

# IAHF NEWS

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](http://WWW.IAHFSJ.ORG)

JAN PRINZIVALLI / IAHF NEWSLETTER EDITOR-IN-CHIEF



## PRESIDENT'S MESSAGE ~

It started with a beautiful warm sunny day, a festive atmosphere, plenty of volunteers and teamwork, smells of food drifting through the Hall and the excitement of people coming together again after being too long parted. The Welcome Back Harvest Festa brought back smiles, camaraderie and a sense of togetherness. After the opening ceremonies orchestrated by Cathy De Maria and the benediction by Father George Aranha, the American Anthem was sung by Daniel Burns, the Italian National Anthem was sung by Bianca Vallorz, followed by presentations by City Councilmen Raul Peralez, and Honorary Consul of Italy in San Jose and IAHF Past President, Sal Caruso. It was a pleasure to have California Senator Dave Cortese welcome everyone and co-chairs Ken Borelli and Nanci Wilborn got the festivities underway. Also attending were City Councilman Matt Mahan and County Supervisor Cindy Chavez.

A host of vendors with intriguing gifts from Italy started us thinking of shopping for the Holidays, which was also represented by the See's candy sales and even discounted postage stamps to start mailing those holiday greeting cards. There were plenty of interesting lectures, displays, drinks, Michael Zampiceni on the accordion, children's activities and what a selection of food. As the first major event for the IAHF since the pandemic, we did not know what to expect. The staff and volunteers did an incredible job and by the time the band Dialetti Imperfetti started playing that night, the dance floor filled and the Hall came alive. Our 50:50 raffle was won by none other than Stanley Olivar. A truly wonderful event, well-staffed and executed, with proper safety protocols, and too many volunteers to list. I am already looking forward to our grand Opera Night and Festa di Natalie to round out the year.

On September 28, I was invited to represent the IAHF at the Italian Consulate in San Francisco for a reception to welcome our new Italian Consulate, Sergio Strozzi. There were about 30 organizations gathered which came together to welcome the staff at the Consulate and to see how our organizations could come together to support each other and to unite the Italian Community. A large part of the focus was on the Italian Heritage Day celebrations in San Francisco and improving communications between the organizations. Dott. Strozzi seemed very interested in learning about the City of San Jose's deletion of Columbus Day without replacement or any recognition of Italian Heritage. He also wanted to help the Santa Clara County and the Metropolitan City of Florence, Italy, Sister County Commission reestablish a connection with their Italian counterparts. See page 11 for photos.

This month, we will be hosting the IAHF General Membership Meeting at the Hall. At this meeting, you will learn how we have managed through the pandemic and our reopening, you will meet the candidates who are running for the Board of Directors and you will enjoy a specially prepared meal! We will look to the IAHF members to select those applicants with the management and financial skills, vision and direction to define the future for the IAHF.

As I near the end of my presidency, I find there are many dreams left on my pillow. With the onset of the pandemic early in my second year, all focus shifted to financial sustainment of the IAHF. Plans for recruiting a younger demographic, Sunday family dinners at our BBQ, family game nights, children's activities and programs, dinner dances and not to mention our incredible Italian Family Festa all remain in my dreams. -- Felix Dalldorf / [president@iahfsj.org](mailto:president@iahfsj.org) ~

### • THE IAHF MISSION STATEMENT •

The Italian American Heritage Foundation (IAHF) is dedicated to preserving and promoting the spirit and passion of Italian heritage and culture. We welcome everyone that shares the same appreciation of Italy, Italians, Italian-Americans, and their many contributions to our community.



## PLEASE WELCOME OUR NEWEST MEMBERS

SINCE JULY 2021

- CARA DiMARIA-AYALA • LINDA & DOMINIC CIRINCIONE, PhD •
- ROSY McCLOSKEY • BARBARA BRUNASSO & MIKE OLIVER
- GARY & CHERYL SNYDER • VICTOR & KATHLEEN URZI •

# BIG SHOUT OUT



TO OUR  
SJ WORKS  
SUMMER  
INTERNS!

In preparation for the Welcome Back Harvest Festa, the SJ Works Student Summer Interns were given an assignment to develop a photo booth graphic for the event with an image that would represent something Italian. This group of students was exceptionally artistic and creative.

Myky Chau took up the challenge and created a design of a Piaggio, a three-wheeled small truck found everywhere in Italy. Other interns Emily Juliette Leyva (from the summer cohort), Emily Tran (from a previous SJ Works cohort) and Emily's brother, Nathaneal, stepped up to help paint the giant 4x6 foot image.

The interns took the challenge and developed a clear expectation of what they wanted to do. They worked countless hours on the design, development and creation of the photo board. The result was a beautiful, high-quality display that can be used for years. The interns drew on their individual strengths to create the image and then drew in other interns with appropriate strengths to successfully complete the assignment.

It was my pleasure to work with this great group of interns, and I sincerely thank them for their hard work, diligence and self-motivation without which it would not have been possible to have such a great display for our Festa. Not only did these interns work on this assignment, they also volunteered their time the day of the Festa to work at the "Giochi per Bambini," the "Kids Game Corner." The interns helped with face painting, pumpkin decorations, corn toss and other kids' games. This was only one of the contributions from the interns. A special thanks also to Jan Prinzivalli, who co-chaired the kids' activities with me. Without Jan's help, the event would not have been so successful.

We are happy to see a lasting relationship has developed with these interns. We hope to see them at our events in the future.

Millie grazie to these interns! -- Article by Marie Dalldorf ~



## NOVEMBER

November 4 / Cooking Class: Holiday Cookies with Kathy Lohman / \$25 members, \$30 non-members / At the Hall / 425 N. Fourth St., San Jose, CA 95112 Call IAHF Office at 408-293-7122 to RSVP

November 9 / Membership Dinner and Introduction of Board of Director candidates for 2022 / No charge to members / At the Hall / 425 N. Fourth St., San Jose / Call IAHF Office at 408-293-7122 to RSVP

November 18 / Regional Lunch and HOLIDAY RAFFLE at the IAHF Hall / 12 noon / \$25 members, \$30 guests / 425 N. Fourth St., San Jose, CA 95112 / Call 408-293-7122 to RSVP

## DECEMBER

December 3 / World of Italian Opera / At the Hall / 425 N. Fourth St., San Jose, CA 95112 / \$50 members / \$55 non-members / Students \$30 with valid student ID / Doors open at 6pm / Dinner Buffet at 7pm / Performance at 8:15pm / Call 408 293 7122 to RSVP

December 16 / Holiday Lunch / 12:00 PM / At the Hall / 425 N. Fourth St., San Jose, CA 95112 / Call 408 293 7122 to RSVP

Call IAHF Office 408-293-7122 to RSVP  
or register online <https://www.iahfsj.org/events>

It is important to call for reservations because so many of these activities have limited space and fill quickly.

Please call 408-293-7122 to RSVP.

The Italian American Heritage Foundation is located at  
425 N. Fourth Street, San Jose, CA 95112

## IAHF Events Health Policy

In an effort to keep our members safe, the IAHF has adopted the following policy:

All who attend an activity or event which takes place at the IAHF Hall will need to be fully vaccinated or present negative COVID-19 test results dated within 72 hours. This policy follows the guidance set by Santa Clara County and the CDC.

This means that when checking in at an event at the IAHF Hall, we will ask you to show your vaccination card or your QR Code on your cell phone from the State Registry (see below).

If you are not fully vaccinated (i.e., it has been a full two weeks since your second shot of the Pfizer/Moderna vaccine or two weeks since your Johnson and Johnson vaccine), you will need to show a negative Covid test from within 72 hours of the event.

Many local counties are implementing measures to require proof of vaccination to attend certain events or enter select venues. To facilitate proof of vaccination status, you can register your vaccination status at <https://myvaccinerecord.cdph.ca.gov>. With a validated registration, you will receive a QR Code on your mobile phone which you can show upon entry. This will serve as proof of your vaccinations at most venues.

– Article by Felix Dalldorf ~



## Do you have any IAHF event photos to share?

- The IAHF is collecting photos and videos of our past events!
- Please upload them to [tinyurl.com/iahfphotos](https://tinyurl.com/iahfphotos)
- You will find several folders by event where you can post your photos.
- If your photos are not digital, drop them by the office for us to scan - just let us know if you want them back.
- Think of the many memories we can share! Thanks so much!





On October 4th, we held a Welcome Back IAHF Harvest Festa for our members and their families. Since we've not been able to hold our Italian Family Festa for the past two years, we thought this would be a great way to open up slowly, invite all our members back and remind everyone that the Italian American Heritage Foundation is still in business!

I received nothing but compliments and praise from everyone I talked to! They were very thankful the event was held and run the way it was. These are some of the comments received:

- thank you for check of vaccine proof at the door
- thank you for enforcing masks

- thank you for not allowing the public in, making the crowds less as they came and went
- thank you for such an organized event
- thank you for all the volunteers who were so polite, and organized, as well
- thank you that it was well ventilated (all doors open)
- thank you for keeping it a small-scale event
- the student volunteers were so helpful and polite

The food was amazing! Penne al pesto, sausage and peppers sandwiches, spaghetti and meatballs, garlic bread, cannoli and gelato. It smelled heavenly that day!

The vendors had beautiful items on display for sale. And we ended the evening with live music from Dialetti Imperfetti who performed songs both in Italian and English. We are looking forward to bringing them back soon. A great time was definitely had by all!

Thank you to all who attended as well as to all of those who volunteered! We couldn't have done it without you. And for those who couldn't come, we missed seeing your happy faces and look forward to seeing you at our next upcoming events, the Membership Dinner and Night at the Opera.

— Article by Dana Zuccarello / Photography by Stanley Olivar





# CANDIDATES FOR IAHF BOARD OF DIRECTORS



MARIE BERTOLA



KEN BORELLI



LUCIA CLEMENTI



AZIE HABIB



ELISE HABRA



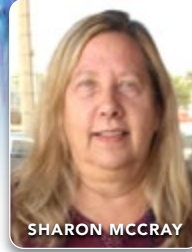
FRANK LOCICERO



LOUIE LOMBARDO



JOE LUCITO



SHARON MCCRAY



SETH MICHELSON



JOE ROSATI

## MARIE BERTOLA

Marie Bertola is a native of Turin (Italy). She is a Senior Lecturer of Italian at Santa Clara University where she is also the faculty advisor of C.I.A.O. (Cultural Italian-American Organization). She is involved in several professional and cultural organizations. She has been serving on the Board of Directors of the IAHF since 2013. She is currently the Commission Chair of the County of Santa Clara/Metropolitan City of Florence, Italy Sister-County Commission. When not teaching and mentoring students, she advocates for language education and Italian language programs in K-12. ~

## KEN BORELLI

I am a long time member of the Italian American Heritage Foundation. I have served as it's President and Vice President, and I currently chair its Cultural Committee, among other activities. I am a contributor to the newsletter, and a member of the Board of Il Museo in San Francisco and several other Italian American organizations. Currently, I am working on the IAHF pre-holiday raffle, World of Italian Opera, regional lunches and Cena Fuori. I am also a program facilitator for three IAHF grants: The City of San Jose Fine Arts grant, a coordinated Online Almanac grant with Comites, and a Special Library, Archive, and Oral History Grant with the County of Santa Clara. I am also an Emeritus Member of the SCC Child Abuse Prevention Council, and ACSW Child Welfare Consultant.

If elected to the board I would like to help with the post-Covid rebuilding and reconnecting with our membership. These days most non profits are experiencing challenging times and working on those challenges are of prime concern for the IAHF, as well as regrouping and getting back to basics which includes reaching out to and growing our membership base, while continuing to enjoy sharing our heritage with the community. ~

## LUCIA CLEMENTI

Hello Italian American Heritage Foundation members! I am running for another term on the Board of Directors. I served for the last two years and want to continue serving the IAHF membership. Prior to serving on the Board, I worked for 4 years as the Membership Chair. In addition, I have volunteered in the following areas: Administrative Assistant, co-chair and instructor of Cooking Classes, Scholarship Committee member, lecturer at Regional lunches, taught line dancing at events, worked on meal preparation for lunches and dinners, checked guests in at events, worked on the Festa Committee and at the Festa.

The IAHF is very near and dear to my heart because of my own Italian background. I was born in Piana degli Albanesi, Sicily, and my family immigrated to the United States when I was only two years old. In our home, Italian-Arbereshe values were cultivated and grown. My parents instilled in me and my brother those values. Those of family, home, love and yes, arguing when we needed to! Not to mention, lots of pasta! For me, my mama made the best pasta in all the world. After my parents passed away, I missed them so much that I needed something in my life that represented what they taught me. That's where the IAHF stepped in to bring my Italian family back to me. The IAHF has become my home away from home. Serving at the IAHF is my way of giving back to the Italian community and remembering my dear mama, papa and fratello. ~

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## AZIE HABIB

I became a member of the Italian American Heritage Foundation in 2018, and a Board Member in 2019. I was voted onto the Executive Board and became 2nd Vice President in 2019. I am in charge of the Hall rentals, running and stocking the bar, obtaining permits to use the bar and overseeing all of the IAHF facility maintenance.

I enjoy what I am doing, and I am happy to continue to serve. I look forward to serving again for the next two years in this role. ~

## ELISE HABRA

With Middle Eastern and German background mixed with Italian, I have been a member of the IAHF since 2017. I volunteered at the San Jose Italian Family Festa for a couple of years, stuffing cannoli and serving pasta and meatballs. I was born and raised in Wappingers Falls, New York, living there for 24 years which gave me a good foundation and background in Italian food, culture and people. I am eager to learn more about the Italian cuisine and regions.

I would love to contribute and share my knowledge of East Coast Italian American food with the Foundation. I have background experience hosting events at meetup.com. I am sure I can be a big help in organizing future events within the IAHF. I am eager to be involved in the decision making and how we can improve and enhance the IAHF, recruiting more members and having diverse programs and events. My favorite Italian activities are baking, cooking extravagant meals and traveling abroad. I also hope to learn to speak Italian. ~

## FRANK LOCICERO

I have been a member of the IAHF for over fifteen years. I am currently on the Board and am running for re-election. I want to continue serving on the IAHF Board in order to maintain the organization, work and foster support among other Italian American Clubs and expand our membership.

I am also a member of several other Italian American organizations including being a state and national officer of the Sons and Daughters of Italy and on their state governing board. Locally I am a member of the Amici d'Oro (past board member), Sons of Sicily, Italian Club at the Villages, Italian Heritage Arts and Cultural Foundation of Monterey (past board member). I also volunteer for all of the organizations noted. At the IAHF, I helped put on a special musical event featuring Frank Di Salvo and worked with Michael Lella throughout California, organizing readings from his book Beneath the Scarlet Sky. I also help with the Cena Fuori events and volunteer at many Foundation activities. In general, I also help secure speakers and events for all these organizations.

I am a retired teacher in California and also worked as a teacher at the US Embassy Schools abroad. I have hosted foreign students from several countries. I have also volunteered with SCC Mental Health Suicide Prevention. I just recently participated in the Italian Pride Parade in San Francisco, and I was one of the original chefs at the Gilroy Garlic Festival. ~

## LOUIE LOMBARDO

Louie is a retired Program Director from Lockheed Martin Space. He has extensive technical program management experience leading global, cross-functional teams across satellite, missile and space launch programs. Additionally, Louie has a background in strategic sourcing, supplier and risk management as well as systems engineering serving as Chief Engineer and Technical Director. Prior to these roles, his roles/skills included design, manufacturing and production management, test operations, advanced development and new business pursuits

Louie currently serves on the governing Board of Directors for Junior Achievement of Northern California and as an Advisory Board Member for the Silicon Valley chapter. He is currently Chair of New Board Member Orientation and has taught the JA curriculum in over 60 classrooms. Louie was previously Treasurer for his son's Boy Scout Troop and served on the Executive Committee.

He graduated from Santa Clara University with a Masters of Science in Engineering Management. His undergraduate degree, also from Santa Clara, was a Bachelors of Science in Electrical Engineering & Computer Science emphasizing in Microelectronics.

Louie lives in Willow Glen with his wife and enjoys traveling, photography, home improvement projects, woodworking and their two dogs. ~

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## JOE LUCITO

Born 1941 in Kansas City, moved to San Jose in 1966.

Worked as a Heavy Construction Superintendent 1967 - 1985; owner of Pottery Hut Ceramics 1968 - 1986; partner in Windsong Llama Ranch 1975 - 1989; owner of Lucito General Engineer Construction Co. 1986 - 1999; retired 2000.

Volunteer Work:

Board of Directors Home & School Club for Earl Frost School 1968 - 1972

Girl Scouts Camping & Instructor Coordinator 1973 - 1979

UNICO Raffle Coordinator 2008 - 2017

IAHF Cooking for St. Joseph's Day and Regional Lunches 2018 - present ~

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## SHARON MCCRAY

A California native with strong Italian/Croatian lineage, I have worked 37 years for the same organization, work that included everything from working with government concerning IRS, Secretary of State for non-profit organizations, sales taxes and property management. I conducted an audit of the IAHF in 2018 and am currently working on one for 2020/21 plus I coordinated the Bocce Tournament for six years (along with Ken) and spent many lunches serving Members of the IAHF lunch.

I am detail-oriented and a team player with social skills necessary to bring people together. ~

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## SETH MICHELSON

I am a Biomathematician with over 40 years of experience in R&D in both Biopharma and Biotechnology, focusing on the mathematical and statistical modeling of the biology of cancer. Prior to retiring from Genomic Health Inc (GHI) in 2017, where I directed Nonclinical Biostatistics, I was Chief Science Officer at Theranos, and VP in silico R&D at Entelos. At Roche Pharmaceuticals, formerly Syntex, I was Senior Director of Scientific Support Services and was responsible for areas ranging from mathematical/ statistical modeling in drug discovery, to the actualization of ultra-High Throughput Screening (uHTS). At GHI, I worked on prognostic assays using the molecular biology of cancer. I have published extensively in the peer-reviewed literature with more than 75 citations, and have authored or co-authored/edited four books in the scientific literature. I am also an inventor or co-inventor on four issued US patents and thirteen additional patent applications. I have also held faculty/teaching positions at Brown University, the Pharma Education and Research Institute (PERI), and UC Extension.

In retirement, I have served on the current IAHF Board for the last 6 months, I enjoy learning how to speak Italian and paint in oils. I continue to enjoy travel and photography. I am consulting in the Biopharm and Biotech Industries. ~

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## JOE ROSATI

Membri dell'IAHF,

My name is Joe Rosati, and I have lived in San Jose for the past 10 years after growing up in the Midwest. I am the proud husband to my wife Jenna, and father to our toddler sons, Giuseppe and Benedetto. My journey with the IAHF began in 2018 by signing up for Italian classes with Delia (which I highly recommend), and we've participated in some festivals and festas along the way.

I grew up in a household and community that placed high importance on maintaining our Italian-American heritage. This upbringing has inspired many decisions in my life, from studying Italian in college to vacationing to areas with a strong Italian-American presence and even to the choosing of the names for our sons.

As time has passed, I've gained a stronger desire to maintain an Italian-American heritage for my family and everyone in our greater community. There is a rich culture here in the Bay Area for us, and I hope to preserve and strengthen it for many generations to come!

I sincerely hope to be considered for the Board of Directors and, if elected, I look forward to offering my time, ideas and resources towards helping our mission.

Cordali saluti, Joe Rosati ~

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# ≈ ANNUAL MEMBERSHIP DINNER ≈

On November 9th, Tuesday, we will hold our annual Membership Dinner at 7:00 PM. This dinner/meeting will be free to all IAHF members. Be sure to join us for this event. This is more than a social get-together and dinner. At this meeting, you be able to learn about the business of the IAHF, including financials, membership, events, future goals, and past accomplishments. You will also be able to meet next year's Board of Directors. This is an important part of our organization that connects our general membership with those who make the decisions that help us maintain and grow our foundation, so please attend and RSVP at 408 293-7122.

-- Article by Dave Perzinski & Dana Zuccarelli

This poem is too beautiful so I wanted to share it! Perfectly and powerfully poignant! It is a poem by Prof Lee Tzu Pheng (Singapore Cultural Medallion winner)\*. She was formerly in the English Literature Dept in NUS (National University of Singapore).

This is a powerful poem on human friendship, and loving one another. -- Tony Cedolini

"We must learn to live together as brothers and sisters or perish together as fools."

Sip your Tea  
Nice and Slow  
No one Ever knows  
when it's Time to Go,  
There'll be no Time  
to enjoy the Glow,  
So sip your Tea  
Nice and Slow.  
  
Life is too Short but  
feels pretty Long,  
There's too Much to do, so much  
going Wrong,  
And Most of the Time You  
Struggle to be Strong,  
Before it's too Late  
and it's time to Go,  
Sip your Tea  
Nice and Slow.  
  
Some Friends stay,  
others Go away,  
Loved ones are Cherished but not  
all will Stay.

Kids will Grow up  
and Fly away.  
There's really no Saying how  
Things will Go,  
So sip your Tea  
Nice and Slow.  
  
In the End it's really  
all about understanding Love  
For this World  
and in the Stars above,  
Appreciate and Value who truly  
Cares,  
Smile and Breathe  
and let your Worries go,  
So Just Sip your Tea  
Nice and Slow."  
  
When I'm dead.  
Your tears will flow  
But I won't know  
Cry with me now instead.

You will send flowers,  
But I won't see  
Send them now instead  
  
You'll say words of praise  
But I won't hear.  
Praise me now instead  
  
You'll forget my faults,  
But I won't know....  
Forget them now instead.  
  
You'll miss me then,  
But I won't feel.  
Miss me now, instead.  
  
You'll wish You could have spent  
more time with me,  
Spend it now instead  
  
When you hear I'm gone, you'll  
find your way to my house to  
pay condolence but we haven't  
even spoken in years.  
Look for me now.

*\*"Spend time with every person  
around you, and help them with  
whatever you have to make them  
happy, your families, friends and  
acquaintances.\*  
  
\*Make them feel Special because you  
never know when time will take them  
away from you forever.\*  
  
Alone I can 'Say' but together we can  
'Talk'.  
Alone I can 'Enjoy' but together we  
can 'Celebrate'  
Alone I can 'Smile' but together we  
can 'Laugh'  
  
That's the BEAUTY of Human  
Relations.  
We are nothing without each other  
So Stay Connected!"*





# CENA FUORI

• SETTEMBRE 2021 •



Almost 50 of Ken's faithful foodies made their way to this San Jose iconic BBQ destination owned and operated by Sam Carlino, Jr.. If the Carlino name "rings a bell" with you, it's because his family owned and operated the famous Time Market for almost 40 years. The Carlino family has been in the food industry for 80+ years – as is so well evident by the gastronomical feast that was enjoyed at our Cena Fuori Settembre!

We gathered in their covered outdoor seating area that was comfortably arranged to satisfy everybody's seating needs. As is customary with our "foodie" group, we are also a "drinkie" group as was evident with the servers going back and forth taking drink orders for bottles of wine, beer and sodas!!

And – the Feast began! We started with a fresh Garden salad – nice! And then - to the surprise of everybody assembled – placed in front of each of us was this humongous oval platter overflowing with two slabs each of (VERY MEATY) BBQ beef ribs, a half rack of (VERY MEATY) BBQ Baby Back ribs, a quarter (VERY JUICY and MEATY) BBQ chicken, a bowl of seasoned-to-perfection housemade potato salad AND a bowl of seasoned-to-perfection housemade chili beans.

Bottles of Sam's famous BBQ sauce were provided just in case you wanted to enrich your BBQ experience even more! I think they probably ran out of take-home containers!

If that wasn't satisfying enough, we were then treated to a slice of homemade apple pie – a slice? More like a quarter of a pie slice of an apple pie rivaled only by that which your gramma used to make! Another take-home box please.

The lines soon formed in the restaurant to purchase bottles of Sam's flavor-filled BBQ sauce, validating the many accolades and awards that the restaurant has received over the years from Metro, Los Gatos News, Silicon Valley Home, San Jose Mercury News as the "Best BBQ Restaurant" with the "Best BBQ Sauce."

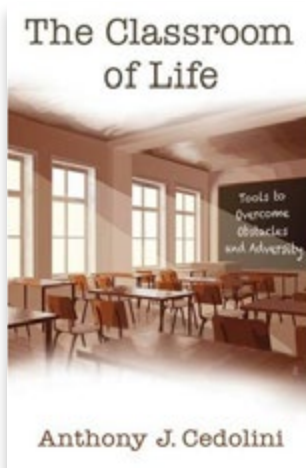
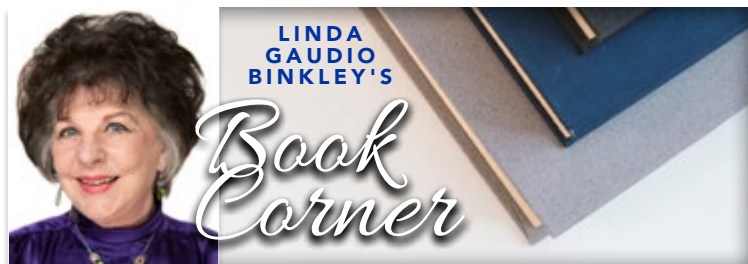
Thanks to Ken, we had the pleasure to meet Sam Carlino, who graciously thanked us for being there. To which we responded with a rousing round of applause of gratitude!

Thanks once more to Ken and Stanley for arranging and coordinating another fantastic feast for your "foodies"!!

— Article by Cathy De Maria / Photos by Stanley Olivar 🌿







## The Classroom of Life

by Anthony Cedolini, Ph.D. 🐾

I am digressing this month from my usual column which is dedicated to Italian-themed books. Instead, it is my pleasure to recommend *The Classroom of Life: Tools and Skills to Overcome Obstacles and Adversity* by Anthony Cedolini, Doctor of Psychology and IAHF benefactor. Author Cedolini has spent a lifetime preparing this non-fiction book of wisdom, insight, guidelines and the

particularly warm sharing of personal experiences. Words flow from the pages as though the reader was having a sincere conversation with a trusted friend.

The book can be reviewed on two levels: the academic level as the title implies and the inspirational level, which is the thread holding all the imparted wisdom together in one refreshing package. I highly recommend this book as a Christmas gift for friends or family

who are embarking upon a new career or who are starting a family. A look ahead at the pitfalls and challenges and various ways to deal with them will be an asset.

Author Cedolini guides the reader through life's challenges, reinforcing his opinions with the use of quotations from historical as well as modern sources. The fact that we even hear from the ancient Greeks demonstrates the universality and inevitability of problems and obstacles. Quoting comedians like Jerry Seinfeld keep the writing relevant and light-hearted. The author's use of aphorisms throughout the chapters serves to demonstrate the familiarity of life's problems to all of us. No-one skates through life without challenges, and recognizing this helps us feel less alone in dealing with problems. Dr. Cedolini gives us the tools we need to overcome and thrive.

The book is an inspiration to all adult readers. The can-do message shines through in every chapter. Even the most devastating experiences of life can be churned through and leave you in a healthy mental place. By sharing his own intimate and emotionally upsetting experiences, we are made aware of our abilities to get beyond the trauma and be whole again. This realization and the assurance the book offers are valuable tools for dealing with our future and that of our growing families.

*The Classroom of Life* is divided into chapters with titles that allow the reader to pick a topic and pursue it at random if so desired. Author Cedolini's "strategies for success" should really be printed out for anyone embarking on a new project. His discussion on "the stages of grief" is important to all of us. And the chapter on dignity and honor was especially thought provoking. Enjoy the book and share this wonderful collection of advice, wisdom, warmth and wit with friends and family. 🐾

LINDA GAUDIO BINKLEY'S

## Italian Word or Phrase of the Month

### Volontieri

**This lovely word simply means willingly or with pleasure. It always indicates a sincere desire to do something:**

- **Lo farei volentieri, ma non posso.** I would do it willingly, but I can't.
- **Accetto volentieri il tuo invito.** I readily accept your invitation
- **Me ne occupo volentieri.** I will happily take care of it.
- **Cuoco la cena volentieri.** I am happy to cook dinner.
- **Ascolto volentieri la musica classica.** I enjoy listening to classical music.

If you want to be superlative, you can say **molto volentieri, ben, volentieri, assai volentieri, volentierissimo**, and **piu'che volentieri** (more than happy, very willingly)

- **Tornerei in Italia molto volentieri.** I would love to return to Italy.
- **Volentieri can mean sure! Vieni con noi stasera? Volentieri!!** Will you come with us this evening? Sure!

**Spesso e volentieri** (often and willingly) is an idiom that means very often.

- **Capitano spesso e volentieri incidente di machine.** Accidents happen very often.
- **Ci vediamo spesso e volentieri.** We see them very often.

The opposite of **volentieri** is **malvolentieri** (also spelled **mal volentieri** or **poco volentieri**.) It is close in meaning to the words reluctantly or unwillingly in English.

- **Oggi vado a scuola malvolentieri.** Today I am not happy about going to school.



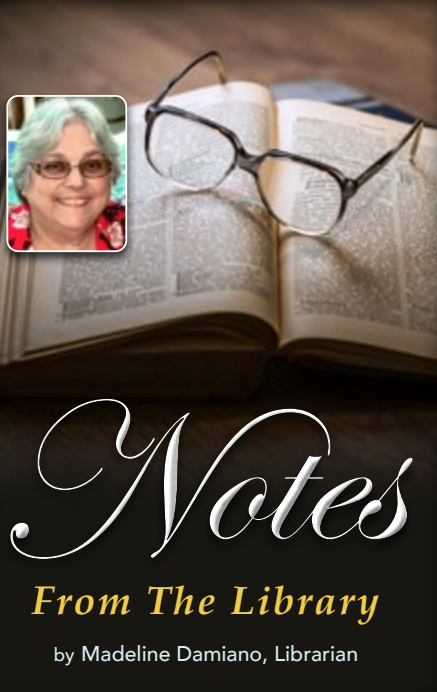


## Italian Vital Records

At the Harvest Welcome Back Festa on Oct 2, I held a workshop to demonstrate how to search the Italian civil records that are available for FREE on the Antenati website. The audience was very attentive and had many good questions and observations. Unfortunately, we did not get to the Italian civil documents on FamilySearch.

If you would like to know more, you can meet with me privately via Zoom. I am always available to assist with questions and searches, free of charge.

And, don't forget to browse our card catalog for genealogy books at [iahf-sj.librarika.com](http://iahf-sj.librarika.com). Want to write your family history? You can see how others have written their family histories into books.



Eight years of research went into this story. Sam does not glorify his family's criminal history; their bold play to eliminate their rivals is deemed "ruthless" and "cowardly."

The Italian American community has long been burdened with the specter of organized crime, and many would prefer to never see a reference to this underworld again. I applaud Sam for an honest look at his family's past, no matter how unpleasant.

This amazing story is now available from our library!

## Grant Update

This organization is very grateful for the grant awarded by the Santa Clara County Historic Grant Program. Our first round of work is behind us, and we are beginning the second

round of digitizing our archival material.

We are actively looking for volunteers at all levels, whether you can spare one hour a week or a couple of days. You can help with the following:

- Editing PDF files
- Restoring photos
- Playing photo detective
- Pulling out newsletters to be digitized
- Cataloging and labeling books
- Filing books and other library material
- Entering data into our online card catalog

## New(er) Computers Needed

Our desktop and laptop computers are aging out, and the Grant does not provide funds for computers. I had to use an unfamiliar laptop to present the recent genealogy seminar.

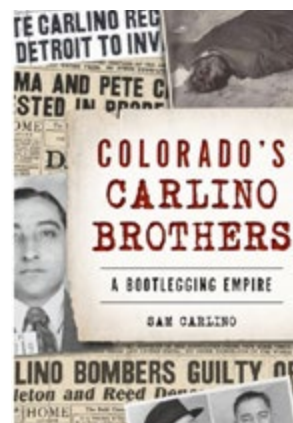
If you have a slightly older computer that you no longer use, please consider donating it. A Mac is preferred, but I am also comfortable on Microsoft-run computers.

I can be reached at [librarian@iahsfj.org](mailto:librarian@iahsfj.org) 🐉

## New - Sam Carlino's book

Thank you to Sam Carlino (of Sam's Barbecue Restaurant) for donating his book, *Colorado's Carlino Brothers: A Bootleg Empire*. When a chance encounter tipped Sam off to his grandfather's unknown past, he dug deep into research to detail this dark period in his family history,

Sam writes, "From 1922 to 1931, Pete and Sam Carlino controlled the flow of Prohibition alcohol from southern



Colorado to Denver." This book sheds light on their violent rise to power and equally violent downfall. It is the story of family members surviving a dangerous past, losing everything, and in the end creating a better life for their family.

The most redeeming aspect of this story is how his father and uncles transformed themselves into a successful and beloved business entity within just one generation. In addition to Sam's Barbecue, the family successfully ran Time Deli for many years.

From the welcome reception at the Italian Consulate in San Francisco for our new Italian Consulate, Sergio Strozzi





# FERRAGOSTO FESTIVAL

## In Bronx Little Italy New York

In September, I spent some time visiting my mom in Stamford, Connecticut, and my sister in New York. I spent a delicious day at the Ferragosto Festival in Bronx Little Italy. I am eager to share my cuisine experiences with the San Jose Italian American Heritage Foundation. Being a member for almost four years, I commend this Foundation for educating me and giving me a chance to experience their Italian cooking and cultural heritage. I would love to simply return the favor.

First stop was Emilia's restaurant on 2331 Arthur Avenue in the Bronx. My thoughts were: California can take a proper lesson on how to make and serve a Caesar salad. No commercialized creamy-type dressing. I did not ask the management how the dressing was made. My taste buds detected a tad of oil mixed with a bit of lemon and thinly grated parmesan cheese. Along with the Caesar salad you will find they offer you small cups of red pepper flakes and parmesan cheese, which left me beyond impressed. The bread left me in ecstasy. Emilia's didn't try too hard to fancy it up with their commercialized standard olive oil and vinegar dip. They knew that butter is sometimes okay. Next was the pappardelle pasta with meat sauce topped with ricotta cheese and basil strips. Delicious!

The busy street was filled with folks trying to get back into the groove post COVID. I had to mask up (my personal choice) when moving about in the crowded streets. Opera singers and bands performed near restaurants and markets which added to the Italian vibe.

The next stop was Enzo's market. It's a huge indoor market court consisting of mini markets. I found another delicacy you will not find in Silicon Valley, Tempesta Salami Spread. Bronx Little Italy also brings you their own Calabrian Pepper relish mixed with other vegetables. It is hot and it is tasty. Once my tastebuds came in contact with this relish, memories of my visits to New Jersey entered my mind. It's funny

how the mind works with food, taking you back to many decades of a place, time and image after living 25 years in California. I recommend using this relish when making your own sandwiches as I have been doing since I returned to California. I bought the Bomba Calabrese and used it for making my sandwiches for two weeks

now for lunch breaks. And no, I don't think you will find this particular brand at Zanotto's but I'll make the effort to go back there and take a second look.

Next stop was the Madonia Brother's Bakery. There is the appropriate variety of biscotti. I have to say the biscotti king is in Redwood City, La Biscotteria, which can compete with this.

They also have the usual Italian cookies, including the rainbow. Many bakeries take the rainbow cookies up a notch or shall I say many notches. You will find rainbow cookie cake slices or a whole round rainbow cookie cake, another delicacy San Jose should see and taste. Many of the other cookies like the pretzels and lace cookies you can find at Mara's bakery in San Francisco's North Beach. Of course, you need to drive to North Beach.

The final stop was Pork Calabria. I do not recommend this stop for animal-loving vegetarians and vegans. The interior represents your typical old fashioned dried meat market with hundreds of salami sticks hanging from the entire ceiling. Many meat markets in the Northeast also wrap their sausages in circles rather than display them as links. Bronx uses fennel, rabe in addition to the more popular ingredients such as jalapeno and cheese for example. On the back wall there is a pile of homemade pancetta Calabrese dry rubbed with spices.

So, if any of you wind up traveling to New York City, don't forget to visit Bronx's Little Italy. Manhattan has a Little Italy which is a far more well-known mainstream. Don't forget to visit the grassroot neighborhoods that are not as widely mentioned. -- Article by Elise Habra





# La Cucina Povera

## A MISUNDERSTOOD TERM

By Antonio Tasca

*Pull up a chair. Take a taste.  
Come join us. Life is so endlessly  
delicious.* - Ruth Reicht

Cucina povera is a term widely used to describe a traditional way of Southern Italian cooking. Often it is literally referred to as the "poor man's cooking." This translation is incorrect. The adjective poor describes the cuisine, not the people. If meant to refer to people, it would have been called *cucina dei poveri* or cuisine of the poor.

There are three types of cuisine in Southern Italy: the common man's cuisine, street food cuisine and the aristocrats' cuisine. Each has its own history and characteristics. It is important to note that the cuisine of Northern Italy evolved separately with influences from nearby regions. When hearing the term *cucina povera*, it is most likely a reference to Southern Italian cooking.

### A LITTLE HISTORY

*Let food be thy medicine and  
medicine be thy food.*

- Hippocrates

Several royal families ruled Southern Italy from the 1600s until national unification. The territory often changed hands as a result of royal marriages. The longest period was the Bourbon rule. The aristocrats' palate was highly influenced by Paris. Catherine dei Medici was instrumental in elevating French cuisine to a higher standard following her marriage to the French King. French cooking reigned supreme afterwards.

Wealthy aristocrats began employing French chefs, referred to as *monzu'* (an Italianized version of the French word *monsieur* for mister). Many attribute the practice of importing chefs to Maria Carolina of Austria (Marie Antoinette's sister) when she married King Fer-



dinand I, ruler of the Two Sicilies, in 1768. She asked her sister to send French chefs to her court to cook a more elegant and sophisticated fare. The aristocratic families followed the practice and gained prestige and status by so doing.

French food in the Two Sicilies became simpler and lighter while the native cuisine acquired a more sophisticated tone. It was this mingling of cultures that gave rise to the cuisine of the *Monzu'* or *Monsu'* by treating local products with culinary techniques from France. This fusion found its way into the common man's kitchen.

Many locals who worked in the kitchen of aristocrats observed with awe the creation of the French chefs. Back at their homes, they tried to replicate some of the dishes they saw. However, since they could not afford some of the ingredients, they started clever substitutions. Sliced eggplant, for example, was used to give the illusion of a quail. Breaded eggplant slices simulated a veal cutlet. Sardines folded with tails up resembled pricey little birds. The aristocratic table influenced *la cucina povera*, not the other way around.

To illustrate further the Italians' gift for substitution, I call attention to the world famous *cannolo*. *Cannolo* has its roots in Sicilian folklore. It was created, some say, by the Arabs during their almost 300 year presence in Sicily.

During wartime and decades following WWII, fresh ricotta was hard to get and very expensive. This did not stop local cooks. They created a substitute made with plain milk, a little sugar and cornstarch. Not exactly the same, but it worked.

French chefs made wide use of butter, cream, expensive cuts of meat, hard-to-find cheeses > > >

and unique fruits and berries. In southern Italy, olive oil is more abundant and more affordable. Fruits and vegetables grow in great quantities and are reasonably priced.

A few words on street food are in order. This segment represents the fast food side of Italian cooking. It is not well known by outsiders, although highly prized by locals. You find this food in small stalls, open markets, snack bars, in delicatessens and on street corners. This is what locals eat on the run. Every section of Italy has its renowned specialties. It ranges from a slice of pizza to a sandwich stuffed with mortadella, salami, sausage or other meat. It might include a single serving of macaroni, fruits from the sea or a brioche filled with gelato.

Italian street food has influenced many American fast food favorites. For example: grinders or subs, sausage and peppers sandwich, Philadelphia cheese steak, New Orleans' Muffuletta sandwich, pizza by the slice and numerous charcuterie sandwiches.

## LEGENDS APLENTY

*The only time to eat diet food is while you are waiting for the steak to cook.* - Julia Child

The case of toasted breadcrumbs to dress up pasta dishes is an example. On Saint Joseph's Day, many believers in small towns celebrate the use of toasted breadcrumbs over pasta as a tribute to the saint and as a reminder of the sawdust of his carpentry shop's floor. The truth of the matter is that cheese was too expensive. Many folks could not afford buying it, thus they began using alternatives. Morphing into a religious practice normalized the substitution process.

The story of the seven fishes for Christmas dinner is another one. This custom is unknown in Italy. It is an Italian-American tradition. It appears to have its roots in Catholics' abstinence from meat and dairy products on the eve of certain holidays, including Christmas. It was possibly the immigrants' way of staying connected with the old country. In the land of plenty, fish was affordable. Many attribute the 7-fishes custom to immigrants from the Campania region of Italy.

## THE CHURCH'S ROLE

I would be remiss to skip this element. Not eating meat on Fridays and the evening preceding important religious holidays was codified in canon law by a congregation of bishops hundreds of years ago. The church wanted to encourage the faithful to fast and demonstrate penitence.

Legend has it that in the 1700s the Pope began to emphasize this

doctrine to help the economy of Portugal and Spain. Both countries were heavily involved in fishing and needed a more receptive and wider market. So it began the practice of eating dry cod, a fish available in great abundance in the North Atlantic. Salted dry cod can last for years. It is tasty and affordable. It just requires that it be soaked in fresh water for two to three days prior to cooking.

Dry cod (baccala) became an important product in the Italian cuisine, not just in the South. A myriad of ways to cook it emerged from Veneto to Liguria to Sicily. And not just in Italy. Dry cod is widely consumed in Portugal (bacalhau), Spain (bacalao) and Greece (bacalaos). Italy today buys the total annual output of dry cod and stockfish produced by Norway. Because it does not require refrigeration dry cod was the fish that, up until the 1960's, reached the hinterland and remote villages.

## FEATURES OF LA CUCINA POVERA

*Your body is not a temple. It is an amusement park. Enjoy the ride.* - Anthony Bourdain

Cucina povera is not elaborate. It uses a small number of ingredients and capitalizes on seasonal availability. It predominantly uses vegetables, grains and legumes. Olive oil is preferred. Meat and fish are eaten in moderation.

Italians like to shop daily for certain ingredients. They search for freshness and bargain prices. Cucina povera shies away from most canned foods and foods that travel a lot. Local ingredients are preferred to imported ones.

Prices of vegetables and fruits are lowest during peak season, making them welcome in frugal kitchens. Fish and meat are also cheaper during certain times of the year.

The simplicity of preparation of cucina povera has captured the imagination of many cooks worldwide. You find it in all five continents with varying degrees of authenticity.

## BENEFITS OF LA CUCINA POVERA

Cucina povera is associated with the Mediterranean diet. Studies have shown that it is healthier and it can lead to longevity. All countries around the Mediterranean Basin share their love for fresh vegetables, greens, legumes and grains. Born out of necessity, cucina povera is now much sought after and revered. It is uncomplicated and frugal. One of its hallmarks is the ability of stretching a meal and making it go-further. -- *Article by Antonio Tasca* 🌿





# Lucia's COOKING CLASS NEWS



September brought us lovely Autumn weather and an exquisite treat for our September cooking class. Our fantastic "foodie," Andrea Kenter taught us how to make a delightful dessert called semifreddo. This dish is a cross between mousse and ice cream and comes to us from Northern Italy.

The class started with Andrea reviewing all the necessary ingredients and equipment to make Chocolate Semifreddo with Cherry Topping. The first part of the class involved making the semifreddo. And because our classes are "hands on," she invited students to assist her in measuring, mixing, whisking, whipping and cooking the ingredients. This is such a fun part of our cooking classes, and it's always such a pleasure to watch our students getting involved in these masterpieces. Once the mixture was prepared, it was poured into a loaf pan and placed into the freezer (minimum of six hours).

During part two of the class, Andrea instructed in the preparation of the cherry topping which included combining and cooking the cherries and sugar and afterwards adding cornstarch, liqueur and lemon juice.

Because the semifreddo must remain in the freezer for at least six hours, Andrea brought several semifreddi that she previously prepared for the class to sample. Included were, Chocolate Semifreddo with Cherry Topping, Strawberry Semifreddo, and Mocha Semifreddo. Each semifreddo flavor was delicious with its own unique personality and was light, sweet and refreshing and absolutely melted in our mouths.

We so appreciate Andrea sharing this scrumptious dessert and demonstrating her culinary skills with us.

This following is Andrea's recipe for Chocolate Semifreddo with Cherry Topping. For Andrea's other semifreddi recipes, please click here: [https://cdb77af0-08a5-41d8-8652-3e9d6691f3f8.filesusr.com/ugd/b9a601\\_bcf23acfd6a4557b7c-788f44a6b7dfa.pdf](https://cdb77af0-08a5-41d8-8652-3e9d6691f3f8.filesusr.com/ugd/b9a601_bcf23acfd6a4557b7c-788f44a6b7dfa.pdf)

## CHOCOLATE SEMIFREDDO WITH CHERRY TOPPING

Loosely adapted from America's Test Kitchen by Andrea Kenter

Serves 8-10 for sit down dessert; ~20 small dessert bites

Active prep time: 30 min; Inactive prep time: 6-8 hrs

### INGREDIENTS

- 1/2 c heavy whipping cream
- 1/4 c water
- 1/2 t espresso powder
- 1 T vanilla extract
- 3 whole eggs
- 5 T granulated sugar
- 1/4 t salt
- 8 oz chopped bittersweet chocolate
- 1 1/2 c heavy whipping cream
- 12 oz frozen sweet cherries (pitted)
- 1/4 c granulated sugar
- 1 1/2 t cornstarch
- 2 T Kirsch liqueur
- 1 T fresh lemon juice

Equipment needed: Stand mixer, saucepan, measuring cups & spoons, mixing bowls, 8 1/2" x 4 1/2" metal loaf pan, plastic wrap, whisks, rubber spatula, baker's pan spray, fine-meshed sieve.

### SEMIFREDDO

Grease the bottom of a metal loaf pan, then line with plastic wrap with overhanging sides. Two pieces overlapping may be easier. Set aside in the fridge.

Combine the heavy cream and water in a saucepan. Stir and bring to a simmer over medium heat.

Separately, combine the espresso powder and vanilla until powder is dissolved. Set aside.

In a large bowl, whisk together the eggs, sugar and salt. Add the cream from the saucepan to the egg mixture slowly, whisking continually as it comes together. Add this all back to the saucepan. Stir constantly for ~5 minutes on medium low or until it reaches 160-165°F. Use a quick-read thermometer here. CAUTION: Too long will scramble the eggs.

Remove from heat. Into a large glass bowl of chopped chocolate, pour this egg mixture through a fine-meshed sieve and let sit ~5 minutes to soften. Whisk until smooth then add in the espresso mixture. Let this cool COMPLETELY for 15 minutes. Using an ice bath here will speed the cooling process.

In a stand mixer, whip 1-1/2 c heavy whipping cream, starting on low for 30 sec, medium for 30 sec, then high for 45-60 sec until soft peaks are formed. >>>

This is where the chocolate custard becomes a semifreddo:

First, add only 1/3 whipped cream into chocolate mixture. Whisk this in. Add the rest of the whipped cream carefully using a rubber spatula. Cut and fold in until no streaks are visible, though sometimes, the streaks actually add a pretty visual.

Pour the semifreddo into an 8 1/2" x 4 1/2" loaf pan. Level the top. Fold over the plastic, sealing the pan. Freeze for at least 6 hours.

#### CHERRY TOPPING/SYRUP

Combine the frozen cherries and sugar. Toss to coat. Microwave on HIGH for 1-1/2 min. Stir well. Microwave one more minute. Make sure the sugar is completely dissolved. Pour this through a fine-meshed sieve into

a saucepan, separating the juices from the solids. Set fruit solids aside. Bring juices to a simmer on medium-high.

Make a slurry with cornstarch and cherry liqueur. This will add a special dimension of flavor. Add this to the cherry reduction when it just starts to boil. Stir together for 1-2 minutes only, until glossy and jammy. The liquid will be quickly changing so DO NOT OVERCOOK. Remove from the heat. Add back the cherry solids.

Add lemon juice. Stir thoroughly. Store in fridge up to a week ahead. Cool completely before adding as topping to semifreddo.

When the semifreddo has completely firmed up, invert on serving plate or prep surface. Pan should lift off easily. If necessary, use warm palms to loosen walls, then lift to re-

move. Dipping briefly into a pan of warm water is another remedy. Remove the plastic and with a hot off-set spatula, smooth over any imperfections. Cut into 3/4" slices, using hot clean knife to create perfect edges. Serve with cherry topping. Garnish with mint leaf or candied almonds. Savor and enjoy.

Please join us for our upcoming cooking classes:

Thursday, November 4th, 7:00pm – Holiday Cookies taught by Kathy Lohman - \$25 members; \$30 non-members. This will be our last cooking class for the year. We will be back in the Spring of 2022!

To enroll in the classes, please call 408-293-7122 or register online at: <https://www.iahfsj.org/events>

We hope to see you there! 🍷

## ▫ PERSONAL NOTES ▫

Happy  
Thanksgiving  
Everyone

The IAHF Newsletter Crew

Marie,  
Hope to see you climbing  
mountains soon.  
Heal quickly.  
Jan

*Forever In My Heart:*  
*Frankie, Bernie, Minnie, Nicky,*  
*Noochie, Mary, & Agnes*  
*Love, Johnnie*

*Congratulations*  
**ALICIA FIGURELLI**  
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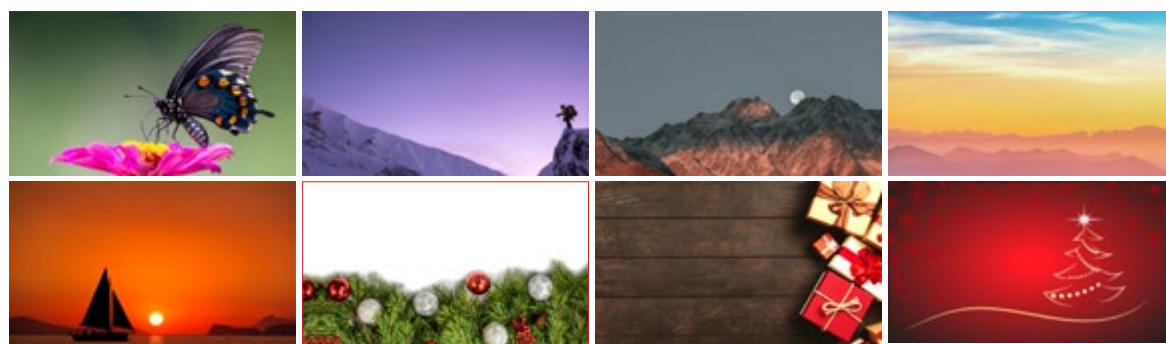
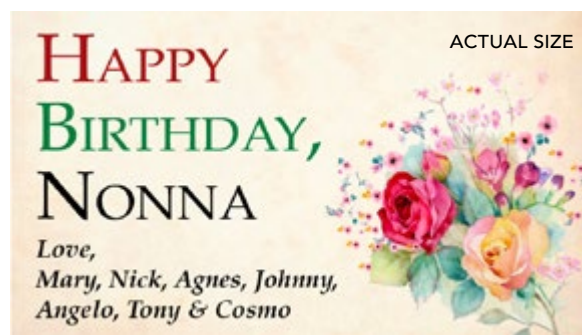
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• Dave Perzinski •





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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 22 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, Senior Real Estate Specialist, Certified Probate & Trust Specialist, Pricing Strategy Advisor Certification, Short Sales & Foreclosure Resource Certification, 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 client's 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.

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