

"WE ARE HERE"

Siamo Qui

ISSUE 547

AUGUST 2019

ITALIAN AMERICAN COMMUNITY CENTER

PRESENTS

ferragosto 2019

**A Family Event Celebrating
the Most Important Day of
Summer in Italy!**

- IACC Members Free
- Non-Members may join us as guests of members for \$10.00 per person *(Pay at the door)*
- Food, Dessert, Coffee and Tea included
(Other beverages available for purchase)

LOCATION:

Our newly renovated Pavilion

DATE:

Saturday,
August 10, 2019

TIME:

2:00 PM

**Bonfire at sunset.
(Bring lawn chairs for the Bonfire)**





Saint Anthony's Feast

CENTENNIAL CELEBRATION
AUGUST 22 - 25, 2019

NEWS & EVENTS

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A special message from Jim Sano
President of the Italian American Community Center
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SOCIAL CALENDAR

August's events



**8/2~ Friday Nights At The Pavilion (Chicken Francaise with Pasta)
5pm-8pm**

8/5 ~ Men's Bocce League-6:30 pm

8/6 ~ Women's Bocce League-6:30 pm

8/7 ~ Member Exclusive: Weekly Co-Ed Poker Game Noon *

8/7 ~ Member Exclusive: Weekly Men's Poker Game 5:00 pm *

8/9 ~ Friday Nights At The Pavilion (Linguine & Clams) 5pm-8pm

8/10 ~ Ferragosto 2019

8/12 ~ Men's Bocce League-6:30 pm

8/13 ~ Women's Bocce League-6:30 pm

8/14 ~ Women's League Meeting Pool Area (Luau)

8/16 ~ Morning Lap Swim-Last Day

8/16 ~ Friday Nights At The Pavilion (Lasagna) 5pm-8pm

8/19 ~ Men's Bocce League-6:30 pm

**8/23 ~ Friday Nights At The Pavilion (Frutti de Mare over Pasta)
5pm-8pm**

**8/24 & 8/25 ~ Experience Little Italy - Boston: St. Anthony's Feast/
North End Bus Trip (2 days & overnight)**

8/27 ~ Co-Ed Mixed Bocce League Begins-6:30 pm

**8/30 ~ Friday Nights At The Pavilion (Chicken Parmesan with Pasta)
5pm-8pm**

** Co-Ed and Men's Poker are held every Wednesday*

Upcoming Events

**9/2 ~ Labor Day BBQ At The Pool
12:00 pm**

10/19 ~ Columbus Day Gala - 5:30 pm





President's Message

The August place to be is right here at the I.A.C.C.! Our annual Ferragosto Celebration, a free Members Appreciation Picnic/Pig Roast and Bonfire, will be on August 10th from 2-9pm. Ferragosto is an Italian holiday originally celebrated to mark the middle of the summer and the end of hard labor in the fields. So, kick back and enjoy a day of great conversation, relaxation, and food. Our first ever overnight bus trip to Boston to celebrate the 100th Anniversary of the Saint Anthony Feast (the longest-running Italian American Feast in the United States) will take place the weekend of August 24-25. On August 28th, we will once again travel to Saratoga for the annual Italian American Day at the track. If interested, call the office to reserve your spot. Men's and Women's Bocce leagues will be crowning new champions and our very popular mixed league will return for another fun-filled season near the end of the month. The pool season continues with extended weekend hours from 10 am to 8 pm on Saturdays and Sundays through August and the season will be extended through September 15. Our increasingly popular Friday Nights at the Pavilion will continue until September 6, if you have not attended yet, you need to come and enjoy the wonderful food and fellowship.

October will be here in the blink of an eye and that means our Annual Columbus Gala will soon be here for us to get together and celebrate our Italian American heritage in grand style. Please mark October 19th on your calendar as we recognize some of our local prominent Italian American leaders and some of our many members for their contributions over the years that help our organization thrive and move forward. Frank Zeoli has once again arranged top-notch entertainment this year featuring one of the famous New York Tenors, Christopher D. Macchio. This year's Italian American of the Year will be Antonio Civitella, President & CEO of Transfinder. Don't miss out on the event the club buzzes about all year, I guarantee a great time.

I want to thank two gentlemen for all the hard work, ideas and volunteering they do especially this time of year around the pool and in the pavilion. They are Joe Guastamacchia and Tony Fazio. I can always count on Joe to do all the trimming of the hedges around the pool area, by our Saint Anthony shrine and all along the road. I can always count on Tony to be our resident grill master for almost all of our many summer cookouts. In addition, they also make many small repairs around the pavilion, bocce courts and bathrooms often without even being asked. Your value to the club is greatly appreciated but your friendship and kindness to me and pool staff over the years is immeasurable.

If you are a frequent patron of our Friday Nights at the Pavilion, you most likely have been there when we have had the power go out. The house committee discussed many numerous power issues with Arket Electric and some possible rather costly fixes. It was decided we should begin with the least expensive piece of equipment, a rather old and sensitive circuit breaker located in the main building. I want to thank Dave Quadrini and Mike Arket (Arket Electric) for the thorough investigation in finding the cause, laying out costs, explaining in depth all our options and offering rapid professional service in helping us solve this issue. I highly recommend using Arket Electric for all your electrical issues at your home and ask you to support those businesses that support us by advertising in this newsletter.

Buon Ferragosto! See you there.

JIM SANO
ITALIAN AMERICAN COMMUNITY CENTER
PRESIDENT



I.A.C.C. OFFICERS

PRESIDENT ~ JIM SANO

438-4631

VICE PRESIDENT ~ SHARON PATREI

765-3283

TREASURER ~ CAIN SCALZO

312-2784

SECRETARY ~ DONNA ZUMBO

452-2617

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MARIA DENITTO ~ 456-2216

LINDA HOFFMAN ~ 785-1741

MIRIAM CASTELLANOS ~ 892-9130

DINO BARBATO ~ 438-8902

MARIA LAMORTE ~ 456-4800

GRETCHEN VANVALKENBURG ~ 518-598-2418

FRANK ZEOLI, IACC FOUNDATION ~ 438-4631

DAVID QUADRINI- IACC FOUNDATION~ 438-7602

I.A.C.C. COMMITTEE CHAIRS

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FINANCE~ CAIN SCALZO

MEMBERSHIP~ SHARON PATREI

BY-LAWS/POLICIES & PROCEDURE ~ JIM SANO

HOUSE~ DAVID QUADRINI

GRIEVANCE ~ JEANNE SACCA

SOCIAL ACTIVITIES~ FRANK ZEOLI

WOMEN'S LEAGUE~ GRETCHEN VANVALKENBURG

COLUMBUS DAY GALA~ FRANK ZEOLI,

SIAMO QUI

EDITOR ~ JOAN WALLIS

CREATIVE DIRECTOR ~ CATALINA ARANGO

ADVERTISING ~ MARIA MARCHIO

IACC OFFICE

HOURS: M-F 9:30AM TO 2:30PM

THERESA LAJOY- OFFICE MANAGER

PHONE # (518) 456-4222

EMAIL: IACCOFFICE@ITALIANAMERICAN.COM

2 DAY TRIP TO THE 100th ANNUAL...

SAINT ANTHONY'S

FEAST

in Boston's Historic North End

Please join us for an old fashion street festival in the North End of Boston celebrating....

St. Anthony of Padua.

Spend 2 days and one night in historic Boston, Massachusetts enjoying great music, delicious food, beautiful sights and lots of fun and excitement.

PRICE

\$375.00 per couple

\$199.00 per person

(double occupancy, single reservations will be paired with another single)



The Bostonian Boston – formerly known as Millennium Bostonian Hotel Boston – is a short walk from a variety of the city's favorite attractions, including Boston Harbor, the North End, the New England Aquarium, Faneuil Hall, Quincy Market and the Freedom Trail.

PACKAGE INCLUDES

Round trip bus transportation from Albany to Boston.

One night accommodations at the Bostonian Boston Hotel.

Depart Albany:

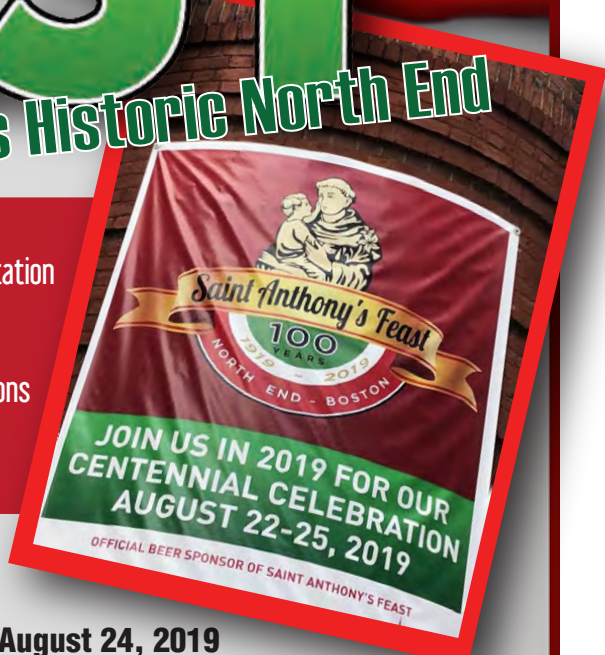
Saturday, 8:00 AM, August 24, 2019

Bus leaves the IACC parking lot(257 Washington Avenue Ext. Albany)

Depart Boston:

Sunday, 4:00 PM, August 25, 2019

Bus returns to the IACC parking lot by approximately 8:00PM (257 Washington Avenue Ext. Albany)



Make your reservation today by calling: 518-456-4222



The Italian American Community Center Foundation

presents

Friday Nights

AT THE

PAVILION



**EVERY FRIDAY NIGHT FROM
MAY 17 - SEPTEMBER 6, 2019**

5:00PM - 8:00PM

*Eat, drink, hang-out and meet some
fantastic new people! Play Bocce, listen
to music or just have fun at this
"open-to-the-public" event!*

**257 WASHINGTON AVE. EXT.
THE I.A.C.C. PAVILION**

**DON'T
MISS IT!**

To learn more about the
Italian American Community Center Foundation,
please visit:

**www.iaccfoundationalbany.org
518.456.IACC (4222)**

257 Washington Avenue Ext. Albany, NY 12205

4TH of July POOL PARTY BBQ



The pool season is definitely in full swing and we are looking forward to another fantastic summer at The Club.



**55+
CLUB**
GREAT EVENTS

ITALIAN-AMERICAN DAY AT SARATOGA RACE COURSE



Wednesday, August 28, 2019 from 11:00 AM to 5:00 PM, is Italian Day at Saratoga Race Track. Contact Maria Marchio at 438-9067 if you are interested in carpooling or meet at the Saratoga Race Track Carousel at 11:30. Look for the reserved I.A.C.C. tables. We are limited to 10 spots at our reserved table in the lower Carousel.



CHAIR YOGA



Time:

~ 6:00-7:00 pm

Cost:

~ \$50/Full 8 - Week Session
Drop-ins welcome at \$8 per class

Dates:

~ Every Monday From 9/16/19 - 11/4/19

Location:

~ The I.A.C.C. (257 Washington Ave Ext.)
Caruso Room (2nd Floor)

NEW DAY

RSVP:

~ Please Call The Office (518-456-4222) To Reserve Your Spot Today!

Additional Details:

~ This Event Is Open To The Public!

Please Note: Payments Are Not Processed By The Office. Please Be Sure To Bring Your Payment With You.

What Is Chair Yoga?

Chair yoga is a gentle form of yoga, that is practiced sitting in a chair or standing using the chair for support. This is a great physical activity for individuals who are seeking light workouts due to physical limitations and for individuals who are currently recovering from a recent injury or surgery.



**WE'VE MADE
CELEBRATING...**

Easier!

**LET US TAKE THE WORK
OUT OF YOUR
GRADUATION
PARTY PLANNING**

**THE
"GRADUATE PACKAGE"**

- GARDEN SALAD
- FRESH BAKED ROLLS
- PENNE PASTA WITH MARINARA SAUCE
- CHOICE OF CHICKEN ENTRÉE
- CHICKEN MARSALA
- Rich Marsala Demi Glace with Mushroom Medley
- CHICKEN CACCIATORE
- Simmered with Onions, Peppers, Mushrooms
in a Sherry Wine Marinara
- CHICKEN FRANCAISE
- Lightly Egg Battered, Pan-Fried, and Finished
with a Lemon White Wine Butter Sauce
- CHICKEN PARMIGIANA
- Breaded, Pan-Fried and Topped with
Tomato Sauce & Mozzarella Cheese
- FRESH SEASONAL SAUTEED VEGETABLE

\$11.95 PER PERSON ~ MINIMUM 10 PEOPLE
ADD ROASTED ITALIAN POTATOES FOR \$1.50 PER PERSON
ADD VILLA ITALIA COOKIES FOR \$2.50 PER PERSON

ORDERS MUST BE PLACED AT LEAST 48 HOURS IN ADVANCE.
PAPER PLATES & UTENSILS ADD \$1.50 PER PERSON.
DISPOSABLE CHAFING DISHES WITH STERNO \$8.50 EACH
PRICING IS NOT INCLUSIVE OF 8% NYS SALES TAX

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TREVISO BY MALLOZZI'S 257 WASHINGTON AVE. EXT. IN ALBANY**

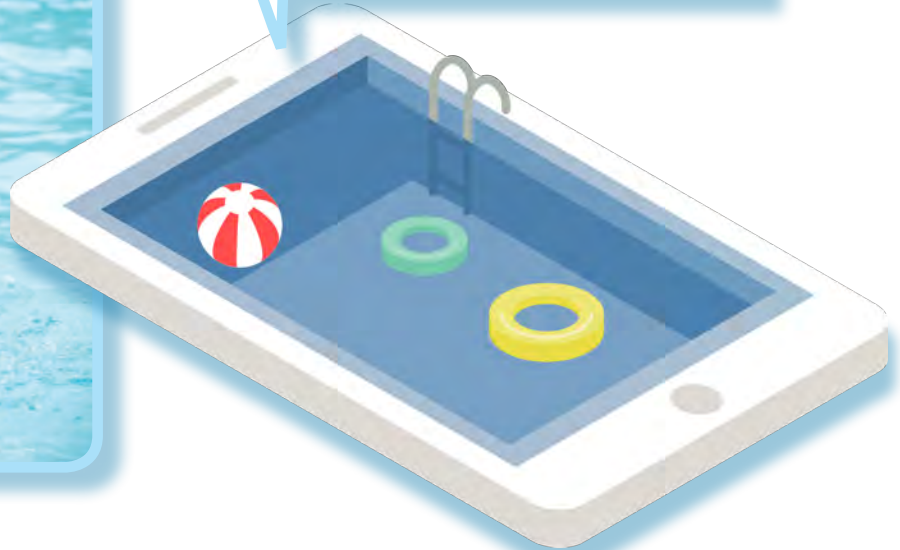




ITALIAN AMERICAN
COMMUNITY CENTER



PLEASE NOTE
New Pool Phone Number
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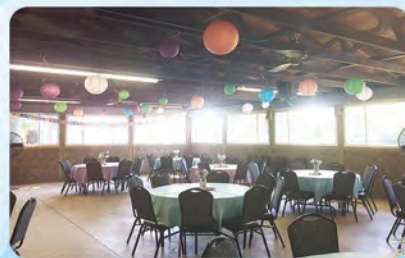
IACC Foundation

Book The Pavilion For Birthdays, Family reunions, Corporate events!

\$150 - MEMBERS

\$300 - NON- MEMBERS

CALL THE MEMBERSHIP OFFICE AT 518-456-4222



**PLENTY OF WEEKDAYS AND WEEKENDS
STILL AVAILABLE**



CALABRIA

Panoramic view of Marina Grande, Scilla - Province of Reggio Calabria

The Calabria region is a long narrow peninsula in the extreme south of Italy. It is the toe of Italy's boot. The region is surrounded on three sides by the Mediterranean Sea, the Ionian Sea to the east and the Tyrrhenian Sea to the west and is separated from Sicily by the two-mile-wide Strait of Messina to the south. It's considered to be the Caribbean of Europe thanks to its pristine beaches, stunning landscape, and rustic charms. The Calabria region, formed in 1948, is the 10th largest region in Italy in terms of population with 1,959,050 people. The most populous cities in Calabria are: Reggio Calabria (Population: 169,140), Catanzaro (Population: 78,970), Lamezia Terme (Population: 70,501), Cosenza (Population: 63,852) and Nicastro-Sambiase (Population: 55,687). The provinces of Calabria are: Reggio Calabria (located at the tip of the toe), Cosenza, Crotona, Catanzaro (regional capital located in the center), and Vibo Valentia. Over 90% of Calabria is covered by hills and mountains upon which sit hundreds of small towns and villages.

History: The Greeks ruled Calabria for 400 years beginning in 800 B.C. and named it Magna Grecia (Greater Greece). The Greeks brought their advanced political system, law, and civilization to the region, as well as olive trees, fig trees, and grape vines, which would prove to be the source of Calabria's economy for centuries to come. Calabria then became part of the Roman Empire for the next 800 years beginning in 400 B.C. The Roman invasion brought stability which was only briefly interrupted by the Second Punic War. Thereafter, nearly every major power in the western world occupied Calabria, including the Byzantines, Saracens, Normans, Spanish, French, and Bourbons. It was the Byzantines who began calling the area Calabria, which means "fertile earth." It was at this time Catholicism and many holy orders and buildings cropped up. Over two hundred years of petty-minded barony, Spanish fiscal control, coupled with an unusual spate of earthquakes, disease, and famine forced the region to decline. The Risorgimento (Italian Unification) of the 19th century saw many peasant revolts as part of the European Revolutions of 1848. This set the stage for the eventual unification with the rest of Italy in 1861, when the Kingdom of Naples was brought into the union by Giuseppe Garibaldi. The Aspromonte was the scene of a famous battle of the unification of Italy, in which Garibaldi was wounded. The arrival of Garibaldi and Italian unification inspired hope for change, but Calabria remained a disappointed, feudal region. A byproduct of this tragic history was the growth of banditry and organized crime. Calabria's Mafia, known as the 'ndrangheta (from the Greek for heroism/virtue), instilled fear in the region. For many, the only answer was to get out and, for at least a century, Calabria saw many of its young emigrate in search of a better life. In 1900, Umberto I was assassinated, and Vittorio Emanuele II became king. In 1915 Italy entered World War I on the side of the Allies, but the unsettled post-war atmosphere gave rise to fascism. Benito Mussolini was elected to Parliament in 1921 and then was appointed Prime Minister of Italy by Vittorio Emanuele II in 1925. Three years later, "Il Duce" dissolved Parliament and established himself as dictator. During the time of fascism, the poor continued to struggle. Mussolini's alignment with Hitler and Nazi Germany and the country's entry into World War II against France and Great Britain in 1940 made things worse. A series of rebellions by the people ensued and Italy surrendered to the Allies in 1943. Mussolini was captured and killed in 1945. In a historic vote in 1946, Italians voted to abolish the monarchy, exile the royal family of Savoy because of its support for fascism, and establish a republic. With

the adoption of a constitution in 1948, Italy became the parliamentary republic that it is today. The transfer of the provincial capital to Catanzaro in 1971 resulted in widespread riots in Reggio di Calabria. Following a compromise, Reggio remained the Regional Assembly's permanent seat.

Language: Although standard Italian is taught in all schools, the older Calabresi still speak with a dialect in family settings that is very similar to the Sicilian dialect. In the northern regions, the dialect more closely resembles the Neapolitan language. As is common in many regions of Italy, each town has their own dialects as well.

Economy: Agriculture and tourism are the main pillars supporting Calabria's economy. Calabria ranks as the second most productive region of Italy for olive oil and is the largest producer of Porcini mushrooms.

Food: The cuisine is a typical southern Italian Mediterranean cuisine with a balance between meat-based dishes (pork, lamb, goat), vegetables (especially eggplant), and fish. Pasta is also very important in Calabria. Calabrians have traditionally placed an emphasis on the preservation of their food and packing vegetables and meats in olive oil. If there is a fundamental ingredient to Calabrese cooking, it would be the peperoncino. Calabrese cooking tends toward the spicy thanks to the generous use of various varieties of hot peppers in regional cuisine. Olio Santo, olive oil infused with hot pepper, is sometimes added to a plate of pasta to give it a little extra zip. Some of the most popular dishes are: Alici ripieni, stuffed anchovies, Sardella is a spicy paste made with olive oil, mashed baby sardines and hot pepper, Pasta ccu ri sarde, fresh sardines with pasta dish breadcrumbs, raisins and pine nuts, Ciambotta, is a spicy eggplant stew with chili, tomatoes, onion and herbs the recipe varies from city to city. Lagane e Ciccari is a pasta dish made with wide noodles, chickpeas, garlic and oil. Some Neapolitan specialties such as Braciolo are also common in the region. Some local specialties include Caciocavallo Cheese, this tasty cheese is known for its salty and sharp yet smooth flavor; Pecorino Crotonese (Cheese of Sheep), Cipolla rossa di Tropea (red onion) many of Calabria's vibrant dishes get their flavor from this famous onion (grown in Tropea), recognized by its bold purple-red exterior and sweet flavor! Frittuli and Curcùci (fried pork), Soppessata (Sopressata) is a popular dried sausage typical of the region. Calabria produces almost a quarter of Italy's olive oil often the Calabrian oil is used as a base and mixed with other regions' oil, then labeled as a product of that region! Local desserts are typically fried, honey-sweetened pastries Cudduraci, Nacatole, Scalille or scalidde or baked biscotti-type treats (such as 'nzudda). The most popular is Pignolata or struffoli, these delectable fried honey balls originally come from a Sicilian recipe and are very popular in the region, especially in the city of Reggio Calabria. You'll especially find these in pastry shops around major holidays like Carnevale and Christmas. Calabria's licorice is considered some of the best in the world and is known as *rigulizza* in the local dialect and is beloved for its digestive properties (not to mention the distinctive taste of the gourmet candy!).

REGIONS OF ITALY

By JIM SANO

Drink: In ancient times, Calabria was referred to by the Ancient Greeks as the “land of wine”. Over 90% of the region’s wine production is red wine with a large portion made from the Gaglioppo grape. Calabria is an up-and-coming producer of wines. Two of their best wines are Duale and Nerone di Calabria, Duale is a red, light and fruity wine produced from 100% of Nerello Masca grapes. It has an alcoholic content of 12.5%, a pinkish color with ruby red hues, it’s refined in steel tanks, and is successfully paired with a variety of dishes. Nerone di Calabria is produced from 30% of Sangiovese grapes and 70% of Nerello Calabrese. Nerone is a structured, full-bodied red wine refined in small oak barrels. It has an alcoholic content of 14%, and an intense ruby red color. Nerone is a complex wine, more spicy than fruity, and goes well with red meat, strong cheeses, and spicy dishes. Another popular drink is Liquore al bergamotto, it is the region’s digestive liqueur made from the juice of the extremely tart bergamot orange. This drink is like limoncello.

Religion: The region is predominately Roman Catholic. Calabria is known as “The Land of the Saints,” since it is the birthplace of an unusually large number of Italian saints. The patron saint of Calabria is St. Francis of Paola. Catholic tradition remains strong in Calabria as nearly every church in town still celebrates an annual feast with a procession honoring its patron saint.

Nature and Sights: Calabria is known for its pristine unspoiled nature, crystal clear sea, clean white sandy beaches, and lots of historical places. Calabria’s rugged sun-drenched coastline and hot climate are ideal for scuba diving around Tropea and Capo Vaticano, while the Ionian coast offers wonderful conditions for surfing. The mountainous region (Peaks of the Apennines) is home to three national parks: Sila National Park, Pollino National Park, and Aspromonte National Park. Some other beautiful places to visit in Calabria are: Gerace, sometimes called “the Florence of the South” because of all its churches, Stilo, (Byzantine brick temple), Scalea, spa resort town, Reggio Calabria home to Museo(museum) Nazionale Della Magna Grecia and Vibo Valentia, a former Greek colony, featuring a historic center, a Romanesque church and Archaeological Museum. The Historic center of Cosenza has a domo built in the 12th



Santa Maria dell'Isola - Tropea - Calabria



Palaces of the old town of Tropea perched on a Cliff overlooking the beach below - Province of Vibo Valentia, Calabria

century where Isabel of Aragon’s grave is, also located here are the government palace and theater. Chianalea di Scilla is a picture perfect Mediterranean beach town with boardwalk, restaurants shops and the clearest water you can imagine. Currently, there is also significant development of agritourism that attracts visitors to the local homesteads, farms, and estates where you can get acquainted with the local rural life and local specialties.

Weather: Calabria is characterized by a warm and pleasant climate where you can enjoy summer from early April to late October. The ideal season here lasts from May to July, when the air temperature is around 86°F. In July and especially in August, the temperature is around 104°F, which can be unpleasant for most people.

Conclusion: Like a sturdy toe in the world’s oldest boot, there you’ll find Calabria, a cradle of history that lives on through its self-reliant and rugged people who epitomize the qualities of southern Italians; devotion to family, a strong work ethic, respect for elders and unwavering faith. These attributes made Calabria what it is today and has allowed so many of its descendants to be successful in America. The Calabresi have produced many well-known Italian Americans including Tony Bennett, Connie Francis, Leon Panetta, Lou Costello, and Jerry Vale.

2019 IACC Swimming Pool Schedule

POOL PHONE 518-380-2066 (to check conditions)

Members **MUST** have their membership card available while at the pool

Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	
May						18	July continued							
19	20	21	22	23	24	25	21	22	23	24	25	26	27	
26	27	28	29	30	31		28	29	30	31				
June						1								
2	3	4	5	6	7	8	August				1	2	3	
9	10	11	12	13	14	15	4	5	6	7	8	9	10	
16	17	18	19	20	21	22	11	12	13	14	15	16	17	
23	24	25	26	27	28	29	18	19	20	21	22	23	24	
30							25	26	27	28	29	30	31	
July	1	2	3	4	5	6								
7	8	9	10	11	12	13	September							
14	15	16	17	18	19	20	1	2	3	4	5	6	7	

Noon – 8:00 P.M.

3:30 P.M. – 6:30 P.M.

10:00 A.M. – 8:00 P.M.

Noon – 5:00 P.M.

Member Exclusive Pre-Opening Party May 18

Noon – 5:00 P.M.

Opening Weekend: May 25 – May 27

Noon – 8:00 P.M.

Early Morning Lap Swimming-July 1-August 16

7:30 AM – 9:30 AM

Labor Day/Closing Day: September 2

Pool Season
extended until
September 15
from 12-6 pm

I.A.C.C POOL REGULATIONS

- Proper bathing attire required. No cut-off jeans in the pool.
- Clothes and towels are not to be hung on or over the fence.
- IACC is not responsible for lost or stolen articles in pool area.
- NO running or jumping, profanity, horseplay, or pets permitted.
- NO glassware permitted in pool area.
- Children under age 12 MUST be accompanied by a parent or responsible adult at all times in pool area.
- ALL babies and small children not toilet trained MUST wear a swim diaper at all times.
- Children using flotation devices must be accompanied by an adult in the water.
- Children using flotation devices are allowed in the shallow end of the pool ONLY.
- No smoking in the Pool area.
- Guests must be accompanied by a member and must register with the lifeguard on duty.



Beginner Italian

Fall 2019

Learn the world's most beautiful, romantic, and musical language this fall!

You are invited to join us for a completely different language class in Italian. This class intends to reveal and highlight the NAMES of things....that is to say VOCABULARY.

Class Dates: Beginning September 23 and 30, October 7, 14, 21, 28 and November 4 and 11 with a makeup date of the 18th if necessary.

Class Time: Monday evenings from 7:00 to 9:00 pm

Cost: \$75 I.A.C.C. Members / \$85 Non-Members (Plus \$15 For Materials)
A textbook will be available to anyone who desires at a cost of \$20 although not required.

Location: The Italian American Community Center ~ 2nd Floor
(257 Washington Avenue Ext, Albany, NY 12205)

Register: Call (518) 456-4222 -OR- Visit: www.IACCFoundationAlbany.org

CLASS SIZE IS LIMITED REGISTER TODAY!

Bocce Is Back

Come Join In The Fun Of Playing In An I.A.C.C. Bocce League

WOMENS BOCCE LEAGUE

TEAM	WON	LOST	PCT.
ESPRESSO	13	5	72%
LE DOLCE	12	6	67%
DIVAS	10	6	56%
PRINCIPESSA	8	8	44%
AMICHE	6	10	33%
PRIMADONNE	6	10	33%
LEMONCELLE	6	10	33%
BOCCE BELLAS	2	14	11%

MENS BOCCE LEAGUE

AMERICAN DIVISION

TEAM	WON	LOST	PCT.
SHARKS	20	1	95%
ANGELS	15	6	71%
YANKEES	11	10	52%
DESERT FOXES	9	12	43%

NATIONAL DIVISION

TEAM	WON	LOST	PCT.
DALLAS	15	6	71%
GLADIATORS	11	10	52%
INTER	9	12	43%
FAZOOLS	3	18	14%

Save the
Date

Saturday,
October 19, 2019

Antonio Civitella, Italian American of the Year
Mayor Kathy Sheehan, Italian Spirit Award

Frank Zeoli, Presidents Award
Al Sacca, Pasquale Tirino Service Award
Mary Lou Marando, Cuora d'Ora Award



46th COLUMBUS DAY
GRAND GALA

Dance to the Music of Good Times

5:30PM to 11:30 PM

Price: \$55.00 IACC Member
\$65.00 Non Member

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SWEET APPLE SAUSAGE SCRAMBLED EGGS

These scrambled eggs with sweet apple chicken sausage are a great way to start your morning on a healthy note! This breakfast is full of protein and will keep you feeling full all morning.

Look for pre-cooked Sweet Apple chicken sausage at your favorite grocer. Many different brands carry them and they are also sold at Trader Joe's. Remove the casing from one link of sausage and break it up into small chunks. In a bowl, whisk together 2 eggs, 1 tablespoon of applesauce, sea salt, and cracked black pepper. Add the sausage chunks and a handful of green scallions to the bowl and mix it all together.

Spray a skillet with non-stick spray (I used coconut oil spray) and heat it on medium heat. Pour the egg and sausage mixture into the skillet and stir, making sure the eggs don't stick. Once the eggs are no longer runny, it can be removed from heat.

Garnish with additional green scallions on top (optional). Perfect to eat alone as is, or with a slice of whole grain toast.



For other great recipes by Nata Paglialonga go to: MangiaMom.com

CARING & SHARING *August* BIRTHDAYS



- | | | |
|----------------------|------------------------|----------------------|
| • Jannine Audino | • Joseph Cunningham | • Sergio Panunzio |
| • Dino Barbato | • Sally D'Agostino | • Mike Petilli |
| • Kathleen Basile | • LouAnn DeVito Cleary | • John Pioggia |
| • Ashley Castellana | • Betty Dodge | • Elizabeth Richards |
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Get well soon

PAUL COLLINS
RICH MOSHEO
JOSIE PAOLUCCI



Congratulations

*Congratulations to Joe Sano on his
retirement after 50 (!) years of being
a union leader.*



WOMEN'S LEAGUE

*H*ello ladies,

I hope everyone enjoyed the delicious BBQ along with the water aerobics class at our July meeting. I would like to thank Michele Sano for leading us in water aerobics and getting us moving to the music. I would also like to thank all the ladies who provided delicious covered dish meals, hors d'oeuvres, desserts and beverages to share with the group, Tony Fazio for cooking the hotdogs and hamburgers for us and the musicians who came and provided us with music as we enjoyed the barbecue.

Our next meeting, which will be held on August 14, 2019, will find us out at the pool once again for another wonderful BBQ. It is very nice to be able to take advantage of the warm weather whenever we can. Hopefully the weather will cooperate and it will be warm and sunny, but less humid. Please remember to contact Marilyn Quadri at 518-438-7602 to let her know if you will be coming and if you plan to bring something to share. The cost will be \$5.00 if you provide some type of food or beverage to share. For those who do not contribute any food or beverage items, the cost will be \$10. Members have already signed up to bring the following to share with the group:

Covered Dishes:

Sweet and Sour Meatballs

Eggplant

Quiche

Macaroni Salad

Tossed Salad

Shish Kabobs

Italian Chicken in Crockpot

Hors d'oeuvres:

Pineapple Cheese Ball

Desserts:

Australian

Beverages:

Pina Coladas



For our August meeting we are planning to do a Hawaiian Luau theme, so it will be fun if we could each wear some type of colorful outfit as we try out our hula dances. Our hula instructor will be Lauren Falzo-Karmi, a friend of mine who teaches hula dancing. I have already spoken to her and she is thrilled to join us for this activity.

Hope to see everyone in August at the pool.

Gretchen VanValkenburg
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