

## General Dinner Meeting

Thursday - May 13, 6pm  
Mount Virgin Church Hall

No May Luncheon

Happy Mother's Day

# il Ficcanaso



May 2010

Official Bulletin of the Italian Club ... Established April 26, 1920

## President Corner *By Anna Popovich*

### Something New



I'm going to step back from writing my usual column and allow those active members of our club, who have been with us 35 years or

longer, to tell their stories in a new column called *In Their Own Words*.

I've asked **Nick Grossi** to write the first article in this series.

#### *In Their Own Words*

#### **My Years in the Italian Club**

*By Nick Grossi*

I joined the Italian Club in 1980. At that time there were some wonderful old-timers in the club but few young ones ... the president at that time was Julius Rosso.

The Italian Club was a place for "networking" (of course it was not called networking then). Many members were successful business people in the Seattle area and several held positions of responsibility ... from city council to governor.

One of the things that attracted me to the club were the wonderful activities ... lunches, dinners, formal dances, holiday celebra-

tions, fishing trips, and many more.

I was looking to associate with more Italians and celebrate my Italian heritage. Over the years I became very involved and Ginny and I chaired many events and tried to uphold the tradition of quality events and programs which the Club members wanted. We had a big treasury and large crowds attended all of the activities.

I was impressed with the Club's charitable activities. We were always quick to respond to help Italians after earthquakes, floods and fires. We supported the Kidney Fund by sponsoring fund raising dinners and we gave generously to Catholic Communities Services.

The Italian Club was one of several major sources in getting the Festa Italiana started. Without their the full support in the beginning, there would be no Festa.

The Italian Club today is stronger than ever and I will always support it. I hope my family and others with an Italian heritage will do the same.

## Italian Club Luncheons Past and Future 2010

*By Carolyn Jackson, Luncheon chair*

April 21 was the first Luncheon of 2010. It was a great day ... 27 members and one child attended. Our speaker, thanks to **Franco Tesorieri**, Alessandro Canali, attorney, with the Italian Judicial system in Rome spoke on the Italian Judicial system and the events of the Amanda Knox case.

A thank you to the donors of the door prizes. **Ron Alia, Nick and Ginny Grossi, Mary Hoffa, Carolyn Jackson, Mike and Diana Kaczor, Barbara Peretti, Ray and Caroline Petre, Anna Popovich, Roy and Betty Skibo, Diana Warczak and Dorothy Whitney.**

The Seattle Italian Club was founded on April 26, 1920, we are 90 years old so what was more fitting then to sing 'HAPPY BIRTHDAY' to the thriving Italian Club.

#### **Next Luncheon: Wednesday, June 16**

The speaker at our next luncheon is Mr. Dominic J. Pulera, a published author from Wisconsin. His most recent book, *Green, White and Red: The Italian-American Success Story* (2009) includes a vignette about the Italian-American community of Seattle.

More information will be forthcoming. We hope to continue to celebrate our 90th Birthday that day. Place and price the same, Courtyard, Marriott. \$23.00. Door prize gifts not mandatory, but appreciated. A reservation made is a reservation paid. I'll take reservations and checks at our May and June meetings. Let's have a great turn out for Mr. Pulera.

See you at the meetings.

## General Dinner & Meeting

**THURSDAY, May 13**

Mount Virgin Church Hall  
2800 S. Massachusetts Street, Seattle

Dinner at 6.00PM ...  
Followed by the general meeting.

Progressive prize ... \$125

## A Saturday at the Races



**Joe Galluccio**, Chairman, has announced a date for A Day at Emerald Downs. The date will be **June 19th**. Mark your calendar now. Details on page 4.

**No May Luncheon**

**Next Luncheon:  
Wednesday, June 16**

## il Ficcanaso

Established April 26, 1920  
Official Bulletin of the Italian Club  
[www.italianclubofseattle.org](http://www.italianclubofseattle.org)

Editor:

**Nick Grossi**

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### ITALIAN CLUB OFFICERS FOR 2010

President:

**Anna Popovich**

(206) 453-4002

Vice President:

**Monte Marchetti**

425-591-5541

Secretary:

**Dennis Caldirola**

(206) 282-0627

Treasurer:

**Joe Galluccio**

(206) 275-4688

Ex Officio:

**Brian DiJulio** (425) 820-4424

Trustees

**Tom Grossi** (425) 557-0071

**Michael Lazzaretti** (206) 280-6691

**Diana Kaczor** (206) 232-7880

**Marty Nigrelle** (206) 310-7689 (Cell)

**Diana Laforanara** (425) 827-4728

Sergeant at Arms: **Ron Roletto**

Committee Chairs:

Finance: **Tino Lazzaretti**

Membership: **Monte Marchetti**

Day at the Races: **Joe Galluccio**

Mariner Baseball Night: **Marty Nigrelle**

Picnic: **Ron Roletto**

Halloween Party: **Andrea Petrone**

Adult Christmas Party: **TBD**

Children's Christmas Party: **Tom &**

**Nancy Grossi**

Bylaws: **Barbara Peretti**

Luncheons: **Carolyn Jackson**

Scholarship: **Marty Nigrelle**

Miss Italian Club: **Margaret Marchetti,**

**Carole Bishop and Linda Madrid**

Facilities: **TBD**

Health: **Carolyn Jackson**

Parliamentarian: **Lou Cella**

Golf Tournament: **Brian DiJulio**

Crab Dinner: **Anna Popovich**

THE ITALIAN CLUB OF SEATTLE, Inc.

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Seattle, WA 98109

(206) 282-0627

[www.ItalianClubofSeattle.org](http://www.ItalianClubofSeattle.org)

## Made in Italy 2010

Poggi Bonsi's new store at The Landing in Renton has been chosen by the Italian Trade Commission as one of 20 stores in the U.S. to host "Made in Italy 2010." The event

runs from May 9-22 with a reception featuring Italian food and wine on May 16 from 4-7 PM. Details can be found <http://www.poggibonsi-gifts.com/blog>.

## Scarpaci Readings

Vincenza Scarpaci, author of the book "The Journey of the Italians in America," will be giving readings and doing book signings in our area in the near future. The appearances at the Public Libraries are free to the public.

May 10th/Mon. 7 p.m.  
Bellevue Public Library - book talk and signing  
111 110th Avenue NE  
Bellevue, WA 98004  
(425) 450-1764

May 11th/Tues. 7 p.m.  
Tacoma Public Library - book talk and signing  
1102 Tacoma Avenue South  
Tacoma, WA 9802  
(253) 591-5666

May 12th/Wed. 7:30 p.m.  
Dante Alighieri Society - book talk and signing social segment and dinner (\$8) begins at 6 p.m. non members welcome  
2336 15th Ave. S.  
Seattle, WA 98144  
(206) 320-9159

## Winners *by Nick Grossi*

The Progressive Prize of \$100.00 would have gone to **Peter Cereghino** but because he was not at the meeting, the jack pot will go to \$125.00 at the May meeting.

The birthday winner for April was **Joe Sargent**. The winners of the

spirits, coffee cards, polenta and beer were, **Linda Madrid, Barbara Peretti, Sharon Pioli, Kimberly Carrosino, Michael Lazzaretti, Ron Roletto, Tom Grossi, Gemma Theilges "Tata" Fontana, Mike Kaczor, Marie Dahlgren, Joe Sargent, and Diana Laforanara.**

## SECRETARY'S REPORT ... May 2010 *By Dennis Caldirola*

I regret to announce that as of May 1, 17 members have been dropped from the rolls of the Club for nonpayment of dues. This leaves us at the present time with a total of 242 members in good standing. As suggested by the editor of *il Ficcanaso*, this issue will be mailed to those in arrears along with an insert urging them to contact us as soon as possible to be reinstated with no initiation fee.

On a happier note, Nick Grossi, the aforementioned editor, is busy selling ads for our biannual roster due to come out the first week of June. Please give him a call if you'd like to put your or your company's name in front of the members on a regular basis.

If you have any new contact information that you'd like listed or changed in the roster, please email me at <[Dennis@FestaSeattle.com](mailto:Dennis@FestaSeattle.com)> as soon as possible. This includes residence phone numbers, business phone numbers, FAX lines, cell phones and

email addresses. Needless to say, the roster will not list anyone who has been dropped for nonpayment of dues.

*Note To Advertisers:*

The nature of the the roster is that members will keep it and refer to it frequently over time.

Now you can keep your name or the name of your business in front of 250+ fellow members of the Italian Club for two whole years.

To purchase an ad at very reasonable rates, please contact **Nick Grossi**, editor of *il Ficcanaso* at **425-454-5575** ... Cost is \$100 for full page, \$50 for a half page and \$25 for business card size.

### Need a Ride?

Trustee **Diana Laforanara** (425-827-4728) has offered to give a ride to the meetings to anyone on the Eastside who needs one. *Thanks Diana.*

## **May, a Beautiful Month, Dedicated to "Mothers"**

A very happy Mother's day to all. May your day be blessed with love, family and wonderful memories. "Tis the month of our Mother, the blessed and beautiful days" Remember that one?

Seems like just yesterday I was sitting here and wondering what has happened to our members or their families and is printable?

We love hearing and sharing your news. Without you there would be no Health & Welfare Column. So, keep the news coming. We like to hear what's going on in our members' lives and we appreciate and respect your privacy.

**Bill Picchena** was so excited at our April Luncheon with his news. Bill's three Daughters were taking him to the Kentucky Derby. Hope his bets were on the winning horses. We have to hear all about your trip and winnings Bill.

God is good; **Gemma DiJulio Thielges** reported she has had two successful eye surgeries this past month. Two were necessary to treat narrow-angle glaucoma and also the cataracts. We're happy for you Gamma. *Take care and listen to your Doctor.*

HAPPY "75" **Barbara Peretti**. Sons Dino and Rico and family had a big birthday party. The event was held at Kennedy High School's hall. It was some party. *Happy Birthday, Barbara.*

We miss seeing **Cameron Smock**; it's been a busy year for him. We do have some good news to report: Cameron's Daughter, Kirsten, a junior in High School, has been accepted at Harvard for a special Honor's Program this summer. *Good going Kirsten.*

**Gino and Joanne Marchese** took a little time off and headed

for the sunshine and some R & R. Spoke to **Helen Carrosino** she said that Lou is progressing nicely and behaving. They're looking forward to attend the next meeting.

Speaking of the next meeting, which is Thursday May 13th. Our President, Anna and hubby Bob asked to be excused. They'll be attending their Granddaughter, Mia Papasadero, daughter of Carmen and Tony, graduation from Gonzaga University. Then on to Montana to visit family and friends.

We heard **Joe Faccone** had back surgery; you are in our prayers and thoughts. Take it easy Joe,

What a nice surprise, I was reading the May 2010 issue of the *Reader's Digest* while sitting under the dryer and looking for their "EATER'S DIGEST" column. Well, found it and guess who was one of the chefs of the month? Our own Past President Armandino and Marilyn Batali's son ... **Mario Batali**. His recipes are on pages 167 and 168. Linguine with Clams and Pennette with Cauliflower Ragu, just thinking about it makes my mouth water.

How about a little humor? This has been around for awhile, I just read it again and thought I would share. -"You are growing old WHEN" here they come SMILE:

Everything hurts and what doesn't hurt isn't working.

You know all the answers but nobody asks you the questions.

Your knees buckle, but your belt won't.

You sit in a rocking chair and you can't get it going.

Sure gets you thinking.

**Art and Dorothy Oberto** just returned from their R & R in Mexico. Looking relax, happy and tan.

Heard that **John Croce** has been having some problems with his legs. *Get better John.*

Thinking about some of our members that are unable to attend meetings or events, hope they know we are praying and thinking of them. Just to mention a few, **Lena Boitano, Lou & Madeleine Borda, Vito Chiechi, Ed DeRocco, Earl Hoffa, Gene & Inky Merlino, Angie Molinaro, Carmen & Margaret Murray, Carl Romei, and Gov. Al Rosellini,**

Let's keep all our members in our prayers and thoughts. A card or a call would help too. It's nice to be remembered.

To all our "May" Happy Birthday celebrants. "Special happy wishes that a birthday can bring, because you're someone who deserves the best of everything."

*Dates to save:*

June 10th - Regular meeting

June 16 - Italian Club Lunch, Courtyard Marriott

July 20 - Seattle Mariners Italian Heritage Night (7:05 PM)

August 15 - All Italian Picnic, Royal Arch Park

Sept. 11 - Festa Italian Mass, Mt. Virgin Church 5P.M. Reception to follow:

Sept. 25/26, 23 - Italian Festival, Seattle Center

That's it for another month. Looking forward to seeing you at the meetings and/or events

It's important to have a twinkle in your wrinkle.

Take care, enjoy and stay healthy. AMEN

*Your informer*

Carolyn E. Jackson aka Sister.



## **Italian Club's Day at the Races**

Join us for a day of food and fun...  
Seattle Italian Club annual day at Emerald Downs

**Saturday June 19th at 2pm**

\$45 per person (including admission, tip sheet, and a sumptuous buffet lunch)  
Turf Club Reserved Seating ... Tax and Gratuity. Valet Parking.

**RESERVATION DEADLINE SATURDAY, JUNE 10, 2010**

Mail reservations to:

**Joe Galluccio**

**7018 82nd Ave. SE**

**Mercer Island, WA 98044**

**(206-275-4688)** to reserve your place.

### **Be there for the Italian Club Race**

#### Event Schedule

12:30 pm - Gates Open to the Public

1:30 pm - Handicapper Available

2:00 pm - The First Race

2:30 pm - Approximate Serving of Buffet

6:30 - Approximate Conclusion & Count your Winnings

#### Turf Club Buffet

- Sliced marinated flank steak with carmelized onion jus
  - Grilled chicken with Asian glaze
  - Herb roasted Yukon potatoes
    - Vegetable platter
    - Caesar salad
  - Assorted rolls and butter
    - Fresh fruit bowl
    - Assorted cake tray
  - Coffee and tea service

Please Note: A business casual dress applies in the Turf Club, Denim jeans, T-Shirts, shorts and athletic are prohibited. Privileges will be denied to any guest considered inappropriately attired.

## OUR ITALIAN HERITAGE

### *Italians and Mother's Day...* by Tina Conforti, Field Reporter

In most countries, Mother's Day is a recent observance derived from the holiday as it has evolved in North America and Europe. Some countries already had existing celebrations honoring motherhood.

These celebrations have adopted several external characteristics from the US holiday like giving carnations and other presents to honor your mother.

Frequently in Italy school children memorize a special poem to be recited to their mothers on Mother's Day.

*The following is an example.*

Il Nome Mamma O gran parola che tutti amino prima parola che tutti imparano Il nome "mamma" e come fiamma che mai nel cuore si spegnera

Oh great work that we all love the very first word we all learn the word "mamma" its like flame that in our hearts will never be put out.

**Happy Mother's Day.**

## New Italian Club Bocce Teams

The Italian Club now has two of its very own Bocce Teams, a Men's Team and a Woman's Team.

*The Men's Team Name is:*

The **Easy Rollers** featuring Captain **Dick Whitney, Bob Popovich, Monte Marchetti** and **Daniele Moreni**.

*The Women's Team Name is:*

The **Starlets** consisting of Captain **Dot Whitney, Anna Popovich, Diana Kaczor** and **Sue Lee Moreni**.

Our first Tournament is Saturday JUNE 5TH 2010 at the 10th Annual Grand Lodge Bocce Open Tournament Auburn Parks Bocce Courts, Les Gove Park East of 910 9th Street South East Auburn.



## Seattle Perugia Sister City Association (SPSCA) 3rd Annual Wine Tasting

Wednesday, May 26th, 6:30 pm

The Home of Mike and Donna James, 1120 8th Ave. #1201, Seattle, WA 98101, 206 669-5791

This year's wine tasting features Tom Kelly of Small Vineyards Imports who will introduce us to small regional Italian vintners. (Check out his website [www.svimports.com](http://www.svimports.com)).

The cost is \$25 per person, payment due at the event. Contributions of appetizers will also be appreciated.

Attendance is limited to 35 people, so please respond to this email or email/call Marty Curry ([mcurry1551@comcast.net](mailto:mcurry1551@comcast.net); 206-525-0465), to RSVP and to let us know if you can contribute an appetizer.

Park at the parking lot at 7th and Seneca - next to Town Hall OR the Virginia Mason Parking garage on 9th Ave between Spring and Seneca.

At the entry, dial Donna or Mike James on the resident list to get buzzed into the building.

## Membership News

By Membership Chairman Monte Marchetti

The members approved of Nils Seth for membership to the Italian Club. Welcome to the Club.

*Applications for membership were received from:*

Salvatore Lembo  
12306 NE 100th Place  
Kirkland, WA

Born in Messina, Italy he now owns a restaurant Firenze/Guido in Bellevue. His wife is Kim and they have three daughters, Brigette, Valentina and Sabelle.

His sponsor is **Carmelo Ricciardello**.

Jay Andrew Boitano  
1427 E Lake Sammamish Parkway SE  
Sammamish, WA

He is the owner of Boitano Custom UL. His wife is Kim and they have a son Mithell. His grandfather is from Genoa and his sponsor is **Lena Boitano**.

Kim Gervasoni  
1427 E Lake Sammamish Parkway SE  
Sammamish, WA

Kim is married to Jay Boitano. Her grandmother was born in Milan, Italy. She is sponsored by **Lena Boitano**.

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## Applications received to review & confirm!

By Martin Nigrelle (Italian Club Scholarship Chair)

The Italian Club of Seattle will again be awarding up to three \$500.00 scholarships for the 2010-2011 school year to students who are selected based on meeting or exceeding the scholarship criteria (noted below).

To date three applications were received in the allotted time. Applicants will be notified of the receipt of their application via their provided contact data. They will be reviewed & verified by the Scholarship Chair in the Month of May.

*Next steps in the scholarship process:*

- May 2010 – Applications reviewed & verified
- June 2010 – Award Recipients announced in il Ficcanaso
- September 2010 – Award Recipients presented @ General Meeting

The qualifications each recipient needs to meet or exceed are as follows:

1. A parent of the applicant (student) must be in good standing in

the Italian Club for at least three years. (Grandparents are not included).

2. The parent(s) of the applicant must attend at least three club meetings during the year.

3. The applicant (student) is enrolled in high school (grades 9 through 12) for the 2010-2011 school year, in the greater Seattle area

4. The applicant (student) must have a grade point average of 3.0 or higher (with official transcript) and take part in extra-curricular

activities, community service, etc.

5. Each applicant must write a letter telling about him/her self and activities in which he/she is participating.

6. The application and transcript must be post marked no earlier than April 1st 2010 and no later than May 1st 2010.

7. Applications that are incomplete or missing a transcript will not be considered.

## Mariners' Italian Heritage Night, Tickets Available!

By Martin Nigrelle

The Mariners & Verizon are sponsoring Italian Heritage Night, Tuesday July 20th 2010, 7:05pm the Mariners (currently 11-14) are hosting the Chicago White Sox (currently 10-15).

The Italian club has sold all but 2 of the 52 field level tickets for purchase @ \$27.00 each within the Italian Club if you want to sit with your friends in the Italian Club, contact Martin Nigrelle. More tickets are available through the Mariners at <http://mariners.com/italian>. Ticket prices are \$27.00 (Field level) & \$13.00 (Top deck).

The giveaway item for this year's game will be a scarf designed & created just for this event. The scarf will again include the colors of the Tricolore, running the length of the scarf along with a Mariners embroidered logo. Ticket prices include \$2.00 that will be donated to Festa Italiana the free festival celebrating Italian-American heritage in the Pacific Northwest for over 20 years.

### Famous Italian Quotes

O mangiare questa minestra o saltar questa finestra.  
English translation: Either eat this soup or jump out this window.  
Idiomatic meaning: Take it or leave it.

Occhio per occhio, dente per dente.  
English translation: An eye for an eye, a tooth for a tooth.

Ogni bel gioco dura poco.  
English translation: Every good game lasts a short while.  
Idiomatic meaning: All good things come to an end.

DAVIS GRIMM PAYNE and MARRA

**JOSEPH G. MARRA**  
ATTORNEY

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# Italian Club Calendar of Events

**General Meetings:** Dinner (\$5.00 charge) followed by meeting at 6 pm.








Meetings on SECOND Thursday of the month, Mount Virgin Church Hall

**Luncheons:** 11:30 PM at Marriott Courtyard (925 Westlake Avenue North) are held quarterly

**Social Hour 11:30, Luncheon 12 Noon**

**Finance and Bylaw Meetings:** 7 PM at IC office

**Trustee Meetings:** First Thursday of every other month, unless otherwise noted

MAY 2010	JUNE 2010	JULY 2010
<p><b>13:</b> IC General Meeting/Dinner 6pm</p> 	<p><b>3:</b> Trustee Meeting</p> <p><b>10:</b> IC General Dinner Meeting, 6pm</p> <p><b>16:</b> IC Luncheon, Carolyn Jackson, Chairman</p> <p><b>19:</b> Horse Racing at Emerald Downs, Chair - Joe Galluccio</p>	<p>Summer Break</p> <p><b>20:</b> 4th Annual Seattle Mariners Italian Heritage Night Chairman Marty Nigrelle</p> <p>No Meetings <i>No il Ficcanaso</i></p> 
AUGUST 2010	SEPTEMBER 2010	OCTOBER 2010
<p>Summer Break No Meetings <i>No il Ficcanaso</i></p> <p><b>15:</b> Ferragosto, various locations</p> <p><b>15:</b> Italian Community Picnic</p> <p><b>27-29:</b> Festa Italiana - Portland</p>	<p><b>2:</b> Trustee Meeting</p> <p><b>9:</b> IC General Meeting, 6 pm</p> <p><b>11:</b> Festa Italiana Mass Carolyn Jackson, Chairman</p> <p><b>21:</b> Festa Downtown Luncheon</p> <p><b>24:</b> Festa "Taste of Italy"</p> <p><b>25-26:</b> 23rd Annual Italian Festival at Seattle Center</p>	<p><b>9-10:</b> Great Italian Festival, Reno, NV</p> <p><b>14:</b> IC General Meeting Dinner 6pm</p> <p><b>TBA:</b> Golf Tourney</p> <p><b>TBA:</b> Halloween Party for kids Chairman Andrea Petrone</p>
NOVEMBER 2010	DECEMBER 2010	JANUARY 2011
<p><b>7:</b> Trustees Meeting</p> <p><b>14:</b> IC General Meeting - 6pm Nominations will be taken from floor for 2010 officers</p> <p><b>17:</b> Past Presidents Luncheon, Chairman, Carolyn Jackson</p>	<p><b>9:</b> IC General Meeting/Dinner Election of Officers IC, 6pm</p> <p><b>TBA:</b> IC Christmas Children's Party 8:30AM, Tom &amp; Nancy Grossi</p> <p><b>TBA:</b> IC Christmas Party</p> 	<p><b>13:</b> IC General Meeting/Dinner Installation of Officers 6pm.</p> 
FEBRUARY 2011	MARCH 2011	APRIL 2011
<p><b>3:</b> Trustees Meeting</p> <p><b>10:</b> IC General Meeting/Dinner 6pm.</p> 	<p><b>10:</b> IC General Meeting/Dinner 6pm.</p> <p><b>TBA:</b> Crab Feed</p> 	<p><b>7:</b> Trustees Meeting</p> <p><b>14: Thursday</b> - IC General Meeting/Dinner</p> 



## il Ficcanaso

The Italian Club, Inc.  
P.O. Box 9549  
Seattle, WA 98109-0549

ADDRESS SERVICES REQUESTED

**General Dinner Meeting**  
Thursday - May 13, 2010  
Mount Virgin Church Hall

Visit our website at:

[www.ItalianClubofSeattle.org](http://www.ItalianClubofSeattle.org)

**Recipe ... Use your favorite veggie** Prep Time: 30 Minutes, Cook Time: 20 Minutes, Servings: 7

### ITALIAN PASTA SALAD

*"This recipe is a zesty pasta salad which can be altered by adding your favorite vegetables - a great recipe for any occasion!"*

#### Ingredients:

- 1 cup fresh broccoli florets
  - 1 cup fresh cauliflower florets
  - 1 tablespoon butter
  - 1 teaspoon salt
  - 1 (32 ounce) package seashell pasta
  - 1 (16 ounce) bottle Italian-style salad dressing
  - 1 cup shredded carrots
  - 2 cucumbers, diced
  - 3 tomatoes, diced
  - 8 ounces shredded Cheddar cheese
- PREHEAT the oven to 350 degrees F (170 degrees C.).

#### Directions:

1. Steam broccoli and cauliflower florets until tender. Place broccoli and cauliflower in a large bowl, toss with butter and salt.
2. Bring a large pot of salted water to a boil. Stir in the macaroni and return the water to a boil. Let cook until the noodles are al dente, drain well.
3. In a large mixing bowl, mix the Italian dressing with the hot macaroni. Next, mix in the carrots, cucumbers, tomatoes, broccoli, and cauliflower. Cover the bowl and refrigerate for 30 minutes.
4. After the pasta and vegetables have been chilling for 30 minutes, stir in the cheese. Return the bowl to the refrigerator for another 30 to 45 minutes before serving.