



Il Notiziario

[The Newsletter]
of the

Friends of Isola delle Femmine, Inc.



<https://friendsofisoladellefemmine.org> email: Friendsofisola@gmail.com Follow us on Facebook

Volume 4, Issue 2

Editor: A.A. Grillo

Spring: April 1, 2023

News from our Executive Board

by Frank "Ciccu" Bruno

Ciao Tutti,

It's been a great start to 2023. The first quarter zoomed by, didn't it? We started the year off with a Strategic Planning Conference, at which we came up with a few wonderful event ideas such as an ancestry faire and two Royal High Teas, "Italian Style", which are in the works. One will be in Monterey on April 22 and the other in Pittsburg on May 7. They will be great fun with great food and great entertainment. Don't miss them! Get your tickets on our website, www.friendsofisola.org, NOW!

Our 3rd Annual Martinez Scholarship Picnic is slated for June 11, 2023, again to be held at the Waterfront Park area in Martinez. Come, enjoy the fun and applaud our scholarship winners. Get tickets on line: www.friendsofisola.org.

In the first quarter, we had another Potentially Dangerous documentary screening, held at the San Francisco Italian Athletic Club with over 100 people in attendance. Great reception and great comments like: "I didn't know that happened to the Italians during WW II." And "Thank you so much for sharing this."

A Power Point reading of Lawrence DiStasi's book *Branded: How Italian Immigrants Became "Enemies" During WW II* was held at the Campbell Theater in Martinez on March 31, in front of 80 attendees. Thanks goes to Martinez Chapter Director Mike Inzerillo.

In January, the FOI membership renewals were sent out by Mary Pappas Coniglio. She tells us to date FOI is 190 members strong and growing. Please consider renewing as soon as you receive your invoices. This helps us keep the doors and lights on, and helps us put on quality programs for you. Without our members we are not an organization, so thank you in advance for your renewals and your support.

We saved the best news for last. It is with great pleasure and admiration to introduce to you Danielle Pellegrini our newest Executive Board Member. Danielle will take over, from Mary Pappas Coniglio, the duties of Secretary, which will relieve Mary to concentrate on membership, event planning, promotions & sponsorships. Danielle is a lifelong Martinez resident and daughter of FOI member Danny Pellegrini. Danielle has been fully involved in FOI from the minute she joined. You can read her bio on the FOI website. Welcome aboard Danielle, we all look forward to working with you.

So, you can see your FOI Executive Board is again hard at work to promote, preserve and protect our Italian Sicilian cultural heritage for all of us.

See you all at the upcoming events, first up the Monterey Royal High Tea, "Italian Style". Go to www.friendsofisola.org to buy your tickets. It's going to be a *BLAST*.

To preserve, protect, and promote the Italian-Sicilian cultural heritage among the descendants, immigrants, citizens and friends of Isola delle Femmine, Sicily and around the world.

Co-founder & Chairman of the Board: V.S. Di Maggio, Co-founder & President: F.B. Bruno,
Vice-President: M. Pappas-Coniglio, Secretary: D. Pellegrini, Treasurer: V.M. Mafitano D.M.D.,
Liaison to Isola delle Femmine: S.N. Coniglio, Advisor & Business Consultant: A.D. Seeno, Jr.,
Historian: V.S. Ferrante, Historian & Researcher: A.A. Grillo Ph.D.

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Friends of Isola delle Femmine, Inc first HONORARY MEMBER “In Memoriam”

The Executive Board is proud to announce the approval of our first Honorary Member “in Memoriam”, John Anthony Buffo, November 29, 1935 ~ August 5, 2021. John was born and raised in Pittsburg and educated by Pittsburg schools. He received his B.A. degree and teaching credential from Sacramento State University and the University of the Pacific. He was in the education field for many years and also a dedicated community leader. Along with being an educator, John was an expert historian, especially in Pittsburg history and the ancestry of its residents. He was a board member of the Pittsburg Historical Museum, instrumental in the creation of the famous Pittsburg Fisherman Statue that is at the end of Railroad Avenue in Pittsburg, and member of the Pittsburg Sister City Committee that brought the fisherman statue to Isola delle Femmine, Sicily. Please join FOI in remembering John Anthony Buffo as FOI’s first Honorary Member “In Memoriam.”

Mille Grazie

News from Isola

by Tonino Scala

Tonino Scala reports that Francesco Bologna, the younger son of Stefano and Maria Grazia Bologna, has been spending six weeks in February and March here at Monterey’s Naval Postgraduate Institute. Francesco started his education in Isola’s elementary and middle schools and completed his equivalent of our high school at Palermo’s Liceo Classico Giovanni Meli. In 2020, he graduated from the University of Palermo with a degree in mechanical engineering and a focus on aerospace engineering. He is currently pursuing a Master’s degree in aerospace engineering at the Politecnico di Torino, which brought him to Monterey. He was here to formulate his thesis on spacecraft robotics under the tutelage of Professor Marcello Romano, who will be moving to Torino later this year and continue as Francesco’s thesis advisor.

Francesco is the latest to take advantage of the many positive aspects of supplementing their education with time studying in a foreign country, for example, both for Italians studying in the US and US students studying in Italia. Of course, for Francesco, Monterey is not so foreign since he has relatives there as well as in Pittsburg, Martinez and other California locals, in addition to friends introduced to him by his parents and through the Sister City programs. He has had the opportunity to visit many on his free weekends here.

We wish Francesco great success with his continued studies and encourage others of his generation, both in Sicilia and here to search for opportunities to broaden their education in similar ways.




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REAL ESTATE

What's Happening

by Mary Pappas-Coniglio



Monterey!

*Royal High Tea
"Italian Style!"*

April 22nd 1:30 - 4pm

\$75 per person... table for 8 \$550 save \$50
12 and under \$40 Men & Teens are Welcome

Featuring *Monterey Moose Lodge*
555 Canyon Del Rey Blvd, Del Rey Oaks CA

*Erasmus Aiello, International Trio, Dave Marzetti,
Jim Coniglio, Lou Esposito II, Josie Esposito*



Pittsburg!

*Royal High Tea
"Italian Style!"*

May 7th 1:30 - 4pm

\$65 per person... table for 10 \$600 save \$50
12 and under \$40 Men & Teens are Welcome

Featuring *Pittsburg Elks Lodge*
200 Marina Blvd, Pittsburg, CA 94565

*Jim Coniglio & Derrick Silva,
Vince Aiello, Russ Belleci, Tyler Lewis*

FOI Fundraisers Ticket sales are quickly selling out!

Wanted!

COOKIE MAKERS

Win!

Two Royal High Tea's
Monterey April 22 & Pittsburg May 7

If you make
Italian Cookies

please consider Making Cookies
for our Royal High Tea's

ALL COOKIES WILL BE COMBINED AND PRESENTED AT BOTH TEA EVENTS.

We are expecting over a 150 guests at each Tea
100 Cookies/8.5 doz. per Cookie Maker

Cookies must be delivered or picked up by April 15th & 16th

Each Cookie Maker will be
automatically entered into our

**FOI Queen for a Day
Cookie Master Contest**

Deadline to Sign up is: March 15, 2023

To Enter contact Mary:
maryconiglio@gmail.com
or call 925-439-9016

Your cookie donation is very much appreciated!




**Old Fashioned
Italian Picnic!**

Visit our website
Right here! For Tickets
www.friendsofisola.org

Sunday, June 11th

Martinez, California Waterfront Park Bocce Courts Picnic Area

12 Noon to 4:00 pm

Annual Scholarship Awards (Catered Lunch)

<i>Postcard if you wish to share! Antipasto and/or Dessert After 12 Noon to 4:00 PM Bring your own beverages No refunds will be provided</i>	FOI Members Only \$30	<i>Menu</i>
	Non-Members \$35	<i>Pasta</i>
	Kids 12 and under \$20	<i>Italian Sausage Salad French Bread Watermelon</i>

Tables will have some umbrellas
Bring a Hat
Area has very nice concrete tables & benches
Bring a cushion!
It's always a few degrees cooler in Martinez
than Pittsburg.....

All Sales are final...No Refunds...No Exchanges...No Tickets sold at the door

Open to All.... FOI Members and Non-Members at NO COST!



**FOI
Family Rosary Night**

1st Monday of every month
6 PM
5 full Mysteries

Rosary Host: Frank Bruno



We invite you, your friends & family to join us on line

Contact us by email:
friendsofisola@gmail.com or leave your request in the comments
include your email address

Zoom invitation sent upon request only!

No Cost Monthly Event **Open to All**

I Ricordi d'Isola [Memories of Isola]

by Giuseppe Lucido

La Leggenda della Pietra Campana [The legend of Bell Stone]

Starting from Scogliera Azzurra Restaurant, ending at the beach in front of the Saracen Hotel, Isola delle Femmine is characterized by an awesome coast. This coast is variegated: at the beginning there is a great reef which many citizens frequent in the summer, then there is the Port, going forward there is another reef bigger than the previous one, and the last part consists of a beautiful beach. In particular, the part of the coast between the end of Port and the beginning of the beach is very popular for many kinds of sport activities: most of the citizen walk, run and ride their bikes along this road, especially thanks to the presence of the cycle path and the pedestrian area. Along this path, going toward the beach, it's possible to see a big stone on the reef. This stone has a very singular form compared to all the other stones on the reef. This stone is a "Calcarenite"¹ of the "Pleistocene Epoch"². Currently, nobody exactly knows how this stone arrived there. It could just be the result of the erosion process or, maybe, it arrived there due to a very strong storm. Another possible reason related to the presence of the stone on the reef is that this stone is very similar to the other Calcarenite stones that we can currently find in the coves a little further away. It may be that somebody, after digging in those coves, took this big stone and left it on the reef, once it was no longer needed.

Actually, by the way this stone is located on the coast, it seems that it was placed and forsaken there. However, in order to better discuss the story of the Bell Stone, I prefer to take a leap into the past. Until the first half of 1900's, there were very few cars in Isola delle Femmine, and most of the streets, that currently are built, were country roads. So, the places where people used to go in order to play and enjoy themselves were very few. On Sunday's, my grandparents and their cousins and friends, after attending the football match in the "Piano Ponente Stadium"³ used to take a walk up to the part of the coast in which the big stone is located. That location represented the endpoint of their walk. Due to the presence of that stone, they usually went there in order to play and have fun together. After going there, they would sit on the stone and, while playing at throwing little stones to each other, they noticed that the big stone, when struck by the little stones, made sounds as if it was a bell. Clearly, this situation was very unusual. Everybody wondered how it was possible for a stone to make such sounds. Some also competed to verify who made the stone sound more. This news was passed down from generation to generation, and it was never clear who first discovered it.



Pietra Campana & Isolotto in background

In general, it's assumed that it was discovered quite by chance, by throwing little stones at the big stone. So, all the young people used this reason to go there and make the stone sounds. As that sound was very similar to the sound emitted by a bell, this big stone was named "Bell Stone" [Pietra Campana].

From a physical point of view, the particular sound wave emitted by the stone can depend on its shape, which resonates just like a bell, and on its position on the coast. Nowadays, one has almost forgotten what this big stone represents, and the term "Bell Stone" has recently been associated with the name of some bathing establishments, which in recent years have been built on the reef next to the Bell Stone. However, the native citizens of Isola and, especially, the oldest ones always remember with great pleasure what that big stone on the reef represents.

1. A carbonate rock formed of particles of grain sized sand.
2. The historical period in which Calcarenite stones were formed.
3. Nowadays the stadium is on Via Libertà.

Di Dove Sei? [Where are you from?]

by Dr. Vincenzo Malfitano

“Ma Cui È Stu Picciriddu” [“But Who Is This Little Boy”]

Greetings, and welcome to a new addition to our incredible Friends of Isola delle Femmine newsletter, *Il Notiziaro*.

Our Editor, Dr. Grillo, has allowed me the opportunity to showcase members of Friends of Isola, from other Sicilian localities. In this issue, the focus will be on the Island of Marettimo and one of our members who immigrated from there.

Marettimo is one of the Isole Egadi [Aegadian Islands] in the Mediterranean Sea west of Sicily, Italy. It forms a part of the municipality [commune] of Favignana in the Province of Trapani. It takes about an hour to reach the island from Trapani by hydrofoil. The island has a rich and fascinating history that dates back at least a few thousand years. It has been inhabited by various peoples throughout its history, including the Phoenicians, Greeks, Romans, and Arabs, among others. It was an important center of the ancient Phoenician civilization and a significant trading post for the ancient Greeks and Romans. Its Greek name was “Hiera”, part of the Greek name “*Hierà Nèsos*” [Sacred Island], and the Romans similarly called it “*Sacra*”. The name Marettimo likely comes from the words “*mar*” [sea] and “*timo*” [thyme] due to the abundance of thyme growing on the island. However, it may also stem from a local pronunciation of “*maritimo*” [maritime]. In the 9th century, the island was conquered by the Arabs who incorporated it into the Emirate of Sicily. The Normans conquered the island along with the rest of Sicily in the 11th century and included it in their Kingdom of Sicily. They instituted a feudal system in their kingdom, which lasted for centuries, and granted the island to various noble families. In the 16th century, the island was attacked by the Ottoman Empire, and in the 18th century, it was occupied by the British for a short time during the Napoleonic Wars. In the 19th and 20th centuries, Marettimo became an important center of fishing and agriculture, and its population grew. Today, the island is a popular tourist destination, known for its crystal-clear waters and diving.

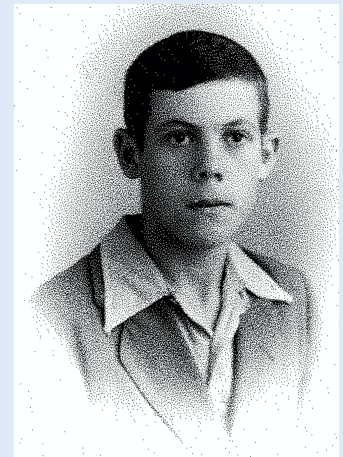
As one would expect, the cuisine of Marettimo is similar to that of the rest of Sicily with seafood being a dominant ingredient, but like each local Sicilian culture, it has several Marettimo variations, for example Pane Cunzato, a popular snack consisting of a round slice of bread that is topped with olive oil, tomato, anchovies, capers, and oregano.

The “Marettimari” practice some celebrations common to Sicily, like La Festa di San Giuseppe in March with processions through the streets and live music, but they have others which have special meaning to the people of the Aegadian Islands. These include la Festa della Madonna du Rotolo di Mezz’Austo, with a procession to the sea at Marettimo on the 15th of August..

Please Welcome Mr. Gaspare Aliotti, one of many immigrants from Marettimo who lives and worked in Monterey.

Gaspare was born on November 2, 1934, on the island of Marettimo, Sicily, to Giuseppe Aliotti and Mariantonia Marseguerra. While he was growing up there, his father would travel back and forth from Sicily to Monterey, CA, where, like many Italians at that time, he would earn money in the U.S. to send back to Italy for his family left behind.

A few months before the start of World War II, his dad returned to Marettimo. During the war, the “Marettimari” were afraid their homes would be bombed, so



A Young Gaspare Aliotti

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everyone lived in the mountains. Gaspare's dad built a room in the mountains, where his family would stay. Marettimo was saved, but the town of Trapani was bombed and Gaspare's home there was destroyed.

As a boy, Gaspare attended school in Trapani (1st – 3rd grades) and in Marettimo (4th – 5th grades). At that time, education was only available through the 5th grade in much of Sicily.

After completing school, he was ready to go to work. His first job was working for his uncle as a "go for", as he says, helping the crew. As time went on, he learned how to do everything the crew members did and finally earned a spot on his uncle's fishing boat. After a year of working as a crew member, his dad called for him and his mom to come to America.

On August 3, 1951, at the age of 17, he immigrated to the U.S. with his mother to join his father and brother Sal in Monterey. They made the long sea journey on the Vulcana, entering the U.S. through Ellis Island. They then traveled by train across the country to Monterey where their family was reunited.

Gaspare continued his fishing career in America as a crew member on the purse seiners the J Ernandes and the Diana. They would fish up and down the California coast. In the summers, he would also go salmon fishing in Alaska with his father. He fished in Alaska from 1953 to 1972.

Once, when fishing was slow, he worked in the fields in Watsonville picking strawberries. He lasted three days. He decided field work was not for him and returned to what he knew best ... fishing.

In 1953, he became engaged to Maryanne Maiorana. They were married at San Carlos Church on April 4, 1956. Even though Maryanne was born in the United States, her parents were also from Marettimo. They had three children, Marie, Angie and Joe, five grandchildren and two-great grandchildren.

The year 1958 was a memorable one for Gaspare. In February, he became an American citizen, and later that year, he was able to purchase his own fishing boat, the Maryanne A.

In 1972, he sold the Maryanne A and started Aliotti Wholesale Fish Company on Municipal Wharf #2, in Monterey. He purchased fish directly from the fishing boats and sold it to retail establishments throughout California. As years went by, Gaspare was able to purchase his own processing plant in Watsonville. He transported fish from Monterey to Watsonville, where it would be packed and delivered fresh or frozen to customers.

In 1982, Gaspare had a terrible accident. While in Sausalito, for herring season, a fish pump fell off a crane landing on Gaspare. He had internal injuries, a crushed pelvis, and a gash on his side, four fingers deep. During surgery, the doctors lost him three times. Luckily, Marin General Hospital provided excellent care, one of the very few, at that time, to have an MRI machine, which was an important aid to the surgeons. He was one lucky man.

In 1988, at the age of 54, he decided he wanted to salmon fish in Alaska again. He did that for 11 years, finally stopping only in 1999.

In 2002, he retired from the fish market. He had been in the fishing industry for over 57 years. It was then time for him and his wife to enjoy trips to Italy including, of course, Marettimo to visit friends and family. They also enjoyed going on cruises. Unfortunately, after 62 years of marriage, Maryanne passed away in 2021.

At 88, Gaspare is still very active, keeping busy fixing his rental properties and playing bocce every day. He has come a long way from living in the mountains of Marettimo during the war. He truly has lived the American dream.

A Bit of History that Is Ours

by Vincent S. Ferrante

FROM A BOATBUILDER TO A BUILDER OF A COMMUNITY

Gaetano E. (G.E.) Seeno, who was born in Isola delle Femmine, Sicily, made his way to America in 1900, sailing from Naples to New York. From there, he traveled directly to Black Diamond (present day Pittsburg) to join his brother Francesco “Frank”. Francesco had arrived before him and established his boat works to support the bustling commercial fishing industry along the Sacramento Delta, in the North Coast of California and eventually Monterey. Gaetano spent three years working for his brother Francesco, known as “Mastru Ciccu”, in order to establish himself here in America.

Regarding the family name, according to one version recorded in the oral histories of the Pittsburg Historical Museum as told by Frank’s daughter, the manager of the Redwood Manufacturers Company approached Frank during the time when Gaetano was working with him, asking him to consider “Americanizing” his name from Siino to “Seeno” in order to prevent his secretaries from making repeated errors on their paperwork. Frank agreed to the request, and Gaetano did as well. It appeared to be simply a business decision.

With a booming commercial fishing industry and brother Frank having more work than he could “shake a stick at”, Gaetano moved to open his own business right next door as G.E. Seeno Boat Builder. In short order, he earned the title “Mastru Tanu” for his boat building expertise. As demand for boats from fishermen moving to Monterey grew, the Seeno brothers, especially Gaetano, provided boats shipped there from their Pittsburg works.

For several years after arriving in Black Diamond, Gaetano made the trek to Alaska along with many local residents. As a versatile craftsman, his services were repeatedly utilized in the improvements and expansions of cannery facilities in the remote Alaskan territories. The following episode, brought considerable recognition to the relatively new immigrant from Sicilia.



G.E. Seeno Boat Builder Black Diamond Shop
Courtesy of Albert Seeno, Jr. & Morris Carey, cousins

In 1904, the Alaska Packers Association (APA) had the now famous square-rigged vessel, the Balclutha, under contract to carry men and supplies. In heavy fog, she ran aground onto a reef near Kodiak Island. The vessel was hard aground and listing at a 45-degree angle. Thankfully, all 100 persons aboard survived the incident.

A superintendent of the APA cannery at Atilak was sent to assess the damage and possible salvage of the ship. The final assessment, which included an appreciation for the men and equipment available at nearby APA, concluded that a salvage operation was feasible. The superintendent offered the captain \$500, equivalent to about \$16,807 today, for the Balclutha where she lay. The Captain accepted the offer given that the ship was so badly wrecked.

APA sent the needed equipment to start the salvage operations. Cargo shuttles to Karluck continued without letup. Seeno was at the Karluck Cannery at that time and his knowledge and experience as a boat builder worked miracles for the stricken ship. Seeno led and supervised a group of men who implemented temporary work practices defying the sea’s dangers. They concluded that the best weapon against the sea to wrest the ship from the reef’s hold was to use the power of the flood tide at full moon. Small holes were plugged, gaping holes were boarded, covered with heavy canvas, sheathed over again and braced, shored, bolted or nailed onto anything firm. Pumps were brought in to siphon off the salt water from her insides at low tide. All the weakened portions were strengthened. Empty barges were fastened to the Balclutha’s side. At high flood tide, she floated free and was towed to the local shipyard for repairs. With Gaetano Seeno’s expertise and for \$500, the Alaska Packers Association soon had a new ship in their fleet, which they renamed the Star of Alaska. She would make the voyage back and forth between Alame-

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da, CA and Alaska for the next 24 years carrying workers, fishermen and supplies. She was retired in 1930. Today, the ship is presently owned by the San Francisco Maritime Museum, returned to her original Balclutha name as a tourist attraction. She is a beautiful, amazing vessel and worth a visit just to see how many of our ancestors traveled to and fro the Alaska fishing grounds for weeks at a time before the use of the commercial air liners.

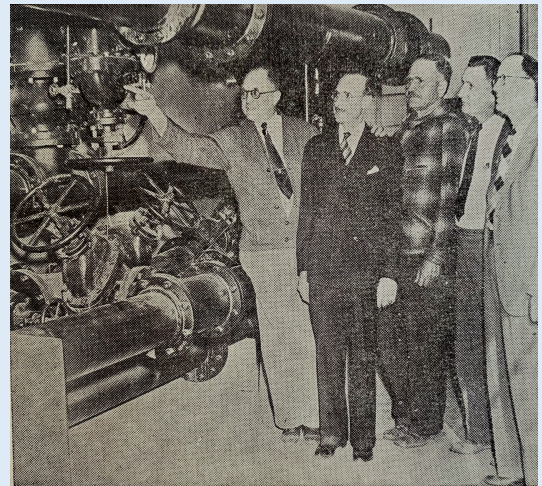
Following the 1906 San Francisco earthquake and fire, Gaetano, along with another brother Angelo Siino, both highly skilled carpenters, ventured to the City where they were employed in the reconstruction work. In returning to the community with “pockets full”, Gaetano opened the Princess Theatre, which he operated for a brief time.

At some point in his early years, Gaetano had apprenticed under his father Erasimo as a stonemason and a plumber. Given these experiences as well as those garnered in his businesses, he made a transformative decision to put all his well-rounded skills to work to become a general contractor. His timing couldn't have been more perfect as this decision coincided with a rapidly growing Pittsburg, thanks in part to a parallel increase in industrial manufacturing companies setting up shop here. This created a need for commercial retail space as well as commercial and residential housing for working families. Among the more prominent buildings that were erected by him at the time were the homes of businessmen J.J. Davi, C. Cautella and S. Enea, the Lepori and Cardinali Apartments, the Continente and Liberty Hotels (presently Skyview Noodle & Tea Restaurant), the Columbia and Lincoln Grills (presently New Mecca Cafe), California Market and Davi Financial Building. Other major projects in the early days included the Masonic Temple (still standing), the Buchanan Building (presently La Vernada Ristorante Italiano), the Ford Garage (presently E.J. Phair restaurant and brewery), the Primary School and countless others. Amazing how many of these buildings have survived and make up the heart and soul of Pittsburg's Old Town Historical District. Also, as the development of large-scale housing subdivisions began in earnest in Pittsburg, G.E., as he became known, was right there at the forefront as head of Seeno, DiMaggio & Seeno Contracting in the acquisition of property and the building out of the Pittsburg Heights and Parkside Manor developments that are still occupied today.

As a very successful business leader, G.E. eventually gravitated towards politics where he served on the City Council for two terms. Through his leadership, the council acquired many resources for the further development of a rapidly growing and modernizing city. One especially noteworthy improvement during his tenure was the installation of a quality potable water system. Prior to G.E.'s time on the council, the city relied upon pumping water directly from the river and into a water holding tank with rudimentary filtration. Cholera and Typhoid outbreaks were not uncommon throughout those decades. During his two terms on the Council, the city was the first in the County to install a “state of the art” water filtration system. This placed Pittsburg first in line to tap into the new Contra Costa Canal, which took water from a much cleaner source further up the San Joaquin Delta system. This was a catalyst for a rapidly developing and vibrant town.

Sources:

History of Contra Costa County California with Biographical Sketches, Historical Record Company, Los Angeles, Cal (1926).
Pittsburg Historical Museum Archives.
Pittsburg Historical Museum: Seeno Family History Display.
Pittsburg Historical Museum: Oral Histories.
Janet (Siino) Martinez, *Master Boat Builders of Italy: The Siino Family: A Tribute to the Monterey Boat Works*, Blurb, (2014).
Earl Hohlmayer, *Looking Back III: Tales of Italian Fishing Pioneers of Pittsburg, Monterey & Alaska*, E & N Hohlmayer, (2002).



Pittsburg City Council Tour of State-of-the-Art
Water Treatment Plant
G.E. Seeno is middle person

Mangiate Bene Tutti [Eat Well Everyone]

by Mary Pappas-Coniglio “Cooking with Mary’s Village Style”

Salute!

FOI MEMBER RECIPE



Bolognese Sauce a la Cutino

For this issue we present the recipe of Bert Cutino, an FOI member and the chef of the well-known and very successful Sardine Factory Restaurant in Monterey, CA.

Bolognese sauce, of course, came from the city of Bologna. It is also where Cannelloni originated, as well as Lasagna and Tortellini, the breadbasket of Italy. The sauce originally was developed in the 18th century in France and then further developed in Bologna where the sauce was created with meat and it became a very popular dish with the infused meat. Most importantly this recipe calls for milk, in addition to tomato, making it more creamy in texture. The reduction process in the recipe really brings it to an essence and the flavor is accentuated. This recipe is my own, taken from the original, with different alterations that has been successful whether in my restaurant or for friends; everyone wanted the recipe for this versus the recipe you find online or anywhere else. I am proud of this recipe, and we enjoy it every now and then when we can. That is why I call it Bolognese Sauce a la Cutino because it is my style. Although my heritage is Sicilian, there is a lot of cross fertilization between Sicilian cooking and Northern Italian cooking, which is interesting as this is how many other recipes were developed. One example, the Armenians had an Armenian Emperor of Sicily going back and they brought Baklava to Sicily. It evolved into Cannoli as the Sicilians made it and it became extremely popular. There was a book written, but it is not published any more, that told how and where all the foods of Italy originated, how they began. Another example is Cannelloni a la Passuto, which means past ingredients, already precooked or called leftovers. The history of food is fascinating, and I hope you discover that as well, as I have studied it for many years.



Chef Cutino

Chef Bert Cutino, CEC, AAC, HOF, WCMC
The Sardine Factory Restaurant, Cannery Row, Monterey

March 1, 2023

Visit our Facebook pages
Friends of Isola delle Femmine & Cooking with Mary's Village Style

Salute!

FOI MEMBER RECIPE



Bert Cutino, CEC, AAC, Co-Founder/COO
STANDARD RECIPE FORM



Restaurant:	Sardine Factory	Date:	4-29-21		
Recipe For:	Sauce Bolognese a La Cutino				
Portion Size:		Yield:	6-8ppl	Filing Category:	
Ingredients:		Single batch			Extend Cost
		Amt	Unit	Amt	
Ground Beef or Stew Meat		3	Lbs.		
Beef Stock		3	Cups (Approx.)		
Water		3	Cups (Approx.)		
Milk		2	Cups		
Red Wine – Burgundy Type		3	Cups		
Granulated Garlic		1	Tbsp.		
Kosher or Sea Salt		TT			
Black Pepper		1	Tbsp. or TT		
Ground Clove		1	tsp.		
Fresh Thyme		1	Bundle		
Bay leaf		3	Ea.		
Fresh Garlic		4	Cloves		
Fresh Celery – Chopped		3	Ribs		
Fresh Large Carrots – Peeled & Chopped		2	Ea.		
Large Onion – Chopped		1	Ea.		
Unsalted Butter		2	Tbsp.		
Extra Virgin Olive Oil		¼	Cup		
Tomato Paste		2	Cups		

Procedure:

1. In a large skillet sauté the onions, celery, carrots, and garlic all the way through and hold.
2. In a large pot you add the olive oil and when heated braise the meat and then add the sauteed vegetables then add some of salt and cook for 15-20 minutes or until the water evaporates.
3. You then add the tomato paste and cook it another 5 minutes.
4. Add the wine and cook for another 5 minutes and reduce to half.
5. You then add the thyme, bay leaves and the rest of the salt and then the pepper and mix it well while still cooking.
6. You then add the milk and simmer this for 3-4 hours and then you add the beef stock as needed, starting with maybe 3 cups and when it is reduced you add the clove.

This will yield about 6-8 people and you can serve it over any pasta, Fettuccine, Tagliolini, Penne, Bucatini; whatever you choose. Preparation is about 45-minutes, but it is approx. a 5-hour cooking time as you want to get it all down to an essence. This is my recipe that I use for Bolognese.

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Friends of Isola delle Femmine & Cooking with Mary's Village Style

Il Notiziano
of the
Friends of Isola delle Femmine

Volume 4, Issue 2

Spring: April 1, 2023

New Members of Friends of Isola delle Femmine, Inc.

We continue to add new members. Fourteen were added this past quarter!

Mary Hatch	Susie DiMaggio	Anna Maria & Jack Aiello
Nicole Henares	Bella Cutino	Jeannine Lamendola-Ford
Ron Cataldo, Jr	Cherr Cataldo	Elizabeth Grammatico
Jack Del Monte, Jr	Joseph Siino	Rebecca Cruz-Engineer
Cheryl Coniglio	Florence Cavaliere	

more to be published in future issues

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