

# IAHF NEWS

Italian American Heritage Foundation Newsletter • March 2016 • Founded August 5, 1975 • Celebrating 40 Years



## President's Message

Dear Members and Lovers of Italian Culture,

We are off to a great start this year. Already we have had two great events, actually six if you include our luncheons and Cena Fuori. Our Polenta Dinner and Valentine's Day Luncheon were spectacular occasions that were enjoyed by many members and non-members. They were both fun, enjoyable, and financially successful. You can read more about them in the following pages.

One highlight of our organization that needs mention is our work on updating our bylaws. Our organization is run according to rules and regulations to which we hold ourselves accountable. These are called our bylaws. All board members take an oath to uphold these bylaws and in this way we are a more deliberate and sincere organization. Our bylaw committee is chaired by Joyce Allegro and co-chaired by Marge Valente and Joe Ponte. This committee reviewed our old bylaws and made many useful recommendations and improvements. These recommendations were then reviewed by the board and were either approved or improved upon. I am personally delighted with the work that our bylaw committee has accomplished, as well as with the board's diligent effort to resolve discrepancies. Bylaw review and updates have been a goal of this organization for many years and with the astute work of this committee, we are finally making progress.

Many other new changes have been accomplished. We now have a new computer in our office. This computer will be uploaded with Italian language courses and made available to our members. In addition, we now have a new 60" TV in our conference room. This TV will be used to show Italian movies and used for presentations by board members and Italian language students. It is appropriate here to thank the Newman's Own Foundation for their financial support that helps us with these accomplishments. We also have a new sign out in front of the building that advertises our hall rentals. Hall rentals are a large part of our income that we need to continually market. Lastly, we have a new thermostat in our main offices that will automatically turn off when no one is in the building. This will save on our electricity bill and help the environment.

On the cultural side of our endeavors, we have recently had a Dual Citizenship class that was chaired by Marie Bertola and Pam Oliver Lyons. Participants in this class found this information educational, useful and enjoyable. Also, John Scandizzo will soon be hosting a genealogy class that was such a success last year that he's doing it again.

We are really overcoming many challenges and with your help as supporters and contributors, I want you to know that we here at the Italian American Heritage Foundation sincerely appreciate all that you do.

Thank you all,

David Perzinski / President, Italian American Heritage Foundation

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# MEMBER SPOTLIGHT

## Join the Membership Committee

We are looking for members to help us grow our membership, chair our special member events and generally assist in our outreach to all our members. If you're interested contact Lucia Clementi at [membership@iahfsj.org](mailto:membership@iahfsj.org) or call the office at 408-293-7122. ☺

## Benvenuti New Members as of October, 2015

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# Cicerchie

## A Filling Breakfast Soup from Umbria

by Anne Robichaud



January 29, 2016 / Food & Wine / Assisi, Umbria

– Recipes and stories such as this are the heart and fun (and taste!) of Anne's U.S. Cooking and Lecture Tour "Feast of Umbrian Rural Cuisine" home events this February and March! Not to be missed, book this extraordinary Italian food evening at your home now!

With a subtle flavor – almost a culinary marriage between *fagioli borlotti*

(Italian variety of a dried bean) and chickpeas – *la cicerchia* has a vaguely quadrangular shape and a characteristic irregular form. You'll never find two *cicerchie* alike. The expression, "just like two peas in a pod," doesn't apply for this legume.

Peppa might not know that *cicerchie* (translated as "chicklings" or "pulses") were cultivated in Mesopotamia as early as 8000 BC for use in breads, *focacce* and soups and that this protein-rich legume – over twenty varieties – is now officially recognized by the Ministry of Forestry and Agriculture as a "a product of Italy's traditional agriculture." But she certainly knows how to cook them: her *zuppa di cicerchie* ("cecere" as she calls them in Umbrian dialect) has no rival.



On a recent visit to Peppa, a pot of the soup was simmering on her wood stove, the pot encircled by slices of bread, toasting for *bruschetta*. As a side dish, wild *cicoria* Peppa had foraged in the fields was sautéing in her family olive oil with garlic from her garden.

Peppa added a pinch of salt to the *zuppa*, broke up the toasted bread into our bowls, drizzled olive oil over the *bruschetta*, and then spooned on the *zuppa di cicerchie*, rich in potatoes, seasoned

with sage and garlic, a splash of homemade tomato sauce. As we shared the savory soup, Peppa reminisced about her life on the land as a child of poor farmers. Like most of our rural neighbors of her age, her schooling ended in third grade: the labor of everyone was needed on the land.

"We ate a lot of *cicerchie* in those days. Mamma made us filling soups for our breakfast at about 9 o'clock – and *avevamo tanta fame* ("we were so hungry"): we'd all been working the fields since dawn." The rural breakfast soup was always a legume: *fave*, lentils, *fagioli*, chickpeas – or *cicerchie*. Central Italy's farmers once cultivated *le cicerchie* in abundance as this "poor man's" legume needs no fertilizer, resists parasites and survives in droughts.



Peppa will be eating *cicerchie* fairly often this winter: the wood stove is fired up daily and the stovetop is perfect for simmering soups. And Peppa affirms that the rule to good health is legumes three times weekly. She no longer has to eat her legume soups in the morning, though, for the energy needed for the fatiguing day ahead; nowadays, her *zuppa di cicerchie* turns many a *pranzo* or *cena* into a gourmet feast.

**About the author:** Now an Umbrian tour guide in Italy most of the year, Anne Robichaud and her husband Pino worked the land for many years in the 1970's so rural life, rural people, rural cuisine are *una passione* for her.

She'll be teaching Umbrian rural cuisine classes in private homes in Feb / Mar in the U.S. – and additional events welcome to round out the 2015 itinerary. Also, join her in May 2016 for ten days of discovering Umbria, Anne's Umbria.

Anne writes frequently on Umbria and other areas of Italy. See [www.annesitaly.com](http://www.annesitaly.com) for more on her tours, cooking classes, lectures – and her blog!

Do see [www.stayassisi.com](http://www.stayassisi.com) for news on the Assisi apartment – and Assisi countryside guest house – she and Pino now rent out.

-- Submitted by Richard Stewart

# The Italian American Family in Conversation: Italian Genealogy 101



- Moderator Marie Bertola, Lecturer of Italian, Santa Clara University
- John Scandizzo, MD, Italian Genealogist
- Maureen Susino, "What I found in Italy"
- Angela DiBerardino, "Family Search Online"
- Mario Veltri, "Ancestry and Family Tree Maker"

March 7, 2016

Monday @ 6:30

Italian American  
Heritage Foundation

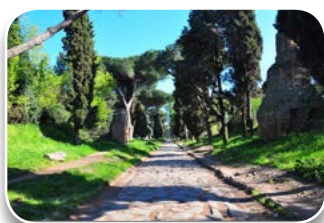
Contact: 408-293-7122

The above panel represents a genealogy group of panelists with over ten years of experience as a group dedicated to Italian genealogy. Angela DiBerardino and Mario Veltri will be demonstrating online researching.

Donations support the IAHF and are appreciated.

# ROME'S APPIAN WAY:

*The Perfect  
Springtime Stroll*



*What better way to celebrate spring—and Easter (you know, "quo vadis" and all that) — than a stroll on the ancient Appian Way?*

The Appian Way (or, to Italians, Via Appia) was built all the way back in 312 B.C. And it was crucial. The first road linking farther-flung parts of the Roman empire with the capital, it first ran to Capua, just north of Naples; since it allowed Romans to transport soldiers and supplies, the Via Appia proved integral to the Romans conquering the Samnites of southern Italy. In 191 B.C., the Romans extended the road all the way to Brindisi, in modern-day Puglia.

That's the context. The really cool part? You can still walk on the Via Appia Antica today. On stones ancient Romans would have walked on.

Or even take a bike ride. Check out my video of bicycling down the Via Appia Antica at <https://youtu.be/Qw4fTmoI-hY> (and hold onto your handlebars—those paving stones make for a rocky ride!).

Not to mention that the Appian Way boasts ancient catacombs, tombs, mausoleums, and even fragments of villas that once would have lined this all-important entrance to the city—a way for Romans to flaunt their wealth and status.

But let's put the Appian Way today aside for a moment. Even if this were just a dirt road—no ruins, no ancient stone paving—it would give you shivers to walk on this path. Let's just think about what's happened here:

Spartacus, the famous leader of Rome's largest slave revolt, was crucified on the Via Appia along with 6,000 of his followers in 71 B.C. Just imagine the bodies lining the 125 miles between Rome and Capua. Shudder.

St. Peter took this road out of Rome, fleeing Nero's persecutions,

in 64 A.D. According to legend, he saw Christ—crucified years earlier—coming into the city as he left, provoking his famous phrase "Domine, quo vadis?" (Lord, where are you going?), a question immortalized in the name of the church built on the spot.

In the villas along the road, early Christian converts allowed their fellow Christians to worship and, ultimately, to be buried beneath their gardens; catacombs sprung up along (and beneath) the Appian Way.

That's all, of course, aside from the fact that this was a busy thoroughfare that would have been used by soldiers and plebeians, patricians and consuls, throughout the Roman empire's existence. In other words: Yes, Caesar walked here.

And in a lot of ways, the Appian Way hasn't changed much. As it would have been in earlier times, the Via Appia remains a chic address, one that shows wealth and breeding; villas are still set off from the main road, gated, just as they would have been 2,000 years ago.

Of course, there are also lots of sights to see along the Appian Way, too.

Like the Mausoleum of Cecilia Metella (right). The best-preserved tomb along the Via Appia, this was built for the daughter-in-law of Marcus Licinius Crassus — a guy who suppressed Spartacus' slave revolt, entered the First Triumvirate with Pompey, and who was the richest man in Roman history. In the early 14th century, Pope Boniface VIII acquired the tomb for his family, and it was turned into the fortress you see today.



Or the Villa dei Quintili, a huge villa built by the wealthy Quintilii brothers in the 2nd century... so huge that, when it was first excavated, locals thought it must have been a town. In fact, the villa was so incredible that Emperor Commodus put its owners to death—just so he could get his own hands on it. Or the Circus of Maxentius (below). Erected in the early 4th century, its fragments still give an idea of the >>>





grandeur of what was once the second-largest circus in Rome, after only the Circus Maximus.

Or the Capo di Bove, an archaeological site that's just a sliver of an enormous property; the villa was built in the 2nd century by Herodes Atticus, the tutor to future emperors Marcus Aurelius and Lucius Verus, and Aspasia Annia Regilla, his aristocratic (and 25-years-younger) wife. The excavations today reveal what would have been the villa's thermal baths, complete with original flooring and mosaics. A murder mystery is hidden here, too: Annia was kicked to death at eight months pregnant... and it's thought her husband may have been responsible for her murder.



Or the Basilica of San Sebastiano fuori le Mura, the church of the Catacombs of St. Sebastian, most fascinating—at least to me—for having a Bernini sculpture no one seems to know about: the "Salvator Mundi," a bust of Christ that art historians think was Bernini's very last work. (It's on the right as you enter the church, beside the Relics Chapel).

That's not to mention the catacombs themselves, including the Catacomb of Callixtus and the Catacomb of St. Sebastian.

Still not convinced? Just check out how peaceful the Appia Antica is right now. And how beautiful. (After the first part of the Via Appia, the road becomes closed to most traffic, so it's perfect for pedestrians).

The best way to get to the start of the Via Appia is to take a bus: the #660, which leaves from the Colli Albani metro stop, or the #118, which leaves from the Piramide metro stop. Both also stop close to the bike rental at Via Appia Antica 42, if you'd rather bike than stroll.

Just remember not to take your stroll on a Sunday if you want to enter the sites, as that's when the catacombs are closed.

Want more tips about what to do in the Eternal City? Check out The Revealed Rome Handbook: Tips and Tricks for Exploring the Eternal City, available for purchase on Amazon, below, or through my site here!

- See more at: <http://www.revealedrome.com/2012/04/via-appia-antica-rome.html#sthash.VZHiLcV.dpuf>

Appian Way videos:

<https://youtu.be/TQzkBkG6YKk> / <https://youtu.be/Qw4fTmol-hY>

-- Submitted by Richard Stewart 🌀

## January *Cena Fuori* at Georgio's San Jose

### *Delizioso!*

Thanks to Ken Borelli and Delia Schizzano for organizing a *serata deliziosa* at Georgio's restaurant on Foxworthy in San Jose. Chef/owner John D'Ambrosio did an outstanding job of making us all feel welcome. It was great having a room to ourselves. Sumptuous bowls of salad and platters of hot bread accompanied by Georgio's delicious garlic butter greeted us. Diners were able to select from a variety of offerings which included veal scaloppini, chicken parm, eggplant parm, and fettuccini with salmon. Portions were very generous and each entree included two sides of pasta or potatoes and spinach or mixed vegetables. The servers were attentive, and the *spumoni* ice-cream for dessert was a yummy touch.

Georgio's has a special place in our hearts here at the IAHF because chef/owner John D'Ambrosio donated all the *spuntini* (nibbles) for the scholarship fund-raiser held at Sarahills Vineyards in 2014. His donation allowed us a generous profit for gifting 2015 scholarships. We look forward to another wine-tasting fund-raiser coming this fall.



*Cena fuori* (dinner out) continues to be a favorite activity of the IAHF. All selected restaurants donate food and gift certificates to our many functions, so it is so nice to be able to thank them by patronizing them for dinner. Sign up early to join a *cena fuori* dinner because they always sell out!

On February 25th we will be returning to Foxworthy for a *cena fuori* at Zanotto's Market. Stay tuned via our website [www.iahfsj.org](http://www.iahfsj.org) to learn about future dinners and to reserve your space. Dinners are held on the last Thursday of the month and are a great way to make new friends or enjoy good Italian food with old friends. A presto!

-- Submitted by Linda Binkley 🌀



# IAHF Valentine's Day Luncheon 2016



On Sunday, February 14th, Valentine's Day, the Cultural Center of the IAHF displayed a very colorful array of flowers, hearts, red bows covering the chairs, beautiful decorated raffle prizes, and sounds of love and happiness by our musical artist, Richard Keane. Hostesses Claudia Anderson and Joanne Sanfilippo assisted the guests to their table.

President Dave Perzinski opened the meeting with a warm welcome and thanked co-chairs Marge Valente, Ken Borelli and their excellent committee comprised of Claudia Anderson, Jo Bertaccini, Joanne Sanfilippo, Nanci Wilborn, Kay Virgilio and Richard Stewart. Comment by Marge Valente indicated the committee functioned as a team and left nothing unturned. Top notch job.

A new attraction at this event was the invitation to the children, who quickly found the Children's Activity Table arranged with St. Valentine themed clever games, such as coloring books, table top construction projects and a children's bingo game. Debbie Piro, a long time teacher in primary grades volunteered her services to ensure the children were well entertained. There was also a surprise attraction when one of our guests, Eliana Whitworth, opened her balloon kit and wowed the children and adults with great balloon creations.

Luncheon was catered by Nanci Wilborn, under her new business

venture, "Catering by Design." Luncheon started with a *caprese* salad placed on a bed of greens surrounded with fresh *mozzarella* balls and a great dressing. Of course, there was plenty of the famous Italian garlic bread. Guests had the choice of vegetable lasagna or meat lasagna, with a side dish of artichoke hearts and green peas. Dessert was refreshing vanilla ice cream topped with strawberry sauce and a cookie. The children were treated to a Jell-o fruit salad and smaller portions of their choice of lasagna. They enjoyed the same size dessert as the adults; of course, they were happy.

The very beautiful red and white floral centerpieces were designed by Chris Citti of Citti's Florist at their Hamilton Avenue location. One lucky person at each table received the arrangement as a gift when they found the red heart sticker on the bottom of their dessert dish.

All the while, Richard Keane provided great songs and music for our listening and dancing pleasure. It was a joy to see so many guests swinging and swaying on our new dance floor. Richard received an enormous round of applause as he departed and we are sure he will be contacted for additional dates. The second half of the entertainment program was introduced by Jim Jones, a member of the IAHF and of the choral group "Singers Around the Bay". Marie Quinn is the coordinator and pianist. And she led the group of fifteen men and women in several selections with outstanding voice and harmony. >>>





Following the entertainment, the exciting raffle prize drawing was held and the eight prize winners went home very happy. Thanks to Gwen Daulton for her design talent used to beautifully wrap the items and to Jo Bertaccini for handling the sale of tickets and the drawing.

Linda and Bob Binkley provided their excellent bar service offering a great selection of wines, Italian Prosecco and Italian beer and soda. They are grateful for the contributions put in the "tip jar" which benefits the IAHF scholarship program.



Thanks to everyone who attended the Valentine celebration and for including the children, who added love and fun to the party. Special thanks to the outstanding committee, great service at the bar, and the volunteers who assisted in the kitchen and table service to our guests: Kay Virgilio, Zina Russo, George Dartinee, Linda O, Madeline Damiano and Lana and chef Nanci Wilborn. -- Written by Marge Valente & Ken Borelli 🍷



*Click here for watch a video of the IAHF Valentine's Day Luncheon Singers*



*Click here for watch a video of the IAHF Valentine's Day Luncheon Singers*

## ITALIANS MOCK COVER-UP OF NUDE STATUES FOR IRANIAN'S VISIT



By Elisabetta Povoledojan / January 27, 2016 / New York Times / Today's Headlines: European Morning

ROME — A decision to cover up nude statues from Roman antiquity during a visit by President Hassan Rouhani of Iran has drawn ridicule and scorn in Italy — much of it directed at the Italian government — and spurred a debate about the national identity.

The statues, in a corridor leading to a grand hall in Rome's renowned Capitoline Museums, were encased in tall white boxes ahead of a news conference that Mr. Rouhani held on Monday with Prime Minister Matteo Renzi of Italy. One of the statues was the "Capitoline Venus," a Roman copy of a legendary fourth century B.C. work by Praxiteles; some of the other sculptures were of ancient Greek and Roman gods, dressed minimally, if at all.

As Iran re-engages with the world after reaching an accord last summer to curb its nuclear program in exchange for the lifting of economic sanctions, the awkward episode seemed like a prime example of culture clash: an austere Islamic government that promotes chastity and piety meets a nominally Roman Catholic but largely secular culture that has a reputation for embracing life's pleasures.

But it also left Italians asking a basic question: Who ordered the cover-up?

Some media reports suggested the Iranian delegation had asked Italian officials to hide the statues to avoid Mr. Rouhani any potential embarrassment. Other reports fingered nervous (and perhaps overzealous) Italian bureaucrats. One newspaper even reported that in the grand hall at the Capitoline where the two leaders spoke, the lectern was placed to the side — not the front — of an equestrian statue of the emperor Marcus Aurelius, apparently to avoid having images of the horse's genitals appear in news photographs.

The Italian government evidently did not anticipate the uproar and mocking that ensued. One cartoon making the rounds showed a bewildered Mr. Rouhani, with the boxes in the

background, asking Mr. Renzi: "Where did you bring me? Ikea?" But many Italian critics said the decision to box up the nudes was no laughing matter.

"Covered statues, a global affair," blazoned the Milan daily newspaper Corriere della Sera, which devoted two pages of articles and commentary to the issue.



*Boxes covered nude statues in the Capitoline Museum in Rome during the visit by Mr. Rouhani. Credit Giuseppe Lami/ANSA, via Associated Press*

Massimo Gramellini, a columnist for the Turin newspaper La Stampa, called the covering of the statues a cowardly act of "submission" in a front-page editorial. It was intended, he wrote, to ensure that Mr. Rouhani did not have a "hormonal shock and rip up the freshly signed contracts with our Italian industries."

Mr. Rouhani is meeting European leaders this week after the lifting of sanctions against his country under the accord Iran signed last summer with six world powers, and the European Union, to curb its

nuclear program. Along with Mr. Renzi, Mr. Rouhani met with Pope Francis and was scheduled to meet with France's president, François Hollande, in Paris on Thursday.

Mr. Rouhani, 67, comes from a religious family, but he has a Ph.D. in law from Glasgow Caledonian University, in Scotland, and is not known as a religious hard-liner. Iran's politics are extremely complex, however, and religious matters are carefully policed by the theocratic regime that exercises ultimate power in Tehran, including the supreme leader, Ayatollah Ali Khamenei. Public depictions of nudity are largely forbidden in Iran.

Mr. Rouhani himself addressed the issue on Wednesday morning, admonishing the media for stirring up a hornet's nest. "I know Italians are very hospitable people and try to do everything to put their guests at ease, and I thank them for this," he said diplomatically.

Some Italian critics, while not attacking Mr. Rouhani personally, accused the government of putting economic interests ahead of cultural legacy.

"The problem is that those statues — yes, those icons of >>>

classicism and models of humanism — are the foundation of European and Mediterranean culture and civilization,” the columnist Michele Serra wrote in *La Repubblica*. To conceal them, he wrote, “is to conceal ourselves.” To not offend the Iranian president, he wrote, “we offended ourselves.”

Opposition politicians accused Mr. Renzi of being spineless. “This submission, the surrendering of our art and culture, is the essence of Renzi’s politics,” a Forza Italia lawmaker, Renato Brunetta, wrote on his Facebook page Wednesday, accusing the prime minister of using nationalist rhetoric to gain votes but then selling out Italian values.

“You can make deals, discuss ways of achieving peace, without abdicating oneself,” Mr. Brunetta wrote. “Just take the pope. He didn’t cover the crucifixes when he greeted Rouhani.”

It was noted by some that the whole brouhaha could have been avoided by holding the news conference in a different, less potentially offensive setting.

Officials at the Capitoline Museum said Wednesday that the



*President Hassan Rouhani of Iran, left, and Prime Minister Matteo Renzi, next to a statue of the emperor Marcus Aurelius at the Capitoline Museums in Rome on Monday. Credit Gregorio Borgia/Associated Press*

decision had been made by Mr. Renzi’s office, but government officials said they had not known about it.

Culture Minister Dario Franceschini insisted that neither he nor Mr. Renzi had been informed of the decision. “I think there were easily other ways to not go against the sensibility of such an important guest than this incomprehensible choice to cover the statues,” he told reporters Wednesday, clearly annoyed by the attention the issue has gotten.

As Mr. Rouhani left Italy for his meetings with France, some Italians continued to hold forth. “Let’s just see what the French do,” said Stefano Dorelli, a native Roman, musing over tricky questions of protocol. “I wouldn’t believe they would cover statues even if I saw it with my own eyes.”

The French have already experienced some awkwardness in hosting Mr. Rouhani. In November, during a visit by the Iranian president, government officials scrapped a lunch planned at the Élysée Palace, reportedly after the Iranians insisted that wine not be served.

— Submitted by Linda Binkley 🍷

## *IAHF Scholarship Information & a correction to the Bocciardi Family Scholarship!*

**A reminder!** IAHF scholarships are open to any student of some Italian descent and living in Santa Clara Valley. These requirements do not apply to IAHF members in good standing. (dues paid up!). Your child or grandchild is welcome to apply no matter where he or she may live and need not be of Italian descent. In fact, credit is given to members and children and grandchildren of members. Credit is also given to any young applicant who has volunteered to work at one or more of our IAHF functions. Keep this in mind as we always need helpers serving tables and setting up the hall. Check the IAHF website for upcoming functions and reserve volunteer space at [www.iahfsj.org](http://www.iahfsj.org).

In addition to the IAHF general scholarships, the IAHF is reserving one scholarship for a graduating senior accepted to a four-year institution who plans further study in any field of the arts... including cooking! We are also reserving a scholarship for a community college graduate who has been accepted to a four-year institution. Please be aware that 4.0 grade point average is not a requirement. Volunteerism, work experience and the essay are decisive factors.

A word about the Bocciardi Scholarships; I mistakenly printed that these scholarships are reserved for students planning further study or a career involving a foreign language. In fact, the Bocciardi scholarship requirement is that the applicant must have completed three years of foreign language study. It also differs in its essay topic which can be found on the Bocciardi website via the IAHF website.

**Dates to remember:** Tuesday, May 3rd: applications due; Sunday, June 5th: Awards Dinner. — Submitted by Linda Binkley 🍷



Individual building features are important to the character of San Jose. The mass and scale, form, materials and architectural details of the buildings are the elements that distinguish one architectural style from another, or even older neighborhoods from newer developments. This chapter presents an overview of those important elements of the built environment which make up San Jose. This includes a brief history of development, as well as a summary of the different types and styles of architecture found in its neighborhoods.

## ROMANTIC ERA CIRCA 1860-1880

Nationally, the picturesque styles from the Romantic era—especially the Gothic Revival and the Italianate— began during the 1830s and moved westward with expanding settlement. Architectural styles in San Jose that represent the Romantic era include the Italianate, Gothic Revival (or Folk Victorian) and Greek Revival.

## ITALIANATE AND ITALIANATE COTTAGE

The Italianate style, along with other styles of the Picturesque Movement such as Gothic Revival and the Victorian era, were a reaction to the formal classicism of the Greek Revival. The Italianate style was introduced by Andrew Jackson Downing in his 1850 publication, *The Architecture of Country Houses*.



## CHARACTERISTICS

- Low pitch hipped roof
- Double-hung, narrow windows, often with round arch heads
- Window panes are either one-over-one or two-over-two
- Protruding sills
- Wide, overhanging eaves
- Ornate treatment of the eaves, including the use of paired brackets, modillions and dentil courses
- Blocked, cube shape, with a side-passage plan, or cross-gable
- Bay windows, often rectangular shape
- Rusticated quoins at building corners
- Cresting on roofs
- Transom, often curved, above the front door
- Ornate porch treatment, with round columns or square posts, and bargeboard ornament

--Submitted by Richard Stewart

# The Festa di San Giuseppe

## THE TRADITION OF THE ST. JOSEPH TABLE



There can be no doubt that the feast of St Patrick on March 17th overshadows the month with its revelry, parades, bagpipers, green beer, men in kilts and general rowdiness. But for many Italian-American families, the best is yet to come, two days later, on March 19th, the feast of St. Joseph. St Joseph was declared the patron saint of the Universal Church by Pope Pius IX in 1870.

In Italy this day of devotion traditionally follows a nine-day novena followed by a Lenten feast. It is in honor of St. Joseph, the husband of the Blessed Virgin Mary, the man who raised and protected Jesus, saw to His Talmudic education and trained Him to be a skilled carpenter. Throughout the Italian peninsula, March 19th is Father's Day.

St. Joseph was not particularly revered in Italy until medieval times. Sicily was suffering from one of its legendary and biblical droughts, starvation was imminent. The villages joined together spiritually with the help of their priests and prayed to St. Joseph for deliverance. The skies opened, the rain fell, and the harvest, especially the fava harvest, was abundant and lives were saved. To this day, the fava bean is a good luck token in Sicily.

Since that time, communities in Italy, especially in the south, join together for a feast on St. Joseph's day. It is usually meatless because of the Lenten fast; it always includes fava beans in some form. The feast table is always in the form of a cross and is abundant with home-made food: pasta, sweets, fried fish, oranges and lemons and flowers and candles adorn it.

One interesting feature of a traditional Tavola (Table) is that the soups and pastas are sprinkled with breadcrumbs symbolizing sawdust because of St. Joseph's work as a carpenter.

Today, both in America and in Italy, the tradition is carried forward mainly by religious organizations and Italian clubs. St. Joseph of Cupertino church has a remarkable table, and the biggest city-wide event in the U.S. is in New Orleans, complete with huge tables and a parade. Come celebrate St. Joseph's table at the IAHF hall on Sat. March 19 at 10:00 A.M. Bring a home-made treat to share. St. Patrick, move over!!! -- Submitted by Linda Binkley ☺

## Event Guidelines Notes

***Dear Members, your assistance is needed as we plan events. The following guidelines are helpful tips to assist our Event Chairs with activity planning:***

- 1) When you sign up for an event and you wish to sit with a group, please list the group on the reservation form. If you use PayPal or a credit card, call, write, or email the IAHF with the names of the the people who you wish to sit with.
- 2) It is not necessary to have a seating reservation, and we always have plenty of open seating tables. Many events, such as regional lunches and lectures, are "open seating".
- 3) If you make a reservation, please be sure the others in the party you listed will be attending the event (in some instances people are listed in two seperate guest list, and they were not aware).
- 4) If you are canceling an activity please call the IAHF as soon as possible. Sold out events usually have a back up list that the Committee Chair can call. Just not showing up to an event is costly since supplies and food are purchased several days in advance, and also denies others the ability to participate.
- 5) Our events are priced modestly as a benefit to our members and their guest, so following these suggestions will help the Chairpeople plan efficiently and effectively. The more lead time the better in order to purchase food and plan the events accordingly.
- 6) When in doubt about an activity ***please call the IAHF***. More and more we are using online information and hope to have our new website up and running shortly, but a simple phone call or email usually can resolve an issue.

***Thank you for your assistance is supporting our activities at the IAHF.*** -- Ken Borelli, 1st VP, Events ☺

# *A Little Italian By Request* by Linda Binkley

English	Italian	Pronunciation
Happy Easter!	Happy Easter!	Boo-ona Pas-kwa
Palm Sunday	Domenica delle palme	Dom-en-ee-ca deh-lay pal-may
Easter	La Pasqua	La Pas-kwa
Good Friday (literally : Holy Friday)	Venerdì Santo	Ven-er-dee San-toe
Easter Saturday (literally : Holy Saturday)	Sabato Santo	Saba-toe San-toe
Easter Sunday	La domenica di Pasqua	La Doe-men-ee-ka dee Pa-skwa
Easter Monday (literally : Little Easter or lamb's Monday)	Pasquetta <i>or</i> Lunedì dell'Agnello	Pas-kway-ta <i>or</i> Loon-ay-dee dell anyellow
Lent	La Quaresima	La Kwar-ay-see-ma
Easter egg	Uovo di cioccolatta <i>or</i> Uovo di Pasqua	Oo-oh-vo dee choco-latt-a <i>or</i> Oo-oh-voe dee pas-kwa
Easter cake	La Colomba	La Col-om-ba
Easter bunny	Il coniglietto pasquale	Eel coneel-yeto pas-kwal-ay
Easter candle	La candela pasquale	La can-day-la pas-kwal-ay
An Easter blessing	Una bendizione di Pasqua	Oona ben-dee-tsee-ownay dee Pas-kwa
The Pope	Il Papa	Eel Papa
I'd like to wish you Happy Easter (informal / to a friend)	Vorrei augurarti Buona Pasqua	Vorray aw-goo-rartee boo-ona pas-kwa
Best wishes for Easter	Auguri di Buona Pasqua	Ow-goo-ree dee boo-ona Pas-kwa

## **A Message from Richard Stewart / IAHF Newsletter Chairperson**

It's always great to get stories from members of the IAHF for the Newsletter. It adds vitality, diversity, and a sense of family and community. I'll be looking forward to your contributions. Please send your proofread entries to Richard Stewart at [news@iahfsj.org](mailto:news@iahfsj.org)

*Thank you!*

# THE ITALIAN GREYHOUND



The Italian Greyhound is the smallest of the sighthounds, typically weighing about 8 to 18 lb (3.6 to 8.2 kg) and standing about 13 to 15 inches (33 to 38 cm) tall at the withers. Though they are in the "toy" group based on their weight, they are larger than other dogs in the category due to their slender bodies.

The Italian Greyhound's chest is deep, with a tucked up abdomen, long slender legs and a long neck that tapers down to a small head. The face is long and pointed, like a full sized greyhound. Overall, they look like "miniature" Greyhounds. Though many Italian Greyhound owners dispute the use of the term "miniature Greyhound" in reference to the breed itself, by definition of the American Kennel Club[5] they are true genetic greyhounds, with a bloodline extending back over 2,000 years. Their current small stature is a function of selective breeding. Their gait is distinctive and should be high stepping and free, rather like that of a horse. They are able to run at top speed with a double suspension gallop,[6] and can achieve a top speed of up to 25 miles per hour (40 km/h).

The color of the coat is a subject of much discussion. For The Kennel Club (UK), the American Kennel Club, and the Australian National Kennel Council, parti colored Italian Greyhounds are accepted, while the Fédération Cynologique Internationale standard for international shows allows white only on the chest and feet.[7]

The modern Italian Greyhound's appearance is a result of breeders throughout Europe, particularly Austrian, German, Italian, French and British, making great contributions to the forming of this breed. The Italian Greyhound should resemble a small Greyhound, or rather a Sloughi, though they are in appearance more elegant and graceful.

The name of the breed is a reference to the breed's popularity in Renaissance Italy. Mummified dogs very similar to the Italian

Greyhound (or small Greyhounds) have been found in Egypt, and pictorials of small Greyhounds have been found in Pompeii, and they were probably the only accepted companion-dog there. Dogs similar to Italian Greyhounds are recorded as having been seen around Emperor Nero's court in Rome in the first century AD.[12]

The breed is believed to have originated more than 2,000 years ago in the countries now known as Greece and Turkey. This belief is based on the depiction of miniature greyhounds in the early decorative arts of these countries and on the archaeological discovery of

small greyhound skeletons.[citation needed] By the Middle Ages, the breed had become distributed throughout Southern Europe and was later a favorite of the Italians of the sixteenth century, among whom miniature dogs were in great demand. Sadly, though, 'designer' breeders tried, and failed, to make the breed even smaller by crossbreeding it with other breeds of dogs. This only led to mutations with deformed skulls, bulging eyes and dental problems. The original Italian Greyhound had almost disappeared when groups of breeders got together and managed to return the breed to normal. From this period onward the history of the breed can be fairly well traced as it spread through Europe, arriving in England in the seventeenth century.[citation needed]



The grace of the breed has prompted several artists to include the dogs in paintings, among others Velázquez, Pisanello, and Giotto.

The breed has been popular with royalty. Among the royal aficionados are Mary, Queen of Scots, Queen Anne, Queen Victoria, Catherine the Great, Frederick the Great and Maud, Queen of Norway. The breed is also represented in the film Good Boy!. Nelly is an Italian Greyhound played by "Motif" and "Imp".[13]

-- Submitted by Richard Stewart 🌀



## 140th Westminster Kennel Club's 2016 Debut Newest Italian Best of Breeds

This year was a good year to be Italian! Here are the three newest Italian breeds: The Cirneco dell'Etna, the Lagotto Romagnolo, and the Bergamasco Sheepdog. Please allow me to introduce 2016's American Kennel Club's debut of Italian breeds with their Best Of Breed winners from the Westminster's Valentine's Day weekend competition.



On February 15th, GCH Cy'Era Paola CM3, owned by M. Lucia Prieto, won the first Westminster Best of Breed for the Cirneco dell'Etna breed, a hound group breed category. Often called the "Sicilian Greyhound", this dog hunts over the rough terrain of the lava fields in nearby Mt. Etna. With an excellent nose, rabbits are its primary game. It is "believed to (have been) bought from Egypt to Sicily over 2,500 years ago" (syracuse.com). Plural form for Cirneco is Cirnechi.



Later in the day, Ch. Viggo Artos Dell Albera won Best of Breed for the Bergamasco Sheepdog, a herding group breed. Owners are Juan-Manuel & Olivera Silvera and Erik Rothman. This breed is from the Italian Alps area of Bergamasco. Despite being photographed so often heading sheep, it is known to be excellent cattle herders. The Bergamasco's uniquely heavily matted coat protects it from bad weather and predators. Although thought to have originated in the Zagros Mountains near Iraq-Iran borders it immigrated to Italy many years ago.



The following day, February 16th, Ch. Rozebottel's Big Mack at Grandcru "Mack" won Best in Breed for the Lagotto Romagnolo, a sporting group breed. Owners are Melanie Steele (also handler) and Rindi Gaudet. This ancient breed is considered the foundation to all water retriever breeds. Paintings exist which predate the Romans and the breed is considered "a piece of Italian history" (lagottous.com). The Lagotto Romagnolo is known for its truffle hunting. The name means "lake dog from Romagna" (lagottous.com)

For more information please refer to the following URLs and websites:

The Cirneco dell'Etna Club of America | [www.cirneco.com](http://www.cirneco.com)

Ente Nazionale sella Cinofilia Italiana

Lagotto Romagnolo Club of America | [lagottus.com](http://lagottus.com)

[animalplanet.com](http://animalplanet.com)

[islandpacket.com](http://islandpacket.com)

Bergamasco Sheepdog Club of America

[www.silverpastori.com](http://www.silverpastori.com)

[bergamascouusa.com](http://bergamascouusa.com)

-- Submitted by: Pamela Oliver Lyons. 2/19/2016 🐾



## Annual IAHF / Tricarico Club Benefit Polenta Dinner 2016

with the **TRICARICO CULINARY TEAM!**

The Polenta Dinner and Dance last month turned out to be a terrific event. This event is a shared effort that is sponsored by both the Tricarico Social Club and the Italian American Heritage Foundation. These two organization come together once a year to unite with the common goal of reviving Italian culture through food and entertainment.

Tony Amato is the chief chef that, along with his group of volunteers, cooks up a wonderful meal of polenta and sausage. This night's meal was stupendous. I heard many positive and gracious comments from both members of the IAHF and of the Tricarico Club saying that this was the best polenta they had ever tasted.

Unique to this event was the fact that five former Presidents of the IAHF, as well as the President of the Tricarico Social Club, were in attendance: Ken Borelli, Sal Scrivano, David Perzinski, Marge Valente, and Tony Zerbo. The group share experiences with each other and gathered together for a photo. We were also honored by the attendance of San Jose City Council Member Pierluigi Oliverio and Mayor of Saratoga Manny Cappello.

Entertainment was furnished by DJ's Mark and Wati Hottel. Dancing was an engaging part of the night. Mark played many

Italian favorites in which many members danced with their partners. Slow dancing and upbeat cha-cha was enjoyed by all. After the romantic dancing, we were treated to the exceptional talent of Lucia Clementi, who taught line dancing. Seasoned line dancers as well as new learners enjoyed Lucia's instructions and felt the rhythm flow. Western and pop songs filled the room with smiles, excitement and vigor.

An interesting sidelight to the night was when Lucia, who was working after-hours in the office, met with former president Sal Scrivano's wife Genevieve who said that she was delighted to see that a President and his wife were working at the club just as they had done so many years ago. Genevieve said that she was reminded of old times and of how rewarding and beneficial it is to promote Italian culture and events.

All in all, it was a delightful night of good food, good music, and good fun. Many thanks to chairs David Perzinski, President of the Italian American Heritage Foundation, and Mike D'Antonio, President of the Tricarico Social Club, and especially to Ken Borelli for all the hard work put into the organization of this event.

-- Submitted by David Perzinski 🌀



Photos continued on next page >>>



*Click here to download a video of IAHF members dancing at the 2016 Polenta Dinner*

## *Hear The Music of Henry Mollicone*

## *IAHF Field Trip*



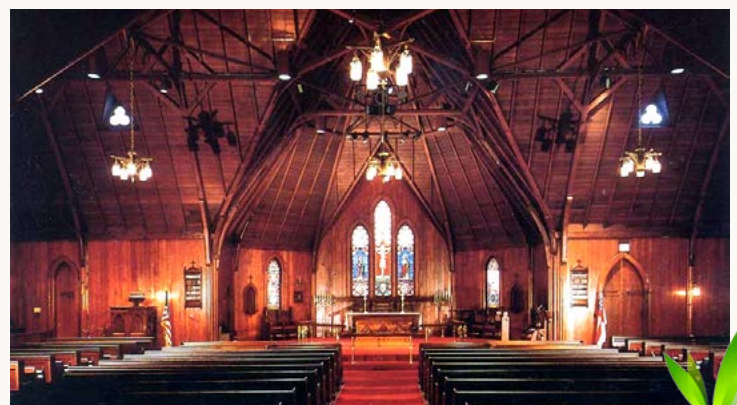
On Saturday April 2, 2016 those IAHF members interested, will be attending a special concert honoring nationally known composure, conductor, and pianist, Henry Mollicone. Henry was also given a special award by the IAHF for his contribution to the arts several years ago. The Mission Peak Chamber Singers and a special orchestra will feature two major pieces, "A Song for Our Planet", and "All Gods Children". The concert also features soloist Sandra Bengochea and Michael Taylor.

The location of the concert will be a stunning San Jose jewel, and our IAHF neighbor, Trinity Episcopal Cathedral, at 81 N. 2nd St. The concert will begin at 8:00pm, followed by a reception for

Henry and the musicians at the Cathedral. If you would like to attend as a group, please send a check to me, Ken Borelli, at the IAHF. We have a special ticket price of \$15.00 a person. In order to lock in these prices I need the funds by March 25. Likewise let me know if you would like to help with a Cultural Committee reception for the artist.

If you would like to attend a Sunday concert or make your own arrangements you can contact the Mission Peak Chamber Singers at [www.ChamberSingers.org](http://www.ChamberSingers.org) directly.

By Ken Borelli | Email: [kjosephb@aol.com](mailto:kjosephb@aol.com) 📧





## Palermo Street Food | *Inside an Airport!*

by Anne Robichaud

ITALIAN NOTEBOOK / FEBRUARY 8, 2016 / FOOD & WINE / ITALY

*Local knowledge such as this is the heart and fun of Anne's U.S. Cooking and Lecture Tour "Feast of Umbrian Rural Cuisine" home events this February and March! Not to be missed, book this extraordinary Italian food evening at your home now!*



Next time you're in Palermo, head to Piazza San Francesco for the best in Palermo "street food" (but no longer on the street). Skirt around the crowded outdoor tables in the piazza facing the medieval church, go through the door of the crowded Focacceria San Francesco and join the camaraderie. No places on the ground floor? Head up the stairs to the second floor or on to the third. What's drawing in the crowds? Sfinciuni (a rich Palermo pizza), pane con panelle (a chickpea Palermo street food favorite), huge rice balls, arancini, and cazzilli (palermitano dialect for what the potato dumplings resemble – and sorry, no translation here!)



But since 1834, this focacceria/friggitoria has been known for u pane c'a meusa ("bread with spleen," – and correctly pronounced "pani c'a miévusa" in palermitano dialect, Nino, Pino's old friend told me between bites). Once a humble street food of the working class poorest, these sesame rolls stuffed with deep-fried calves' spleen and calves' lung bridge all social barriers and all age groups these days. As we ate our orders, well-dressed elderly couples and young families, groups of university friends and businessmen at nearby tables shared pane c'a meusa flanked with bottles of cold beers or chilled Insolia, a Sicilian white wine.

Some customers waited for orders to go at the huge vat as the meusaru (literally, the "spleen-cooker") fried the spleen and lungs, drained them, slipped them into the sesame rolls (vastelle) and added shredded caciovallo cheese or a spoonful of ricotta for those who wished their order maritatu ("married"). He squeezed lemon juice onto the pane c'a meusa schiettu ("celibate" in dialect, i.e., on



its own without additions) – and wrapped each sandwich rapidly in simple brown paper before handing it to the eager customers.

How do Pino and I order u pane c'a meusa? Schiettu, whether we eat it there at the Focacceria or at a street stand.

And if you can't get to Palermo for this Sicilian street food goodness, you can find many of the temptations at the Antica Focacceria S. Francesco stand now in Terminal 3 at Rome's Fiumicino airport! Only u pane c'a meusa missing. Maybe a skilled meusaru not available for hire in Rome?

Now an Umbrian tour guide in Italy most of the year, Anne and her husband Pino worked the land for many years in the 1970's so rural life, rural people, rural cuisine are una passione for her.



She'll be teaching Umbrian rural cuisine classes in private homes in Feb/Mar in the U.S. – and additional events welcome to round out the 2015 itinerary.

Also, join her in May 2016 for ten days of discovering Umbria, Anne's Umbria.

Anne writes frequently on Umbria and other areas of Italy. See [www.annesitaly.com](http://www.annesitaly.com) for more on her tours, cooking classes, lectures – and her blog!

Do see [www.stayassisi.com](http://www.stayassisi.com) for news on the Assisi apartment – and Assisi countryside guest house – she and Pino now rent out.

-- Submitted by Ken Borelli 🍷



## IAHF Newsletter Submission Guidelines for Articles and Photos

These guidelines will help the IAHF produce a better and more cost-effective newsletter.

Your efforts in following these guidelines are deeply appreciated.

### Articles

- Original articles must be carefully proofread, spell checked and grammar checked before submission. The IAHF cannot assume responsibility for errors that appear in articles. Include author's name and other pertinent credits and/or information.
- Original articles should be submitted simply as text in paragraph form, single line spaced, with no formatting (no centering, no indents, etc.). The newsletter staff will format the article as required.
- Articles from the Internet, magazines or other sources must have author's credits, photographer's credits, website or publication name.
- Articles must be submitted in either Word or PDF format, or as email text. PDF documents must have text that can be selected and copied. PDFs made from scanned hard copies will not work.

### Photos

*Please note that the IAHF Newsletter staff reserves the right to use images at their discretion.*

Transmission:

- Image files should be sent as email attachments, not embedded in a text document or in an email message.

Format:

- JPEG preferred; BMP, EPS, GIF, PDF and TIFF formats may be acceptable as well.
- Photos should be big, bright, and sharp, with no timestamps or watermarks. Low-quality photos or out-of-focus photos cannot be used.

Size:

- Send full-size, unedited, high-pixel-count files. Make sure your email program doesn't downsize the files. Sizes of 500 KB and larger are preferred.
- Each photo must have an individual name. Leaving the name of the photo as named by your camera is suggested.

Credits:

- Original photos should include the name of the photographer. If you are not the photographer, you must give credit or secure permission to use the photos with your article.

Captions:

- Please provide captions as either email text, as a Word document, or as a PDF document

Questions?

- Please contact Richard Stewart, IAHF Newsletter Chairperson, at 408-821-4260, or at [news@iahfsj.org](mailto:news@iahfsj.org)

# IAHF *Library* NEWS

*The IAHF library is much more than just books*



## *Indiegogo*

Friends, Family, Colleagues:

A new book is forthcoming from Sanniti Publications. It's called *Branded: How Italian Americans Became "Enemies" During World War II*. Why, you may ask, another book from DiStasi on the wartime story? Here's what I've written for the introduction:

...The books and articles that have so far addressed these developments have never, to my knowledge, put

the entire range of government measures—the general restrictions, the temporary detentions, the internments, the evacuations from prohibited zones, the restrictions on fishermen, the exclusion of naturalized citizens from coastal states, the seizure of contraband and arrests nationwide—in comprehensible, chronological context. That is what this book seeks to do. It aims to present the entire range of measures arrayed against the 600,000 enemy aliens of Italian descent (and against some naturalized citizens as well) in a comprehensive narrative from start to finish.

Given that I'm pleased with what has resulted, I am here appealing to those of you who know me for support for *Branded's* publication. I am starting modestly, with an initial print run of 300 copies. If I can raise about \$3,000 or so via Indiegogo, I should be able to cover the printing of the 300-page book, and some publicity expenses. After that, who knows?

If you would like to collaborate with me in this project, I would be more than grateful. Any amount will help, but I am suggesting donations in the range of \$25 to \$500. The "Perks" are listed on the Indiegogo site, but briefly: Donors from \$50 up will get an autographed copy of the printed book. For donations of \$100 or more, you get two (2) copies of the book (you can give them as gifts). And for donations above that, the two books plus your name on the Acknowledgments Page (\$150), as a Sponsor (\$200), Patron (\$300), or Angel (\$500)—provided they come in before the book goes to press in early March.

Were I independently wealthy, or even reasonably comfortable in retirement, I would not be making this appeal. But since I am neither, and since I have already tried this "community publishing" route once for my 2012 book *Esty* with some success, I have decided to try it again with *Branded*. I hope many of you agree that such 'crowd-sourcing' offers a good alternative to mega-publishing, and can see your way clear to take part.

The way to participate is rather easy: go to the website [Indiegogo.com](http://Indiegogo.com) and follow the instructions to donate whatever you can. Here's the link: <https://www.indiegogo.com/projects/branded-italian-americans-as-wwii-enemies/x/1649824#/>

If you prefer not to use credit cards on the internet, you can still participate (unfortunately, this will not count towards my target amount on Indiegogo) by sending your donation to me directly at P.O. Box 533, Bolinas, CA 94924, indicating the address where you'd like to receive your autographed copy. Thank you for whatever you can do to help.

-- Submitted by Larry DiStasi / <http://distasiblog.blogspot.com/>



## *Lidia Cooks from the Heart of Italy*

A Feast of 175 Regional Recipes by Lidia Matticchio Bastianich / Tanya Bastianich Manuali

In this inspiring new book, Lidia Bastianich awakens in us a new respect for food and for the people who produce it in the little-known parts of Italy that she explores. All of the recipes reflect the regions from which they spring, and in translating them to our home kitchens, Lidia passes on time-honored techniques and wonderful, uncomplicated recipes for dishes bursting with different regional flavors—the kind of elemental, good family cooking that is particularly appreciated today.

Penetrating the heart of Italy—starting at the north, working down to the tip, and ending in Sardinia—Lidia unearths a wealth of recipes:

*From Trentino-Alto Adige:* Delicious Dumplings with Speck (cured pork); apples accenting soup, pasta, salsa, and salad; local beer used to roast a chicken and to braise beef. *Continued on next page >>>*

**From Lombardy:** A world of rice—baked in a frittata, with lentils, with butternut squash, with gorgonzola, and the special treat of Risotto Milan-Style with Marrow and Saffron

**From Valle d'Aosta:** Polenta with Black Beans and Kale, and local fontina featured in fondue, in a roasted pepper salad, and embedded in veal chops

**From Liguria:** An array of Stuffed Vegetables, a bread salad, and elegant Veal Stuffed with a Mosaic of Vegetables

**From Emilia-Romagna:** An olive oil dough for making the traditional, versatile vegetable tart erbazzone, as well as the secrets of making tagliatelle and other pasta doughs, and an irresistible Veal Scaloppine Bolognese

**From Le Marche:** Farro with Roasted Pepper Sauce, Lamb Chunks with Olives, and Stuffed Quail in Parchment

**From Umbria:** A taste of the sweet Norcino black truffle, and seductive dishes such as Potato-Mushroom Cake with Braised Lentils, Sausages in the Skillet with Grapes, and Chocolate Bread Parfait

**From Abruzzo:** Fresh scrippelle (crêpe) ribbons baked with spinach or garnishing a soup, fresh pasta made with a "guitar," Rabbit with Onions, and Lamb Chops with Olives

**From Molise:** Fried Ricotta; homemade cavatelli pasta in a variety of ways; Spaghetti with Calamari, Shrimp, and Scallops; and Braised Octopus

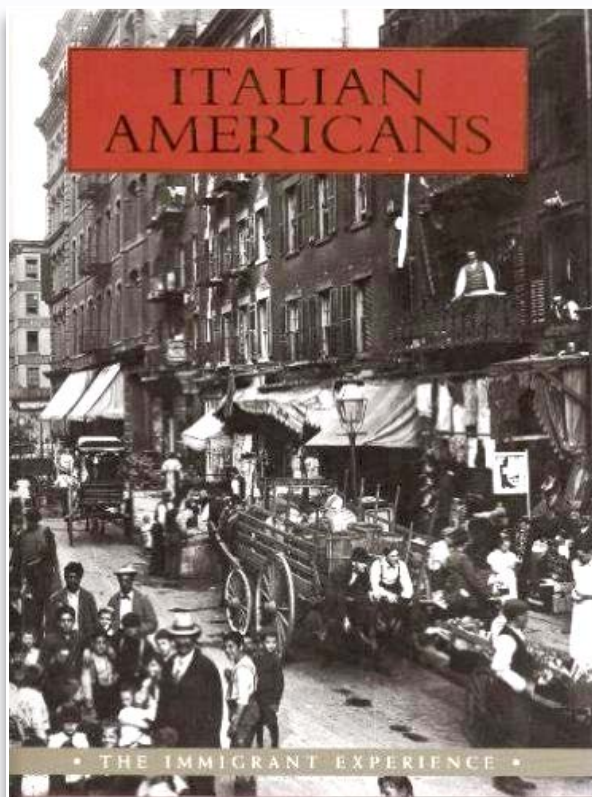
**From Basilicata:** Wedding Soup, Fiery Maccheroni, and Farro with Pork Ragù

**From Calabria:** Shepherd's Rigatoni, steamed swordfish, and Almond Biscottini

**From Sardinia:** Flatbread Lasagna, two lovely eggplant dishes, and Roast Lobster with Bread Crumb Topping

This is just a sampling of the many delights Lidia has uncovered. All the recipes she shares with us in this rich feast of a book represent the work of the local people and friends with whom she made intimate contact—the farmers, shepherds, foragers, and artisans who produce local cheeses, meats, olive oils, and wines. And in addition, her daughter, Tanya, takes us on side trips in each of the twelve regions to share her love of the country and its art.

Source: <http://santaclara.lib.overdrive.com/A34DB562-E1DC-4490-B802-548DC56A1A83/10/50/en/ContentDetails.htm?id=A11D21FB-839D-45D1-837C-B5C5F4031016>



### Book Review: *Italian Americans: The Immigrant Experience*

This is a book reissued by Barnes and Noble in 2013, however it was originally written in 2000 by Ben Morreale and Robert Carola, Universe Publishing. A copy is donated to our library for your perusal. As noted, while browsing the stacks at Barnes and Noble, I came upon this text, and picked up a couple of copies. It's an engaging read, and provides a setting for "the great migration" as it's called by immigration scholars, regarding the many Southern and Eastern Europeans who came to the United States in the late 1880-1920.

It is a nicely presented text with wonderful photos, drawings and illustrations. They capture not only the eye but also your interest. The text provides you with a good overview of Italian American History. It certainly will provide, for example, a grandchild or interested family member an awareness as to why so many people left the "old country" for *l'America*. Even so, the book is a little short or thin on analysis, and jumps from Sacco and Vanzetti and the World War II Internments, to the progress and integration of the Italian American community into mainstream American life, in about five or six pages. Likewise the Western USA Italian American experience is very limited and almost reads like "footnotes", so you will have to fill in the pieces. Saying all that, the book is with much merit, and a good take off point for further explorations. Given how much immigration and refugee issues are in the news today, it may stir your interest to know more about the Italian American Immigrant experience. Start your discoveries by checking out the book at the IAHF library! -- Review by Ken Borelli 🌀





# Be My Italian Valentine!

## Part 1: Myth of the Italian Lover

Italian lovers are famous throughout history: Paolo and Francesca, the ill-fated pair described in Dante's *La Divina Commedia*; Romeo e Giulietta (Romeo and Juliet), the two young lovers from Verona immortalized by Shakespeare; and Renzo and Lucia in *I Promessi Sposi*, written by Alessandro Manzoni from 1825-27, who succeeded in marrying each other only after overcoming many difficulties and obstacles.

In classical history, the Roman holiday Lupercalia was a pagan spring celebration. Priests called *luperci* participated in ritual sacrifices and fertility rites during the wild, chaotic festivities.

So with all this history of love and romance, spring lust and eros, debauchery and revelry, it would only seem natural that Italy, the purported land of romance, would celebrate Valentine's Day with great passion and joy.

### Myth and Reality

It may be disappointing to learn, then, that although Italy may be the country of love and lovers, the holiday is experienced as somewhat foreign, imported from the U.S. just like Halloween and Mother's Day. In Italy *il giorno della festa degli innamorati* is exclusively a celebration for couples or lovers. Children, family members, and friends do not exchange presents. In recent years some commercialism of the American type has crept in, but there is little of the blatant guilt-inducing displays of Godiva chocolates, sexy lingerie, Valentine's cards, or other *smancerie* (over-wrought, cloying sentiments).

However, for those who are in love Valentine's Day in Italy is an important one to show their beloved how much they care. In the evening couples usually go to dinner at a *pizzeria* or *ristorante*. Depending on the age of the pair, gifts could include red roses or perfume, diamonds, or the famous Baci Perugina. These small, chocolate-covered hazelnuts contain a small slip of paper with a romantic poetic quote in four languages.

## Part 2: St. Valentine/Vocabulary List

It is strange to think that Saint Valentine, who was renowned for his chastity, became the patron saint of lovers. The historical

antecedent comes from two sources. During classical Roman times, Emperor Claudius II decreed marriage forbidden for soldiers. A priest named Valentine ignored this decree and encouraged young people to be united in holy matrimony. For this, he was sentenced to prison and executed on February 14th.

In 1465, Pope Paul II authorized the distribution of marriage gifts to poor women. The first ceremony was set for February 14th, and Saint Valentine, whose sainthood was celebrated on this day, became known as the protector of lovers.

The Italian language is rich in expressions and idioms, and *frasi d'amore* on Valentine's Day are especially endearing. In English, the expression "I love you" is ubiquitous, while in Italian "*Ti amo*" is used only between lovers, never with friends, family, or inanimate objects. Instead, the expressions "*Vuoi bene*" or "*Ti voglio bene*" are preferred. When in doubt, refer to an Italian language relationship primer. For the truly romantic, learn how to say 'I Love You' in Italian.

- ☞ *gli abbracci* — hugs
- ☞ *affettuoso* — affectionate
- ☞ *l'amante* — lover
- ☞ *i baci* — kisses
- ☞ *il biglietto d'auguri per San Valentino* — Valentine's Day card
- ☞ *i cioccolatini* — chocolates
- ☞ *il diamante* — diamond
- ☞ *la festa di San Valentino* — the festival of Saint Valentine
- ☞ *il/la fidanzato/a* — fiancé/fiancee
- ☞ *i fiori* — flowers
- ☞ *gli innamorati* — lovers
- ☞ *provocante* — provocative, sexy
- ☞ *sedurre* — to seduce
- ☞ *sessuale* — sexual
- ☞ *le smancerie* — over-wrought, cloying sentiments
- ☞ *il mio tesoro* — my darling

-- Submitted by Richard Stewart ☺

## LETTER TO THE EDITOR

Caro contadino,

Kudos to you for an increasingly interesting and thought-provoking *notizie*. You have established a new standard of excellence for organizations' newsletters. Coming review from me on the book (in your library) *Count Ciano's Diary*.

Con anima,

RV (Richard Vannucci)



# ITALY:

## *The Second Healthiest Country in the World*

THE ITALIAN TRIBUNE on 3 February 2016 at 12:34

Italy has one of the most efficient healthcare systems in the world and the Italian universal healthcare system has actually been getting better and better from year to year. This is great news for Italy's health Care system. This month, Bloomberg Rankings rated Italy the second healthiest country in the world and the top ranked country for health in all of Europe. This health score is based on several factors including, mortality rates, number of people smoking, the percentage of immunizations, the percentage of population with healthcare, healthcare efficiency, healthcare satisfaction and life expectancy.

The Bloomberg rankings are based on countries that have a population of at least 1 million and provide a health score and a health-risk score. Each country's place was calculated by subtracting their risk score from their health score. The health score is based on such factors as life expectancy and causes of death, while health-risk is based on factors which could negatively impact health, such as the proportion of young people who smoke, the number of people with high cholesterol and the number of immunizations.

Singapore has been named the world's healthiest country, using data from the United Nations, the World Bank and the World Health Organization, with an overall score of 89.45 percent. Italy ranked second healthiest with 89.07 percent. Australia came third with a score of 88.33 percent.

As good as the Italian healthcare system is, the most common complaint are long lines and waiting times for special tests and for seeing specialists. Most of the population was very satisfied with the medical care that they receive from their doctors and also the universal aspect of the system.

Healthcare spending in Italy accounted for 9.2 percent of GDP in 2012 (about \$3,200 per capita) of which about 77 percent is public, slightly lower than the average of 9.3 percent in the top 20 industrialized nations in the world.

One of the main reasons for Italians staying so healthy is the way they eat. There is the Mediterranean diet itself, fish, fresh vegetables, fruit and the use of olive oil in cooking. Meats in Italy are not eaten in the same portions as one will find in the U.S.

and the amount of fat in the meats they prefer is also less. Meat is eaten as a separate course in smaller quantities, if at all. Lean pork is popular. In general, the Mediterranean Diet, especially with its use of olive oil over butter. Olive oil is considered to be a much better choice for your arteries. People who use olive oil tend to have a lower risk factor of both heart attacks and strokes. Another healthy component in the Italian diet is garlic, which lowers the chance of heart disease, lowers blood pressure and helps to prevent strokes. It also is very high in antioxidants and is considered to aide in the prevention of Alzheimer's disease.



Even some of the traditional dishes that we associate with the Italian diet are consumed differently than you will find over here. Pasta and pizza are prime examples. Italians eat simple pizzas with healthier toppings, rather than slices overloaded with fatty or greasy toppings. Additionally, you will find that although pasta is often one of the dishes during

dinner, it is not served in large servings. Another attribute of the Italian manner of eating is the way the family comes together at dinnertime. Most families in Italy eat the family meal together and at the same time. This is a feature that is important for relieving stress in life and assists in promoting a feeling of well-being, affording a sense of comfort to la famiglia.

The life expectancy for Italians is 83 years, tied with Spain, Australia, Switzerland and Singapore for the second longest in the world. Another One more reason why Italians might be living longer is the inherent exercise in their daily routines. Many Italians in towns throughout Italy take a walk after dinner, usually with their family members and children—the Passeggiata. Communing with neighbors and relatives while talking a leisurely stroll through town adds to one's well-being.

In addition, the number of hills and steps the average Italian has to negotiate in their daily lives is much more than in the U.S. Most towns were built in an era of feudal warfare, causing them to be built on top of hills and cliffs for protection of their community. As a result, many towns are very hilly, containing thousands of steps and inclines. In the rural towns of Italy, exercise is something that most people get, whether they plan on it or not! >>>

It seems that Italians take pride in the saying— La salute prima di tutto! —Health is first of all!

How did other countries fare on the list? Australia finished in third place and Switzerland was fourth. At the other end of the scale, the African country of Swaziland was named the least healthiest country in the world, scoring an overall grade of just 0.26 percent.

The U.S. came in 33rd on the list, right below the Czech Republic and above Bosnia and Herzegovina. Most Americans should consider this to be embarrassing. Obesity, diabetes, lack of exercise all contribute to this, but how can a country with the most advanced medical

technology available and some of the best hospitals in the world score so poorly? There must be something inherently wrong with the system. By the way, Cuba came in at 28 on the list. According to the World Health Organization (WHO), the total health care spending in the U.S. is 18 percent of gross domestic product—the highest in the world. This is double that of Italy. The Health and Human Services Department expects that the health expense

percent of GDP will continue its historical upward trend, reaching 19.5 percent of GDP by 2017. As far as how long we live in the U.S., our life expectancy in the U.S. is 79 years—34th in the world.

-- Submitted by Delia Schizzano ☺



The Healthiest Countries in the World		The Least Healthiest Countries in the World	
1. Singapore	6. Israel	1. Swaziland	6. Burundi
2. Italy	7. Spain	2. Lesotho	7. Malawi
3. Australia	8. Netherlands	3. Republic of Congo	8. Angola
4. Switzerland	9. Sweden	4. Chad	9. Uganda
5. Japan	10. Germany	5. Mozambique	10. Cameroon

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#### **Contact**

Richard Stewart  
408-821-4260 or [news@iahfsj.org](mailto:news@iahfsj.org)

# Schedule of Events

## Regional Lunches\*

All are on the 3rd Thursday of the month, and start at 12 noon.

\* Please note we will charge one dollar more per lunch to cover increased cleaning cost (\$13.00 members, \$16.00 non members).

**No Regional Lunch in March** because of the St. Joseph Day Festivities on Saturday, March 19th

**April 21st:** 12 pm • The Provence of Cosenza, Calabria, Ken Borelli, . This is a part of Italy's green belt and appropriately there will also be a special plant sale, including unique tomato, pepper varieties and other vegetables. The plants will be provided by Friends of the Emma Prusch Farm Park, along with a discussion of the types of varietal's.

**May 19:** 12 pm • *Il Abruzzo* with Steve and Pam Lyons, and reconnecting with family and, of course, their delicious family recipes

**June 16:** 12 pm • *Anzano di Puglia*, a culinary exploration of family roots with Madeleine Diamiano

## Cena Fuori

**March 31st:** 7 pm • Giovanni's Pizzeria and Restaurant, 1127 Lawrence Expressway, Sunnyvale

**April 28th:** 7 pm • Tony and Alba's, 3137 Stevens Creek Blvd, San Jose

## Special Cultural Events

**March 19:** 11 am • Festa di San Giuseppe, Mass at 11 am, followed by a traditional Lenten Lunch

**March 7:** 7 pm • The Italian American Family in Conversation: Italian Genealogy 101. A special panel developed by Italian Genealogist John Scandizzo MD, Part of an Italian American Family in Conversation Series: (We started the series in February with an Italian Citizenship Workshop), and we will follow with a memoir writing program. Coordinated by Pam Oliver Lyons and Marie Bertola.

**April 2:** 8 pm • IAHF Field trip to Trinity Episcopal Church, 81 North 2nd St. San Jose for 8:00 pm. Masterworks: The Music of Henry Mollicone, with Mission Peak Chamber Singers and orchestra. Reception for the composer and musicians to follow the concert. Henry was also an IAHF Achievement Award Winner.

**April 17:** 7 pm • A special seminar on Italy and World War One. Guest speaker, Dottoressa Diana Ferraro, University of Napoli, Facilitated by Chair of the Cultural Committee Ken Borelli. The period from 1914 to 1918 is the centennial of the war. Throughout the world there are discussions of this epoch changing event. Join us in exploring how the war impacted the modern nation of Italy. There will also be a display of WWI war memorabilia from IAHF members.

**May 1st:** 7 pm • Annual Bocce Tournament at Campo di Bocce in Los Gatos. Start getting your teams ready for this exciting event. The teams can be from 4 to 5 persons per team.

**June 2:** 12 pm • Festa della Repubblica, Flag raising and lunch. This year the event will be dedicated to the memory of Norma Mestice.

**TBA:** We are planning a special culinary program for children from 7 to 12. These will be simple recipes, and provide an opportunity for your children / grandchildren to appreciate the basics of Italian cooking.

**TBA:** A special discussion with author Kathleen Ann Gonzalez, regarding *The Beautiful Woman in Venice*, and concert by some of the composers noted in Kathleen's book. A very special evening of *Venitiziana*!

## Culinary

**April 8th:** 7 pm • Annual Crab Feed, an IAHF benefit. The crab will be from the Oregon and Washington Coast. Also enjoy the music of nationally known Neapolitan jazz artist, Peppe Merola.

**April 14:** 7 pm • Learn from our cadre of home chefs as they share treasured family recipes. The first program will be on *cannoli* fillings and their variations. We will share three variation of fillings. For the two hour class we will be using purchased shells, and concentrating on the filling. Presentor: Lucia Clementi. Class limit 20 people.

**May 5:** 7 pm • Tony Amato of the Tricarico Social Club will demonstrate how to make polenta. He supervised the making of polenta for our annual IAHF/Tricarico dinner, and this is a request performance! He will also share his sausage sauce recipe for polenta. Class limit 25 people.

**June 9:** 7 pm • Zina Russo will repeat her last year sold out homemade pasta, and *cavatelli* program. Class limit 25

Continued on next page >>>

Please contact me at the IAHF if you would like to volunteer to work on any of these events. I want to extend a special welcome and invite to our many new members to join us as we work on these and several more exciting events celebrating our to Italian American Heritage. Ken Borelli, VP, Events/Chair, Cultural Committee. kj

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## COFFEE ICON

GETS BURIED IN AN ESPRESSO MAKER

By Yaron Steinbuch | February 18, 2016 | 9:54am | New York Post



*Renato Bialetti's ashes were buried in a stovetop espresso maker.*

Renato Bialetti, the man behind the iconic octagonal coffee pot from Italy, has died, and his freshly ground ashes were buried in a fitting urn — a giant version of the Moka that made him famous.

The 93-year-old's children, Alessandra, Antonello and Alfonso, brewed up the plan to bury their dad's remains in a stovetop espresso maker on Monday, La Stampa reported.

The pot was blessed by a priest at a church in his hometown of Casale Corte Cerro in Piemonte, then buried next to his wife, Elia, in nearby Omegna, The Local of Italy reported.

Bialetti didn't invent the classic pot, but he turned it into a must-have object in kitchens around the globe.

His dad, Alfonso, an aluminum vendor, acquired a patent for the gizmo in 1933 — but it failed to catch on with the espresso-savvy Italian public.



*The Rev. Pietro Segato, the parish priest of Casale Corte Cerro, at Bialetti's burial service in northern Italy.*

In fact, by the time Renato took over the company in 1947, a mere 70,000 pots had been made.

The younger Bialetti pumped a major marketing campaign into the Moka. Among his ideas was adorning all the pots with the caricature of himself, a mascot known as "L'omino con i baffi" — the little man with the mustache.

Business perked up quickly. As of today, some 330 million of the pots have been sold worldwide.

Photos by AP -- Submitted by Nancy Federico



# Squeezebox Stories

<http://squeezeboxstories.com/background/history-page-two/>

## History 1: Italian Immigration

In our Squeezebox Stories, we meet Vince Cirelli, who was born in San Francisco in the 1920's to Italian immigrant parents. Vince lived in San Francisco during what is considered the "Golden Age of the Accordion," which lasted between 1910 and 1960. Especially between the 1900s and 1920s, the city of San Francisco was bustling with rapidly growing Italian settlements, theaters, accordion factories, and performers.

Italian immigration to California can be roughly divided into two major periods: 1830 to 1880, and 1880 to 1930.

### First Wave of Immigration: 1830-1880

Italians were some of the first European settlers and explorers who came to California. The first wave of immigration was prompted by Gold Rush. The majority of the Italians who migrated to California at this time came from northern provinces of Italy. The Italian restaurant Volpi's in Petaluma, which hosts events in conjunction with the annual Cotati Accordion Festival, is a remnant of the first wave of migration; it was a social center for northern Italian farmers who settled and worked in the fields in the Sonoma area.

### Second Wave of Immigration: 1880-1930

The second period marks the largest flow of Italian immigrants to California. By this time, the Italian immigrants' economic activities shifted from mining to agricultural communities and manufacturing industries in and around San Francisco. Italians who came to California during the second wave were largely from southern Italy (Calabria, Naples, and Sicily), who were lured by steamship and railroad agents who promised them jobs and land. The Italians were the largest European immigrant group in California until the 1930s, when restrictive immigration laws closed the doors to future Italian immigrants.

Although Italians had experienced a relatively small amount of prejudice in the new land the past, it was not until the post World War II period when Italians became considered part of the "white" majority in the U.S. Particularly, during the early part of World War II, Italian-Americans were subjected to internment. While not as extreme or as long as the Japanese-American internment, this came as a shock to the Italian-American population of California.

## Accordion's Golden Age: 1910-1960

The accordion's Golden Age comes between 1910's and 1960's, when accordion manufacturers and performers thrived in San Francisco.

Since the Italian town of Castelfidardo dominated the accordion manufacturing industry in the mid to late 1800s, the reputation of Italian accordions has always been very strong in the US. At

the peak of production, over 100 firms were operating in Castelfidardo, supplying the majority of accordions purchased in the United States.

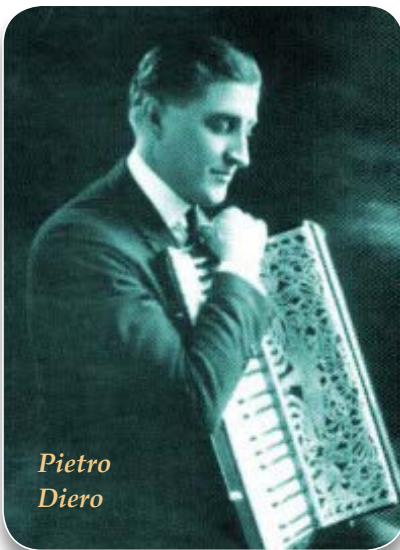
The war years shifted this trend, as production slowed down in Italy and the demand in the United States increased. Subsequently, San Francisco became the capital of accordion manufacturing in the country. In the early 20th century, the neighborhood of North Beach, where the majority of the Italians settled, was teeming with accordion factories, and the accordion was a popular instrument featured in vaudeville theater shows, frequented by many Italians in North Beach.

Among the most famous figures in the San Francisco theater scene during the 1920s and

1930s were the brothers Pietro Diero (1888-1954) and Guido Diero (1886-1950). Born in Italy, the brothers moved to San Francisco in 1907, where they both contributed greatly to the popularization of the piano accordion. There is some contention regarding

where the piano accordion was first invented (one record holds that the first piano keyboard was introduced by Bouton in Paris in 1852), but the Diero brothers have been credited with being the first to perform the piano accordion in San Francisco, and to record the instrument. Although the button accordion was more prevalent until this time, the Diero brothers' illustrious career as piano accordion performers,

recording artists, composers, and teachers, solidified the piano accordion's popularity in the U.S.. By the mid 20th century, the piano accordion had become the most popular type of accordion in the United States as a result, surpassing the popularity of the button accordion. — Submitted by Richard Stewart



Pietro Diero



Click here for the accordion in Santa Clara Valley history:

<https://m.youtube.com/watch?v=e7X4Gc9IWqk>



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## 2016 IAHF Membership Renewal

2016 membership renewal letters have been mailed to all of our members. If you haven't sent your renewal membership dues in yet, please consider doing so as soon as possible. You will receive a 2016 membership card and a confirmation letter. As always, we thank you for your support of the IAHF! - Lucia Clementi 🌸

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Richard Stewart, IAHF Newsletter Chairperson 🌿

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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.

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