



# LA SOTTO VOCE

The Official Newsletter of the *Columbia Association*

Fire Department, City of New York

## IN THIS ISSUE

*2007 Man of the Year*



*Humanitarian Award*



*2nd Annual Cigar Night*



*2007 Scholarship Award Winners*



*The Medical Corner*



*FDNY Homerun Derby*

## THE COLUMBIA ASSOCIATION 2007 MAN OF THE YEAR VINCENT A. TUMMINO

INTERNATIONAL COLUMBIA ASSOCIATION, PRESIDENT

Vincent Tummino has served on the Executive board of the Columbia Association FDNY for 15 years, of which he was the President for the past 9 years. He retired from The NYC Fire Department in 2006 after 36 years of service. Vincent was appointed in 1970 to Engine 26 in midtown Manhattan, in 1981 he was transferred to Engine 154 Staten Island, and in 1990 transferred to Battalion 22



He has worked tirelessly to promote and preserve the Italian culture and heritage, and to perpetuate the association's history and camaraderie.

After September 11th, he made it his mission to always remember those killed on that horrific day. He has travel to Italy over 20 times in the past five years, to attend the many ceremonies dedicating parks, buildings, fire stations and ceremonies in honor of those killed on 9/11. He has attended special masses, and accepted contributions for the scholarship fund, while thanking the many people of Italy who have helped us. His efforts and perseverance is what helped make the Columbia Association what it is today, a very recognizable organization in the USA & Italy.

Vincent Tummino is a descendant of Naples and Vittoria, Sicily, and holds a dual citizenship. He has been knighted on three occasions from the Italian government, including being bestowed with the great honor of Cavaliere, from the President of the Republic of Italy; in addition Vincent was awarded the Colapesce and Caragliano awards from the Sicilian government. He was Honorary Grand Marshal of the 2002 San Francisco Columbus Day Parade. He is a recipient of the humanitarian from the Community of Mayors, was Man of the Year from the Florida Federation of Italians Americans, and received the New York City Italian Heritage Award.

Along with a strong dedication to his work within the Italian and Italian American communities, Vincent served for 27 years in the United States Army Reserves and received the Army Commendation Medal, he was also the co-developer & instructor of the FDNY's Battalion Aides course.

He serves on the boards of Staten Island Botanical Gardens, Coalition of Italian Americans, Advisory council of the Italian Language Inter-Cultural Alliance, Italian American Museum, is an Associate Mayor with the Community of Mayors, and is a member of the Order for the Italian Legion of Merit.

He recently founded the International Columbia Association and serves as its President. [www.internationalcolumbia.com](http://www.internationalcolumbia.com)

Vist Our Online Store & Shop For Official FDNY Columbia Association Merchandise.  
All Proceeds Benefit The Columbia Association Scholarship Fund.  
[www.fdnycolumbia.com](http://www.fdnycolumbia.com)





**Our HUMANITARIAN AWARD will be presented to  
THE FRIENDS OF FIREFIGHTERS  
Nancy Carbone, Executive Director**

Friends of Firefighters, Inc. is a New York City not-for-profit organization that began as a community-based response to the terrorist attacks on the World Trade Center on September 11th. While Friends of Firefighters initially responded to the immediate needs of the firehouses, our mission has evolved and expanded in the years since to include the entire firefighting community of Greater New York. Having built trust amongst this traditionally closed population, Friends of Firefighters is a conduit linking both active and retired members of the FDNY to the appropriate programs that fit their needs.

**Our SPECIAL RECOGNITION AWARD will be presented to  
THE HOLLAND & KNIGHT CHARITABLE FOUNDATION**

**Brian D. Starer,  
Equity Partner and Vice Chairman**

**Holland+Knight**

Holland & Knight attorneys and staff believe the time-honored traditions of civic, charitable and pro bono service have a central role in the modern day practice of law. Though our outreach efforts vary among our office locations throughout the world, we are united in our common goal to improve our communities for all.

We serve as members of bar associations, governmental bodies, and in leadership roles in non-profit organizations, economic development groups, higher education institutions and numerous civic initiatives.

Holland & Knight's long history of philanthropy is now managed and coordinated by the Holland & Knight Charitable Foundation, which was established as a 501(c)(3) public charity in 1996. Funded through contributions from the firm, our attorneys and staff, as well as external sources, the foundation underwrites three important programs that support education.

Staffed by volunteers, our Opening Doors for Children program serves as a mentoring and tutoring program for thousands of children and schools across America. In addition, we proudly support our Foundation's Holocaust Remembrance Project - a national essay contest for high school students to promote the study of the Holocaust. Last, but not least, the Foundation's newest project encourages young Native Americans to research and write about their culture and history. It is entitled Young Native Writers Essay Contest.

Holland & Knight is multi-practice law firm with offices all around the United States and abroad. It is the 14th largest law firm in the United States. We have earned a place among the largest and most prominent law firms because of the diversity and talent of our lawyers and staff and their unflinching commitment to providing outstanding legal advice and unsurpassed client service. At Holland & Knight, we recognize that our people are at their best when they have challenging and rewarding work that is accomplished in an environment characterized by a healthy balance between client, family and community commitments. Our Balanced Work/Life Policy is a good example of how we value and support the whole person.

Aside from these three programs, we are active in numerous causes that touch both global and local communities, including disaster relief programs and funding for medical research.



Holland & Knight Dedicates 9-11 Memorial Wall In a ceremony punctuated by dignitary appearances and attended by hundreds of surviving family members of New York City Firefighters who died on Sept. 11, the 9-11 Memorial Wall was formally unveiled and presented to the NYC Fire Department. The dedication, held June 10, marks the fourth anniversary of the conclusion of Fire Department recovery operations at Ground Zero.



## A LETTER FROM THE PRESIDENT

As we enter the month of June we are coming to the culmination of a year's work, our Scholarship Dinner Dance; that which Chairman Craig Silvino and the entire Board work endlessly to make that special night a success. Your generous support and participation in our events is what makes it happen. Our Scholarship awards have grown over the years.

The Award winners for 2007 are Vincent Tummino "2007 Man of the Year", "Humanitarian Award", Friends of Firefighters, Nancy Carbone, "Special recognition award", to The Holland and Knight Charitable Foundation, Brian Starer Equity Partner and Vice Chairman. I hope you will be their to celebrate with us.

In March we had wonderful success with our 2nd Annual Cigar night run by Chairman Keith Tanico, it was a good time had by all that attended many thanks to all that did attended.

As we prepare for what hopefully is a good summer your Columbia Association Board starts right up again preparing for next year. In July we have the Hershey Trip, September Golf outing, Italy in November and a lot more. We as always still need your support. If you have any ideas let me know. The Columbia Association Board members are here for you.

Please support the greatest Association by becoming a member. Attend our monthly meetings where you can gain vast knowledge from our members who are active or retired; meet some friends you haven't seen and enjoy good food. We will be bringing in people to speak from the job so that they might share with us trends or changes in the job. And please support our trips and various fund raisers that we put together, its all for our Scholarship fund.

Thank you and Stay Safe  
Buddy Santangelo, President

### *Municipal Credit Union Welcomes the Members of Columbia Association F.D.N.Y.*

Municipal Credit Union offers a full range of financial services to City employees, Federal and State employees working within the five boroughs and health care professionals. For membership and information call 1-866-JOIN MCU. For mortgage information call our 24-hour hotline at (212) 238-3521.



22 Cortlandt Street, New York, NY 10007

Visit our Website: [www.nymcu.org](http://www.nymcu.org)

*NCUA Your Savings Federally Insured to \$100,000 by the National Credit Union  
Administration, a U.S. Government Agency.*

### *Columbia Association 73<sup>RD</sup> Annual Scholarship Dinner Dance* IT ALWAYS SELLS OUT DO NOT HESITATE!

**The Columbia Association will hold its 73rd Annual Scholarship Dinner Dance on June 21, 2007 at Russo's on the Bay, 162-45 Cross Bay Boulevard, Queens, NY. This year the Columbia Association will honor the 2007 "Man of the Year" Vincent Tummino. Past President of the Columbia Association. Our Humanitarian Award to "Friends of Firefighter" Nancy Carbone, Executive Director. Our Special Recognition Award to the Holland & Knight Charitable Foundation, Brian Starer, Vice Chairman. Donation of \$85 per person. For reservations contact Craig Silvino 347-556-9906 ASAP.**



## CONGRATULATIONS TO OUR 2007 SCHOLARSHIP WINNERS

### AWARD FOR COLLEGE Gerard Barbara Scholarship

Award	Name	Member	Co.
\$2600.00*	Peter	Peter Tartaglione	E 204r
\$1600.00*	Paul	Paul Greco	E 270

### Il Vero Cuore Di Venezia Scholarship

Award	Name	Member	Co.
\$2500.00	Kayley	Mark Ferran	Div 14
\$1500.00	Laura	John Ruocco	E 70r

Our 2007 Memorial College Scholarship award winner  
Will be chosen at our Dinner Dance (\$1000.00)

### AWARD FOR HIGH SCHOOL

#### Vincenzo, Suzy & Ilaria Marra Scholarship

Award	Name	Member	Co.
\$1600.00 **	Meagan	James Koeth	E 163
\$1400.00	Thomas	Vincent Mandala	Div 11

#### Columbus Citizens Foundation & Alice Sullivan Scholarship

\$1200.00	Brian	Charles Lanberta	E 211
\$1200.00	Angelica	Theodore Forlenza	L 83

#### Triola Family Scholarship

\$1000.00	Joseph	Joseph Smithwick	E 303
\$1000.00	Nicole	Douglas Spano	E 155

\* Highest SAT score (Rosina Higgins Award)

\*\* Highest STS Score (Marcello-Murphy Award)

Each award will be present at the 2007 Scholarship Dinner Dance on June 21.

### MARK YOUR CALENDAR!

## 4<sup>TH</sup> ANNUAL GOLF OUTING

at the beautiful  
**VILLA ROMA**

September 17-18 Monday & Tuesday

Includes: Room, Golf (both days), Cart,  
Cocktail Party, Dinner, Breakfast,  
and plenty of prizes.

Extra golf just pay for the cart.

CONTACT: Joseph Smithwick  
516-796-0975

Please make checks payable to:

COLUMBIA ASSOCIATION FDNY  
c/o Joseph Smithwick  
20 Piper Lane  
Levittown, NY 11746

## 2<sup>ND</sup> ANNUAL CIGAR NIGHT

*We held our 2nd annual Cigar Night at Club Macanudo on 3/23 and once again it was a great success. We had over 100 FDNY members and friends in attendance and we gave everyone who came through the door several name brand cigars. I would like to thank the Executive Board members who attended and helped out greatly; Buddy, Craig, Grace, Chris and Joe T. I would also like to thank Victoria McKee from General Cigar; Peggy O'Donnell from Ashton Cigars, Patrick from Indian Tobacco and Tom Russo, for supplying us with the fine cigars and raffle prizes. I would also like to thank the owners of Club Macanudo for closing their doors so we can have a private party. So, if you enjoy a good cigar, good liquor, good food and good friends try to attend next years cigar night and see why everyone has a great time.*



# 6<sup>TH</sup> ANNUAL JERRY BARBARA NIGHT

# FDNY

## Home Run Derby

Honoring Chief Jerry Barbara

Staten Island Yankees vs. State College Spikes

Friday, July 20, 2007 • 7:00 p.m.

Richmond County Bank Ballpark

Join us for this special night, celebrating the life and legacy of Chief Jerry Barbara. This night will include the following:

- **Pre-Game Home Run Derby.** Each Firehouse can have one participant in the Home Run Derby when Firehouse purchases a minimum of 10 tickets. Space is limited for the Home Run Derby.

First Prize - 4 Lower Level Box Seats to Yankees vs. Red Sox  
Second Prize - Mariano Rivera autographed baseball

- **Post-Game Fireworks.** After the game we'll light up the sky with a spectacular fireworks show. There's no better way to cap off a great evening out with loved ones.
- **Limited Edition Yankees Cap.** Each member of your group will receive a FREE limited edition Staten Island Yankees Cap. This cap is not available anywhere else.
- **Post-Game Kids Run the Bases.** All kids ages 12 and under can run the bases for FREE after the game.
- **FREE Game Program.** Each member of your group will receive a FREE PlayBall game program.
- **It's a 50/50.** The Chief Gerard Barbara Scholarship Fund will have the ability to sell raffle tickets during the game on the day they attend. 50% of the proceeds collected go to the scholarship fund. The other 50% is raffled off to a fan at the game that day. One lucky fan will go home with pockets full of money.
- **Special In-Game Moments.** This special evening will include a ceremonial first pitch by Chief Barbara's daughter and son, a video tribute on our high definition LED replay board, and firefighter themed in-game entertainment.
- **Great Value for a Good Cause.** Tickets for this event are just \$10 each (with a minimum of ten tickets purchased). \$1 from each ticket purchased will go to the Chief Gerard Barbara Scholarship Fund.

### Easy Access to our Ballpark

Our ballpark is easy to get to from just about anywhere. For more detailed directions, visit [siyanks.com](http://siyanks.com):

- 10 minutes from the Verazzano Narrows Bridge
- 15 minutes from Bayonne, NJ
- 20 minutes from the Goethals Bridge
- 25 minutes from Manhattan via the FREE Staten Island Ferry from South Ferry (next to Battery Park)
- 40 minutes from the Outerbridge Crossing



Help us honor the memory of one of Staten Island's favorite sons, Chief Jerry Barbara, at the Staten Island Yankees game on Friday, July 20. Order your tickets today.

## 1st Prize



**4 Lower Level Box Seats  
New York Yankees  
vs. Boston Red Sox**

## 2nd Prize

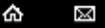
**Mariano Rivera  
Autographed  
Baseball**



**Limited-edition  
cap for each  
member of  
your group**

**QUESTIONS?** Contact Katie Grenda | Staten Island Yankees | 75 Richmond Terrace | Staten Island, NY 10301  
phone: (718) 313-1314 | fax: (718) 273-5763 [kgrenda@siyanks.com](mailto:kgrenda@siyanks.com)





## NEW YORK CITY FIRE MUSEUM TO HONOR THE COLUMBIA ASSOCIATION

October 2007 the Fire Museum will hold the Columbia Association Exhibition to honor Italian American members of the FDNY. This is a great honor for the Columbia Association. We are looking for stories, articles and other collectables to display at the museum. We are looking for historians of the FDNY to assist us with this exhibition. We need your help!

Please contact Craig Silvino 347-556-9906.

## CHICKEN PARMESAN & PIZZA HOW MUCH DOES IT COST?

One of one of the most amazing things about firehouse meals is the cost of pizza or Chicken Parmesan. If I buy 2 slices at the Pizzeria it will cost \$3.50. But if we buy pies for the firehouse, we all eat 2 slices it costs \$6 a man? I know about toppings and everything else but it still never adds up.

How about Chicken Parmesan. Chicken Parmesan cost anywhere from \$4 - \$12 a man. How? I do not have the answer but as you know, never let them see you sweat. For 2 years straight we ate Chicken and broccoli because the lieutenant said "Chicken and Broccoli again"

I have had the best meals in the world in a firehouse and the worst. Some are so bad, they were award winning. The brothers at E298, L127 are probably one of many companies that have a ceremony for the worst meal of the year. The rule is if you cannot cook, slice and dice, if you can't slice or dice, you clean, if you cant clean...takes the watch!

Well the reason behind this article is to help our probies cook. The proby is thrown into the kitchen to see what they can do. The first person I thought of for a Firehouse recipe is the late John Sineno. For those who did not know John, he was the man who brought firehouse cooking to the public. As every great Italian cook John learned from his grandma and his wife. But today's firefighter has limited kitchen skills to say the least. So attached is a recipe from John Sinenos second book "The New Firefighter's Cookbook" I hope this can get you through the tour.

If you would like to share a recipe and a story, please send me an e-mail [craig@fdnycolumbia.com](mailto:craig@fdnycolumbia.com)



*NY Foot & Ankle Specialists, PC*  
Peter J. Mancuso, DPM, FACFAS

10 Brentwood Road  
Bay Shore, NY 11706

Phone: (631)968-5600  
Fax: (631) 665-8914  
E-mail: [DrMancuso@optonline.net](mailto:DrMancuso@optonline.net)  
Web Site: [DrMancuso.net](http://DrMancuso.net)

### QUICK CHICKEN & RICE FOR 6 FIREFIGHTERS

- 2 Tablespoons vegetable oil (commisary item)
- 3 pounds of chicken (parts, breasts, whatever is on sale)
- 1 Onion diced
- 1 garlic clove minced
- 1 large can tomato sauce (Please make your own)
- Dried Basil (commisary item)
- Dried oregano (commisary item)
- Salt and pepper (commisary item)
- 2 cups long grain white rice
- 4 cups of water (Sink)

Heat the oil in a Dutch oven (Large pot, Cast iron if possible) and brown the chicken, onion, and garlic. Add the tomato sauce and basil, oregano, salt and pepper to taste. Cook till chicken is tender.

In a separate pot, cook the rice in the water according to package directions; Pour the chicken and sauce over the rice - Chows on!



# THE M E D I C A L C O R N E R

Hello and welcome to the second featured column of "La Sotto Voce" designed to share information regarding the health of you and your families. In this column, we would like to share with you recently reported issues on oral health from the Harvard Medical School and how it is related to cardiac disease; and some risk factors, aside from heredity, for cardiovascular disease.

## Oral Health

**A Known Hazard: ENDOCARDITIS** is a potentially serious infection of the heart valves and endocardium, the inner lining of the heart's chambers. It occurs when bacteria, fungi, or other infectious organisms enter the bloodstream and settle in the heart. Dental work is a common route of entry, which is why people with damaged heart valves, artificial valves, or previous endocarditis are urged to take antibiotics before a dental or medical procedure that could allow bacteria to slip into the bloodstream. An ultrasound test called Echocardiography with Color Doppler is used for determining conditions of the valves, chambers, size and function of the heart.

There is a current trial study called Periodontitis and Cardiovascular Events, attempting to connect the effects of periodontal disease and the heart.

If you have a condition called Mitral Valve Prolapse it may be necessary for you to take an antibiotic before having dental work. The preventive medication is recommended to avoid the possibility of bacteria finding its way into the mitral valve and causing damage. If you have been told you have a heart murmur, have shortness of breath, palpitations (fluttering) an Echocardiogram with Doppler will determine if you have Mitral Valve Prolapse.

### Heart Attack Risk Factors that You can Control:

- Unhealthy combination of "good" & "bad" cholesterols quadruples the risk.\*
- Diabetes quadruples the risk for women and doubles it for men.\*
- Hypertension nearly triples the risk for men and doubles it for women.\*\*\*
- Stress and depression almost triple the risk.
- Healthy diet decreases the risk by close to 30%.
- Abdominal obesity more than doubles the risk.\*\*
- Lack of exercise increases the risk by about 20%.\*\*\*
- Smoking can double, even triple the risk.

*Available at Vascular Diagnostic: \*Blood test with Cardiovascular Risk Analysis \*\* Body Mass Index (BMI) provided to FDNY at no charge \*\*\*Blood Pressure at rest and responses during high heart rates during stress test as well as fitness level to determine exercise effectiveness*

The Medical Corner provided by:  
Vascular Diagnostic Assoc., P.C. in Flushing, Queens 718 886-0600 vascular-diagnostic.com Cardiovascular Imaging for FDNY members since 1981

**STUDING FOR BATTALION CHIEF?**  
Jerry Barbara / FireTech Scholarship applications for the September Promotional Course.  
Please mail before August 15, 2007 to  
Craig Silvino 14 Piermont Dr, Melville NY 11747

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_  
Assigned Unit \_\_\_\_\_

State Farm Agent:

**Mike Visgauss Agency Inc.**

Mike Visgauss, MBA, CPCU  
181 East Main Street  
East Islip, New York 11730

Telephone: (631) 581 - 1200  
Fax: (631) 581 - 1249  
www.MIKEVISGAUSS.com

Providing Insurance and Financial Services

**"Personal Service is something you should expect"**

---

State Farm Insurance Companies  
Home Office: Bloomington Illinois

**NYDCC**  
NEW YORK DISASTER COUNSELLING COALITION

Counseling and other support services for  
NYC's first responders

**Totally Confidential  
No Fee or Insurance  
No Waiting Period  
For You and Your Family**

*...for as long as it takes...*

212.582.8208 · nydcc@nydcc.org  
www.nydcc.org

La Sotto Voce  
"CLASSIFIED"  
**PLACE YOUR AD HERE**  
Please Help Support  
our Scholarship Fund  
For more information and Contract  
Contact us at 347 556-9906  
www.fdnycolumbia.com





# LA SOTTO VOCE

The Official Newsletter of the *Columbia Association*

Fire Department, City of New York  
2024 Gerritsen Avenue  
Brooklyn, NY 11229

PRESORTED STD.  
U.S. POSTAGE  
**PAID**  
PERMIT # 1  
BETHPAGE, NY

## LA SOTTO VOCE

The Newsletter of the FDNY

Columbia Association

La Sotto Voce is published  
four times annually.

### Columbia Association: Executive Board & Committee Members

#### Executive Board:

President	Bernard Santangelo	Bureau of Fire Investigations
1st Vice President	Craig Silvino	Division 13
2nd Vice President	Keith Tanico	Division 13
3rd Vice President	Dennis DiTucci	Retired
Treasurer	Joseph Smithwick	Engine 303
Financial Secretary	Joseph Smithwick	Engine 303
Recording Secretary	Chris Reginella	Division 3
Sergeant-At-Arms	Sal Belmonte	Battalion 35
Manhattan Trustee	Joseph Trioloi	Division 1
Queens Trustee	Sal Mirra	Engine 289
Staten Island Trustee	Teddy Forlenza	Ladder 83
Brooklyn Trustee	Steve Forlenza	Squad 18
Bronx Trustee		
EMS Trustee	Grace Cacciola	EMS Headquarters
Chaplain	Msgr. Marc Filacchione	Archdiocese of N.Y.
Legal Council	Stuart Salles, Esq.	

#### Committee Chairs:

Membership:	Joseph Smithwick
Lottery:	Keith Tanico
Parade:	Joe Triolo
Good & Welfare:	Dennis DiTucci
Scholarships & Dinner Dance:	Craig Silvino
Hershey Park:	Chris Reginella
Journal	Grace Cacciola
Editor	Craig Silvino
Golf	Joseph Smithwick
Trip	Bernard Santangelo

❖ Visit our website: [www.fdnycolumbia.com](http://www.fdnycolumbia.com)

❖ E-mail the Columbia Association:  
[buddy@fdnycolumbia.com](mailto:buddy@fdnycolumbia.com)

### 2007 Columbia Association Borough Meetings

Brooklyn  
Jan 09, 2007 & June 12, 2007  
VFW Post, 2414 Garrison Ave.

Queens  
Feb. 13, 2007 &  
Sept. 2007 (date to be announced)  
VFW Post, 19-12  
149th St. (between 19th & 20th)  
Whitstone, NY 11357  
(718) 746-0540

Staten Island  
March 13, 2007 & Oct. 09, 2007  
Hillside Swim Club  
151 Sign Rd.

Nov. 13, 2007  
Location to be announced

Long Island  
May 8, 2007  
American Legion  
250 Franklin Ave  
Malverne, LI

Christmas Party  
Dec. (date to be announced)

