

Sacramento Cabrillo News

April/Abril 2010

President: Janet McKay
Secretary: JoAnn Novey

1st Vice President: Gui Sequeria
Treasurer: Ken Costa

2nd Vice President: Wesley Silva
Marshall: Marilyn Kochis

Board Members: Scott Costa, Bob & Betty Dias, Mary Dal Porto, Michael & Lisa Gavin, Nancy Graham, Rita Macias, Mary Dutra Rosa, Teofla Rosa, Irene Santiago, Marilyn Sterritt, Rachel Tatro, Steven Wittmann, and Patty Wohl

Monthly Newsletter of the Cabrillo Civic Club #5 (Sacramento), PO Box 1892801, Sacramento, CA 95818

Upcoming Events April-May 2010

April 13, 2010
Board Meeting 6:30 pm

April 15, 16, 17, 2010
Scholarship Screening, State Board Meeting, Tulare

April 25, 2010
All Sports for Cancer fundraiser,
1-4 pm, Land Park Bowl

May 14, 2010
Membership/Scholarship Dinner
Cocktails 6:00pm Dinner 7:00 pm

May 16, 2010
Fundraising Breakfast 8-11:30 am

Sunshine/You are in our thoughts

Sympathy cards to Scott Costa and Nancy Graham
Get Well card to Annabelle Flowles

Please let Marilyn Sterritt know if someone needs a bit of sunshine (916.448-8661)

April Birthdays

April 1 Paula Caldoni
April 9 Lorraine Reger
April 10 Jeanine Roza
April 11 John Lane
April 13 Jim Costa
April 13 Jerry Riggs
April 14 Debbie McCormack
April 16 Ron King
April 24 Judy Golden
April 27 Ann Russel
April 30 Josephine Marcucci
April 30 Sandra Curtis

And a belated birthday to:
March 27 Joseph Donaldson, Jr

Membership & Scholarship Dinner moved to Friday, May 14th

The Sacramento Cabrillo Civic Club #5 will host its annual Membership & Scholarship Dinner on Friday, May 14th. The dinner – a fish fry is free to renewed members – is our annual appreciation of our members and a great opportunity to meet the recipients of this years' scholarships. So mark the date.

Presidents Message – Janet McKay

Spring has finally sprung and isn't our city and this valley just beautiful this time of year?

I didn't acknowledge one of our charter members birthday in February. Manual Rosa turned 90. Two years ago we celebrated his 22nd birthday. See what happens when you are born in a leap year. May you have many more birthdays Manual.

And here is my 10-year reminder: please fill out and return your Census form. By the way Cabrillo is providing the hall for Census Bureau training and assignment distribution from April 27-30.

Our Crab Feed was once again a very successful event—the hall was filled to capacity and by the end of the evening all the guests were filled up as well. Terri Mead's

pasta sauce was great, as were the salad and crab. The servers (eight wonderful Luso "kids" and volunteer Sara Purdue) kept our plates full. It was a very fun night at the clubhouse!

I also want to recommend the Portuguese Breakfasts we have been hosting for the last year. You will not go away hungry. Our next breakfast is on Sunday, May 16th (open at 8:30 am and you can eat as late as 11 am).

Our first "All Sports for Cancer" event of the year will be on Sunday, April 25th from 1-4 pm at Land Park Bowl on Freeport Boulevard—bowling, pizza and soft drinks all for \$25. Your donations (if you bowl or not) will go to the American Cancer Society—Sacramento Chapter and is tax deductible.

"I had the privilege of joining Woodland's annual membership dinner this last month. I haven't had sopas in a very long time and it is such great food."

Jan McKay

So there is something for everyone... breakfast, lunch, and dinner. Along with the great weather come on out to support the club.

Thanks,
Jan McKay



All Sports for Cancer – Rachel Tatro

Three hours of bowling fun. Pizza, soda and prizes. \$25 per person. Sunday, April 25th, from 1 to 4 pm, Land Park Bowl. Sign up with Rachel (916) 568-1301 or Steve (916) 444-5209 by April 20th.

Americanization Report – Ken Costa

Ken reports that again this month member Rachel Tatro attended the swearing-in of 808 new citizens.

Here is Rachel's report: On March 17th, I volunteered at the monthly USCIS naturalization ceremony. The ceremony was held at the Sacramento Memorial Auditorium. We gathered at 7 AM to decorate the auditorium and speakers platform in patriotic bunting and flags. The doors opened at 8 AM and people began arriving. I spent the next two hours greeting and showing the citizens-to-be to their seats.

At 10 AM, U.S. District Court Judge John A. Mendez called the room to order and began the ceremony. There were 808 people taking the oath of citizenship. They represented over 80 different countries. There were no Portuguese people taking the oath of citizenship.

The keynote speaker was Beth Hassett, Executive Director of W.E.A.V.E. Ms. Hassett spoke about the responsibilities and duties, which accompany the rights of citizenship. She highlighted the need for citizens to be active participants in their communities and to speak up for people who are unable to

speak for themselves, especially children and women who feel they have no voice.

Another speaker was Michael C. Biggs, Field Office Director of the Bureau of Citizenship & Immigration Services. Mr. Biggs encouraged the new Americans to embrace their past heritage and bring it forward to share with others in their daily lives. He reminded everyone of the words on the Great Seal of the United States, "e pluribus unum," which mean "one out of many."

After the ceremony, I directed people to the Social Security tables and the exits and assisted with the taking down and packing of the decorations. By 11:15 AM, everything was done.

The next Naturalization Ceremony is on April 21, 2010

You can drop Ken Costa a line at 1784 South Chateau, Fresno, CA 93706, telephone 559.349-8440 or e-mail to KenCFRESNO@aol.com if you would like to participate in an Americanization event.

"Mr. Briggs encouraged the new Americans to embrace their past heritage and bring it forward to share with others in their daily lives."

...as reported by club member Rachel Tatro

Membership Report – Gui Sequeria

Marion Porter, Mary Van Tichelt, Sharon Toste, and Francisco & Sara Zarate have all joined Cabrillo Civic Club #5. Thank you for your participation.

Why not ask your neighbor, church member, family or friend

to the next Cabrillo event and then follow up by asking them to join.

Scholarship Report – Sue Petzold

We are looking forward to the State Scholarship Screening, which will occur at the State Board Meeting in Tulare on April 15-17, 2010. Watch for an update in the next newsletter

Donations – as reported by Ken Costa, Treasurer

Donations

Bob and Betty Dias
Robert Holderness

Civic Affairs Donation

PHC/Madeira Relief Fund \$50.00
Luso American Youth Council #4 \$200.00

Crab Feed

A big thank you to the students with the Luso American Youth Council and to Sara Purdue for helping make the Crab Feed another great event.

Also thanks to the ever hard-working Committee members.

And a special thanks to Terri Mead for her wonderful pasta sauce—we're still getting raves from our guests.

Newsletter information

Do you have something to include or share?

Also, if you would like to receive the Sacramento Cabrillo News via e-mail or you have changed your e-mail address or your home address please send Steve a note or leave him a message.

Steve can be contacted at his new e-mail address:

stevewittmann@me.net or call or him at 916.444-5209.

Note: Let us know about any trips to Portugal or visits to areas of Portuguese historic interest for inclusion in future newsletters.

Cabrillo News Wrap

Portuguese Sopas

Prep time: 25 minutes
Cook time: 3 ½ hours
Serves 10

Sopas is a one-pot meal made of beef, vegetables, broth and bread. It is part of the traditional dinners served at the many Portuguese festivals held in late spring and the summer throughout California. This recipe comes from Bonnie Luzader of Loomis (via Cabrillo Club member Marilyn Sterritt) who has been making this dish for many years.

Ingredients

4 each beef shank or marrow bones
2 lbs beef chuck, cut into 3-inch pieces
2 tablespoons allspice
1 ½ tablespoon cumin powder
1 teaspoon cinnamon
1 teaspoon ground cloves
2 tablespoons salt
1 teaspoon pepper
2 tablespoons Worcestershire sauce
2 tablespoons garlic powder
3 tablespoons pickling spice (in bag)
10 cups water
1 slice bacon
½ cup red wine
1 8-ounce can tomato sauce
2 large heads of cabbage, cored, cut into quarters
1 sprig fresh peppermint
2 large loaves French bread, thickly sliced

Preparation

Use soup bones with lots of marrow. Place shanks or marrow bones, meat, spices including Worcestershire sauce in a large soup kettle. Add water, bacon, wine and tomato sauce. Cover and bring to a boil. Reduce heat to low and simmer until meat is tender and flaky and marrow easily slips off the bones. Remove bones after scooping marrow into broth. Add more water if needed to have plenty of broth. Add cabbage and mint and simmer until cabbage is tender. Ladle soup into large bowls over thick slices of French bread.

This recipe included a calorie count but I didn't think we should bother with that! Enjoy!

The editor

Catherine of Braganza

(Catarina de Bragança, in Portuguese) (25 November 1638 – 31 December 1705) was a [Portuguese Infanta](#) and the [queen consort of Charles II of England, Scotland and Ireland](#).

Catherine introduced the custom of drinking [tea](#) in England, a custom that was already very popular among the Portuguese nobility at the time. The tea had been imported to Portugal from the Portuguese possessions in Asia as well as through the trade Portuguese merchants maintained with China and Japan.

Although some have claimed that [Queens](#), a borough of New York City, was named after Catherine of Braganza, her name is not mentioned in the first 200 years of historical documents that have been preserved in the county archives. She was, however, queen when [Queens County](#) was established, alongside [Kings County \(Brooklyn\)](#) in 1683.

From Wikipedia...

D. Catarina Henriqueta de Bragança ([Vila Viçosa, 25 de novembro de 1638 — Lisboa, 31 de Dezembro de 1705](#)) foi [princesa de Portugal e rainha consorte de Inglaterra e Escócia](#) por seu casamento com o rei [Carlos II da casa de Stuart](#).

Catherine introduziu o costume de beber chá em Inglaterra, um costume que já era muito popular entre a nobreza Português na época. O chá foi importado para Portugal a partir da posse Português na Ásia, bem como através do comércio comerciantes Português mantidas com China e Japão.

Embora alguns tenham alegado que Queens, um bairro de New York City, foi nomeado depois que Catarina de Bragança, o seu nome não é mencionado nos primeiros 200 anos de documentos históricos que foram preservadas nos arquivos do município. Ela foi, no entanto, a rainha do condado de Queens, quando foi criada, ao lado de Kings County (Brooklyn), em 1683.

Send suggestions for the Wrap to Steve at his new e-mail address: stevewittmann@me.net or by mail to:
1331 Ridgeway Drive,
Sacramento, CA 95822