

IAHF NEWS

November / December 2016 • ITALIAN AMERICAN HERITAGE FOUNDATION • ESTABLISHED 1975 • FOUNDED AS NONPROFIT 1976 • CELEBRATING 40 YEARS

RICHARD STEWART | IAHF NEWSLETTER EDITOR-IN-CHIEF

IAHF OFFICE #: (408) 293-7122 • TAP HERE FOR WWW.IAHFSJ.ORG



PRESIDENT'S MESSAGE

Dear Members of the Italian American Heritage Foundation,

As we near the end of 2016, we should recognize some of the important things our organization has accomplished. Our many volunteers and members have really made this one of the best years ever. So many great people working in harmony to get the important work done that makes us a better organization and advances our goals of sharing and recognizing Italian culture.

I want to especially thank the members of our Board of Directors and especially our Executive Board who have put so much positive energy and effort into their jobs. Our First Vice President, Ken Borelli, who is charge of events, has done an outstanding job. Ken organizes our events, plans the details and even cooks at our luncheons. He is the

leader of our Cena Fuori, Regional Lunches, Crab Feed, Polenta Night, and Bocce Ball events and has a major hand in every other event. Ken works with and guides volunteers who help who put together lunches and other events.

Our Second Vice President, Joanne Sanfilippo, has accomplished great things with our hall and our hall rentals. If you take a look around, you'll notice how clean and organized everything is. Not many of us go into the kitchen, storage rooms, and storage lockers, but if you did you would notice how everything is in its proper place and is very tidy. Joanne has made it her goal to make our establishment presentable and welcoming. Recently the offices, entry, and bathrooms have all been painted. The pantry now has a new floor and Joanne has found flooring material for the pantry and bar areas.

Our Third Vice President, Richard Stewart, continues to work diligently on our newsletter that is published regularly. Richard's good work is shown in the quality of these newsletters that go out by email and hardcopy. Our new website is also something in which he can be proud. The website is well organized and inviting. As our librarian, Richard is deeply interested in promoting the library. He is always putting up displays of books for members to browse and check out at our functions and makes it his personal goal to acquire new members at every event.

Our Treasurer, Frank De Turris, has made vast improvements in our financial affairs. Through Frank's guidance, we have become more of a responsible business that pays its bills on time and is accountable to its financial needs. Bills are paid on time, taxes are filed, accounts are kept in their proper order, budgets are set and regularly checked, and all the other paper work that needs doing gets done. This year for the first time, we are putting money aside for emergencies and not spending hall advanced reservation monies until that money is secure.

All of our board members have really come together to help our mission and advance our cultural heritage. I want to give special thanks to Joyce Allegro who guided us in rewriting our bylaw and Corinne Tomeo who helped us rewrite our contracts.

Thanks also to Carlo Severo who chaired our 40th Gala Anniversary which was an outstanding event. Carlo needs to be acknowledged also for the remodeling work on our bar. Carlo took it upon himself to do a fund raiser for the bar. Carlo and his wife Rose help a special event at their home with wine, music, and dinner in order to acquire donations that went into the bar remodel. Marge Valente also worked on the Gala. Marge is our Election/Selection Committee Chair who has helped tremendously with our ballots and our elections.

Our Scholarship Program is a source of pride for all of us. This year we gave out \$25,000 to 12 deserving scholars. Linda Binkley, our Scholarship Chair, did a fantastic job of gathering and judging our scholars. Linda and her husband Bob also manage our bar at many events and always add to our profits at our many events.

I would also like to thank Lucia Clementi, our Membership Chair. Membership is a year-long process that needs constant attention and Lucia has been constantly working to secure a strong membership. Lucia has also been instrumental in acquiring new office help and has written office procedures to make the office more efficient and effective. Speaking of office help, I would really like to thank Joya Witford who has volunteered and helped us so much at the front desk.

It takes a lot of time, energy and effort to run a healthy organization such as ours and I can't think of a better team than this one.

Grazie Mille,

David Perzinski / President, Italian American Heritage Foundation 

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Member SPOTLIGHT

Benvenuti New Members as of November 2016

☞ Matt Archibald & Teresa Lewandowski	☞ Joe & Mary-Margaret Dellicarpini	☞ Stacy & Shayne Hale	☞ Scott & Kerri Mesa	☞ Phil Scalia
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☞ Matt & Sue Cadile	☞ Denise Dettore	☞ Denise & John Hildenberger	☞ Adrian Nestor	☞ Stephen Schrage & Sarah Miller
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☞ Corey Crawford & Doris Matthews-Bottero	☞ Joe & Tanya Friscia	☞ Joan & Tom Lewis	☞ Maureen M Psomas	☞ Catherine & Yolanda Villarreal
☞ James D'Albora & Valerie Love	☞ Judge Al & Vera Girolami	☞ Lorraine Lucivero	☞ Elvis Raby & Janis Richards	☞ Lisa & Joseph Viso
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☞ The Villages Italian Club- Susan Baciagalupi	☞ Phil & Jennifer DiNapoli	☞ Bobby & Ruth Moorhatch	☞ Joanne E. Sanfilippo
☞ Drs. Peter and Cheri Binkley	☞ Ruby Domino	☞ Rebecca & Tony Morici	☞ Drs. John & Marj Scandizzo
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☞ Elaine Bruni	☞ Verdell Ghiorso	☞ Pam and Steve Lyons	☞ Corinne Tomeo
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A Sparkling Evening



It was a shining evening as the IAHF celebrated our 40th anniversary. The night started with sparkling prosecco and delicious appetizers crafted by Ken Borelli, Affie Mahini, Joanne Sanfilippo and Rosa Severo. Gentlemen in ties, and ladies dressed in sparkles, sequins, and jewels, graced the new bar center and swayed to the melodious sounds of the Dominant 7, so generously presented courtesy of Third & Grove.

Dignitaries filled the room, as our IAHF Hall, so beautifully decorated with glittering tables, white roses, and ruby ribbons, shone with hospitality. Sam Licardo, Mayor of San Jose, Santa Clara County Supervisor David Cortese, and Italian Consulate Commercial Attache Luigi Biondi joined in the warm spirit and inviting feeling of the event. After brief speeches by our President Dave Perzinski, and Board Member and Gala Chair Carlo Severo, we dined *alla Italiana* prepared by Florentine Ristorante.

It was not long before the shine of the disco ball flew through the air as the dance floor was filled with glamorous dancers and fun

seekers moving to the music of The Alfie Dreifuss Orchestra. A special anniversary selection of Guglielmo wine flowed in our glasses only to be replaced by Nespresso espresso, cappuccino and lattes as the night flourished.

As the festive evening ended, joy, pride and praise filled the room.

"The evening was wonderful! The spirit and comradery was overwhelming. So many people having a good time and enjoying everybody's company."

"The introduction, the music, the food, the décor, the ambiance, all created a very special feeling to celebrate a very special evening."

"Thank you for orchestrating such an outstanding event. It was truly Italian and reminded me of my family events."

"We need more events like this! Next time I am bringing my whole family and I have lots of kids."

Our hearts are overjoyed with love for our IAHF and our Italian Heritage.

Continued >>>





A special thanks to all who attended and deep gratitude to our sponsors and donors.

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Pam and Steve Lyons • Save the Romaggi Adobe / Adrian Nestor • Village Insurance Services / Jerry and Molly Caracciolo

-- Article written by Kathy DeMerit 

It's Time to Renew Your IAHF Membership for 2017!

Members enjoy reduced event costs, access to our dual language library, the IAHF monthly newsletter, networking with others with the same passion and love of Italy as you do, and many other excellent benefits.

Please click here to renew or upgrade your membership today.

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**The Italian American
Heritage Foundation**



ANNUAL MEMBERSHIP MEETING 2016

The Italian American Heritage Foundation Annual Membership Meeting was a fine success with about 140 members joining together for dinner on the house. Upon entering, everyone was given a ballot with which we began the voting for the new Board of Directors. Members who joined as Individuals received one ballot and members who joined as Family received two. Members who were not present at the dinner will receive a ballot in the mail. According to the by-laws of the Foundation we must have a quorum of votes. Please be sure to drop yours in the mail if you did not attend the dinner.

Marge Valente, who has served twice as IAHF President, presented the slate of Officers, then each candidate, as well as President Dave Perzinski, said a few words. Those up for re-election are Marie Bertola, Linda Binkley, Ken Borelli, Frank DeTurreis and Corinne Tomeo. We all had a chance to mingle and get to know each other as Ken passed tasty platters of artichoke and black olive bruschetta. The spaghetti and meatball dinner was traditional and delicious. The chocolate brownie dessert was also a winner. Thank you, Ken!!!

On a serious note, Director Frank De Turreis acquainted the crowd with the financial status of the IAHF. His talk and charts



President Dave Perzinski presented an award to Carmella Gullo for her many years of volunteer service to the IAHF

were well-prepared and enlightening. Everyone was pleased to hear the good news that the Foundation is doing well. Not, however, well enough to spring for a new carpet which is badly needed. While the need for a new carpet may sound trivial to some of you, please remember that the financial health of the IAHF depends heavily on hall rentals. We are very often rented out on Saturday nights. A deterrent to clients seeking to book the hall is, believe it or not, the color of the carpet. Especially troublesome are the Quinceanera parties at which the honorees want to decorate in pinks and other delicate shades.

If you wish to make a holiday donation, we would appreciate a donation to the carpet fund. Be sure to indicate that the money is for carpet renewal....and thank you very much!!

While the meal was on the house, the bar drinks were not. Thanks so much to Jerry Sheridan who worked at the bar with Bob Binkley. And thanks to all of you who

purchased wine or beer or soda and thanks most of all for the contributions to the tips jars at the bar. Remember, every penny of tips goes directly into the IAHF Scholarship Fund.

-- Article written by Linda Binkley 🍷🍷

IAHF BOARD OF DIRECTORS 2016

IAHF OFFICERS

- David Perzinski - President / Chief Executive Officer of the Corporation
- Ken Borelli - 1st Vice President / IAHF Events (including Annual Italian Festa) / Cultural Activities / Grants
- Joanne Sanfilippo - 2nd Vice President / Building Administration and Maintenance / Hall Rentals
- Richard Stewart - 3rd Vice President / Marketing and Publicity / Newsletters / Library and Archives / Scholarship Program / Website / Social Media
- Frank De Turreis - Chief Financial Officer / Treasurer
- Corinne Tomeo - Corporate Secretary

IAHF DIRECTORS AT LARGE

- Linda Gaudio Binkley - Board Member / Scholarship Chair
- Joyce Allegro - Board Member
- Diane Ayala - Board Member
- Marie Bertola - Board Member
- Steve Cornaglia - Board Member
- Pamela Oliver Lyons - Board Member
- Carlo Severo - Board Member
- Nancy Arata Wilborn - Board Member
- Tony Zerbo - Board Member / Publicity Chair

Cena Fuori

A “two-for” concluded our culinary explorations for 2016 with a visit to the San Pedro Square Market and a specially developed menu for our Cena Fuori group. The San Pedro Square Market Place is composed of several boutique eating establishments. Two of their delicious shops teamed up to provide us an unforgettable medley of their house specialties. We went to Bocca Lupo last year and at that time coming on board was a new restaurant concept based on fresh pasta. It was just getting off the ground. We decided to go back and check it out. Between Bocca Lupo and Pasta Fresca we were treated to a unique dining experience.

The appetizers presented included a baked Parmesan garlic flat bread with a side marinara sauce, followed by two specialty salads, an arugula, pear and gorgonzola plate along with a house specialty Caesar salad. The main courses included Bocca Lupo's classic Pizza Margherita and very rich pesto-based garden fresh pizza, baked in Bocca Lupo's pizza ovens imported from Napoli. The fresh pastas sampled included a selection of meat and vegetable lasagnas and a dish each of butternut and ricotta ravioli. Yes, we ate it all, and the meal was followed by a house cannoli. The interesting thing was the cannoli shells were imported from Sicily and garnished with fresh strawberries and a cream ricotta filling.

Fortunately for many of us, there was a band playing in one of the food halls, so we were able to dance a little after that meal! If you have not visited the market lately, check it out. I think the weekend crowds start on Wednesday because it's very busy from Wednesday through Sunday. I really want to thank the owners Ron and Jenneke DeVries of Bocca Lupo and Shawn McKenna of Pasta Fresca who went out of their way to ensure our IAHF visitors were well taken care of. The

market area does not normally provide reserved spaces for parties less than 100 people, but we were able to be accommodated. Several people bought some of the pizza for a take out and the next day I went back to Pasta Fresca to purchase containers of the fresh pasta for friends who could not make the Cena Fuori, and of course some for myself! You could get very spoiled very easily with the fresh pizza and pasta selections at the market. Put the site on your “to do” list the next time you are at San Pedro Square.

Plans are already in the works for Cena Fuori 2017, with January and a returned trip to Zanotto's Market on Foxworthy. If you have a favorite restaurant or dining experience, let me know. Most of the field trips and selections come from our members experiences. We have gone to delis, specialty stores, and many of the stellar Italian restaurants in Santa Clara County. We work with the restaurants to offer a general menu at a moderate price. Its a good way to sample the cuisine for future visits, meet old and new friends and have a very Italian American dining experience. We like to have the dining experience kept at around 40 or so people and provide time to socialize and enjoy each other's company over a glass of wine and great meal. We also like to visit the smaller, more intimate family run establishments, for that special culinary experience.

As we have gotten to know many of the staff at the sites we have visited they have in a way been a part of our Cena Fuori family, so I want to acknowledge the passing of Francesca Rude of Sorelle Italian Bistro, the matriarch of one of our favorite places. She was a wonderful lady, always supportive of our visits, and was an awesome chef. Our sincere condolences to the family and everyone associated with Sorrelle. — Article Written by Ken Borelli 🍷

AND THE WINNER IS...



Thanks to the kind and generous invitation of Bob Iacopi of the Bocce Club at The Villages in south-eastern San Jose, twenty members of the IAHF gathered there for a bocce tournament. The event was beautifully planned in an absolutely serene location. Our hosts provided a light lunch, Moretti beer, Guglielmo wine, plenty of seating and lovely weather.

The trouble is, we lost... and we lost **BIG**. At the risk of sounding whiney, the courts were unlike those of pressed sand that most of us are accustomed to, and they seemed also a bit shorter. So, on that concrete-based surface IAHF balls went flying at what we considered a light touch. After a couple of rounds we began to get the hang of the court and began to reign in our strong throws and rely more on banking them, but it was

too little too late and we simply could not really come close to matching The Villages players. They are really good!

For those of you who have never been to The Villages, it's worth the drive to see the place. It's a huge verdant development just beyond Silver Creek in San Felipe Canyon. The old Mirassou and Cribari vineyards and wineries used to be in that area. The Villages is really a complete town in itself with shopping, neighborhoods, golf, tennis, bocce, dining, as well as an Italian Club...the works!

Those of us who participated were so pleased to have made these new friends and hope to see more of them in the future. It was a perfect afternoon. -- Article written by Linda Binkley 🍷

A LITTLE ITALIAN BY REQUEST *by Linda Binkley*

Have fun practicing these Italian phrases for the Holidays!

Merry Christmas is "Buon Natale!"

Merry Christmas and Happy New Year is "Buon Natale e un Felice Anno Nuovo"

Happy Holidays is "Buone Feste"

From you to one friend is "Ti Auguro un Buon Natale e un Felice Anno Nuovo"

From you to more than one person is "Vi Auguro un Buon Natale e un Felice Anno Nuovo"

With love from is usually "con un abbraccio" (a hug)

If you really want to express love it is "con amore"

With affection is "con affetto"

With friendship is "con amicizia"

Christmas is "il Natale"

Christmastime is "il periodo di Natale"

Christmas Eve is "la vigilia di Natale"

Christmas night "la notte di Natale"

Christmas holidays are "le vacanze natalizie"

Santa Claus is "Babbo Natale"

Christmas tree is "l'albero di Natale" and decorations are, "le decorazioni di Natale"

Christmas stocking is "la calza di Natale"

Christmasmas presents are: "I regali di Natale" (plural), "il regalo di Natale" (singular)

Christmas lights are "le luci di Natale"

Christmas carols are "I canti di Natale"

The birth of Christ is "la nascita di Gesù"

A nativity scene is "Presepio"

The three kings are "i Re Magi"

An advent calendar is, "un calendario dell'Avvento"

Italian New Year's greetings

Happy New Year is "Buon Anno"

Wishing you or you all a New Year full of love, peace and happiness is "Ti or Vi auguro un Nuovo Anno pieno di amore, pace e felicità"

Wishing you or you all a Happy and prosperous New Year is "Ti or Vi auguro un Buon e Prospero Anno Nuovo".

The New Year phrases

New Year's Eve party is "festa di Capodanno".

New Year's Eve dinner is "il cenone"

Countdown to midnight is "il conto alla rovescia".

New Year's Day is "il Capodanno".

The New Year is "l'Anno Nuovo"

New Year's resolutions are "i buoni propositi per l'anno nuovo"

Let's toast is "Facciamo un brindisi" and the response is "cin-cin!" or "salute!"

Don't forget the Italian tradition of the Epiphany Witch

Twelfth Night, the holy feast of the Epiphany, is celebrated on January 6th. This day commemorates the arrival of the three kings, the magi, to the nativity scene. On the eve of the Epiphany, beginning late afternoon of January 5th, you will see witches on broomsticks flying around Italy. The broomsticks carry the good witch, *La Befana*, who brings candies "caramelle" to children's stockings. (or lumps of coal, as the case may be!) ❧

The IAHF @ facebook



October saw the IAHF invited to a Facebook Corporation Farmers Market in Menlo Park. Not wanting to miss a community outreach opportunity, several IAHF Board members set

up an IAHF information booth at the event. We were provided holiday pumpkins and gourds to sell, with all the proceeds to go to the IAHF along with other donations from the market event itself. We were selected as a part of Facebook's community outreach program.

Community Outreach events are a fun way to connect with the greater Bay Area community network. You may be surprised to note this year the IAHF attended 3 events (Berryessa Art and Wine, Cupertino Youth Fair and this event in Menlo Park). In addition, at our annual Italian Family Festa we provide space for several non profit community groups to attend and promote their organizations. These are wonderful ways to let the community know about our culture and heritage as well as learn from others too. Its a very rewarding experience.

Personally I was able to reconnect with a favorite North beach Bakery called Cuneo that moved down to South San Francisco, chat with our IAHF Festa friends from the folks at Romolo's Cannoli in San Mateo, discover a new cooking school called Home Chef, and pasta and ravioli supplier called Homemade Ravioli of South San Francisco. -- Article written by Ken Borelli ❧

Between working on our year end projects, and planning for our 2017 cultural activities it has been a whirlwind end of the year!. I want to highlight some of them in this article, as well as invite you to volunteer and help out with any of the events that peak your interest or avocation. He we go:

December 2nd, of course, is our annual World of Italian Opera and mini-crafts boutique, followed by our Holiday Lunch on Thursday, December 15, where we will display our first IAHF Nativity Scene, or, "Presepio", put together by the efforts of many of our IAHF members. This is a folk art tradition throughout Italy and literally raised to a high art form in Napoli. Corinne Tomeo, who recently visit Napoli, purchased some classic figurines of "il bambino" Jesus, Mary and Joseph. Corinne also noted there is an entire street of crafts persons with these nativity decorations (a must on your next trip to Napoli).

The Opera event will also acknowledge a forthcoming Opera SJ production that will be done in Febuary called Silent Night, which occurred during a winter in World War One, when soldiers on both sides of the grizzly trenches stopped fighting and broke bread together. Many people assume this historical event only occurred on the Western Front but as our Italy and World War One Seminar discovered, it also occurred on the Alpine front, too, primarily between solders from Italy, Austria and Hungary.

We will be concluding the year with the De Young and the special retrospective by famed Italian American modernist, Frank Stella. And for 2017 we are gearing up for several exciting musical events, including a program with the Mission Chamber Orchestra and a special commission for the orchestra by Italian American composer, Jeremy Cavaterra. Maestra Emily Ray, the conductor of the orchestra, is also an IAHF member, and we want to plan a special reception for the composer at the event. Then in June there will be an all Italian program by the Nova Vista Orchestra under the baton of Anthony Quartuccio, son of the famed local artist Anthony Sr. and nephew of County Western musical icon, Shorty Joe Quartuccio (that is a very

talented family!).

In addition, we are exploring a possible retrospective of the musical works of Louise Canepa, who several years ago produced and preformed her opera "Sicilians of Monterey" at the IAHF. In addition, there will be an exhibit by master artist Betty Priolo, who spent several fascinating years in Italy at the famed Deruta ceramic studios designing and hand painting these legendary works of art, including lamps and ceramic bowls. She now lives in the Napa Valley and is returning to her paintings, of which we will hopefully be able to view at one of our events.

In addition to all these activities, Pam Lyons will resume the Memoir Writing program and, new, too, is a Saturday morning genealogy class with Madeline Damiano, who also presented at the Festa. We will continue with our regional lunches, Cena Fuori, cooking classes, and many more events as they come up. If you have a special region you would like to explore at our lunch and help to prepare it, we have an eager support crew ready to help out with your special region. Likewise if you would like to help out at one of our many events we want to hear from you. Simply contact the IAHF office and let us know of your interest. And finally, on a cultural note, we would be remiss if we did not acknowledge the passing of Dario Fo, Italian Nobel Prize Laureate and playwright. He and his wife, the late actress and Senator, Franca Rame, were a creative duo who left a major impact on Italy's cultural life. ☞



Cavaterra



Canepa

A Message from Richard Stewart

IAHF Newsletter Editor

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

Thank you! ☺

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SALSICCIA ALLA CALABRESE!

On October 6th, we gathered once again for a delightful cooking class. The class was taught by sausage expert, Joseph Fasano. Joseph provided the best quality, low fat pork and instructed the class in the art of sausage making, calabrese style. The students had the opportunity to grind the fresh pork, mix it with luscious spices and stuff it in pork casings. The best part of the class is when we had the opportunity to sample the delicious sausage and take extra sausage home to cook later. To Joseph's credit, this is the best tasting salsiccia ever!

--Article written by Lucia Clementi 



The First Women Voters *in Italy*



My mother, WWII Italian war bride Francesca Stewart, and her mother, Caterina Sorvillo, were the first women in her section of Naples, Italy, to vote on June 2, 1946. My mother and grandmother were somewhere in the back of the line waiting to vote. A police officer saw that my mother was in an advanced stage of pregnancy. Since he was very concerned that she just might go into labor while waiting in line, he said, "Come with me." He took my mother and grandmother to the front of the line and specially unlocked, opened the door, and let them go inside to vote. My sister, Dovie Katherine Stewart, who was named after both of my grandmothers, was born on June 23, 1946.

-- Article Written by Richard Stewart 🍷🍷



99 year old Francesca Sorvillo Stewart,
WWII War Bride Luncheon,
Campbell, CA, August 13, 2016

History of Italian Women's Suffrage

The issue concerning women's right to vote was brought to light by the early associations of the feminist movements right after the constitution of the unified Italian State. This pathway, after changing fortunes, ceased with the uprising of fascism. Women's suffrage in Italy was finally introduced on the 1st of February 1945 because of a due right and was achieved by women participating in the struggle for liberation from fascism. On the 2nd of June 1946, the Italian women voted for the first time for the Institutional referendum (the choice between monarchy and republic) and for the constituent Assembly. 21 women were elected and took part in the drafting of the Italian Constitution. The women elected sustained the all-levels equality principle, obtaining important results mainly in regards to labour, wage, and protection of maternity.

-- Article Written by Grazia Ruggerini | Article Submitted by Richard Stewart 🍷🍷



ITALIAN POWER

Visit the IAHF website to get all the latest news on classes, events, regional lunches and more!

The IAHF website is a resource not for just IAHF members but the whole world community.

Visit www.iahfsj.org today - **information is power!**

Ancient Cult Site in Rugged Mountains Revealed with Drones



By Charles Q. Choi, Live Science Contributor | September 21, 2016
08:34am ET

Ancient Roman ruins that lie hidden below the surface at the Apennine Mountains of Italy have largely escaped discovery because the rugged terrain makes them difficult to spot by foot and dangerous to find by airplane.

Now, using small airborne drones, archaeologists have found that an ancient settlement in the Apennines was much more dense and organized than previously thought, a new study reveals.



Interpretation of where ancient sites might be in an aerial drone photo taken in the Le Piane area. Credit: A. Hamel.

The study offered evidence that drone could help uncover more unknown sites in mountains worldwide.

Scientists investigated the area of Le Piane in the Tappino Valley in the mountainous southern Italian region of Molise. This area was known as Samnium in antiquity.

"The way this mountain society was organized remains poorly understood," said study author Tessa Stek, a Mediterranean archaeologist at Leiden University in the Netherlands.

Previously, construction accidentally unearthed two ancient temples in the area. However, "there was no good knowledge about other sites, such as villages, farms, villas, graveyards and so on, that could tell us more about the ancient inhabitants in the area that visited the cult sites," Stek told Live Science. "They seemed to be cathedrals in the desert, so to say."

One theory is that these temples served as road stations and places of commerce along routes where sheep, cattle, goods and information traveled. Another theory suggests that these temples marked the frontier of a large state, such as the territory of the ancient Samnites.

Looking for hidden ruins

Archaeologists might want to conduct aerial surveys to help discover any ruins hidden beneath the surface. These require slow, low-altitude flights where researchers can take pictures of sites from the right angles and with the right lighting reveal ancient complexes.

For instance, on farmland, ancient walls may present themselves "as stripes where the grain is lower," Stek said. "Sometimes this is hard to see from a distance, but it becomes especially visible when the sun is low, and shadow effects enhance the differences in corn height."

However, in rugged terrain, "flying low is very difficult, dangerous, and time-costly," Stek said. "In the mountainous, fragmented area where we work, previously normal aerial archaeology had not had success."

"Drones now change the picture completely," Stek said. "They offer a fast and entirely noninvasive method for discovering and mapping sites hidden in the ground."



Aerial drone photo of the Le Piane area in the Apennine Mountains of Italy. A grid of features is visible in the middle of the picture. Credit: T.D. Stek.

In 2013, 2014 and 2015, the researchers investigated Le Piane using small commercial DJI Phantom quadcopter drones with cameras capable of taking photos both downward and from the side. The scientists remotely programmed the drones with flight plans to examine areas where researchers had discovered artifacts on foot.

The main advantage of using drones "is that you can choose very precisely which angle to take photos at the time you

want," Stek said. "You can wait for the exact right moment in a specific field, make a flight of, say, 10 to 20 minutes' length, and take photos from all directions. With a normal airplane, you would need to be very lucky to catch the right moment, or you'll fly too high for good visibility or resolution, or the moment may not be right."

Revealing Le Pianelle

The elements made drone-flying difficult at times. "We actually lost one drone during a long, automated flight due to strong winds in a narrow valley," Stek said.

Despite such challenges, the drones helped reveal what appear to be the remains of several likely related archaeological complexes. "I could not believe it at first, but as they showed up on the computer screen at our base camp, the whole team started to yell, 'Wow!'" Stek said.

Artifacts previously found in the area suggest these ruins date from the Classical to Late Roman period spanning from about the fifth century B.C. to the seventh century A.D. The researchers found that settlements at Le Pianelle were "much more dense, organized and articulated than previously thought," Stek said.

"We have a very complete overview of the internal organization of the settlement, including its disposition along the road, storage spaces, domestic areas and so on."

These new findings suggest the temples that were previously discovered in this area were not located away from civilization, but were rather "actually located at the center of dense, rural communities," Stek said.


Drones will not replace traditional archaeology, Stek emphasized. "If you do not see anything on drone footage, it does not mean that there is nothing underneath," he said. "There are many different factors influencing the detectability of sites by drones, so other types of research, such as field surveys, geophysics and excavations, remain fundamental, too."

The scientists are talking with local authorities to excavate these sites. "Protecting the site from damage from agricultural use and robbing is the first priority now," Stek said.

Stek added that in the spring, "I plan an aerial campaign in which we aim to investigate a large swath of territory in two weeks." In addition, the scientists are experimenting with near-infrared cameras to detect even more hidden details, "with very good results," Stek said.

Stek detailed his findings online July 4 in the Journal of Cultural Heritage.

Source: <http://www.livescience.com/56186-drones-reveal-ancient-cult-site-italy.html> Original article on Live Science.

-- Article submitted by John Romano 



World's Oldest Person Lives in Italy


Emma Morano Turns 117 in November 2016

The world's oldest person, who turns 117 in November, has given us a clue as to how she's achieved such longevity.

Emma Morano, of Verbania, Italy, was born in 1899 and will turn 117 on Nov. 29. The supercentenarian claimed the title of [world's oldest person](#) in May after the death of the former titleholder, Susannah Mushatt Jones.

Speaking to [Agence France-Presse](#) in her home, Morano revealed what she eats in a typical day. "I eat two eggs a day and that's it," she said. "I eat cookies."

But it's not in the eggs themselves, perhaps, that the secret lies, but in their preparation, or in her case, lack thereof. Morano has said she's eaten two eggs raw for decades since a doctor told her it would help her anemia. (The cookies sound much more appetizing.) Other than that, the oldest woman says she's lived a long life thanks to not being "dominated" by anyone and to staying single since she divorced in her late 30s.

Her doctor, Carlo Bava, says it's not just her longevity, but her resilience that's astounding. "Despite everything she always recovers," he told AFP. "When she is well, she really is well." What a woman. Source: http://www.huffingtonpost.com/entry/worlds-oldest-woman-116-reveals-the-one-food-she-eats-every-day_us_5817613ae4b0990edc323fb5 -- Article submitted by John Romano 



Tap Here For a YouTube Video of Emma Morano

IAHF MEMOIR READERS SALON AT THE 2016 FAMILY FESTA

The Italian American Heritage Foundation's (IAHF) Memoir Readers Salon presented a program at the 2016 IAHF Italian Family Festa held during the last week in August at Kelly Park's historic Pacific Hotel. This was an outgrowth of a series of memoir classes taught by Edie Matthews, Linda Judd and Kathleen Gonzalez, members of South Bay Writers (SBW), a branch of California Writers Club. The organizer Pam Oliver Lyons is a member of both the IAHF and the SBW organizations. The goal of these efforts is to preserve the stories of Italian and Italian American women as told by the women themselves, in addition to promoting the languages of our heritage. These readings are mostly in English but include Italian and Sicilian, or regional dialects wherever possible.



Rose Crimi in Traditional Dress showing historical photographs of where she lived as a child in Italy.

Among the presentations, Rose Crimi is shown reading in her traditional dress, holding her childhood primer, *Sillabario a piccole lettere, La Libreria Dello Stato*, a WWII Italian Grade School textbook. This book evidences the political and religious agendas of the time along side of delicate hand drawn illustrations appropriate to young children. Author Anna Fionina Hess read from her book *Born in Internment: A Memoir*, the story of her childhood years

growing up in an internment camp in Scotland. During WWII Italians in both the United States and most Allied countries declared Italian enemy aliens. Many lost their rights of citizenship and property while still having family members fighting as



Grace Cugnetti Italian reader and Pam Oliver Lyons English reader of the bilingual memoir *Ma La Vita È Fatta Così, Such Is Life* by Leonilde Frieri Ruberto.



Lucia Clementi reading her memoir at the 2016 Italian Family Festa.

soldiers in the Allied forces.

Grace Cugnetti and Pam Oliver Lyons shared in a bilingual reading of the book *Such Is Life: A Memoir, Ma La Vita È Fatta Così* by Leonilde Frieri Ruberto. This memoir is the story of an Italian woman immigrant told in her own words in the oral tradition and translated from her dialect by her granddaughter Professor Laura Ruberto of Berkeley

City College. At the time of publication, this memoir was one of only three memoirs of its kind.



Memoir author Anna Fionina Hess giving historical background about her family in Scotland before and after the internment

Lucia Clementi presented "The Clementi Family Dinner", a delightful memoir which calls to memory all the sights, sounds, smells and laughter of the traditional Sunday Family dinners. In honor of her family, Lucy invites the reader to a seat at the table, in a home where the heart is always open to family, friends and a stray neighbor or two. The IAHF Memoir Writing Project will continue classes in the Spring 2017 for aspiring

writers at all levels interested in creating a written legacy to pass on to their families and/or community heritage story.

-- Article Written by Pam Oliver Lyons, IAHF Memoir Writing Project Co-ordinator



IAHF Memoir Reading Salon Audience in Kelly Park's Pacific Hotel during the Italian Family Festa 2016

20 Traditional Christmas Dishes



From Italy

Source: http://www.huffingtonpost.com/2014/12/18/italian-christmas-dishes_n_6350290.html

What do Italians eat on Christmas? The answer is that there's no dish in particular that can be found on every single Italian holiday table. Each region has its own traditional dish for Christmas dinner: the cuisine reflects the characteristics and flavors of the local environment. The only thing that Italians everywhere have in common is that festivity itself always brings Italian families together to feast around a well-laden table. Otherwise, the list of typical dishes is long, and the regional diversity epitomizes the richness of Italian culture.

"Everyone interprets the 'rules' of Christmas dinner in their own way. The first course is either broth or pasta followed by a second course generally based on meat or fish, followed by dessert," Giovanni Ballarini, anthropologist, president of the Academy of Italian Cuisine, told Italian newspaper Repubblica. And although culinary traditions are just as subject to change as any other aspect of culture, at Christmas the table boasts typical regional dishes, prepared just the way Nonna used to make.

HERE'S A GOURMET TOUR THROUGH REGIONAL HOLIDAY RECIPES AROUND ITALY

ABRUZZO: *Minestra Di Cardi (Cardoon Soup)*



A soup made of broth and cardoons (artichoke thistles), flavored with nutmeg and giblets.

BASILICATA: *Baccalà Con Peperoni Cruschi (Cod with Fried Peppers)*



Sun-dried bell peppers dropped into hot oil for a few seconds top this codfish dish.

CALABRIA: *Scillatelle Al Ragù (Homemade Pasta with Meat Sauce)*



A type of pasta (also known as *fileja*) usually served with a pork-based sauce.

CAMPANIA: *Minestra Maritata ("Married" Soup)*



Eggs beaten with hot pepper and bits of veal are added to a base of chicory and escarole in a capon broth.

EMILIA ROMAGNA: *Tortellini in Brodo (Tortellini In Broth)*



A must. Homemade egg-pasta is rolled paper-thin to wrap up little bits of meat-based filling, cooked and served in hot broth.

FRIULI VENEZIA GIULIA: *Brovada E Muset (Turnips and Sausage)*



Typical winter dish made of pickled turnips and a special cooked pork sausage.

LAZIO: *Abbacchio Al Forno Con Patate (Roasted Lamb and Potatoes)*



Lamb main course, braised with garlic, rosemary, vinegar and anchovies.

LIGURIA: *Cappon Magro (Lean Gurnard)*



Ancient traditional recipe made with fish and vegetables.

LOMBARDIA: *Cappone Ripieno (Stuffed Capon)*



Capon stuffed with ground meat, egg, Parmesean cheese and mortadella. Served with mostarda di Cremona, a spicy candied fruit condiment.

MARCHE: *Vincisgrassi (Marche Lasagna)*



Baked pasta dish made with ground beef, sausage, chopped chicken, cured prosciutto ham and sometimes mushrooms.

MOLISE: *Baccala Arracanato (Breaded Cod)*



Breadcrumbs, garlic, parsley, oregano, raisins, pine nuts and walnuts enhance this cod recipe.

PUGLIA: *Capitone Alla Brace (Grilled Eel)*



Grilling the eel eliminates the excess fat and makes it easier to digest.

PIEMONTE: *Bue Bollito Di Carrà o Moncalvo (Boiled Ox)*



Boiled ox, Piedmont style, served with typical local green and red bagnaetta sauces.

SARDEGNA: *Culurgiones De Casa (Home-style Ravioli)*



Ravioli stuffed with fresh sheep cheese, chard, nutmeg and saffron.

SICILIA: *Timballo Di Pasta Al Forno In Crosta (Crusty Baked Pasta)*



Macaroni in pork sauce baked in a breadcrumb-lined pan.

TOSCANA: *Crostini Ai Fegatini (Chicken Liver Canapés)*



Chicken liver pâté with capers and anchovies spread on slices of bread, preferably stale and softened with broth.

TRENTINO ALTO ADIGE: *Canederli (Dumplings)*



Bread dumplings made with a variety of ingredients, typically served in soup or with a melted butter or meat sauce.

UMBRIA: *Cappelletti Ripieni (Stuffed Pasta Soup)*



Both the broth and the pasta filling are made with capon.

VALLE D'AOSTA: *Carbonata (Beef In Red Wine)*



Strips of meat marinated in red wine and herbs sautéed with cured pork fat (lardo).

VENETO: *Polenta E Baccalà (Cod and Corn Porridge)*



This codfish dish may be prepared with or without tomatoes.

-- Article submitted by Richard Stewart 



Christmas in Italy is celebrated over several weeks as Italians celebrate from early December, depending on the region, until the day of Epiphany, on the 6th of January. Especially the children look forward to the start of the Christmas season in December when Christmas trees are put up and houses are decorated.



In front of St Peters cathedral in Vatican City (see image above), there is a huge Christmas tree put up and many families buy tickets to get entrance to the festive midnight-mass which is held by the Pope.



There is a festive atmosphere during the whole of December. Christmas markets with various stalls with typical food, Christmas sweets and gifts can be visited in many towns especially in Italy's northern Alto-Adige Region. In the image above you see the Christmas market in Bolzano and the image below shows a popular Christmas market in Rome.



On 6th of December, many families celebrate St Nicholas Day. Children write letters to St Nicholas asking for gifts and they hang up either a sock or put a plate on the table on Nicholas day's eve. Sometimes even a St Nicholas visits the homes of children. Then children sing a Christmas carol or recite a poem.

If the children have been good children throughout the last year, they will get some fruits, nuts and sweets from St Nicholas, the naughty ones get usually also a sweet, but one lucking like coal. Find more insights to St Nicholas Day on Staci's website [here](#).



During the festive season and Christmas in Italy, a nativity scene, a 'presepe', is usually put up in churches, town squares and often in houses and is for many the most important parts of Christmas decorations. Especially the people of Southern Italy are fond of their nativity scene displays as the image above (taken in Messina/Sicily) shows.

Did you know that the nativity scene display with a crib filled with straw, originally stems from Italy and is now common in many countries around the world? It is said

that the crib scene was first used, when San Francis held his Christmas mass in front of a nativity scene and the people were admiring the beauty of the miracle of Christ's birth in a manger.

In the Abruzzi region, there is a tradition that bagpipers, so called 'zampognari' come into the towns and play their flutes and bagpipes for the people. They symbolize the shepherds who come in search of the new born Jesus baby. Below see two Italians dressed as 'zampognari'. (Image below by Domenico Vitti, settefrati.net)



On Christmas Eve, as in the old Catholic tradition, often no food is eaten during the day as this is a fast day. The festive celebrations start after midnight mass. Nowadays, 'Babbo Natale', the Father Christmas, brings presents to children on Christmas eve. But as in true Italian style, gifts are exchanged only on January 6 that is the day of Epiphany. Then 'la befana', an old lady, comes in search to the houses for search of the Christ Child.



*Now we wish you
'Buon Natale',
that means Merry
Christmas in Italian.
And 'Buona Festa',
have a great holiday!*

Source: <http://www.kids-world-travel-guide.com/christmas-in-italy.html>

-- Article submitted by Richard Stewart
❧





ITALIAN AMERICANS IN RICHMOND: A LOST HISTORY

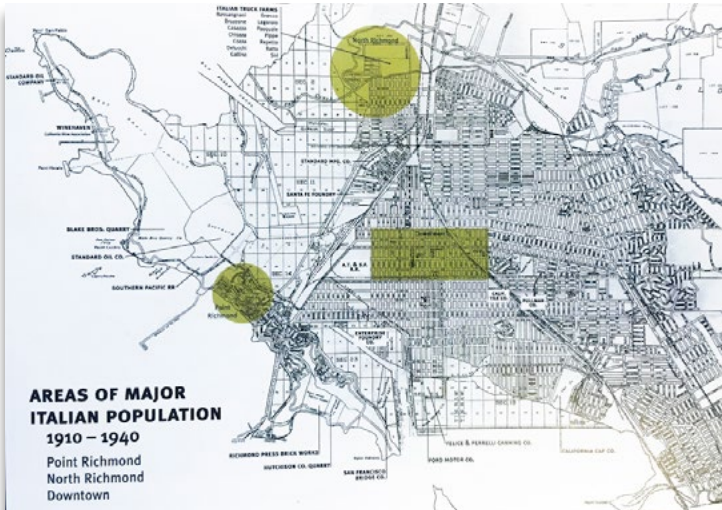
by Sean Pyles



Richmond today is known for its robust African-American and Latino populations, but in the early 1900's it was the city's Italian population that was making waves in the City. Whether opening new businesses, working in the historic Winehaven building, or developing a thriving local community, Richmond's Italian immigrant population was central to the small city's culture.



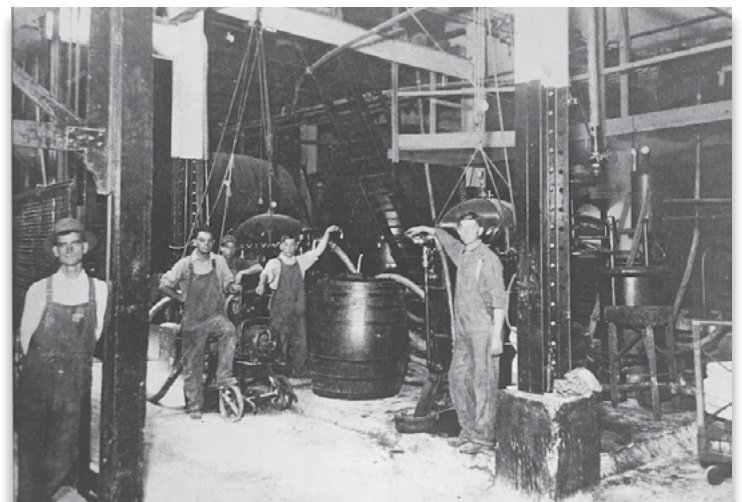
Richmond, but they also clustered in North Richmond and along Macdonald Avenue. Their settlement in each location is closely tied to where they worked: Winehaven for those in Point Richmond; Standard Oil for Macdonald Avenue settlers; and Italian truck farms for those who lived in North Richmond.



Though this once-vibrant community has since dispersed and their history is all but forgotten, remnants of this community persist. Continuing Radio Free Richmond's month-long history series, here is an exploration of the City's Italian history.

Over four million Italians left their home country for America between 1880 and 1924, a majority of whom were young men seeking blue collar labor jobs. Many who came to California first settled in San Francisco's historically Italian North Beach neighborhood, but the 1906 earthquake inspired many to leave the then-crumbled city in search of a new home that had both country and city charm, reminding them of life in Italy.

Richmond's Italian population, many of whom originated from the northern region of Italy, were among the first settlers of Point



Once the first immigrants, the majority of whom were men, earned a little money working in the city, many sent for their families to come out to Richmond. In doing so, they not only brought their familial ties, they brought the customs, values, and lifestyles to the City as well.

By 1930, nearly 10 percent of Richmond's population was Italian, representing the largest ethnic group in the city. Signs of the thriving community could be seen from North Richmond down to Macdonald Avenue, where many opened small, family-run businesses.

One the Italian immigrants' oldest customs was winemaking and this tradition helped them find employment in their new home. Many Italians worked in Richmond's historical Winehaven building, [once the largest winery in the world.](#)

continued >>>

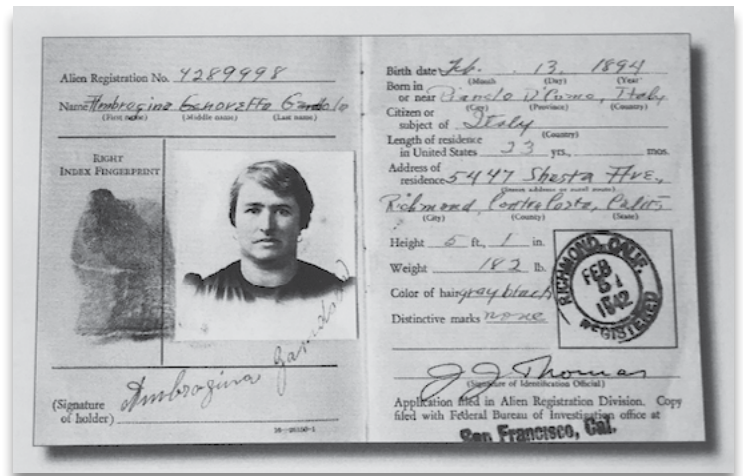


From establishing gardens in their backyards —a staple of any Italian household in Richmond—to holding steady blue-collar jobs, and establishing a community in their new home, the City's Italian immigrant population thrived for a number of decades.

The pastoral life of Richmond's Italian community crumbled in 1920 when the Volstead Act took effect and Prohibition effectively eliminated all wine-related jobs in the area.

Perhaps even worse was the social stigma against Italians in America that took root during WWII. Non-citizen Italians were labeled enemy aliens and endured restrictions or relocations as unofficial prisoners of war on US soil. At the same time, their citizen counterparts often worked in the City's booming shipyards and other war-related industries.

The resulting economic, political, and personal stresses on Richmond's Italian population led to the loss of jobs and social cohesion. For some, such as long-time resident and business owner Martini Batistessa, it was too much to endure: he committed suicide as a result of the discrimination.



The once close-knit Italian community in Richmond dispersed after the war. Many families moved elsewhere. Children of immigrants married non-Italians and being Italian became a cultural heritage removed from everyday life rather than a core identity.

One lasting reminder of the city's Italian past lies in the Galileo Club, a social club for Italian men founded in the 1930's. The club was a refuge for Richmond's non-citizen Italian population during WWII, and today it remains a social spot for the city's remaining Italian descendants and a popular rental for private parties.

Information and photos from this series came from "La Nostra Storia: Italian Americans in Richmond" by Maria Sakovich, the California Italian Project, and the Galileo Club.

Source: http://www.radiofreerichmond.com/italian_americans_in_richmond_a_lost_history

-- Article submitted by Richard Stewart

Rosie the Riveter Rally 2016



During WWII, the United States had a huge labor shortage as the men left their homes and families to fight the Axis powers. During our country's time of need, the women of the United States filled the jobs normally held by men. These women became known as "Rosie the Riveters" and their motto was, "We Can Do It!"

But a Rosie wasn't just someone that worked in a shipyard or an aircraft factory. A Rosie was any woman that worked for the war effort. I was a Rosie. I sewed uniforms for the Naval Depot by day and worked for the American Red Cross at night and on weekends,

in Binghamton, New York. As a member of the American Red Cross, I would meet and greet train loads of soldiers and hand out coffee, donuts, cigarettes, sandwiches, pens and paper. When the troop train would start to leave, I would smile and wave, knowing that many of the faces I saw that day would never make it home again.

On Saturday, August 13, 2016, I participated in a rally to break the Guinness Book of World Record for the Most People Dressed as Rosie the Riveter in one place! Once again, I did my part. Wearing red socks, black boots, blue work wear and a red polka dot do-rag, I stood with 2,700 other Rosies of all ages, as we tried to break the world record held by the Willow Run Bomber Plant in Michigan.

I am very proud of being a "Rosie". If for nothing else, whether then or now, being a Rosie has shown that no matter what the job, when you give a woman a job, "We Can Do It!"

-- Article Written by Vita Fota

*Special
acknowledgment
to all our
amazing and
dedicated
volunteers*



Mille Grazie

*Thank you to
to all our
incredible and
hard-working
planning
committee*

Donors

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*Calendar of Events is subject to change**

December 2016

Dec 2: World of Italian Opera / \$37 member / \$42 non-members / 6:00 PM to 7:00 PM Boutique and No Host Bar / 7:00 PM Holiday Buffet / 8:15 PM Music from the World of Italian Operas

Dec 15: Regional Lunch / \$13 member / \$16 non-members / 12:00 PM

January 2017

Jan 19: Regional Lunch / Piemonte with Agostino Burzio

Jan 28: Annual IAHF-Tricarico Club Polenta Dinner

Jan 26: Cena Fuori / Zenotto's Market / 1421 Foxworthy, San Jose / Call IAHF to make a reservation for Cena Fuori, and pay at door

February 2017

Feb 12: Mission Chamber Orchestra / Premier of a commissioned piece by Italian American Composer Jeremy Cavaterra / IAHF plans in progress

Feb 16: Regional Lunch / Molise / In an old land, Italy's youngest province! / Consultant John Romano

Feb 23: Cena Fuori / Aldo's

Feb Date TDA: West Coast Premier of "Silent Night" at Opera San Jose / Group event being planned

March 2017

Mar 19: St Joseph Day Event (Note: no Regional Lunch in March 2017).

Mar 30: Cena Fuori / TBA

** Plans being finalized for Memoir Writing Program and introductory Genealogy Saturday mornings at the IAHF. Cooking classes to resume in April.*

YOU CAN CLICK HERE TO RSVP AND TO PRE-PAY AT
<http://www.iahfsj.org/#!/events/cfvg>

RSVP FOR ALL EVENTS (UNLESS OTHERWISE NOTED) BY EMAILING
eventsrsvp@iahfsj.org or by calling 408-293-7122

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) Many events, such as regional lunches and lectures, are "open seating", however, please be sure to sign up for these events by going online or calling the IAHF office.
- 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 separate 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 guests, 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.

Circulation: 500

Size Pricing

Bus card 3.25"W x 2.25"H

3 issues	\$100
6 issues	\$170 (15% discount)
6 issues	\$150 (business / member discount)

1/4 page 4"W x 5"H

3 issues	\$150
6 issues	\$240 (20% discount)
6 issues	\$210 (business / member discount)

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or

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3 issues	\$300
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- * Preferred file format is EPS with vector outline text but we can accept any high resolution graphic file format
- * We can do simple design layouts based on your input
- * Images/business cards can be scanned and insert as well

Note: Depending on the item, scanning does not always provide the best quality

Contact

Richard Stewart: 408-821-4260
or news@iahfsj.org

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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 14 years of sales, marketing and negotiation experience. Rosetta takes pride in providing 100 % quality service to all her clients and has earned an impressive reputation in the real estate community. She is known for her exceptional work ethic, effective communication skills, attention to detail and fierce negotiating experience. With her clients' best interests at heart, Rosetta understands the meaning of commitment and dedication.

Education

Since obtaining her California Real Estate license, Rosetta has attended mandatory legal classes, completing various state required programs, such as Real Estate Principals, Real Estate Appraisals, 1031 Exchange Reinvestment Plan, Limit Liability Company for Reinvestments, Protecting the Fee, Due Diligence and Disclosures, Agency Fair Housing, Trust Funds, Ethics and Risk Management, Survey Course and Risk Management.

Professional Philosophy

Rosetta's passion and philosophy have always been to put her clients best interests first, provide every client with the highest of business ethics, commitment and 100 % excellent quality service. Building a lifetime relationship by earning the respect and trust of her clients, is her ultimate goal.

Professional Affiliations

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

Personal Background

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

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

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Submission deadline: 20th of each month for inclusion in the next month's newsletter & website

Revision deadline: No later than the 25th of each month

Guidelines for the newsletter and website must be followed before submitting entries.

Information for the newsletter or the website **MUST** be submitted by having all information together and not piecemeal. If you don't know the date or the start time then you'll have to wait until you know all the info before you submit it. *Otherwise it cannot be posted.*

For posting Events, please provide the following information:

- Official name of event
- Time of event
- Cost of tickets
- Date of event
- Location of event
- Short description of event

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

The IAHF media 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 Editor, at 408-821-4260, or at news@iahfsj.org 📧

Italian Christmas Cookies

Sicilian Sesame Cookies



Pignoli



Tap on
the photos
for recipes

Bocconotti



Petrali



Pizzelle



Cucidati

