

## UPCOMING EVENTS

- *Friday, Dec. 7, 2012*  
*World of Italian Opera & Boutique*
- *Thursday, Dec. 20, 2012*  
*Regional lunch, celebrating Christmas in Italy, "Una festa del Ceppo"*

### *New Service - IAHF NEWS via Email!*

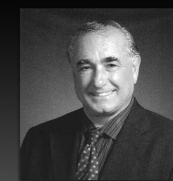
Would you like to receive the newsletter before it goes to press? Send your email address to [iahsj@sbcglobal.net](mailto:iahsj@sbcglobal.net) and we will send the IAHF newsletter to you via email! 🍀

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## President's Message

by Ken Borelli



## THE GIFT OF HERITAGE!

As we always "speedily" approach the holiday season, try to take some personal time out to reflect a bit on the meaning of the season, and even how to just connect and enjoy the holiday planing. In many ways the "process" is as much a part of the experience as the actual festivities. A big part of these holiday reflections include the importance of keeping in touch, whether it be through gifts, special outreach calls, cards or some ways to keep connected with friends and families. We at the IAHF celebrate this season with our Home For the Holiday's World of Italian Opera and Boutique. This year too our Regional Lunch will feature Christmas in Italy! Flyers are out on both events. Its important to keep in mind just how these these and many of our activities help celebrate a sense of community, support for each other, and a way to connect with our traditions and Italian heritage. Just stop and consider the importance of our newsletter as a vital and creative part of this community process. Reflect a bit too about how much local news about Italian-Americana do you ever hear about? In reality, not much, hence the value and significance what we try to do at the foun-

ation. And hot off the press, next year we are laying plans for a major exhibit at the San Jose Main Library on ITALIAN AMERICANS IN THE SANTA CLARA VALLEY! (Details to follow).

In many ways we are an extended family. And our IAHF family is a special place to share what we are about as a community and our family lore. When done right it is a nurturing experience which allows us to share at the very same time. As noted in last months column we expressed a concern about those unable to attend events due to driving at night, and the isolation or lack of connected-

equally amazed at all we have accomplished, from the Festa, to regional lunches, films, language, lectures, and special events. The net result is that all of the activities have propelled an even richer prospects for next year, including exciting opportunities for community wide activities in the arts. Along with these plans comes the year end transitions. We welcomed many new members to the IAHF, and we were particularly appreciative of hosting some of the new members at our general membership meeting, along with introducing new board members to the foundation. Their commitment and joy of sharing was very

much evident. And as is the case from our new members and board we all benefit and learn from each other, and continue to make the IAHF a special and exciting place to be -- a natural fusion of old and new timers looking out for our Italian American Heritage.

Your unique talents are also truly a gift. In what ever capacity we encourage you to share them with us at the IAHF. Its never too early for New Year Resolutions, as we are always looking for new

talent to give a hand. Consider too the gift of a membership to a family member this year as a way to share heritage, and support the foundation's very special cultural connections. As we move into 2013, on behalf of the Board of Directors of the IAHF I want to wish you a very special "Buon Natale ed il meglio per un Felice Anno Nuovo, along with your open invitation to join us at the IAHF for some very enriching cultural experience. 🍀

ness this can cause. So the gift of taking a friend out to lunch or the holiday party is truly a gift of caring. Likewise is the through the process of inviting friends to share in the activities of the IAHF it becomes a tangible a way to nurture our traditions; hence the reason why we issues our first ever, membership list last month. Reflecting over the last couple of years I am amaze at how time fly's, yet at the same time



THE IAHF  
WISHES ALL  
ITS MEMBERS  
& FRIENDS  
*Buon  
Natale e  
Felice  
Anno  
Nuovo*



THE ITALIAN AMERICAN HERITAGE FOUNDATION PRESENTS

# ITALIAN FAMILY FESTA

SATURDAY, AUG 25 • 11:00 AM TO 8:30 PM

SUNDAY, AUG 26 • 11:00 AM TO 6:00 PM



## UN GRAZIE DI CUORE!

(A HEARTFELT THANK YOU)



SJ CITY COUNCIL MEMBER PIERLUIGI OLIVERIO

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MARIA GLORIA-L'ITALO AMERICANO

NEWSPAPER

JV PROPERTIES- BILL AND JUDY JOSEPH  
JOSEPH AND GLORIA PONTE

IRVING AND DOROTHY SPRUGASCI  
TONY ZERBO

JOSEPH AND CARMELLA GULLO  
COLLEEN BICANDI- IN MEMORY OF GENE

BICANDI

TENSA- NET MFG.  
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JAN BARONE  
TONY SPRUGASCI FAMILY



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NINETTE BAVARO-LATRONICA

LA DOLCE VELO!

DOUBLETREE HOTEL- AMERICAN CANYON

SUE CRISTALLO

LA RUSTICANA D'ORSA WINERY

GUGLIELMO WINERY  
TOGO'S

TONY AND ALBA'S

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Kristi Stanyard, *VP Promotions*  
Delia Schizzano, *VP Programs*  
Corinne Tomeo, *Secretary*

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Steve Cornaglia  
Mike Console  
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Kamake Franciosi  
Christine Hudson  
Cecilia Logans  
Nancy DeVincenzi Melander  
Joe Rizzi  
Corinne Tomeo  
Tony Zerbo

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Judy Verona Joseph  
Peter McHugh  
Josh DeVincenzi Melander  
Tony Virgilio  
Tony Zerbo

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Louis Solari\*

#### PAST PRESIDENTS

Don Lima (1975-1976)\*  
Murphy Sabatino (1977)\*  
John De Vincenzi, Ed.D (1978)\*  
Rocci G. Pisano, Ph.D (1979)\*  
Richard Arzino (1980)  
Pat Restuccia (1981-1982)\*  
Philip DiGiovanni (1983)\*  
Ned Ciccio (1984)\*  
Frank Bonanno (1985)\*  
JoAnn Cymanski (1986)  
Joe Francia (1987)\*  
Nick Rizzolo (1988)  
Marge Valente (1989)  
Richard Bongiovanni (1990)\*  
Tony Zerbo (1991)  
Tony Virgilio (1992)  
Nick Lickwar (1993-1994)  
Sal Scrivano (1995-1996)  
Nick Lickwar (1997)  
Ed Foglia (1998-2000)  
Phil Barone, Ed.D (2001-2003)\*  
Sal Caruso (2004-2005)  
Marge Valente (2006)  
Nancy De Vincenzi Melander (2007-2008)

\*Deceased

#### IAHF MEMBER BUSINESSES

- Blevins Realtors/Coldwell Banker
- Adami Bonfiglio Real Estate Team
- Borelli Investment Co.
- Campo di Bocce of Los Gatos
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- Oak Meadow Dental Center
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- John, Eric and Diane Paulson
- Mark Rindge, D.D.S. and Barbara Rindge
- See Spot Run Dog Walking (Rochelle Migliore)
- Steve Sgarlato
- Vito's Trattoria

#### IAHF NEWS

Send your letters, comments and articles to:

Editor, IAHF NEWS  
425 N. Fourth St.  
San Jose, CA 95112  
Phone: 408-293-7122  
Fax: 408-293-7154  
E-mail: iaahf@sbcglobal.net  
IAHF News is published monthly by The Italian American Heritage Foundation.

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#### Ad Rates & Deadlines

We accept business card size ads, camera ready art or digital ads.

Ads are due in THE IAHF office by the 5th of the month prior to the month of publication.

Rates are payable in advance:

- \$75 for minimum of three months
- \$275 for twelve 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. In addition, the newspaper reserves the right to reject ads based on the paper's editorial policy.

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## BOCCE IS ALIVE AND WELL!

For many of our members and friends, playing bocce is a yearly event at the Festa. Obviously that does not need to be so. IAHF member, former board member, and Festa bocce chairperson, Ralph Di Tullio has been hosting a lively and friendly group, who gather at Nonno's Restaurant in Redwood Estates every second and fourth Thursday to enjoy this relaxing sport along with solving all the problems of the world over some interesting discussions.

At 10:00 a.m. the group meets at Nonno's, pick their teams, depending on who can make it, and play for two hours. After an intense match, the teams take a lunch break, around noon, consisting of salad, pizza, and or beer, then continue the dialogue and tackle all the "ills of the world", sometimes they may go back and play a bit more bocce, if they are not too tired or full. Bocce can be taxing to your competitive spirit! Cost for bocce and lunch is \$12.00 per person. They would love to expand their circle, and you are cordially invited to join the group, when you free and able too drive up the hill. New comers and those who want to learn the game are also welcomed. Bocce is an easy game to learn, but in truth, hard to master, especially regarding ball control, having elements of both bowling and pool in a good game. Of course at Nonno's friendly conversation is also added to the mix. In reality, this is a low key bocce group and no reservations are necessary, simply contact Ralph Di Tullio at 408 354-9449 for more information and details about the schedule.



## COLOSSEUM TO BE RENOVATED

ANSA - Rome, November 15 - Preparations for a major restoration of Rome's 2,000-year-old Colosseum funded by shoe magnate Diego Della Valle are "running smoothly and will begin soon," said the entrepreneur at the IHT Luxury Conference 2012 in Rome on Friday.

"We hope that work will be finished within the promised time frame so we can enjoy the Colosseum even more," he said.

Restoration of the historic Flavian Amphitheatre, considered one of the greatest works of Roman architecture and engineering, is slated to begin at the beginning of December.



## COMENDATORE ROBERT BARBERA WINS CENT' ANNI AWARD

Comendatore Robert Barbera, Publisher of L'Italo-Americano, receiving the Italian Heritage Parade's Cent' Anni Award from Board of Directors member Nickolas Marinelli at the Grand Ball at the Fairmont Hotel in San Francisco. The Cent' Anni Award is presented on rare occasion to a business or organization that has served the Italian community for over one hundred years.

Photo credit: Steven Underhill



## ACQUA ALTA LEAVES VENICE UNDER WATER!!

Photos from The Telegraph



## THE NEW CANDIDATES FOR THE 2013 IAHF BOARD OF DIRECTORS!



**LINDA AUDIO BINKLEY** -- A retired High School Teacher (Jan) of Italian Languages. She is an active commissioner on the Florence Commission; also she has been a long time member of the IAHF and is serving as a member of the Advisory Committee. In the early stages of the IAHF history Linda helped set up and organize our Library. Linda is excited about being on the Board, is energetic and a self-admitted worker. She would like to see more Family activities and Dances representative of the different seasons, some Old Italian Music nights and definitely more youth involvement. Linda has the personality, enthusiasm, and energy to accomplish these goals for the IAHF.

**NANCY MORREALE** -- Spent the last 25 years doing what she loves, in all phases of Marketing and Communications; major focus in event and trade show management, development, budgets, planning, and logistics. Assisted in advertising, collateral development, and demand generation. Nancy especially likes to take on projects as a Project Manager. She keeps herself busy as a volunteer at the Montalvo Arts Center being the lead volunteer and doing a varied host of duties. She also volunteers for the Community Solutions Organization creating and managing their first walk-a.-thou and worked on many other projects for them. Nancy is better known to the IAHF as the Super Volunteers Coordinator for the IAHF Family Festa the last couple of years where she managed / scheduled volunteers, was the Chair. For the prize booth created a new website for volunteers, and contributed to the Festa Facebook. Nancy would like to see the IAHF be more visible to the Community. Our goals should be communicated and advertised not just to our members but in everything we do. She also believes we need to create programs and market our programs specifically to families and youth groups. Expand membership, generate interest and provide inclusiveness of the next generation. Nancy has the right spirit, willingness, and experience to get the job done and will be a valuable asset to the Board.

**MARIE BERTOLA** -- Marie was born in Italy and is also a teacher of Italian and French languages. Has three Masters Degrees from Universities in Italy and France and also a Diploma of Journalism from the French Institute of Journalism. She keeps herself busy by teaching at five Community Collages and the University of Santa Clara. Marie is also involved with four organizations associating with teachers of Foreign Languages, and is an active member of the Santa Clara Co. Florence Sister City Commission. Marie would like to get involved in the IAHF by promoting the History, Culture, and the Italian language thru Classes, and coordinating events for Speakers. Marie gets very excited about trying to build and coordinate Italian Youth Clubs at the High School level. She has many contacts at the High schools and is willing to coordinate Teachers Work Shops and with the strength of the Youth Clubs, get the Italian Language and Cultural Classes back in the High Schools. Hopefully, eventually by having the IAHF involved we would benefit in the long run, by the Youth being aware of our existence and perhaps joining the IAHF when they move past High school. Marie has some very creative ideas and thinks we should increase our visibility through more activities, and advertising, promoting and recording the History of the Italian- Americans. Marie has the knowledge, willingness, and skills to do just that for the IAHF.

**KEN LAVEZZO** -- Ken is a young man with strong family ties to Italian Merchants who operated Grocery Stores, and Restaurant's in the San Francisco Area. One or more of his relatives had a connection with A.P. Giannini. Ken is an active member of the Italian Men's Club and Willow Glen Moose Lodge serving as their extraordinaire Bingo Caller. Ken is also a member of the National Italian -American Federation. He works as a Day Trader of Investments. He is anxious, willing, and looking forward to being involved and suggesting new ideas to move the IAHF in new directions to become a vital and respected organization in the Community.

WELCOME to the IAHF BOARD Ken, Marie, Nancy, and Linda! You all have the spirit, willingness, dedication, and energy, to keep the Italian-American Heritage Foundation alive and well. Thank you. -- Mike Console

## PART TIME HELP NEEDED: IAHF HALL RENTAL SUPERVISION

The IAHF is contracting for a Hall Rental Supervisor to supervise and monitor hall activities during rental events. Normal work hours are immediately prior to, during and after a hall rental. Most of our hall rentals are on the weekend although there are some mid week activities. Experience should include some monitoring /hall security, building maintenance, catering, good people skills, able to work with the public, and some light janitorial tasks. Supervision is on an "on call basis" depending on the rentals. The time involved is approximately 8 to10 hours per event. **This is a paid position.** If you are interested in being considered for this contract position please contact the IAHF at 408-293-7122.



Welcome to the  
ITALIAN AMERICAN HERITAGE FOUNDATION'S

Unbelievable 25th Annual !!  
*World of Italian Opera*

*"Home for the Holidays"*

*Celebrating the Wondrous Gift of Music*

FRIDAY, DECEMBER 7, 2012

Join us for this Community Wide Event Featuring:

Arias from the Italian Repertoire, Songs from Napoli & seasonal music performed by: OPERA SAN JOSE, RESIDENT ARTIST HOLIDAY BOUTIQUE

**Program:**

6:00 - 7:15 p.m.—Boutique and No-host Cocktails  
7:15 - 8:30—Dinner  
8:30 - 10:30—Music from World of Italian Opera  
Guest Artist

Pre-dinner Entertainment

**Menu: Italian American Buffet**

Chicken Marsala, Chicken Cacciatore, Pesto Pasta, Vegetable Lasagna, Broccoli Parmesan, Caesar Salad, Antipasto Salad, Dinner rolls w/butter, Fresh Fruit, Dessert

**Prepared by: Our Honorary Italian Chef, "Gian" Nguyen**

GOLDEN HARVEST CATERING, assisted by Norma's Kitchen Crew

**Cost:** \$32/members, \$36 non member, \$20/student



IRENE DALIS 25th Anniversary



Event Co-Chairs: Ken Borelli, Jeanne McCann, Kay Virgilio, Nancy Melander and Tony Zerbo

The Italian American Heritage Foundation  
425 North Fourth Street, San Jose, CA 95112 408-293-7122

*25th World of Italian Opera*

Enclosed is \$ \_\_\_\_\_ for \_\_\_\_\_ reservations @ \$32.00/person, \$36.00 non members

Enclosed is \$ \_\_\_\_\_ for \_\_\_\_\_ reservations @ \$20.00/students under 18

Sorry, I'm unable to attend, but enclosed is \$ \_\_\_\_\_ for a donation to IAHF.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Others in my party will be: \_\_\_\_\_

VISA  MASTER  DISCOVERY # \_\_\_\_\_ Exp. Date \_\_\_\_\_

RSVP BY DEC. 4TH. AFTER THAT DATE OPEN SEATING AS SPACE PERMITTED

PLEASE NOTE: NO TICKETS WILL BE ISSUED FOR THIS EVENT. YOU AND YOUR GUESTS WILL CHECK IN AT THE RECEPTION DESK.

ANTIPASTOS DELI:  
A FAMILY BUSINESS



Antipastos Delicatessen on McKee Road in San Jose has been owned by the DeRose Family for more than 25 years! Gino, Nick, Joe and their mother Mary take pride in their Italian culture and heritage and it is important to carry on those traditions. Nick Sr. passed away in 1998. He had the vision for the business and designed the store. Since his passing Gino and Nick Jr. along with their mother Mary work at the deli with their devoted employees and continue to make the deli a destination stop in San Jose.

When the DeRose brothers were younger and growing up they all worked in the deli together. Joe DeRose now has his own career with his band.

They make all of their own sauces which consist of meat, marinara, tomato basil crême and Alfredo. Many of their items are imported such as pastas and Italian can goods. I sampled their raviolis and they are delicious. Raviolis are the heart of an Italian deli, especially at Antipastos!

When you are at the store it feels like a second home. The family is very warm and helpful and they told me that 90% of their customers are repeat customers.

Antipastos is open five days a week. It's closed on Sunday and Monday. They always have wonderful holiday specials such as fresh turkeys, fresh prime rib, ham and more. You won't want to miss their desserts such as Tiramisu, carrot cake, cheesecake, and cuccidati cookies.

Special thanks to the DeRose family for their kindness and hospitality!

For more information and to find out about their holiday specials:

Antipastos Deli • 3454 McKee Rd • San Jose, CA 95127 • (408) 251-5647 • [www.antipastosdeli.com](http://www.antipastosdeli.com)

Antipastos is also on Facebook -- Story and photo by Judy Verona Joseph

PASTA & POTTERY EVENT

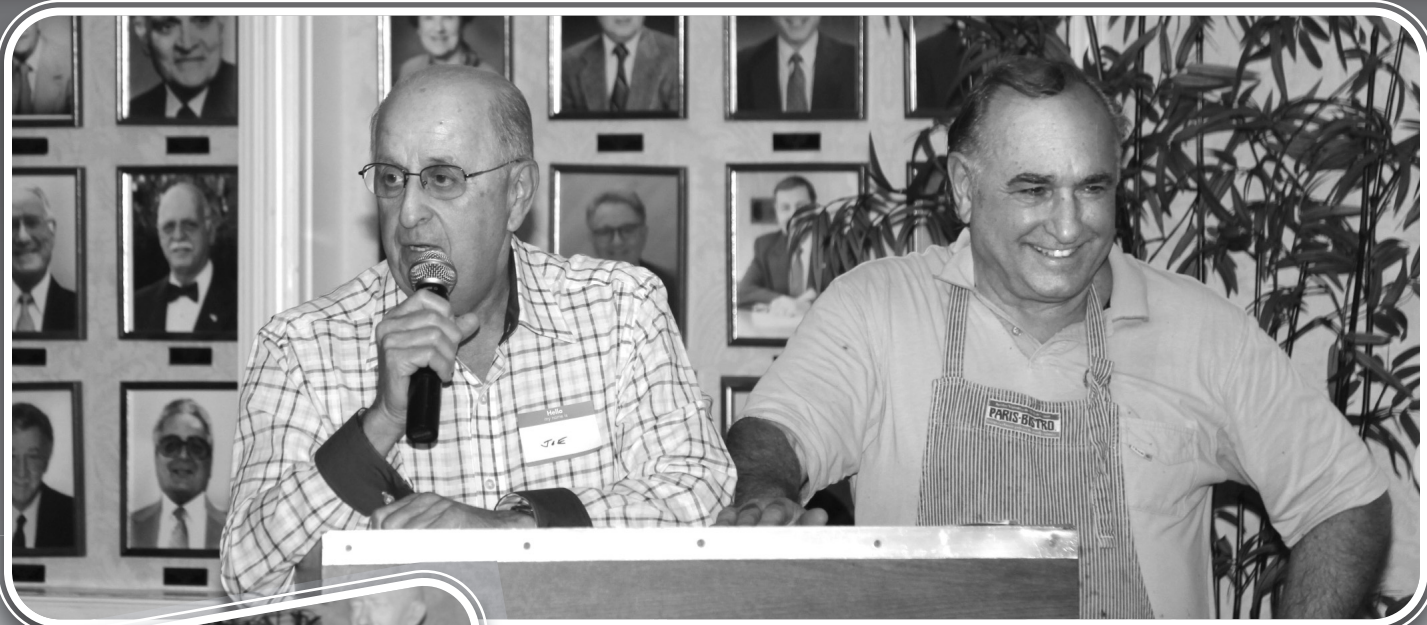


Left: Master Potter Claudio Reginato shows his craft at the Pasta and Pottery event. He was the star of the event and his finished pottery was outstanding!

Right: Musical entertainment by accordionist Benito Rossetti at the Pasta and Pottery event.







Membership Dinner photos by John Eric Paulson

## JOHN & ZEE DEL FUGIO CELEBRATE 50 YEARS OF BLISS

John and IAHF Treasurer, Zee Del Fugio celebrated their 50th wedding anniversary at a special Napa Valley bash with family and friends at TreVigna. The photo shows in the background their original wedding picture where they first lived, in Pennsylvania. John is a native of Bugnara, Abruzzo. Their grand-daughter, Lauren Rhodes, was a recipient of a 2011 IAHF scholarship. It was great to see all the photos from what was a great party at a very magical setting, in the heart of California's wine country. Congratulations to John, Zee and the family!



## A WORD OF THANKS

By IAHF Board Action at the September meeting, it was voted to present a special recognition at the General Membership Meeting and gift certificate for Paesano's Ristorante Italiano to Carmella Gullo, Judy Verona Joseph and Norma Mestice. It was a simple ceremony because all three really do not like a lot of attention. Never the less, their long term dedication to their heritage and the life of the IAHF must be acknowledged as so important to the on going tasks of the organization. Both Norma and Carmella have worked in the kitchen before, during and after event after event for many years, in addition to organizing our fun and engaging mailing team( Ralph and Ruth DiTullio, Nino Aiello, Tony Zerbo, Jack and Vera Pedretti, Bess Nicosia and who ever we can "rope in" if they happen to be at the IAHF when we do the paper!)

Likewise, Judy's editorship of the IAHF paper has added a new level of professionalism to the journal and in a sense chronicle of Italian American life in the valley. In addition her outreach efforts in publicizing our events are critical to the success of the task at hand. And as an aside, found time to lead our Festa sponsorship team too! An organization can have wonderful events, but outreach becomes a critical component as to if an event connects with the community and succeeds or not. This is a common concern of all community based organizations, so it is important we acknowledge this reality in the form of this word of appreciation as well as out reach to you to consider lending a hand. We at the IAHF are fortunate to have this caliber of volunteers, for along with Carmella, Judy and Norma, we are truly blessed to count on a cadre of members and friends, willing to give a hand. This note of appreciation also serves to recognize the great talent pool of potential resources we must develop as we carry on with our our mission of promoting Italian American Heritage. *Grazie!* -- Ken Borelli

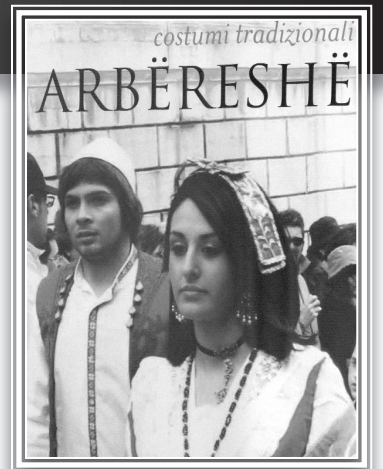
## ARBERESH CLUB ANNOUNCEMENT

Hello Everyone, in my last article I asked you to "stay tuned" for the next Arbereshe Club planning meeting for 2013. Please mark your calendars as follows:

- Thursday, December 13, 2012 @ 7:00 PM
- Italian American Heritage Foundation (IAHF) • 425 N. Fourth Street, San Jose, CA 95112

Please reply to this article to let me know if you are attending. I am so excited to work with you all to promote and support the Arbereshe community. In addition, it will be fun sharing ideas as we move forward! Also, if you are planning to attend, please bring your 2013 calendar so that we can select dates for our events. Thank you, Ken Borelli, for providing the venue for the meeting and for all your support.

If you should have questions, please let me know.  
Best regards, Lucia Clementi • (408) 425-1429



## A LETTER FROM SAL & MARIE DI VITA



Dear Ken,

It was a pleasure making your acquaintance. Thank you so much for your hospitality and for the effort you put forth to make the book (Living in the Mouth of the Wolf) signing a success. It was a good experience and I'm quite happy with the outcome.

Thanks again for everything. Stay well, Sal and Marie Di Vita



## SCHOLARSHIPS NOW AVAILABLE THROUGH THE NATIONAL ITALIAN AMERICAN FOUNDATION

Visit <http://www.niaf.org/scholarships> to Apply Online

**Application deadline: March 1, 2013**

WASHINGTON, D.C. – November 1, 2012 -- Scholarships will be available to college students through the National Italian American Foundation (NIAF) for the 2013-2014 academic year. The Foundation has awarded millions of dollars in scholarships and cultural grants since its inception in 1976.

NIAF celebrates its 37th anniversary this year. Since NIAF's inception, the scholarship program has grown from four scholarships of \$250 each to dozens of annual scholarships ranging in value from \$2,000 to \$10,000 each in the humanities, medicine, engineering, business, music, Italian language and culture, and other specialized fields. Last year, the average scholarship to students in the United States was worth more than \$3,000.

"NIAF has awarded millions of dollars in scholarships and grants across the country since its inception. NIAF's leadership is extremely proud of the high caliber of students and their outstanding achievements," said NIAF Chief Operating Officer John M. Viola.

Scholarship applicants must be NIAF member or have a parent or guardian who is a NIAF member. Applicants must be enrolled or entering a college or university in the fall of 2013, and either must be of Italian descent, with at least one ancestor who has emigrated from Italy, or a student of any ethnic background majoring or minoring in the Italian language, Italian studies, Italian-American studies or a related field. NIAF scholarship recipients are selected based on academic merit. Students must have a minimum GPA of 3.5 to apply.

Contributors to the NIAF scholarship program include individuals, corporations, and organizations across the United States. Apply online for a 2013-2014 NIAF scholarship at <http://www.niaf.org/scholarships>. Application deadline is March 1, 2013. For more information on establishing a NIAF scholarship, contact Alexandra Dall at [Alexandra@niaf.org](mailto:Alexandra@niaf.org)

The National Italian American Foundation (NIAF) is a non-profit organization based in Washington, D.C., and dedicated to preserving the heritage of Italian Americans. Visit <http://www.niaf.org>

## NIAF HELPS SANDY VICTIMS



Washington, D.C. -- November 6, 2012 -- Hurricane Sandy left unbelievable damages in its wake along the Northeastern seaboard, in particular to New York City and the New Jersey shore communities. The National Italian American Foundation (NIAF) encourages its supporters to help make a difference to the many families that have lost their homes and are in need of help.

"Our hearts and prayers go out to the victims and families who suffered the devastating losses from Hurricane Sandy," said NIAF Chief Operating Officer John M. Viola. "At this critical stage, any action is a positive step. So we want to do whatever we can to help."

To volunteer or to make donations, please contact your local relief organizations, government officials or Chamber of Commerce.

The following websites have additional information about how you can help with the recovery efforts:

- New York City Hurricane Relief Resources [www.nycservice.org](http://www.nycservice.org)
- State of New Jersey Hurricane Relief Resources [www.nj.gov](http://www.nj.gov)
- State of Connecticut Hurricane Relief Resources [www.governor.ct.gov](http://www.governor.ct.gov)

The American Red Cross is also accepting donations. Visit <http://rdcrss.org/PB2zWh> to learn more about ways you can make a difference in the recovery with essential supplies and donations.

NIAF has established the Italian American Relief, a coordinated effort to provide immediate response when natural disaster catastrophes occur in Italy and the United States. NIAF is actively engaging organizations in this effort to help those in need. Your pledges and donations will be sent to specific projects that will support the Italian American community. For more information, visit [www.ItalianAmericanRelief.org](http://www.ItalianAmericanRelief.org).

The National Italian American Foundation (NIAF) is a non-profit organization dedicated to preserving and promoting the heritage and culture of Americans of Italian descent. Visit [www.niaf.org](http://www.niaf.org). Phone: (202) 387-0600 | Fax: (202) 387-0800 | Email: [information@niaf.org](mailto:information@niaf.org)

## YOGA @ THE IAHF?

We have the opportunity to help you with your 2013 New Year Resolution, with a special Yoga program at the IAHF! Beginning the first of the year we are considering a Yoga program with Kyczy Hawk. Kyczy is a Willow Glen resident and author of a newly released book, "Yoga and the Twelve Step Path", from CRP Press. The physical and mental benefits of Yoga are an investment in your general health, and includes promoting mobility and flexibility, along with a sense of physical and spiritual centering. Yoga will assist you with muscle tone and stretching. In order to solicit interest please call us at the IAHF with the following information:

- 1) Do you prefer a day class, to start at 11:00 am, or an evening class starting at 6:00 pm? The classes will be on Tuesdays.
- 2) There are two options, regular Yoga with mats, or Chair Yoga, (meaning all exercises will be conducted from a sitting position). We need to know your preference, CHAIR or REGULAR yoga?
- 3) We will need 10 people to sign up for the IAHF to have a class, we estimate the classes costing \$12 per 6 to 8 week program depending on how many people are interested, but the cost will be as moderate as possible as a special benefit to our members.

Each option is an hour program. For those with mobility problems Chair Yoga is better, and will provide help in promoting mobility. The regular Yoga, includes standing, along with major stretching and bending exercises. You may want to consult your doctor about your ability to do Yoga.

We also have the option to have a morning Chair Yoga class, and an evening Regular Yoga program, or two regular AM/ PM yoga classes, but we need your input to plan accordingly to develop the best programs for the IAHF. These programs will all be designed for entry level students. Call the office at 408-293-7122 for more information.



Scene from *Il Trovatore*



## THE GIFT OF MUSIC FROM OPERA SAN JOSE

In special recognition of our long time relationship and support from IAHF going back more than 25 years, Opera San Jose is making available to members of the IAHF a 25% discount for tickets in the 2012-13 Season.

The operas include:

- Strauss' DIE FLEDERMAUS (Nov. 10-25)
- Verdi's IL TROVATORE (Feb 9-24)
- Puccini's SUOR ANGELICA / GIANNI SCHICCHI (Apr 13-28)

Seating available at the California Theatre in orchestra sides and mezzanine. Visit the ticketing website and enter promo code "IAHF" to unlock this special discount, or order over the phone @ (408) 437-4450. More information at [operasj.org](http://operasj.org)

Also, Friday, November 23, is OSJ Family Night- All children under 18 are admitted FREE with a paid adult! Please contact the box office for more information.

Save the Date, too, for our Dec. 7th World of Italian Opera featuring many of the stars of Opera San Jose at the IAHF. -- Virginia Perry, Opera San Jose.

MARK YOUR CALENDAR!  
Save the Date for the  
*Italian Family Festa 2013*



**Italian Family Festa**  
**August 24 & 25, 2013**  
hosted by the  
Italian American Heritage Foundation