LUSITANO BULLETIN

The Publication of the Lusitano Club of California



VOLUME 31 ISSUE NO.2

SUMMER 2021



Celebrating June 10th

Dia de Portugal, de Camões e das Comunidades Portuguesas with a flag raising ceremony at San Francisco City Hall

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President's Message

Happy Summertime! California has finally lifted its pandemic restrictions and reopening. It's been a difficult past 15 months and we cannot wait to have everyone outside and start enjoying time with friends and family again.

These past months, we have put together some very successful and fun virtual events and it was nice to see some of our members outside of the Bay Area attending and keeping in touch on these zoom events. We were able to learn how to draw and cook some Macanese dishes thanks to our volunteers.

As we restart our in-person events, we are pleased to announce our "Lusitano Annual Picnic" which will take place on Sunday August 22nd at San Mateo Beresford Park (*see flyer next page*). We look forward to enjoy each other's company and the summertime sunshine.

Hopefully, the rest of the world will begin to open up by year end and we can again travel to overseas places like Macau and Portugal. Meanwhile, we are taking bookings for our Lusitano Eastern Europe Trip next June 2022 so please take a look at the trip details on page 9.

Hope to see as many of you in person in August.

Yours Truly, Chris daRoza, President Our gratitude to Fundação Oriente in Portugal for sponsoring our quarterly Lusitano Bulletins

2021 Calendar of Events

Wed, July 7: SF Giants Portuguese Heritage Night Sat, July 31: Application deadline for Lusitano Scholarship grant Sun, Aug 22: Lusitano Annual Picnic, Beresford Park, San Mateo Fri, Aug 27: Luso-American Education Foundation Golf Tournament Aug 28 & 29: San Joaquin Valley Portuguese Festival, Turlock Sun, Sept 12: Lusitano Cooking Class & Dinner, MCC, Fremont Sun, Oct 17: Our Lady of Fatima Mass/Lunch hosted by Macau Cultural Center in Rossmoor, Walnut Creek

Sat, Dec 11 6pm: Lusitano Christmas Party, San Mateo Elks Lodge Disclaimer: Masks not required at events for fully vaccinated individuals, but please be vigilant and only attend if you are covid free.

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PORTUGUESE HERITAGE NIGHT SF GIANTS vs Cardinals JULY 7TH 7:15PM

Join us and celebrate Portuguese Heritage Night with our World Champions SF Giants!

With your Special Event Ticket, you are eligible to receive a special themed t-shirt giveaway. Email us for your game ticket!



Lusitano Annual Picnic Sunday, August 22, 2021

12 - 5 pm Beresford Park 2720 Alameda de las Pulgas, San Mateo, CA Group Picnic Areas 1, 2 & 3

Take Hwy 92 exit Alameda de las Pulgas towards Parkside Way



Food & Soft Drinks Provided 12:30 – 1:30 pm Lunch 3 - 4 pm Children's/Adult Races

Cost per member \$12.00 Cost per non-member \$15.00 Kids of members 12 & under free Non-member kids 3-12 yrs old \$5.00 Please RSVP by August 10th to Tila (415) 661-3027 or lusitanoclubusa@gmail.com

Reservations must be accompanied with names of attendees including ages for kids 12 & under, with check mailed by Aug 10 to Lusitano, 7222 Cutting Blvd, El Cerrito, CA 94530.



Luso-American Education Foundation Memorial Golf Classic Friday, August 27, 2021 Redwood Canyon Golf Course, Castro Valley 7:30 AM - Registration

8:00 AM - Shotgun start 1:00 PM - No-Host Cocktails 2:00 PM - Lunch & Awards

Golfer Registration Information - \$125 per golfer (Tournament fee includes green fees, golf cart, goodie bag & lunch) Additional award lunch tickets - \$40 per guest.

To attend, please visit website www.luso-american.org/LAEF All proceeds benefit the many Scholarship Awards and Grants given out by the Foundation each year to the Portuguese community.

The Carlos Vieira Foundation San Joaquin Valley Portuguese Festival is back! August 28th & 29th

This year the festival will be a two day event at the Stanislaus County fairgrounds in Turlock, CA. This year's festivities include:

AUGUST 28 & 29, 2021

Saturday August 28th: A Portuguese parade, followed by bull on a rope with Joe Vaz, a cultural exhibit, folklore and philharmonic band performances, wine and cheese testing, carnival rides, plenty of food and merchandise vendors, and of course the headlining acts to perform on the 51FIFTY stage.

Sunday August 29th: Cultural and philharmonic band performances, live music by local bands, and a traditional Portuguese bullfight to end the festival.

Tickets will go on sale soon! \$15 both days, pre sale only or \$10 per day at the gates Look for updates on Facebook posted by

Carlos Vieira Foundation *or* Portuguese Fraternal Society of America All proceeds to benefit families living with autism.

Lusitano Zoom Events

We hope those of you that have been joining us on our Lusitano zoom events, have been enjoying them. If you would like us to host more zoom events on any particular topics, please let us know.

We had a great time in our May Virtual Drink-n-Draw as Suzie Ferras showed us how to make mocktails and how easy to draw a filled martini glass as we sipped our drinks. What a great teacher! We were also taught how to cook a couple of Macanese dishes by Ken Harper in our June zoom event celebrating Dia de Portugal. Here are the recipes for you to try. Enjoy!





Pao de Leite is a very popular Macanese coconut pudding dessert. The consistency of the dessert should be viscous enough so that it may be sliced. It is made by thickening coconut juice with cornstarch and enriching it with condensed milk and butter.

Ingredients:

2 lbs unsweetened dried coconut and 8 cups nearly boiling water to extract 7 cups of coconut juice

3/4 cup sugar

1-1/4 cup cornstarch

- 3 Tbsp sweetened condensed milk
- 2 Tbsp Butter cut in small cubes or slices

1/2 tsp vanilla essence

Making the Coconut Juice:

Place 2 lbs unsweetened shredded coconut in a pot and add 4 cups of nearly boiling water and mash with a potato masher for a few minutes. Transfer to a muslin nut juicing bag and squeeze out the juice. Repeat the procedure with same shredded coconut and add another 4 cups of water. You should be able to extract 7 cups of coconut juice (instead of unsweetened coconut you may use 28 oz of sweetened coconut flakes but reduce the amount of sugar to 3oz). Strain the mixture to ensure there is no coconut shreds in juice and let it cool down.

Making the Pudding:

Reserve 1.5 cups of coconut juice in a mixing bowl.

Heat 5.5 cups of coconut juice in a nonstick pot with sugar for 5-10 minutes until sugar is dissolved and mixture is simmering (do not boil). Remove from heat.



In a mixing bowl mix the 1.5 cups of the cooled reserved juice with the cornstarch and stir until the cornstarch is dissolved and a slurry is made. Whisk the slurry into the heated coconut juice in the pot and when completely incorporated return to the stove and heat on medium heat constantly stirring in a sweeping back and for the motion with a large silicone spatula or wooden spoon with flattened edge.

As the liquid heats and starts to bubble the mixture will thicken and a rasping sound will be produced, turn down the fire to low and continue stirring back and forth for 10 minutes. The mixture will thicken to the point where when the spatula is drawn across the pot a line will form and maintain itself for 5 seconds. (You can test doneness by dropping a $\frac{1}{2}$ tsp onto a cold plate and the pudding's consistency when cool will be apparent.)

Remove pot from stove and mix in final ingredients: Sweetened condensed milk, butter and vanilla. When completely incorporated pour into an oven proof glass baking dish. Allow to cool several hours.

Before serving use a strainer to decorate by sprinkling with cornstarch. The pudding should solidify so that it may be cut in slices and served.

Cooking utensils:

Large Mixing Bowl • Small Mixing Bowl • Muslin nut juicing bag • 4 QT nonstick pot • Measuring cups and spoons • Strainer • Spatula and/or Wooden Spoon with flattened edge



Arroz Gordo literally, "Fat Rice," is a Macau paella that is generally served on festive occasions. "Gordo" or "Fat" denotes "Grand" in the same sense of Mardi Gras' expression "Fat" Tuesday. The basic outline of this dish is that you

marinate and fry up various meats, and use some of the meats to create an enriched stock with which you cook the rice. Once the rice is cooked, toss it with the Refogado (a classic Portuguese sautéed mix of onions, garlic, tomato, and spices) and with various raisins and nuts as desired to further flavor and color the rice. Finally, arrange the meats

atop the rice and garnish with olives, sausage, croutons, hardboiled eggs and other garnishes for a grand presentation on a large platter. (This is a basic recipe and you may choose to add other meats as desired. A few recipes for this dish also incorporate duck, seafood, Macau Prawns.)



INGREDIENTS:

3/4 cup of olive oil or organic lard to fry meats and to make refogado *For Enriched Meat stock:*

1 small pig's trotter seasoned with pepper & salt marinated for 20 mins 1/4 lb piece of country ham/ "presunto" or ham hock

1 chicken cut up (or 2-3 lbs chicken pcs) marinated for at least 20 mins *Marinade:* 1 Tbsp coriander, 1 tsp cumin, ½ tsp paprika, ½ tsp pepper *For Cooking the Rice:*

2 bay leaves

1 whole clove

3 cups long grain rice (or jasmine rice) washed and drained

6 cups enriched stock from above

For other Meats:

1/2 lb Portuguese sausage sliced into 1/4" medallions (Linguiça or Paio)2-3 lbs pork chops (thin cut or as desired) marinated 20 mins

Marinade: 3 Tbsp soy sauce, ½ tsp pepper, 1 Tbsp coriander, 1 tsp cumin, ½ tsp paprika, ½ tsp pepper

Preparing the Refogado:

1 large yellow onion, finely chopped (10oz)

2 shallots, minced (4oz)

4 cloves of garlic, minced (1oz)

1-1/2 Tbsp tumeric /açafrão-da-índia

1 Tbsp coriander

1 tsp cumin

1 tsp pimenton (sweet or spicy paprika – as desired)

4 oz tomato paste

Additions to rice:

1/2 cup raisins, 1/2 cup golden raisins, 1 can black olives,

¹/₂ cup nuts (pine nuts and/or almond slivers)

For Garnish:

Sliced hardboiled eggs, croutons, parsley, pepper & salt to taste

COOKING INSTRUCTIONS:

- 1. In separate bowls, season the meats (trotters, chicken, and pork chops) accordingly and set aside to marinate.
- 2. In a large skillet on medium high in a few tablespoons of oil or lard and working in batches, fry the pig's feet pieces and chicken pieces till lightly golden on the outside and transfer the pieces to a stock pot with the ham pieces, bay leaves, and clove and 6 cups cold water.
- 3. Place the pot on a stove on high and when the stock starts to boil, immediately turn down the heat and simmer for 2 hrs on the lowest setting (or use a slow cooker for 3 hrs on high setting). Remove and reserve the trotter, ham and chicken. When cool, chop the ham and pig's feet in smaller pieces (Debone the pig's feet at this point).
- 4. Measure the remaining stock in the pot and reduce or add water to

make 6 cups of stock. Add the 6 cups of stock to rice cooker and 3 cups of rice and cook the rice.

- 5. In a large skillet over medium heat lightly brown the sausage on both sides, remove from skillet and reserve.
- 6. Fry the marinated pork chops until cooked in the sausage drippings, remove and reserve.
- 7. Fry the stewed chicken pieces (omitting the back pieces) in drippings, remove and reserve.
- 8. The Refogado: If needed, add additional oil to skillet so that there are 4 tablespoons oil and add chopped onion and shallots to pan and sauté on medium heat until soft and translucent. Add garlic and 1 tablespoon of turmeric, coriander cumin, and sweet paprika. Turn heat to low and mix well with a spatula for 30 seconds to allow the spices to bloom and avoid scorching. Add tomato paste and sauté and constantly stir and scrape the bottom of the skillet for 3 mins to develop some caramel color to the mixture.
- 9. In a large pot or bowl combine the rice and refogado, olives, raisins and nuts and gently mix in a folding manner until the rice is uniformly colored, taking care not to overwork and break the rice grains.
- 10. Spread and mound the rice on an oven proof platter, place meats, and decoratively arrange the sausages, olives, croutons and hardboiled egg slices on the rice.
- 11. Cover the platter and warm before service for 30 mins at 200F.
- 12. Garnish as desired with parsley as in photo and serve.

Cooking Utensils:

Knives for cutting meat and vegetables • Cutting board • Rice cooker • Measuring cups and spoons • Tongs • Large skillet • Stockpot • Ladle for Stock • Silicone or wooden spatula • Serving Platter • Bowls to reserve meats after frying, and to hold other ingredients for mise en place • Large pot or Mixing bowl to mix rice



Bee's Knees

1.5/2 oz Gin.75 oz Lemon juice.50 oz Honey syrup or Simple syrup

Tom Collins

1.5 oz Gin.75 oz Lemon juice.50 oz Simple syrupTopped with soda water



Mocktail 1 oz Lemon juice .50 oz simple syrup Add soda water or water Stir or shake mix to desired

2022 LUSITANO TRIP W/BRAGA TRAVEL JUNE 16 - 28, 2022 BUDAPEST 3nts, VIENNA 3nts, PRAGUE 3nts, OBERAMMERGAU 1nt, MUNICH 2nts

Land package: 12 nights 4* hotels with daily breakfasts, guided tours, meals as listed & airport transfers. *Est. airfare USD1100 not included*.

COST: USD3,941.00 (sharing room); USD5,182.00 (single room) Deposit US\$400 by July 15, 2021; 50% payment by January 30, 2022;

Balance payment by March 15, 2022. Full cancellation refund less \$400 non-refundable Oberammergau deposit up to March 15, 2022.

Please email lusitanoclubusa@gmail.com for additional details.

ITINERARY:

Day 1 Arrival in Budapest. Panoramic sightseeing tour. Evening dinner cruise on the Danube.

Day 2 Full day guided tour of Budapest with lunch.

Day 3 Full day tour to Danube Bend depending on water level or visit to Godolo.

Day 4 Depart Budapest to Vienna. Lunch, followed by City Walking tour.

Day 5 Half day Vienna City tour by coach and visit of Schonbrunn Castle.

Day 6 Full day coach tour to Wachau Valley with visit to Melk Abbey and boat ride to Dürnstein after lunch at a restaurant by the River Danube.

Day 7 Depart Vienna to Prague. Lunch on your own followed by half day afternoon Prague city tour and visit to Prague Castle.

Day 8 Full day tour of Cesky Krumlov with lunch and visit Krumlov Castle.

Day 9 Full day tour to Karlovy Vary with lunch and visit to Jan Moser Museum.

Day 10 Transfer from Prague to Oberammergau via Munich. Overnight Oberammergau or option to stay and spend time in Munich for those that do not want to see the Passion Play.

Day 11 Oberammergau Passion Play with dinner and return to Munich for overnight.

Day 12 Half day tour followed by lunch. Free evening.

Day 13 Depart Munich for transfer to airport for return flight.

Celebrating June "Month of Portugal"

by Maria Roliz



As in the past years and once again resolved this year by the Assembly of the State of California, the Legislature under ACR59 has declared the month of June 2021 as Portuguese Heritage Month in recognition of June 10 as the Day of Portugal. With the pandemic restrictions, many of the annual Portuguese celebrations held

in June in honor of Dia de Portugal had to be cancelled or were done virtually this year.

Recognizing the importance of June 10th and our celebration of **Dia de Portugal, de Camões e das Comunidades Portuguesas** (Portugal's National Day), we were fortunate that the City of San Francisco allowed a few of us to attend in person on June 10th with the Consul General of Portugal, Maria João Lopes Cardoso, to raise the Portuguese flag at San Francisco City Hall and was once again presented a Proclamation "Portuguese-American Friendship and Heritage Day" in San Francisco.

Other celebrations included a live concert performance of chamber music by Portuguese composers "Music of Portugal" by Mission Chamber Orchestra of San Jose sponsored by the Portuguese

Government on June 13 at Five Wounds Portuguese National Church to a limited audience which was simultaneously livestreamed.





Dia de Portugal is one of the most celebrated day by Portuguese throughout the world as it commemorates the death on June 10, 1580 of Luís de Camões, a poet and national literary icon. Although officially observed only in Portugal, as a national holiday, Portuguese resident nationals and Portuguese expatriates throughout the world celebrate Day of Portugal as a time to display their national pride and cultural heritage. *Viva Portugal!*

DIA DE SÃO JOÃO - JUNE 24TH



June 24th is the official Feast Day of St John the Baptist, Patron Saint of Macau, which is celebrated in different ways around the world and especially in Macau, also known as "Day of Macau".

Why do we celebrate Day of Macau on June 24th? * In the 17th century, Macau was a strategic entrepôt for the Portuguese maritime commerce in Asia. With the desire to control this lucrative business, the Dutch made

several attempts to take Macau. While they did not succeed in their endeavour, they were quite close! On the dawn of June 24, 1622, a Dutch fleet was off the coast of Macau. After bombarding the bastion of São Francisco, the Dutch troops disembark in Cacilhas Beach. In charge of protecting the beach was a small group of Portuguese and filhos da terra (Macanese and locals). When the Dutch troops reached the foothill of Guia Hill, a cannon ball - mathematically shot from Mount Fortress - hit the barrels of gunpowder carried by the Dutch. Amidst the confusion, the troops disbanded and ran back towards Cacilhas Beach, where many were killed or drowned. Such miraculous victory took place on the Day of St. John the Baptist, who was elected by the Municipality and the population as Patron Saint of the City of the Name of God of Macau. Since then, the date has always been commemorated as the Day of Macau by Leal Senado with an annual procession and a novena, in parallel to the festivities.

* Extracted from the commemorative poster (see back cover) created last year by Mariana Pereira and her father, Dr. Jorge D. Leitão Pereira, from Filo Filo di Macau, an informal group of Macanese that gather in the North part of Portugal. Given the health concerns derived from the COVID-19 pandemic last year and again for us in California this year, all gatherings celebrating the 24 of June were cancelled. Nevertheless, the importance of this date for the Macanese community could not go unnoticed. The poster was created also as an opportunity to congratulate Casa de Macau Portugal on its anniversary of its official opening June 24, 1966. To all the Macanese, Happy Day of Macau!

Macau Cultural Center "MCC"

by Maria Roliz, President

With California's covid restrictions lifted, we are now starting to rent out our halls again for additional income to help maintain our building. We also hope to resume classes held at our building by year end. Our next scheduled function will be on Sunday, October 17th as we celebrate Our Lady of Fatima with a mass and lunch in Rossmoor. Hope to see you there if not sooner.



NOSSA SENHORA DE FÁTIMA

Sponsored by Macau Cultural Center, USA

SUNDAY, OCTOBER 17, 2021 11:15 AM MASS

ST. ANNE'S CATHOLIC CHURCH 1600 ROSSMOOR PARKWAY WALNUT CREEK, CA 94595

12:30 PM LUNCH

FAIRWAY ROOM, CREEKSIDE CLUBHOUSE (ROSSMOOR) 1010 STANLEY DOLLAR DR, WALNUT CREEK, CA 94595 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.

COST:

\$12.00 (Members of Casa de Macau, Lusitano or UMA) \$20.00 (Non-members)

No refunds for no shows

Please RSVP by October 7th with names of attendees to Flavia Greubel at 925-285-2051 or macauculturalcenter@gmail.com with check payable to Macau Cultural Center, 7222 Cutting Blvd, El Cerrito, CA 94530

Disclaimer: Masks are not required for fully vaccinated attendees



The Portuguese first landed in China in 1513 and in the course of history opened the gateway to trade with China and the Western World. They enjoyed a special relationship with the Chinese people which lasted for over 450 years. Little has been written in English or Chinese about the very people who lived and participated in the dynamics of the establishment of Western trade along the shores of China and Japan. This book is intended to communicate the comprehensive history of the descendants of the Portuguese in China. They are an integral part of the Portuguese people and their history in Macau, Hong Kong, Shanghai, and the Treaty Ports along the Chinese coast must be recognized. They are not to remain a "footnote in history".

Macaenses, or Macanese as they are known today, are the descendants of the Portuguese who settled in Macau in 1557. Their Luso-Asiatic heritage, which evolved from the very outset of the settlement of Macau, is unique in its global timeframe, the very beginning of what is today commonplace in the multinational societies of the Western world.

Little has been written in English or Chinese about this very people who lived and participated in the dynamics of colonialism during the establishment of Western trade along the shores of China and Japan. Their courage and endurance in the defense to maintain Portuguese control of the China trade and adaptation to live with amicably with the Chinese reflects their complex multi-racial, multilingual and multidimensional lives that evolved through four and half centuries in the secluded and tiny Portuguese enclave of Macau, then Hong Kong and Shanghai.

"The Portuguese in China 1513-1999 - Courage, Endurance and Adaptation" is a revised second edition of the book "Macaenses - the Portuguese in China", published in 2015, adapting the amendments made for the recently published Chinese translation with new material added to the original text. This new edition aims at presenting the English-speaking people of the Western World an insight into the history of the descendants of the Portuguese in China. For this purpose, it will also be sold on Amazon. *Author: António M. Jorge da Silva: "My intent, as it was from the very beginning of my writing about the Macaenses, is to record the history of the people with illustrations, so it will not be a footnote in history".*

Summer Word Search

Summer is here! Find these words associated with summertime scrambled upwards, downwards, across, backwards, or diagonally. SUMMER SUNNY BEACH FUN HOT POOL SWIM SHORTS BARBEQUE RELAX SUNSCREEN VACATION															
S	R	X	A	R	E	S	М	Ι	W	S	A	C	A	V	A
U	S	Y	N	U	Ν	U	Q	Е	В	R	А	В	А	А	Р
Ν	Н	N	Y	А	L	Е	R	Х	А	L	Е	R	С	С	0
S	0	N	Ι	С	S	Е	Е	А	L	А	Е	А	А	А	0
С	R	S	U	М	М	U	Е	R	С	0	R	М	Y	Т	Т
R	Т	U	R	Т	R	A	М	Н	С	L	Е	М	Ν	Ι	Т
Ι	S	М	0	0	Е	L	А	М	0	S	L	U	Ν	0	0
В	Ν	М	Е	Н	L	A	Х	0	Е	Р	Ν	S	U	Ν	Η
Е	Н	U	R	А	В	0	Р	0	0	R	V	U	S	F	S
А	С	Е	F	Е	В	А	R	В	Е	Q	U	Е	S	U	Ν
S	U	Ν	S	С	Е	Е	Ν	U	S	W	Ι	Ν	Ν	U	S



Ask for Eric Ribeiro (650) 872-0400

LUSITANO BULLETIN

A quarterly publication co-sponsored by Fundação Oriente and Lusitano Club of California (a 501c4 non-profit organization) for its members and people of Portuguese descent from Macau and the Far East. Subscription to the Bulletin is unavailable separately. Club membership application can be downloaded from our website at www.lusitanoclubusa.org



2021 Lusitano Scholarship Grant

Lusitano offers two \$1000 scholarship grants each year towards a trade school or college tuition for current Lusitano members ages 18 & over. Applications for the school year 2021 - 2022 are now available. Email lusitanoclubusa@gmail.com to apply. Deadline is July 31, 2021.

Websites of Interest

Consulate General of Portugal in San Francisco https://www.saofrancisco.consuladoportugal.mne.pt/en/ Macanese Families

(A website dedicated to preserving and disseminating our Macanese culture, history, and genealogy)

http://www.macaneselibrary.org

Instituto Internacional Macau (IIM)

(You can find videos and latest info on their published books which may be purchased from Lusitano Club) https://www.iimacau.org.mo/

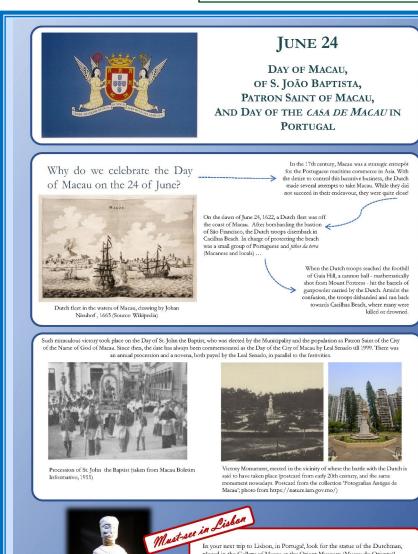
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Be Green! Sign up for Lusitano e-Bulletin



In your next trip to Lisbon, in Portugal, look for the statue of the Dutchman, placed in the Gallery of Macau at the Orient Museum (Museu do Oriente)!

Before the statue was brought to Portugal, it is said to have initially been at the Guia Fortress in Macau; at some point, it was exhibited at the former Luís de Camões Museum, and in what was previously the park of the Ruins of St. Paul.

According to the description, this 17th century granite statue was carved by Dutch who were made prisoners after the failed attempt to conquer the city of Macau in 1622.