



Italian Club of Seattle **SCHOLARSHIP**

MARTY NIGRELLE

Are you the child of a member of the Italian Club? Will you be attending high school in the 2012-2013 school year? If you can answer yes to both of these questions you should consider applying for the Italian Club Scholarship.

The Italian Club of Seattle is awarding up to three individual \$500.00 scholarships. The scholarships for the 2012-2013 school year will be awarded to students who are selected based on meeting or exceeding the scholarship criteria (noted below). As in years' past; the better the GPA, the better chance of scholarship award.

The qualifications each recipient needs to meet or exceed are:

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 2012-2013 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,

(Continued on page 3)



THIS ISSUE

Presidents Message...P.1
Italian Club Scholarship...P.3
Health and Welfare...P.4
Crab Feed...P.5
Membership Application..P.6
Calendar of Events...P.7

PRESIDENT'S MESSAGE

Greetings Everyone,

I hope you are getting all the rest you need and enjoying the winter months. Hibernation for humans is something we can sleep on. I am always amazed at how much earlier I retire in the winter and the effects of cold weather and decreased sunlight have on human metabolism. Scientist are studying animals and have discovered how they can survive on little blood or oxygen while hibernating. They want to take that knowledge and transfer it to saving human lives and organs, for example trauma victims could be injected with a solution that replaced their glucose in their blood and slow them down until they could get the medical help they need. Rest is very important and maybe we should look at winter as the off season, a time to rejuvenate and heal our minds and bodies. We have become so task oriented that we may not recognize that we must pay homage to rest and a critical part of our success. So let's feel good about getting our rest and shake off some of

the stress so we can be our best.

Thanks go out to everyone who worked, supported and attended the 2012 Crab Feed. It was a great event full of fun and food and friendship. Thanks for the compliments on the food. I like what Wolfgang Puck says about cooking, "Buy the very best ingredients and then don't screw them up" A lot goes on at the Crab Feed and it takes months of planning and hard work by many great people. On many different levels things are happening on leading up to the serving of the food. I felt so blessed to be surrounded by great friends in the kitchen and to think that I have been playing with some of these guys since I was a child makes me realized how lucky I am. Cooking is an art and the variations of ingredients and processes



MONTE MARCHETTI

(Continued on page 2)

GENERAL MEETING & DINNER



Thursday, March 8th

Mount Virgin Church Hall

Dinner (\$10) @ 6:30PM

Progressive prize \$25

MARINERS ITALIAN HERITAGE NIGHT

Thursday,
June 14th



il Ficcanaso

Official Bulletin of the Italian Club of Seattle
Established April 26, 1920
www.italianclubofseattle.org

Editor:

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Italian Club Officers for 2012

President:

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Secretary:

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Treasurer:

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Ex Officio:

Anna Popovich (206) 453-4002

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Ron Alia (206) 679-0791

Barbara Peretti (206) 723-3614

Rod Warczak (253) 359-7210

Audrey Manzanares (206)-779-7325

Sergeant at Arms:

Ron Roletto

Committee Chairs

Membership **Martin Nigrelle**

Day at the Races **Joe Galluccio**

Mariner Baseball Night **Martin Nigrelle**

Picnic **Ron Roletto**

Halloween Party **Andrea Petrone**

Adult Christmas Party **Joanne Marchese**

Children's Christmas Party **Tom & Nancy Grossi**

Bylaws **Barbara Peretti**

Luncheons **Carolyn Jackson**

Scholarship **Martin Nigrelle**

Miss Seafair **Audrey Manzanares**

Health **Carolyn Jackson**

Parliamentarian **Lou Cella**

Golf Tournament **Brian DiJulio**

Crab Dinner **Anna Popovich**

Day at the Casino **Michael Lazzaretti**

PRESIDENT'S MESSAGE (cont.)

(Continued from page 1)

are endless and to have close friends to collaborate and challenge your decisions is really great and amusing. I guess many Italian think they can cook, sing and act. It really helps my confidence to have feedback and assurance that I am on the right track. Eating great food is a wonderful thing preparing food and cooking with friends is divine. I want to personally thank: **Paul Case, Rich Hall, Greg Pirolo, Greg Pesce, Bob Sylvester, Al Carlson, Glen Suggs, Marty Nigrelle, Dot Whitney, and Dick Whitney.** This team continually improves and delivers a great plate of pasta, salad and crab to two hundred and twenty five people very quickly.

Many requests came in for the pasta recipe and we will publish it again with a few secrets. First I found that by heating extra virgin olive oil with the red pepper flakes adds a toasty flavor. I strain out the seeds and flakes and am left with an infusion of red oil that I mix back into the sauce. It is potent and you can refrigerate this red pepper oil infusion to add a kick to many different dishes. To get the moist pasta add liberal amounts of the pasta cooking water into your pasta mix. The starch of the pasta water will emulsify with the lipids and will coat your pasta with creamy goodness.

I am really enjoying the monthly meetings and we are spending most of our time visiting, eating and enjoying each other's company. Keeping our focus on the fun factor will keep people coming and bringing their friends. We have several people inquiring about membership and now have an interactive application on the web site. This means you can go to the Italian Club of Seattle web site, click on application and type all your information, and then print and sign and you're done. Thanks to new member Joe Jacobin for helping us with the interactive form.

Have a great March, Happy St. Patrick's Day!

- Monte Marchetti

✉ montemarchetti@gmail.com



AGLIO Y OLIO Y PEPPERINCHINO SAUCE RECIPE

- 1 lb. pasta (uncooked)
 - 3 teaspoons salt
 - ½ cup reserved pasta water
 - 7 tablespoons extra virgin olive oil divided
 - ½ stick of butter
 - 4 tablespoons fresh minced garlic, divided
 - 1 teaspoon dried red pepper flakes
 - 1 ounce anchovies canned
 - 2 tablespoons of capers
 - 10 chopped Kalamata olives
 - ¼ cup chopped parsley
 - 2 teaspoons fresh lemon juice
 - ½ cup grated Parmesan cheese
 - ½ cup of bread crumbs
 - Salt and black pepper
1. Melt olive oil, butter and garlic (finely pressed or chopped), cook slowly so as not to burn the garlic.
 2. Add anchovies, salt and pepper (Lightly) leave on low heat while pasta cooks.
 3. Cook pasta al dente reserving some starchy water for sauce. (10-11 minutes)
 4. Drain and place in bowl, add sauce and lemon juice and reserved pasta water and toss
 5. Plate and spread Parmesan cheese, olives, capers, bread crumbs and Italian parsley on top.
 6. Place sliced lemon wedges around the edges and serve

Italian Club of Seattle Scholarship (CONT.)

(Continued from page 1)

community service, etc.

- Each applicant must write a letter telling about themselves and activities in which he/she is participating.
- The application and transcript must be post marked no earlier than April 1st 2012 and no later than May 1st 2012.
- Applications that are incomplete or missing a transcript will not be considered.

Next steps in the scholarship process:

- March 2012** – Application form published in il Ficcanaso
- April 2012** – Applications submitted & Application form published in il Ficcanaso
- May 2012** – Applications reviewed & verified
- June 2012** – Award Recipients announced in il Ficcanaso
- September 2012** – Award Recipients presented @ General Meeting

The Application form must be accompanied by:

- Official Transcript, from the Middle or High School the applicant is currently attending (2011-2012 school year).
- Letter detailing the applicant's participation in extra-curricular activities & community service

MEMBERSHIP NEWS

BY MEMBERSHIP CHAIRMAN MARTY NIGRELLE

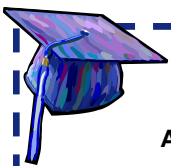


At the March general meeting the club will be voting on several new applicants:

- William Spaletta** – William lives in the Yakima area & works in the health care industry. William's great-great-grandmother immigrated from the Croveo region of Italy. William has a wife, Dorothy & daughter, Isabella. Application is sponsored by **Monte Marchetti & Dennis Caldirola**.
- Dominic Riccetti** – Dominic lives in the Woodinville area & works in the Hi-Tech/Internet industry. Dominic's great grandfather immigrated from Corfino, Italy. Dominic has a wife, Lisa, and two children, Seidi & Marissa. Application is sponsored by **Dominic Driano & Tony LaStella**
- Joel Patience** – Joel lives with his spouse Dale, in the Edmonds area & works as a Graphics & Watercolor artist. Joel is sponsored by **Dennis Caldirola & Martin Nigrelle**.
- Donald Gulden** – Donald lives in the Seattle area & is retired. Donald's application is sponsored by Linda **Madrid & Dennis Caldirola**.
- Joseph & Linda Jacobin** – Joseph & Linda live in the Seattle area. Joseph is self-employed in the word processing industry (including producing the newsletter for the Sons of Italy) & Linda works in the banking field. They have a son James. Linda has Italian roots that hail from the Turino region & Joseph has family ties to the Pietro Veriano region. Applications are sponsored by **Monte Marchetti & Dennis Caldirola**.

There were no new member applications to be voted on for the February General meeting.

If you have friends or family interested in joining our club, please have them use the Application button found on the club's web site: <http://www.italianclubofseattle.org> (See Application Pg.6)



2012/2013 ITALIAN CLUB SCHOLARSHIP APPLICATION FORM

APPLICANT'S NAME: _____

APPLICANT'S PARENT(S): _____

(Italian Club Member(s) in good standing)

HIGH SCHOOL: _____

(Applicant will be attending during the
2011/2012 School Year)

MAILING ADDRESS: _____

PHONE: _____

EMAIL: _____



Applications are to be
sent to:

Italian Club of Seattle -
Scholarship

c/o Martin Nigrelle
1600 28th Ave W

HEALTH AND WELFARE - MARCH

BY CAROLYN JACKSON



March, Happy St. Patrick's day, a blessed St. Joseph's day and look out for the Ides of March. Lent started on the 22nd of February. Telling us March is pretty busy with parties and praying. Bless us all.

Hope this finds you all enjoying the best of Health. "Health" tells the whole story, enjoy it. I was looking for another word for "Welfare" so good old Webster

showed me the following "Well-being, Prosperity; Money or other assistance given." That's what this column is all about, OUR HEALTH AND WELFARE.

Prayers for our under the weather members; **Mari Betz** was in the hospital, is now home and would enjoy cards, calls and prayers. We miss your smiling face Mari, you are in our thoughts and prayers. **Barbara Peretti** is still having major back problems and has been informed that surgery is necessary. A date has been set, March 21st. God bless you Barbara, you also are in our prayers and thoughts. We were also sorry to hear that **Rosa Facciuto** was in the hospital with some broken ribs and a punctured lung. She is now home and healing. That woman is a dynamo. God bless you Rosa. Our love and prayers with you and Tony.

Enjoying some R & R, our new member, **Maria Bellevia**, Joanne **Marchese** and **Diana Warczak** who spent some happy, busy, and fun days in Palm Desert. We want to hear all about it Girls!

More good news, Love and much happiness to our newly engaged couple, it all happened at the Space Needle on New Year's Eve. Our prospective new member, Don **Gulden**, asked our **Linda Madrid** to be his loving Wife. Congratulations Don and Linda. What a way to start the New Year, love and blessings.

Received an email from Carol **Bishop**, she will be traveling South, playing tennis, seeing the Mariners and enjoying family and friends and the "sunshine". Have fun and thanks for sharing your news.

Then via Facebook and conversation, **Michael Troiani** will be traveling, first to California, then off to Italy for a couple months. Oh to be young again, take care Michael.

Bicycle, train, plane and auto... that's **Ron Roletto**, going the whole 9 yards! What about sailing Ron? What fun.

Much happened in February and we thank all the hard working volunteers that contributed to the success of each event. Lee Iacocca wrote in his Autobiography "Don't just stand there, make something happen." Thank you again to all for "Making something happen".

Heard **Ed DeRocco** was at the crab feed. Good going Ed.

Welcome home to **Cristina Zappoli (Croce)**, **Ryser** and son, **Vincent**. They spent 6 month in Sicily with Mother/Grandmother, **Sylvia Croce Zappoli**.

We wish all our March Birthday celebrants a very Happy Birthday. May you be blessed with Loving Family, Friends, Health and Happiness. Life is not about how to survive the storm, but how to dance in the rain.

Roy Skibo has asked to share the names of these restaurants on the Eastside that he has found. So, Roy, here they are.

- Angelo's Ristorante, 1830-130th Ave. N E, Bellevue; Owner, Richard Ricci
- Big Fish Grill, 10426 NE Northup Way, Kirkland; Owner, Carrie Orrico
- Tosoni's Restaurant. Catering. 14320 N.E. 20th, Bellevue; Owner, Walter F. Walcher.

A REMINDER: Save the dates, Italian Club lunches, Wednesday April 18th and June 20th. 2012. More information will be coming soon.

Keep in mind: "Laughing is good exercise. It's like jogging on the inside".

In closing, "Live simply, Love generously, Care deeply, Speak kindly and leave the rest to God.

Remember, we're happy to receive and print your news.

Until next time,

Carolyn E. Jackson, the Informer, aka Sister.

GOT NEWS?



SRMARYHOLYWATER@AOL.COM



MARINERS ITALIAN HERITAGE NIGHT 2012

BY MARTIN NIGRELLE—EVENT CHAIRPERSON

This year the Mariners will be hosting Italian Heritage Night on Thursday **June 14th, 7:10pm**. The visiting team is the San Diego Padres.

The Mariners have new staff in place in the front office with some great new ideas & possibly even some new activities for those who attend. As soon as we have firmed up the details, they will be posted here for everyone. Historically the Mariners have had good luck on Italian Heritage night winning four out of the five games.

Maybe, just maybe we will actually see Bill Picchena in attendance this year.

Tickets will again be handled on a first come first serve basis.

BIG THANKS FOR THOSE AT CRAB FEED

Once again our annual Crab Feed a huge success, with thanks to all of you for making it so.

Thank you **Joe and Debbie Sargent** for delivering the crab from Tokeland. Thank you **Ron Roletto, Michael Troiani, Bob Sylvester, Marty Nigrelle, and Tim Milios** for helping with the set-up.



A huge thank you to the kitchen crew; headed up by Chef **Monte Marchetti** with the help of: **Rich Hall, Paul Case, Al Carlson, Dick and Dorothy Whitney, Greg Pirolo, Greg Pesce and Glen Suggs**. Thank you to all our waiters who did a great job: **Angela Wright, Evelyn Campo, Leonard Smith, Michael Lazzaretti, Joe and Debbie Sargent, Margaret Marchetti and Mark Alia**. Thank you to the Wine set up: **Bob Popovich, Bill Wright, Bill Picchena and Lou Fontana**.

Thank you to all the people who worked on the raffle: **Joanne Marchese, Barbara Peretti, Audrey Manzanares, Linda Madrid, Diana Warczak, Diane Kaczor, Antoinette Fontana and Joe and Barbara Galluccio**. It wouldn't be complete without a raffle! Thank you to all the people who contributed raffle items: **Ron Roletto, Joe and Debbie Sargent, Bob Popovich, Paul & Sharon Pioli, Dorothy Whitney, Joanne & Gino Marchese, Bill & Angela Wright, Joanne Lazzaretti, Velva Saltaretti, Barbara Peretti, Ray Petre, Mike Kaczor and Ron Warzak**. We were honored to have our Secretary **Dennis Caldirola** light up the crowd calling the raffle and making it a real fun time for all.

Thank you **Tom Grossi** and his friends for helping with the take down of tables and chairs.

And a special thanks to the people that stayed to the end with me: **Ron Roletto, Michael Troiani, Glen Suggs and Mark Alia**.

CRAB FEED PICTURES



The Italian Club of Seattle, Inc.
P.O. Box 9549
Seattle, WA 98109
(206) 282.0627
www.ItalianClubofSeattle.org

il Ficcanaso



Italian Club of Seattle

Founded April 26, 1920

MEMBERSHIP APPLICATION

(TO THE ITALIAN CLUB, BOARD OF TRUSTEES)

*Make checks payable to The Italian Club of Seattle, Inc. and mail to:
P.O. Box 9549, Seattle, WA 98109-0549*

DATE _____

I do hereby make application for membership in the SEATTLE ITALIAN CLUB, INC., for membership, and herewith enclose the fees as stated below, subject to the By-Laws and Rules of said Club, in support of which I offer the following information: (PLEASE PRINT)

NAME IN FULL:			
RESIDENCE ADDRESS :		EMAIL :	
CITY:	STATE:	ZIP:	
RESIDENCE TELEPHONE: ()	FAX:()	CELL:()	
PLACE & DATE OF BIRTH:			(mm/dd/yy)
PROFESSION OR BUSINESS:		POSITION OR TITLE:	
NAME OF FIRM:		PHONE:	
BUSINESS ADDRESS :		EMAIL :	
CITY:	STATE:	ZIP:	
I HAVE BEEN A RESIDENT OF _____, WA FOR _____ YEARS			
SPOUSE:			
CHILD#1:	AGE:	CHILD#2:	AGE:
CHILD#3:	AGE:	CHILD#4:	AGE:

IF OF ITALIAN DESCENT, please complete the following:

SOURCE OF ITALIAN ORIGIN:

Direct Decent Relation (e.g. Grandfather) _____

Relation's Name Relation's Place of Birth (e.g. Venice) _____

PARTICIPATION: Please circle which Italian Club committees you have an interest in:

Education	Community	Social	Membership
Communication	Children's	Bylaws	Finance
			Facilities

FEES: (\$50.00 annual dues one member) I enclose a check in the amount of \$ _____.
(NOTE: dues shall cover the following year for applications received after September of the present year).

It is understood that this application shall not be binding upon the SEATTLE ITALIAN CLUB, INC., until written notice of acceptance has been received. If not accepted, a full refund of fees submitted will be made.

Respectfully submitted, _____ Date: _____
(Signature of Applicant)

SPONSORS: We, the undersigned members, hereby sponsor the above applicant.

(Member) _____ (Member) _____

OFFICE USE:
Date presented to Membership Committee _____ Date Accepted: _____

MARCH 2012



1st IC Board Meeting

8th IC General Meeting/
Dinner, 6:30PM

APRIL 2012



12th IC General Meeting/
Dinner, 6:30PM

18th IC Luncheon Court-
yard at Marriott

ITALIAN CLUB CALENDAR OF EVENTS

General Meetings:

- Dinner (\$10.00 charge) followed by meeting at 6:30PM
- Meeting on SECOND Thursday of the month, Mount Virgin Church Hall

Luncheons:

- 11:30PM at Marriott Courtyard (925 Westlake Avenue North) are held quarterly
- Social Hour 11:30AM, Luncheon 12 Noon

Trustee Meetings:

- First Thursday of every other month, unless otherwise noted

MAY 2012



10th IC General Meeting/
Dinner, 6:30PM

JUNE 2012



7th Trustees Meeting

14th ? IC General Meeting/
Dinner 6:30PM

14th Seattle Mariners
Baseball,
Italian Heritage Night

20th IC Luncheon at
Courtyard Marriott

TBD Italian Club Day at the
Races

JULY 2012



Summer Break

No Meeting

No il Ficcanaso

AUGUST 2012



Summer Break

No Meeting

No il Ficcanaso

19th Italian Community

23-25th Festa Italian—
Portland



Happy St. Patrick's Day



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

ADDRESS SERVICES REQUESTED

Membership Special \$50



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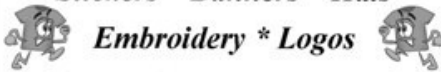
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*Stickers * Banners * Hats*



*Embroidery * Logos*

Matt Dahlgren, 253-229-2690

mdahl66@hotmail.com

MDGraphic-Designs.com

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**BIRTHDAY WINNER
 FOR MARCH:**



JoAnn Lazzaretti

**Spirits and coffee cards were
 won by:**

Paul Pioli, Phil Segadelli, Ray
 Petre, Tom Grossi, Gemma
 Theilges, Mike Carrosino, Leon-
 ard Smith, Dennis
 Caldirola, Diane Kaczor, Bob Po-
 povich and Anna Popovich.

The big winner of the Progres-
 sive Prize was **Phil Segadelli**
 who won
 \$100.00.

Next month the prize will be back
 to \$25.00.