

General Meeting & Dinner
Thursday, March 10, 6:30PM
Mount Virgin Church Hall

No March Luncheon
Next lunch is on Wednesday,
April 20

il Ficcanaso



March 2011

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

PRESIDENT'S MESSAGE



What a Month!

Greetings Everyone,

Italian Club of Seattle started out the year with a bang. I know this is the year of the rabbit but I did not expect I would be hopping around working challenges for the club as much as I have.

The year began with the news that our caterer would not continue to deliver food to our monthly meetings. After several phone calls and negotiations I managed to line up a replacement. I was out of town for the February meeting and the reports I received were favorable and the presentation was first class.

Next off our web site crashed and ICS was off the virtual map for a couple of weeks. Thanks to **Phil and Diana Lafornera**, the site was resurrected and re-hosted on a new server. I have been into the site dozens of times and it loads super-fast and is serving our community well. If that was not enough during my absence **Dennis Caldirola** reported that our publisher Harry Cartales house had caught fire and all his publishing equip-

Continued on page 2

In Their in Own Words *By Lou Fontana*

During my forty some years with the Club, I have had the good fortune to make many friends and "Happy Memories". In looking back over the years, I realize that some things have changed and some have stayed the same.

In the beginning the meetings were segregated. Prior to the monthly meeting, the men would play pinochle. The meeting would draw 30 to 40 men.

I was on the Board and was also the refreshment chairman for many years.

The Club provided cold cuts, salad, and dessert after the meeting. It was simple in those days.

I can also remember going to Golf Tournaments on Saturdays at Foster Golf Course. This event usually drew about 50 people (some good golfers and some "not-so-good" which made for lots of fun and laughs).

Another favorite event of mine was the once-a-year "Stag Night". About 80 members would come and enjoy a delicious meal of spaghetti and crab, cooked by **Mario Di Martino** at the Casa Italiana. After dinner we played 4-5-6 and Black Jack. John Grosso set up the gaming tables and a good time was had by all.

There were also Hollywood Enter-

tainment nights. **Dom Vendetti** was instrumental in obtaining entertainers for us to enjoy. Two that come to mind are **Phil Harris** and **Don Cherry**, but there were many others. These were held at the Orpheum Theater and other places.

I always looked forward to the dances that we had. There were four dinner/dances every year – Spring, Summer, Fall and Christmas. Approximately 200 people came to dance the night away.

The dance floor was always crowded. The Club provided the alcoholic drinks much to our pleasure. They were usually

held at the Arctic Club, the Rainier Golf and Country Club, the Sheraton Hotel, the Washington Athletic Club, the College Club (Roaring 20's theme), and Vasa Park where we had a western dance chaired by **Lou and Pat DeLaurenti**. Some of my best memories came from those dances!

I hope this brief trip down "memory lane" sparks some happy memories for our senior members. I know it did for me. And I am happy to say, I am not done making happy memories yet!

Sincerely,

Lou Fontana

A brief trip down "memory lane"

General Meeting & Dinner

Thursday, March 10
Mount Virgin Church Hall
Dinner at 6:30PM
Progressive price ... \$25

Crab Feed

Saturday, March 19 - 6:30pm



(A REMINDER)

No March Luncheon

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Wednesday,
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il Ficcanaso

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

Editor:
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Martin Nigrelle (206) 310-7689 (Cell)

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Treasurer:
Joe Galluccio (206) 275-4688

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Trustees

Tom Grossi (425) 557-0071

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Diana Lafornera (425) 827-4728

Barbara Peretti (206) 723-3614

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 Italian Club: **Barri Grossi**

Health: **Carolyn Jackson**

Parliamentarian: **Lou Cella**

Golf Tournament: **Brian DiJulio**

Crab Dinner: **Anna Popovich**

Day at the Casino: **Michael Lazzaretti**

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PRESIDENT'S MESSAGE

Continued from page 1

ment had been destroyed. Thanks to the quick thinking of Editor **Nick Grossi** a contingency plan for publishing the Il Ficcanaso was laid out and the next issue will be produced with the help of Kinko's business centers.

I want to mention what a great job **Barbara Galluccio** did researching the investments and laying out a financial investment go forward plan for 2011. Way to go Barbara and your husband's not a bad guy either. If everything went according to plan life would not be nearly as exciting. Challenges also bring people together in a common spirit to solve problems and the best part is that it strengthens our bonds. It also makes me realize how much talent and creative energy we have in the Italian Club of Seattle.

I would like to continue to tap into the strengths of our membership. I would not want the rest of my term to be as eventful as it has been and yet I come away from this experience knowing I am sur-

rounded by great people who I can count on. In addition to the Crab Feed I would like to start working on another fund raiser to help balance our budget. Some people have mentioned a spaghetti and meatball dinner. I would like to hear your ideas and suggestions either in or out of the box for an additional fund raiser. E-mail me and let me know your special talents, I am anxious to hear from you.

I look forward to the Crab Feed and cooking for all of you. One more thing that came up was that **Brain DiJulio** will not be making the trip to the coast to pick up the crab. Vice President **Martin Nigrelle** and **Michael Lazzaretti** will make the trip. So folks this year you will have the President and Vice President cooking for your enjoyment. It made me wonder if more leaders cooked for their people would we get closer to world peace? Peace and God Bless You All. I look forward to seeing you at the March meeting.

Club Membership

By Martin Nigrelle (Membership co-chair)

The club unanimously voted in two new members in the Italian Club February General meeting.

Welcome & Congratulations to:

Leonard Matthew Smith and **Evelyn Frances Compo!**

There are currently no new applications for consideration.

SECRETARY'S REPORT

By Dennis Caldirola

On February 16, 2011, past-due notices were sent those members who have not yet paid their dues for this year. Since that time, several members have mailed in their dues for a total of 214 paid out of 253 on the roster.

This leaves 39 who have not yet responded. If you plan to attend the March meeting, you can save yourself 44¢ and the Club \$1.32 by paying your dues in person and having your membership card issued immediately. Final deadline is April 15, 2011.

Winners at the February Meeting

By Nick Grossi

The birthday winner for February was **JoAnne Lazzaretti**.

Spirits and coffee cards were won by:

Leona DeRocco, Gemma Thielges, Marie Dahlgren, Audrey Manzanares, O.J. Saltarelli, Linda Madrid Barbara Peretti, Anna Popovich, JoAnne Lazzaretti, Dot Whitney, Lou Carrosino, Chip DiJulio, Robert Rupp, Martin Nigrelle and Mike Kaczor.

The Progressive Prize of \$50.00 was won by **Velva Saltarelli**.

The jack pot will return to \$25.00 at the March meeting.

A happy St. Patrick's day to you and yours. The months are really passing quickly.

Then the weather, what can we say? Snow, cold weather, wind and ice. Spring where are you?

Do not have much news to pass on this month.

That OLD BUG has really been hitting many and hard. From the voice of experience, mine lasted three and half weeks, and still not feeling like my old self. Look out though, I am getting better. **Dolores Ashbaugh** called and said the bug found her. Hope you're feeling much better Dolores. Wonder how many more have been under the weather. Just take it easy, eat your chicken soup, drink lots of water and get plenty rest. A couple prayers help too.

Our editor, Nick, shared that Harry, our printer extra ordinary's home was completely destroyed by fire. What a tragedy. Sorry Harry, but glad you and your wife were not harmed.

Our prayers and thoughts are with **Lou Cella**. They were performing an angiogram which caused a "Transient Ischemic Attack" the formal name for a mild stroke. Lou, Dee and family you all are in our Prayers. Lou, hope you're home soon. We know you're getting that extra special love, care and attention from your family and friends.

Our sympathy and prayers to **Gino and Joanne Marchese** and family on the passing of Gino's 101 year old mother, Theresa. *May she rest in peace.*

Dorothy Whitney tripped, hurt her leg and banged up some other areas. She was hospitalized, but is now home and keeping busy, per usual.

Have a little old news, **Lisa Marchese**, daughter of Gino & Joanne Marchese participated and completed a 26.2 marathon in Italy. Good going Lisa.

We have a couple loyal U of Oregon girls, one is still in school and one is a graduate. **Briana and Domanique Peretti**, daughters of **Dino & Sharon Peretti**, granddaughters of **Barbara Peretti** traveled to Glendale, Arizona to cheer on their "Ducks" playing Auburn in the BCS National College Game. Also, traveling to Glendale to the Ducks game were **Tom and Tony Grossi**. Tony played football at Oregon so this trip was an especially big event for him.

Thank you **Carol Bishop** for keeping us updated on some of your activities, it is appreciated.

Carol has been in some tennis tournaments, and she is in the process of painting her home.

She was planning on attending our February meeting, plans changed and she and the family celebrated her granddaughter's 10th Birthday. Little late honey, but Happy Birthday.

Carol will miss the March meeting; she'll be heading for the sunshine in Phoenix. Wishing you a safe and happy trip Carol. Take care; see you when you get back.

Lent starts late this year, Ash Wednesday is on the 9th of March, the day before our meeting.

Then our Crab Feed will be the following week, sounds like we're going to be a little busy.

Our Quarterly Luncheon plans are set for Wednesday, April 20th and Wednesday June 22nd. Note it's the week after our night at the ball game. September is our Festa Luncheon and November 16th will be our lunch honoring our past presidents and committee chairperson's. So, please, save the dates. More complete information will be coming.

Sorry, I can't resist, have to share this one. "I think I must be wearing a Wonder Where they Went Bra? I know bad girl ... but laughing.

Linda Madrid spent some time with her brother in California. She had the good fortune to be there when his granddaughter, her great niece, had the lead in her grade school play.

The best antique is an old Friend.

Speaking of antiques, I am planning on a trip to San Francisco, playing, per usual and doing a little organization work.

To all our March Leprechauns, A HAPPY BIRTHDAY.

That year sure went fast. Have a loving and healthy year surrounded by family and friends.

A hearty welcome to all our new members. We are looking forward to getting acquainted and sharing time and thoughts.

To our shut in members, you are in our prayers and thoughts

Evening news is where they begin with "Good evening" then proceed to tell you why it isn't.

One more, then I'll call it AMEN.

Nostalgia isn't what it used to be.

That's it for another month, take care of yourselves, and stay happy and healthy.

See you at the meeting or an event. Please, if you have any news that we can share please let me know. It's so nice to read about our members.

Your Informer

Carolyn Jackson, Aka Sister



Italian Club Scholarships for High School Students

By *Martin Nigrelle (Italian Club Scholarship Chair)*

There are up to three scholarships available to be awarded for the 2011-2012 School year. The value of each scholarship is \$500.00 paid to the school directly in the name of the recipient. The application form is included.

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 a Catholic high school (grades 9 through 12) for the 2011-2012 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-curricula activities, community service, etc.

5. Each applicant must write & submit a letter describing themselves and activities in which they are participating. (focus on community & charitable involvement is recommended)

6. The application and transcript must be post marked no earlier than April 1st 2011 and no later than May 1st 2011.

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

Next steps in the scholarship process:

- March 2011 – Application Forms published in *il Ficcanaso*
- April 2011 – Applications submitted
- May 2011 – Applications reviewed & verified
- June 2011 – Recipients announced in *il Ficcanaso*
- September 2011 – Certificates presented to Recipients at the General Meeting

2011/2012 Italian Club Scholarship Application form:

Applicant's name: _____

Applicant's parent(s) (Italian Club Members) _____

High School applicant will be attending in the 2011/2012 school year: _____

Applicant's mailing address: _____

Phone: _____

e-mail: _____



The Application form is to be accompanied by:

1. Official Transcript, from the current (2010-2011) school year, Middle or High School the applicant is currently attending.
2. Letter detailing the applicant's participation in extra-curricular activities & community service.

Applications are to be sent to:

Italian Club of Seattle Scholarship
c/o Martin Nigrelle
14539 Evanston Avenue North
Shoreline, WA 98133

The Search for Miss Italian Club is On!

By Barri Grossi

We are starting our search for this year's Miss Italian Club to represent The Italian Club of Seattle in the Miss SEFAIR competition. The Miss SEFAIR competition is much more than a stereotypical beauty pageant. Referred to as a scholarship program, the foundation of the competition is the blend of volunteer work, academic achievement and creative talent that each woman displays during the month of preparation for her moment in the SEFAIR spotlight.

More details will be coming soon. Meanwhile, if you are a woman of college-age and interested in representing the Italian Club, please contact Barri Grossi at barriw@gmail.com.

Mariners' 5th Annual Italian Heritage Night By Martin Nigrelle

The Mariners & Verizon for the 5th year in a row are sponsoring Italian Heritage Night @ Safeco Field.

Details are as follows:

Date: Wednesday June 15th 2011

Time: 7:10pm

Opponent: Los Angeles Angels.

Giveaway item: Italian themed baseball cap.

Price: TBD (likely to be the same as last year)

The tickets will be available on a first come – first serve basis, both through the club (group tickets) & through the Mariners (general seating). More details on ticket availability as soon as they are available. We expect to have ticket price details in time for the April edition of *il Ficcanso* & tickets for the April General meeting.



Irish Festival

March 12-13, 2011 - Seattle Center
- Downtown Seattle



Irish tunes, step dancing and the Irish jig breathe Irish spirit and life into the Irish Week Festival.

Festival-goers can participate in Gaelic games, trace their own Irish history with the help of genealogists or take Irish language lessons. Enjoy movies, cultural exhibits and demonstrations, mingle with Irish celebrities and have a great time. Presented by the Irish Heritage Club of Seattle.

St. Patrick's Day Parade

March 17, 2011 - Seattle Center -
Downtown Seattle

Starting from 4th Ave at Jefferson in downtown Seattle at 12:30 PM... the parade heads north on 4th Ave to the reviewing stand at Westlake Park, with closing ceremonies at 2 PM at Seattle Center.

For Lent: Risotto with Bell Peppers - Risotto con i Peperoni

Bell pepper risotto is a specialty from Voghera, a city in the southern side of the Po Valley, between Piacenza and Alessandria. The region is famed for its peppers, which are also very good grilled with bagna caoda. The recipe serves six. You'll need:

Prep Time: 30 minutes

Cook Time: 20 minutes

Total Time: 50 minutes

Ingredients:

- 2 cups (400 g) Carnaroli or Vialone Nano rice
- 1/2 pound (225 grams) bell peppers, preferably yellow
- 6 ounces (150 g) ripe plum tomatoes, blanched, peeled and seeded
- 1/2 cup unsalted butter
- 2 tablespoons olive oil
- A medium onion, minced
- Freshly grated Grana Padano or Parmigiano

- Salt & freshly ground pepper
- Beef broth, simmering (about a quart, use lightly salted vegetable or beef bullion if need be)

Preparation:

Begin by washing the peppers, coring them, and discarding ribs and seeds. Then flame them to blister the skins (a broiler makes this operation quite easy), peel them and cut them into thin strips.

Sauté half the minced onion in just a dab of butter, and when it has gilded add the tomato pulp, breaking up the pieces with your fingers. Check seasoning and simmer over a low flame stirring repeatedly, and then the sauce is somewhat reduced add the pepper strips. Cook for a minute more and then cover the pot and turn off the flame.

Set another pot on the fire and sauté the remaining onion in half the re-



maining butter. As soon as the onion is a light golden remove it from the pan with a slotted spoon, turn the heat up slightly, and stir the rice into the drippings. Continue cooking for several minutes, stirring constantly lest the rice stick. Return the onion to the pot and begin adding hot broth, a ladle full at a time. When the rice is half cooked add the tomato and pepper mixture. Continue stirring in broth until the rice is at the al dente stage, stir the remaining butter and grated cheese to taste into the pot, and serve.

OUR ITALIAN HERITAGE

St. Joseph's Day

Saint Joseph's Day, March 19, the Feast of St. Joseph or Solemnity of Saint Joseph is in Western Christianity the principal feast day of Saint Joseph, Spouse of the Blessed Virgin Mary.

It is a Solemnity in the Roman Catholic Church, and also a feast in the provinces of the Anglican Communion, and a feast or festival in the Lutheran Church. Saint Joseph's Day is the Patronal Feast day for persons named Joseph, Josephine, etc., for religious orders, schools and parishes bearing his name, and for carpenters.

March 19 was dedicated to Saint Joseph in several Western calendars by the tenth century, and this custom was established in Rome by 1479. Pope St. Pius V extended its use to the entire Roman Rite by his Apostolic Constitution *Quo Primum* (July 14, 1570). Since 1969, Episcopal Conferences may, if they wish, transfer it to a date outside Lent.

In Sicily, where St. Joseph is regarded by many as their Patron Saint, and many Italian-American communities, thanks are given to St. Joseph ("San

Giuseppe" in Italian) for preventing a famine in Sicily during the Middle Ages. According to legend, there was a severe drought at the time, and the people prayed for their patron saint to bring them rain. They promised that if he answered their prayers, they would prepare a large feast to honor him.

The rain did come, and the people of Sicily prepared a large banquet for their patron saint. The fava bean was the crop which saved the population from starvation and is a traditional part of St. Joseph's Day altars and traditions. Giving food to the needy is a St. Joseph's Day custom. In some communities it is traditional to wear red clothing and eat a Sicilian pastry known as a zeppola on St. Joseph's Day. Sweets are popular because St. Joseph is the patron saint of pastry chefs.

Upon a typical St. Joseph's Day altar, people place flowers, limes, candles, wine, fava beans, specially prepared cakes, breads, and cookies (as well as other meatless dishes), and zeppole. Foods are traditionally served containing bread crumbs to represent saw dust since St. Joseph was a carpenter.



Because the feast occurs during Lent, traditionally no meat was allowed on the celebration table. The altar usually has three tiers, to represent the trinity. [7][9]

Some villages like Belmonte Mezzagno used to burn wood and logs in squares on the day before St. Joseph, as thanksgiving to the Saint. This is called "A Vampa di San Giuseppe" (the Saint Joseph's bonfire). [7]

In Italy March 19 is also Father's Day.

Italians in America

Three-fourths of all Italian immigrants to the United States came from regions south of Rome. Although the vast majority had been farmers in Italy, 97 percent settled in cities in the United States. They often established distinctive ethnic neighborhoods known as Little Italies. Many early Italian immigrants settled in New York City and San Francisco. In 1860 New York City had an Italian population of 10,000. By 1920 almost one-fourth of all Italian immigrants lived in New York City, while more than half lived in the middle Atlantic states and New England.

The factors that initiated the southern Italian emigration were mostly economic and the shortage of tillable land was also a problem. Difficult conditions characterized life in southern Italy in those times. For centuries the entire Italian peninsula was divided

into feuding states, with foreign powers often ruling one or several states. In this chaotic situation, the feudal system ruled the economic system, leaving the money concentrated in the hands of a privileged few. The 1800's were marked by several bloody uprisings that would eventually unify Italy in 1871, but the cost was the loss of over a million lives. Southern Italy's lack of coal and iron ore severely hampered the growth of industry. In the last half of the 1800's, deforestation, soil erosion and overpopulation made a difficult situation even worse. Then, in the early 20th century, several natural disasters rocked southern Italy: Mt. Vesuvius erupted burying an entire town near Naples, Sicily's Mt. Etna erupted practically every year from 1900-1935, and the Sicilian earthquake of 1908 and its resultant tidal wave that swept through the Strait of Messina killed more than 100,000 people in the city of Messina alone.

Traditionally Italian men came to the United States before the rest of their family. Most Italian immigrants never planned to stay in the US permanently.

There is even a special phrase that was coined for Italians: "Birds of Passage" since their intent was to be migratory laborers. Even though about 75% of Italian immigrants were farmers in Italy, they did not wish to farm in the US (as it implied a permanence that did not figure in their plans). Instead, they headed for cities where labor was needed and wages were relatively high.

Many Italian men left their wives and children behind because they expected to return (and many, many did). They worked seasonal and unskilled jobs building railroads, streets, skyscrapers, and public transportation systems; mining coal; or working in steel, shoe, and auto plants.

Italian Club Calendar of Events

General Meetings: Dinner (\$5.00 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

Finance and Bylaw Meetings: 7PM at IC Office

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

MARCH 2011	APRIL 2011	MAY 2011
<p>10: IC General Meeting/ Dinner 6:30PM</p> <p>19: Crab Feed - Anna Popovich, Chair</p> <div style="text-align: center;"></div>	<p>14: IC General Meeting/Dinner 6:30PM</p> <p>20: IC Luncheon Courtyard at Marriott, Carolyn Jackson, Chair</p> <div style="text-align: center;"></div>	<p>5: Trustees Meeting</p> <p>12: IC General Meeting/Dinner 6:30PM</p> <p>TBA: IC Day at the Casino Michael Lazzaretti, Chair</p> <div style="text-align: center;"></div>
JUNE 2011	JULY 2011	AUGUST 2011
<p>2: Trustees Meeting</p> <p>9: IC General Meeting/Dinner, 6:30PM</p> <p>15: Seattle Mariners Italian Heritage Night, Martin Nigrelle, Chair</p> <p>22: IC Luncheon Courtyard at Marriott, Carolyn Jackson, Chair</p>	<p>Summer Break</p> <p>No Meetings</p> <p>No <i>il Ficcanaso</i></p> <p>16: Horse Racing at Emerald Downs, Joe Galluccio, Chair</p> <div style="text-align: center;"></div>	<p>Summer Break</p> <p>No Meetings</p> <p>No <i>il Ficcanaso</i></p> <p>21: Italian Community Picnic</p> <p>25-27: Festa Italiana - Portland</p> <div style="text-align: center;"></div>
SEPTEMBER 2011	OCTOBER 2011	NOVEMBER 2011
<p>1: Trustees Meeting</p> <p>8: IC General Meeting/Dinner 6:30PM</p> <p>10: Festa Italiana Mass Carolyn Jackson, Chair</p> <p>20: Festa Downtown Luncheon</p> <p>23: Festa "Taste of Italy"</p> <p>23-25: Italian Festival at Seattle Center</p> <p>9: IC Golf Tourney. Echo Falls Brian DiJulio, Chair</p>	<p>8-9: Great Italian Festival Reno, Nevada</p> <p>13: IC General Meeting/Dinner 6:30PM</p> <p>29: Halloween Party Andrea Petrone, Chair</p> <div style="text-align: center;"></div>	<p>10: IC General Meeting/Dinner 6:30PM .. Nominations will be taken from floor for 2012 officers</p> <p>16: Past Presidents Luncheon Carolyn Jackson, Chair</p> <div style="text-align: center;"></div>
DECEMBER 2011	JANUARY 2012	FEBRUARY 2012
<p>3: IC Children's Christmas Party Tom & Nancy Grossi, Chairs</p> <p>8: IC General Meeting/Dinner Election of Officers, 6:30PM</p> <p>11: IC Christmas Party, 4-8PM Embassy Suite, Tukwila Joanne Marchase, Chair</p>	<p>12: IC General Meeting/Dinner Installation of Officers, 6:30PM</p> <div style="text-align: center;"></div>	<p>2: Trustees Meeting</p> <p>9: IC General Meeting/Dinner 6:30PM</p> <div style="text-align: center;"></div>



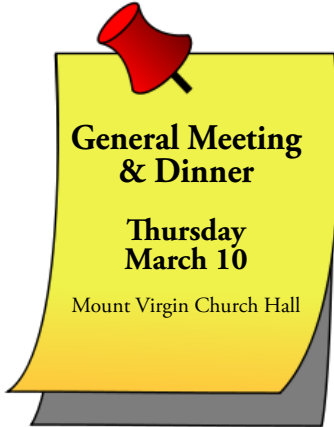
il Ficcenaso

The Italian Club, Inc.

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Seattle, WA 98109-0549

ADDRESS SERVICES REQUESTED



**General Meeting
& Dinner**

**Thursday
March 10**

Mount Virgin Church Hall

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Leonardo da Vinci quotes

“Simplicity is the ultimate
sophistication.”

“Art is never finished, only
abandoned.”

“There are three classes of people:
those who see.
Those who see when they are shown.
Those who do not see.”

“A well-spent day brings happy
sleep”

“Where the spirit does not work
with the hand there is no art”

“I have been impressed with the
urgency of doing. Knowing is not
enough; we must apply. Being willing
is not enough; we must do.”