



OFFICERS, BOARD OF DIRECTORS and CHAIRMANS for 2009

OFFICERS

President Deanna Saracino
Vice-President Debbie Baker
2nd Vice-Pres Elizabeth Kemper
Secretary Marianna Paris
Treasurer Terri White
Marshall Lorna Souza
STATE DIRECTOR Annamarie Barros

BOARD OF DIRECTORS

Arlene Amaral Annamarie Barros Richard Barros
Betty Cadwallader Mary Ellen Lemos Darlene De Anda
Dee Duncan John Perry Olga Silva
Joe Silva Mamie Silva Maria Souza
Joe Soares Vi Soares

CHAIRMAN

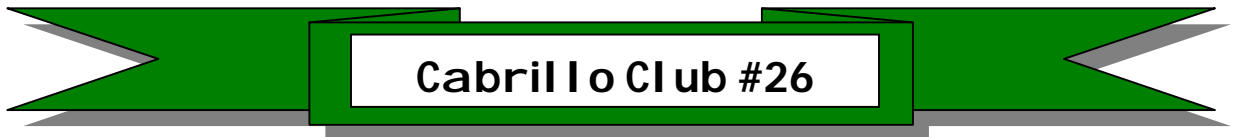
Americanization	Darlene De Anda	530-662-5117	Sunshine	Mamie Silva	530-662-8866
Scholarship	Arlene Amaral	530-662-0377	Civic Affairs	Elizabeth Kemper	530-666-4059
Publicity/Membership	Annamarie Barros	530-666-2298	State Director	Annamarie Barros	530-666-2298
All-Sports	Betty Cadwallader	530-662-1976	Alt State Dir	Arlene Amaral	530-662-0377
Cabrillo Day	Darlene De Anda	530-662-5117	Editors	Vi Soares/Stephanie Soares	

STATE DIRECTOR'S REPORT

The annual Cabrillo Convention will soon be upon us. It begins on January 15 and ends on the 17th at San Diego with the installation of 2010 State Officers. The program includes the Welcome Reception on Friday night, the Board meeting beginning Saturday morning and at the luncheon, the Fraternal clubs' presentations. Saturday's events will conclude with a catered banquet, awards and dancing.

Sunday will be the election of State officers followed by the formal installation of those duly elected to serve for 2010. It is a fun time and a learning time. San Diego is a great place to visit. Call me if you have any questions about the convention at (530) 666-2298.

Annamarie Barros-State Director



Co-Editors Vi Soares 530-662-5853 vsoares@att.net
Stephanie Soares - Pacheco

Articles for the newsletter deadline is the 20th of the month. If change of address or email, please let me know.

Visit the Cabrillo website at: cabrillocivicclubs.org

MEMBERSHIP

The year 2010 is now upon us. It is time to pay the yearly dues that shall remain at \$15. I have already received several dues. Remember, all members paid up by **March 15** will have a special ticket to an "Early-Bird Drawing" for \$25. This, of course is in addition to the free dinner at our Annual Membership Sopas Dinner for all paid up members. There will be a Scholarship Silent Auction. Chairman for the event will be Elizabeth Kemper, our newly elected 2nd vice president. Please mark March 20 on your calendar and save it for the Cabrillo Club event. If you would like to help, please phone Elizabeth at (530) 383-1648.

Dues for 2010 will remain at \$15 a person. If you wish to pay your dues now, you may make your check payable to Cabrillo Civic Club # 26 and mail it to me at 948 W. Cross Woodland, Ca. 95695. It will save sending you a reminder envelope in the January newsletter or, in the case of those who get theirs by email, it will save addressing and stamping you a separate envelope.

Membership Chair==Annamarie Barros (530) 666-2298

SCHOLARSHIP

We have received scholarship donations from Jack & Delores Santos for Margariete Haley and Henry Ochoa, from Betty Mekus for George Perry, Marie Perry, Evelyn McCoy and Louise Pimentel and also from Dave & Holly Vevilagua for George Barros.

Our first scholarship fund-raiser will be next month (February) on the 27th. We will again hold a Cioppino Feed. There will be a flyer in the February newsletter. Please mark the date on your calendar.

Best wishes for a safe, healthy and good 2010 year. If you have any questions regarding Scholarships and/or donations, please feel free to call me. Arlene Amaral, Scholarship Chair. 260 W. Court Street #50, Woodland, Ca. 95695
(530) 662-0377 Cell-phone 908-8019

SUNSHINE CLUB

Get-well cards were sent to Toni Alves, Michael Paris, and Marlene Bettencourt. Hopefully everyone is well now and will start 2010 off healthy. Sympathy cards were sent to Nancy Johnson whose mother passed away, also to Lillian Valencia and Clarisse Gonzales. Please let Mamie know if someone could use a cheery card.
Chairman Mamie Silva (530-662-8866)

CIVIC AFFAIRS

My report to the State Civic Affairs chairman will be due the first week in Jan. 2010. If you have any hours you have performed for nonprofits (including churches, schools, community groups) from October, November or December 2009 and can let me know by Jan. 5 I would appreciate it. I thank you for providing me your volunteer hours and hope to hear from others that I know also volunteer. Every hour really does make a difference for my report and in someone's life.

My e-mail is busybeth@wavecable.com, or you can mail any information on your volunteer activity to 715 Borchard Court, Woodland, Ca. 95695. Thank you so much for helping your community and participating in the Yolo Cabrillo Club. Chair: Elizabeth Castro Kemper, (530) 383-1648

Monthly Cabrillo Meetings

1st Monday of every month except Sept.

JANUARY Birthdays

2 Edward Silva	2 Tony Montero
2 Lawrence Pires	3 Virginia Haugen
3 Judith Simas	5 Michael Tamariz
6 Karen Kempster	7 Jack Losoya
7 Theresa De Anda	8 Frances Losoya
8 Chris Danielson	9 Anna Enos
9 Stephanie Price	9 Paul Ferrera
11 Casey Hesseltine	12 Martiln De Anda
12 Mary Ellen Lemos	14 Glen Cole
15 Terri Hesseltine	15 John Harryman
15 Robert Winger	15 Sandy Haynes
16 Mike Lemaire	18 Sheri Canaveri
19 Manuel Dutra	19 Vicky Martin
20 Charlie Honeywell	21 Violet Silva
22 Larry Baker	22 Stella Eiola
22 Janna Alves	22 Anna Cardwell
24 Joe Borba	24 Caitlin Correa
24 Tom Rodgers	24 Belmira Sweeney
25 Marlene Bettencourt	25 Steven Keisler
27 Tyson Perry	27 Barbara Fair
27 Richard Nielsen	28 Felix De Anda Jr.
28 Louis Silveira	28 Andrew Cardwell
28 Kelly Hargreaves	29 Stephanie Price
29 Stephanie Soares	

January 2010



If we've inadvertently omitted a January birthday, please let me know. Vi Soares.

WHO AM I?

Clue 1. I am a distinguished film actor who has portrayed the US President & a Muslim mercenary.

Clue 2. Before hitting Broadway in Hello Dolly, I served in the Air Force.

Clue 3. I played Brad Pitt's partner in the movie "Seven"

Clue 4. I directed a film about South African racial issues called Bopha!

Clue 5. I've been Academy Award nominated for chauffeuring an old lady & being redeemed at a Maine prison.

TRIVIA

1. Which county has the oldest county fair in California?
 2. In what county is Edwards Air Force Base located?
 3. On what river was gold first discovered in California?
 4. How high are the letters on the "Hollywood" sign atop Mount Lee?
 5. By what movie name was Marion Michael Morrison known?
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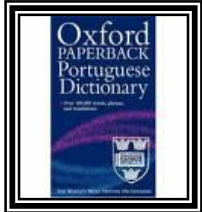
Think Green

SAVE ENERGY===SAVE MONEY

Clean refrigerator coils with a soft brush annually or more often if you have pets in pets.
Clean clothes washer and dryer lint screens after every use.
Fix leaky faucets. Dripping hot water can cost \$35 per year.
Run major appliances late in the evening or early in the morning when electric loads are less(off peak).

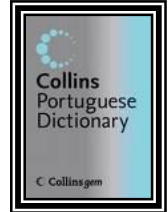


Portuguese (Phrases)



How long must we wait?
Is there a good view?
Please stop a moment.
Let us go.
I am tired.

Quanto tempo temos de esperar?
Há uma boa vista?
Faz favor de parar um momento.
Vamos.
Estou cansado.



Jan. 15-17	Cabrillo Civic Clubs Convention	San Diego
Jan. 31	Linguica Breakfast	Tumulty Hall
Feb. 12	Valentine Dinner	Sacramento # 5
Feb. 27	Cioppino Dinner	Tumulty Hall

TRIVIA ANSWERS:

1. Plumas County (Quincy), 1852
2. Kern County
3. The American River
4. 50 feet
5. John Wayne



WHO AM I? ANSWER:
Morgan Freeman



AMERICANIZATION:

As 2009 comes to an end, I reflect on the activities during the year and wish to thank our members for all their support and help in collecting items and donating money to buy more supplies for our veterans in Iraq. In May, we had delivered a huge box that was taken to San Francisco Veterans Hospital. In November, we sent nineteen boxes to our soldiers. They received them in ten days and were so happy to get them. The whole troop of 115 each received something. There were a few items left over so I'm packing a box to send to Mather Air Force Base for the veterans there. One of our members, Betty Mekus, sister of George Perry, did a wonderful job this year. She visited Veterans Hospitals, went to schools to tell our children about their flag, worked at 4th of July picnics, worked at V.F. W. functions, worked on Red Poppy Day. She was a very busy bee. Thank you so much Betty. You are a real patriot.

We also had many individuals that do not belong to the Cabrillo Club that donated goods and money. Our Cabrillo name is spreading and our community is getting involved for our causes. And now that 2010 is upon us, we are planning our February 14th function for the veterans. I'm sure that as a club, we can achieve another successful year with the help of our members. Let us hope and pray that all our servicemen and women shall come home soon. Darlene De Anda===Americanization Chair

TWICE AROUND



VINEGAR:

Clean a coffee maker, a tea kettle, clean a thermos, cleans sinks & bathtubs, shine up shower doors, shine ceramic tiles, fights mold & mildew, Pour 2 cups vinegar into toilet bowl, let soak overnight before flushing.

For a cheap item, there are many more uses besides the ones listed here.

Wisdom Made In America:

The happiest people are those who do the most for others. ----Booker T. Washington

A sad soul can kill you far quicker than a germ. ----John Steinbeck

Most people are about as happy as they make up their minds to be. ----Abraham Lincoln



Kind Words ...Softly Spoken...Kind Deeds

All that is worth cherishing begins in the heart, not the head.---Suzanne Chapin

Wisdom is knowing what to do next, virtue is doing it.---David Starr Jordan

Let me be a little kinder, let me be a little blinder to the faults of those around me.



Portuguese Doughnuts

2 pkgs. (1/4 oz. each) active dry yeast

5 eggs beaten

5 tbsp. sugar

1/2 tsp. salt

oil for deep-frying

1/2 cup warm water

1 1/2 cups warm milk

1/4 cup butter, softened

5 to 5 1/2 cups flour

granulated sugar or syrup



In a large mixing bowl, dissolve yeast in warm water. Add the milk, eggs, sugar, butter and salt: beat until smooth. Stir enough flour to form a soft dough (do not knead) Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.

In an electric skillet, heat oil to 375degrees. Drop tablespoonfuls of dough, a few at a time, into hot oil. Fry for 1 1/2 to 2 minutes on each side or until deep golden brown. Drain on paper towels. Roll warm doughnuts in sugar or serve with syrup. Yield: 4-5 doz.

BEEF SOUP & BOILED DINNER (sopa e cozido)

2 lbs. shank beef and bone

8 cups, water

1 small bay leaf

5 potatoes, peeled, cut 1 in small pieces
inch pieces

3 large kale leaves, cut into small pieces

salt to taste

1/2 lb. pork neck bones

1 small onion, minced

4 whole allspice

2 carrots, peeled cut into 1/2

1 small head cabbage, cut in half

1/4 tsp. paprika



In a large kettle, bring water to a boil, add meats, onion, bay leaf, allspice, paprika and salt, cover and cook until meat is tender. Add all vegetables to meat, cover and cook until tender. Remove meat, potato, carrots and cabbage to a serving platter. Serve soup and then meat with vegetables. Serves 3-4.