



# LA SOTTO VOCE

The Official Newsletter of the *Columbia Association*

Fire Department, City of New York

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## SGT. GIUNTA RECEIVES MEDAL OF HONOR

### 26<sup>TH</sup> ITALIAN AMERICAN TO RECEIVE MEDAL TO DATE

Salvatore Giunta, a young Army Sergeant from Iowa, received the US Congressional Medal of Honor from President Obama Nov 17 for his heroism in Afghanistan. He is the first living recipient of our nation's highest award for military valor during any war since the Vietnam.

During the first of his two tours of duty in Afghanistan, Staff Sergeant Giunta was forced early on to come to terms with the loss of comrades and friends. His team leader at the time gave him a piece of advice: "You just try -- you just got to try to do everything you can when it's your time to do it." You've just got to try to do everything you can when it's your time to do it. Salvatore Giunta's time came on October 25, 2007. He was a Specialist then, just 22 years old.

Sal and his platoon were several days into a mission in the Korengal Valley, the most dangerous valley in northeast Afghanistan. The moon was full. The light it cast was enough to travel by without using their night-vision goggles. With heavy gear on their backs, and air support overhead, they made their way single file down a rocky ridge crest, along terrain so steep that sliding was sometimes easier than walking.

They hadn't traveled a quarter mile before the silence was shattered. It was an ambush, so close that the cracks of the guns and the whizz of the bullets were simultaneous. Tracer fire hammered the ridge at hundreds of rounds per minute -- "more," Sal said later, "than the stars in the sky."

The Apache gunships above saw it all, but couldn't engage with the enemy so close to our soldiers. The next platoons heard the shooting, but were too far away to join the fight in time.

And the two lead men were hit by enemy fire and knocked down instantly. When the third was struck in the helmet and fell to the ground, Sal charged headlong into the wall of bullets to pull him to safety behind what little cover there was. As he did, Sal was hit twice -- one round slamming into his body

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All Proceeds Benefit The Columbia Association Scholarship Fund.  
[www.fdnycolumbia.com](http://www.fdnycolumbia.com)



*(Continued from cover)*

armor, the other shattering a weapon slung across his back.

They were pinned down, and two wounded Americans still lay up ahead. So Sal and his comrades regrouped and counterattacked. They threw grenades, using the explosions as cover to run forward, shooting at the muzzle flashes still erupting from the trees. Then they did it again. And again. Throwing grenades, charging ahead. Finally, they reached one of their men. He'd been shot twice in the leg, but he had kept returning fire until his gun jammed.

As another soldier tended to his wounds, Sal sprinted ahead, at every step meeting relentless enemy fire with his own. He crested a hill alone, with no cover but the dust kicked up by the storm of bullets still biting into the ground. There, he saw a chilling sight: the silhouettes of two insurgents carrying the other wounded American away -who happened to be one of Sal's best friends. Sal never broke stride. He leapt forward. He took aim. He killed one of the insurgents and wounded the other, who ran off.

Sal found his friend alive, but badly wounded. Sal had saved him from the enemy - now he had to try to save his life. Even as bullets impacted all around him, Sal grabbed his friend by the vest and dragged him to cover. For nearly half an hour, Sal worked to stop the bleeding and help his friend breathe until the MEDEVAC arrived to lift the wounded from the ridge. American gunships worked to clear the enemy from the hills. And with the battle over, First Platoon picked up their gear and resumed their march through the valley. They continued their mission.

It had been as intense and violent a firefight as any soldier will experience. By the time it was finished, every member of First Platoon had shrapnel or a bullet hole in their gear. Five were wounded. And two gave their lives: Sal's friend, Sergeant Joshua C. Brennan, and the platoon medic, Specialist Hugo V. Mendoza. "I did what anyone would have done" Giunta told reporters after the White House ceremony. "And I would give this back in a second to have my friends with me right now" President Obama said the young soldier was "as humble as he is heroic."

Sgt. Giunta is the second Italian American to receive the Medal of Honor for heroism in Afghanistan. In 2009, President Obama received the parents of Sergeant First Class Jared Monti at the White House to give them their son's posthumous medal. Sgt. Monti died in combat on June 21, 2006, trying to rescue a wounded soldier in his company. He was 31 years old.

Coming Soon This Fall

## 2011 Golf Outing

September 19<sup>th</sup> and 20<sup>th</sup>  
Hudson Valley Resort

2 days of golf, lodging  
meals, prizes, etc.

For information  
Contact Joseph Smithwick  
516-662-3699

## SAVE THE DATE 10<sup>th</sup> Annual Jerry Barbara Night

Richmond County Ball Park  
Staten Island Yankees  
Friday night, July 8<sup>th</sup>

For more information log on  
to [www.jerryslegacy.org](http://www.jerryslegacy.org)



You're only 90 days away from  
a slimmer you and a fat check!

You are invited to join the 90 Day  
Get Slim Challenge.

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to win 5,000! Want more money? Stay in the  
Get Slim Challenge for a second 90-days  
and you could win \$15,000!

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HEALTH NETWORK

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Make Life Better  
FRANCHISE PARTNER



# A Letter From the President

I hope everyone had a wonderful Christmas. We held our Christmas party this year at D'Anico's Restaurant on Mulberry St. Many turned out for a great time. We enjoyed fine food and drink and we were also treated to an Italian street band that came in from the cold to serenade us with a few Carrols. Annette "Mama D'Anico", did a great job with the food and the service as she has been doing for Firefighters for many years now. Big thanks go out to Craig Silvino for another great job.

In January we went to Villa Roma Resort for our Winter Weekend. Friday night we were treated to Uncle Floyd at the Forum Night Club. He had the audience in stitches with stories of old on how the way most of us used to be brought up, if you know what I mean. On Saturday, it was fun in the snow day; everyone took to the slopes for skiing, snowboarding and tubing. Many of our children took lessons and before you know it, they were off down the hill. Saturday night, we had our cocktail party and every family was given a bottle of wine as a thank you. Thanks to Joe Smithwick for another successful trip.

As you know, we have a few other family oriented trips scheduled over the summer. In July, we will be going to Hershey Park. We will be staying at the Four Points Sheraton and we have discounted tickets for the park. The tickets can be purchased separately to be used any time during the summer; we pass the savings along to you, so if you plan on going with out us call Sal Belmonte and buy some tickets. In August, we will be going back to Villa Roma, for fun in the sun. Along with 3 large outdoor pools, they have a clam bar, bocce courts and a thrill park for your enjoyment- sounds like we will be having a fun time again.

Our scholarship test will be coming up in March for high school students and SAT scores for college bound students need to be in by April 1st, for more information go to our website to download applications. Awards are given out to boys and girls in each category; please don't miss out on this fine opportunity.

As you may know, we are trying to go green, please go to our website and update your information. We will be sending out notices for meetings, up coming events and membership information. This will save us on the cost of mailing and printing, it will also save a few trees. As you may know, membership is always an issue, so please talk it up at the firehouse and ask firefighters to join or come to a meeting to see what we are all about. Thank you for your support and stay safe.

Faithfully yours,  
Keith Tanico  
President, Columbia Association, FDNY

# 77th Annual Souvenir Journal

Please support our Scholarship. By you or your company placing an ad in our journal will help us continue to award over \$16,000 a year in scholarships.

This is an authorization to insert our advertisement in 77th Annual Souvenir Journal to be published by the Columbia Association, NYC Fire Department. This Journal is published in conjunction with the Association's Annual Scholarship Dinner Dance, to be held on June 16, 2011 at Russo's on the Bay in Howard Beach, Queens.

### PRICE LIST:

<i>Back Cover</i> .....	<i>\$1,200.00</i>
<i>Inside Cover</i> .....	<i>\$600.00</i>
<i>Bronze Page</i> .....	<i>\$250.00</i>
<i>Gold Page</i> .....	<i>\$350.00</i>
<i>Full White Page</i> .....	<i>\$150.00</i>
<i>Silver Page</i> .....	<i>\$300.00</i>
<i>White Page</i> .....	<i>\$100.00</i>

Name/Organization:

---

Contact person:

---

Address:

---

Phone Number:

---

Signature:

---

Type of ad requested: \_\_\_\_\_,  
for which we agree to pay the sum of \$\_\_\_\_\_.

This contract must be returned to our committee no later than May 15, 2011.

**\*\*PLEASE MAKE CHECKS PAYABLE TO:  
COLUMBIA ASSOCIATION - FDNY\*\***

Please forward ads, contract and payment to:  
Grace M. Cacciola  
526 Henry Street  
Brooklyn, NY 11231

The Columbia Association reserves the right to refuse to publish any advertisement.

For further information please call Grace Cacciola at (516) 852-3318 or visit our website at [www.fdnycolumbia.com](http://www.fdnycolumbia.com).



# Villa Roma 2011

On January 21-23 the Columbia association held our annual winter weekend. This year it was held at Villa Roma Resort. With snow on the mountain skiing and tubing where a big hit, After skiing Saturday we all meet up at our cocktail party, also attending was Mr. and Mrs. Artie Parrinello (2005 Columbia man of the year) and also Joe Occhipinti (National Police Defense Foundation) with friend and Families. Amazing entertainment and laughter performed by Uncle Floyd on Friday night. Saturday a ventriloquist kept us laughing well the drinks helped. Food was good as expected. I would like to thank everyone who came and made it a great time. See you all next year at our 2012 Winter Weekend.

Joseph Smithwick  
Chairman



Some of our guest takes a photo between the Cocktail party and dinner.

## Columbia Association 2011 Scholarship Competition

### CANDIDATES FOR COLLEGE AWARDS (12th Grade Students)

Submit applications, along with a copy of the Candidate's SAT scores, before April 1, 2011. These tests must have been taken in the candidates' junior or senior year of high school between September 2009 and March 2011. This must be the candidates' graduating year.

### CANDIDATES FOR HIGH SCHOOL (8th Grade Students)

Submit applications before March 1, 2011. The STS closed High School placement test will be given March 6, 2011 at Randall's Island, Bldg. 11 (D.O.T.). Exam will begin at exactly 10am.

**ELIGIBILITY:** Candidates for these awards may compete if a parent (Natural, step or foster) is a member in good standing of the Columbia Association. Children of deceased member, who were in good standing at time of death, may also compete.

**APPLICATIONS:** Applications may be obtained from the internet at [www.fdnycolumbia.com](http://www.fdnycolumbia.com), your Borough Trustee or by contacting the Scholarship Chairman Craig Silvino, 14 Piermont Ct. Melville N.Y. 11747, (516) 303-4209.

## DID NOT PAY YOUR DUES YET?

ENROLL IN PAYROLL DEDUCTION  
- CLICK AND YOUR DONE!

To enroll, click on Employee Self Service located in the workplace related section of the FDNY Homepage. After logging on, navigate to - Payroll and Compensation - click on Deduction Information and select FDNY Fraternal Organizations. Then select Columbia Association., and lastly, Enroll. Sorry, this is only for active members at this time.

# Reflections of Italy

*Highlights...Rome, Colosseum, Assisi, Perugia, Siena, Florence, Chianti Winery, Venice, Murano Island, Lugano, Switzerland, Como*

**\$2,899 Double Occupancy (per person)**

**\$3,399 Single, \$2,869 Triple**

**November 2<sup>nd</sup> -11<sup>th</sup>, 2011**

*Includes:* Hotel transfers, round trip airfare from JFK International Airport

*Not Included in Price:* Cancellation waiver and insurance of \$200 per person, air taxes and fees/surcharges of \$150 (subject to increase until paid in full)

*Fore more info contact Joe Smithwick, NYC Fire Dept. Columbia Association, (516) 662-3699.*



## Your Itinerary at a Glance

Day 1	Overnight flight
Day 2, 3	Hotel Diana Roma, Rome or Mediterraneo Hotel, Rome
Day 4	Sangallo Palace Hotel, Perugia
Day 5, 6	Star Hotel Michaelangelo, Florence or Mediterraneo Grand Hotel, Florence
Day 7, 8	Hotel Ai Mori D Oriente, Venice or Hotel Papadopoli, Venice
Day 9	Crowne Plaza Malpensa, Malpensa



# COLUMBIA ASSOCIATION

visits

## HERSHEY PARK

**DESIGN A VACATION TO MAXIMIZE YOUR ENJOYMENT OF THE AREA**

1. HOTEL & HERSHEY PARK PASS COMBINATION
2. HOTEL ONLY
3. HERSHEY PARK PASS ONLY\*

\*THE PARK PASS IS GOOD FOR ANY DATE DURING THEIR SUMMER SEASON (May - August.)  
Call Park for details about their night before park preview and exact dates.

**DATES:** Wednesday July 20, 2011 to Sunday July 24, 2011

**LODGING:** FOUR POINTS SHERATON Harrisburg, PA phone (717) 561-2800  
Hotel price is \$133 per room/per night. Check in 3pm

**HERSHEY PARK:** PAY ONE PRICE PARK PASS (DAILY) (Food & parking not included)  
Admits Holder to all attractions for the day.

<b>NAME</b>	
<b>ADDRESS</b>	
<b>CITY</b> <b>STATE</b>	
<b>ZIP</b> <b>PHONE: (    )    -</b>	
<b>E-Mail</b>	

### Worksheet

1. Calculate Rooms and Tickets needed

	# of		# of passes		
	ROOMS		Kids (3-8)	Adults (9-54)	Senior (55-69)
Wednesday					
Thursday					
Friday					
Saturday					
Sunday	XXXXX				
<i>Totals</i>					

2. Calculate the PRICE:

		<i>TOTALS</i>	
133	x (# of Rooms	_____ )	= _____
\$36	x (# of Adult Passes	_____ )	= _____
\$28	x (# of Kid Passes	_____ )	= _____
\$28	x (# of Senior Passes	_____ )	= _____

**We sold out last year so  
First Come First Serve  
ALL WELCOME**



# THE MEDICAL CORNER

*Hello and welcome to our featured column of "La Sotto Voce" designed to share information regarding your health for you and your families.*

Each year medical studies continue to give the public information; however, it can be conflicting and overwhelming to truly understand. It is always best to have a written list of questions when seeing your primary doctor. This will enable your physician to tailor this information to you and your overall health profile. The old saying "a little knowledge is a dangerous thing" can apply if you are taking medical advice out of context.

## LUCKY TO BE OF ITALIAN HERITAGE INCLUDES OUR MEDITERRANEAN DIET

The Mediterranean Diet continues to be the best. It emphasizes seasonal fruits and vegetables, grains, legumes and low-fat dairy products, supplemented two or three times a week with fish or seafood. The amount of fat consumed is not dictated, so long as the fats are mono-unsaturated or polyunsaturated, such as those found in olive oil, nuts, seeds and avocados.

NUTS can help protect against heart disease by improving cholesterol levels, according to a recent review of 25 trials. The U.S. FDA approved a health claim that eating a daily serving of 1.5 ounces of nuts as part of an overall diet low in saturated fat and cholesterol reduced heart disease risk. It includes: almonds, hazelnuts, peanuts, pecans, pistachios and walnuts. The drawback is that nuts are high in calories, so it's recommended that people limit consumption to no more than three ounces a day. (Excerpt Duke Medicine Health News Feb, 2011)

**ALCOHOL:** (If you like to add a drink)... it is best as part of the enjoyment of a good meal. This is preferable since a meal slows the absorption of the alcohol. It's not clear what routine is best, except that small amounts of alcohol consumed regularly are better than larger amounts occasionally. Some studies have found that all it takes is half a standard drink a day. What's a standard drink? In the US a "drink" is 5 ounces of wine, 12 ounces of beer, or 1.5 ounces of 80-proof liquor, which all contain about 14 grams of pure alcohol (ethanol). (Excerpt from University of California Berkeley Wellness Letter of November 2010)

**RISK FACTORS:** Can you fill in the answers?  
What is your Blood Pressure Reading? (Best to be 120/70 or lower)  
What is your Blood Pressure Reading at a high heart rate?  
What is your fitness level (Heart Muscle condition)?  
Excellent; Above Average; Average; Below Average; Poor  
Does your Heart Rate feel rapid or do you skip a beat even

though you're not exercising?  
Do you feel a Fluttering in your chest at times?  
Do you know if your heart muscle is enlarged?

What is your total Cholesterol Level?  
What is your good cholesterol level (HDL)?  
What is your bad cholesterol level (LDL)?  
Ratio of HDL - LDL ?  
Triglyceride level?  
Glucose level (for diabetes)?

Do you know if you have the beginning of plaque building up in your Carotid Arteries in your neck that feed blood to your brain?

Is your Abdominal Aorta wider than it should be?

Are your arteries in your legs open enough to give you good blood circulation?

What is your percentage of fat, lean and water? How many calories do you burn for specific exercises?

Let Vascular Diagnostic give you these answers and more information regarding prevention of cardiovascular disease.

### TAKE CONTROL

Call the Experts 718 886-0600  
Identify yourself as an FDNY Columbia Assoc. Member

YOUR INSURANCE \$15. CO-PAY COVERS IT ALL

Tip for the season: *Going on vacation?* Bring all your medical information with you, such as medications, conditions, and test results. It should be part of your routine packing. Time differences or a remote area can be a problem when trying to get that type of information from your doctor's office in an emergency situation.

**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**



# 2011 ANNUAL SCHOLARSHIP LOTTERY

**\$10,000  
FIRST PRIZE**

**ONLY 200  
TICKETS**

It is that time again. Our lottery tickets will be mailed out on December 15, 2010. If you are interested in a specific number, please call Sal Mirra at 516- 322-7588. We will only sell 200 tickets. We print 2000 tickets numbered 0001-2000. The first 200 sold will be accepted. So hurry. Don't miss out. First prize \$10,000. 2nd prize \$2,000 and 3rd prize \$1,000.



## 7<sup>th</sup> ANNUAL CIGAR NIGHT

@

**V e t r o**  
RESTAURANT & LOUNGE

164-49 Cross Bay Blvd.  
Howard Beach, Queens

May 23<sup>rd</sup> 2011

\$120 per person

Limit space. First 100 PAID  
Do not get locked out!

Contact Keith Tanico ASAP  
917-337-7413

Please make checks payable to  
Columbia Association Scholarship  
Fund c/o Keith Tanico  
14 Ivanhoe Drive  
Merrick, NY 11566

# FYI

Whatever you, your friends and family puts on the internet can NEVER, EVER be erased.

What seems funny today may not be funny to your boss, teacher and friends.

You are probably on Video 50+ a day without your knowing it.





# LA SOTTO VOCE

The Official Newsletter of the *Columbia Association*

Fire Department, City of New York  
14 Ivanhoe Drive  
Merrick, NY 11566

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## LA SOTTO VOCE

The Newsletter of the FDNY

Columbia Association

La Sotto Voce is published  
four times annually.

### What does the word DUES mean above your name on your address label mean?

We are updating our Membership program. One of our new features includes a Membership history located directly above your name on your address label. Please check the label. The numbers above your name indicate that we have not received your dues for that particular year. With any new system there are glitches. If your records vary with ours, please give us a call at (516) 303-4209. Our Financial Secretary Steve Forlenza will return your call.

*Below indicates 2006 and 2008 dues have not been received.*

**DUES: 06 08**

**Columbia Association  
14 Ivanhoe Dr  
Merrick, NY 11566**

SAMPLE

If you only see the word DUES above your name, this means you are up-to-date and no action is needed. We apologize for any confusion.

## Columbia Association: Executive Board & Committee Members

### Executive Board:

President	Keith Tanico	Division 13	917 337-7413
1st Vice President	Craig Silvano	Ladder 127	516 286-1796
2nd Vice President	Joseph Smithwick	Engine 303	516 662-3699
3rd Vice President	John Signorile	Ret-L126	516 782-5343
Treasurer	Teddy Forlenza	Division 1	718 213-7499
Financial Secretary	Stephen Forlenza	Division 8	347 266-8781
Recording Secretary	Sal Belmonte	Ladder 102	516 233-8142
Sergeant-At-Arms	Steve Lubrino	Ladder 162	631 300-5772
Manhattan Trustee	Joseph Triolo	Ladder 6	718 751-6731
Queens Trustee	Sal Mirra	Ladder 138	516 322-7588
Staten Island Trustee	Ignazio Venezia	Engine 282	917 682-7991
Brooklyn Trustee	Phil LaRocco	Ladder 148	347 884-1169
Bronx Trustee	Joseph DePaola	Ladder 27	845 558-4410
EMS Trustee	Grace Cacciola	Division 5	516 852-3318
Legal Advisor	Stuart Salles, Esq.		
Spiritual Advisor	Msgr. Marc Filacchione	Archdiocese of NY	

### Committee Chairs:

Trips	Keith Tanico/Joe Smithwick
Membership	Joseph Smithwick
Dues	Steve Forlenza
Lottery	Sal Mirra
Parade	Joe Triolo
Good & Welfare	John Signorile
Scholarship/Dinner Dance	Craig Silvano
Hershey Park Trip	Sal Belmonte
Dinner Journal	Grace Cacciola
Editor	Craig Silvano

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

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

❖ Columbia Association Hotline: (516) 303-4209

## 2011 Columbia Association Borough Meetings

Brooklyn  
Jan 11, 2011 & June 14, 2011  
VFW Post, 2414 Geritsen Ave.

Queens  
Feb 8, 2011 & Sep 13, 2011  
VFW Post 19-12 149th St  
(between 19th & 20th Ave)  
Whitestone NY 11357  
(718) 746-0540

Staten Island  
Mar 8, 2011 & Oct 11, 2011  
Hillside Swim Club  
151 Signs Rd.

Bronx  
Apr 12, 2011 & Nov 8, 2011  
Guiding Star Council Hall  
3243 Ampere Ave.

Long Island  
May 10, 2011  
American Legion  
250 Franklin Ave  
Malverne LI

2011 Christmas Party  
To Be Announced

