



*Buon Natale
e
Felice Anno Nuovo*

Messaggio del Presidente

Cari Amici,

Our lives have been disrupted since the start of the Covid-19 pandemic, and it has taken an emotional toll on all of us. For me, I miss meeting with friends and members at our monthly dinners, especially the Foundation's Festa di Natale dinner. What I will miss most about this dinner is the fond memories of singing Christmas carols with our beloved and talented Coro. Celebrating the holidays will be different this year, but it is important to keep our holiday traditions alive as best as possible by keeping a positive outlook. Let's hope life will get back to normal next year.

Members were informed in the last Mosaico that the Board of Directors election may be postponed. At the August 29, 2020, Board meeting, the Board did decide to postpone elections by one year (November 2021), so that they can be held with members present. The Foundation's By-laws do not address this situation, but Article 6 states in part that the term of a director is two years after which he/she can stand for another two year term. Article 6 further states that the board may appoint members to vacant board positions to serve until the next election. Six board members' terms will expire at the end of this year and all six are willing to serve one more year if asked by the board. The board, at its August 29, 2020 meeting, did vote to appoint these six board members to serve one more year. There are currently two vacant board seats which the Board would like fill. These vacancies may be filled at any regular Board of Directors meeting by a vote of the majority of the Directors. A member elected to fill any vacancy shall hold office until the next annual meeting of members at which an election will be held to fill the remaining term of office. If you are interested in serving on the board please contact George Golfieri.

The Foundation established a college scholarship program in 1986, and has awarded \$123,000 in scholarships for Italian language studies at the Santa Rosa Junior College. The Foundation awards three \$500 scholarships for the fall and spring semesters. However, recent cutbacks by the SRJC for language studies has seen a decline in Italian Language studies and the number of students applying for scholarships. In order for the Foundation to keep its commitment to Italian language studies, the Foundation's scholarship committee and the SRJC recommended to NBICF to end its traditional scholarships and offer three \$1,000 Florence study abroad scholarships. This recommendation was reviewed with the full NBICF Board of Directors at the August 29, 2020, board meeting. The Board did vote to change the scholarship program to the Florence study abroad scholarships beginning in the spring of 2022. Each spring in March, including 2021, the Foundation will continue to select two recipients for the NBICF-funded Jeanette Mancini Mitchell and the Marianne Pedroncelli scholarship.

I migliori auguri e saluti per le feste.

In Italian folklore, La Befana is a witch that has been flying around the world on her tattered broomstick to deliver treats on the morning of the Epiphany, January 6, to good children. If you were bad, you could wake up to a lump of coal. The witch has been an Italian tradition since at least the eighth century. Today, La Befana continues to travel the world on Epiphany Eve, searching every house for children and leaving candies and chocolates for the good and coal for the not so good.



The Foundation would like to thank the following members for their donations.

Howard and Susan Adler \$100.

Clodagh Benedetti \$100.

Bill and Linda Pisenti \$50.

Lois Azevedo \$50.

Shop at **Oliver's Market**? Use **Amazon**?
NBICF can earn 3% of your purchase at Oliver's and a small percentage from AmazonSmile!

Complete an Oliver's Market Community Card Application, drop it off at any of Oliver's locations. When you shop at Oliver's, NBICF will receive 3% of your purchase as a donation. You can also register for **escrip**, and then add your Oliver's Community Card number to your escrip account.

AmazonSmile - Sign up for AmazonSmile on their site. Questions, please contact George Golfieri at 707-843-3176.

LA MASCHERINA (MASK)
 (okay, the other type)



Wearing a face mask has become part of our lives. According to health specialists, face masks help to significantly reduce the chances of getting Covid-19 and help to protect people from the spread of the virus.

Masks have become a fashion statement with people showing their individual tastes with different colors, styles and themes.

The following was reprinted with permission from the Italo-Americano newspaper.
 (www.italoamericano.org)

La mascherina è obbligatoria in tutti luoghi chiusi.
 (Face masks are compulsory in all closed spaces).

Ho imparato a fare le mascherina di cotone.
 (I learned how to make cotton face masks).

Porto sempre un paio di mascherine con me.
 (I always carry a couple of face masks with me.)

Incontro - Ongoing Incontro group meets at 10:30 every Saturday, via **ZOOM**, for informal Italian conversation. For more information contact George Golfieri at 707-843-3176.



We miss Sundays at the Center with Diane Badano McCurdy.

NBICF BOARD OF DIRECTORS:

George Golfieri (President 707-843-3176)

Linda Apel (Treasurer), Allen Barbieri, Lynne Burton, Lisa Goe, Ron Grassi, Cindy Hume (Secretary), Arleen Place, Alfred (Al) Pucci, Don Raimondi, and Les Villanyi (VP)

Directors Emeritus:

Angelo Catelani Arturo Ibleto

Please visit NBICF.org About Us / Directors for a short biography of each Board member.

Membership News

New Individuals:

Mike Tosti

New Family Members:

Karen Amoruso and Paul Rippert

New & Continuing Business Members:

Buttitta Design

Faloni Ranch

Forchini Vineyards & Winery

Italian Citizenship Assistance (ICA)

Ramazotti Winery

E	F	O	P	S	L	P	A	N	P
O	Z	I	A	O	O	Z	S	B	I
S	C	L	A	M	M	S	T	I	Z
L	O	S	P	T	R	P	I	C	Z
U	M	E	I	Z	O	Z	E	F	A
C	O	A	E	H	T	R	P	I	L
C	Z	A	R	E	P	O	T	N	I
A	B	R	E	A	D	A	B	A	H
D	N	A	T	S	A	P	S	S	R
D	A	O	N	E	G	I	I	T	C
D	A	F	O	F	P	F	I	R	A

- ASTI
- BREAD
- CLAM
- COMO
- FIAT
- FISH
- GENOA
- LUCCA
- NBICF
- OIL
- OPERA
- PASTA
- PIZZA
- PISA
- POMPEII
- TORTA



Some of the Regions of Italy

Previous regions mentioned: **Piedmont, Liguria, Emilia-Romagna, Tuscany, Abruzzo, Molise, Sicily, Sardinia. Campania, Trentino-Alto Adige, Veneto, Friuli Venezia Giulia, Lombardy and Le Marche** . Italy is subdivided into 20 regions, of which five enjoy a special autonomous status.



Umbria

Umbria is one of the four regions that is land-locked. Assisi is the birthplace of two very significant saints in Italian history: Saint Francis and Saint Clare. One of the most famous wineries in Umbria is the Lungarotti Winery, located near Tuscany. Perugia, is known for the Umbria Jazz Festival. It started in 1973 and annually for ten days, usually in July, around 500,000 (2019) people enjoy it. Umbria is known for an abundance of meat dishes, particularly lamb, pork, and game, but is probably most famous for its roast suckling pig. Adding to the meats, Pecorino (sheep's milk) and Caciotta (cow's milk) cheeses, truffles, and torta al testo, you have a wonderful meal.

Lazio

Rome is located inside Lazio. This is the capital not only for Lazio but also for Italy. The Vatican is located within the borders of Lazio. It is the second most populous province of Italy. It is a mostly flat region only with some elevation in its northern regions. It is one of the most important parts of the world due to the presence of Rome. The region produces excellent white wines and is known for simple and authentic cuisine.

Basilicata

Basilicata, in the south of Italy, is between the more popular Puglia and Campania regions, has remained mostly off the tourist radar. Basilicata cuisine is known for the Sarconi bean and Senise peppers. These peppers are fried with potatoes and eggplant and then stewed with tomatoes to make ciammotta. Another commonly eaten vegetable dish takes artichokes and potatoes and braises them with salt pork, fava beans and onions.

Calabria

Calabria is best known for its sprawling beaches along the Tyrrhenian Sea on the west coast and the Ionian Sea on the east coast, and their dramatic cliffs, coves, and surreal rock formations. Calabria is at the toe of the boot, the extreme south of Italy. Stay away in August. Italians and other Europeans come in droves to use up their generous vacation time, which means elbow-to-elbow crowds at the beach and frustrating traffic. ATMs frequently run out of money.

Puglia

Puglia is also known by the name of Apulia, in English, and has the longest coastline of any Italian mainland region. It is famous for its olive oil production, making *orecchiette*, a pasta traditional to Puglia, and in the past, Puglia was known as the 'bread basket of Italy'. The area is one of the most popular tourist destinations in Italy thanks to its fascinating culture and traditions, delicious food and an amazing coastal development. It is considered the "spur" of the boot.

Valle d'Aosta

Valle d'Aosta is an autonomous region of northwest Italy bordered by France and Switzerland, and the region is officially bilingual, Italian and French. Lying in the Western Alps, it's known for the iconic, snow-capped peaks the Matterhorn, Mont Blanc, Monte Rosa and Gran Paradiso. The region's countryside is dotted with medieval castles and fortresses. The region is known mostly as a winter sports paradise, however there is plenty to do all year round.



Il tacchino - turkey
L'autunno - fall
Il raccolto - harvest
La zucca - pumpkin

The national sport of Italy is soccer.

Before Rome became a republic and an empire, it had seven kings.

The average Italian consumes 25 kilograms (55.11 pounds) of pasta a year.

Italy owes much of its prosperity to thousands of small private family enterprises.

North Bay Italian Cultural Foundation

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PLEASE
PLACE
STAMP
HERE

Mosaico Culturale is published six times a year. It is the newsletter of the North Bay Italian Cultural Foundation, a California nonprofit membership corporation. North Bay Italian Cultural Foundation Statement of Purpose: A nonprofit, open membership organization dedicated to the study, preservation and enjoyment of Italian Culture. Founded in 1984, NBICF brings people of all ancestries together to share all things Italian. NBICF activities foster cultural awareness, celebrate traditions and support education via scholarships, classes and programs.

THANK YOU to those who have made donations to NBICF.

Because of **YOU**, we are able to maintain our goals of study, preservation, and enjoyment of Italian Culture. Each donation, no matter the size, has an impact for NBICF. You can specify where your donation goes, such as building fund, scholarships, in memoriam or general fund, by indicating it on your check.



Make your checks payable to:

NBICF, 64 Brookwood Avenue

Santa Rosa, CA 95404.

Donations can also be made via our website,

www.NBICF.org.



DELIVER TO ADDRESSEE OR OCCUPANT

*Change will occur in almost every aspect of our lives;
we can learn to embrace it while releasing the past with grace*

Apennine Colossus

Measuring about 35 feet tall, it's the most spectacular feature of the gardens of Villa Medici at Pratolino, now part of Villa Demidoff, located outside of Florence, Italy. Originally, the sculpture was crafted by Giambologna, between 1579 and 1589. It is believed that Giambologna wanted to give the nearby Apennines an image that was as grand as the Apennine mountains. The mountainous statue hides a wonderful secret, the interior hides several rooms with different functions that made this colossus come to life. The monster that his left hand holds spewed water from an underground stream, and it is rumored that space in his head was made for a fireplace which, when lit, would blow smoke out of his nostrils.



The Apennines Mountains

The Apennines are the backbone of Italy and they extend from Liguria in the northwest to Sicily in the south. There are three main parts:

Northern: Liguria to Tuscany, with the highest peak of Mount Cimone at 7103 feet.

Central: Umbria, Marche and Abruzzo, having the highest peak Big Horn of Gran Sasso at 9553 feet.

Southern: Calabria to Sicily, the highest peak is Serra Dolcedorme at 7437 feet.

The Apennines are made of clay and limestone making them rounder in shape with gentle slopes, completely different than of the Alps.

Bucatini Carbonara

Ingredients:

6 oz bucatini or perciarelli
1 TBSP extra-virgin olive oil
4 oz pancetta, diced
1 shallot, very fine chopped
1 cup heavy cream
2 TBSP freshly grated Parmigiano-Reggiano cheese, plus more for serving
4 large egg yolks
2 TBSP coarsely chopped parsley
Salt & fresh ground pepper to taste

Step 1

In a large pot of boiling salted water, cook the pasta until al dente. Drain, reserving 3 tablespoons of the cooking water.

Step 2

Meanwhile, in a large skillet, heat the oil. Add the pancetta and cook over moderate heat until most of the fat has been rendered, 7 minutes. Add the shallot and garlic and cook over moderate heat for 1 minute. Add the cream and simmer over moderate heat until slightly thickened, about 2 minutes. Add the hot pasta to the skillet and stir to coat, 1 minute. Remove from the heat. Stir in the reserved pasta cooking water, the 2 TBSP of grated cheese and the egg yolks. Season with salt. Sprinkle with parsley and pepper.

Total time 30 minutes. Serves 4 first course serving.

These may not be Italian, but a favorite of Allen and Jean Barbieri's. * *This recipe is a half recipe of the original, which calls for 3 eggs. To get half of 3 eggs, you can either just use only one egg, or beat two eggs and remove about 2 Tbsp.*

Laura Bush's Cowboy Cookies

Ingredients:

1 1/2 cups all-purpose flour
1 1/2 teaspoon baking powder
1 1/2 teaspoon baking soda
1 1/2 teaspoon ground cinnamon
1/2 teaspoon salt
1 1/2 cups butter, room temperature
3/4 cups granulated sugar
3/4 cups brown sugar
1 1/2 eggs*
1 1/2 teaspoon vanilla extract
1 1/2 cup semisweet chocolate chips
1 1/2 cups old-fashioned rolled oats
1 cups sweetened flake coconut
1 cups chopped pecans

◇ Heat oven to 350 degree F.

◇ Mix flour, baking powder, baking soda, cinnamon and salt in bowl.

◇ In 8-quart bowl, beat butter on medium speed until smooth and creamy, 1 minute. Gradually beat in sugars to combine, 2 minutes. Add half the eggs, beat, and then add the rest. Beat in vanilla.

◇ Stir in flour mixture until just combined. Add chocolate chips, oats, coconut and pecans.

◇ For each cookie, drop 1/4 cup dough onto ungreased baking sheets, spacing 3 inches apart. For smaller cookies, use about 2 tablespoons of dough.

◇ Bake in 350 degree F oven 14 to 18 minutes for larger cookies, or 13 to 16 minutes for smaller cookies. Rotate sheets halfway through. Remove cookies to rack to cool.

Makes 2 to 3 dozen cookies. The bigger the cookie, the more chewy it can be.

Classic Minestrone Soup

4 tablespoons extra-virgin olive oil, divided
1 medium yellow onion, chopped
2 medium carrots, peeled and chopped
2 medium ribs celery, chopped
¼ cup tomato paste
2 cups chopped seasonal vegetables (potatoes, zucchini, butternut squash, green beans)
4 cloves garlic, pressed or minced
½ teaspoon dried oregano & dried thyme
1 large can (28 ounces) diced tomatoes, with their liquid (or 2 small 15-ounce cans)
4 cups (32 ounces) vegetable broth
2 cups water
1 teaspoon fine sea salt
2 bay leaves
Pinch of red pepper flakes
Freshly ground black pepper
1 cup whole grain orecchiette, elbow or small shell pasta
1 can (15 ounces) cannellini beans, rinsed and drained, or 1 ½ cups cooked beans
2 cups baby spinach, chopped kale or chopped collard greens
2 teaspoons lemon juice

- ◇ Warm 3 tablespoons of the olive oil in a large Dutch oven or stockpot over medium heat. Once the oil is shimmering, add the chopped onion, carrot, celery, tomato paste and a pinch of salt. Cook, stirring often, until the vegetables have softened and the onions are turning translucent, about 7 to 10 minutes.
- ◇ Add the seasonal vegetables, garlic, oregano and thyme. Cook until fragrant while stirring frequently, about 2 minutes.
- ◇ Pour in the diced tomatoes and their juices, broth and water. Add the salt, bay leaves and red pepper flakes. Season generously with freshly ground black pepper.
- ◇ Raise heat to medium-high and bring the mixture to a boil, then partially cover the pot with the lid, leaving about a 1" gap for steam to escape. Reduce heat as necessary to maintain a gentle simmer.
- ◇ Cook for 15 minutes, then remove the lid and add the pasta, beans and greens. Continue simmering, uncovered, for 20 minutes or until the pasta is cooked al dente and the greens are tender.
- ◇ Remove the pot from the heat, then remove the bay leaves. Stir in the lemon juice and remaining tablespoon of olive oil. Taste and season with more salt and pepper. Garnish bowls of soup with grated Parmesan, if you'd like.

Recipe yields 6 bowls or 8 cups of soup

Prep Time: 20 minutes Cook Time: 45 minutes

Tomato Sauce with Onion and Butter

2 pounds fresh, ripe tomatoes or 2 cups canned plum tomatoes cut up in their juices
5 TBSP butter
1 medium onion, peeled and cut in half
Salt
Freshly grated Parmigiano-Reggiano cheese for serving

Put tomatoes in sauce pan, add the butter, onion and salt. Cook uncovered at a very slow, but steady simmer for 45 minutes, or until the fat floats free from the tomatoes. Stir from time to time, mashing any large piece of tomatoes in the pan with the back of a wooden spoon. Taste and correct salt. Discard onion before using.

6 servings

May be frozen – discard the onion before freezing.

(Thank you Arleen Place)