Italian American Heritage Foundation

March/April, 2013





## President's Message

By Ken Borelli

## **Building the IAHF for the Long Haul**

Last week your board met at a retreat to discuss long range implementation plans for the IAHF. We will be following this up with workshop meetings and reporting back to the members regarding our work plan and of course, progress, i.e. "where the rubber hits the road!" As a foundation, we asked the following questions: "Where do we see ourselves in three, ten and even twenty years from now? What does the future hold for our Italian heritage in this valley? And how do we change as a foundation and market our values and vision in today's society. We started out by reviewing our purpose statement. It is noted in Article One of our bylaws, and

important to share with you our members as a reminder as to why we have all come together and work for these common goals.



Section One reads "The purpose of this organization is to preserve and promote Italian heritage through cultural, educational and social programs, and to create a

unified Italian American community." Very similarly our mission statement reads, "The IAHF shall preserve and promote the rich culture

of Italy, increase awareness of its history and recognize the achievements and positive contributions made by Americans of Italian descent." As members and volunteers all, I will defer to your own reflections regard-

ing our track record in many of our activities over the years to promote these goals and our common vision. Even so, these are a power-

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## Our Mission Statement:

"The IAHF shall preserve and promote the rich culture of Italy, increase awareness of its history and recognize the achievements and positive contributions made by Americans of Italian descent."

#### Inside this issue:

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## 2012-2013 Italian American Heritage Foundation Scholarships

The Italian American Heritage Foundation is proud to offer college scholarships for the 2013-2014 academic school year. The scholarships are being offered to help students meet their financial needs in higher education. An additional aim is to help stimulate more inter-

est in Italian culture among young people of Italian heritage.

Scholarship applications are open to high school senior students of some Italian descent. In addition, a change in the criteria will now allow more students to apply. It is no longer mandatory for the

family of the student to be a member of the IAHF. They must either be attending a high school in Santa Clara County *OR* be a child or grandchild of an IAHF member. However, applicants who

(Continued on page 4)



## What's Going on at the IAHF...

## Ohlone Chamber Singers present "The Italian Masters"

Ohlone Chamber Singers, Michael Morris, director, will present "The Italian Masters" on Friday, March 15 at 8:00 p.m. The concert is sponsored by the Italian American Heritage Foundation and features the choral music of many of the great Italian composers such as Vivaldi, Palestrina, Donizetti, and Verdi.

The new Consul General of Italy, Mauro Battocchi, will be attending and addressing the audience after the concert. Dave Cortese, Santa Clara County Supervisor and IAHF member will also be in attendance for this very special event.

This is going to be a night to remember. Tell everyone, bring a friend, and help us celebrate "2013 the Year of Italian Culture."

7:00 - 8:00 p.m. social hour 8:00 - 9:30 p.m. concert 9:45 -10:30 p.m. light reception

For more information and reservations contact the IAHF office at 408-293-7122 or iahfsj@iahfsj.org.



Ohlone Chamber Singers

#### **ABOUT THE OHLONE SINGERS:**

The choir currently numbers 32 auditioned voices composed of adult singers representing 17 San Francisco Bay Area communities. The choir performs an eclectic array of literature extending back to the Renaissance and through the most contemporary idioms.

They have 7 European tours performing in Austria, Belgium, Czech Republic, England, France, Germany, Hungary, Italy, Scotland, and Poland to critical acclaim; performing concerts in many spectacular settings, including Basilica San Marcos in Venice, the Duomo in Florence, and the Dom Cathedral in Salzburg, among many other locations. Learn more at: www.chambersingers.org

## **Arbereshe Club**

Don't miss the first event of the newly formed Arbereshe Club of the IAHF on Wednesday, March 6 at 7:00 p.m. Guest presenter Professor Valerio Ferme, Toso Chair of the Italian Studies at Santa Clara University will be speaking about acclaimed author, Carmine Abate. Abate has written numerous short stories, novels and essays, mainly focusing on issues of migration and the encounters between disparate cultures. RSVP by contacting the IAHF office at 408-293-7122 or iahfsj@iahfsj.org.

For more information on the Arbereshe Club contact: Lucia Clementi, 408-425-1429 or lac9471@yahoo.com

## **Regional Lunches**

Join us for one, or all, of our 2013 regional lunches series. We have some exciting chefs lined up, many of which are IAHF members. It's a great way to meet new people or catch up with old friends. Bring a friend, share a meal, and learn something new about the different regions of Italy, or share your personal experience or family stories.

The lunches are held every third Thursday of the month, with the exceptions of March, June and November.

Cost: \$14 members; \$12 non-members.

RSVP by contacting the IAHF office at 408-293-7122 or iahfsj@iahfsj.org.

## Cena Fuori

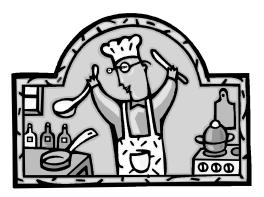
Cena Fuori (dining out), was such a success last year that we're bringing it back. There are so many fantastic Italian restaurants in the Santa Valley that we'll never run out of opportunities to try something new.

Seating is limited so sign up now!

The dinners are the fourth Thursday of every month, 7:00 p.m.

Cost: \$30 includes salad, entrée and dessert. Does not include alcoholic beverages.

RSVP by contacting the IAHF office at 408-293-7122 or iahfsj@iahfsj.org.



## **Cooking Classes**

Presenting our Spring and Summer cooking classes from April—September with the exception of August, because August is Festa time! Classes are held the third or fourth Tuesday of the month at 6:45 p.m. Don't wait to sign up, class size is limited to 20 persons. You may be required to bring a few cooking implements from home, i.e. rolling pin, a list will be provided prior to date of class.

Cost: \$10-\$15 depending on class. Attendance preference for members.

RSVP by contacting the IAHF office RSVP by contacting the IAHF office at 408-293-7122 or iahfsj@iahfsj.org

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## **Upcoming Events**

- MARCH 6, 7:00 p.m.
   Arbereshe Club of the IAHF
   Guest speaker, Prof. Valerio Ferme
- MARCH 15, 7:00 p.m.
   Ohlone Chamber Singers presents "The Italian Masters"
- MARCH 19, 10:30 a.m. Festa di San Giuseppe
- MARCH 28, 7:00 p.m.
  Cena Fuori, Maurizio's Ristorante
- APRIL 5, 6:00 p.m. IAHF Crab Feed
- APRIL 9—MAY 30
   Italian American Heritage Exhibit San Jose Main Library, 2nd floor
- APRIL 16, 7:00 p.m.
   Meet the Author
   Seductive Venice, In Casanova's
   Footsteps by Kathleen Ann Gonzales
- APRIL 18, 11:00 a.m.
   Regional lunch, exploring Molise
- APRIL 23, 6:45 p.m.
   Cooking class, Sicilian rice balls
- APRIL 25, 7:00 p.m.
   Cena Fuori, Tony & Alba's
- MAY 16, 11:00 a.m.
   Regional lunch, Basilicata
- MAY 21, 6:45 p.m.
   Cooking class, "I Cucidati"
- MAY 30, 7:00 p.m.
   Cena Fuori, Al Costello Ristorante
- JUNE 23, Time TBD
   IAHF Family BBQ & Scholarship Recipients' Award Ceremony
- JUNE 27, 7:00 p.m.
   Cena Fuori, Florentine Trattoria
- JULY 18, 11:00 a.m.
   Regional lunch, From the Arberesh
- JULY 23, 6:45 p.m.
   Cooking class, three Sicilian cookies
- JULY 25, 7:00 p.m.
   Cena Fuori, Paesano's Ristorante

The complete Calendar of Events can bed on the IAHF website at: www.iahfsj.org

## March 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 Arbereshe Club 7pm	7	8	9
10	11	12	13	14	15 Ohlone Singers 7pm	16
17	18	19 St. Joseph's Day 10:30a	20	21	22	23
24 Palm Sunday	25	26	27	28 Cena Fuori, 7pm	29 Good Friday	30
31 Easter						

# April 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5 Crab Feed 6pm	6
7	8	9 Library Exhibit	10	11	12	13
14	15	16 Meet the Author 7pm	17	18 Regional lunch 11am	19	20
21	22	23 Cooking class 6:45p	24	25 Cena Fuori, 7pm	26	27
28	29	30				

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## President's Message—Building the IAHF for the Long Haul

(Continued from page 1)

ful set of statements that have motivated many an IAHF member to spend quite a lot of volunteer hours in planning, participating and engaging with our Foundation and helping to create and share our sense of an Italian American community. The challenge before all of us is "how do we take this vision forward into the Silicon Valley of today and tomorrow?"

A simple exercise will highlight some of the issues that we need to review as we build our foundation for the "long haul." When we founded our organization in 1975, think of the technology of the times? Social networking via electronic media was basically nonexistent, web pages, Facebook, even cell phones and texting was unheard of. Demographically many of our members lived in larger family homes in the "old neighborhoods," supported by a sense of community with familiar stores and institutions. Age wise too, we all were a lot younger, and sadly, many of our original members are no longer with us. That too is part of the lifecycle of a foundation. Technologically, I recall when the

IAHF got its first fax machine (after much deliberation and discussion) and it was not a week later that we were asked to fax some documents to another agency, saving the day.



As we reflect upon our activities as a foundation, the challenges we face are how we creatively conceptualize our foundation's roll in the life of today's very diverse Italian American community? Likewise, how do we make more relevant the foundation's vision in the lives of not just our members, but friends and extended families? Obviously we do this through our activities, but there is also our decisions as to what activities we keep, drop and /or

modify. Today's Santa Clara Valley, the Capital of Silicon Valley is a pretty dynamic place, equally is the pace of life, so we are competing in the market place of ideas and experiences.

As a Board we are welcome the challenge, because the bottom line is our commitment to our purpose/mission statement, our sense of stewardship, and for all of us as active members, the legacy we want to leave our community and heritage. Our goal now is to encourage the necessary changes so that we can continue rediscovering our heritage; including outreaching and welcoming today's diverse multi-ethnic Italian American families and friends

by creating that special "Italian Heritage" niche in today's Silicon Valley.

A special "grazie" to our Board and Advisory Board members who were able to attend this meeting and in particular to Anthony Fleo, brother of IAHF Board member Cleo Logan, who is an organizational consultant for nonprofit agencies. He came from Dallas, Texas to professionally assist us by facilitating this workshop.

## 2012-2013 IAHF Scholarships

(Continued from page 1)

are members do get additional points in the rating process.

Interested applicants can find the application form on the IAHF website at www.iahfsj.org. It is also available at the IAHF office or telephone 408-293-7122. Applications are due no later than May 20, 2013. Winners will be presented the Scholarship Award at the Sunday Family BBQ on June 23, 2013.

Members are needed to serve on the Scholarship committee. The Scholar-

ship Committee is responsible for the selection process of applicants, and in helping with the Sunday Family BBQ. Additional volunteers are also needed to help with the Family BBQ on June 23.

There is also a great need to have new Sponsors to the Scholarship program. In this severe economic climate, many families are struggling just to make ends meet, let alone help their children with college. And the cost of higher education is skyrocketing. Last year we had many outstanding candidates but not enough sponsors. Please consider sponsoring an individual scholarship for

the 2013-2014 academic year. It's a wonderful way to not only assist a deserving student achieve their dream of college, it would also be a legacy to a family name or family member. Honor your family with a one time or yearly donation to this wonderful program. Help keep the traditions and culture of Italian Americans thriving by becoming a sponsor today.

If interested or have question regarding the scholarship program or becoming a donor, please contact Christine Hudson by leaving a message at the IAHF office, 408-293-7122.

## **HELP BY DONATING TODAY!**

We are always looking for donated items to raffle or auction at our various events, including the Festa. We can always use gift certificates to restaurants, car washes, spas or salons, Target, Walmart, Safeway, Macy's or perhaps you have something else to offer. We are always open to new ideas. Please contact: Cleo Logan at cleoteach@mail.com

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## **Della Cucina (in the kitchen)**

## Mapanatigghi - A Sicilian Surprise

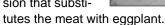
'Mpanatigghi are a sweet biscuit from the town of Modica, Sicily and contain a surprise ingredient. These biscuits were first made in Sicily during the Spanish rule in the 16th century. In fact, the Sicilian dialect name 'Mpanatigghi derives from the Spanish word *empanada*.

If you are wondering how to pronounce this strange Sicilian word, imagine that you have stuffed your mouth with *empanadas*, and someone asks you what you are eating – your reply will be remarkably close to the correct pronunciation for 'mpanatigghi. Both the Sicilian and Spanish words come from the verb meaning "to wrap or cover with bread dough."

Mpanatigghi are half-moon shaped biscuits (or cookies) with a thin crust,

and are stuffed with a mixture of sugar, chocolate, almonds, lemon peel, egg, cinnamon, and vanilla, plus a secret

ingredient that is impossible to detect – minced beef. If anything could be more unusual, these biscuits originally contained wild game. In case you are breathing a sigh of relief that you are vegetarian, there is also another version that substi-



If these sound revolting, it is best to try them without knowing what you are eating, and in my experience everyone

> loves them- it's only after being told what's inside that people turn up their noses, which says something about food prejudices.

Also known as "traveler's biscuits" as they are practically a meal in themselves, 'mpanatigghi were a common staple when undertaking an arduous journey. Nowadays I find they are an excellent substitute for inflight meals.

## Peperonata – A Sicilian Staple



Bell peppers are no longer in the garden but in our freezer. We were recently snowed in and no salad in our fridge so I defrosted some

peppers to make peperonata for dinner. As we ate, I asked my husband Pino what his mother usually served her four children along with the peperonata she made.

"Pane", was the answer. Bread? Just bread? When I asked Pino if it was served alongside of some chicken or cheese or with eggs "because a protein is more filling", Pino explained patiently, "Anna, we are not talking dietology here – or about nutrition. The point is hunger. Our stomachs were filled as best my mother could with what she had." If you make this peperonata, you can serve it as a side dish or pair it with just a good thick slice of bread: the meal years ago of many a Sicilian household.

Here's the peperonata recipe of Pino's wonderful mother, Signora Vincenza. If any is leftover, do not refrigerate: simply



enjoy the next day at room temperature. (Pino was about 15 when they finally had a refrigerator. Leftover peperonata remained on the kitchen shelf overnight – but he doesn't remember much ever "left over" of anything!

#### Peperonata Recipe

Wash 5 or 6 bell peppers.

Slice into strips about 2 inches wide.

Cover stainless steel frying pan with olive oil. Heat.

Add 2 whole garlic cloves and when garlic is golden, turn peppers into sizzling oil, browning the pepper strips.

When peppers are blistered, pour in about 1 c. or more of wine vinegar.

Add about 1 1/2 tsp rock salt. Cook til wine vinegar is almost all evaporated.

In summer, add about 2 c. diced very ripe tomatoes (in other seasons, add 1 large can tomatoes).

Simmer until liquid of tomatoes evaporates.

Note: all quantities are approximate as I learned this by watching my Sicilian mother-in-law make this dish. After all, "qb" (or quanto basta, i.e., "as much as necessary") is the most common Italian cookbook annotation!

Reprinted from www.italiannotebook.com, March 16, 2012

## **Member Spotlight**

## Member Communications

#### **NEWSLETTER:**

As you can see we have a new look for our newsletter. We hope that you will enjoy the new format.. We are also reducing the number of issues, starting with this issue (March/April) we will be producing and mailing the newsletter every other month.

#### WEB SITE:

We are diligently working on updating the IAHF website. We currently have all the confirmed 2013 events on the calendar of events web page. We will continue to add events as soon as they are confirmed. We encourage you to view the calendar to keep current with any new events.

www.iahfsj.org

### **Membership Dues**

Our foundation could not exist without our members' support and dedication. Please remember to pay your membership dues by March 31. Mille grazie!



#### **MILLE GRAZIE!**

Sal & Denise Campagna & the Trabia Club—Trabia Lunch Richard Vanucci—Piedmonte Lunch

Look for pictures in our next issue!!

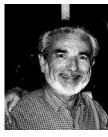
#### **Member Outreach**

Salve! Sarah Lin Bhatia is a new member looking for fellow IAHF members with friends or relatives in Italy who would be interested in having an American guest for a few weeks this summer. In exchange, she would love to help her hosts with an English-language writing, editing, tutoring, or related project.

Grazie! You can contact Sarah at: sarahlinbhatia@yahoo.com, or by phone at 608-213-0319.

Please send any comments or feedback on the newsletter and/or website to Nancy Morreale, 408-368-9094 or nmorreale11@yahoo.com

### **In Memoriam**



Our IAHF community was saddened to hear of the loss of two of its long time supports. On January 25, 2013,

Richard Tamone passed away. For many of you "old

timers" Richard along with his brother Don (recently deceased), were bartenders at the IAHF for many of our events. Richard along with his loving wife Jo (Josephine) were chairs of our St. Joseph Day events for several years. Richard was part of a dedicated group of volunteers who helped support us through the early years of life at the IAHF. In addition, Richard was the father of Victoria Flowers, and the late Valerie Brown. He is survived by his wife Josephine and grand children. Richard was also a lover and hobbyist of antique cars. He will be missed by all who knew him and our condolences to Jo and family, from his many friends and associates at the IAHF.



On January 27th
Robert George
Muench passed
away. He and his
wife Rose Cremi
Muench were truly a
part of our IAHF
cultural activities.
As a couple they at-

tended ours, as well as many community-wide cultural and community events, and incidentally, at one of our musical events is where Robert and Rose met in 1995, and later married. Robert was a supporter of our Art and Wine Sunday afternoon activities, where we believe his son Charles, an artist showed several of his works. Robert was an aerospace engineer with Lockheed. His career can be summed up as part of the cadre of talent that supported the historical technological edge of American engineering, including working on the Hubble Telescope, Polaris Missile System and other such cutting edge project around the USA. Before he was too ill to attend, he also

was a frequent participant, along with his wife Rose, at our regional lunches, actually having visited many of the Italian regions himself. Robert is survived by his wife, Rose, and three sons, Tom, Charles and Samuel and their families.

Time has a way of catching up with all of us, and for those of us who have been a part of the IAHF community, a timely reflection of the importance of mutual support, legacy, and keeping connected. Richard and Robert will both be missed, and their involvement with the IAHF among other valley organizations are a rich part of their legacy as well.



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#### **IAHF Officers**

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Corinne Tomeo, Secretary

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Philip DiGiovanni (1983)\*

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Frank Bonanno (1985)\* JoAnn Cymanski (1986)

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Marge Valente (1989)

Richard Bongiovanni (1990)\*

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- Steve Sgarlato
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#### **Editor: Nancy Morreale** Design: Nancy Morreale

#### Ad Rates & Deadlines

Ads are due by the 5th of the month prior to the month of publication. Rates are payable in advance:

- \$100 for three issues (minimum)
- \$175 for six issues

All advertisements must be in accordance with the rules and requirements as determined by editorial policy. Paid political advertisements are not to be interpreted as an endorsement by the Italian American Heritage Foundation or its newspaper, the IAHF NEWS.

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# Italian Family FESTA

## Guadalupe River & Gardens Park

August 24 and 25, 2013

The Festa committee is meeting and planning is underway to make the 2013 Festa the best one yet! We are all proud to be entrusted with this important IAHF showcase event. The two days of the Festa allow all of us to reach out and share our passion, knowledge and experience of all things Italian with our neighbors and community.

We couldn't do this without our member support. Please consider how you can support the Festa.

✓ Donate to the Festa Fund

✓ Donate time and volunteer

✓ Donate a prize drawing item

For more information on how you can a difference at the Festa, contact: Nancy Morreale, 408-368-9094 or nmorreale11@yahoo.com

## **Book Nook**

THE SWERVE--How the World Became Modern by Stephan Greenblatt

#### A must read for history buffs!

A fascinating account of a "book hunter," Poggio Bracciolini. It is a national book award winner, and recipient of the 2012 Pulitzer Prize.

During the Medieval Ages monasteries were depositories of ancient manuscripts, including classical Roman and Greek literature. A cadre of the "intellectuals of the time" tried to search them out, to learn from them the wisdom of ancient Rome and Greece, as part of the rebirth of knowledge, also known as the Renaissance. This detective thriller traces Poggio's adventures in discovering and publicizing the writings of the Roman writer Lucretius, "On the Nature of Things". In these manuscripts the philosophical writings of Epicurus were rediscovered. The impact of his thoughts gradually became a part of the new humanism of Western Civilization, or as Stephan Greeblatt notes, "how the world became modern." Lest you consider this tale, less than revolutionary, at the time, and in some parts of the world even today, these writings were/are considered heretical, and promoting them grounds for some horrific penalties. Even so, the intellectual contributions of Epicurus and Epicureanism eventually found their way into Western thought, and of all places, our Declaration of Independence! Thomas

Jefferson was also influenced by Lucretius and Epicurus, hence we find the famous phrase, "We hold these truths to be self evident- that all men are created equal, that they are endowed by their creator with certain unalienable rights. that among these are Life, Liberty and the Pursuit of Happiness." The evolution of Poggio's re-discovery, still resonates in the world today, and no more fitting acknowledgement is this statement in our Declaration of Independence. If you're interested in the "pursuit of happiness" and this NY Times best seller check it out at your local book store, published by W.W. Norton .

And while we are writing about books, the IAHF just received a copy of Esty by Lawrence W. DiStasi and Margaret Weisz DiStasi, sent to us by Maria Gloria. At some point we really should officially acknowledge Maria Gloria of San Francisco, as a "godmother of things Italian Americans" in our greater San Francisco Bay Area community. She writes for the Italo Americano, donates to our IAHF events, and connects people around the USA, to the talents and creativity of Italian Americans. A one woman "tour de force" or I should say "forza italia!" As an example, Esty was sent to the IAHF with her complements.

I have not read it yet but we have had many dealings with one of the authors Lawrence DiStasi, who helped us with La Storia Segreta, and is a part of the Italian American Studies Association, Western Region. It is a tale of Lawrence and Margaret's mother, who shares with her children a manuscript about love, and personal reflections about the conflicts she had as a child of a strict Hungarian Orthodox Jewish father and the decision to marry her lover, their Italian father. Part of the story is set in that great melting pot, New York City. It also explores the feelings of growing up in tradition bound Hungary while trying to explore the world on her own terms. Not an easy task for anyone, but even daunting for a young girl, and eventually an immigrant to New York City. In many ways it is a tale of family liberation, "the American Dream" and referring to the book noted above, The Swerve, Esty's personal "pursuit of happiness!" (Sanniti Publications, Bolinas, CA 94924).

And finally, please save the date for a meet the author of Seductive Venice, In Casanova's Footsteps, by local writer Kathlee Ann Gonzalez on Tuesday, April 16 at 7:00. Kathleen is a true "Veneziano-phile". This is her second book about "Venezia." Her first book, Free Gondola Ride, actually led her into discovering the Venice of Casanova, and all his adventures. Keeping with our Venetian theme Kathy Winkleman, of Gioa Company, will display some of her carnival masks and information about this Venetian art form. There will also autographed books to purchase. A definite must for all lovers of Venice, as well as learn about this fabled "so called lover," Casanova!