was used primarily by hunters who cooked their game in these pans over an open fire built on the ground. This pan is also used in Beira Baixa with the name "*Prussiana*", a name which is sometimes also used in Algarve.

Jean Anderson, a cookbook author wrote that the Portuguese from Alentejo – Alentejanos combined pork with shellfish (pork is forbidden by Jewish and Moorish dietary laws) “ . . . in a single dish dates back, it has been said, to one of the darker chapters of Iberian history – The Inquisition. *Amêijoas na Cataplana* together with a number of pork-shellfish combinations, were invented as a sort of double whammy to test one’s Christian zeal (pork and shellfish being proscribed to both Jews and Moslems).” The term New Christians was given to both Muslims and Jews who were converted to Christianity. Many Jews, expelled by Spanish King Ferdinand and Queen Isabella in 1492, went across the border to Portugal. Those who wished to remain were coerced to denounce their religion and convert to Christianity in 1497; some converted voluntarily. It was believed that many of the Jewish converts practiced their original religion in secret. These were known as Crypto-Jews. In 1772, Marquis de Pombal issued a decree abolishing the legal distinction between the New Christians and the Old Christians.

The Cataplana pan is used to cook the dish only; the sauce is made in a separate pan. The seal of the pan allows the steam to build up and is ideal for cooking clams and mussels. This dish can also be cooked in Dutch oven with a tight-fitting lid or even a Chinese wok directly over hot coals in a round Webber BBQ. Remember to remove wok from the coals as soon as cooking is finished. Serve from wok pouring the sauce over the clams. In this way I have cooked this dish for the annual clambakes of the Lusitano Club of California

since the mid-1980s. As Portuguese *chouriço* is not available in California and lighter in taste from the *linguiça* available here, I have added smoked ham and bacon to the recipe. Roasted red peppers and other ingredients are also part of my modifications making this recipe very different from those in the restaurants of Algarve.

The clams can be served with saffron rice fried with green peas and diced pork or a light ham with deep-fried browned shallots over. The rice accompaniment is not part of this traditional Portuguese dish.

AMÊLJOAS NA CATAPLANA

Recipe for 60 lbs of clams as served at the Lusitano Clambake.

Ingredients:

60 lbs Manila or small cherrystone clams (10-12 pcs per lb)

1 cup Portuguese olive oil

3 tbsp garlic, finely chopped

4 medium onions, finely chopped

1 cup smoked ham, diced ¼"

¼ cup bacon, fat removed

2 cups Portuguese *linguiça*, peeled and diced ¼"

1 ½ tbsp. hot paprika

1 tbsp cumin

½ cup chili flakes + 1 tsp cayenne pepper

2 red bell peppers, roasted, peeled and diced ¼"

4 Serrano chilies, seeded and finely chopped

1 cup parsley chopped

3 cups dry white wine

4 qt shellfish stock (see recipe for stock next page)

1. *If not used immediately, keep clams in lower section of the refrigerator. Before cooking, thoroughly rinse the clams.*

2. *Set the wok (used here instead of a Cataplana pan – a special pan, shaped like a Chinese wok but with a lid attached) in a raised position over a wood fire.*

3. *Cook the clams in 2 batches so divide the ingredients into 2 portions, using one per batch.*

Directions:

1.
 - i) Finely chop the onions and the garlic. Set aside.
 - ii) Chop the parsley and set aside in a separate bowl.
 - iii) Thoroughly rinse the clams before cooking.
2. Heat 1-cup olive oil in a pan then add the onion and the garlic. Fry over medium heat until they are soft.
3. Add the diced meat (*linguiça* and ham) then stir to fry for a minute or two then.



4. Add the peppers then the spices. (Do not add more chili flakes* for the first course). Continue to cook for another 5 minutes to blend the flavors.
5. Add ½ bottle dry white wine. Raise the pan about 8 inches from the heat and leave it to simmer until reduced 50%. Return the pan over the fire.
6. Add the stock, bring to the boil over high heat then add the clams. Cover and cook until all the clams are open – approx. 10-12 minutes (depending on the heat of the fire).
7. Serve each portion of clams. Ladle sauce over the clams and add a pinch of chopped parsley.
8. Serve with French baguette.

SHELLFISH STOCK (for Lusitano Clambake)

Ingredients: (Yields 6 quarts)

- 1 ½ lbs prawns with shell
- 2 tbsp lobster bullion paste if lobster shells not available
- 8 qts water
- 2 large carrots, peeled and sliced
- 2 large onions, left whole, crosscut halfway
- 2 large tomatoes, left whole, crosscut halfway
- Bouquet garnish (herbs in bag or tied together) – parsley (4 sprigs), thyme (3 sprigs), sage (5 leaves), bay leaves (4 leaves), black peppercorns (12)
- 1 large red bell pepper, roasted then blended to liquefy

Directions:

1. Remove the shells from the prawns. Set the prawns in one bowl and the shells in another.
2. Roast the red pepper over high heat until all sides are charred. Put the pepper into the sink, cover with a damp paper towel for 10 minutes or so then if the pepper is not too hot to handle remove it, peel off the skin, slit in half then remove and discard the seeds. Rough chop the pepper then put it in a blender. Do not blend yet.
3. Add the water into a large pot. Bring to the boil then add the meat of the prawns and boil for ½ minute. Remove the prawns and leave to cool.
4. Add the shells to the water together with the onions, tomatoes, carrots and the bouquet garni.
5. Bring to the boil again then turn the heat down to low, and leave to simmer, uncovered, over low heat for about 3 hours. Skim off scum as necessary from the surface of the stock. Liquid should

have reduced by 25% - 30% within the 3-hour period. Leave to cool.

6. Next put the meat of the prawns and the chopped pepper into the blender with 2 cups of the stock from the pot. Blend until smooth (about 1 minute) then pour into a bowl and set aside in the refrigerator.
7. When the base of the stock is cool pour all the liquid and the cooked and softened ingredients into a strainer placed over another pot or large bowl. Press out the juices then strain leaving only the stock.
8. Add the blended pepper and prawn meat to the stock, stir in and leave to cool completely then refrigerate until ready to use.

Note: This stock can be kept for 2 to 3 days if refrigerated or it may be frozen for use up to about 2 months.

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**‘THE BREAD IS POISONED...
THERE’S NOT A MOMENT TO LOSE’
A HONG KONG COMMOTION, 1857**

By Stuart Braga

Visitors to Hong Kong now find a community that works well, despite continuing concern about relations with the Beijing authorities. However, in Hong Kong itself, people enjoy living there and being Hong Kong citizens. Hong Kong is their home, and the days when their allegiance was to an ancestral village, a *heung ha*, have largely gone. It is a very great change from Hong Kong’s early days, when tensions were so extreme that there was an attempt to poison the entire British population.

The Rev. George Smith, who visited Hong Kong in 1844, three years after the British arrived, wrote discerningly and devastatingly of the mutual antagonism that prevailed between the British and Chinese. Whereas he had found in northern China ‘an intelligent and friendly population’, Hong Kong was different. Smith was horrified by the contempt in which the Chinese were held by the British and dismayed at the heavy-handed attempts at control of the lawless situation there by means of a curfew. He wrote:

‘The Chinese are treated as a degraded race of people. They are not permitted to go out into the public streets after a certain hour in the evening, without a lantern and a written note from their European employer, to secure them from the danger of apprehension and imprisonment till the morning.’¹

During the next decade, things went from bad to worse until in 1857, war broke out again between Britain and China. An early episode in Hong Kong of the conflict that came to be known as the Second Opium War was a botched attempt on 15 January 1857 to poison the entire British population, including the garrison, all of whom were known to eat bread for breakfast. The baker was known to the foreigners as ‘E-Sing’, or ‘A-Lum’. He might have succeeded if he had known as much about poisons as he did about baking bread. However, he put too much arsenic into the dough, and succeeded only in making his 400 victims violently sick.²

Nearly 40 years later, when a prominent American businessman, Augustine Heard, one of the intended victims, wrote about it, the details were still clear in his mind.³ He wrote:

‘It was about half-past ten when my boy [i.e. servant] handed me, as I sat writing at my table, a half sheet of paper, at the head of

which was written in large characters, “The bread is poisoned. Take mustard, teaspoonful, in warm water; 1/2 pint & afterwards warm water; after vomiting freely, eat raw eggs.” It was signed by Dr. Chaldecott, a leading physician of the colony. I recognized the hand-writing.’ Heard rushed down to his office and half-way down met the bookkeeper coming up with a Capt. Bussche, greatly excited. “Have you taken your mustard? No? Well, come on. There’s not a moment to lose. There’s no doubt about it. They’re all down everywhere. I have just come from Endicott, who is at the last gasp; and at the Bank there are lots of them, catting [vomiting]. What are you waiting for? It’s stupid to hesitate. It’s nothing to take, and it may save your lives.”

Heard returned to his grand mansion, which still exists, and until September 2015 housed the Court of Final Appeal of the High Court of Hong Kong. Here he decided that he had better take his mustard. And he did, under Bussche’s administration, but very reluctantly. The expected results speedily followed, and he was just recovering, but very cross, when a member of his staff rushed in.

Heard clearly remembered his words: “It’s all right, Mr. Heard, it’s all right,” he shouted jubilantly. “Who’s all right? What’s all right?” cried I, in my wrath, “What the devil do you mean?” “Oh, Mr. Heard, you haven’t had E-Sing’s bread after all. I cut off E-Sing three days ago, and since then you have had the Portuguese baker, who supplies the office.” And so we had our mustard for nothing. We had had a happy escape. No one who was in the Colony that day will ever forget it.’

Heard thought that the plan had originated in Canton. He continued: ‘E-Sing supplied bread not only to nearly all the foreign houses, but to the Garrison, at that time consisting of about 1,200 men; and he or his workmen had been induced to put in it that morning a large quantity of arsenic. The plan, which originated with the authorities of Canton, was supposed to be to disable the troops and a large portion of the Foreign Residents with the poison, and under cover of the effect of this to attack the town with an overwhelming force. But by some accident the bread did not reach the barracks in time for the early breakfast, and the large quantity of the poison was its own antidote. As you cut a loaf with a knife you could see plainly the sheen of the metal. All who partook of the bread, and there were many, were affected in the same way – by violent vomiting. Those who eat a little and those who eat a great deal, all had the same symptoms, and they were sufficiently alarming.

Though nobody actually died that day, a great many expected to die, and could hardly believe that they were really alive when night came. Several succumbed later from the after effects, among others, Lady Bowring, the wife of the Governor.'

At 1 p.m. that day the regular mail steamer left for India, with most of the British population in Hong Kong still very ill. It took the news to India that Hong Kong had been poisoned by a Chinese, and half the colony was dead and the other half dying. It was not till later in the day, that the failure of the attempt became apparent. Augustine Heard's brother John, who was on his way from England to join him, received this news at Singapore, and was told that the last known of Augustine was that he was dying on a couch in the drawing-room, alone in the house, deserted by all the servants, and his friends were in the same condition. Until they landed, the passengers on the next ship from the south did not know if there were any foreigners left alive.

Meanwhile, A-Lum had fled to Macau. Here he was arrested and returned to Hong Kong. Heard, an American, was disgusted with the outcome. 'A-Lum was tried in an English Court with the advantages of English technicality, and, as was feared would be the case, he could not be proved to have mixed the arsenic with the bread, and was acquitted.' The fear of another attempt on their lives remained a constant threat to the British in Hong Kong for some time. A few months later, Augustine Heard left Hong Kong, never to return. 'It was only when I left the Colony in June, that I became aware of what a weight I had been carrying. The sensation of relief, as we steamed round Green Island [at the western entrance to Hong Kong Harbour], was immediate and decided.' Nevertheless, the attempt to wipe out the unwelcome foreigners had failed and was not repeated. Doubtless the unknown Portuguese baker did very well indeed.⁴

It appears that British justice did catch up with A-Lum, but perhaps for another offence. Another of his victims, the Rev. Dr. James Legge, who used to visit prisons, wrote: 'the respect and deference shown him by all the prisoners were wonderful'.⁵ 'The excitement was of course most intense', wrote another of the intended victims, the educational administrator Ernest Eitel.⁶ The incident created sufficient commotion to be reported in the British press, and a sketch of A-Lum by the noted Portuguese artist, Marciano Baptista, drawn at the Police Station in Hong Kong where he was interrogated appeared in the Illustrated London News on 14 March 1857. The readers were told, quite wrongly, that 'the man was condemned to



Marciano Baptista's sketch of the interrogation of A-Lum, redrawn by the artist of the Illustrated London News.

death and shot, together with three of his accomplices'. That would have satisfied British public opinion.

The poisoning episode left a long-lasting memory. A piece of the poisoned bread, well-preserved by the lashings of arsenic in it, was kept in a cupboard in the Chief Justice's chambers until the 1930s as a macabre souvenir.⁷ It seems to have disappeared during the Japanese Occupation in World War II, perhaps finally claiming a victim 85 years later.

¹ G. Smith, *A Narrative of the exploratory visit to each of the consular cities of China*, quoted by G.B. Endacott and D.E. She, *The diocese of Victoria, Hong Kong, 1849-1949*, pp. 7, 8.

² *Historical and Statistical Abstract of the colony of Hongkong, 1841-1920*, p. 9.

³ A. Heard, 'Poisoning in Hong Kong, An Episode of Life in China Forty Years Ago', written about 1894, Baker Library, Harvard Business School.

⁴ He cannot be identified in the *Hongkong Directory* for 1859 or the *China Directory* for 1861, both of which list all foreign residents in China, giving their occupations.

⁵ J. Legge, 'The colony of Hong Kong', in *China Review*, vol. 3, 1874, pp. 163-176, reprinted in *Journal of Royal Asiatic Society, Hong Kong Branch*, vol. 11, 1971, p. 185.

⁶ E.J. Eitel, *Europe in China*, p. 311

⁷ J. Morris, *Hong Kong*, pp. 42-43.

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