

# LUSITANO BULLETIN

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Lusitano Club of California*



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*Lusitano members, Joaquin Diaz & Michael Carion, enjoying a softball game at our recent Lusitano picnic. This is one of the many sport activities that our club offers having started originally as a hockey team.*

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# President's Message

We are pleased to report our current membership has reached close to 700 members since our inception in 1984 with an increased participation from our younger generation. Please continue to encourage your children to be more active, learn more about our unique Portuguese Macanese heritage or just to come out and have some fun with us.

Our mission is to promote, educate, and preserve our Portuguese Macanese heritage and culture. We are one of the three Macanese clubs in USA, each providing a diversity of social and cultural events, serving our Macanese community in the Bay Area. We are also joined by other Macanese clubs around the world working in unity for the same purpose. In December, we will be taking nominations for our 2009 Lusitano Board of Directors. If you are interested to run as a director please contact us.

The renovations at our Macau Cultural Center shared by our three USA Macanese clubs are almost completed for our use with a new kitchen, restrooms, and elevator installed. We are now just waiting for PG&E to bring in more power to our building. Hopefully, this will be completed within the next 2 months so we can start planning our "Grand Opening" celebration in late November or December; and open its doors for us to enjoy our new facility, library, cooking & language classes.

Sincerely,

Maria C. Roliz, President

## Calendar of Events

### 2008

Oct 26 (Sun) 4-7pm: Halloween Party @Humanist Hall, Oakland

*Contact Ken Harper at [kenharper1969@hotmail.com](mailto:kenharper1969@hotmail.com)  
or Vanessa Roliz at [vroliz@yahoo.com](mailto:vroliz@yahoo.com)*

Oct 21-31: 10-Night Cruise to Mexico from San Francisco

Dec 6 (Sat): Christmas Party @ San Mateo Elks Lodge

Dec (Tentative): MCC Grand Opening

### 2009

July (Tentative): Macau Youth Encontro

# Macau Cultural Center

By MARIA “ZINHA” GOMES, SECRETARY OF MCC

Our enthusiastic appreciation goes to **ALL** the generous donors of our **MCC FUND RAISING CAMPAIGN**; your generous donations totaling \$130,080.00 is significant. Today we would like to acknowledge the individuals whose donations were received since our last report on June 30th, 2008. We are very appreciative and grateful to each of you for your generous donations:

Bryan Jones	Evelyn Souza Nyland
Dean Gui	Roger & Yvonne Passos
Jeanette Smith	Gus & Marie Pereira
Naomi Jones	Lionel & Carmen Sequeira
Leonardo da Cruz	Nicky & Kam Wu
Adelaida Siemann	Maria-Helena Xavier & Family
Yolanda McCargar	David A. Xavier
Russell Gomes	John B. Xavier
Francesca Gomes	Ramon & Virginia Xavier
Ernesto L. Sequeira	UMA, Contra Costa Chapter
William & Cecilia Orella	UMA, East Bay Chapter
Virginia & Horatio Carion	UMA, Greater East Bay Chapter
Jeronimo M. Collaco	<b>IN MEMORY OF:</b>
Antonio M. Jorge Da Silva	Prospero & Elsie Da Costa
Penelope J. Jorge Da Silva	Alberto A. De Almeida Sr.
Jerry R. Ferguson	Dorothea Farris (Cruz)
Carlos & Rita Guterres	Francisco Pedro "Peter" Gomes
Jaime & Marie Marcal	PoPo & Avo Francisco Quintas
Astrid Ozorio Lee Mendes	Avo Angelo & Edith Ribeiro

In our MCC Fund Raising Brochure of March 2008 it was stated that those individuals who donate \$100 or more will be part of the very generous group of “Original Friends of MCC”. We would like to encourage those of you who have not made a contribution to do so. Your donation of \$100 or more would be greatly appreciated, as it would be wonderful to have the name of every member of Casa de Macau, Lusitano, and UMA in the plaque of the “Original Friends of MCC” in our Macau Cultural Center.

**The final date of donations of \$100 or more to join the “Original Friends of MCC” will be December 31, 2008. Please**

**send your donation made out to “Macau Cultural Center”, and mail the donation to Macau Cultural Center, Inc., 582 Market St. #1905, San Francisco, California 94104”. At this time we would like to acknowledge the individuals who have been added to our “Original Friends of MCC” since June 30th, 2008:**

Virginia & Horatio Carion  
Jeronimo M. Collaco  
Antonio M. Jorge Da Silva  
Penelope J. Jorge Da Silva  
Jerry R. Ferguson  
Carlos & Rita Guterres  
Jaime & Marie Marcal  
Astrid Ozorio Lee Mendes  
Evelyn Souza Nyland  
Roger & Yvonne Passos  
Gus & Marie Pereira  
Lionel & Carmen Sequeira  
Nicky & Kam Wu  
Maria-Helena Xavier & Family

David A. Xavier  
John B. Xavier  
Ramon & Virginia Xavier  
UMA, Contra Costa Chapter  
UMA, East Bay Chapter  
UMA, Greater East Bay Chapter  
**IN MEMORY OF:**  
Prospero & Elsie Da Costa  
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Dorothea Farris (Cruz)  
Francisco Pedro "Peter" Gomes  
PoPo & Avo Francisco Quintas  
Avo Angelo & Edith Ribeiro

The Directors of MCC have been working hard on getting the building ready for our Grand Opening, and we are gratified to receive your support and donations. As you can well imagine, it is an on-going challenge and takes a great deal of work to get the old building up to current building codes and provide for the basics which we need for our community, such as the elevator for our seniors. Besides overseeing the renovation of our building, we are also working on our Grand Opening, Operations Plan, and the legal set up of our Bylaws and Tax Status to benefit the members of the three Casas. We are doing everything we can to have our Grand Opening as soon as possible, and we will continue to work on making our MCC a successful and fully functioning cultural center.

To keep you all fully informed, the MCC Directors would like to advise all members of Casa de Macau, Lusitano, and UMA that the **Minutes of the MCC Directors’ Meetings are officially available to you**. Your Casa Presidents, MCC Representatives, and Directors of UMA, all have copies of the approved minutes. Simply contact your presidents, and they will provide you with the minutes.

# Annual Picnic

By ROBERT ROLIZ

The one thing that binds us all together is Family. The feeling of family spirit or unity was apparently spread all around the green grass fields at Beresford Park in San Mateo on July 12, 2008, when an unprecedented 175 Lusitano members and guests showed up with their children and loved ones for some fun and games in the sun.

It was truly the most spectacular and memorable moment I have ever seen in any past club event. It was just a “Bundle of Joy” to see everyone having a good time while spreading the love around the mahjong tables, softball field, and games that remind us of our old HK Club Recreio events (i.e. sack race, 3-legged race, water balloon toss), with Melissa & Leonardo Xavier playing host to the cheerful fans of kids and adults alike, while Jojo Xavier and Hunter Choi carefully maneuvered their way around the big crowd to capture some of these playful moments.

This large and wonderful event would not have been made possible if it wasn't for the fuel support of BBQ chefs, Hunter Choi, Ozzie Ozorio, Leonardo Xavier, Kaua Young, Nuno Da Cruz, and Eduardo Collaco, for satisfying the many hungry bellies, with the regular picnic entrees: Hamburgers, Hot dogs, Hot Links, and Potato Salad; and the specialty food: Korean Ribs, Chicken, Korean Noodles, Summer Green Salad with mandarin oranges & nuts – prepared by Dorothy Oliveira (the Club's main chef and Gastronomia Rep.), assisted by Maria Joao Da Cruz.

Special thanks goes to Michael Carion, Kirk Harper, Maria Roliz, and Hunter Choi for setting up the chairs, tables, and other needed supplies to get the ball rolling; and Virginia Yoshida for simply just assisting in whatever matters when called upon. And that includes some of the other unnamed volunteers who helped clean up and close this special party to a sweet end.

The sweetest moment for me was when the club provided a birthday cake to celebrate the July babies, as part of the family spirit. July babies included myself, Barbara Vas, Orlanda DaCosta, Shirley Johanssen, Brenda Oliveira, Jaclyn Aquino, Nicholas Maher, Juliana Pereira, and especially Amelia Maher-

who turned 88 for many more to come.

This annual picnic not only brought many different families together to bond as one while providing them with some moral and emotional support; it gave me a great sense of pride when I realized 50 or so attendees are my relatives from the “Pereira de Campos” family tree from some 250 years ago at this very event.

My sense of pride grew even more when I met a new member, Carl Bunje, who joined at the ripe age of 86 to just explore his Macanese heritage and it was a real surprise to find out that we share the same “Pereira de Campos” roots from 2 1/2 centuries ago. I think he was speechless when my curiosity helped find his other relatives: Alvarenga (António de Alvarenga Coutinho), Aquino (Joaquim Francisco de Aquino), Liger (João Corea de Liger), Placé (Lourenço de Sousa Placé), Rosa (Vicente Rosa), Silva (Domingos da Silva), Vieira Ribeiro (Inácio Vieira) from Henry d'Assumpcao's website.

All this left me with an overwhelming feeling which made me even more appreciative of my Macanese identity and heritage. Having this window of opportunity to explore and embrace my ancestor's past was a great way to search for my roots, making me who I am today, “A Proud Macanese”. You may be just as surprised to find there are other wonderful people like Carl Bunje here at this picnic related to you and perhaps me too?

It's all about LOVE, DIGNITY & RESPECT!!!



*July Birthday babies: Robert Roliz, Orlanda DaCosta, Barbara Vas, Brenda Oliveira, Jaclyn Aquino, Amelia Maher, Juilana Pereira & Nick Maher*





*Lulu Boisseree  
w/granddaughter  
Amaya Arrastio,  
Debbie Demee  
with children  
Jordan &  
Mariah, Michelle  
Arrastio, Monica  
Elwell with son  
Anthony.*



*Youth members  
& friends  
enjoying the  
water balloon  
toss*

*L-R: Christine  
daLuz, Belu-  
cha deSouza,  
Sheila Col-  
laco, Andrew  
Perez & Nena  
Remedios*



***Top L-R: Carl  
Bunje & Robert  
Roliz***



***Center L-R:  
Bryan daLuz,  
Andrew  
Gutierrez, Erin  
Xavier, Kim  
Cruz, Pinna  
Chet & Sabrina  
Catial***



***L-R: Michael  
Xavier, Robert  
Roliz, Vivien  
Xavier, Maria  
Roliz, Vivienne  
& Isabella  
Jordan***



# Lawn Bowling

By KIRK HARPER

On Sunday Aug 3<sup>rd</sup>, the first Lusitano “**Introduction to Lawn Bowling**” event was held at the San Francisco Lawn Bowling Club located in Golden Gate Park. This event offered an opportunity for the Lusitano members to socialize in a relaxed environment and learn how to play this game that's been popular among the Portuguese in Hong Kong, Macau & Shanghai since the late 1800's.

The weather was typical for an early San Francisco summer day: overcast and slightly chilly, however, that didn't stop the 24 Lusitano members in attendance from enjoying an afternoon of lawn bowling. We got started by a brief introduction on the basics by Arnaldo Barros, President of the San Francisco Lawn Bowling Club, and continued with complimentary lessons led by Alex Xavier, Bill Campbell, Marie Guterres, and Mildred & Bernard Brown. From this introductory event, several of our members have decided to join the San Francisco Lawn Bowling Club and are currently playing weekly. Big thanks to all the volunteers that gave us such a memorable experience.



*Arnaldo Barros,  
President of SFLBC*

## **Brief History of Lawn Bowling:**

Believed to have been started by the ancient Egyptians which developed into its current game and popularized by the British. In the 17th century, British & Scottish colonists brought the game to America and that is why many states have towns called Bowling Green. The popularity of the game spread throughout the British Commonwealth and is still popular with former colonies in the Far East, Australia, S. Africa, & New Zealand. The sport is celebrated in England and tournaments are held at Wimbledon.

## **Basics of Lawn Bowling:**

Lawn bowling is played with teams of 1-4 players. The bowling green is 30-40 square meters and is marked off in 8 rinks so that up to 8 games can be played at once. Equipment consists of four matched 1 to 3 lbs bowls, a 2.5 inch diameter ball (jack), and a 14 x 24 inch mat. Flat Rubber soled shoes are required and the typical attire is all white (most notably during tournaments and officially sanctioned events). The bowls are not evenly balanced and will curve as it rolls. The object of the game is to roll the bowls so that they stop as close as possible to the jack. The side that has the bowl nearest to the jack scores one point for that bowl. An additional point is scored for each bowl closest to the jack than the nearest bowl on the other side. Just as baseball has innings, lawn bowling has ends. As we found out first hand, lawn bowling is an incredibly challenging game similar to golf in that one's performance cannot be perfected, only improved by experience. Best of all it requires finesse and touch as my grandfather says... "jeito".

## **Lawn Bowling in SF Today:**

The San Francisco Lawn Bowling Club was established in 1901 and is a protected historical building under SF's Park & Recreation Dept. As a public facility it is open to all and welcomes anyone interested in learning more about the game. If you are interested in getting started, free lessons are available at the San Francisco Lawn Bowling Club every Wednesday at noon or by appointment.

For anyone who hasn't visited the SF Club, I encourage you to check it out when you rediscover Golden Gate Park. We often forget how beautiful the park is and how much it has to offer from museums to bike trails to the Lawn Bowling facility. Even if you do not choose to bowl, the club is a worthwhile stop for anyone of Macanese descent. Surveying the SF Lawn Bowling Club Room, I could not help but notice the strong Macanese presence since the late 1950's. The walls were covered with Da Luzs, Collacos, Silvas, Rolizs and many more...a virtual who's who of the first generation sportsmen and women. Many trophies, plaques and awards were donated by members of our community, including my great grandfather Raul Da Luz, who is still remembered by the current president, Arnaldo Barros,

as the best bowler he's seen. Hey I'm hoping I picked up some of that mojo.

Even though lawn bowling has a undeserved reputation for being a retirement age only sport, it can be enjoyed by people of all ages who want to spend quality time with friends outdoors. As someone who got hooked and is now a current member of the SF Club, I encourage you to try out lawn bowling for yourself.

Contact me at [kirkharper@yahoo.com](mailto:kirkharper@yahoo.com) if you would like more information on lawn bowling with Lusitano.



*Lusitano members with SFLBC volunteer instructors*



*Maria Roliz racking up the bowls as lead.*



*Candida Collaco giving her first try at lawn bowling with John & Elenice Marques, Nuno Da Cruz & Ricardo Collaco waiting their turn.*

# Russian River

By VANESSA ROLIZ



*Kudos to event co-ordinators, Daniela Mendoza & Vanessa Roliz for planning a successful event*

A trip I look forward to during the summertime is when I go to Russian River to enjoy the great outdoors with family and friends. I have been going to Russian River for about 15 years now and every year I go there is something new to experience. This year we had a group of 95 people one of our largest groups to date if I remember correctly. It was nice to have brought together so many people for some fun in the sun and good times around the campfire. During the day

we canoed for about 5 hours which involved rowing, water fights, singing, eating at the beaches along the river, and for some lucky people tipping over the canoe. Back at the campground many delicious foods were prepared, including congee (jook) made by Doreen McKissack, a traditional chow chow beefy prepared by Lidia Collaco, carne asada, BBQ chicken, tacos, and several other delights. I even enjoyed some Brazilian “Guarana,” a drink my parents, Miguel Roliz and Candida Collaco, introduced to me as a child. After the sun went down, we started the campfire and people danced, sang, played cards, told stories, made s’mores, or just relaxed. In the end, the trip turned out great thanks to Daniela Mendoza the organizer and all who joined in on the fun. I had a blast and can’t wait for next year!

*Elaina Collaco & Kathy Tran with their water guns ready for some*







*Top Left:  
Ricardo  
Collaco*

*Top Right:  
Doreen &  
Dave  
McKissack*



*Kathy Tran, Daniela  
Mendoza, Monica Men-  
doza, Murray Stewart &  
Cecilia Collaco Naval*



*Members getting  
ready to canoe  
from Burke's  
Canoe*



*Marcos Collaco,  
Marcelo Collaco,  
Jose Collaco &  
Murray Stewart*

# Nossa Gente

By FILOMENO BAPTISTA

## \* \* CHRISTMAS IN SHAMEEN \* \*

My father Rodolfo wrote a very charming account about the two Midnight Masses he conducted as Kapellmeister of the chapel in Shameen, Canton before the War.

In the summer of 1939, as the world was plunging into war, he suggested to the Pastor Fr Sandy Cairns of the Maryknoll Mission that it would be a great morale booster to offer a Mass sung by a full choir. He had in mind the “Missa Prima Pontificalis” by Giovanni Battista Pergolesi. Although his wife and four daughters were regular members of the choir and familiar with the work, the Missa Prima Pontificallis also calls for Alto, Tenor and Bass and my father had no male singers. The very resourceful Fr Cairns promised to help and, within a week, told Rodolfo that he had found the necessary male voices. They were: the Vice-Consuls for Great Britain and Germany, the sub-manager for the French Bank, an employee of the Swedish Consulate and Mr. Salinger, a prominent businessman. As they could all read music, they learned their parts in no time. For the organist, Fr Cairns recruited Dr. R.L. Lancaster, a Jazz Pianist!

A week before Christmas, Mr. Salinger invited the choir to his mansion for dinner on Christmas Eve. As it was a Sunday, abstinence was dispensed and so they all feasted on turkey with all the trimmings. At 11:30 pm, sated with food and fine wine, the choristers made their way to Church for midnight Mass. On approach, they were surprised to see the grounds brilliantly illuminated, thanks to Fr Cairns and his connection with the Municipal Council. A further surprise met them in the Church. It was packed with parishioners as well as non-Catholics. Among the many VIPs were the Consuls General for France, Great Britain and the United States of America, the Commissioner of Customs, members of Foreign Banks and business houses and a number of

Protestant Ministers and their Ladies. Thus was Ecumenism practiced in a little chapel in a remote corner of the world (long before Pope John XXIII and Vatican 2) -- thanks to the efforts of a "Mr. Fix-it" Maryknoll Missionary. Needless to say, the music went off brilliantly.

1940 started with ominous war clouds hovering over the Pacific. By summer, the political situation had deteriorated to such an extent that many consulates decided to evacuate their nationals, among who were many who helped at the Midnight Mass of 1939. Left only with the sub-manager of the French Bank and Mr. Salinger for the male voices, they were lucky to find and enlist the services of a Japanese Catholic and an Irishman, Mr. Malone. For organist, the ever resourceful Fr Cairns obtained the services of the wife of a Presbyterian Minister. Again Mr. Salinger invited the choir for dinner before Midnight Mass. This time the Catholics had to keep abstinence and so were served a delicious Salmon dinner, plum pudding and all the rest. The Mass and singing went as well as the previous year thanks to Fr Cairns and Mr. Salinger.

1941 had a very different tale to tell. Fr Cairns left in February to resume his duties as Pastor of the little church in San Cian Island where St Francis Xavier died in 1552. (It was only after the war that it was learned Fr. Cairns was brutally murdered by the Japanese when they invaded the island.) There was no Midnight Mass that year as the Japanese were already in occupation of Shameen and had imposed a curfew on the settlement; but everyone attended Mass in the morning. It was a very sad day for all because the battle for Hong Kong was still being fought and everyone was worried about their loved ones in the Colony.

Nine months later the Baptista family left for Macau and remained as refugees for four years. My father met Mr. Salinger in Hong Kong after the war. He was in the uniform of a Major of the British Army and was as charming as ever. Unlike millions of his race who were exterminated by that jumped-up Corporal and his marauding Huns, Major Salinger came through the War physically unscathed.

\* \* MY GRANDMA OLGA \* \*



*Chris with sister Jessica and Grandma Olga*

My grandmother, Olga Cordeiro Souza, passed away in her home on July 22 of this year, 9 days short of her 82nd birthday. With help from Hospice of the East Bay, our family cared for her during the final two months of her life.

She had asked me to say a few words at her funeral mass. While I'm not fond of public speaking and felt some trepidation over her request, I naturally couldn't refuse. Not knowing where to begin, I approached her and asked what kinds of things she would like me to say; what type of speech she would deem appropriate to give at the mass held in her memory. She furrowed her brow, and I took up a pen to write down whatever she was about to say. Her response was,

"I don't care! Just don't speak forever like a bloody pest; the Portuguese will want to eat."

Those who knew her (and even those who heard of her) would agree with the notion that my grandmother was a very complex person. How are we to remember her? What will her legacy be? She was as tough as nails and as bitter as *wa mui*, but when she allowed you to discern her heart, you would find that it was in the right place. She was a virtuoso at giving a scolding or even at threatening with a *bofetada*, but she was also easy to laughter and to praise; to give thanks to those who deserved it; or to come to



the defense of those who needed it. She could indeed be demanding and severe, but she was also a lot of fun. Her eyes were often narrowed in displeasure, but they were just as often twinkling with amusement.

Accordingly, those last two months were difficult for us, but they were also a great gift, one which I will carry with me for the rest of my own life. Like most people, my grandmother wanted simply to be loved and was generous with her love in return. She liked to be with her family and friends, she liked to eat, to tell stories; and she liked to dance. Even unto the very end of her life, when we would listen daily to my Uncle Ray's radio show, she would stand with her walker beside her bed and sway to the music, smiling and waving her hands.

That is how I would like to remember my grandmother.

## History

By HENRIQUE MANHAO

### **BITS OF PORTUGAL & MACAU HISTORY**

It is important to learn about the history of Portugal and Macau and how great their ancestors were who discovered three-quarters of the unknown part of the world in the 16th Century and who brought Christianity to the countries of the Far East. Hereunder are some historical Portuguese and Macanese highlights:

- A special "Burla" was granted by the Holy See to the Portuguese people around the world which dispensed them from the obligation of abstaining from eating meat on Fridays except during Lent.
- Our Lady, Mother of God, appeared to the three little shepherds Lucia, Jacinta and Francisco in 1917, in Fatima, Portugal, predicting the end of World War I.
- Saint John the Baptist baptized Jesus in the Jordan River. He is known as the patron saint of Macau.
- Guia Lighthouse was the first lighthouse to be built in Asia.

- In recognition of the gallant defense by the citizenry of Macau against invasion by Dutch military forces in the 16th Century, Macau was awarded the honor of being known as the "City of the Holy Name of God".
- By order of King D.Afonso Henriques, after defeating the Moors in the Battle of Ourique, the Portuguese Flag bears the symbol of the stigmata of our Lord Jesus Christ and the thirty pieces of silver that Judas received for betraying Him to the chief priests and Pharisees.
- An alliance was formed between England and Portugal in the 14<sup>th</sup> century during the reign of King D. Joao I, the father of Infante D.Henrique who established the nautical school in Sagres from where the Portuguese "Naus" sailed under the command of Vasco da Gama, Bartolomeu Dias, Pedro Álvares Cabral, and Gaspar Corte Real.
- The Portuguese arrived in Australia much earlier than Captain Cook did (a controversial issue). There are maps to prove it. The Portuguese sea captain was Manuel Heredes.
- The Portuguese Knights under the command of "Magrico" defended the honor of some English ladies in England (1385). The Duke of Lancaster had sought the assistance of King D. Joao I who was his brother-in-law.
- The immortal Portuguese poet Luis Vaz de Camões wrote part of "As Lusíadas" in Macau where there is a garden honoring his memory.
- The first commercial treaty between United States of America and China was signed in Kun Iam Monastery in Macau on a roundtable made of stone. The table still remains there.
- The founder of the Chinese Republic Dr. Sun Iat Sen was born in Sek Kei very near Macau where he lived and practiced medicine at Hospital Kiang Wu. There is a house in his honor in Macau.
- Saint Francis Xavier died and was buried on the island of Sao Chao where there still is a chapel in his name. His remains were removed to the Holy See in Goa.
- Singapore and Malacca were part of the Macau Diocese until 1999 when the Padroado de Oriente ceased to exist.
- Macau was a safe haven for more than half a million people from China, Hong Kong, Shanghai, Philippines, Indonesia, and Indochina.

- The Portuguese of the Far East took refuge in Macau and stayed for five years.
- Japan respected Macau's neutrality during World War II.
- During World War II American fighter planes from the aircraft carrier "Lexington" attacked Macau on January 16, 1945, destroying the only small airfield, all the seaplanes and the fuel depot. The American Government compensated Macau for the attack in December 1999.

A library is one of the purposes for the existence of the Macau Cultural Center. We will house many books to help one to learn more about our unique Macanese history, heritage and culture.

# Macanese Genealogy

By Henry "Quito" d'Assumpção

## MACANESE FAMILIES

The announcement in the last Lusitano Bulletin about my Macanese Genealogy website seems to be very popular. There have been over 1600 visits to the website since we started counting. Some 150 Macanese all over the world have contacted me with updates and corrections.

If you have not browsed through this website for some time, have a look at the recipes in the Cuisine Chapter, the rare old photos of Homantin contributed by J. Bosco Correa and the collection of hunting photos of Francis Roza Pereira contributed by his son Victor. Shortly, I hope to include as well several hundred new names from the Silva families from the Philippines. Some people have been confused by terminology, asking the meaning of phrases like "2nd cousin once removed", so I have included a brief explanation of terms in the Help Chapter.

We are planning to include a Chat Page where people can put up notices and make announcements; for this there will be a new process of registration which we are working on.

# Lusitano Scholarship

*Lusitano offers two \$1000 scholarship grants each year towards a trade school or college tuition for Lusitano members ages 18 and over. We are pleased to award Samantha Ip for the 2008 – 2009 grant (see essay below). Applications for the 2009-2010 school year are now available with a deadline of July 31, 2009.*



***Samantha Ip is the daughter of Raymond & Judy Ip, also granddaughter of Rigo Roliz. She recently graduated from San Leandro High School with a 5.0 gpa and is now attending UC Davis.***

**By SAMANTHA IP**  
(Age 18)

## BEING MACANESE

The idea of being a part of the Macanese culture was always something that I had somewhat overlooked in my life. However, in my later years, I have come to realize the influence it has truly had on me. To compose an essay such as this, I racked my brains in search of particular events to attest to my contribution to the Macanese heritage. But in my quest to find something I have given to my culture, I came to realize that none of my accomplishments seem to be prominent. However, the most important part of giving to the Macanese community does not consist of doing one or two substantial acts. Its preservation lies in the way we celebrate family, in the way we cook, in the way we support events, and especially in the way we teach others and the next generation about what we have done. This is how my family and I make the most precious contribution to my heritage.

I am always proud to explain to others about the uniqueness of the Macanese culture. Our hybrid of Portuguese and Chinese is quite something to marvel. And I realize that its continuation and preservation is the duty of my generation. I have unknowingly been contributing to this mission my whole life. I can remember going to work with my Auntie Maria and asking for tasks to do while I hung out at her office. In response, she would



happily give me very large stacks of envelopes, newsletters, addresses, names, stamps, and a highlighter. I would sit until my tongue was dry, stuffing, sticking, writing, and licking all the Lusitano newsletters and notifications. Now I am the recipient of such letters and am glad that I stuffed all those envelopes to help send out such important information. And if duty calls once again to provide my envelope licking services, I would be more than happy to help out.

In addition to spreading written information about the Macanese, another large part of giving to the culture lies in traditions. The Lusitano and other Portuguese events are based around gathering with loved ones to catch up, eat, and have a great time. When my grandfather, Rigo Roliz, lived at our house, he taught my mom many Portuguese recipes like his stew. In return she helped to cook at many Lusitano events. Since then I have also learned to cook many of the Portuguese dishes and hope to also duplicate them for others to help share a part of my culture. Although many events such as the clam bake and picnic share a focus on food, the real heart is in the family bonding. When my family and I attend events, including larger ones like the Dia de Portugal festival, we are helping to spread the Macanese spirit of family and pride.

My grandfather passed away last March leaving behind a legacy of his colorful life and his own mark on the Macanese culture. But through the hard times, he always told us not to mourn for him because he had lived the way he wanted to. There were so many visitors at his hospital room everyday, the nurse had asked us if he had been a celebrity. True to our word to him, his funeral was not the usual drab event, but a real celebration of life with the collection of hundreds of family members and friends. Through the tragedy of this loss, I saw the closeness and respect my family put forth, and found a renewed sense of purpose to continue such ways. The Macanese culture is one that teaches so much love and respect, how can anyone not be inspired? I have taken a page out of my grandfather's book to treat everyone with love and keep my family close to my heart. I will continue these traditions and teach them to my own children. I will take the lessons I have been taught in the Macanese way and carry them on to whomever I can.

I also plan to keep giving to the growth of my culture by broadening my own knowledge by traveling to Macao, Portugal and Brazil. I would love to learn Portuguese by the natives of these countries. Perhaps I will visit China as well to improve my Cantonese. After all, I have to rival so many of my relatives who already speak both. I am attending UC Davis in the fall and hope to use my resources to study abroad in Brazil and keep in touch with my roots. Perhaps I can also take up my Uncle Robert's hobby of the family's genealogy, and learn a little bit more about my ancestry. I doubt I can add much to his 4 inch heavy duty binder of information, but I will surely try.

The duty to represent my culture is instilled in my soul, constantly reminding me of how lucky I am to be a part of it. I hope my life is a reflection of my pride because I will try to give as much back to my heritage as it has given to me.

## **McDougall Award for Young Writers**

This is an ongoing contest for our members and their children and will be judged at the end of each quarter when a minimum of 3 entries are received in each age category as follows:

- Ages 12-18 years with 3 prizes at \$200, \$100, \$50
- Ages 19-30 years with 3 prizes at \$500, \$300, \$200

To enter contest please submit a 1-2 8"x11" typed essay relating to your Filhomac heritage or "A Filhomac person, event or experience that made an impact on me and why". The contest will be judged by a panel of 4 judges. Please email your essay to [m\\_roliz@yahoo.com](mailto:m_roliz@yahoo.com) or mail to Lusitano Club of California, 582 Market St # 1905, San Francisco, CA 94104.

## **Announcements**

### **Scholarships Available**

Cabrillo Club & Luso-American Foundation scholarships are also available, please contact Arthur Britto at (510)351-7329 for details.

### **Macau Encontro Photos by Robert Roliz**

[www.kodakgallery.com/lusitano/encontro](http://www.kodakgallery.com/lusitano/encontro)

### **Macanese Youths Worldwide**

[www.facebook.com](http://www.facebook.com) (Keyword: Macau Youth Encontro)

# This and That

By DOREEN REMEDIOS

## SUMMER BEVERAGES ... THAT I REMEMBER!

On a hot summer's day I decided to make Barley Water (*yee mai sui*), just like my Ah Ng use to make. Wash and boil the pearl barley for an hour, strain, add sugar and refrigerate. Barley Water usually flavoured with lemon is a popular British soft drink. Lemon Barley Water has a long association with Wimbledon, being still the official drink supplied to players on the court, though it faces competition from drinks such as Gatorade. In Britain, Robinson's Lemon Barley Water is popular with parents and children alike. It is sold in one litre bottles of concentrate, which is usually diluted with three to five parts cold water.

One evening my nephew dropped in and I offered him a cool glass of Barley Water. He looked at the cloudy drink and said 'I'll try some, just a tiny tiny bit'. Unlike *Oliver Twist*, he did not ask for more. The next day I emailed close friends enquiring if anyone else made Barley Water or is it just me. *Que ramade!* (good grief) little did I know that this email would start a chain reaction with over 70 emails on the subject of "yee mai sui" and other favourite Hong Kong beverages.

Here are some of the email memories:

- "This brings back memories of my childhood when we actually had bottles of prepared barley water in the fridge which I was forced to drink. My aunt was a huge advocate, especially in the summer. Lemon barley is more tolerable."  
*Note: Poofis!, (gosh) she said 'tolerable'. I guess she agrees with my nephew.*
- Yuk! - my mom forced me to drink barley water - I hated the chalkiness and the taste.  
*Note: another non fan of 'yee mai sui'.*
- "Of course!!! We still boil barley, sometimes cut a carrot or two, quarter a lemon, and use the Chinese rock sugar instead of white sugar. We boil for a few hours until the water is on the "cloudy" side, then drink a glass full and refrigerate the rest."

*Note: carrot with lemon? Fala sung Ya (if you say so)*

- “Used to clear "yeet-hay" ... mouth ulcers, coated tongues etc ... avo, mother and amahs believed in it ... we still do.”

*Note: ‘yeet-hay’ will be explained in another article.*

- “And quite a bit of dog food has barley in the content”

*Note: even cachoros (dogs) like barley ??*

- “No more amah to "bo yee mai sui" - must do it ourselves now.”
- “I had forgotten about this for years, thanks for the flashback.”

### **Other Favourites:**

Apart from Lemon Barley Water, so many of my friends remember other summer beverages. We also had Green Spot, Bireley's orange, and of course, Sarsie. It's not always about a six pack of Beer cans!!

- **Watson's cordial** - we had to add water to all those drinks. Watson's offered a variety of flavours, e.g.- orange, lemon, lemon barley, etc.
- **Grenadine** is traditionally a red syrup. It is used as an ingredient in cocktails both for its flavour and to give a pink tinge to mixed drinks. Grenadines are also made by mixing the syrup with cold water in a glass or pitcher, sometimes with ice.
- **Ribena** is a childhood favourite. As told to me by one of my email exchanges “when we were in primary school the big thing was to drink Ribena in those plastic bottles with a squirt. It was interesting to see Ribena sold in individual cans (or was it in bottles) when we were in HK in '96. We got these from the Star Ferry concession stand.” I still like Ribena and have heard of people mixing with milk, ummmm I dunno ... a squeeze of lemon is nice.
- **Rose's lime juice**, often known simply as "Rose's", is a brand of sweetened lime juice used in mixed drinks most notably the Gimlet. It is made by the British company L. Rose & Co. (founded 1865) and distributed by Mott's in the United States and Canada. Rose's lime juice is often used to make gin and vodka gimlets. The standard recipe is 1.5 oz of Vodka or Gin and 1oz of Rose's lime juice poured and mixed over ice.
- **X-rope = syrup**. Do you folks remember the syrup " Figo de Portugal " that we would mix with ice water as a drink? My

friend in Portugal wrote “It's funny how Fig trees grow everywhere in Portugal and everybody has them in their gardens and the people only eat the figs and sometimes make jam but don't know what to do with the fig leaves. Here in Portugal they never heard of making X-rope but I make it and taught my friends as there are so many fig trees here, even growing in the wild and now they make it too. I always thought that this was a Portuguese drink when I was in HK. In New York another friend wrote to say his cousin makes delicious X-rope from an old Macau recipe. He would drive to Queens which is 45 minutes away to pick up but ‘muito pregesozo’! (too lazy).

On a hot summer's day, whatever your favourite summer beverage - bottoms up!

*(Originally published in Casa de Macau, Toronto, 2007 Newsletter)*

### **\* \* YEET HEI & LEUNG CHAR \* \***

Besides summer beverages of barley water, cordials and grenadines, we must not forget our Chinese favourite ‘leung char’ (cooling drink) which amah used to make and we were forced to drink to alleviate ‘yeet hei’. In the summer months in Hong Kong, our amah would yell, ‘aiiya, yeet hei’, followed by ‘yum leung char’. Aunties would cry out ‘tem yeet hei ya, beber mais leung char’. Both statements encourage the benefits of drinking this beverage. Amongst ‘nossa gente’ (our people), leung char is a big part of our Sino-Filhomac summer tradition.

Not so sure of the English equivalent to ‘yeet hei’ and leung char’. Also I could not come up with any Western similarity to this Chinese ritual.

What is ‘yeet hei’? Chinese would say ‘yeet hei’ and Auntie-Aunties would say ‘calor or heaty’. The literal translation for ‘yeet hei’ is hot breath and ‘leung char’ is cooling tea. It is the ying and yang in our body temperature that needs to be restored to a healthy balance.

For example, some foods are considered ‘heaty or spicy hot’, especially if we eat too much curry, hot peppers, fatty, oily and fried foods or drink too much alcohol in the summer months. Some oily and fried FM dishes are also considered ‘yeet hei’ e.g. Chilicote and Pao Recheardo. It is almost like your blood vessels become ‘ho dook’ (toxic with too many rich foods).

Maybe it's the climate and hot and humid weather that brings out all the summer ailments of itchiness, prickly heat rash, boils, pimples, mouth sores, inflammation, skin irritation, etc. Remember 'carbuncles'? They were like extreme boils and the Chinese version is 'chong' big and red with yellow pus in the middle. Yuk!

To balance our body it is helpful to eat cooling foods, e.g. watermelon, barley water, light meals and lots of salad, fruits and leafy green vegetables. The most effective method is to follow our Sino-Filhomac tradition of drinking 'leung char' which plays an important role in our overall health.

What is 'leung char'? Although the literal translation would be 'cooling tea', the more appropriate version would be 'cleansing tea'. These are the medicinal herbs that are boiled for hours and strained and usually results in a bitter black tea. Parents and amahs would join forces to threaten us to drink this black, bitter and murky beverage. Of course, we would balk and our parents would usually add brown sugar or rock sugar to sweeten the taste.

'Leung char' is usually drank once a week in the summer months. Either it is home brewed or there are lots of varieties in the 'leung char po' (shop) in Hong Kong. The beverage comes in those big silver urns and small drinking glasses. Even in Toronto's many Chinatowns, you can get a cup of 'leung char' any time. My favourite is the refreshing sugar cane water.

Although seldom, but to this day I still do boil 'har foo cho' (bitter grass). It resembles dried flowers and I would wash and boil it for several hours. Add brown sugar to disguise the taste and drink it hot or cold. Also another family favorite is 'ching po leung'. This is a mixture of barley, lotus seeds, red dates, and a few unrecognizable ingredients. Some people would add pork bones and make a meal out of it. Just remember:

Yeet Hei throws our bodies out of whack.

Leung Char cleanses and brings it back.

Like it, hate it, you don't have a say.

Leung char is definitely here to stay.

Whatever your ailment, choose your favourite 'leung char' and 'yum sing' (bottoms up).





## PORTUGAL EMBRACES MODERN STYLE OF VINHO VERDE

**Porto, Portugal** -- One of summer's most refreshing wines is Vinho Verde, the cool, crisp and zesty white wine from the north-western corner of Portugal. Usually light in body and low in alcohol, it has a knifelike acidity and a hint of fizz.

Today, however, an increasingly wide range of wine styles can be found in the region. "In the past everything was grown together, and we often didn't even know what grapes were going into the blend," says Jorge Sousa Pinto, consulting enologist to several Vinho Verde estates.

More attention is being paid now to individual grape varieties as well as to particular vineyard areas, creating a more diverse array of wines. "Today it's important to communicate that we don't only have one wine," Pinto says, "but many different wines here."

During the last decade, Vinho Verde has seen a concerted movement toward higher quality, enabled by an influx of new technology and encouraged by initiatives such as the creation of nine official subregions in 2001, intended to designate superior wines.

These efforts have contributed to higher overall quality for the classic, light versions of Vinho Verde. They have also contributed to a subtle shift in style, with top producers increasingly favoring drier, more complex wines made from riper grapes.

The name Vinho Verde, which literally means "green wine," is sometimes said to refer to the wine's color, or to the youthful character derived from the wine's early bottling, but according to most people in the region, it's a reference to the strikingly green lushness of the area where it's grown. A classic example of traditional Vinho Verde is the one bottled by San Francisco importer Broadbent Selections. Broadbent's Vinho Verde is deliciously lively and food-friendly, blended from an assortment of grapes

indigenous to Portugal and balanced by a touch of sweetness to counter the high acidity, and just 9 percent alcohol.

But the new focus on ripeness translates into higher alcohol levels. While Vinho Verde has historically averaged around 9 to 10 percent alcohol, most of the best wines today are between 11 and 12 percent, and some wines from designated subregions go up to 12.5 or even 13.

### **Global warming's influence**

"It's true that the overall alcohol levels in Vinho Verde are increasing," says Salvador Guedes, CEO of Sogrape Vinhos, who owns the Quinta de Azevedo, in the Cavado subregion. "Not only is there the influence of global warming, but the vineyards are now planted more properly, with the right varieties, and we're seeing more work and care in the vines."

Nevertheless, the 2007 Quinta de Azevedo tops out at 11 percent alcohol, striking a pleasing balance between depth of fruit and racy structure. "With the new systems of viticulture we can get higher levels of alcohol and more ripeness, but we still try to preserve the classic style," says Vasco Magalhaes, Sogrape's communications director.

As producers experiment, they are taking an increasing interest in individually highlighting the region's unique grape varieties. A tasting of single-varietal Vinho Verde reveals a diverse array of characters. "Loureiro is best near the Atlantic, where it's light, fresh and very aromatic," says Antonio Cerdeira, an enologist for the Comissao de Viticultura da Regiao dos Vinhos Verdes, the local regulatory wine body. "Azal gives citrusy aromas, while Arinto usually has green apple flavors, with good structure and richness."

The grape variety attracting the most attention, however, is undoubtedly Alvarinho (known as Albarino just across the border in Spain's Galicia). Considered to be Vinho Verde's finest grape, Alvarinho produces the region's richest, most complex wines. While it can be used for blending in all areas, only in the northern

Moncao subregion are vintners allowed to bottle Alvarinho on its own. Moncao's climate and soils make it ideally suited to the grape: "Alvarinho needs very granitic, stony soils," explains Jose Adriano Lameiro of the Quinta de Serrade.

### **Ageworthy Alvarinho**

Lameiro's Alvarinho, called Solar de Serrade, is a classic example of what the grape can do in this area, starting off citrusy and racy in its youth and developing deeper, more complex notes of stone fruit, nut oils and honey with a year or two of age. Unlike most Vinho Verde, Alvarinho usually benefits from a little cellar time. "Alvarinho needs at least six or seven months in the bottle, and preferably even one year," says Lameiro.

There are some who say that Alvarinho is a clone of Riesling, brought by pilgrims on the road to Santiago de Compostela in Spain. It's easy to believe this when tasting top examples. The Solar de Serrade and Quinta de Soalheiro emphasize bright, vivid fruit aromas, while the Palacio da Brejoeira is less aromatic but more intensely minerally, with a subtle finesse and grace.

Unlike anything else in the region, though, are the wines of Marcial Dorado. Originally hailing from Galicia, Dorado began making Alvarinho here in 2000, from a single plot of 70-year-old vines. Dorado's wines are intense and unusually rich, made with exceptionally low yields, indigenous yeast fermentation, long lees aging and partial malolactic fermentation.

They're far from classic Vinho Verde, and next to a wine like the Broadbent it seems surprising that they could even be from the same area. Yet Dorado demonstrates that the region has the potential to make complex, deeply flavored wines as well as light and breezy ones. Given his success, it's likely that more producers will follow his example in the future.

### **Tasting notes**

Portugal's Vinho Verde ranges in style from light, easygoing quaffers to full-bodied, richly textured Alvarinhos. Here are a few that stand out for their character and quality.

## CLASSIC BLENDS

**NV Broadbent Vinho Verde (\$10)** A classic, low-alcohol style (9 percent), this is energetic and food-friendly, its lively tangerine and sweet apple flavors making for a refreshing summer sipper. (Importer: Broadbent Selections)

**2007 Provam Varanda do Conde Vinho Verde (\$12)** A blend of Alvarinho and Trajadura from the Moncao subregion, this shows fragrant, silky aromas of apricot and fresh pear, underlined by lemony acidity. (Importer: Admiral Imports)

**2007 Quinta da Aveleda Vinho Verde (\$9)** Light and crisp, with a clean, sleekly modern feel. It's driven by its nervy acidity, keeping the delicate aromas of lime and green melon in taut focus. (Importer: FJN Fine Wines)

**2007 Quinta de Azevedo Vinho Verde (\$8)** From the Cavado subregion, this blend of Loureiro and Arinto is dry and stony under floral notes of citrus and green apple, finishing with a crisply clean, minerally tang. (Importer: Evaton)

## ALVARINHO

**2006 Dorado Vinho Verde Alvarinho Superior (\$29)** This shows luscious, complex notes of honeycomb, poached pear and preserved lemon, framed by intense minerality. Made from 70-year-old vines, it's unusually full in body, given added richness by lees stirring. (Importer: Rare Wine Co.)

**2006 Palacio da Brejoeira Vinho Verde Alvarinho (\$30)** From an old and venerable estate, this Alvarinho is held back for an extra year before release. It focuses much more on stony minerality than on fruit flavors, building in the glass with subtle nuance and a fine texture. (Importer: Aidil Wines & Liquors)

**2007 Quinta de Soalheiro Vinho Verde Alvarinho (\$25)** Pungent, pithy flavors of grapefruit and tangerine are full-bodied and aromatic, yet remain lively and refreshing thanks to zesty acidity. It's superbly balanced, with a long, fragrant finish. (Importer: Aidil Wine & Liquors)

**2007 Solar de Serrade Vinho Verde Alvarinho (\$18)** Citrusy and floral, this feels like Riesling in its racy fruitiness and elegant poise. It has a firm structure and vibrant depth, and should develop well with another year or two in bottle. (Importer: Grape Moments)

*(Reprint of an article by Peter Liem from the SF Chronicle)*

**\* \* CASA DE MACAU VANCOUVER \* \***



*Maria Roliz w/ Pres. Antonio Amante standing in front of the gorgeous hand painted masterpiece of Macau in their sede*

The Grand Opening for Casa de Macau Vancouver was held on Saturday, September 6th, 2008 at their sede (clubhouse) located in Richmond, BC. It was an outstanding event attended by over 100 members, dignitaries and friends. It was truly an honor to be invited and present to witness this auspicious occasion. Our sincere congratulations to its President, Antonio Amante, all the directors and volunteers for this great accomplishment. They have made their place into a beautiful, cozy, and tastefully decorated sede for their members to enjoy for many years to come.

## Recipes

By DOROTHY OLIVEIRA

**\* \* BRAZILIAN PORK \* \***

***Ingredients:***

*Boneless Pork Shoulder (picnic)*

*4 cloves garlic*

*2 onions*

*1 bunch spring onions*

*1 tsp ground chili*

*2 tbs. white vinegar*

*2 tbs. Sherry or white wine*

*1 tsp. oregano*

***Directions:***

Salt & pepper pork. Chop all ingredients & spread over pork.

Marinate overnight. Bake at 350° for 1 hr covered with a foil

sheet. Bake another 1-½ hrs without the foil. Add water if needed.



# Dessert Recipes

By MARIA ROLIZ

## \* \* MANGO PUDDING \* \*

*4 pkgs Knox gelatin*

*30 oz mango pulp*

*1 cup sugar*

*4 cups boiling water*

*1 cup cold water or mango juice*

*1 cup half & half or heavy cream*

*Optional: add slices of mango*

Dissolve gelatin & sugar in boiling water

Add cold water/juice - stir well

Add mango pulp - stir well

Add cream - stir well

Refrigerate overnight

By TILA DANENBERG

## \* \* FLAN \* \*

*10 eggs*

*5 cups milk*

*1 cup sugar*

*3-1/2 teaspoons Vanilla*

Use separately 1/4 cup sugar in flan pan with little water over fire to dissolve sugar making into a golden brown caramel. Roll all over pan up the sides and cool off.

Beat eggs and sugar together in a bowl until sugar is dissolved. Add milk and vanilla and stir (but do not beat anymore).

Pour into burnt sugar flan pan and put the entire pan in a water bath container, pouring hot water upto halfway around the flan pan.

Bake at 375 degrees for first 15 min. Then turn to 325 degrees and bake for another 45 min to 1 hr depending on oven. Flan is ready when knife goes thru without being sticky.

# Word Scramble

By MARIA ROLIZ & MELISSA XAVIER

**Hidden in this word scramble, find these Portuguese words and their English translation listed below. They can be read up, down, backwards, across or diagonally.**

SABOROSO	TASTY	FESTA	PARTY
BARATO	CHEAP	CASAMENTO	MATRIMONY
BONITA	PRETTY	MUSICA	MUSIC
INTELIGENTE	INTELLIGENT	AMIZADE	FRIENDSHIP
FELIZ	FORTUNATE	ALEGRIA	HAPPINESS
INQUIETO	RESTLESS	BELEZA	BEAUTY
ELEGANTE	ELEGANT	COMIDA	FOOD
CALMA	CALM	PRIMO	COUSIN

Z I A Q W C O M I D A C D E R A T S  
G N T N A G E L E D A Z I M A M D A  
H T R M S E F A E J U Y K I U L L B  
J E T A U Y S D T B N P R S O A U O  
M L K T L S E X M S V G I R E C L R  
H I F R U I I T O E E C R D J A K O  
W G D I F W S C A L M F N M R S E S  
B E Y M U I S A A W F S B A R A T O  
O N F O R T U N A T E S E Q E M A K  
N T R N C V B N H J L E L E S E S L  
I E I Y T T E R P E I N E T T N T O  
T L E E S E T R A S Z I Z A L T Y T  
A E N E F D I H R E S P A K E O E E  
Y G D L K M U I T X M P N S G D E I  
F A S O O G T T Y T U A E B S K U U  
O N H P O N I S U O C H E A P E W Q  
T T I Y W F V F D J Y T Q W Z X K N  
I E P E T N E G I L L E T N I T N I

# Directors' Contact Information

**President:****Maria C. Roliz**

m\_roliz@yahoo.com

(415) 397-0767

**Vice-President:****Nuno Prata Da Cruz**

nuno\_pratadacruz@yahoo.com

(510) 261-8656

**Secretary:****Michael Carion**

michaelcarion@yahoo.com

(415) 279-0098

**Treasurer:****Melissa Xavier**

mxavier25@yahoo.com

(925) 202-6368

**Directors:****Maria Joao Da Cruz**

mariajpalmeiro@sbcglobal.net

(510) 261-8656

**Chris daRoza**

daroza@aol.com

(415) 218-5504

**Kenneth Harper**

kenharper1969@hotmail.com

(415) 577-8967

**Kirk Harper**

kirkharper@yahoo.com

(415) 260-1262

**Vanessa Roliz**

vroliz@yahoo.com

(925) 864-0078

**Leonardo Xavier**

lxavier23@comcast.net

(925) 726-9543

**Virginia Yoshida**

vmyoshida@yahoo.com

(650) 573-7732

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Fax 925-978-2003

Leonardoxavier@allstate.com

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# LUSITANO BULLETIN



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For membership information please contact the President's Office, below.

## **President/**

**Co-Editor:** Maria Roliz

**Office:** 582 Market Street, #1905  
San Francisco, CA 94104

**Phone:** (415) 397-0767

**Fax:** (415) 397-0835

**Email:** m\_roliz@yahoo.com

## **Editor/Bulletin Format**

**Designer:** Melissa Xavier

**Address:** 4683 Mammoth Lane  
Oakley, CA 94561

**Phone:** (925) 202-6368

**Email:** mxavier25@yahoo.com

**Co-Editor:** Jessica Xavier

**Address:** 110 Dolores Court  
San Pablo, CA 94806

**Phone:** (925) 354-7999

**Email:** jessx823@yahoo.com

## **General Email to all Editors:**

**Email:** lusitanoeditor@yahoo.com

## **Bulletin photographers:**

**Huitier Choi, Robert Roliz, Jojo Xavier**

**Website:** [www.lusitanousa.org](http://www.lusitanousa.org)



LUSITANO CLUB OF CALIFORNIA  
582 MARKET STREET, #1905  
SAN FRANCISCO, CA 94104



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