IAHFONEWS

MARCH 2021 • ITALIAN AMERICAN HERITAGE FOUNDATION • ESTABLISHED 1975 • FOUNDED AS NONPROFIT 1976

425 N. 4TH STREET, SAN JOSE, CA 95112 • (408) 293-7122 • TAP HERE FOR WWW.IAHFSJ.ORG

DIANE AYALA / IAHF NEWSLETTER EDITOR-IN-CHIEF

PRESIDENT'S MESSAGE



One of the benefits of traveling, especially in a foreign country where you do not have a good command of the language, is that you don't hear or care so much about the news. As the news on the pandemic is getting better with vaccines rolling out and cases widely declining and the tension around the elections waning, there is still bad news. Right now, it is about the weather.

With over seventy percent of the nation under freezing snow, I was happy to be in a place with much warmer weather. Of course, this comes at a cost if you compare housing costs. Having already suffered that expense, I relish the comforts of California. As the cold persists and I see millions in the middle of a pandemic, adding unimaginable conditions such as no power, no food and no water, I must empathize with their suffering.



This great disparity in the weather reminded me of one of our trips to Sicily when we visited Mount Etna. We went with some friends who were working in Sicily at the time. It was a hot summer day and I had planned to wear shorts but was advised I would need long pants. We

went to their house in the morning and they dug out heavy ski jackets and boots for us which seemed odd given it was well over ninety degrees outside but we brought them along anyway.

It was about an hour drive up the mountain from their house on a a windy, twisting road filled with barren landscapes and some houses half covered by previous lava flows. Eventually you get to the base of the park where you can shop in the stores, eat in the restaurants with commanding views of the island or take the Funivia dell'Etna (ski lift) to the top of the ski slopes. It was cooler here but no need for the heavy coats or boots but we put on the boots and brought the jackets along with us as we boarded the lift.

The lift goes on and on and on. Not as steep or challenging as the Funivie del Lago Maggiore (which merits its own story), the lift climbs over the lava piles for about 15 minutes before you get to the top and start to appreciate the warm jackets. From there, we boarded buses to take us along the ridge at the top to the active side of the volcano where



we could see the steam venting, another 15-minute ride, still climbing. I call them sardine busses as the seats were small. We were packed tightly with barely room to breathe, our knees firmly wedged into the seat in front of us. Then off the bus for a brisk hike where the buses couldn't go to where we could look through holes in the ground to see the underground lava flows, our lungs filling with the pungent smell of Sulphur. Despite the freezing cold, we would see the soles of our thick snow boots

start to melt if we stood in the same place too long.

We noted the juxtaposition of the hot summer day to the freezing cold on the top of the mountain, the freezing cold at the top of the mountain to the melting soles of our shoes



and, most classically, that there were many Italian women in the group who somehow managed the last walking leg of the trip in stilettos! Once safely back down the mountain, we also wondered in hind-sight if it was safe to stand over the holes in the earth's crust and watch the lava flows underneath, given we had no idea how thick the crust might have been.



The trip provided a microcosm of conditions all related to weather and circumstance and provided interesting perspectives. Personally, I would have left the jackets at home, but found they were indeed much needed. I know there is a saying "don't mess with Texas," and, at the same time, there is also a saying "don't mess with mother nature." — Felix Dalldorf / president@iahfsj.org







Marge Valente Remembered



As we go to press, we sadly share with our IAHF readers the passing of our past IAHF President Marge Valente. Marge was President two times, in 1989 and again in 2006. She also played an important role in the life of the IAHF as multi-year Festa Chair, multi-events chair, Secretary, Treasurer and Founding Chair of the former annual IAHF Awards and Achievements Celebrations.

Marge was also active in many other community organizations and projects, including the Santa Clara County/
Florence Sister County Commission and the Santa Clara University Catala Club. Her talents as an event organizer
were legendary and of course in high demand. She was dubbed the "Queen of Reservations" by columnist Leigh
Weimers of the San Jose Mercury News. Always in the company of her husband John (also deceased), she hosted
many stunning dinner dances, fashion shows and social gatherings at the IAHF. Her energy seemed limitless.

Marge passed away February 23, the day after a Zoom celebration of her 100th birthday. The toast "cent'anni!" is certainly fitting. She touched the lives of so many in the community. There will be more about Marge in our next edition. We at the IAHF extend our condolences to her family, her many relatives and friends as we share their sorrow with the passing of a great lady.

Article by Ken Borelli





If you would like to volunteer to work on any of these events. please contact Ken Borelli, VP, Events / Chair, Cultural Committee at kjosephb@aol.com

MARCH

Thursday, Mar 5 / 6:00 PM / Gnocchi di ricotta with Pesto Sauce / In this class you will learn how to make these light and delicious pillows of goodness / Via Zoom with Marie Dalldorf

Thursday, Mar 11 / 7:00 pm / Bitter Chicory to Sweet Espresso / Author Carmine Vittoria, Professor Emeritus, North Eastern University, will present via Zoom / Currently residing in Florida, Dr. Vittoria is also making his book available to IAHF members at a very generous discount, approximately \$12.00 each / Contact the IAHF to purchase the book; we will send an order to the distributor

Friday, Mar 19 / The Feast of St Joseph Celebration will be a driveby this year at the IAHF / The event will feature the traditional altar display and gift bag will be passed out to people in their cars / The altar will be on exhibit from 11am to 2 PM / Details to follow

Special Meat Sales reinstated / Orders taken on Mar 15 & 22 / Consult article below on for details

Friday, Mar 26 / Holy Cannoli IAHF Benefit / Orders by March 24 / \$20 / Order online at IAHF site or check payable to IAHF - see article on page 15

APRIL

Thursday, Apr 15 / 7:00 PM / Baked Stuffed Melanzane with Chef Ken Borelli via Zoom

Thursday, Apr 21 / 7:00 PM / The Italian Navigators of the Renaissance / Richard Di Giovanni will continue his Zoom lectures on his book about the Italian Navigators

Please note the Cena Fuori, the last Thursday of the month are postponed until SCC Health Department guidelines permit out door dining / Also check with the IAHF website for additional events pending / For February too is a noon field trip to the Rose Garden and tips on pruning roses (details pending)

Back By

POPULAR DEMAND •

The Italian Holiday Market MEAT SALE







THIS SALE IS FOR IAHF MEMBERS ONLY

In coordination with the Sons of Sicily, and Mike Maltese of Bassian Farms, we are offering quality sausage, chicken and salami for sale.

- 10 LB Box of FROZEN, HOT OR MILD ITALIAN PORK SAUSAGE, (approx. 40 to 45 pieces per box) \$40.00@
- 24" STICK of SALAMI, 3 LB, \$25.00@
- 10LB BOX OF FROZEN CHICKEN THIGHS OR BREAST (SKIN-LESS) \$22.00@

Pre-order with cash or check. Please make check payable to "KEN BORELLI, "C/O, IAHF-425 NORTH 4TH ST. SAN JOSE, CA 95112.

Also, indicate in a letter when you want to pick up the products. Pick ups are on Thursdays, and orders MUST BE IN by Monday of the pick up week to insure delivery.

You will be contacted by phone to confirm your order. The IAHF telephone number is 408 293-7122.

There will be 4 pick up dates at the IAHF in February and March:

• Thursday, Mar 18 10am - 12pm

• Thursday, Mar 25 10am - 12pm

For IAHF members who are home confined and / or unable to drive, we will make specific arrangements for delivery.

For larger orders, arrangements can be made for special pickup and / or delivery.

Coordinators are Azie Habib, IAHF Board Member & Ken Borelli, Chair/Cultural Committee.

-- Article by Ken Borelli \infty



ZOOM into all the great IAHF Classes & Events!

Download the ZOOM app at: https://zoom.us/download

"Enviva La Festa di San Giuseppe"

The Italian American Heritage Foundation

Welcomes <u>Everyone</u> to stop by for <u>ST. JOSEPH'S DAY</u>

Friday, March 19, 2021 - 11:00 A.M. to 2:00 P.M. 425 N. Fourth Street, San Jose, 95112; 408-293-7122



THIS EVENT IS FREE - Benvenuti a Tutti / All Are Welcome

The St. Joseph's Altar is Sicilian in origin. During a terrible famine, the people of Sicily pleaded to St. Joseph, their patron saint, for relief. St. Joseph answered their prayers, and the famine ended. In gratitude, the farmers honored St. Joseph by filling an altar with their most prized possession, food.

This year, The Italian American Heritage Foundation will be celebrating the spirit of St. Joseph's Table by providing the traditional take-home bag that will be blessed. You can receive your Blessed St. Joseph's take-home bag at our drive-by in front of the Heritage on Friday, March 19, 2021, between 11 A. M. & 2:00 P.M. A volunteer will provide you with your bag while you stay in your car. It is unfortunate that due to the Pandemic we cannot at this time celebrate our traditional Mass and our wonderful luncheon/social event.

Donations for the St. Joseph's Altar and Table are gratefully welcomed. Monetary donations will be collected and shared with local charities which help supply and feed those in need. Please contact the IAHF Office at 408-293-7122 regarding any special donations.

Our celebration is dedicated to all whose lives have been impacted by Covid 19.

Chairpersons: Kathy & Larry Lohman, Co-chairperson: Ken Borelli, Mass Chairperson: Cathy De Maria and all our wonderful volunteers







Grazie Tanti / Many Thanks





A special zoom presentation is tentatively being planned on June 1 as part of our annual celebration of the founding of the Italian Republic on June 2, 1946.

In the midst of the post-war conflicts and a civil war, a national referendum was held in Italy to decide on continuing with a monarchy or evolve into a republican form of government. The Italian Republic was born from this critical election and is now celebrated as the Festa della Repubblica, which is the establishment of today's modern Italy.

The Republic rose out of the ashes of a de-

feated nation and an occupied nation, both by the Germans and their fascist allies, former belligerents and their provisional governments, later known as allied nations. The chaos of those times was severe and tragic in itself. Like the proverbial "phoenix bird of mythology," rising out of its own ashes, it gave birth to the new Italian nation.

This has been a date that we at the IAHF have proudly celebrated as part of our annual events, including a flag raising ceremony at the County Government Center. While we are uncertain yet about what sort of final plans we can make due to the Covid restrictions, one special program will be a zoom presentation focusing on the memories and recollections of some of our IAHF members who grew up in Italy and were youngsters during those very conflicted times. While the IAHF library has a few personal testimonies of members and their recollection of the war years, we would like to capture as many of those experiences as possible.

We would like to reach out to any of our members who grew up in Italy

THE FIRST Festa della Repubblica?

during those times. Through a special Grant from the County of Santa Clara, we are starting to formulate a whole area of oral histories that we will have available at the IAHF and in our Library and archival system. Zina Russo and her husband Conrado Russo had chaired the event many years with the Cultural Committee. Zina is our Honorary Chair this year. In addition, Zina will be interviewed about her own remembrances of those times.

We have identified three other members who also will be sharing their stories. If you know of or are interested yourself in sharing your story,

please let me know as Chair of the Cultural Committee. The key condition is your "first-hand knowledge" - your personal experiences and stories of the times.

The Zoom program will be facilitated by Dave Perzinski, the IAHF Membership Chairperson, who will conduct the interview and programing process of the "Festa Della Repubblica Remembered."

I personally want to encourage those members who may be hesitant to share these stories to do so, understanding that at times this may be somewhat difficult. It is so important to understand this vital part of Italian American history from a personal perspective. All of the so-called famous highlights of history have a personal component. That is what we are after in these oral histories.

Contact Zina Russo, Dave Perzinski or me, Ken Borelli, at the IAHF. The histories and event programing will also be a part of the archival records of the IAHF.

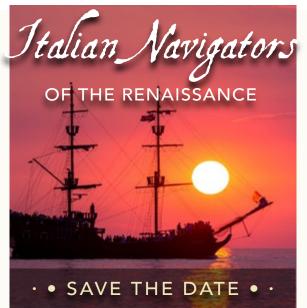
— Article by Ken Borelli, Chair Cultural Committee ~

On Thursday, April 21, at 7 PM, Richard Di Giovanni will continue his zoom lectures on his book about the Italian Navigators. Last month he presented from his book "The Critics of Columbus."

In so many ways Columbus was one of a whole school of Italian-based navigators, map makers and sea men that used the latest technology of the time in the service of many of the emerging modern nations of Europe. These navigational skills opened up the world to commerce and an interconnectedness that was never before experienced. It also became a global experience that had its roots in the advancement of science. Just consider within 30

years of Columbus' voyages of discovery, the world was circled by Magellan and Columbus' theories were proven true.

Often over looked in any popular discussion of the Renaissance is the technological aspects of the emerging new sciences. For better and for worse, the advancement of science brought with it many unanticipated consequences. Even today, in the heart of Silicon Valley

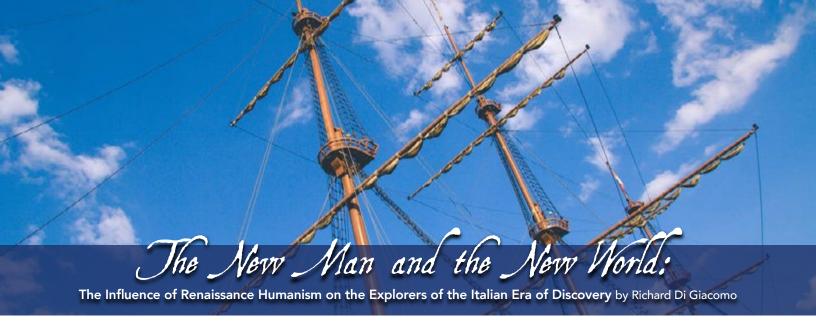


this truism remains the same as during the times of Columbus and the technological revolution known as the Renaissance.

Colombus, Giovanni and Sebastiano Caboto (Cabot), Amerigo Vespucci, and Giovanni Verrazzano were among many of the maritime navigators from the Italian Peninsula who offered their skills to the leading nations of the day. They set off into the unknown armed with the latest scientific knowledge of their times. It may seem primitive now, but their achievements have been refined and replicated a thousand fold. I can't help to make the comparison with so many

of today's scientific advancements and the resistance they face along with the possible fear of the unknown, which we share in common with these same explorers. I am sure you will find Richard's personal explorations as fascinating as his discussions about Columbus. You will also come away with a greater appreciation of these men of the sea, their technological accomplishments and the genius of the Renaissance.— Article by Ken Borelli





I was absolutely fascinated by Di Giacomo's book on Italian explorers. Columbus, Vespucci, Verrazzano and Cabot (Caboto) are revealed with all their faults and glories. In this book, you will not only learn about the adventures of these historically important sailors, you will also learn about the times they lived and the transition from the dogmatic past to the new ideas of humanistic thought. You will be taken from the steadfast devotion of ancient proclamations to the new knowledge of empiricism that was based on factual events and experience.

Why were the Italians so well adapted to the exploration and navigation of the seas? And why did Italy not participate in the colony building and the land grabs that other European nations did? We get answers to these questions as we relive the lives of these Italian navigators, their children, their relatives and their patrons.

The many original documents, letters, legal proceedings and declarations, give us a real sense of those transitional times. In addition, we read of some of the confusion that resulted from the literary style of the documents and the competition between the sailors and the respective countries they represented.

For me, this book sparked a personal interest in the technological instruments of those times. The compass, quadrant, astrolabe and sextant were scientific advancements that the historic Italian sailors used to guide their journeys. I even bought a book on these instruments, some of which are still in use today. I might event buy one of these instruments for a better understanding. If I happen to sail away some day, and you don't hear from me for quite a while, just chalk it up to destiny.

The author, Richard Di Giacomo did an enthralling presentation on Columbus last month. There were over 50 participants at his Zoom Power Point presentation. He will do another presentation on all the Italian explorers mentioned in his book on April 22nd. Please check our website events page and join us! We would love to have you aboard! -- Article by David Perzinski **

On February 20, 2021, the Italian American Heritage Foundation was invited to participate in a summit by the Conference of Presidents of Ma-



their working organizations and initiatives.

jor Italian American Organizations. This is a national effort to unify Italian American Heritage organizations and was attended by over 350 participants. The organization is being formed to address issues common to the Italian American community, including:

•Connecting to our youth

- •Saving Columbus Day
- •Supporting Italian language programs
- Charitable activities
- •Supporting Italian American Museums and Culture
- Public Policy

Information about the purpose of this organization can be found at https://copomiao.org/statement-of-purpose/. One of the first ini-

It was refreshing to see Italians coming together at a national level to address common concerns. Locally, the IAHF has been actively reaching out to other Italian American organizations with a similar initiative to unify with a common voice. Tutti Insieme!

tiatives of the organization is a new

website https://italianamericaonline.

com/, where they ask organizations

and individuals to sign up to support





Forty-One Years Ago...

I am always amazed at the dedication and energy of our Officers and members, and this month's St. Joseph's Table event is just one more example.

When the IAHF began in 1975, there didn't seem to be an organized St. Joseph's Table in the area. But of course some Italian immigrants and their families carried the tradition with them and would host celebrations in their homes.

In fact, early IAHF newsletters mention at least two local families who opened their homes for the Feast of St. Joseph. One, in the historic Burbank neighborhood of San

Jose, put on a big celebration complete with a procession of a local "St. Joseph" and twelve lucky children who got to participate. But I got to wondering . . . where did it start with the IAHF?

SAINT JOSEPH AND THE IAHF

A funny thing happened in early 1980. A thought hit several members simultaneously: Why not here at the IAHF? The timing was right, and it immediately took root.

The IAHF partnered with Sons of Italy for that first event and both organizations threw themselves into the planning. From the moment the idea was brought up, people swung into action to make it happen despite only having "days" to plan it before March 19 rolled around.

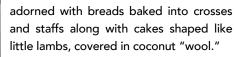
The event was held at the newly refurbished Italian Gardens. The planning committee expected 300, but an astounding 3,000 participants showed up! It sounds like a logistical nightmare, but the crew rose to the occasion. But just how they managed this miracle remains a mystery.

Father Abel Lopez arrived at 11:00 to bless the food and was joined by Father Joseph Dondero for the Mass.

And then people ate. And ate.

The meal was meatless, of course, in accordance with Lenten requirements. Pasta alla Milanese provided the foundation, supplemented with traditional home-cooked dishes enthusiastically supplied by members' families, such as frittatas, calamari, caponata, and cardoni.

And, of course, a terrific collection of homemade dolci, including cannoli, biscotti, cuccidati, and pignolate. The altar was



The Day is described as one "full of love and joy," shared by multi-generations of families, and livened up by Italian music from Matteo Casserino, Tony Flores (both on mandolins) and John D'Anna (guitar). The celebration was not scheduled to end until midnight!

The first St. Joseph's Table was a huge success, well beyond expectations. It was a strong testament to the pull of tradition and peoples' need to hold on to their cultural values. It immediately became an an-

nual event, and the following year it drew even more people (well over 4,000) despite falling on a day of bad weather.

And forty-one years later, today's typical celebration would look similar. The biggest difference is perhaps that many of the homemade Italian desserts are often store-bought items. But otherwise the tradition has been faithfully carried forward.

And this year we will celebrate St. Joseph again, even though plans have necessarily been cut way back. But to find a way forward amid all of the restrictions is a really big deal and keeps the tradition alive until we can once again celebrate together.

So kudos to Kathy and Larry Lohman and to all of the committee members who are making sure we mark this special day. I am honored to be part of such a dedicated and generous organization.

ABOUT THE ARCHIVES...

There has been a delay in getting the digitized newsletters online, and it is unclear when that will happen. But if you are interested in seeing any of them, please email me.

As our archives continue to be digitized, they become searchable. This is an exciting new feature and an extremely powerful tool. In fact, the ability to quickly search through a myriad of photos, newsletters and scrapbook images is what made it possible to put this article together.

And it is allowing me to begin to move into the role of research librarian. So email if you are looking for some specific information. Much of our collection remains to be digitized, but we may find what you are looking for.

<u>librarian@iahfsj.org</u>.





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Click to launch:

- Arancini Cooking
- Italian Family Festa
- Sbandieratori
- Carnevale

NEW on the IAHFSJ YouTube Channel!

- Opera Night
- Sicilian Dancers
- Dinner Dances
- Scholarship
- Line Dancing
- Sacco & Vanzetti
- SUBSCRIBE HERE





From The Library

by Madeline Damiano, Librarian

The sequence of different cultures has made Sicily a fascinating place, quite unlike any other. -- Plato

A view from above ...

Most people view Sicily from above. As you look down on the island, you see it shaped like a triangle being kicked by Italy's boot. You admire its shorelines and see three small archipelagos (Egadi, Aeolian, Pelagie) scattered nearby. The island is close to North Africa. In fact its most southern city is slightly south of Tunisia's northern promontory. One of Sicily's islands is closer to Tunisia than it is to Sic-

ily. Not far to the right sits tiny Malta, an independent nation of half a million souls.

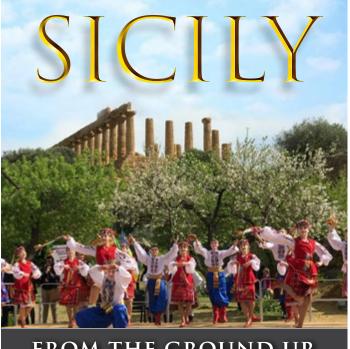
As you home-in, you learn than about 6 million souls are clustered around three major urban areas: Palermo, Messina and Catania. Examining the map, you find that the island is divided into 9 provinces with Palermo as its capital. Descending further, you identify Mount Etna, an active volcano as the highest peak. Stromboli, one of the eight Aeolian Islands, is another active volcano. The northern rocky coast opens up to the blue Tyrrhenean Sea. The east coast faces the Italian boot and is bathed by the aguamarine waters of the Ionian Sea. The southern part is flatter and it looks out to the majestic Mediterranean Sea from fine sandy beaches.

As you descend further down, you come to admire its vast wheat fields in the center, the olive and orange groves in the north and east and the vineyards to the southwest. Small oases of artichokes, tomatoes, eggplant, prickly pears and an assortment of fruit trees dot the island.

You reach ground. You tour the island and admire the remnants of several invasions and conquests ... Phoenician, Greek, Carthaginian, Roman, Arab, Norman, German, French, Spanish and Italian. You learn that the island was colonized from the west by the Sicani from the

Iberian Peninsula around 2500 B.C. and later by the Sikels who descended from the Italian Peninsula around 1500 B.C. before the Phoenicians and Greeks arrived.

You stop at several trattorias and rosticcerias and sample the local fare. You notice the influence of the Arabs, French, Spaniards and Italians on the local cuisine. You are introduced to a variety of fine wines and spirits. You sample the must-try dishes of Sicily: arancini, caponata, red prawns, busiate pasta, pasta alla Norma, pasta



FROM THE GROUND UP

with sardines, stuffed sardines, swordfish tournedos, cannoli, granita with brioche and cassata.

You think you have seen or tasted it all and that you now have a good grasp of the island's culture, traditions and contradictions. You are mistaken! You have just scratched the surface. You have a superficial knowledge of one of the most complex places on earth.

A view from the ground up ...

Up until the late 1980's, Sicily's infrastructure was primitive. Thousands of small towns and villages

were built in remote and hard to get to mountain regions that enabled them to defend themselves from invasions, marauding pirates and other unwelcome visitors.

Many of these villages were isolated for centuries. To survive, people worked the fields and raised animals. They traded their surplus with nearby towns. Lacking access to the sea, the only fish that they could eat was salted cod (baccala"), preserved tuna in olive oil and salted anchovies and sardines.

There are three towns in Sicily that illustrate the prevailing conditions of 50 years ago. Piana degli Albanesi and Contessa Entellina are two cases in point. Immigrants who escaped the Ottomans' conquest of Albania settled there. To this day, they speak medieval Albanian and practice the Eastern Orthodox faith. They have retained centuries old traditions.

San Fratello is another case. This town is in the province of Messina. Adelaide del Vasto, the wife of Norman King Roger I, founded it around 1000 A.D. The townspeople refused to participate in the Sicilian Vespers rebellion. Sicilians defeated the French occupiers. The townspeople of San Fratello were ostracized for almost 700 years. They speak a medieval Gallic-Italian dialect unlike the Sicilian language.



Changing assumptions ...

Sicilian cooking is provincial while Italian cooking and its cousins, the French and Spanish cuisine, are regional. The same dish is prepared differently in other parts of the island. Same names yes, but different results. You can find couscous in trattorias around the Trapani province while no other part of the island offers it. You can eat the signature muffuletta sandwich in Palermo or nearby places, but you don't find it anyplace else except in New Orleans.



With modern travel and communications, many recipes are now shared across provinces and regions. However, many dishes maintain their unique flavor because of the local ingredients used to make them.



Another way to savor the island ...

The Sagra of the Prickly Pear is held from October to December in Militello (population 7,800) in the province of Catania. You will find another in Rocca Palumba (Palermo). It celebrates the prickly pear, an exotic fruit that grows in arid regions. The fruit is multi-colored: red, yellow, white, green and purple. It is harvested during autumn. It can be stored for the winter months. Locals make a mostarda (thick paste) that is dried under the hot Sicilian sun and stored in a dark place. In winter, the morsels turn white and sugary. Children are especially fond of this treat.

In late October people come to Cesaro' (population 2,572) in the province of Messina to celebrate the Sagra of the Porcini Mushroom and Black Pig. Tastings and musical groups help visitors discover the flavors, scents and sounds of the local traditions. The black pig is found in Sicily as early as the arrival of the Greeks and Carthaginians. The pig can be found roaming throughout the Nebrodi Mountains. Locals make sausages, salami, prosciutto and other charcuterie. The porcini mushrooms grow in the woods and are harvested by locals and cooked in several ways.

In the middle of September, thousands of visitors come to San Vito Lo Capo (population 4,415) in the province of Trapani to attend the Sagra of the Couscous. Couscous is well-known throughout the Maghreb (Algeria, Mauritania, Morocco and Tunisia). It is called the dish of peace. Folks from West Sicily share the experience with their North African cousins. Visitors sample many renditions and learn how to make it. North Africans typically make it with lamb or mutton. Sicilians make it with fish. Visitors can peruse exhibits from Morocco, Mauritania, Algeria and Tunisia.

During autumn in Capizzi (population 3,347) in the province of Messina, you can attend the annual Sagra of the Truffle. The truffle is one of the most expensive condiments. This sagra is dedicated to those who love the truffle and fine dining. In addition to demonstrations of its use, visitors can take guided tours of the territory, laboratories and shows of traditional and cultural practices. You can sample the truffle

in a variety of local and international dishes.

On April 25th Cerda (population 5,391) province of Palermo holds the Sagra of the Artichoke. This sagra celebrates the artichoke, a local product produced in large quantities for export. There are folkloric dances and exhibition of the many ways the product is used. Visitors are introduced to an abundance of applications: pickled, fried, stuffed, steamed, roasted, in omelets and in gelato. You can sample it in pasta dishes with red sauce or simply with olive oil. Historians claim that the plant has its origins in the Mediterranean basin.

In early March, the provincial city of Agrigento (population 58,323) hosts the Sagra of the Flowering Almond. It welcomes spring and renewal. Multiple folkloric groups from different parts of the globe attend the festival. It starts with a sunset visit to the Valley of the Temples and it closes with a caravan of artistic and decorated Sicilian carts. In ancient times, Homer wrote about the flowering almond. He tells us that the goddess Athena, touched by the death of a devotee, created the flowering almond.

In Centuripe (population 5,599) province of Enna, locals celebrate the Sagra of the Blood Orange during the last week of February. The small town is one of the most beautiful on the entire island. During the sagra, it becomes a great spectacle of many agricultural and traditional practices. Centuripe sits at an elevation of 2,200 feet above sea level. Nearby there are ancient ruins from the first and second century B.C. The zone is known for a special variety of sweet blood orange. Visitors can sample a variety of products that use the orange as the primary ingredient ... juices, marmalades, spirits and dishes.



In November, folks in San Salvatore di Fitalia (population 1,378) in the province of Messina showcase the Sagra of the Chestnut. Visitors sample dishes prepared with chestnuts such as pork cutlets in chestnut cream, pizza made from chestnut flour, chestnuts roasted on an open fire, soups and other concoctions. A visit to the local frantoio (olive press) demonstrates how olive oil is made. Edible wild mushrooms grown under the chestnut tree are prepared and used in a variety of ways.

In Vizzini (population 6,409) in the province of Catania, locals celebrate the Sagra of the Ricotta and of Cheese. Ricotta and a variety of cheeses are produced throughout the island. In Vizzini, you can



taste the best ricotta and the best cheese the island has to offer. The best ricotta is made with sheep's milk and it is made daily. Sicily boasts unique cheeses such as the pecorino pepato, caciocavallo, piacentinu ennese, calcagno, maiorchino, ragusano and ricotta salata. You can sample them fresh (primo sale) or aged.

At the end of September and beginning of October, Bronte (population 19,234) in the province of Catania hosts the Sagra of the Pistachio. The green pistachio of Bronte is world-renowned. Gastronomic demonstrations, shows and exhibits are held in multiple piazzas throughout the town. The pistachio is used in a variety of pasta dishes, sausages, savory dishes, ice cream and desserts. The rich volcanic soil contributes to a product highly acclaimed by gourmands and chefs. Perhaps this is the best of all the sagre held in Italy and attracts thousands of visitors each year.

There are sagre that celebrate the harvest of cherries, filberts, olives, manna and mulberries. Other sagre are dedicated to fish, sausages, fried pizza, sfingi, cannoli and specialty pastas.

Eat what you like and let the food fight it out inside. -- Mark Twain



Food that travels the least ...

Sicilians love to shop daily for their food. They prefer open markets and local vendors. If they want to buy bread, they go to the local baker. If they want to buy fish, they visit their trusted monger. If they want to purchase meat, they drop in on the local butcher. They don't trust processed food because they don't know when it was produced, by whom or how.

Sicilians love slow food and the freshest of ingredients. A local saying teaches us that food that travels least is better food.

Tomatoes that ripen on the vine are sweeter and have a pleasant scent. They are not refrigerated, otherwise they taste like cardboard. Fruit that ripens on the tree has a natural smell and sweetness. They don't taste like the plastic that they are shipped in.

Remember, food that travels least is better for you and it tastes a lot better!

Ciao ... -- Article by Antonio Tasca 🔊

UPDATE: As our president was writing his article about his visit to Mt. Etna yeas ago, it started erupting again on February 16, 2021. So far, there have been no injuries or deaths, just frightening and beautiful displays of it's majesty."



Photo by AP Photo/Salvatore Allegra



Photo by Davide Anastasi/LaPresse via AP



Our February Zoom cooking class featured one of my favorite Sicilian desserts, cannoli. This delightful dessert consists of an outer tubelike shell, stuffed with a sweet ricotta filling.

Although the history of cannoli is unclear, it is believed that they originated in the city of Caltanissetta, Sicily, during Arab rule. According to legend, the cannoli recipe was handed down by Muslim women to the Christian nuns of Caltanissetta who began to create the delicacy during Carnevale and later enjoyed throughout the year.

This sweet confection is extremely popular in my village, Piana degli Albanesi, Sicily. In fact, not only

is Piana known for its delicious cannoli, it is also recognized for the largest cannolo in the world. If you click on this link you will see an example of the world's largest cannolo: https://www.youtube.com/watch?v=ah8EtLg9liU

The class was divided into two parts, first the preparation of the shell and second the preparation of the ricotta filling.

In the first part, I demonstrated how to prepare the dough for the cannoli shell by mixing it, rolling it out with a rolling pin, cutting it into circles, wrapping it around aluminum tubes and then deep frying the dough in oil.

During the second part, I taught the class how to make the basic filling for the cannoli. This included ricotta cheese, whipped cream, sugar, vanilla, cinnamon and chocolate chips. Although the cannoli filling taught in the class is the most popular, the variations are endless.

If you missed the class, you can catch it on YouTube at: https://www.youtube.com/watch?v=0DxayyTZFSs

Also, if you would like to try making cannoli, here is my recipe. This recipe makes approximately 28 cannoli.

INGREDIENTS

Shells

- 1 ¾ cups all-purpose flour
- 1 ½ Tbsp. granulated sugar
- ¼ tsp. salt
- 3 Tbsp. unsalted butter, diced into small pieces
- 1/3 cup marsala wine, then more as needed
- 1 large egg
- 1 egg white
 - Vegetable oil for frying (about 8 cups)

Filling

- 32 oz. whole milk ricotta, strained
- 1 cup heavy cream
- ½ cup powdered sugar
- ¾ cup mini chocolate chips
- 1/4 tsp. ground cinnamon
- 1 tsp. vanilla
- Maraschino cherries

INSTRUCTIONS

Cannoli Shells

Preparing the dough using a food processor:

- Add flour, sugar, and salt to a food processor. Pulse in short burst 10 times.
- Add butter and pulse in short bursts just until there aren't clumps of butter.
- 3. Add in the marsala wine and whole egg. Pulse to mix well and add additional wine (approximately 2 Tbsp.) to bring dough together.
- 4. Shape into a round ball and transfer to an oiled bowl. Cover and let rest at room temperature at least 30 minutes and up to 2 hours.

Preparing the dough by hand:

- 1. Mix dry ingredients in a mixing bowl.
- 2. Cut butter into dough using a pastry cutter or fork.
- 3. Mix in egg and marsala wine with a wooden spoon. Add more wine (approximately 2 Tbsp.) to bring dough together.
- 4. Knead until smooth and shape into a round ball. Transfer to an oiled bowl, cover and let rest at room temperature at least 30 minutes and up to 2 hours.

Next steps for both methods:

- 5. Heat the oil to 350-360 degrees (you can use a heavy pot or a deep fryer).
- Take half of the dough (keep the other half covered in bowl) and roll it out on a well-floured surface until it is very thin, about 1/16 of an inch.
- 7. Using a 4-inch diameter cookie cutter, glass, cup, or small bowl, press into the dough to cut into circles. Remove excess dough around each circle.
- Spray cannoli tubes with cooking spray and wrap each circle around a cannoli tube. Use a little of the egg white on the edge of each round, pressing to seal it shut.
- 9. Using tongs, carefully immerse shell in preheated oil and fry until golden brown and crisp, about 2-3 minutes. *continued* >>>



- 10. Using tongs, remove cannoli shells and drain on paper towels.
- 11. Remove shells from forms, let forms cool and repeat process.
- 12. Let shells cool completely then fill with cannoli filling.

Cannoli Filling

- 1. Strain ricotta by placing a strainer over a bowl and covering the strainer with cheese cloth. Spoon the ricotta onto the cheese cloth, cover and leave in the refrigerator for 8 to 24 hours.
- 2. Using an electric mixer beat ricotta at medium speed until smooth.
- 3. In another bowl, beat the whipping cream until it reaches a thick consistency. Add powdered sugar in small amounts, beating after each addition.
- 4. Add vanilla, cinnamon and chocolate chips and mix well.
- 5. Fold the whipping cream mixture into the ricotta.

- 6. Fill the cooled cannoli shells with the ricotta mixture using a knife or pastry bag.
- 7. Arrange maraschino cherries on ends.
- 8. Dust shells with powdered sugar before serving.

Variations for the filling

The filling can also include dried fruit, glazed fruit, orange and/or lemon zest, chopped nuts.

Variation on the shells

Prior to filling the shells, the ends can be dipped in hot, melted chocolate and cooled, then filled with the cannoli filling.

Our next Zoom class will be taught by Marie Dalldorf on Friday, March 5th. Marie will teach us how to make Ricotta Gnocchi. You don't want to miss this class!

Reading Carmine Vittoria's partial biography, Bitter Chicory to Sweet Espresso, of growing up in wartime and post-wartime Italy, brought a flood of memories. For many Italian American families, the war years were a very conflicted time. Mussolini's Italy was a belligerent country, declaring war on the United States. Prior to the war, many Italian born residents were very pro Mussolini and what they perceived was the improvements he was making to the fabric of Italian life. The war changed all that, with Italian Americans composing the largest ethnic group in the US armed forces. Even so, many of these same GIs had extended family in Italy including siblings, uncles, aunts, and grandparents.

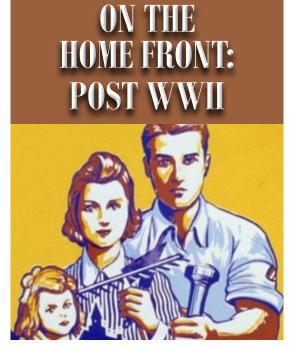
Carmine wrote his book from an Italianborn perspective, yet from a USA-born

perspective, there was another part of the story, the concern and worry about their kin in war-torn Italy. If there is one truism about Italian life, the family is paramount. Some of these bonds were destroyed by the war, some were reestablished, and some were connected by the need to try to help their families in Italy. Carmine noted in his book how critical a check from the USA from a grandparent was so vital to the existence of his family.

In many ways, that scenario was played out literally by thousands of families in the USA, who dutifully did clothe drives to send to their families in Italy, along with postal money orders. Even Italian American lodges and fraternal organizations adopted war relief projects. Those stories really have not fully been documents, and fast becoming lost in the collective memory of many families.

Even among immigrants today this is also a very common phenomenon, but it is electric remittances instead of postal money orders. Any disruption of immigrant life in the USA still has this domino effect upon the home country and untold lives in similar ways it was for Italian

American families on both sides of the pond.



For me as an Italian American, my earliest memories of the matter were discussions on what the family was to send, and when to send it (Usually in time for the holidays, and Easter). They were sent by boat, not air, so it was about a 2-3 month time lag, and there was always the fear the package would end up on the black market. Eventually, postal money orders were more practical, but for the longest time, the packages were part of the holiday routine. Like immigrants today, the packages and money sent represented a hardship on family finances. I recall a great aunt saying they sometimes went without items to sent the same items in packages abroad. I later learned that the "care packages" as they were known, were part of an orchestrated effort by the US government to re-

establish the economic links between Italy and the USA, in order not to vote for the leftist parties in Italy, fearing an Italian alliance with Russia. I don't think many Italian-American families knew or cared about the big picture but they did care about their families and their economic plight. I recalled when I first visited my cousins in Calabria, they talked about the packages, and I asked how did one even know what to send. My cousin Carmino noted they would send back a thread with a knot, and that would indicate the size for shoes. We had a good laugh over it, but there was a tear or two, over recalling the hardships they faced. Hopefully, these times will never come back to Italy, or even the USA; however, these same experiences are being replayed across the globe today, just replace Italy with another conflicted society. The bottom line is Carmine's book brought out the human side and the cost of war. Not the so-called great battles, and posturing of generals and leaders, just the "collateral damage", which it turns out was not so "collateral" Learn more about Carmine's book in his zoom presentation on Thursday, March 11, at 7 PM. -- Article by Ken Borelli 🦱







The Florios of Sicily

by Stefania Auci

Thanks so much to a dear IAHF member who recommended this book to me. If you are Sicilian ancestry or love Sicily this is a book for you! My grandmother was Elizabeth Siciliano, so I think I certainly can claim heritage.

The Florios of Sicily is a saga based on a true story that spans three generations of the Florio family beginning in 1799, Bagnara, Calabria. Through the Florio

family's humble origins and rise to success we are able to experience the struggle and suffering in Sicily through the long process of unification and modernization.

Having lost their parents and many relatives in a violent earthquake which devastated their town, the Florio brothers, Paolo and Ignazio and Paul's wife, Giuseppina, leave their village and move to the island. Remember at this time the south of Italy was known as The Kingdom of the Two Sicilies. In Sicily the brothers hope to carve out a successful existence in the spice trade.

As you might guess, the family was not well-received in the very closed Sicilian society. Strangers were not welcomed to compete for business; but Paulo was a tough, hard man and was simply unstoppable. He had a natural business acumen and eventually became respected for his fairness. Nevertheless, Paolo was always dissatisfied because no matter how hard he worked or how much money he made he still did not achieve the aristocratic status he so desired. One had to be born to that. Status and the struggle to achieve it is the theme of the book and manifests in many characters.

The Florio family is not a happy family. Yes, It is a story of financial achievement but it is overshadowed by dissatisfaction, loneliness and unrequited love. The wife, Giuseppina is representative of all women of that time in history. She has no control over her life and suffers because of the decisions forced upon her. Her beloved sweet baby, Vincenzo is the only light in her darkness. Sadly, the material improvements in her life do not lighten her depressed mental state. Happiness is simply not in the cards for Giuseppina.

The brothers' business expands and flourishes and the men enjoy their wealth and the respect it earns them even though aristocracy is out of reach. Their blood is never going to be blue! The child, Vincenzo, grows up to be a very interesting character. He is his own man and while being respectful of his family, he makes his own decisions. Vincenzo's love life with Giulia occupies a good portion of the second half of the book and provides a good glimpse of 1800's Sicilian culture.

The Florios of Sicily is a translation into English from the original Italian. Since I love languages, I loved that the author opened each chapter with a Sicilian proverb. That just sparkled for me. Each opening proverb echoes the theme of the chapter. The translation of the novel is very good, at times a bit stilted. Also, this is not a romanticized view of old Sicily. Times were tough, hard and mean and the writer clearly demonstrates this. The Floris are basically a sad, aloof family with unfulfilled hearts. Perhaps the character with the most animas is Vincenzo's lover, Giulia. She brings vibrancy and ultimately some satisfaction to this very interesting and historically researched family saga.

LINDA BINKLEY'S

Italian Word or Phrase of the Month

Eccolo qui! Here it is!

Ecco is an important word to know. It appears frequently in conversation. It is derived from the Latin "ecce" which you might remember from the old Latin mass. "Ecce agnus Dei" - "Behold the lamb of God."

We can translate "ecco" as "behold" or "here it is."

But of course, it's not really that simple. Even in Italian, *ecco* is in a category all its own. Literally.

In grammar *ecco* is called a presentation adverb. It is used to show, present, or announce something. You can find it alone or connected to pronouns like *eccomi*, *eccovi*.

"Eccovi, cari bambini." "Here you are, dear kids!" "Eccoli qua, I libri che volevi." "Here they are, the books you wanted."

These *ecco* phrases are often used to announce the arrival or appearance of someone or something, particularly if it's awaited. *"Ecco il treno."* "Here's the train."

Ecco can actually translate "behold" "Ecco il mio capolavoro!" "Behold my masterpiece!"

Ecco can also express dismay "Ecco! Ho dimenticato di nuovo le chiavi!" "Look at that, I forgot my keys again."



ART NEWS

BOTTICELLI SELLS FOR \$92M

Trophy art is alive and well despite the pandemic. A Sandro Botticelli portrait sold for \$92 million at Southby's auction house in New York. The Renaissance portrait is titled Young Man Holding a Roundel. The subject young man is unknown but likely a Medici family member since the Medici were Botticelli benefactors.

The 15th-century work, which has also been known as Young Man Holding a Medallion, had been expected to sell for more than \$80 million. Sotheby's said it was one of the most significant portraits of any period ever to appear at auction. The Director of Old Masters paintings, Christopher Apostle is quoted "there are a number of artists that ...are Olympian really in their genius. And Botticelli is one of those."

The buyer has not been made public. The previous owner acquired the masterpiece at an auction in 1982.

-- Article by Linsda Binkley 🥌





And we at the IAHF are invited to sample an array of their delicious cannoli product! We have worked out a special offer with Jamie Whitmire, Executive Chef/Owner, of a sampling of 6 small cannoli, from the traditional to the creative, with flavored fillings, very popular these days.

It certainly is timely that we are providing this special activity since at our last month's cooking class Lucia Clementi shared with us her recipe for making the classic cannoli. That program can be viewed on our website. If you would like to try a delicious short cut you can take advantage of this special offer that Holy Cannoli is making to benefit the IAHF. I did just that and ordered two large pistachio and grand mariner cannoli last week and will be going back again soon. They were delicious.

On Friday, March 26, they will make six-pack samplers available at the IAHF for pre-ordered pick-up, for \$20.00 (approximately 3 inches long) for each six-pack. The 6 pack selection will include 2 traditional

creams, 1 with chocolate chip, 1 with glazed fruit, 1 with pistachio, and 1 Grand Mariner. No substitutions. You will be able to pick them up at the IAHF from 10:30 AM to 2:30 PM. They will all be fresh, and if you want to save them for a day or so later you can freeze the six-packs until ready to use. Usually within a two-week freeze life.

To order send in your check payable to the IAHF, cash, or IAHF online visa order by March 24th. Your order will be ready for pickup on Friday from 10:30 am to 2:30 pm

You can also visit Holy Cannoli located at 138 East Santa Clara St. between South 3rd and South 4th Sts. Parking can be an issue, especially with the new bike lane and parking markings. If you order from the IAHF you can pick up your sampler pack at the IAHF as a drive-by in our parking lot similar to the Sons of Sicily Meat Sales. Their website is https://www.holycannolisj.com

-- Article by Ken Borelli

TAP HERE TO ORDER



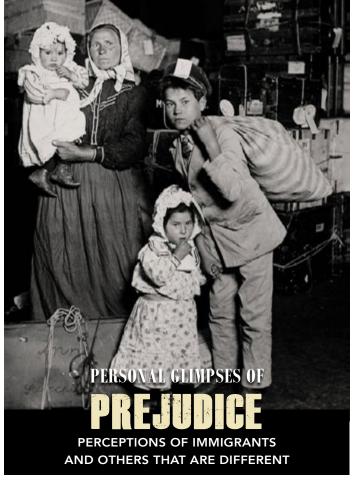


Belief systems go beyond the bounds of nature. It can cause harm and create inequality. I hesitated and labored for days trying to determine whether prejudice, xenophobia and ethnic profiling should be included. Each is built on the perceptions of others, often different from our group norm. We are currently experiencing a resurgence of ethnic and racial hostility. Prejudice now is no longer as subtle as it's been for many years. It is now contentious and direct. I decided to broach this controversial subject for a number of reasons. I must admit that my third generation family in the US seldom received blatant discrimination. However, as a 12-year-old, I experienced residual prejudice, which I shall never forget.

Sally was a fellow eighth-grader

at my parochial school. Her family was Dutch but had been in the United States for several generations. I had a puppy love crush on Sally at that time. I would call her and talk for several minutes. Our conversations were very mundane and quite harmless. During one of our talks, I overheard her father say, "You're not allowed to talk to that "GREASY DAGO!" It hit me like a rocket blast. Sally was sweet, but her father was clearly xenophobic, and I later learned he was quite a racist. We remained friends, but the message was quite clear, stay away! My budding puppy love and infatuation were abruptly extinguished, and another critical learning moment had just occurred.

Digressing a bit, the revised immigration laws of the 1920s were established to restrict Southern Europeans significantly. According to the Army's Alpha test given to all World War I recruits (and administered only in the English language), Italians, Greeks, Spaniards, Slavs and Jews were determined to be illiterate, unintelligent and bordering on learning disabled. Colonel Yerkes, the commanding officer overseeing the test administration, later became the prominent Dr. Yerkes. He received his Ph.D. from Harvard University and eventually became a prestigious professor at Yale University. As a result of his testing, he urged Congress to restrict the feeble-minded Southern Europeans from future immigration. Thus, the severe immigration limitations of the 1920s were based on those same Army Alpha IQ scores, administered in English to non-speaking Southern European immigrants. Ironically today, those feeble-minded American Jews and Italians are now considered among the wealthiest and most successful ethnic groups in the United States. Surprisingly, the Army Alpha continued to be used, even when I was tested for officer training for the US Army in 1960.



As I reached adolescence and later young adulthood, it became more obvious that some less appreciated my nationality while readily being accepted by others. Then, movies such as "The Godfather" and "Goodfellows," as well as some TV series such as "The Sopranos" and "The Untouchables" had an effect. In the process, I received many ambivalent messages about my ethnicity. I was proud to be of Roman stock but embarrassed by the Mafia. I was incensed by the portrayal of Italians as sleazy, inarticulate, animalistic and crude. I was proud of my relatives and ancestors. I remained proud of my heritage, culture, homeland, food, art and scientific discoveries. I was also proud of its history and its persistence, sensitivity, tolerance, genuineness and democracy.

I remain supportive and sensitive to all ethnicities but saddened by how each new set of immigrants, whether Mexicans, Vietnamese, Chinese, Jews, middle-Easterners or Slavs, are initially chastised and often unaccepted. Unfortunately, like the rites of adulthood, the rights of citizenship can be designed dangerous, difficult and painful.

We as Americans need to hold our heads high, triumphant and proud of all our heritages. We should, as Americans, reclaim the importance of diversity and the uniqueness of all cultures. 'Vive le difference!' We need to continue integrating, appreciating and honoring all of our fellow brothers and sisters. It was this diverse melting pot that produced such a great nation. We are indeed indebted to our immigrants.

The Statue of Liberty conveys this same message: "Give me your tired, your poor, your huddled masses yearning to breathe free... Send these, the homeless, tempest-tossed to me, I lift my lamp beside the golden door."

May you have the sense to weigh your thoughts and feelings to understand and accept others as equal yet different. They are to be loved and appreciated as brothers and sisters as part of our enormous human family.

And please, I entreat you, remember your perceptions become your reality. That's why you have mirrors and scales to provide you with reality as it truly exists. Live life with your eyes, your ears and your mind wide open. Education, a thirst for learning, good listening and valuable feedback will help you adjust your beliefs to be more in sync with true reality.

"Doubt is not a pleasant condition, but certainty is an absurd one."

—Voltaire



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-- Article by Dave Perzinski / Membership Chair 🥌

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Now is time of year that we reach out to our members, past and present, to renew their membership. Your membership is much valued by all our board members and officers. All the work at the Italian American Heritage Foundation done by board members and officers is volunteered; no one on the board, including our president, our treasurer, or our committee chairs gets paid a dime. We rely on your support through your generous donations and continued membership to keep our organization alive and well. Due to recent restrictions on getting together in large groups we have been not been able to generate the normal income through events and hall rentals. So please renew your membership and help us keep Italian-American heritage a proud statement for generations to come.

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PROFESSIONAL EXPERIENCE

Rosetta is a full-time, professional real estate agent assisting in buying and selling homes in all of Santa Clara County. Throughout the years, Rosetta has earned many achievements and awards such as International Presidents Elite, Top Listing Agent, Top Buyers agent, one of Silicon Valley's Top 100 agents and Top Producers with over 19 years of sales, marketing, trust, probate and negotiation experience. Rosetta takes pride in providing 100% quality service to all her clients and has earned an impressive reputation in the real estate community. She is known for her exceptional work ethic, effective communication skills, attention to detail and fierce negotiating experience. With her clients' best interests at heart, Rosetta understands the meaning of commitment and dedication.

EDUCATION

Since obtaining her California Real Estate license, Rosetta has attended mandatory legal classes, completing various state-required programs, such as Real Estate Principals, Real Estate Appraisals, 1031 Exchange Reinvestment Plan, Limit Liability Company for Reinvestments, Protecting the Fee, Due Diligence and Disclosures, Agency Fair Housing, Trust Funds, Ethics and Risk Management, Survey Course and Risk Management. Professional Philosophy Rosetta's passion and philosophy have always been to put her clients best interests first, provide every client with the highest of business ethics, commitment and 100 % excellent quality service. Building a lifetime relationship by earning the respect and trust of her clients, is her ultimate goal.

Professional Affiliations ____

- California Association of Realtors
- National Association of Realtors
- San Jose Real Estate Board
- Re-Infolink Multiple Listing Service

Personal Background _

Spending quality time with family and friends, exercising, running and giving back to the community.

It is my ultimate goal, as your professional real estate agent, to provide you with quality service, exceed your expectations and make your real estate transactions a positive and painless experience. My overall local expertise and extensive real estate experience will benefit you whether you currently are selling or buying a home, or are a returning client checking out the many homeowner resources I offer.

Croviding the Quality of Service You Deserve!



