



**Triangle Italian-American Heritage Association**  
**PO Box 20266**  
**Raleigh, NC 27619** [www.theitalianclub.com](http://www.theitalianclub.com)

## Newsletter

**December/Dicembre 2010**

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**MESSAGE FROM THE PRESIDENT:**

**Editor's note:**

**The following arrived too late to be put in the November newsletter. However, Sal Notarmaso feels it is significant enough and should appear in this newsletter in place of the President's Message. It was written by Ben Varvaro, a past member of TIAHA and an IBM employee.**

*Thanksgiving! Well, thru the years it's become a story in itself.*

*I was born on Thanksgiving Day and my mother was born on Thanksgiving as well. Most of the time we had a pumpkin pie with candles (lol). But, when they really wanted to make it special, I got an Italian rum cake or a tiramisu decorated for my birthday. I can remember being as young as 7 thru 15, we would have at least 15 people at the dinner table. There were only 5 of us, but, we had at least 10 guests. There were people who worked for my*

*father, there were friends of my older sister and brother, and friends and parents of friends, as well as relatives.*

---

*We had a table that sat 12, and the kids ate in the kitchen. The meal lasted all day. There were people dropping over and bringing foods and delicacies of their nationality. There were the Polish, Germans, and more Italians. We had at least 2 kinds of soup, then antipasti [assorted meats and salads], a pasta dish, red sauce, and then the turkey. The stuffing was made Italian style, as only my mother could do. All the inners of the chicken (livers, gizzards, hearts), whole Italian sausage, mushrooms, onions, celery, carrots, garlic and seasoning and we used old, stale grated sliced Italian breads. My mouth is watering and so are my eyes. And the vegetables! There were about five of them. There were mashed potatoes, sweet potatoes, corn, green beans with almonds, asparagus, and spinach in cream sauce. But, we Italians always added something special to make them taste even better. Oh, we had a ham too, three kinds of wine and three or four kinds of beer. This started about 2:00 or 3:00 pm, and about 7:00 pm it was time for dessert. Of course there were American coffees and the pies; apple, pumpkin, rhubarb, strawberry, and the Italian stuff; cappuccino, espresso, cannoli, cakes, Pasachua (Bauau), sfogliatella, napoleons, and cream puffs.*

*And did I mention the house was decorated with food everywhere; trays of nuts, fruits and candies? Half the time I was catching hell for eating out of the dishes in the living room, as soon as they were put out. My mother did a lot of the preparing and the guests brought a lot more. We all helped put it together and with cleaning-up as well. No one slacked or they did not get to come back the next year.*

*The friends and relatives would stop over and eat leftovers until two weeks before Christmas. It was a wonderful time. However things change, loved ones, and good friends pass on and so does the fun. Oh, to relive it again. We didn't know when we had it good. The conversation and the laughs can never be matched. I know I've spelled some of the foods incorrectly, but I never said I was perfect. I'm just trying to be happy.*

*I am so glad that you asked what Italians do and have on Thanksgiving. It brought back all the memories of the past. My wife has passed on, but we, as a family, my son and daughter, and my lady-friend are going to "The Italian Garden" or "Cattlemen's" in Durham. If I could have just half the foods and fun of the old days, for Thanksgiving and my birthday, it would make me happy for another year.*

*Wishing all of you a Happy Thanksgiving,*

*God Bless,  
Sal Notarmaso*

**There will not be a General Meeting this month.**

## TIAHA EXECUTIVE BOARD MEETING MINUTES

December 7<sup>th</sup>, 2010 at Our Lady of Lourdes Church, Fallon Center, 2718 Overbrook Dr., Raleigh NC

**Attendees:** Sal Notarmaso, Victor Cononi, Jim Frederici, Charlie Morabito, Peter Cari.

**Meeting Called to Order:** 7:00pm

**Meeting Adjourned:** 7:24pm

**Location:** Applebee's Restaurant, at the intersection of Six Forks Rd. and Wake Forest Rd. in Raleigh

- The board was locked out of the Fallon Center at Our Lady of Lourdes. The cipher lock combination would not work at either the upper level door or the lower level door. Both Sal and Victor tried to contact people or find the nuns, who we were told might have a key to open the door. No luck. No nuns. No key. No entry. So President Sal made a command decision that the meeting would be moved to Applebee's down the road. Thus, the later than usual start time for the meeting.
- While Charlie, Peter and I waited for Sal or Victor to locate a key, I took a candid photo through the windshield Charlie's car, of Peter and Charlie. I'm hoping the photo can be included in the newsletter. Those two guys look like two deer caught in the headlights in the photo.
- The name of our waitress at Applebee's was Lucretia, whom we made an honorary member of the board for the evening only. Now to business...
- President Sal talked about the Bishop's Party to be held at Our Lady of Lourdes Fallon Center on December 16<sup>th</sup>. TIAHA has been asked to cook a dish for the event, which will serve 25 people. Sal is going to cook the food at his house during the day of the 16<sup>th</sup>. Victor Cononi will drive to Sal's house and pick up the food at 3:00pm to transport it to the Fallon Center. Sal has in mind to cook 6 lbs. of Chicken Francese and 4 lbs. of pasta. The bishop and the priests will eat well that night.
- Sal said he needed someone to buy the drinks for the TIAHA Christmas Party and take the drinks to the party on December 20<sup>th</sup> at the Fallon Center, as Sal will not be able to attend the party. Victor Cononi volunteered to do that. The drinks to be served at the TIAHA Christmas party will be soda, red and white wine and beer.
- President Sal reminder everyone about the annual trip to the Oxford Orphanage the evening of December 9<sup>th</sup>. Frank Ferraro has sent out at least two email notices with the details of when and where everyone meets before forming a caravan to the orphanage in Oxford. Therefore, I won't repeat the details in these meeting minutes.
- There was discussion about the upcoming board elections for 2011. Al Cellini in the past several years has been the nominating committee chairman for the elections that are held during the February general membership meeting. **Al, are you going to be the nominating committee chairman again this year? Please let Sal know either way.** Sal asked, "Who on the current board will run for positions for the 2011 board?" Charlie Morabito said he'll run again for one of the Member-at-Large positions. Victor Cononi said he'd run again for the Sgt.-at-Arms position. Jim Frederici will not be running for secretary next year. Hopefully, Peter Cari will run for the secretary's position. Peter has been filling in a lot recently for Jim as secretary, as Jim hasn't been able to make many of the meetings due to other obligations. Sal said he will not for President. Since the other board members were not present, we don't know yet what their plans are.
- Dale Mancuso headed up another successful Serve Meals to Our Troops at the USO Club event in November. Dale was home sick the night of the board meeting, so we don't have

information on how things went, or on how many of our troops were served by TIAHA at the USO Club in RDU airport.

- Sal told the board that Frank Ferraro will be cooking at the January general membership meeting. There will not be a December general membership meeting. The TIAHA Christmas Party on the 20<sup>th</sup> will take the place of the December meeting.
- **Good & Welfare:** Jim Frederici told the board that Ron Little was going into the hospital the next day, Tuesday, December 7<sup>th</sup>, for surgery on his spine. The surgery is being performed to correct a problem with the spinal cord and nerve bundle running through Ron's spine. The entire board wishes Ron all the best and we hope the surgery is a success, and the recovery period is short. Frank Ferraro's wife, Molly, recently had hip replacement surgery. We wish her all the best in her recovery and therapy. Sal, Jr. is currently serving in Iraq. President Sal said he sent Sal, Jr. a care package with \$25 worth of junk food in it. Sal said it cost \$26 to mail a package with \$25 of junk food! Har Har Har Har Har. (that's Sal laughing).
- **Membership:** Victor Cononi said he has the badges for new members Armand DeNuzzio and Paul Cacciatore.
- Meeting adjourned at 7:24pm. (when Lucretia brought the food that had been ordered).
- **P.S. This is outside of the board meeting:** Jim and Paula Frederici received a phone call from Ron Little on Wednesday, December 8<sup>th</sup>. Ron was calling from his hospital room a day after his spinal surgery. Ron said the surgery went much better than he, June or the surgeons imagined it would. Ron sounded good and upbeat.
- **P.P.S. This is also outside of the board meeting:** I received an email from Dale Mancuso that said this with regard to the number of troops who were fed by TIAHA at the USO Club in November: "Yes, close to 250 over 2 days. There were leftovers from **Tues.** that carried over into **Wed.** We should be getting a letter of thanks from the USO soon." That's great news, Dale! As always, a great job. Get well soon, Dale.

**Merry Christmas and Happy New Year to all TIAHA members and your families.**



## TIAHA GENERAL MEMBERSHIP MEETING MINUTES

November 18th, 2010 at Our Lady of Lourdes Church, Fallon Center, 2718 Overbrook Dr., Raleigh NC ,  
Raleigh, NC

President Notarmasso called meeting to order. Pledge of Allegiance recited.

### ●CHRISTMAS PARTY

Frank Ferraro stated that 49 people had signed up and that 27 people had paid (\$540).

Menu would be: steamship round, chicken marsala, garlic potatoes, green beans almondine breads, salads, rigatoni, beer, wine, soft drinks.

As a reminder date is Monday 12/20. Social Hour at 6. Dinner at 6:30 . Dress is business casual (jackets).

### ●GOOD AND WELFARE

1Dave Baron suggested we remember the unemployed in our prayers

2Matea Baffaro had breast cancer. Had chemo.. Cancer is in remission.

3Charlie Morabito's granddaughter is having breathing problems and is going in for tests

4John Columbo is having knee replacement in December

5Mollie Ferraro is having hip replacement

6Sal's son is in Iraq piloting a drone.

7Frank's sister-in-law has ALS (Lou Gehrig's disease) and is getting progressively worse.

8Frank's son James is wrestling for Enloe High and is undefeated( 2-0)

9Tony Romano's grandson had surgery for bone tumor

10Tim Bevaqua's father died.

11Ann Maria Doria is doing well after surgery

12**Editor's Note:** Ron Little had very successful back surgery December 7<sup>th</sup> and is doing well.

YOUR THOUGHTS AND PRAYERS ARE APPRECIATED AND EFFECTIVE

### ●USO

Tuesday , November 23, Dale Mancuso has enough cooks. Will be serving at Terminal 2.  
Park across from Alamo and take Alamo shuttle.

### ●OXFORD ORPHANAGE

●Shopping has been completed by Mrs. Colombo. Help will be needed, since John has to have knee surgery. We could use gift cards to either Bojangles, Applebee, Golden Corral or McDonald s. We will be meeting at the Starbucks on Creedmoor RD, At 5:00 p.m. On December 9<sup>th</sup> to caravan for the Christmas

Dinner. There will be a wrapping and packing party December 5<sup>th</sup> at 2:00 P.M. At Colombo's home.

## •DUES

- Are now due. Send to Capi.

## •GUESTS

None

## •COOKING FOR JANUARY

- Frank Ferraro volunteered.

## •NOMINATING committee

- Cellini stated no volunteers

## •FAMILY MEMBERSHIPS

- President Sal brought up the proceedings of the prior board meeting regarding the possibilities of a family membership. Vinnie Doria motioned that it be approved. Seconded by Tony Aiello . After some discussion, Vinnie amended his motion that the board further explore options, seconded by Sal Notarmaso. After discussion, voted down by those in attendance.



Best Wishes  
for a  
Merry Christmas



Peace



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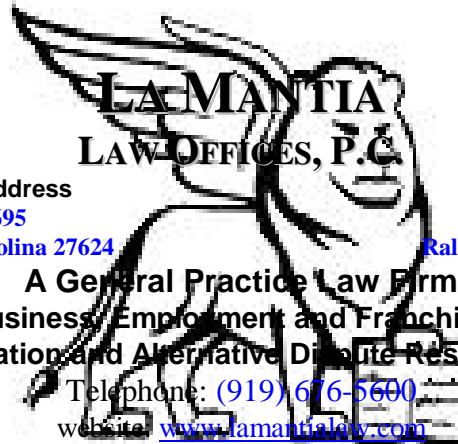
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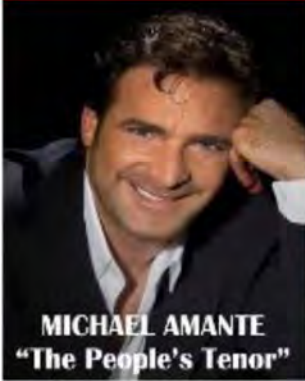
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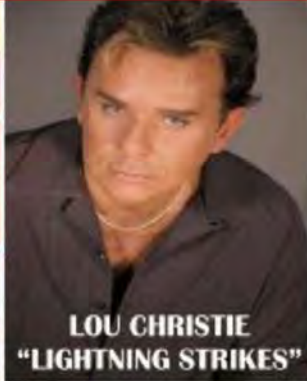
12/2010

**ITALIAN AMERICAN HERITAGE CONCERT  
PROGRESS ENERGY CENTER IN RALEIGH  
SUNDAY FEBRUARY 20, 2011**

SHOWTIME 6PM



**MICHAEL AMANTE  
"The People's Tenor"**



**LOU CHRISTIE  
"LIGHTNING STRIKES"**



**SPECIAL GUEST HONOREE  
"CHEF" TONY NOTARO**



**JERRY CASTALDO**

**GROUPS FROM ALL  
OVER THE CAROLINAS  
WILL BE ATTENDING.**

**COME CELEBRATE  
YOUR ITALIAN  
AMERICAN HERITAGE  
AND ENJOY GREAT  
MUSIC, CULTURE &  
STORIES FROM SOME  
PROUD ITALIAN  
AMERICAN ARTISTS.**



**JOIN US FOR A GREAT NIGHT OF MUSIC WITH MICHAEL AMANTE-WHO  
TONY BENNETT CALLED THE NEXT MARIO LANZA.  
60'S SUPERSTAR LOU CHRISTIE STILL SINGING HIS HITS PLUS A NEW RELEASE  
IN ITALIAN "NON SE PERCHE".  
FREDERICO CARDELLA WHO BLEW THE TOP OFF THE TENT AT THE 2010 CAPE  
FEAR ITALIAN FESTIVAL IN WILMINGTON.  
JERRY CASTALDO DUBBED "THE BEST ALL AROUND ENTERTAINER IN NEW  
YORK"  
SPECIAL GUEST HONOREE TONY NOTARO. YOU KNOW HIM AS "CHEF" TONY THE  
MAN WHO MADE THE MIRACLE BLADE FAMOUS.  
TONY WILL SHARE HIS RISE FROM BROOKLYN NY TO BEING ONE OF THE TOP  
INFOMERCIAL PITCHMEN OF ALL TIME!**

## **TIAHA MEMBERS**

**RECEIVE 2 FREE TICKETS (\$70 VALUE) AT THE CHRISTMAS PARTY DECEMBER 20TH IF YOU PROMISE TO  
TELL YOUR FAMILY, FRIENDS, NEIGHBORS AND LOCAL BUSINESSES. HELP GET THE WORD OUT!!**

**SEE MEMBER PETER GALLO AT THE PARTY OR EMAIL AT [TRIANGLEMEDIA@LIVE.COM](mailto:TRIANGLEMEDIA@LIVE.COM)**

## **A reminder for the TIAHA Christmas Party on Monday, Dec. 20<sup>th</sup> at Our Lady of Lourdes**



**Doors open at 6PM.**

**Dress is Jacket and Tie for gentlemen.**

**Don't forget to bring a gift of \$10 (or more if you'd like) for the Christmas Grab Bag. Each person that brings a gift, can then pick a gift.**

## ITALY "Buon Natale"

Christmas, as it is celebrated in Italy, has two origins: the familiar traditions of Christianity blended with the pagan traditions predating the Christmas era. The greatest feast of the ancient Roman Empire, "Saturnalia" (a winter solstice celebration), just happens to coincide with the Christmas celebrations of the Advent. Consequently, Christmas fairs, merry-making and torch processions, honor not only the birth of Christ, but also the birth of the "Unconquered Sun." "Natale," the Italian word for Christmas, is literally the translation for "birthday."

A delightful, but rapidly disappearing tradition in Italy, is the ushering in of the coming festivities by the "Piferari" or fifers. They descend from the mountains of the Abruzzo and Latium playing inviting and characteristic tunes on their bagpipes, filling the air with anticipation for the joyous celebration to come.

Christmas Eve is a time for viewing Italy's artistic and elaborate manger scenes or Cribs. They consist of figurines, in clay or plaster, of the infant Jesus, Mary and Joseph. An ox and ass are nearby because legend has it that they warmed the child with their breath. It is around this basic focal point that individual artisans create their own intricate landscapes. There may be grottoes, small trees, lakes, rivers, the lights of "Bethlehem" in the background, angels hung from wires, and occasionally, even local heroes. The most beautiful Cribs are set up in churches. There is often a contest between churches of the same town for the best Crib. People go from church to church to view and compare the Cribs and displays.

Another tradition is the burning of the Yule log, which must stay alight until New Year's Day. This, again, is an example of pagan and Christian blending. The pagan belief explains the purifying and revitalizing power of fire, and that with the burning log, the old year and its evils are destroyed. Christian legend tells how the Virgin Mary enters the homes of the humble at midnight while the people are away at Midnight Mass and warms her newborn child before the blazing log.

Amidst the general merrymaking and religious observance of Christmas Eve, Christmas tapers (long slender candles) are lighted and a Christmas banquet is spread. In some places, Christmas Eve dinner consists largely of fish. There may be as many as 10 to 20 fish dishes prepared. In Rome, the traditional dish of Christmas Eve is "Capitone," a big female eel, roasted, baked or fried. North of Rome a traditional dish may be pork, sausage packed in a pig's leg, smothered in lentils, or turkey stuffed with chestnuts.

Common throughout Italy are the Christmas sweets: "panettone" (cake filled with candied fruit), "torrone" (nougat) and "panforte" (gingerbread) made with hazelnuts, honey and almonds. All Christmas sweets, as a rule, contain nuts and almonds. Peasant folklore theorizes that to eat nuts favors the fertility of the earth and aids in the increase of flocks and family. In ancient Rome, honey was offered at this time of year so that the new year might be sweet.

### Of Special Note...

On Christmas Eve, Italian children set out their shoes for the female Santa Claus, La Befana, to fill with gifts of all kinds like toys, candies and fruit. If the children were good, their shoes would be filled on Christmas morning. If they were bad, they would find their shoes filled with coal. La Befana is the best-known legend in Italy.

## Italian Christmas Vocabulary List

- [il Natale](#) — Christmas
- 
- [Babbo Natale](#) — Santa Claus
- 
- [Buon Natale](#) — Merry Christmas
- 
- [il regalo di Natale](#) — Christmas present
- 
- [la vigilia di Natale](#) — Christmas Eve
- 
- [l'albero di Natale](#) — Christmas tree
- 
- [il canto di Natale](#) — Christmas carol
- 
- [il biglietto d'auguri](#) — Christmas card
- 
- [il presepio](#) — nativity, creche
- 
- [Gesù Bambino](#) — the Christ Child or Infant Jesus
- 
- [il Capodanno](#) — New Year's Day
- 
- [gli auguri di Capodanno](#) — New Year's greeting
- 
- [la Befana](#) — kindly old witch who brings children toys on Twelfth Night
- 
- [la festa dell'Epifania](#) — Epiphany
- 
- [i Re Magi](#) — the Magi, or the Three Kings or Wi

## **DUMB QUOTES**

[Chuck Knox](#): Most of my cliches aren't original.

[Ralph Kiner](#): All of the Mets' road wins against Los Angeles this year have been at Dodger Stadium.

[Pedro Guerrero](#): Sometimes they write what I say and not what I mean.

[Doug Collins](#): Any time Detroit scores more than 100 points and holds the other team below 100 points they almost always win.

[Dan Bonner](#): The Minnutemen are not tall in terms of height.~~during a UMass basketball game.

[Yogi Berra](#): Well, I used to look like this when I was young and now I still do.

Always go to other people's funerals, otherwise they won't come to yours.

The other teams could make trouble for us if they win.

It was pretty good. Even the music was nice~~said after attending an opera.

Congratulations on breaking my record. I always thought the record would stand until it was broken.

[Dick Cavet](#): If your parents never had children, chances are you won't either.

[Mark Fowler](#): If somebody has a bad heart, they can plug this jack in at night as they go to bed, and it will monitor their heart through the night, and the next morning, if they wake up dead, there'll be a record.

[Colonel Gerald Wellman](#): We don't necessarily discriminate. We simply exclude certain types of people.

[David Acfield](#): Strangely, in slow motion replay, the ball seemed to hang in the air for even longer.

**ON A PERSONAL NOTE:**



**HAPPY ANNIVERSARY TO:**

David and Joan Baron  
Neal and Edna Caliendo  
Lenny and Vera Cicero  
Vincent and Stephanie Lanzolla  
Vince and Sherry Salvaggio



**BIRTHDAY WISHES TO:**

**MEMBERS**

Andrew Caamano  
Frank Masselli  
Joseph Miracola  
Jerry Santoro  
Ron Venezia

**SIGNIFICANT OTHERS**

Dee Bono  
Theresa Caamano  
Judy Caprioli  
Eileen Cenfetelli  
Laura Felice  
Elaine Marino  
Julie Monica  
Donna Morea



**EDITOR:**

Is something newsworthy?  
Let us know, send it to  
Neal Caliendo: [nealcali@yahoo.com](mailto:nealcali@yahoo.com)

If you know of an illness, birth, death, marriage, etc., of  
a TIAHA member or member's family, please contact:

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If your e-mail and/or home address changes, please  
notify Bob Petrolino, at (919) 760-9039,  
[bobbypet@earthlink.net](mailto:bobbypet@earthlink.net) .

The deadline for submitting input to the newsletter is  
9:00 PM the second Wednesday of the month.

**Newsletter Advertisement Rates:**

Business card	\$40	per year
1/4 page	\$60	per year
1/2 page	\$80	per year
Full Page	\$100	per year

**Member Dues:**

Regular dues \$45  
Seniors 65 and over \$22  
Members who volunteer at least 10 hours to  
TIAHA \$35



**Triangle Italian-American Heritage Association  
P.O. Box 20266, Raleigh, North Carolina 27619**

**TIAHA UPCOMING EVENTS**

\*\*\*\*\*

**December 9th (Thursday), - MASONIC HOME FOR CHILDREN CHRISTMAS PARTY** Oxford, NC, The party starts approximately 6:00 -6:30PM. Contact John Colombo at 781-8356 for definite time and/or more information.

**December 20th (Monday), TIAHA CHRISTMAS PARTY** Our Lady of Lourdes Catholic Church Fallon Center, intersection of Overbrook and Anderson Drives, Raleigh

**January 4th (Tuesday), 6:30 PM – EXECUTIVE BOARD MEETING:** Our Lady of Lourdes Catholic Church Fallon Center, intersection of Overbrook and Anderson Drives, Raleigh

**January 20th (Thursday), 6:30 PM - GENERAL MEMBERSHIP MEETING** Our Lady of Lourdes Catholic Church Fallon Center, intersection of Overbrook and Anderson Drives, Raleigh