

IAHF NEWS

FEBRUARY 2021 • ITALIAN AMERICAN HERITAGE FOUNDATION • ESTABLISHED 1975 • FOUNDED AS NONPROFIT 1976

425 N. 4TH STREET, SAN JOSE, CA 95112 • (408) 293-7122 • TAP HERE FOR WWW.IAHFSJ.ORG

DIANE AYALA / IAHF NEWSLETTER EDITOR-IN-CHIEF



PRESIDENT'S MESSAGE

History is once again in the making. Well, technically, history is being made all the time. We seem to be presented a plethora of intersecting concurrent events of a historical nature. But first, a perspective...

In 1820, there was the insurrection of the Kingdom of Two Sicilies, followed in 1821 by the Piedmont insurrection, the insurrections of the 1830s and another in the Kingdom of Two Sicilies in 1847. These led to the three Wars of Independence which laid the groundwork for Risorgimento or the Italian Unification. The effects of the insurrections were to unite a collection of diverse kingdoms and states into the Kingdom of Italy in 1871, a monarchy, which eventually led to fascism and Mussolini and later to the democratic republic of today. As we start 2021, once again insurrection is in the news. Whereas in Italy it was to unite divided states, in the USA, it seems to divide states already united.

Will our resurrection be like "Les Miserables," a moment in time to represent a cause, defeated; or will they provide a meaningful voice to our future? As our nation's Poet Laureate, Amanda Gorman, beautifully summarized during the recitation of her poem, "Somehow we weathered and witnessed a nation that isn't broken, but simply unfinished."

Like its predecessor, 2021 may turn out to be a challenging year. "Anticipation, anticipa-a-tion, is keeping me waiting..." it's not just a Heinz catsup jingle, it seems like it could be the new theme song for the vaccine rollout. A new variant of the Coronavirus hit the Kaiser facility in San Jose infecting 80-90% of the staff and patients. While we were all celebrating good riddance to 2020, we still do not know what the new year has in store.

Well, first expect another round of "wellness calls." We will be reaching out again, calling all our members to see how they are doing and making whatever arrangements we can for those in need of help. We are already looking into any aide we may be able to obtain from the new federal programs. And we are trying to determine what our events may look like this year – whether they will all be online and virtual or, with the rollout of the vaccine, a more coordinated response to the pandemic and the coming of summer, we could possibly entertain scaled-down, in-person events. If we could have a scaled down Festa, maybe in October, would enough people come? We have funding we might lose if we don't have our events, and it could be worse if we proceed when people are too concerned to attend.

Let's look to the success of our recent holiday market. We had items for sale from vendors and other organizations, a profitable raffle, cultural lectures, an exciting game night, children's stories, movies, several cooking classes, a Christmas and New Year's special, ongoing Italian lessons and more. It was an event-packed holiday with multiple activities every week. We successfully demonstrated we can arrange and execute a vast variety of online functions. Yes, they are not the same as in person and, at the same time, they are well received and attended. Look for special restaurant pairings just in time for Valentine's Day and more to come!

Sadly, our new First Vice President of Events, Nanci Wilborn, lost her husband Clancy recently. Our thoughts and prayers are with Nanci.

Please check our website for new events that do not make our newsletter deadline. Fortunately, Ken Borelli is stepping up to help where he can.

While we look to plan the year ahead with great anticipation, we look for feedback and direction from our members as well. Send an email to president@iahfsj.org. Let us know what events you would like to see; which events you can help arrange; or, if there is something else you believe we can do for you or you can do for us. We are only a Zoom call away! -- Felix Dalldorf / president@iahfsj.org 🌸



Zoom in to all the great
IAHF Classes & Events!

Download the **Zoom** app here:
<https://zoom.us/download>



FEBRUARY

Thursday, Feb 11 / 7:00 PM / Cooking with Lucia Clementi / Canoli from shell to filling via Zoom

Tuesday, Feb 16 / From 5:00 to 6:30 PM pick up / Valentine's Day Week Celebration with a special pre-ordered take out dinner at Tony & Alba's Pizza and Pasta / 3137 Stevens Creek Blvd, Santa Clara / A holiday benefit for the IAHF / Menu: Pasta / two meatballs in a red sauce / salad / bread / dessert / Orders need to be into the IAHF by February 14 / \$25.00 per person / Check c/o Ken Borelli or Cash / No credit cards / Cash sales of Guglielmo Wines may be purchased at the restaurant during time of pick up

MARCH

Thursday, Mar 4 / 6:00 PM / Gnocchi di ricotta with Pesto Sauce / In this class you will learn how to make these light and delicious pillows of goodness

Thursday, Mar 11 / 7:00 pm / Bitter Chicory to Sweet Espresso / Author Carmine Vittoria, Professor Emeritus, North Eastern University, will present via Zoom / Currently residing in Florida, Dr. Vittoria is also making his book available to IAHF members at a very generous discount, approximately \$12.00 each / Contact the IAHF if you

are interested in purchasing the book and we will be sending an order to the distributor

Friday, Mar 19 / Save the Date: The Feast of St Joseph Celebration will be a drive-by this year at the IAHF / The event will feature the traditional altar display and gift bag will be passed out to people in their cars / The altar will be on exhibit from 11am to 2 PM / Details to follow

February and March Special Meat Sales reinstated / Orders taken on Feb 15 and 22, and on Mar 15 & 22 / Consult article on page 4 for details

Please note the Cena Fuori, the last Thursday of the month are postponed until SCC Health Department guidelines permit out door dining / Also check with the IAHF website for additional events pending / For February too is a noon field trip to the Rose Garden and tips on pruning roses (details pending)

- Continuation of the Italian Conversation Class with Marie Rose Dalldorf on Mondays at 6 pm.
- A second Italian Conversation Class with Marie Rose Dalldorf begins in February on Wednesday at 6 pm.



**Tony & Alba's Pizza and Pasta
Valentine's Day Celebration**

**Pasta with meatballs, salad, bread & dessert
Feb 16 / \$25 per person / See details above**



The IAHF Needs YOU to Design Two Issues of the IAHF NEWS

We are looking for one incredibly creative, talented, deadline-oriented and patient member or friend of the IAHF to produce the April and May 2021 issues of the IAHF NEWS.

You'll get to work behind the scenes with the untiring and dedicated IAHF NEWS writers and editors and help magic unfold by bringing their stories to the printed page, mobile device, and desktop and laptop computer.

Experience with a digital page layout program is desired, as well as a working knowledge of creating interactive PDFs.

You don't have to be a Da Vinci or a Michelangelo - our expectations are realistic. **Come on - you can do it - and we NEED you!**

24-hour phone support will be available for consultation.

So be a hero and help us out - you'll feel good about yourself. And you'll help a bunch of folks get their favorite newsletter.

Interested designers should contact Editor-In-Chief Diane Ayala at diane_ayala@hotmail.com



And The Winners of the Italian Holiday Market Raffle Are...

...ALL OF US, since the proceeds benefit the IAHF! AND, the individual 2020 Italian Holiday Market Raffle Winners are: Sal Alini, Theresa Biaggi, Roger Bjornstad, Marie Brancati, Joda Brussard, Dan Burns, Kathy Campanella, Diego Certa, Roseanne Completo and Joseph Taddio, Sue Conde, Madeline Damiano, Joe De Maria, Frank DeTurris, Vickie DiVitto, Ben Foster, Anthony Galeno, Janice Jones, Janet La Motte, Vince La Popolo, Steve Landi, Susan Larson, Kathy Lohman, Evelyn Longo, George Medwin, Kathy Noegher, Stanley Olivar, Marilyn Payne, Judith Rizzuto, Bob Scaletta, Frank Vadar, Diana and Al Vallorz and Clancy Wilborn

The IAHF is truly grateful for the outpouring of support of so many of its members who donated to the Raffle along with all who supported the raffle with their ticket purchases to benefit the IAHF. The donors were: Diane Ayala, Lisa Blickenstaff, Ken Borelli, Mike Console, Marie Dalldorf, Madelyn Damiano, Maria Gloria, Azie Habib, Andrea Kenter, Frank LoCicero, Kathy Lohman, Joe Lucito, Tony Lynott, Jo Macaluso, Sharon McCray, Rebecca Morici, Stanley Olivar, Jan Prinzivalli, Joe Sordi, Connie LoBue Scarpelli, Nanci Wilborn, Kathy Winkelman/Gioia Company and Delia and Richard Zamar. We apologize if we have omitted the names of any donors.



In addition, the activities of the Italian Holiday Market hopefully made your holiday season a little brighter with special lectures, music, readings, cooking shows and online events. In spite of the virus restrictions, we are a community and have become very creative in reaching out to our members and friends. More than ever, your support to your community is a vital way to keep the Christmas spirit alive for the new year. We even have brought back the Christmas spirit to its original seasonal cycle, through the Feast of Epiphany (sometimes commonly called

Three Kings Day).

Whether it is supporting a favorite charity, an online event or buying a raffle ticket, it all adds up to being a part of a loving and caring society. It is with this spirit we wish you the best for a much better 2021! A special word of thanks to our Committee for helping to make this event possible: Diane Ayala, Lucia Clementi, Carolyn Cocciardi, Marie and Felix Dalldorf, Madelyn Damiano, Azie Habib, Frank Lo Cicero, Judy and Joe Rizzutto, Zina Russo, Corrine Tomeo, Kathy Winkelman and Tony Zerbo.

– Article by Co-Chairs Nanci Wilborn, Dave Perzinski and Ken Borelli

Back By

• POPULAR DEMAND •

The Italian Holiday Market MEAT SALE



THIS SALE IS FOR IAHF MEMBERS ONLY

In coordination with the Sons of Sicily, and Mike Maltese of Bassian Farms, we are offering quality sausage, chicken and salami for sale.

- 10 LB Box of FROZEN, HOT OR MILD ITALIAN PORK SAUSAGE, (approx. 40 to 45 pieces per box) \$40.00@
- 24" STICK of SALAMI, 3 LB, \$25.00@
- 10LB BOX OF FROZEN CHICKEN THIGHS OR BREAST (SKIN-LESS) \$22.00@

Pre-order with cash or check. Please make check payable to "KEN BORELLI," C/O, IAHF-425 NORTH 4TH ST. SAN JOSE, CA 95112.

Also, indicate in a letter when you want to pick up the products. Pick ups are on Thursdays, and orders MUST BE IN by Monday of the pick up week to insure delivery.

You will be contacted by phone to confirm your order. The IAHF telephone number is 408 293-7122.

There will be 4 pick up dates at the IAHF in February and March:

- Thursday, Feb 18 10am - 12pm
- Thursday, Feb 25 10am - 12pm
- Thursday, Mar 18 10am - 12pm
- Thursday, Mar 25 10am - 12pm

For IAHF members who are home confined and / or unable to drive, we will make specific arrangements for delivery.

For larger orders, arrangements can be made for special pickup and / or delivery.

Coordinators are Azie Habib, IAHF Board Member & Ken Borelli, Chair/Cultural Committee.

– Article by Ken Borelli



“Enviva La Festa di San Giuseppe”

The Italian American Heritage Foundation

Welcomes Everyone to stop by for

ST. JOSEPH’S DAY

Friday, March 19, 2021 – 11:00 A.M. to 2:00 P.M.
425 N. Fourth Street, San Jose, 95112; 408-293-7122



THIS EVENT IS FREE - Benvenuti a Tutti / All Are Welcome

The St. Joseph's Altar is Sicilian in origin. During a terrible famine, the people of Sicily pleaded to St. Joseph, their patron saint, for relief. St. Joseph answered their prayers, and the famine ended. In gratitude, the farmers honored St. Joseph by filling an altar with their most prized possession, food.

This year, The Italian American Heritage Foundation will be celebrating the spirit of St. Joseph's Table by providing the traditional take-home bag that will be blessed. **You can receive your Blessed St. Joseph's take-home bag at our drive-by in front of the Heritage on Friday, March 19, 2021, between 11 A. M. & 2:00 P.M. A volunteer will provide you with your bag while you stay in your car.** It is unfortunate that due to the Pandemic we cannot at this time celebrate our traditional Mass and our wonderful luncheon/social event.

Donations for the St. Joseph's Altar and Table are gratefully welcomed. Monetary donations will be collected and shared with local charities which help supply and feed those in need. Please contact the IAHF Office at 408-293-7122 regarding any special donations.

Our celebration is dedicated to all whose lives have been impacted by Covid 19.

Chairpersons: Kathy & Larry Lohman, Co-chairperson: Ken Borelli,
Mass Chairperson: Cathy De Maria and all our wonderful volunteers



Grazie Tanti / Many Thanks

IAHF Scholarships

IT'S THAT TIME OF YEAR

The IAHF is fiercely committed to helping students attend a post-secondary institution. Toward that end, we will launch our 2021 scholarship campaign in February. Our scholarships help reduce the total cost and, more importantly, give each winner an emotional boost in their educational pursuits. In 2020, we awarded scholarships to 13 very deserving students and, with your support, we hope to do so again in 2021. We appeal to our membership. If you are looking to give back, consider starting a scholarship fund or supporting the IAHF 2021 program with a donation of any amount. Your donations will help students in their future endeavors. You can honor a

loved one by naming a scholarship after the person or form a funding group with a special type of student in mind. Remind students in your household and beyond to check out the IAHF website at iahfsj.org/scholarship and our monthly IAHF newsletter for announcements of when applications will be available. We are so grateful that you have taken the time to consider donating to the scholarship program that is part of the IAHF service-to-community mission. We look forward to hearing from you. *Grazie a tutti!*

— Article by Marie Rose Peirano Dalldorf, Scholarship Chair
and Jan Prinzivalli 🐣

IT'S NOT TOO LATE TO ADD YOUR VOICE...

...by joining the Bylaws Review Committee. The purpose of this Committee is to conduct a review to assess whether the current Bylaws meet the existing needs of the organization. Please contact Marie Dalldorf at mrdalldorf@gmail.com or call 408-239-6168 (mobile) if you are interested in joining this Committee. Your involvement would require you to attend review meetings via Zoom. Any revisions to the Bylaws must conform to the IAHF Articles of Incorporation and must be approved by the IAHF BOD. I hope to hear from you!

— Article by Marie Rose Peirano Dalldorf 🐣



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While there have been difficult times for so many nonprofit organizations, there have also been some special "silver linings" among the clouds.

We at the IAHF have been truly blessed by so many members and friends that have risen to the occasion. One such stellar person is our IAHF NEWS designer, John Romano.

At the start of the lockdown, John, our IAHF NEWS paid technical contract person for several years, waived his professional fees. He simply noted "It's the Italian thing to do."

John's kindness was a wonderful gift to the IAHF on many levels. First, the newsletter took on a special significance during this epidemic as it became the glue that kept us all together during these very isolating times. Second, the work that goes into getting the newsletter out monthly represents many hours of time, talent and energy and John's donated services served as an inspiration to all of us who are working to support our Italian American Heritage. Third, the financial savings have been invaluable as we have tried to reduce our Foundation's operational expenses to keep expenditures in line with our drastically curtailed cash flow.

We, as an organization, truly appreciate John's support.



John Romano
WITH APPRECIATION

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In addition to John's generous donations to the newsletter as a graphic artist and multi-talented individual, he has also contributed to our Foundation's cultural life with several events. First, he served as a consultant for our regional lunch showcasing Molise. His lectures and slide show on the region were top notch, and his movie about the Molise countryside was magical. The region is on my list for my next trip to Italy. Hopefully, we can schedule a program for a Zoom presentation. His presentation was replicated for a special exhibit on Molise at the Festa's Villaggio Culturale, and he displayed three of his digital paintings in the Festa gallery, adding exciting pieces of technical modernism. And from a non-techie point of view, John is an amazing and multi-talented individual who has the patience and kindness to share this new online world with those who aren't always understanding of these new and mysterious ways.

The IAHF Board extends our sincere gratitude and appreciation to John. His dedication to the IAHF is inspirational. *Grazie, Gian!*

— Article by the 2020 IAHF Executive Board: Diane Ayala, Ken Borelli, Marie and Felix Dalldorf, Frank De Turrís, Azie Habib, and Dana Zuccarello ✨



Where We're At

A new year always starts with optimism; it's a blank canvas, an opportunity to improve over the previous year. This year, that feeling seems stronger than ever. Although we are still facing grave challenges from COVID-19, there are now several vaccinations that hopefully within a few months will restore a badly needed normalcy to our lives.

Heading up the library projects has been challenging under the social-distancing policies. I have rarely entered the library since February of 2020. But what better place to self-isolate than in the middle of Silicon Valley? With today's technology, we've been able to move ahead and accomplish a great deal, all of it over the internet. Bringing in the physical material to be digitized is the only exception online interaction.

NEWSLETTERS

We are continuing to digitize and scan the IAHF newsletters, and I am happy to say that you can now visit our Newsletter Archives (you'll find the tab on the Library page of the IAHF website) and read the very first newsletter our organization published in February of 1976. You'll notice that the original name of the organization was the Italian American Bicentennial Association.

The 1970s newsletters will be added throughout January, although there are a few gaps in our collection. They are fascinating to read, and paint a picture of a vibrant, energetic organization that was very active in community events. Honestly, it's so hard to stay focused on the work and not get lost in the intriguing details in these pages. We have a history to be proud of, and I am so pleased to be a part of making it available for all to see.

We also have an impressive collection of historically important Italian-American newspapers: La Voce del Popolo (1908), The Italo-American Crusaders Commentator (1938), and L'Italia (1947 San Francisco edition). We also have a reproduction of a 1906 post-earthquake newspaper (L'Italia, I believe) which will be explored in a future column.

PHOTO ARCHIVES

We still have a lot of photos to digitize, and all will need to be renamed, tagged, and cataloged. Eventually they will be



Notes From The Library

by Madeline Damiano, Librarian

searchable through our online Librarika card catalog, and many will be accessible through the IAHF Library website on Flickr. A few samples have already been uploaded, but we are holding off on adding more until we finish the digitizing and cataloging phase. Note: the posted photos have been getting a lot of views from the public.

As the photos are renamed and cataloged, they become more searchable, making the whole collection more accessible.

IABA SCRAPBOOK

We have begun cataloging a large box of loose scrapbook pages that were stored in

a closet. The scrapbook is a wealth of photos and background information on the history and development of the Italian American Bicentennial Association into the IAHF we know today. The very first "activity" (a barbecue) and "event" (US Armed Forces Bicentennial Band concert at the Center for Performing Arts) are documented with photos, articles and programs. The organization was off to an amazing start!

We are still in the early stages of cataloging and digitizing these precious pages, and still don't know the breadth of what they contain. The pages are in haphazard order, with some not dated or explained, and will require a great deal of detective work. Close examination of the clues on each page are providing a ton of information to help us make sense of other loose photos that have no identifying information. Kudos to our founding members for having the foresight to leave such a wonderful gift!

The scrapbook guarantees that our history will not be forgotten. And from it, we will be able to build a timeline detailing the history of the IAHF.

INTERNS

Once again, I'd like to acknowledge the fabulous team of interns making this possible: Michelle Parascac (Librarika and newsletters), Gail Grot and Ivy Marks (photo archives), and our newest member Isabella Pisano (scrapbook). There is a lot of work to be done; if you are interested in joining our team, contact me, Madeline Damiano, at librarian@iahfsj.org.

And of course, a grateful THANK YOU to the Santa Clara County Historic Grant Program, without whose help this work would not be possible. ☺

NEW on the IAHF SJ YouTube Channel!



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Pasta is always the same, yet always different. -- James Bird

A LITTLE HISTORY

Historians have been debating the origins of pasta for decades. The Chinese claim that 15th century merchant Marco Polo brought the knowledge of noodles and noodle making to Venice following his invitation to a royal dinner in China. Arab historians point out that it was the Arabs who introduced pasta to Europe through Sicily around 900 A.D. Students of ancient Greece remind us that pasta was already a staple in ancient times.

Two facts seem undisputed. One is that the Chinese mastered the art of noodle making. And two, that it was Neapolitans who took the science of making spaghetti to a new level in the 17th century. They learned how to produce it in large quantities, in multiple shapes and at an affordable price using mechanical innovations.

Italians today extrude over 100 shapes of pasta. Different shapes for different sauces. Asians keep it simpler ... fewer shapes. Italians prefer pasta made with wheat flour. Asians make theirs mostly with rice flour. Some Europeans make dumplings instead.

Many pasta lovers sing the praises of freshly made pasta. Others claim that dry pasta is better for you because it is easier to digest and perhaps less fattening.

One thing we can all agree on is that pasta has humble origins. It was used as filler in order to make the meal larger. Over the years folks have learned to marry pasta with other ingredients to create extraordinary dishes. Our love affair with pasta has been growing for millennia.

DIFFERENT PASTA FOR DIFFERENT SAUCES

My mother made pasta every day. It was our first course. A meal without pasta was seen as an incomplete meal. My mother could not fathom that in America I ate pasta once or twice per month. Uncivilized, she would say! We ate it in moderation, as a starter, rarely as the whole meal. Mother stuck to a finite way of preparing pasta. The sauce predicated the selection of short versus long pasta. Some shapes are easier to coat with sauce while others are better at scooping up the sauce.

Like many of my paisanos I have been a student of pasta for decades. I have tried many recipes and formulations in my search for the perfect dish. I have learned one thing. In cooking there are no rules except that you can add but you cannot take away.

OUR UNENDING LOVE FOR

Pasta

by Antonio Tasca



So, easy on the spices. Also don't get bogged down with so-called rules. If it tastes good, eat it! You like cheese on linguini with clams? Go ahead! You will not be brought in front of a tribunal.

My pantry holds a variety of pasta shapes: spaghetti, angel hair, orzo, fusilli, rigatoni, farfalle, orecchiette, fettuccine, conchiglie, linguini, ziti, casarecce, ditalini, anellini, elbow, bucatini, lasagna, campanelle, cavatappi, gnocchi, mezze maniche, penne, rotelle, tortellini and spagettone. A supply of San Marzano canned tomatoes, a couple jars of tomato paste and virgin olive oil are the essentials.

I have recently inventoried the number of pasta dishes I have learned to make. To my surprise I came up

with 41 recipes. I have grouped the recipes by region. Italian cooking like its Spanish and French cousins is regional. Southern Italians like their tomato sauce and olive oil while Northern Italians opt for cream sauces and butter.

REGIONAL PREFERENCES

Many pasta dishes have similar names throughout Italy. However, they are not exact copies. Local traditions influence the method and spices used. Availability of ingredients also plays a big role.

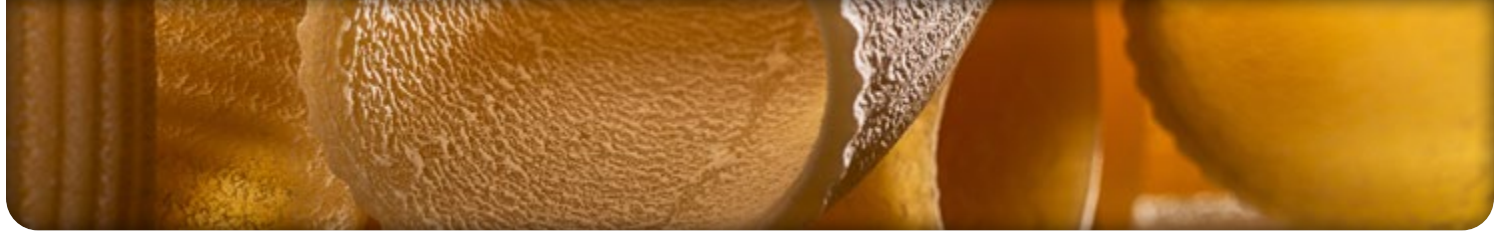
Of the 41 recipes, ten come from my native Sicily. They are with cauliflower, with sardines, alla Norma, with chickpeas, anellini al forno, pasta and fieno, pastina in brodo, with ink sauce (al nero), with pomodorini, and with tennerumi. This list captures my mother's faithful choices.

Ten come from the Campania region: marinara, with clams, scarpanello, pomodoro, stracciatella, with shellfish, fra-diavolo, maritata, with fagioli, and with tuna and sage. Naples is famous for its pasta. Under Spanish rule, Neapolitans were first to start experimenting with the newly import from the colonies ... tomatoes. They continue to this day as the champions of spaghetti.

Five are distinctively Roman: cacio e pepe, alla grigia, amatriciana, carbonara, aglio e olio. If you visit Rome you will see these options offered by all the trattorias. Once you taste them, you are immediately hooked. You want more and you are forced to learn how to make them once you get back home. Their secret ingredient is guanciale – pig's cheeks salted and dried. Not available? Substitute with pancetta or bacon.

It include nine more from Northern Italy: ragout, with truffles, with pesto, tortellini in brodo, with gorgonzola, manicotti, lasagna, minestrone, and with apples. Ragout making is essential to a





great Bolognese. I love gorgonzola cheese sauce 2-3 times per year with short pasta. I make manicotti, lasagna, tortellini and al pesto because my wife likes them. Minestrone is my choice if I want to clean out the vegetable bin.

From other parts of Italy I found three: mushrooms (Abruzzo), with broccoli di rape (Puglia), and puttanesca (Calabria). My choice of these depends on who is coming to dinner. My Calabrese and Pugliese friends like spicy sauces.

And from outside Italy I discovered four: pastitso (Greece), Mac and Cheese (USA), fideua from Spain, and Makaronata (Greece). I learned pastitso from my wife's relatives. Greeks refer to it as Greek lasagna. It is a great dish but lasagna? No way. I think it is better. Spaniards call their spaghetti fideos. The dish reminds me of pasta al nero, Sicilian style. Sicily was under Spanish rule for 500 years. Clearly an import.

Few but fresh ingredients characterize

Italian cooking. It is uncomplicated and wholesome. Unlike Americans, Italians do not over-sauce their pasta, and unlike Asians they do not add many spices. But I said before, there are no rules in cooking other than you can add but you cannot take away. You like more sauce? Go ahead! You like more spices? Why not?

LEARNING HOW TO COOK

Life is a combination of magic and pasta.

-- Federico Fellini

Cooking is an adventure! It stimulates our creating juices and fosters innovation. We are blessed nowadays with availability and freshness of ingredients. Food is more accessible now and available in larger quantities. With modern transportation we enjoy certain ingredients year around.

During my travel throughout the Mediterranean region, the Middle East, the Americas and Asia I discovered through food how our history intertwined and connected us

through conquest and migration.

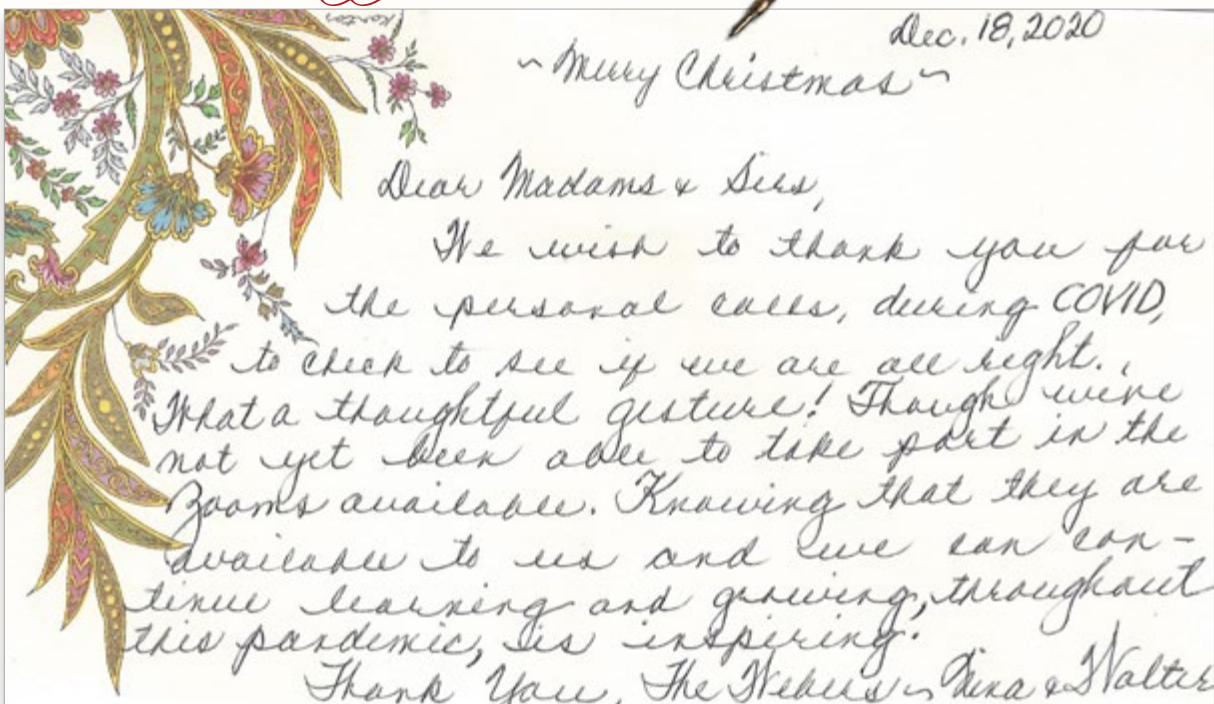
Where would Italian cookery be without the imports from the new world? No tomatoes, no peppers and no potatoes, to name a few. Where would Mexican cookery be without the imports from the old world? No pigs, no beans and no cheese, to name a few.

I have eaten the same dish in southern Italy, Barcelona (Spain), Athens (Greece) and Beirut (Lebanon). The name changes, the ingredients and cooking methods are the same. The dish? Fried red mullets!

Traditions are made in the kitchen. Memories of our youth and growing up are rooted there. We remember watching our mothers and grandmothers prepare delicious food and improvise. We still recall the wonderful odor emanating from the kitchen and the anticipation preceding a family feast.

Those who forget the pasta are condemned to re-heat it. -- Anonymous

Letters From Readers



Lucia's Cooking Class News

• The Latest from Lucia Clementi •



FRIED CARDONE

At the end of January, our famous chef, Ken Borelli taught a Zoom class in preparing cardone (also known as cardoons carduni, cardi, and garduni). You may wonder, what is cardone? A cardone is a vegetable that is related to the artichoke plant, minus the choke.

Among Italian Americans it is traditionally associated with the Christmas holidays, and even the Festa di San Giuseppe on March 19th, depending on availability. The cardone are in season around November and are no longer in season by the end of March.

Not only are they delicious, but also are a nutrient-rich vegetable (don't tell your kids this). They contain protein, fiber, carbohydrates, calcium, potassium, iron, and vitamins C, B5 or pantothenic acid, and B9 or folic acid.

These are the steps to prepare fried cardone:

- A major part of preparation is cleaning the cardone. Begin by taking the stalks apart from the bunch. Each stalk will have fringe leafy sides. That part needs to be trimmed off, so what you are left with is a stalk that now resembles a celery stalk (cut tips of both ends of stalk) then with a peeler or fine knife, remove the stringy part of the stalk. Once that is done, then slice the stalks into desired size

(two-inch pieces) and put into a bowl of cold water with salt, lemon juice, and a splash of white wine vinegar. Let the cut stalks stay in the water for about 20 minutes or until you are ready to boil them.

- Cardone must be slow boiled for about 25 minutes, or until a fork can go through the pieces. Boil them in salted water, with lemon juice and a couple of tablespoons of white wine vinegar. Once done, simply drain and cool. They now have the color of blanched celery.
- Once cool, drain the cardone on a paper towel. In a shallow bowl, whisk the eggs until they turn a pale, yellow color. Place the cardone in flour, then put each piece into the beaten egg mixture, remove and coat with an herbed breadcrumb and Romano cheese blend. Once they are all coated, they can be fried in a pan of hot olive oil and browned on both sides. It takes about 2 minutes on each side, take out, drain on a paper towel, add salt, pepper, and grated cheese to taste and serve warm.

To bake cardone:

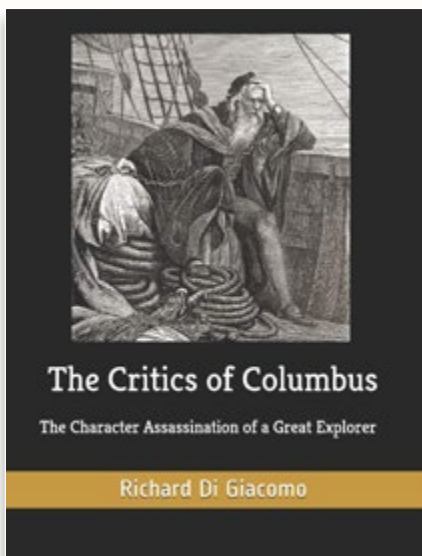
Follow the breading directions as noted above. Then, place in an oiled and buttered baking pan, and bake at 350 degrees, for about 20-25 minutes until golden brown. You can also sprinkle with salt, pepper, and cheese.

This is the most common method for preparing cardone. There are other variations, such as, topping the cardone in a bechamel sauce, marinating them or adding them to a green salad.

Buon appetito!

— Article by Ken Borelli and Lucia Clementi 🍷

Don't miss our next Cooking Class on Zoom! Please join us on February 11th at 7:00 p.m. where I will teach cannoli making.

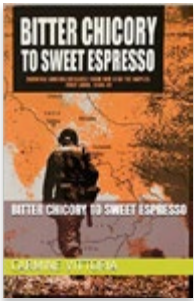


A Letter to The Editor:

Thank you, Richard, for a great presentation last night. It was very insightful and informative. As you pointed out, it is strange that the opprobrium of an entire generation has seized upon Columbus as a villain when, in fact, if others were held to the same criteria, they would be regarded with even greater scorn. I think Columbus was and is an easy target just because he was so revered. While I do not believe in hero-worship or glorification of historical figures, neither do I believe in demonization. As you so candidly put it, we should look honestly at our historical past-figures. It is not a terrible thing to look up to past-figures who have accomplished much. But neither is it a terrible thing to denounce those that created mayhem. There is good justification for dismantling the worship of historical figures such as confederate generals of our civil war. There is also good justification for keeping a fond remembrance of those that stood on the shoulders of others, like Columbus, so that we in turn can stand on their shoulders.

Thank you for your presentation of facts and your insightful book. -- Dave Perzinski 🍷

[In reference to the presentation: *The Critics of Columbus, The Character Assassination of a Great Explorer*, by Richard di Giacomo 1/21/21]



Bitter Chicory to Sweet Espresso: Survival and Deliverance from WWII in the Naples, Italy, Area 1940-1949 by Carmine Vittoria

This amazing book is a little difficult to review. There are several ways to approach it: a memoir, an assessment of history, and inspirational literature. Bitter Chicory to Sweet Espresso is all three.

The author, Carmine Vittoria, is highly educated holding a PhD in Physics and he is Professor Emeritus of Electrical Engineering at Northeastern University in Boston. I would love to meet him.

Mr. Vittoria grew up in Avella, Italy in the Campagna region, which was brutalized during world War II by the Nazis, the British, the Americans, the French and sadly, after the war, by the governing north. All this is revealed to us as we walk through life with Carmine Vittoria and see the events and effects of this calamitous time through his eyes. His family was close-knit and the war losses, including Mr. Vittoria's father, were devastating.

The description of the rural and bucolic pre-war life of his shepherd family is charming. It is interesting to visualize the melding of the shepherd family chores from the grazing to the milking, cheese-making, wool gathering, yarn-making and distribution involving all members of the family.

Though the memoir is deeply intimate and lovingly detailed, I believe the true focus of the book and its reason for existence is to reveal the author's very particular opinions about the war in his region. These opinions differ from what most of us know about the war in the south of Italy. Mr. Vittoria has clearly researched these troubled times and I do believe he is probably very correct in his assessment. For example, Mr. Vittoria strongly believes the disastrous battles at Anzio, Salerno

and Monte Cassino could have and should have been avoided. His reasoning makes excellent sense, and his citations and bibliography are truly impressive.

The author further discusses in detail how the people, land and art heritage were abused to some degree by all the military occupiers, Axis as well as Allied, who used up the local resources and left the people close to starvation. The citizens had to brew their "coffee" from chicory as the military commandeered all the available coffee beans. Thus, the title.

Most disturbing among the allied occupiers were the French who hired mercenaries from North Africa called Groomiers. These evil people committed the most heinous and unforgivable and unforgettable acts.

The Marshall Plan also falls under Mr. Vittoria's scrutiny. Historically the Plan is generally praiseworthy, but the author points out the painful truth that it contributed the huge disparity of wealth in Italy between the north and the south by financially enabling the north to industrialize while the south was left crippled, abandoned, and fell to mafia control. In fact, the author points out that the use of the mafia (camorra) by the Allied forces contributed to the strength of the organization in post-war Italy.

Eventually the author leaves the chicory days behind and the book delves into post-war days. Starvation is no longer a threat; but rural life is still in a sad state of affairs. Through the author's family we are educated about the rise and attractiveness of the communist party to the abused, neglected, hard-working poor in rural agricultural, Italy and the opposing Christian Democrats.

Eventually Carmine Vittoria, as a young man, immigrates to America where he joins relatives, and begins his illustrious education and subsequent career. In America he finds plenty of sugar for his real espresso. The story is not only one of survival but also conquest. Mr. Vittoria rose victorious from a life begun in a theater of destruction. He did this with continuing love in his heart for his family and a positive outlook for the future, an inspiration to his readers.

NOTE: The author, Carmine Vittoria, Professor Emeritus, North Eastern University, will present to the IAHF via Zoom, on Thursday March 11 at 7:00 pm. He currently resides in Florida. Dr. Vittoria is also making his book available to IAHF members at a very generous discount, approximately \$12.00 each. Contact the IAHF if you are interested in purchasing the book and we will be sending an order to the distributor.

Linda Binkley's

Italian Word or Phrase of the Month

Grazie

So many ways to say thank you!

Grazie (thanks), *Grazie mille!* (thanks a thousand...thanks a million!), *Grazie infinite* (infinite thanks), *Grazie dal cuore* (heartfelt thanks) and then there's *Grazie, a buon rendere!* (thanks, I owe you one!)

So many ways to say you're welcome!

Prego! *Di niente,* (For nothing) *Non c'è di che,* (It's nothing) *Ma figurati!* *Non dirlo neanche* (don't mention it), *Non dire sciocchezza,* (don't be silly), *E' il minimo che potessi fare,* (It is the least I could do), *E' stato un piacere,* (It was a pleasure).

And for something truly grand: *L'onore e' tutto mio!* (The honor is all mine!)

Thanks for the reminder from my favorite author, Diane Hales, to remember to say thank you.



ART NEWS: THE TOMB OF CAESAR AUGUSTUS

If and when the time ever comes and we can visit Rome again there will be a new wonder to see. A while ago I shared with you the unearthing of Nero's Golden Palace which had been buried and covered with Roman baths. You can now visit that site and stroll over it looking in through plexiglass.

And now we can visit the marvel of the largest circular tomb in the ancient world: The tomb of Caesar Augustus. He was born, Octavian and was the nephew of Julius Caesar and eventually took the reigns

of Roman government and expanded its reach from England around the Middle East and North Africa. Augustus' mausoleum was the largest building in Rome when it was built. It is situated near the Tiber and was visible from all parts of the city. After the fall of Rome to the Goths the mausoleum, like all else, was abandoned and eventually fell to ruin. For the last 80 years it has been closed to the public. But finally, a 13-year restoration has come to an end, and it is due to be opened to the public in March 2021.



The restorations, were completed in two stages. The first stage, restoring the monument, cost \$12 million and was funded by the Italian Ministry of Cultural Heritage and the Roman authorities. The second stage has worked on internal spaces to accommodate tours. It has cost \$6 million. Enormous structural works projects have been accomplished including the reconstruction of a spiral staircase leading to the roof. The burial space is restored as are the gardens.

This tomb was a lifetime project of Caesar Augustus. He was born in 63 BC and took power in 27BC just after his victory over Antony and Cleopatra at the Battle of Actium when he was known simply as Octavian. It served as a tomb for 150 years and after that records are lost. Mussolini began the restoration, but the war and its aftermath put the project on a long hold.

Something to look forward to seeing!

-- Article by Linsda Binkley 

THE TOWN OF GESSO, SICILY, IN THE PROVINCE OF MESSINA, IS HAVING A CELEBRATION!

The citizens, of course, are neither Republican nor Democrat, but they are thrilled to have one of their own as First Lady in the White House. The town is bursting with pride.

Jill Biden's grandfather, Gaetano Giacoppo, immigrated to America through Ellis Island when he was a toddler. The family Anglicized their name to Jacobs, settled in New Jersey and embraced the American dream.

First Lady Biden's distant cousin, Catarina Giacoppo, is hoping for a visit and planning the feast!

"I'm so happy," cousin Gacioppo told Forbes on Monday. "I invite her to Gesso, I really hope she comes to visit me. When and if she will be here, I will make for her platefuls of meatballs with tomato sauce and we will eat together. I will also make Jill other top local delicacies like melanzana parmigiana with cheese, pasta `ncasciata, and cannoli pastries filled with fresh goat ricotta which are one of my specialties."

"It is as if the whole village won the American election," said Tonino Macri the President of a Culture in Gesso to The Guardian "Now we are already working on officially inviting the first lady here, in Gesso. We want to show her origins and this enchanting place. We are ready to organize a nice party."

Gesso, which means chalk in Italian is a very rural hilltop village in the province of Messina. The nearest airport is in Reggio Calabria. The population is very small, around 500 residents. The road to get there is winding. It is enjoying a "Biden Buzz" now and, according to the Forbes report, the town is anxious to show off landmarks that played a part in Jill's ancestors' lives. The Gesso church where her great-grandparents were wed would be a highlight as well as a house her family used to own. Jill Biden has put Gesso on the map!

-- Article by Linsda Binkley 



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-- Article by Dave Perzinski / Membership Chair 

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your generous donations and continued membership to keep our organization alive and well. Due to recent restrictions on getting together in large groups we have been not been able to generate the normal income through events and hall rentals. So please renew your membership and help us keep Italian-American heritage a proud statement for generations to come.

[PLEASE CLICK HERE TO RENEW YOUR MEMBERSHIP](#)

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

EDUCATION

Since obtaining her California Real Estate license, Rosetta has attended mandatory legal classes, completing various state-required programs, such as Real Estate Principals, Real Estate Appraisals, 1031 Exchange Reinvestment Plan, 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.

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PERSONAL BACKGROUND

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

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