



BOLLETTINO



Ways and Means Committee Announces 2014 Calendar Theme

The theme for the 2014 ICF calendar fundraiser is:

“Through The Years With
The Italian Catholic Federation
1924 - 2014
Celebrating Our 90th Anniversary”

The Ways and Means Committee will be planning and designing the 2014 Calendar.

Included in the calendar will be stories, facts and pictures in the 90 year history of the Italian Catholic Federation.

We invite you once again to participate in the listing of not only birthdays (yourself, your children, grandchildren, your parish priests or even friends) but this year anniversaries (wedding, branch, priests' ordination anniversaries, etc.) and religious events or local branch or church activities. The price schedule will be as follows:

\$10.00 for one name, \$15.00 for 2 names and \$20.00 for 4 names. Other numbers will be a combination of prices – for example 5 names will be \$30.00 (\$20.00 + \$10.00).

The deadline for the names and payments to be sent to the ICF office will be May 1, 2013.

The calendars are a big fundraiser for the Federation and we want to do all we can to encourage members and friends to purchase one with your help.

Mail your list of names with birthdates, anniversaries, etc. and a check made payable to the ICF to:

Italian Catholic Federation
8393 Capwell Drive, Suite 110
Oakland, CA 94621

Ways & Means Sets Date For Annual Seminarian Night

Pat Mages
Ways & Means Committee

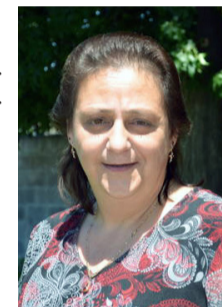
Please join us for the ICF 's Fourth Annual Night for the Seminarrians sponsored by the Ways & Means Committee. This year the event will be held at Our Lady of Grace Church in Castro Valley, June 1, 2013, 6pm to 11pm. It will be an evening of dining, dancing, fun and must importantly fundraising to support our seminarrians. Dance to the Big Band sounds of the “In Full Swing Band” and if you so choose you may wear your ‘Black Tie Clothes.’ The price is \$50. If you are unable to attend you may still support the event through

sponsorship; paying for a (or several) seminarrians, or other types of donations. This is the only fundraiser the Central Council Ways & Means Committee sponsors, to support the Bishops' Days donations. Please contact Pat Mages for sponsorship and other additional information, (805) 492-9658, email: pat.lou.mages@gmail.com; 1158 Calle Pinata, Thousand Oaks, CA 91360. For dinner reservations contact Lisa Crudo: (510) 537-3256, email: Watkins6pk@aol.com, mail: 3718 September Ct., Castro Valley, CA 94546. All reservations, sponsorships or other donations are to be sent to the Ways & Means Committee at the listed addresses.

Grand President's Monthly Message

Per tradition, the Bollettino prints the Grand President's Installation Speech. Here it is in its entirety.

This past year, the Italian Catholic Federation donated a total of \$512,831.63 towards the ICF programs. In addition, you have offered your time, services and prayers, to the needy in your parish community and beyond. Your efforts undoubtedly have resulted in making a huge difference in someone's life who is less fortunate than yours. I hope all of you are as proud of yourselves as I am of you.



The ICF continues to steadily increase the amount of monetary donations given every year, despite decreasing numbers in our membership. In fact, we are donating more now than when membership numbers were as high as 30,000. What this says to me is that our current membership, while smaller, represents the cream of the crop. We have aged and we are fewer, but we are faithful and constant.

Although we may not reach the 30,000 member mark again, I am extremely confident that we have the ability and willingness to attain new members and retain our current membership. Imagine what our accomplishments would be today with that many members.

The members of the Central Council have dedicated themselves to building a strong and secure future for the ICF. The Task Force Committee, chaired by Leonard Zasoski, Jr., is in the beginning stages of creating and implementing a strategic plan for the future of the ICF. This is a huge undertaking and will require input from all Central Council Committees and members. However, we cannot do this alone.

It will take great effort not only on the part of the Central Council, but from you, the members, to implement the plan.

The future of the Federation and its reputation as a leading lay apostolic/charitable organization is a responsibility that we all must share and embrace.

The committees of the Central Council have worked hard to provide the necessary resources for your branch and district to maintain and to build upon this reputation.

The Membership Committee, chaired by Roselyne Jarrett, has put together a Membership Drive Kit, which each branch should have received at our recent

Italian Catholic Federation's Fourth Annual

A NIGHT FOR THE SEMINARIANS

Saturday, June 1, 2013

Dinner Dance Featuring
The Big Band Sounds of “In Full Swing”

Cocktails – 6pm

Dinner – 7pm

Dancing – 8-11pm

Black Tie Optional

Ticket Price: \$50.00 Per Person

Our Lady of Grace Parish Hall

3433 Somerset Avenue

Castro Valley, CA 94546

For questions please contact Pat Mages

CC Ways & Means Committee Member (805) 492-9658

For Reservations Please Contact

Lisa Crudo (510) 537-3256

3718 September Ct., Castro Valley, CA 94546

Email: Watkins6pk@aol.com

Reservation Form Can Be Found On Page 8

TIME SENSITIVE: PLEASE DELIVER PROMPTLY!

continued on page 8

BOLLETTINO

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Upcoming Events**2013 District Installations:**

- Feb. 2 Central Coast
Tucson
- Feb. 9 Santa Barbara/Ventura
- Feb. 12 Las Vegas
- Feb. 23 Orange
- Feb. 24 Fresno
- Apr. 25 Chicago

2013 Bishops' Days:

- Feb. 2 Tucson
- Mar. 17 Stockton
- Apr. 8 San Francisco
(San Francisco, San Mateo
& Marin)
- Apr. 21 Oakland (Contra Costa and
East Bay)
- Apr. 28 Chicago

Bollettino Publication Notifications

We ask that announcements for branch and district events be published one month early. For example if you want an announcement for an April event, please plan to publish it in the March issue. This means that you have to get it in as early as February 15. In this way, you can assure that your event will be announced in a timely fashion.

The Year of Faith, Declared by Pope Benedict XVI October 11, 2012 to November 24, 2013

*Monsignor Daniel Cardelli
ICF Spiritual Director
ICFspiritDir@aol.com*

Pope Benedict XVI declared that a "Year of Faith" begin on October 11, 2012 and conclude on November 24, 2013. October 11, 2012. The first day of the Year of Faith, is the fiftieth anniversary of the opening of the Second Vatican Council... (Vatican II) and also the twentieth anniversary of the Catechism of the Catholic Church.

How can we as members of the ICF benefit from the Year of Faith? Here are a few suggestions:

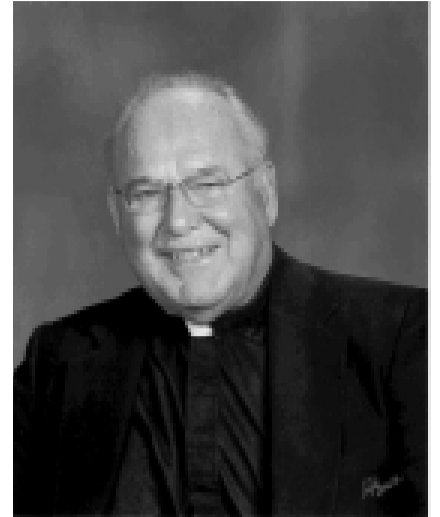
Deepen our understanding of the documents of the Second Vatican Council.

Help us understand their relevance to our life, and hearken to the invitation to the Universal call to Holiness.

Help ourselves enter more deeply into the Year of Faith.

Each diocese and each parish will offer ways to live the Year of Faith. This is a wonderful way to appreciate more who Jesus is, and what He did for us. This will help us realize how much Jesus loves us and that He is the best of all our best friends.

May Jesus bless us all in a special way in this Year of Faith.



Membership in the Italian Catholic Federation

*Jim Acitelli
Proud ICF Central Council Member and
Member of the Membership Committee*

Membership in the Italian Catholic Federation is a privilege which we all enjoy. This is a family organization that we have been invited to take part in and to enjoy its many benefits. Not only do we enjoy the camaraderie of our members but we have learned to work together, pray together and care for each other as brothers and sisters.

In our branches, we cultivate reverence and respect for our Church and make known our views without trying to take control of the meeting or branch activities. We show respect for our clergy and for each other. We lead by example. In our membership drives we must emphasize that the purpose of the Italian Catholic Federation is to uphold and develop the religious spirit among its members and to spread that spirit among all people outside of the organization. We are always there to lend a helping hand whether it is with charitable works, education, assisting other organizations or just being there for a member in need.

We set forth in our branch membership a pattern reflected by our family life – we go to church together, break bread together and care for each other. We know each person as an individual as well as their family members. We know their likes, dislikes, faults (which we look past) and specific needs. This is one of the aspects of the Italian Catholic Federation that appeals to our members and one that we emphasize in our Membership Drives – FAMILY! And with our ICF family comes FAITH and the HERITAGE that we share.

Sometimes we experience the heartbreak of seeing a branch close. I have seen first-hand the struggles of branches to maintain membership and seen them fight against the odds; they don't give up until all resources have been exhausted. Our love is with these brothers and sisters!! But we must go forth from this experience and review what we can do to be supportive of all branches and to keep the Italian Catholic Federation growing, while maintaining our roles as open minded leaders.

How fortunate we are to be part of this great organization!

MEMBERSHIP SURVEYS
Branches and members are
encouraged to complete a
membership survey.
Please visit www.icf.org.

Quarterly Treasurer's Report Now Available in Excel Format

*Roselynn Jarrett
Grand Trustee*

Branch and District Treasurers are encouraged to prepare their quarterly reports using Excel. This easy to use format allows you to enter your debits and credits without the use of a pencil and calculator. Excel does the math for you! Once your

report is complete, print and send to the ICF Office with your current per capita report.

The handwritten report is still available. Either method of preparing and filing will be accepted. Please visit www.icf.org to begin using the Excel Treasurer's Report. It can be found in the Members Area.

High Five!**Top five districts with increased membership:**

Blessed Sacrament	+57
Contra Costa	+30
Los Angeles	+25
San Diego	+17
Central Coast	+16
Stockton	+16

Congratulations to the following districts/areas that have also achieved increased membership: Chicago, East Bay, Marin, Orange, Reno, San Gabriel, San Mateo, Santa Barbara-Ventura and Tucson.

Great job!

Membership Stats as of July 2012 -- 11,212

New:	368
Reinstated:	11
Transfer in/out:	10
Non-payment:	6
Cancellations:	222
Deceased:	120
Membership as of: 01/13:	11,243

There are currently 358 members who are past due. Please continue to follow-up with members who have not renewed their memberships. Thank you!

**Advertise
Your
Business
Here**

Heritage Around the ICF

Louise Vento

Heritage Committee

Did you know before the high tech industry came to Silicon Valley, the Valley was called Santa Clara Valley (The Valley of Hearts Delight)? As a child growing up I was raised on a five acre prune orchard. I am reading a book called "The Last Prune Pickers" by Tim Stanley. I can relate to the book: Yes, I am one of the last prune pickers in the Valley. Prune picking was hard work. My father would shake the French prunes from the trees and the ground would be blue in color. My mother, sister and I could pick one ton a day, which is 40 boxes. I had to crawl on my hands and knees to pick the prunes from the ground and put them in buckets and dump them into boxes. My father would dig the ground before the prunes were ready to be picked so that the ground was not hard to crawl on. After the prunes were picked, my father would dip them in lye water and put them on trays to dry in the sun. The lye would crack the skin of the prunes. Every night we stacked the trays and every morning we set them out again to dry. After the prunes were dry they were dumped into the shed and put into sacks to take to Valley View Packing



House. Sometimes the crop was so small he would only make enough to pay the taxes on the property. School would not start in September until all the crops were brought in, sometimes as late as September 30. Prune picking was a great summer job for the many children in the Valley. Today children do not get to experience what it means to work with your hands and enjoy the outdoors. My father sold the orchard the year I got married in 1954. The ranchers on each side of him sold to a shopping center and for homes. He used to get irrigation water from them. What do you do with five acre of prunes and no water? Today there is a bank where our big house stood.

CALENDAR WINNERS

We held off pulling the calendar winners to give everyone a chance to return their ticket stubs to the ICF office by the January 18 deadline. The winners' names for January 2013 and February 2013 will be printed in the March 2013 issue. The winners' names will also be available on the ICF website at www.icf.org beginning with the March 2013 issue.

Gifts of Love Donations

The following donations were received in the ICF Office by the 15th of January.

Branch 4
Branch 115
Branch 139
Branch 154
Branch 186
Branch 200
Branch 368
Branch 391
Branch 435
The Greco Family Christmas Open House Fundraiser
Bob and Joann Bianchi
In memory of Hope Baird
Bob and Joann Bianchi
In memory of Jack D'Asaro
Officers/Members of Br. 291
In memory of Tony Caruso
Louie and Pat Cordich
In memory of Eva Trincherio
Nettie Descalzo-Del Nero and Tom Pollicita
Get well wishes for Cookie Rossi
Nettie Descalzo-Del Nero and Tom Pollicita
Get well wishes for Joe Donato
Nettie Descalzo-Del Nero and Tom Pollicita
Get well wishes for Nina Malone
Jerry and Joan Delfino
Get well wishes for Joe Donato
Sam and Sue Akerson
Happy birthday wishes for Rose Santanocito
Officers/Members of Br. 435
In memory of Salvatore Tacci

Marisa and Tom Poggi
Get well wishes for Joe Donato
Bob and Elaine Osorio
Get well wishes for Pat Cordich
Bob and Elaine Osorio
Thank you to Eva Stern
Eva Stern
Speedy recovery wishes for Pat Cordich
Arthur M. Bree
In memory of Yolanda Arnaudo
Harold and Virginia Fuentes
In memory of Bill Michelini
Mr. and Mrs. Adolfo Del Carlo
In memory of Graziella Luporini
Joan and Jerry Delfino
Get well wishes for Nina Malone
Marisa and Tom Poggi
In memory of Larry Bruschini
Officers/Members of Br. 191
Thank you to John Orlando
Mr. and Mrs. Adolfo Del Carlo
In memory of Miro Damele
Marisa and Tom Poggi
In memory of Norma Damozonio
Rita Baretta and Family
In memory of Vincent Corsaro
Joe and Mabel Teresi
Get well wishes for Patricia Cordich
Eva Stern
In memory of Rose Santanocito
Nettie Descalzo-Del Nero and Tom Pollicita
In memory of Belma Borrelli

Scholarship Focus

Jessica Kuiper

Jessica Kuiper

College: University of Utah

Mascots: Utes



A recipient of a 2012 ICF Scholarship, Jessica Kuiper is attending the University of Utah. She chose the University of Utah because, as she writes, "the university is highly ranked nationally and internationally. They also have my major, Medical Laboratory Science and a great medical school. Salt Lake City and the surrounding areas are beautiful and the people are so friendly, helpful and nice. I also wanted to move to an area that has all 4 seasons."

Jessica is majoring in Medical Laboratory Science and completing all the course work for Pre-Med. Jessica chose this major because it is very challenging, offers good jobs after college and is a stepping stone to medical school.

Jessica is grateful for the support of the Federation. She states that receiving an ICF scholarship "is helping financially with books and supplies."

Of college, Jessica writes that her favorite part is "moving to a new state and living on my own in an apartment. There are

some fun challenges of doing everything for myself! As far as the semester goes, meeting new people, professors and working through my classes."

Jessica's grandparents, George and Gerry Saitta, are members of the Federation.

To donate to the ICF scholarship fund or to learn more about the scholarship program, please visit <http://www.icf.org/scholarships.html> or contact the ICF office.

February is the Month of Love

Jim Acitelli

Apostolate Chairman

We always associate the month of February, especially the 14th, as a time of romance, courtly love and giving of "special" gifts to those whom we love.

St. Valentine, or Valentinus (the Roman pronunciation of his name) is the patron saint of engaged couples, happy marriages, love and lovers. A third-century saint, who is commemorated on February 14. Valentine was a Roman priest who was martyred on February 14 during the reign of Claudius II, in the late Third Century. (Cira 270 AD) Christians during that time were being persecuted by Claudius II in Rome, and helping Christians at this time was considered a crime. Valentine was arrested and imprisoned upon being caught marrying Christian couples. Apparently, though, Valentine was a very likeable fellow, because the emperor took a liking to him, that is, until Valentine tried to convert him. Claudius refused and because Valentine would not renounce his faith, Claudius had him condemned to death. He was beaten with clubs and stones; when that failed to kill him, he was beheaded outside the Flaminian Gate in Rome.

It is said that saints are not supposed to rest in peace; they are expected to keep busy -- perform miracles, to intercede. Being in jail or dead is no excuse for non-performance of



the super-natural. One legend says, while awaiting his execution, Valentine restored the sight of his jailer's blind daughter. Another legend says that on the eve of his death, he penned a farewell note to the jailer's daughter, signing it, "From your Valentine."

Take the time this month to remember to love one another. What better way to honor St. Valentine than to share our faith. Giving to others of our time, talent and money is the best way to spread our faith and love as Christ has commanded. Remember, saints are not supposed to rest so love one another, stay busy with good works and maybe you, too, can be a "Valentine" to others.

Your Apostolic/Charity Committee: Jim Acitelli, Chair; Lisa Crudo, Teresa Helfand, and Marco Galeazzi

Sir Luigi & Lady Augusta Providenza Seminary Scholarship Fund Donations*

IN MEMORY OF:

Joe Taiariol
Joann Fah
Elda Saccone
Marian Misrack
John Badarello
Jeannie Spingola
Norma Damozonio
Miro Damele
Enez Gapiro
Norma Damozonio
John Salamida
Norma Damozonio
Louise Taiariol
Alyssa Byrne
Bob Figone
Norma Damozonio
Augie Bassano
Norma Damozonio

DONATED BY:

Eda Rossetto
Beatrice Bianco
Former Officers/Members of Br. 243
Officers/Members of Br. 50
Nello and Cookie Rossi
Officers/Members of Br. 290
Officers/Members of Br. 215
Giovanni and Nancy Corsi
Officers/Members of Br. 50
Officers/Members of Br. 40
Mr. and Mrs. Russell Vento
Roger and JoAnn Dorn
Eda Rossetto
Mr. and Mrs. Russell Vento
Officers/Members of Br. 327
Officers/Members of Br. 343
Chuck and Julie (Locatelli) Boccone
Leroy and Stella Taddei

GET WELL WISHES:

Joe Donato
Joe Donato
Cookie Rossi
Joe Donato
Joe Donato
Nina Malone
Joe Donato
Nina Malone
Joe Donato
Gloria Ghirarduzzi
Gloria Ghirarduzzi
Cookie and Nello Rossi
Cookie Rossi
Leroy Casale
Diana Petrolino
Nina Malone

Forrest and Prudence Price
Mr. and Mrs. Robert Dianda and Jane
Bob Basuino
Bob Basuino
Mike and Marcie Rossi
Officers/Members of Central Council
Larry and Elise Marsalli
Mike and Marcie Rossi
Leroy and Stella Taddei
Officers/Members of Br. 161
Romolo and Lorraine Iavarone
Rosie and Elaine Lencioni
Giovanni and Nancy Corsi
Giovanni and Nancy Corsi
Franklyn Lopes, Jr.
Franklyn Lopes, Jr.

THANK YOU FOR OUR 2013 DISTRICT INSTALLATION:

Jane Dianda
Officers/Members of Santa Clara Valley District

THANK YOU:

Singers Around The Bay
Addie and Charlene Kramer
John Orlando

Bob and Elaine Osorio
Nello and Cookie Rossi
Officers/Members of Br. 191

HAPPY 90TH BIRTHDAY:

Angelina Publico
Officers/Members of Los Angeles District

HAPPY 55TH WEDDING ANNIVERSARY:

Jim and Janice Jones
Giovanni and Nancy Corsi

IN SUPPORT OF THE PROVIDENZA FUND:

A donation was made to the Providenza Fund by Branch 435 - Morgan Hill.

*Named after the co-founder of the I.C.F., the Sir Luigi and Lady Augusta Providenza Seminary Scholarship Fund provides I.C.F. members a lasting way to memorialize and/or extend greetings to friends, relatives, and loved ones. Members' donations provide scholarships to seminarians studying for the priesthood in dioceses where the Italian Catholic Federation is located. A monthly Mass is offered for the intention of those listed.

Cooley's Anemia Donations

The following donations were received in the ICF Office by the 15th of January.

Branch 4
Branch 102/Anna Centoni
Branch 139
Branch 154
Branch 200
Branch 435
Officers/Members of Br. 191
Thank you to John Orlando

Anita St. Denis
Get well wishes for Nina Malone
Mike and Marcie Rossi
In memory of Norma Damozonio
Mr. Charles P. Gullo, Jr.
In memory of Rose Santanocito
Angelo Benassi
In memory of Bob Goodrich
Lido Marchetti and Family
In memory of Aldo Guastapaglia

BENVENUTI MEMBRI NUOVI

Report Date: 01/15/2013

DONNA R SMITH Branch 007
OLIVE RISSO Branch 007
GALE M WATTS Branch 018
JOHN FILIPPINI Branch 021
ANDREAS GUERRERO Branch 021
CELESTE GUERRERO Branch 021
MARIANA GUERRERO Branch 021
NICK GUERRERO Branch 021
NICO GUERRERO Branch 021
DIANE M MASSAIA Branch 021
EZZIO MAZZEI Branch 021
ALVERDA ORLANDO Branch 021
ERIN WONG Branch 021
MAX WONG Branch 021
RUBY WONG Branch 021
BOB COYLE Branch 025
MICHELLE COYLE Branch 025
SHIRLEY A LEWIS Branch 025
REV IGNACIO MARTINEZ Branch 025

LOUIS MARTINS Branch 025
MARILYN PORTSCHY Branch 025
JEANETTE WALKER Branch 025
PAUL CAETANO Branch 026
JOHN G FILICE Branch 028
KIM M FILICE Branch 028
LAWRENCE BERTOLUCCI Branch 033

GEMMA E MARCHETTI Branch 033

SARAH A MARCHETTI Branch 033

MINDY JUNG Branch 045
ALFRED PUCETTI Branch 047
CAROL A BUSHNELL Branch 052
LESLIE PALMIERI Branch 052
MIA PALMIERI Branch 052
RONALD PALMIERI Branch 052
FRANK BORRELLI JR Branch 054
MIKE GANDY Branch 054
LORETTA J PETERS Branch 054
TONY L PETERS Branch 054
JIM P OLSON Branch 103
MAUREEN F OLSON Branch 103
LORRAINE STEVENSON Branch 103

BENNY CRIMO Branch 108
KATHY CRIMO Branch 108
FRANK RE Branch 139
VALERIE A RE Branch 139
VINCENZO A RE Branch 139

JANIS M PETREE Branch 186
PATRICIA W AMICONE Branch 217
STEPHEN J AMICONE Branch 217
MICHELLE D KEOUGH Branch 217

RITA C PRENTICE Branch 217
JAMES P CASSADY Branch 230
JAMESON LEE CASSADY Branch 230

VINCENT J OLIVER Branch 261
LETICIA NAVA Branch 291
MARTIN V NAVA Branch 291
PALOMA NOELLE S NAVA Branch 291

MARY F CAVIN Branch 308
RICHARD L CAVIN Branch 308
EDWARD A MORECI Branch 332
PENNY A MORECI Branch 332
SANDY AMARA Branch 342
MAXINE A CRESCI Branch 342
THEODORE L FREGOSI Branch 342

JAMES MADONNA Branch 342
LYNNE T MADONNA Branch 342
IVAN WHITE Branch 342
ROBYN WHITE Branch 342
BERNICE M D'ARCY Branch 351
CROSS BERTOLLI Branch 392
ROSARIO BROCATO Branch 392
ROSE COLELLA Branch 392
GIANFRANCO MARIANI Branch 392

ISABELLA MARIANI Branch 392
GIOVANNI DI PIAZZA Branch 392
SUSAN DI PIAZZA Branch 392
AGOSTINO FEMMINELLA Branch 392

LISA FEMMINELLA Branch 392
FRANK GENDUSA Branch 392
CARMELA GIANNINI Branch 392
SERGIO MOLINELLI Branch 392
ENZA PERRONE Branch 392
CAROLYN M DEIRO Branch 395
ROBERT R DEIRO Branch 395
LOU M SANDRINI Branch 403
SHERRON D SANDRINI Branch 403

ANGELA BOTTALICO Branch 418
GAETANO BOTTALICO Branch 418
BARBARA A THOMAS Branch 419
ANN C ZACHARIAS Branch 419
LEONARD CATALDO Branch 439

In Loving Memory

01/15/2013

JOHN SALAMIDA Branch 004
FRANCES ALTOMAR Branch 007
ROSE SANTANOCITO Branch 004
GEORGIA DEL ROSSO Branch 019
FRANK DE PASQUALE Branch 032
MARY BANDUCCI Branch 033
EMERSON HEINEN Branch 045
ENEZ GAPIRO Branch 050
LOUIS FOPPIANO Branch 052
JOAN M PASSALACQUA Branch 052

PASQUALE DI BERNARDO Branch 115
LEE DI STEFANO Branch 121
LEONARD C ASIANO Branch 161

MARGARET C DILLON Branch 173
HAROLD F REED Branch 173
NORMA DAMOZONIO Branch 215
ALFRED A DUENAS Branch 230
THELMA GLENN Branch 281
J S SPINGOLA CONNOLLY Branch 290

ANTHONY CARUSO Branch 291
MARY ANN AUSTIN Branch 303
IRMA G GENINI Branch 308
FLORIAN COSTANTINI Branch 323
ANNA FANELLI Branch 323
NORMA O BRETON Branch 354
EDWARD A ARNAUDO Branch 390
VINCENT CORSARO Branch 390

Live to Give



Blood Centers of the Pacific

56 Facts about Blood and Blood Donation (one for each day between your blood donations!)

1. 4.5 million Americans would die *each year* without life saving blood transfusions.
2. Approximately 32,000 pints of blood are used *each day* in the United States.
3. *Every three* seconds someone needs blood
4. One out of every 10 people entering a hospital needs blood.
5. Just one pint of donated blood can help save as many as three people's lives.
6. The average adult has 10 pints of blood in his or her body.
7. One unit of blood is roughly the equivalent of one pint.
8. Blood makes up about 7% of your body's weight.
9. A newborn baby has about one cup of blood in his or her body.
10. The average red blood cell transfusion is 3.4 pints.
11. Blood fights against infection and helps heal wounds, keeping you healthy.
12. There are four main blood types: A, B, AB and O. AB is the universal recipient and O negative is the universal donor.
13. Blood centers often run short of type O and B blood.
14. Shortages of all types of blood occur during the summer and winter holidays.
15. If all blood donors gave 2 to 4 times a year, it would help prevent blood shortages.
16. If you began donating blood at age 17 and donated every 56 days until you reached 76, you would have donated 48 gallons of blood.
17. About three gallons of blood supports the entire nation's blood needs for one minute.
18. Blood donation takes four steps: medical history, quick physical, donation, and snacks.
19. The actual blood donation usually takes less than 10 minutes. The entire process, from when you sign in to the time you leave, takes about 45 minutes.
20. Giving blood will not decrease your strength.
21. You cannot get AIDS or any other infectious disease by donating blood.
22. Fourteen tests, 11 of which are for infectious diseases, are performed on each unit of donated blood.
23. Any company, community organization, place of worship or individual may contact their local community blood center to host a blood drive.
24. People donate blood out of a sense of duty and community spirit, not to make money. They are not paid for their donation.
25. Much of today's medical care depends on a steady supply of blood from healthy donors.
26. One unit of blood can be separated into several components (red blood cells, white blood cells, plasma, platelets and cryoprecipitate).
27. Red blood cells carry oxygen to the body's organs and tissue.
28. There are about one billion red blood cells in two to three drops of blood.
29. Red blood cells live about 120 days in the circulatory system.

District Workshops in 2013

Dante Galeazzi

Workshop Committee Chair

Your ICF Workshop Committee is ready and available to plan NOW for a presentation to your District. We will demonstrate any 60 to 90 minute presentation on many of the ICF Programs. Presidents, please discuss and select at least two or three topics for a presentation by the Workshop Committee to introduce topics such as spiritual activities, membership growth, Awards Program, heritage/history of the ICF, financial reporting, fundraiser's for charitable programs, Officers'/Deputies' and again any other topic for the district and

your branches. The Workshop Committee wants to schedule your district's workshop event during the months of March, April or May 2013, for the topics of your district's/branches' choice. Once the district/branches selects at least two or three topics that "best suit" your needs contact Dante Galeazzi via email at dantegaleazzinpc@aol.com or cell phone 209 815 8825.

Branch presidents, discuss with your officers and again at your district meeting your desire program selection. The Committee hopes your district selects a date promptly for your first choice and because there is a such a demand for these ICF Workshops we recommend a second date for approval.

Cooley's Corner

Thalassemia (Cooley's Anemia): An Overview

Laurice Levine, MA, CCLS
Thalassemia Outreach Coordinator
Children's Hospital Oakland

In 1925, Dr. Thomas Cooley first described thalassemia in Italian children with severe anemia, an enlarged liver and spleen, and changes in bone formation. Several years later, Dr. Whipple named the disease "thalassa anaemia" or "anemia by the sea", because of its link to the Mediterranean region. The name later evolved to Thalassemia. With the large immigration of people of predominantly Mediterranean ancestry to North America, the devastating effects of this disease became known to the affected communities and their providers. Seemingly healthy newborns became pale, sickly, with most dying by three years of age.

Largely due to strong support from Italian advocate groups, major advances have occurred in the treatment and prevention of thalassemia. The initiation of monthly blood transfusion enabled children to live relatively healthy lives until their teen years when they began succumbing to iron poisoning caused from the routine blood transfusions. By the late 1970's a medication was developed called Desferal, which is a medication that removes excess iron from the body. Unfortunately, Desferal needs to be administered through a needle infusion 12-15 hours every day. Fortunately though, with adherence to an intense medical regiment patients are surviving and often thriving into their adult years.

Quality of life now has become a major focus for patients and their families. People with thalassemia require specialized care needed to prevent complications. Each patient must be followed by a hematologist, endocrinologist, cardiologist, hepatologist, and a primary care physician. Nutrition, vision and hearing also need to be followed. Patients require access to specialized blood transfusions in order to avoid transfusion reactions. In the past, in order to monitor their iron levels, regular liver biopsies were necessary. However, now a ferritometer (SQUID) is available at Children's Hospital Research Center Oakland (CHRCO) which scans the liver to assess iron (similar to a CT scanner). Marriage, fertility, employment and medical insurance are issues adults with thalassemia now face.

Specialized thalassemia programs were initially developed in the North East, especially New York, because of concentration of Italian communities. Now, with migration to the West Coast and immigration, thalassemia is now more prevalent across the U.S., especially in California. Most States have adopted newborn screening programs which diagnose thalassemia (and many other diseases) at birth, rather than waiting for symptoms to occur. Now there are six hospitals in North America that specialize in thalassemia, the one at Children's Hospital Research Center Oakland is the



Children's Hospital &
Research Center Oakland
Thalassemia
Outreach

national charity for the ICF. To date, the ICF has raised over a million dollars for Thalassemia.

Despite the increase in numbers, the needs of patients in general are not adequately being addressed by government and many health care providers do not have knowledge of Thalassemia. Thalassemia care costs close to \$100,000 per year. The special services needed for patients are often not available; therefore it is highly recommended for patients to be seen at least once a year at a specialty center. There is no universal cure for Thalassemia; however a bone marrow or stem cell transplant is a cure for some patients. It is recommended that a patient needs an exact match (a sibling) and it is a very high risk procedure.

In 2005, the first oral pill to remove iron was approved by the FDA. A second oral pill was approved in 2011. For many patients these oral medications take the place of Desferal, however they come with a long list of side effects. More research is being done to develop new medications.

Thanks to the Italian Catholic Federation's generosity we have been able to improve care for people with thalassemia. Research, the expansion of clinical services, and the outreach program are supported by donations by the Italian Catholic Federation. Patients know the support they receive from the ICF and consequently they feel for the first time the community really cares. Many no longer hide their disease due to feelings of shame and instead they are filled with a sense of hope.

On behalf of the entire staff at the Thalassemia Center at Children's Hospital and Research Center Oakland, and most especially the patients and families, we wish to extend our gratitude to you the ICF for your ongoing support of our Cooley's Anemia (Thalassemia) Program. We realize there are many charities that you can donate to and we are grateful that you continue to support our program.

BOOK REVIEW VINCE PIRO

ALSO ONLINE AT ICF.ORG

Catholicism

Robert Barron

Word on Fire Catholic Ministries, 2011. 291 pp.

This month guest columnist Robert J. Pachinger, member of Branch 413 in Angels Camp, reviews Catholicism by Robert Barron.

The book review is generally focused on books that illustrate Italian American life, including depictions of the Italian ancestral home and culture. These books have helped to preserve traditions and to pass on an understanding of the culture. This month, I am slightly deviating from the focus to present Catholicism by Robert Barron. It is a slight deviation as the papal seat is in Rome. The reason for this deviation is to be in solidarity with the Year of Faith proclaimed by the Pope. The Year of Faith began on 11 October 2012, on the 50th anniversary of the opening of

the Second Ecumenical Vatican Council. It will conclude on 24 November 2013, the Solemnity of our Lord Jesus Christ, Universal King. The Year of Faith is an opportunity for us to rediscover our Catholic beliefs. Among the activities that are encouraged in the "Pastoral Recommendations for the Year of Faith" issued by William Cardinal Levada, Prefect, Congregation for the Doctrine of the Faith, is continuing education on the Catechism of the Catholic Church. An easy way to begin studying the Catechism and learn more about our faith is by reading Catholicism.

Catholicism is the companion book to the mini-series by the same name. Although the mini-series is wonderful, I do not believe that it is necessary to see the show in order to appreciate the book. I believe that the companion book gives the reader a chance to contemplate the presentation and let it sink in. The narrative follows a logical progression in explaining the faith. It follows the patterns of great theologians who for over 2000 years have been explaining the faith. In fact, Father Barron quotes from these great early theologians. The first item that is presented is an analysis of who Jesus Christ is. This analysis shows how the loose ends of the Old Testament are all tied in Him. He is described as God moving among His people. His uniqueness as a leader is clearly

evident. As Father Barron explains, there were many others who claimed that they were a messiah yet, we believe in Jesus Christ as Messiah. Why is that?

Once we get to know Jesus Christ a little better, we are exposed to His teachings. Father Barron tries to convey the fullness of the words in the Gospel by reaching to the original Greek texts. For example, Father Barron's description of a "happy" Jesus Christ is shocking to us, as He is shown crucified. However, the use of the word "happy" is the trick. Father Barron tells us that "happy" is closer to the Greek word translated to "blessed," as used in the Beatitudes. The crucified Jesus is "happy" since He is giving His life in love of the will of the Father.

We are then shown how God is the source of all. This chapter is worth reading many times. The arguments for God are synthesized here. The rest of the book is equally compelling. Father Barron explains the role of Mary in the Church, the importance of the mystical union of Christ and the Church, the mystery of the sacrament of the Eucharist, the communion of saints, the meaning of prayer. He ends with the "World Without End."

This book is not the formal Catechism of the Catholic Church. It is also not a Catholicism for Dummies, a book with

tremendous value as an easy reference guide for Roman Catholicism. Although the book is not difficult to read, Catholicism is not a simplistic version of our faith. I would call it a supplement to the Catechism in that it teaches us the basics of why we are Roman Catholics. It explains the beliefs that we have either taken for granted or do not fully understand. It is a synthesis of great and deep theological concepts developed by great theologians in 2000 years of study. To keep the book easy to consume by all adult readers, Father Barron faithfully presented the concepts as easily as possible. However, as I was reading the book, I wished many times that Father Barron would expand on his presentation. I wanted more information. I had to accept that this was not the proper place for more in-depth and detailed theology. If Father Barron would have wished to write a more in-depth theology book, I am sure he would still be writing.

We, as Catholics, have a responsibility to know our faith. It is not enough to feel that we have complied with being Catholic because we went to church on Easter or Christmas. There is much more than that. I can guarantee that most of you will have a deeper understanding of Catholicism after reading Father Barron's book. He succeeded in teaching me more about my faith and urged me to learn more.

La Celebrazione di Gioventù -- The Celebration of Youth

Celebrate President's Day

Presidents' Day will be celebrated on Monday, February 18. Color the pictures of our first President and our current President of the United States.



George Washington

On February 22, 1732 George Washington was born in Westmoreland County, Virginia. He served as the first president of the United States. He died in Mount Vernon, Virginia on December 14, 1799.



Barack H. Obama Term of Office: 2009 - Present

Barack Hussein Obama II was born on August 4, 1961 in Honolulu Hawaii. He is the 44th president of the United States, and first African American to hold the office. Before becoming president, he was both a State Senator and a U.S. Senator for the state of Illinois.

My ICF Branch President: (Name and Draw a Picture)

Share a story about your Branch President:

Written and Illustrated by: _____

Scholarship Donations

The following donations were received in the ICF Office by the 15th of January.

Scholarship Donations - 1st Year

Mark Neuburger - Christmas Donation

Ms. Janet Farren

Merry Christmas wishes for Mrs. Dina Puccinelli

Emily Corral

In memory of John Salamida

Officers/Members of Br. 191

Thank you to John Orlando

Judy and Ray Mattias

In memory of Graziella Luporini

Join the Hospitalization Program

Pat Mages

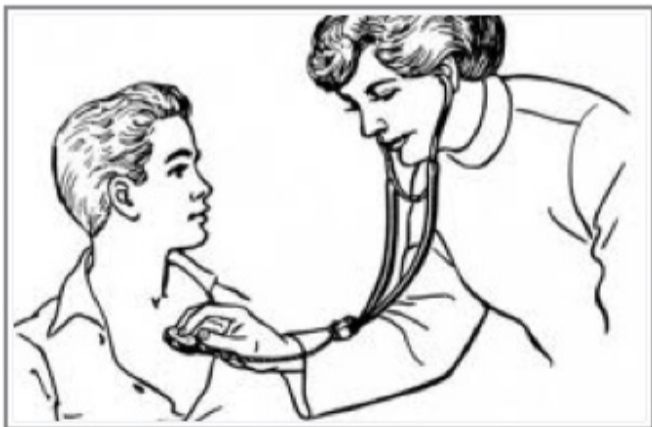
Hospitalization Program Chair

If you do not already belong, why not sign up for the Hospitalization Plan when you pay this year's membership dues. It costs only \$25 a year and up to \$500 per year can be claimed. Of course this will not cover the major expenses of hospitalization or outpatient surgery, but it can possibly help pay the deductibles or other eligible

expenses. For further information check out the ICF website under Hospitalization forms. And, remember you must join before your 65th birthday, but you will continue to be a member of the plan as long as you pay the yearly dues. Look over the ad and if you have additional questions please contact me, Pat Mages, at (805) 492-9658 or email me: pat.lou.mages@gmail.com."

Consider Joining the ICF Hospital Plan

\$25 / Year provides benefits for hospitalization and surgeries



(in-patient and out patient)
Contact the ICF Office for more details.

1-800-ICF-1924

IRS And State Of California Franchise Tax Board

George Bacigalupi

Grand Treasurer

As you are aware, the IRS and Franchise Tax Board for the State of California require annual tax returns to be filed by our Districts and Branches.

It is important to remember that all Districts and Branches now have two numbers - a Federal Tax ID Number for any forms filed with the IRS and a State Tax ID Number for any forms filed with the State

The IRS limit for the tax year ending 2012 is the following:

Branches or Districts with Gross Receipts of more than \$50,000.00 will be required to file IRS Form 990 EZ or 990.

Branches or Districts with Gross Receipts of \$50,000.00 or less will be required to electronically file IRS Form 990-N which is an e-Postcard.

The State limit for the tax year ending 2012 is the following:

Branches or Districts in California with Gross Receipts of \$25,000.00 or more will be required to file State Form 199.

Branches or Districts in California with Gross Receipts less than \$25,000.00 will be required to electronically file State Form 199-N which is an e-Postcard.

The State is still not going to match the IRS limits for the year ending 2012.

*** THIS IS IMPORTANT INFORMATION AND MUST BE STRICTLY FOLLOWED***

Both Forms must be filed no later than May 15, 2013. The IRS and State strictly adhere to this date, so please take this process seriously.

Any district or branch who does not file for 3 consecutive years will lose its tax exempt status with the IRS and the State. If you lose your tax exempt status, you will have to file paperwork and pay a fine in order to regain your tax exempt status.

Included in the Financial Secretaries' packet are materials that the district and branch Financial Secretaries will need to help them with this process. District and branch presidents - please work with your Financial Secretary to go over the information when it is received and see that the appropriate forms are filed by the due date.

Please make sure all district or branch finances are in order and that bank statements are reconciled through December 31, 2012. Remember that the gross receipts are total amounts received without subtracting any costs or expenses. These amounts include, but are not limited to, Membership and Hospitalization Dues, Dinners, Fundraisers, Raffle Tickets, Income from Convention Raffle Tickets and Calendar Sales, Interest from all Bank Accounts, Monetary Donations, etc.

If you have any questions, or need help filing, please call the I.C.F. Office at 1-888-423-1924.

Yesterday, Today, and Tomorrow

A Poem in Honor of Our Past ICF Members

Ruben Valdez –
ICF 2012 Christmas Party

Yesterday our friends, family and members were here...today they are not ...but tomorrow they will. We meet here on earth, we pass on the way, and end up back with our Creator at our end of day.

Our families they frown as we are laid into the ground... but rejoice knowing the Lord will be our common ground. When we cry and we weep we just close our eyes and

look and we see the teacher, the husband, the welder, the sister, the father and any other member who was an ICF fan.

We serve pasta, to many..., didn't forget any, we went to the park and picnic till dark, throw water balloons in the air. We serve pizza by the slice in our carnival times, and play a little bocce to pass the time. We meet once a month to serve our Lord. We meet here on earth and we will meet once again in Heaven and beyond, as an accordion plays, our ICF members live on!!

Things to Ponder
"Love doesn't make the world go round. Love is what makes the ride worthwhile."
Franklin P. Jones

Grand President

continued from page 1

Convention. Additionally, Roselyne and the committee members are ready, willing, and able to visit your district and assist you in any way they can.

The Workshop Committee, chaired by Dante Galeazzi is also available to present a workshop on whichever topic your branch or district chooses. The workshop will also include a brief history of the ICF, and an overview of important branch by-laws and rituals which may need to be addressed.

Other ways you can reach out to your communities and raise awareness of the ICF is through programs put on by the Ways & Means Committee, chaired by Franklyn Lopes. The ICF calendars are an effective publicity tool, which also provide an easy source of income for your branch.

Additionally, the committee is working on this year's Night for Seminarians, which will be held on Saturday, June 1, in Castro Valley, California. The purpose of this event is to further show support to the bishops in the various dioceses throughout the ICF by providing financial assistance and aid towards the cost of educating seminarians.

When I first took office, I stated that it was my intent to revisit and revitalize the organ donor program. This program is now called the Live to Give Program and is chaired by Nina Malone.

At that time we were uncertain as to which direction the aim of this program would be most beneficial. My intent was, and still is, to further serve the needs of thalassemia patients. At our recent Convention, the Live to Give Committee held its first blood drive, which yielded a total of 27 units of blood as well as several units of platelets. The success and willingness of members to participate in this effort has made it very clear that blood donation and an ICF blood bank is the direction in which the committee should place its efforts.

I have also asked this committee to look into the possibility of creating a blood bank for members of the ICF. For more information, or if you would like to hold a blood drive in your district, please contact Nina Malone or look for upcoming information in the Bollettino and the ICF website.

The Gifts of Love Committee, chaired by Andy Pappani, has been busy promoting the deaf program which grants money to deaf children and adults wishing to receive their sacraments. This program has taken off in several different ICF districts and also presents different ways in which the ICF can make a strong, positive difference in your diocese.

While I haven't mentioned all the projects each of the Central Council Committees has been working on, I urge you to please continue your generosity and support of our Scholarship Program, chaired by Deborah Rodondi, the Providenza Fund, and, of course, Cooley's Anemia.

Additionally, please read the monthly columns in the Bollettino provided by the Apostolate/Charity Committee, chaired by Jim Acitelli, and the Heritage Committee, chaired by Nancy Corsi. Both columns provide useful tips and information to support these vital programs in your branch and district.

These are just a few of the resources and

tools that the Central Council has made available to you. For more information about any of these committees, please contact the chairpersons, the ICF office or visit the ICF website at www.icf.org.

The final program I would like to comment on is one that I feel has become most crucial over the past couple of years and that is the Deputy Program, directed by Grand 1st Vice President Bob Basuino.

Your branch and district deputies are intended to act as advisors to your branch. I must make it very clear, the intent of a branch or district deputy, is, in no way, to be a watch dog, but rather a mentor. Additionally, should difficulties arise within your branch or district the deputies are your direct liaison to the Executive Committee. I urge you to please consult your deputies at the first sign of any problems. Do not let your branch struggle. No matter how big or small you may think the problem is, the sooner we are made aware, the sooner we can help.

If there is a possibility of your branch closing, then I urge you to first refer to your branch by-laws regarding the proper procedures for closing a branch.

Realizing that there are several branches without deputies, and to further assist troubled branches, it is my intent this year to have every branch be visited by a Central Council Member. Please use this opportunity to voice any concerns you may have, and likewise, let us know the positive events happening in your branch so that we may share your experiences throughout the ICF.

In any case, please, use your Central Council Members, their committees, and your branch and district deputies. We are at your service and are here to help you.

As I have said before, I will always "sing your praises," however, I am only one person. I encourage all of you to place upcoming events, as well as accomplishments, in your parish and diocesan newspapers. Each of you deserves the reward of being recognized for your efforts.

Again, I congratulate all newly installed officers, and thank all past officers. I also want to thank all of you, the members of the ICF, for your loyalty and dedication to the Federation.

Please remember whichever role you play in your branch or district, no matter how big or small, every little bit helps. You are making a difference.

Thank you.



2013 1st Year Scholarship Program

Deborah Rodondi

Scholarship Committee Chair

Materials on the 1st Year Scholarship Program were sent to high schools after Thanksgiving and have now been sent to the Districts and Branches in the January mailing.

The Deadline for Donations and Applications is March 15, 2013. Please discuss participating in the program at your meetings by making a donation of a full scholarship of \$400.00, if possible, or a partial donation of any amount. Partial Donations do help to make other scholarships possible when that money is grouped together. Individual Donations are welcomed as well. Please encourage your children, grandchildren or anyone you know who is eligible to apply.

These are the eligibility requirements for students:

A High School Senior, a total cumulative GPA (3 ½ years) of at least 3.2 and meets all of the requirements in either #1 or #2:
 1) Are Roman Catholic and of Italian Descent and live within the Roman Catholic Dioceses of Arizona, California, Illinois and Nevada, only where Branches of the Federation are established. or 2) Are Roman Catholic but need not be of Italian Descent or live where Branches of the Federation are established if either Roman Catholic parent, guardian or grandparent is a member of the "Italian Catholic Federation" - membership of a Roman Catholic parent, guardian or grandparent is mandatory for #2.

Please visit or call your local high schools where you would like to see applicants come from and make sure that they are promoting our scholarship program and have applications available.

If you have any questions or applications are needed, please call the I.C.F. office toll-free at 1-888-423-1924.

Italian Catholic Federation's Fourth Annual

A NIGHT FOR THE SEMINARIANS

Reservation/Sponsor Form

Name Branch # Phone Number

Total Number of reservations X \$50.00 _____

Donation as a Sponsor \$ _____

A check is enclosed for the amount of \$ _____

For questions please contact Pat Mages

CC Ways & Means Committee Member (805) 492-9658

For Reservations Please Contact

Lisa Crudo (510) 537-3256

3718 September Ct., Castro Valley, CA 94546

Email: Watkins6pk@aol.com

Deadline for Reservations: May 25, 2013