

THE ITALIAN AMERICAN WOMEN'S GUILD VOCE DELLE DONNE

VOLUME XXV1 NO. 5

MAGGIO 2020



PRESIDENT'S MESSAGE

Dear Friends,

I hope this message finds you all in good health and safe. As I said before, please reach out if you are in need of anything. We are here to help each other! Sheltering at home is providing us opportunities to give our households a thorough Spring cleaning in addition to other projects to pass the time, but I do miss being with family and friends.

Looks like we will be adding a new fashion trend for a while....wearing face masks and where necessary, gloves also. I leave mine in the car so when going out, I have it readily available. Wearing a mask has already become second nature and provides some comfort while being responsible and safe. I do miss the face to face interactions and wonder what the effects of this isolation and social distancing will be when we get through this? I am hopeful and look forward to the time when we will meet again at the club.

It seemed fitting to have Easter in the middle of this crisis. I believe that faith in Jesus Christ is the antidote for fear. Christ and His Atonement are the refuge that we all need regardless of the storms in life. He is the light that will give us hope and peace to get us through this darkness

Easter Sunday was so different this year but thankfully, technology provided us with the opportunity to talk and even see our children and grandchildren through face timing. The weather is getting warmer which will help this situation. My husband and I went to a friend's backyard on Easter Sunday, and practicing social distancing we brought our own drinks and hors d'oeuvres and sat around to chat. It was nice to have that short social time together.

Life and traditions seem to be trending on a different path right now but like most challenges, we will get through it!

We are very optimistic about the future and therefore planning a June 8 business meeting. However, we will not have a dinner, but instead, we are considering a free Ice Cream Social. We have a lot to discuss about future events, activities and how we will meet while practicing social distancing. There will definitely be some changes in our habits....Italians can't stop hugging one another so this is going to be tough but, I believe we can still make things happen and enjoy one another's company without compromising anyone's health. This requires everyone to be cooperative and positive through the process. Our June installation meeting will welcome new members to the guild. For this event we will practice social distancing and ask members to wear their masks. Of course, having this event depends on whether the club is open at that time or not. Stay tuned!

God Bless!

Ciao

Linda Biancalana Koelling



**MARK YOUR CALENDARS
2020**

**June 8
Business Meeting &
Free Ice Cream Social
(Subject to opening of the PIASC)**



**Everything looks better in
color! Check out the
newsletter on our website:
<https://iawgsm.org>**



Birthdays of the Month

ANNOUNCEMENTS



JEAN ALLARD	May 1
CHERYL TUFO	May 1
ANNA DUPONT	May 2
JEANETTE RUDDEN	May 2
CONNIE TALLERICO	May 4
MARVELLE MARSHALL	May 4
ROSE RILEY	May 6
THERESA CASELTON	May 7
JEANNETTE ROSSI	May 8
JANICE SALVATO	May 10
DONNA CERVELLI	May 12
CATHERINE LUCCI	May 12
SHIRLEY NUSSBAUM	May 13
MAVIS DIANDA	May 13
JENNY BENNER	May 16
DOLORES BAUER	May 16
LINDA GEMELLO	May 16
PIA MORO	May 17
MARIE SATTUI	May 17
JANET ALLARA	May 18
JANET EDDY	May 21
JANET INGERSOLL	May 23
CELIA CAVALLINI	May 25
GLORIA LAGOMARSINO	May 25
LINDA KOELLING	May 25
BARBARA PORATA	May 27
LISA MASKARICH	May 27
STEPHANIE CORTI	May 28
JUNE ERRICO	May 30
SHARYL TRAILER	May 30

CONGRATULATIONS To Member Tina Avelar on the birth of her son! And to Member, Grandmother Linda Avelar! Some good news in these difficult times!

Easter Inspiration

What are some things we can do during this time of isolation to raise our spirits? It is very easy to get down when we are not allowed to get together and interact with one another. I have been calling friends, family and past clients. Out of the 30 to 35 calls made, none are ill in any way. What a blessing. It's so nice to connect with people and hear their voice. Nearly everyone I spoke to is cleaning, organizing, cooking and spending more time with family. These are all positive outcomes to the Shelter in Place order.

I had a dream last week that one of my former clients was pregnant. This would be almost impossible considering she is a grandmother of about 60 plus years. I decided to call and see how she is doing and was told that her son and daughter-in-law are expecting their second child. How is that for a serendipitous moment? We are all connected. Even though we are not physically together, the Holy Spirit is behind the scenes working for our good.

Think about how Jesus must have felt on the cross. Perhaps alone, isolated, humiliated and most certainly pain. On Easter Sunday pastor, Rick Warren, of Saddleback Church, was featured on TV and he gave some inspirational words. He was comparing what we are going through with Jesus passion and death. He said "Good Friday represents fear and pain, Holy Saturday represents grief and confusion, and Easter Sunday represents joy and freedom. We will all go through these same stages many times in our lives."

We just need to hang on for joy and freedom. It is coming and right around the corner. Let's all be thankful for what we do have and the many ways we are blessed.

Wishing you all joy in these difficult times and looking forward to being together again soon. Blessings to you my sisters of the IAWG.

Lana Vorrises



THIS MAY BE A PERFECT TIME TO START A VICTORY GARDEN

Victory gardens, were also called war gardens or food gardens for defense. They were vegetable, fruit, and herb gardens planted at private residences and public parks in the United States during World War I and World War II. In the war time, governments encouraged people to plant victory gardens not only to supplement their rations but also to boost morale. Besides indirectly aiding the war effort, these gardens were also considered a "morale booster" in that gardeners could feel empowered by their contribution and rewarded by the produce grown. This made victory gardens a part of daily life on the home front.

I have many memories of my grandmother's vegetable garden at her summer home near Sonoma. She loved going there just to work in the garden. She had everything from vegetables to fruit trees. The family enjoyed the tomatoes and the string beans as well as enjoying the jam she made from the peaches on her peach tree. That was quite a garden that she had and it all started with a few seeds.

During this current corona virus crisis, the idea of a Victory Garden is making a come-back. With the beautiful weather we're experiencing, home-grown vegetable gardens are spiking in popularity once again. Right now, Grocery shopping requires careful planning and some stores are selling out of basics. While being stuck at home, gardening can be fulfilling and a relaxing hobby. Go online to Victory Gardens and check it out.

What to Do

You can start planting seeds indoors using egg cartons, muffin tins and tin cans to start as long as there is adequate drainage and enough space to get the root system started.

You'll want to follow the specific seed starting instructions for the type of seeds you bought

1. Make sure the containers have drainage holes
2. If possible, plant your seeds in seed starting mix, which typically doesn't contain soil.
3. Plant the seedlings at the right depth- check the seed packet to make sure.
4. Place the containers in a warm area. The top of a refrigerator is a popular spot (Note: But once seedlings emerge, you'll want to move them to a cooler, yet sunnier spot)

How to Transplant Seedlings

Once the seedlings are thriving, you'll need to transfer them to larger containers or plant in soil outdoors. If you're considering a container vegetable garden check which vegetables and herbs are good for small spaces. If you don't have an outdoor space, a sunny windowsill or kitchen counter can hold a thriving herb garden. Being in the garden is a peaceful, tranquil time whether creating an herb garden or just planting spring flowers to enjoy through the summer. "Goditi il tuo Giardino"

CHICKEN AND CARCIOFO ARTICHOKE BAKE

Betty Battaglia

3 to 4 chicken breasts	1 chopped tomato
Olive oil	1 c. sliced mushrooms
Chopped parsley	3 to 4 sliced baby artichokes
2 to 3 cloves chopped garlic	½ c. wine or chicken broth

Saute 3 to 4 chicken breasts in olive oil till brown. Place in 350° oven for 30 to 40 minutes. Make a soffritto of a handful of chopped parsley and 2 to 3 cloves chopped garlic. Saute in oil. Add 1 chopped tomato (removing seeds), 1 cup sliced mushrooms, 3 to 4 sliced baby artichokes. Add ½ cup approximately of wine or chicken broth. Cook till artichokes are cooked but firm. Pour over baking chicken breasts the last five minutes and loosely cover with foil. Serve.

From Sewing to Fight Cancer to Stitching to Fight COVID-19

Regina Bortolus epitomizes the humble ‘angel’ among us. As a member of Mani di Angeli, a group within the *Italian American Women’s Guild* comprised of Bay Area women, she has led a group of dedicated women who have spent many hours creating and sewing dolls for pediatric wards at local hospitals and heart pillows for newly diagnosed cancer patients that are clients of BACC.

In the midst of COVID-19, Regina, the lead seamstress for the group has pivoted her talents to help fight the spread of the disease. The idea to make the masks came from her friend, Lubiana, also a member of Mani di Angeli, whose daughter works at Kaiser and told her mother the dire need for masks for their nurses and doctors. Copying the medically approved model of the mask, she has produced more than 200 masks to share with Kaiser, Mills Peninsula and Stanford Hospitals.

“I am a seamstress by trade and this is helping keep me sane,” Regina said. “I have not been out in 4 weeks, but my gracious neighbors have been delivering my supplies and groceries.”

She has been especially resourceful in finding supplies to make the masks from covered wire in the garden supply box to gathering elastic from her daughter who works at Joann’s Fabrics.

The Kaiser staff has been extremely thankful and even offered to pay Regina, who replied, “Just say a prayer for me.”

BACC nominated **Mani di Angeli** as our coveted Volunteer Group of the Year in 2019, because of the work they do sharing hundreds of hearts pillows for our clients each year to use under their arms after they have had a mastectomy, lumpectomy or for added comfort while they are receiving chemotherapy. They are wonderful support for our entire community.

REGIONS OF ITALY

Word Search

A C O D M O T V P A P T U B F C Y D K T
T F A Z L L E C K I I Z A I R B M U R X
A F K M Z G J A I R E U Z P I K R E L I
C E N Q P U N T J U M A F D U Z N X S J
I G Y L C A R P S G O S L C L T S A P N
L A Z H C R N B D I N V O L I H R F D Y
I L T S B D N I A L T F S N V D M R R K
S Z O S I Q H P A Y E M O V E W O U H O
A T L X O W O I P M F A L G N N L A V C
B B C M T A D E N W L I N E E V I O P M
X K T A A R D L Q T Z A V O Z U S L C C
I M G B A R M E O F N B J H I P E J D V
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X D M J G S D H C L Q K S R G F V E P F
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L T G J G B D X U J R V T V U K G E O P
W B E E U A N G A M O R A I L I M E I Q
I T O N X V L P A I L A I C I S H B M I
F J S Q E I R A U I X R Y S A L A E M X
Q U Q U A V E V U V U Z R K R R X G A H

ABRUZZO
BASILICATA
CALABRIA
CAMPANIA
EMILIAROMAGNA
FRIULIVENEZIAGIULIA
LATIUM
LIGURIA
LOMBARDIA
MARCHE
MOLISE
PIEMONTE
PUGLIA
SARDEGNA
SICIALIA
TOSCANA
TRENTINOALTOADIGE
UMBRIA
VALLEDAOSTA
VENETO

REGIONS OF ITALY

answer key

A C O D M O T V P A P T U B F C Y D K T
 T F A Z L L E C K I I Z A I R B M U R X
 A F K M Z G J A I R E U Z P I K R E L I
 C E N Q P U N T J U M A F D U Z N X S J
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 A T L X O W O I P M F A L G N N L A V C
 B B C M T A D E N W L I N E E V I O P M
 X K T A A R D L Q T Z A V O Z U S L C C
 I M G B A R M E O F N B J H I P E J D V
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 X D M J G S D H C L Q K S R G F V E P F
 O O L A T I U M E P A D Q H I C Q U B F
 L T G J G B D X U J R V T V U K G E O P
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CALABRIA
 CAMPANIA
 EMILIAROMAGNA X
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 LATIUM
 LIGURIA X
 LOMBARDIA
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 PIEMONTE
 PUGLIA
 SARDEGNA X
 SICILIA X
 TOSCANA
 TRENTINOALTOADIGE X
 UMBRIA X
 VALLEDAOSTA X
 VENETO X

VERTICAL
 HORIZONTAL
 DIAGONAL
 X = BACKWARDS

ABRUZZO X
 BASILICATA X

FUN FACTS ABOUT ITALY



CHECK OUT OUR

WEB SITE!

For more information, pictures of events and useful links, please check out our website!

<https://iawgsm.org>

How well do you know your Italian Trivia!!

May Trivia question:
 "A great dish that has given Milanese cooking it's world wide reputation is stewed shin of veal. What is its better known Italian name?"

April trivia answer is Chef Boyardee, whose name was Eltore Boiardi

Trivia submitted by Doreen Mazzei: Source HERITAGE Italian-American Style by Leon J Radomile



SUNSHINE

If there is an IAWG member who is ill or having major surgery please call or email me so I can send a *Get Well Card* to them. Also, if a family member or relative has passed away, please let me know and I will send a *Sympathy Card*.

Jeri Lucia-Johnson/Sunshine Chair
jerilucianotes@msn.com
or 650-574-3254

IAWG FACEBOOK PAGE

Our IAWG Facebook page is gaining new members each month. Join in the conversation about anything Italian and club events. Search for the:

Italian-American Women's Guild (exactly as written) Posts are limited to club members, however your friends will see them. If they want to get in on the action, have them join the club!

Any issues finding our Facebook page, please email me:
watson1441@gmail.com

Ciao,
Linda Watson



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Please submit any articles, recipes, births, get well wishes, sympathy or to place an ad in the newsletter by the **3rd Friday of the month**.

Your input is appreciated!

Thank you,

Pat Armanino parmanino135@gmail.com Newsletter
Publisher/Webmaster <https://iawgsm.org>



Mani di Angeli

If there is an IAWG member or family member who has suffered a death, injury or illness, please call or email me so that a memento from Mani di Angeli can be delivered.

Also, Volunteers are always needed to help support
Mani di Angeli

Lubiana Cernobori, Mani di Angeli Chair
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1925 El Comino Road
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1085 Alameda de los Pulgarcos
(Corner of Rotolon Ave. and Alameda)

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2801 San Bruno Avenue
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IAWGW
Italian American Women's Guild

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Mission Statement

The purpose of the Italian American Women's Guild is to bring together Bay Area women of all ages with common heritage to perpetuate Italian cultural traditions in a spirit of friendship and support. The Guild intends to promote the social and educational enrichment of its members and strives to work for the good of the community at large with its philanthropic efforts.

<https://iawgsm.org>