



# NEWSLETTER

Vol. 35 Issue 6

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December 2019

## Mission Statement

Our mission is to promote, preserve and provide education about all aspects of the rich Italian-American culture to the Des Moines metropolitan area and the State of Iowa.

Italian-American  
Cultural Center of Iowa  
1961 Indianola Ave  
Des Moines IA 50315

WED 1:30PM - 3:30PM  
SUN 2:30PM - 4:30PM  
or by appointment

Telephone 515-280-3719

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## A Message From The President

by Paolo Bartesaghi

Ciao a tutti!  
Hello to you all!

Fall is definitely upon us as we begin to prepare for the holidays. In Italy, the Christmas holiday officially begins with the Feast of the Immaculate Conception which is December 8th.

In many parts of Italy, people will be eagerly awaiting the appearance of the *zampognari* or bagpipe players. The *zampognari* were originally shepherds who came down from the hills at Christmas to celebrate with their families and entertain people at various shrines.

The players derive their name for their instrument, the *zampogna*, which is Greek in origin meaning single reeds. This instrument is a kind of double chantered pipe, but, some of the *zampognari* play a kind of oboe called the *piffero*. Each pipe is tuned differently according to the tradition in the area where the players come from. The reeds are traditionally made from the giant reed *canna marina* and the bags from goat hide or sheepskin.

The *zampognari* almost always wear traditional dress. The *zampogna* tune “*Quando Nasceete Ninnò*” (When the Child was Born) is the original version of



Italy's favorite Christmas Carol “*Tu Scendi Dalle Stelle*” (You Come Down From the Stars), but other traditional melodies are played as well. The tunes are joyful and make people want to tap their feet or get up and dance. The *zampognari* tradition is still very much alive in the regions of Abruzzo, Molise, Lazio, Sicily, Campania, Basilicata, and Calabria. They will often be present at outdoor markets and in the streets of Rome. A few years ago, some of you may remember seeing a musician dressed up in costume as a *zampognaro* playing during the Italian Heritage Festival.

Another Christmas tradition, this time, coming from the northern city of Milan is the sweet bread loaf called Panettone.

This is now known the world over and, yet, its origins began in the early 20th century by two Milanese bakers. These two bakers began making this bread in large quantities for the Italian population. Then, exactly 100 years ago in 1919, Angelo Motta started producing his world famous brand of panettone and gave it its tall domed shape and allowing the dough to rise three times, taking nearly 20 hours, before cooking.



## Dates To Remember

### Events:

Dec 8	Santa Lucia
Dec 14	Cookie Class
Dec 15	Cookie Class
Jan 11	Vestedde Class
Feb 5	Italian Classes
Mar 9-16	St Joseph Baking
Mar 18	St Joseph Day
Apr 4	Ravioli Class
Aug 10	Day Camp
Oct 11	Columbus Dinner
Oct 12	Memorial Observance
Oct 14	Italian Classes
Dec 13	Santa Lucia

## Friends of The Center

Society of Italian Americans  
[www.siadm.com](http://www.siadm.com)

Societa' Vittoria Italiana  
[www.vittorialodge.com](http://www.vittorialodge.com)

Italian-American Women of IA  
[www.italianamericanwomenofiowa.com](http://www.italianamericanwomenofiowa.com)

Italian Folk Dancers

Activities and information from some local Italian clubs is included in this Newsletter.

## Keep Our Heritage Alive

We are family.  
Together we can keep our heritage alive.

Attend an event, volunteer, join a club, tell a friend, share our Newsletter.  
Please get involved.



**Biscotti Natalizi Italiani**

Come bake Italian Christmas Cookies with us!

Amaretti, I Biscotti di Ricotta, Il Salame di Cioccolato, Thumbprint

Saturday, December, 14 1:30pm  
Sunday, December, 15 1:30pm

We will make a variety of cookies during the two sessions that will be a treat for your holiday guests.

\$40 per class or \$75 for both classes

Italian-American Cultural Center of Iowa  
Pre-register:  
[www.iaccfia.org](http://www.iaccfia.org)  
[paglia@iaccfia.org](mailto:paglia@iaccfia.org)



## Decorative "Vestedde" Bread



Join us

Saturday, January 11 from 9:00am to 11:00am  
to make ornamental little breads, and bread picture frames to decorate the Cultural Center for St. Joseph's Day.



Children and adults welcome.  
Please email, call or text if you can come so we will bring enough supplies.  
[foggia@iaccfia.org](mailto:foggia@iaccfia.org)  
515-490-2957



## Santa Lucia Celebration

In Italy the feast of St. Lucy ushers in the beginning of the Christmas season. In keeping with this tradition the Italian American Cultural Center of Iowa will observe the feast of St. Lucy in the banquet hall on Sunday, December 8th, starting at 3:00 in the afternoon.

The lighting of the Christmas Fire will be followed by a candlelight procession to the St. Lucy altar. The altar is decorated with pictures of individuals who have been remembered this past year in our Memorial and Foundation programs. Once the candles are placed on the altar a short prayer service will take place. Following the prayer service the Ragazzi (children) folk dancers of Gruppo Il Trattenimento will entertain with two of their Christmas dances.

Displays will include a “ceppo”, the Italian Christmas tree, and the “Urna Fortuna”, a type of gift grab bag. There will also be several statues of “Babbo Natale” (Santa Clause) as well as “La Befana”, the kindly Old Italian Witch Woman who brings gifts to good little boys and girls.



Featured refreshments being served is the traditional “granno d’Santa Lucia”, with different toppings as dictated by the various regions of Italy. The traditional “panetone” cake and cookies will also be served. Coffee and punch will accompany the sweets. The event is open to the public free of charge.



### The Mitten Tree

The Cultural Center will sponsor a mitten tree again this year during the Christmas season. Donations of caps, hats, scarves, gloves and mittens can be brought to the center beginning Wednesday, December 4th. On December 15th all donations will be given to the Bidwell Riverside/Pioneer Columbus Center for their distribution during the Christmas holiday.

### The Urna Fortuna

A simple tradition that can be easily established in any family is the Urna Fortuna. During the time of preparation and gift buying, purchase several small items. They can be fun or of a more serious nature. Wrap them and place in a large urn. A decorated bowl will also do nicely. On Christmas Eve or Christmas day, whichever is the practice of your family, have family and friends pass this container of gifts around the room. Everyone takes a gift and this continues until all gifts are gone. To make it more exciting perhaps some empty boxes could be wrapped and added to the urn. This, however, does not work well if there are small children taking part.

*President’s Message, continued from Page 1*

Another baker, Gioacchino Alemagna, adapted this recipe around 1925 and created a popular brand that still exists today.

Panettone always has a light texture and traditionally filled with candied orange, citron, and lemon zest in addition to dried raisins. By the end of World War II it was cheap enough for anyone to buy and became the country’s leading Christmas treat. Italians who immigrated to countries like Argentina, Uruguay, Venezuela, and Brazil took this tradition with them and panettone became known worldwide. Today bakeries produce 117 million panettone every Christmas. It is served in wedge shapes accompanied with sweet hot beverages or a sweet wine such as a Moscato. Some Italian regions also serve it with a *crema di mascarpone*, a cream made from mascarpone cheese and eggs mixed with a sweet liqueur.



*Buon Natale a tutti!*  
Merry Christmas to you all!





Preheat the oven to 425 F.

Using a sharp paring knife, make an X-shaped cut on the round side of each chestnut and arrange on a baking rack. Transfer the chestnuts to the oven and roast them until the skins have pulled back from the cuts and the nutmeats have softened (at least 15 to 20 minutes).

Remove the nuts from the oven, make a mound of them in an old towel, wrap them up, squeeze them hard—they should crackle—and let them sit for a few minutes.

Then peel and eat!

3 lbs pre-cooked  
cotechino sausage in casing  
2 cups lentils  
6 garlic cloves, crushed  
½ teaspoon red chili pepper flakes  
½ cup plus 2 tablespoons  
extra virgin olive oil  
½ teaspoon fresh sage, minced  
½ teaspoon fresh thyme, minced  
Fine sea salt, to taste  
Freshly-ground black pepper, to taste



Cook the sausages, rotating them frequently, until they're lightly browned on all sides. Remove the sausages from the pan, allow them to rest for a few minutes, then slice them into ¼ inch rounds. To serve, place some of the lentils in individual serving bowls, and top each portion with a few slices of cotechino.

## Tis The Season For Chestnuts!

Italy is Europe's biggest producer of chestnuts, and a particularly prized kind is grown in the Mugello region of Tuscany. Though they suffered a reputation as a "poor man's food" in the past, chestnuts have become somewhat of a luxury item during the winter holiday season.

The Italian language has two names for chestnuts: *castagne* (for the smaller, more common varieties) and *marroni* (for the larger, more prized heart-shaped varieties).

Chestnuts are in season roughly from September to January and are particularly popular around the holidays between Thanksgiving, Christmas, and New Years. In recent years, their excellent nutritional profile has also sparked a resurgence of interest.

As autumn gets into full swing each year, roasted chestnut stalls and stands appear in seemingly every piazza and on street corners throughout Italy, selling paper cones full of the roast delicacies.

Some would argue that the best way to roast chestnuts is over hot coals, either in a fireplace or an outdoor roasting pit, but when that's not practical, Italians roast them over a gas stove burner, in a simple iron pan with a perforated bottom to allow the flames to touch the chestnuts. Roasting chestnuts produces a delicate and slightly sweet flavor while softening the texture to potato-like consistency.

If you do not have a special chestnut-roasting pan or a gas burner, don't despair. No special equipment is necessary to roast them in your oven.

## Cotechino con Lenticchie

Courtesy of Eataly

Heat 2 tablespoons of olive oil in a medium saucepan over medium heat. Add the sage, thyme, rosemary, and bay leaf, and sauté until fragrant, about 2 minutes. Add the lentils and pour in just enough water to cover them. Season with salt and pepper, to taste. Bring to a boil over high heat, and then reduce to a simmer. Cover, and allow the lentils to simmer very gently until they are tender and creamy, 35 to 45 minutes. Check occasionally, and add water in very small amounts if the lentils begin to stick before they are fully cooked.

Fill a large pot halfway with water. Prick the cotechino in several places with a pin. (Don't use a fork: the holes will be too large.) Add the sausages to the water, and bring to a boil. Reduce the heat to medium. Simmer the sausages until you see the fat in the casing change from a solid to a liquid and the sausages begin to plump up, 15 to 45 minutes, depending on the size of the sausages. Remove the sausages from the water, and place them on a dry towel.

Pour the remaining ½ cup olive oil into a large pan, and set over medium heat. Scatter the garlic cloves in the pan. Cook until light brown, then remove with a slotted spoon and discard. Scatter the chili pepper flakes in the infused oil, increase the heat, and immediately place the sausages in the pan.



## Festa della santa lucia

In Italy, the period of preparation for Christmas officially begins on the Feast of St. Lucy, December 13th. Numerous stalls appear on the streets and piazzas, which sell statuettes for the Christmas crib and holiday sweets.

The feast of St. Lucy is celebrated with splendor. Lucy, a Sicilian maiden, is remembered for her indomitable courage in her fight to safeguard her virginity. The legend, as our parents and grandparents remember it, is that Lucy was unwillingly betrothed to a young man who was in love with her beautiful eyes. Rather than lose her innocence, Lucy plucked out her eyes which were miraculously restored. She was denounced by the youth and martyred. Legend also states that when St. Lucy died, a terrible famine affected the city. The people would have been wiped out if some ships, which miraculously appeared and disappeared during the night, had not deposited a huge quantity of wheat on the shore. This occurred the feast day of St. Lucy. This is probably the source of the traditional "*cuccia*". It is said that nothing made from white flour may be eaten on this day so that St. Lucy will grant the gift of good eyesight to those who seek this favor.

Many delicacies, such as *Crema Pasticciera* (boiled custard) are served on the feast of St. Lucy.

### Crema Pasticciera

3 eggs	Pinch of salt
¾ cup sugar	½ tsp vanilla extract
2 cups milk (scalded)	

Beat eggs until frothy in top part of a double boiler. Stir in sugar and salt. Add milk gradually, stir constantly, and cook over hot water until mixture is smooth. Stir in vanilla. This recipe will make about 2 cups. Enjoy!!



## Christmas In Italy Celebrations

December 6th – Feast of St. Nicholas - St. Nicholas was a bishop in Italy who was well known for his generosity and was called a gift giver.

One story tells of a poor man who had three daughters who wanted to be married but the young men had to give the father a dowry, a sum of money or property to show that they could provide for the daughters. But no one came forth. Then three times a bag of gold magically was thrown through an open window and landed in either the shoes or stockings left in front of the fireplace to dry. Today some people leave 3 golden colored balls or 3 oranges in the children's stockings along with small gifts.

December 25th - Christmas - People greet their friends and neighbors by saying "*Buon Natale*" Good Christmas.

In early years, the children gathered around a log lying on the ground that had the center cut out. A fire was built inside the log and the children sang and danced around it. When the fire was out and only ashes were left the children would be blindfolded. And when they were able to open their eyes, instead of the ashes in the hole in the log, there were presents that had magically appeared.

Later the Italians build a different kind of tree called a "*ceppo*". It was tall and had 4 shelves. The first shelf had statues of Jesus, Mary and Joseph and was said to be the gifts of God. The second shelf held presents and represented the gifts of man. The third shelf held a basket of fruits and nuts and represented the gifts of the earth. On the next shelf, the family would place something that has a special meaning to them such as a picture of the family or a special gift purchased in Italy. On the top shelf there is always a pineapple representing the hospitality of the family.

St. Francis of Assisi, a holy man in Assisi, Italy, had the first manger scene. He gathered men and women as well as children and animals in a barn to celebrate the birthday of the Baby Jesus. He was also responsible for writing several Christmas carols.

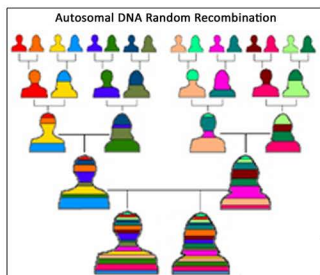
# You've Tested Your DNA, Now What?

by Kathy Foggia

You bought an Autosomal DNA test, sent it in, and found out you were 50% Italian, 25% Middle Eastern, 10% Turkey and Caucasus and 15% Ireland/Scotland. Maybe this was all you wanted to know. But if you want to find relatives that have tested their DNA you need some tools to understand how the matching is done. The testing companies help you find relatives, and each one is a little different but the basics behind them are the same.

Both men and women can take the Autosomal DNA test. Compared to Y-DNA (the test tracing the male line only) and mtDNA tests (the test tracing the female line only), the Autosomal is broader but shallower. It can find matches in any branch of your family tree, not limited to the narrow paternal or maternal lines. By shallow, it is more limited to tracing recent ancestors. Up to second cousins are certain to show up, and then the chances start to decline but fourth, and fifth cousins can still be detected and occasionally beyond that.

Here is a chart that shows the Random Recombination of Autosomal DNA. It also explains why your siblings will have slightly different DNA than you do. You both get 50% of your DNA from each parent, but the percentages of DNA received from grandparents and further back are rarely divided evenly. Therefore, it's possible that one of your great-grandparents may have passed on 5% of his/her DNA to you, and 2% to your sister. Go another generation and you may have DNA from a great-great grandparent that your sibling doesn't have. So, in other words, your DNA matches will be mostly the same as siblings, but you both could have matches that the other doesn't have.



The unit for segments of DNA is the centimorgan (cM). For comparison, a full human genome is about 6500 cM. The longer the length of a match, the greater are the chances that a match is a relative. Most companies will show you how many cMs you share with a match, and across how many segments. From the number of cMs and segments, the relationship between the two people can be estimated, and some distant cousins will not match at all because the relationship is back further than DNA will show.

The chart below can help you determine how you might be related to someone by the centimorgans you share, showing the average number for a relationship as well as the possible range of cMs for a relationship.

The Shared cM Project – Version 3.0

August 2017

For MUCH more information (including histograms and company breakdowns) see: [goo.gl/Z1EcJQ](http://goo.gl/Z1EcJQ)

How to read this chart:

Relationship  
Average  
Range (low-high)  
(99% Percentile)

Aunt/Uncle  
1750  
1349 - 2175

Great-Great-Grandparent

Great-Great-Grandparent

GGGG-Aunt/Uncle

GGG-Aunt/Uncle

Half GG-Aunt/Uncle 167 12 - 383	Great-Grandparent 881 464 - 1486				Great-Great-Aunt/Uncle 417 191 - 885	Other Relationships					
Half Great-Aunt/Uncle 432 125 - 765	Grandparent 1766 1156 - 2311				Great Aunt/Uncle 914 351 - 2108	6C 21 0 - 86					
	Half Aunt/Uncle 891 500 - 1446	Parent 3487 3330 - 3720			Aunt/Uncle 1750 1349 - 2175	6C1R 16 0 - 72					
Half gc 61 0 - 178	Half aee 117 9 - 397	Half 1C 407 137 - 856	Half-Sibling 1783 1317 - 2312	Sibling 2629 2209 - 3384	SELF 1750 1349 - 2175	1C 874 553 - 1225	2e 233 46 - 515	3e 74 0 - 217	4e 25 0 - 127	5e 25 0 - 94	6C4R 17 0 - 75
Half 3e1R 12 0 - 165	Half 2e1R 73 0 - 341	Half 1C1R 48 57 - 530	Half Niece/Nephew 891 500 - 1446	Niece/Nephew 1750 1349 - 2175	Child 3487 3330 - 3720	1C1R 439 141 - 851	2e1R 123 0 - 316	3C1R 48 0 - 173	4C1R 28 0 - 117	5C1R 21 0 - 79	7C 17 0 - 57
Half 3e2R 34 0 - 96	Half 2e2R 61 0 - 353	Half 1C2R 145 37 - 360	Great-Niece/Nephew 187 125 - 765	Great-Niece/Nephew 910 251 - 2108	Grandchild 1766 1156 - 2311	1C2R 229 43 - 531	2e2R 74 0 - 261	3C2R 35 0 - 116	4C2R 22 0 - 109	5C2R 17 0 - 43	7C1R 17 0 - 53
Half 3e3R 87 0 - 191	Half 2e3R 12 0 - 191	Half 1C3R 87 0 - 191	Half GG 12 0 - 191	Great-Great-Niece/Nephew 881 464 - 1486	Great-Grandchild 881 464 - 1486	1C3R 123 0 - 283	2e3R 37 0 - 139	3C3R 22 0 - 69	4C3R 29 0 - 82	5C3R 11 0 - 44	8C 12 0 - 50

Minimum was automatically set to 0 cM for relationships more distant than Half 2C, and averages were determined only for submissions in which DNA was shared

*DNA continued*

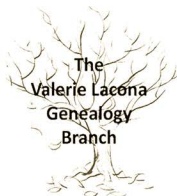
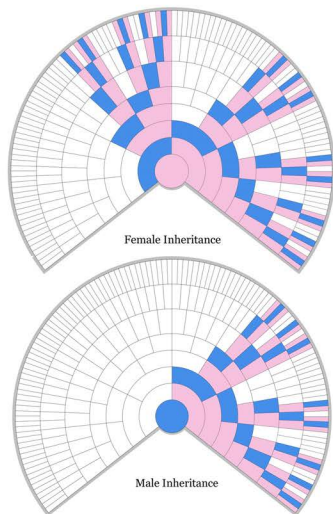
#### X -CHROMOSOME

Every autosomal test includes the X chromosome, but Family Tree DNA is currently the only commercial testing company providing X-DNA match information. If you tested at another company, however, you can transfer your results to GEDmatch.com in order to see X-DNA matching information.

Because of the unique inheritance pattern of the X-DNA, knowing you are an X-DNA match with someone may help you find your connecting relative, or at least eliminate which relatives can't be the ones connecting you. Men have an X and Y chromosome, and women have two XX's. Men pass on the Y chromosome to males only, and women pass an X chromosome to males and females.

This helps X-DNA match analysis in many cases for men, as any match who shares X-DNA should only be related on the maternal side, providing an easy way to identify maternal side matches.

Women are more complicated. Since they receive one X-DNA from ancestors on both sides of their chart. The charts to the right will show you the possible matches for X-DNA for women and men.



Finding family through DNA can be a fun hobby, and you can delve into it as deeply as you want. There are Facebook groups to help you better understand the topics related to DNA and Genealogy. I belong to Genetic Genealogy Tips & Techniques. It began in 2017 and has 60,000 members. If you would like to learn more or need help solving a genealogical DNA problem this would be a good place to get help.

### The Best DNA Testing Kits For 2019

*courtesy of c|net*

With a simple swab of your cheek or a sample of your saliva, a DNA testing kit can be used to research ancestry or familial origin and determine paternity. And over the past few years, they've become quite affordable, with a wide range of DNA testing companies selling testing kits -- from trailblazers such as Ancestry and 23andMe to upstarts such as LivingDNA.

Looking for the best DNA test kits you can buy right now? c|net has offered their top picks:

23andMe	Starts at \$ 99	See at 23andMe.com
AncestryDNA	Starts at \$ 99	See at AncestryDNA.com
FamilyTreeDNA	Starts at \$ 79	See at FamilyTreeDNA.com
MyHeritage	Starts at \$ 79	See at MyHeritage.com
HomeDNA	Starts at \$ 59	See at HomeDNA.com
African Ancestry	Starts at \$299	See at African Ancestry.com
Full Genomes	Starts at \$645	See at Full Genomes.com
LivingDNA	Starts at \$ 79	See at LivingDNA.com



## Italian New Year's Customs

In Italy, it is traditional to ring in the New Year with family and friends. The superstition is that the first people you see will either bring you good or bad luck, so make sure to keep your friends close!



**“Lancio dei Cocchi”** - This was a custom that was far more popular in the past than it is today, but in villages in Italy, you will still hear the crash of dishware when the clock strikes twelve. The *lancio dei* is the custom of throwing your old dishware out of your living room window. As midnight rings, all of the past year's negative feelings, spirits and bad luck are smashed symbolically through cups, dishes and saucers flying out the window.

**Keeping Doors and Windows Open** - It is a common practice to leave a door and at least one window open on New Year's Day to allow the good spirits to enter your home. The open windows will create a draft that will clear out the bad spirits.

**Kissing Under the Mistletoe** - Kissing under the mistletoe on New Year's Eve is thought to enhance one's chances of finding love and any woman who refused a kiss under the bough was said to be punished with bad luck.

**Wearing Red Underwear** - This tradition goes back to Roman times when the color red was associated with war and bloodshed; wearing red was a way of warding off the fear of battle. Therefore, wearing a red undergarment on New Year's Eve symbolically helps to fend off evil and negative feelings so that you may start the New Year off on the right foot! There are a few rules that go along with this: the red undergarment must be brand new and has to come to you as a gift. And you do not keep the underwear. If you want the beneficial power to hold up against evil, as soon as you've finished the night's celebrations – into the garbage they go!

**Fireworks** - The roots of using fireworks, or more precisely booming sounds to ward off evil at midnight is an Italian custom that predates everyone else's use of fireworks. In centuries past, it was all about the noise and the bigger the boom, the greater the chances of getting rid of pesky spirits. In Italy, it is believed that demons and evil spirits do not like those sounds, so the fireworks were not so much about the beauty and grandeur, but making a lot of noise.

**Eating Lentils at Midnight** - Eating lentils at midnight on New Year's Eve brings good luck. The round flat golden brown appearance of some lentils resembles gold coins. Romans used to give gifts of little satchels full of the lentils as a way to wish the recipient wealth and well-being. In Italy, it's customary to eat sausages and green lentils (*Cotechino con Lenticchie* recipe in this issue), just after midnight – a particularly lucky meal because pork has its own lucky associations. Pig's feet are associated with prosperity. So, if you eat lentils with pork, plenty of money will come your way in the New Year.

**Eating Grapes** - In Italy, it has become popular in the past few years for people to offer 12 grapes to guests to consume at midnight. Each grape symbolizes a golden coin, one for each of month of the year.

**What Not to Eat** - While foods that brings luck are essential to the first meal one consumes in the New Year, it is just as important to know what foods to avoid. Italians love seafood on Christmas Eve and lobster ravioli is a treat that few can resist, but stay away from the crustacean on New Year's! Lobsters move backward and this could lead to setbacks during the year. In the same vein, don't have chicken either. Chickens scratch backwards, which could cause you regrets or dwelling on the past. In fact, to be on the safe side, avoid any winged fowl – you don't want your good luck to fly away!

**Tombola!** - To many in Italy, it's not New Year's Eve unless a game of tombola is played. The game of tombola was born in Naples in the 18th century as a way to reduce the amount of gambling that the general populous engaged in. Gambling was legal in the Regno di Napoli at the time, but the Church frowned on it. Since declaring gambling to be illegal wasn't going to go over well, a deal was struck between Charles, the Bourbon King of Naples and the Dominican Friars. During the Christmas season, there would be no gambling. As a remedy to this, the Neapolitans came up with a game that they could play in private, one that would be similar to a lottery – a game of chance, rather than skill and tombola was born.

## Columbus Day Highlights

On October 13 the 44th Annual Columbus Day Dinner returned to the Italian American Cultural Center to celebrate the history of Columbus Day in conjunction with Italian Heritage Month and Indigenous People's Day.

We were proud to recognize the achievements of two women this year with Outstanding Citizen Awards. Jennifer Eaton and Loretta Tursi Sieman were both honored with this special recognition.

Msgr. Frank Chiodo provided a portion of the program with his presentation "Growing Up Italian." Pat Civitate updated the group regarding activities at the center. Chef Diego Critelli catered the meal with rave reviews.



Jennifer Eaton



Loretta Sieman



## A Taste of Puglia-Cooking Classes

We had a great crowd for our cooking classes and welcomed a special appearance from our visiting Italian chefs. Thank you to all who participated and volunteered to make these two days of culinary exploration such fun!





The 5th Annual Gala, an *Evening in Puglia*, was a smashing success with 250 people in attendance!

The evening was full of special surprises, including musical entertainment by John Sposeto, performance art and photo ops with "Valentino" and many poignant moments from our speakers Luca Berrone, Paolo Bartesaghi, Frances Graziano, Loretta Sieman, DeeDee Cordaro Underwood, John Tyler, Chefs Luca and Thomas and our matriarch, Pat Civitate.



The chefs provided a magnificent array of antipasti and the multi-course dinner with wine pairings was spectacular.

Here are just a few of the highlights.

Check back on our website at [www.iaccofia.org](http://www.iaccofia.org) for more!







## 100 Best Things To Do In Italy

by Jen Miller

Tenth in a series of the best places to visit in Italy.



### 72. Orto Botanico

The botanical gardens in Padua, founded in 1545, are the oldest botanical gardens in the world still to be found in their original location. This forefather of all botanical gardens was originally given over to the cultivation of medicinal plants for educational purposes, with profound influence on the study of chemistry, botany, medicine and pharmacy. Still in use today for purposes of education and research, the botanical gardens – closely affiliated with the University of Padua – play an important role in the protection of endangered species.



### 73. Castelmezzano

One of the most beautiful towns in Italy, Castelmezzano (literally: “the castle in the middle”) gained its name from being midway between the castles of Albano di Lucania and Pietrapertosa. With origins going back to the middle of the 5th century BC, the originally Greek settlement was forced by Saracen invasions to relocate; Castelmezzano quite literally took to the mountains.



### 74. Castello Moncalieri

The Castle of Moncalieri in the Piedmont region of northern Italy, listed by UNESCO as a World Heritage Site in 1997, was originally built as a fortress around 1100 and was added to and modified in the centuries which followed, notably by the architect Carlo di Castelletto. Though damaged by fire in 2008, the historical rooms are generally open to the public.



### 75. Positano

The small town of Positano, nestling in the hills of the Campania region above the Amalfi coast, is lesser known yet beautiful Italian destination. Mentioned in Harper's Bazaar in 1953 by John Steinbeck, Positano has also been the venue for a number of films; it is most famous for its Byzantine icon “The Black Madonna”, in the church of Santa Maria Assunta, which also boasts a fine dome made of majolica tiles.



### 76. Parma

The city of Parma in the Emilia-Romagna region of northern Italy is the capital of the province of Parma, rightfully famous for its Parma ham and parmesan cheese and seat of one of the oldest universities in the world. Probably established as a city by the Etruscans, evidence suggests that it was a settlement as early as the Bronze Age. Particularly worthy of a visit is the Camera di San Paolo with its well-preserved frescoes by Correggio and its Teatro Regio theatre and opera house.



### 77. Caserta

Caserta in the Campania region of southwest Italy is the perfect destination for a day trip when visiting Naples. Best known for its magnificent palace, the “Reggia di Caserta” and surrounding parks and gardens.



### 78. Amalfi

The former capital of the maritime republic or “Duchy of Amalfi”, today Amalfi is a lively seaside town with a flourishing tourist industry. The Chiostro del Paradiso is definitely worth a visit, and no one should leave Amalfi without a taste of the famous Limoncello, a liqueur made from locally-grown lemons.

*Continued next month*

## We Reflect and Remember

Mary Jane Russo  
Charles Michael Falbo  
Helen Strouf  
Chares Joseph Punelli, Sr.  
Carmella "Toni" Casber

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We welcome ideas for stories from our readers. Please contact one of our staff members to submit an idea. We are also reaching out to the community for writers. If you have a flair for writing and would like to volunteer, please let us know.

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Assignment Editor, Patricia Civitate, [civitate@iaccofia.org](mailto:civitate@iaccofia.org)

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September 1 Sep/Oct issue  
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# ITALIAN AMERICAN WOMEN OF IOWA (IAWI)

**\*\* NO MEETING IN DECEMBER \*\***



## **Belle e Forti Le Donne Italo-Americane (Beautiful Strong Italian American Women)**

Thanks to everyone who donated hats, mittens & scarfs for Bidwell Riverside it will make someone have a better day. We had a nice turn out for our Christmas Party thanks to everyone who were able to attend. The food was outstanding our ladies know how to cook! Thanks to Blank Golf Course for letting us host our party there.

*Lisa Vivone Cruchelow, President*

## **MONTHLY MEETINGS**

We meet the **4<sup>th</sup> Tuesday of the month!** Please cut out the dates below so you don't miss out. July we will be meeting earlier. We are meeting at South Side Senior Center.

**Mark Your Calendar for 2019 all meetings are at 7pm**

1/28	2/25	3/24	4/28	5/26	6/23	7/21	No meeting in Aug	9/22	10/27	11/24	No meeting in Dec
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**IMPORTANT DATES TO REMEMBER!!!!!!!!!!!!**

## **REMINDER:**

**Our dues are due in January: \$20.00 for members under 65 and \$10.00 for seniors 65-84 and 85 and older are Life Members and you don't have to pay anymore.**

Make your checks out to IAWI for **dues only** and send it to: IAWI, PO Box 21116, Des Moines, IA 50321

## **HAPPY BIRTHDAY TO...**

Mary DeFazio 12/1, Jody Paglia 12/1, Samantha Bertagnolli 12/3, Patti Branco 12/9, Catherine Lucia 12/11, Lupe Babcock 12/12, Alicia Cosimo 12/21, Theresa Watts 12/22, Gemma Bevilacqua 12/23 & Ronda Gentosi 12/31

**MERRY CHRISTMAS AND HAPPY NEW YEAR!**



Hello to all:

I want to thank all of you that showed up at our Society of Italian Americans Memorial Mass last Sunday –Nov. 17. We had a very good turnout at St. Anthony's Church in remembrance of many of Our for fathers that help build St. Anthony's Church and many who became a driving force in the Des Moines community.

Dates to remember:

- 1) Society of Italian Americans Children Christmas Party will be held **Dec 7<sup>th</sup> at 4 pm**  
Location is the American Legion Hall across from St. Anthony's Church, gifts and food will be provided.
- 2) The Society of Italian American adult Christmas Party will be Dec. 14<sup>th</sup> doors open at 5 pm  
Cocktails begin at 6 pm with lots of meat and cheese platters along with Red and White wine  
In addition, plenty of pop and beer and prizes-- plus a **special Grand prize from Stivers Ford**.  
Dinner is at 7 pm with Pasta & meatballs, salad, chicken, prepared by Frank Morano and Vic Scaglione and of course peppers and sausage cooked mild by Ned Chiodo.  
Members \$10 and non-members \$15, location is the American Legion Hall  
Tickets for sale now and or call me John Marturello –Tyler -- 515-669-7025

After all that we the Society of Italian Americans Club wish everyone a Merry Christmas  
and a Safe and Happy New Year!

John Marturello – Tyler

President of the Society of Italian Americans – Des Moines, Iowa



# *Società Vittoria Italiana*

**Next Men's Meeting December 15th @ 2:00 pm**

**MONTHLY MEETING:** We would love to see your faces! Haven't been to monthly lodge meeting in a while? Please mark your calendars and join us! We invite fresh ideas and involvement.

**LODGE WEBSITE:** We have been upgrading our lodge website. Check us out at <http://vittorialodge.com>

**MEMBERSHIP DUES:** Membership dues will be mailed out soon along with the Cavatelli Dinner tickets and other important information.

**NEED HELP:** We are looking to update our Veteran's Honor board. If you served or know another member who served and has passed, please get a hold of us so we can add names and honor those veterans. You can send to Rob Fiori at Vittoria Lodge 7200 NW 2nd Ave Ankeny, IA 50023 or [carltree@msn.com](mailto:carltree@msn.com)

**ORDERING LODGE APPAREL:** Squire Hutcheson has made arrangements with Adventure in Advertising offering Lodge & Auxiliary Members through a secure website to purchase apparel (polo, T-shirts) with the Lodge logo on it. To obtain a user ID or for more information please contact Squire at 515-577-4283 or email him at [squire@squireweb.net](mailto:squire@squireweb.net).

**HAPPY OCTOBER, NOVEMBER AND DECEMBER BIRTHDAY WISHES TO OUR MEMBERS:**  
Joseph Rocky Ballantini, Michael Ugolini, Roger Stefani, Antonio Cosenza, Bill Seamands, Marion Romitti, Richard Fontana, Ronald Fontanini, David Miller, Jeff Magnani, Ned Chiodo jr., Robert Battani Jr., Joseph Ballatini, Randy Palandri, Bob Fontana, Roger Fiori, Joseph Tollari, Michael Marchetti, Brian Patton, Sante Medici, Butch Manning, Chad Johnson, Richard Cervetti, Dominick Forneris, Daniel DeCarlo, Donald Lamberti, John Vacco, Robert Danti, Eric Bryan, Barry Romitti, Michael Ryner Jr., Anthony Natale, Joseph Vignaroli, Mario Tumea, William Magnani, John Cerretti, Rick Isolini and Wayne Yori **Buon Compleanno!**

## **MARK YOUR CALENDARS:**

December 15<sup>th</sup> – Men's Meeting  
January 19<sup>th</sup> – Men's Meeting  
February 16<sup>th</sup> – Men's Meeting  
March 15<sup>th</sup> – Cavatelli Dinner  
March 22<sup>nd</sup> – Men's Meeting  
April 19<sup>th</sup> – Men's Meeting  
May 17<sup>th</sup> – Men's Meeting  
August 30<sup>th</sup> – Family Corn Feed

# VITTORIA LODGE AUXILIARY

## **CHRISTMAS PARTY**

This year's party will be held on December 8<sup>th</sup> at 1:00pm. This event is open to lodge and auxiliary members, widows, and their families. Santa will have gifts for children ages 0 – 10. The Italian Dancers will be performing and teaching a dance or two to the children. Please bring along donations of cookies, cakes, etc... for the cake walk so we have enough for each child to win at least once. As always, we will be collecting items for the local food pantry so please bring what you can spare. In case of inclement weather that day please get a hold of Mary Steele at 515-201-1680 to make sure the event will take place.

## **CHRISTMAS AT THE LODGE & MEMORIAL MASS**

Thank you to everyone who made both of these events a success. They were very well attended, and we appreciate everyone's help. We couldn't do it without the generosity of our members!!!

## **JANUARY SOCIAL**

Bunco Night - January 11<sup>th</sup> at 5:00 pm. We will hold our January meeting at 3:30 pm. We will supply pizza – please bring an appetizer, dip, sweet, etc. to share and something to drink. Your friends are welcome to join us. Contact Toni Dickey to sign up at: [tdickey7511@msn.com](mailto:tdickey7511@msn.com) or 515-360-7966

**NEW MEMBERS**– we are excited to have Emily Lynn Stefani joining us as an auxiliary member

## **MARK YOUR CALENDARS:**

December 8<sup>th</sup> – Christmas Party 1pm

January 11<sup>th</sup> – Meeting at 3:30 followed by Social at 5:00

February 16<sup>th</sup> – Meeting at 2:00

March 8<sup>th</sup> – Wanda Making at 1:00

March 15<sup>th</sup> – Cavatelli Dinner