

"WE ARE HERE"

Siamo Qui

ISSUE 543

APRIL 2019

The Italian American Community Center invites you to our annual

Family EASTER Party

SATURDAY, APRIL 6th,
12:00 - 3:00 PM

PIZZA AND REFRESHMENTS
WILL BE SERVED
MEMBERS AND THEIR
CHILDREN - FREE
NON-MEMBER ADULTS - \$8.00
CHILDREN 5-15 - \$5.00

EASTER CRAFTS
EASTER EGG HUNT in
our GARDEN
VISIT WITH THE
EASTER BUNNY
AND DON'T FORGET
YOUR CAMERA!!



*Join us upstairs in the board room for all the fun!
Please call the office at 456-4222 with your reservations!*



HAPPY EASTER

NEWS & EVENTS

- 1** FAMILY EASTER PARTY
- 4** PRESIDENT'S MESSAGE
A special message from Jim Sano
President of the Italian American Community Center
- 5** CARNEVALE CALABRESE 2019
- 6** FUNDRAISING ITALIAN EASTER BAKE SALE
- 8** AN INTIMATE EVENING WITH SAVIO DE MARTINO
- 8** ST. PATRICK & ST. JOSEPH MASS & BRUNCH
- 10** REGIONS OF ITALY: VALLE D'AOSTA
- 12** WOMEN'S LEAGUE
- 12** MANGIA MOM
- 13** MOTHER DAUGHTER LUNCHEON & FASHION SHOW
- 14** CARING AND SHARING



ITALIAN AMERICAN
COMMUNITY CENTER



SOCIAL CALENDAR

April



- 4/03 ~ Member Exclusive: Weekly Co-Ed Poker Game Noon *
- 4/03 ~ Member Exclusive: Weekly Men's Poker Game 5:00 pm *
- 4/04 ~ Chair Yoga 6:30 pm
- 4/06 ~ **Family Easter Party Noon-3:00 pm**
- 4/10 ~ Women's League Meeting: Guest Speaker; Sharon Horton-6:30 pm
- 4/11 ~ Chair Yoga 6:30 pm
- 4/13 ~ **Experience Little Italy: Arthur Ave Bus Trip 8:30 am**
- 4/18 ~ Chair Yoga 6:30 pm
- 4/21 ~ **Easter Sunday Special Mallozzi Buffett 12 noon-5pm**

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

Upcoming Events

- 5/17 ~ **Friday Nights At The Pavilion (Opening Night)**
- 5/18 ~ **Member Exclusive: Pool Pre-Opening Party & BBQ**
- 5/19 ~ **The Mother/Daughter Luncheon & Fashion Show**
- 6/02 ~ **St. Anthony's Mass/Lunch**
- 6/19 ~ **Best of The Bronx: Yankees Game & Arthur Ave Bus Trip**
- 8/24 & 8/25 ~ **Experience Little Italy - Boston: St. Anthony's Feast/North End Bus Trip (2 days & overnight)**





President's Message

Spring is here! It's a time for rebirth, spring cleaning, budding plants and for animals and people to come out of hibernation and get back outdoors. It seemed like winter would never end and now my mind shifts to, "holy smokes- I only have five weeks to get the pool open and ready". We will soon be relaxing by the pool, playing bocce again, enjoying Friday Nights at the Pavilion and participating in all our amazing and varied summer activities.

I want to update all regarding our upcoming projects that will begin shortly. These include reconstruction of the Roman Garden walls and renovation of the rear stairwell and membership room. Work that we recently completed includes the expansion of the pavilion kitchen and implementation of a new efficiency protocol to accommodate the increase in demand for all pavilion events.

I would like to thank everyone who helped with and attended our annual Carnevale celebration. Each year, we seek to bring you a "taste of Italy" and theme our Carnevale events based on how Carnevale is traditionally celebrated differently in each region of Italy. This year we celebrated Carnevale Calabrese 2019. Our celebration gets bigger and better every year.

I would also like to thank our friends at the Schenectady Sons of Italy, particularly Angelina Civitella Donadio, for providing us with another amazing member exclusive event, "An Intimate Evening with Savio De Martino". Savio De Martino is a world-renowned Italian singer currently on his U.S. tour. It was a very special evening featuring three hours of music, dancing, culture, heritage and community. Savio, now a part of the I.A.C.C. family, is extremely excited to come back and perform in the Greater Capital District.

Our annual St. Patrick's / Saint Joseph's Mass & Brunch was a wonderful time where we came together to celebrate these two great saints and their messages of unity, life, eternal love and family. Be sure to check out our event calendar as we have many more activities and events coming up (The Family Easter Party, Experience Little Italy 2019: The Arthur Avenue Bus Trip, Fashion In Bloom: The Mother/Daughter Luncheon and Fashion Show, The Best of The Bronx: Yankee Game & Arthur Avenue Bus Trip and much more). Tickets for ALL events sell out quickly (many of our most popular ones within hours). If you are interested in ANY upcoming events, please reserve your spots now so as not to miss out!

Wishing You All A Happy Easter (Buona Pasqua)!

JIM SANO
ITALIAN AMERICAN COMMUNITY CENTER
PRESIDENT



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Fundraising Italian Easter Bake Sale



Pre-Ordering highly suggested as to guarantee your various choices. Pre-order forms can be found on AIHA&M website www.americanitalianmuseum.org. Open to the public.

- Ricotta Pies, 8"** \$16.50
- Ricotta Wheat Pie, 8"** \$16.50
- Sfogliatelle:** Large \$2.50/each, 6 for \$14.00, doz. for \$25.00
Small \$1.50/each, 6 for \$8.00, doz. for \$15.00
- Classic Italian Cookies** \$6.00/doz
- Pizzelles** \$6.00/doz
- Ham & Cheese Pie, 8"** \$18.95
(ham, provolone, parmesan in zesty egg batter)
- Easter Bread** (pane di Pasqua) (small plain Vigilatti) \$5.95
Plain (1 lb. w/single egg center (no option))
- Fruits & Raisins** (3 eggs OR No eggs) (fruit Vigilatti) \$13.50
- Paski Bread (Babka)** (lightly sweetened bread w/golden raisins)
Small, 1 lb. \$ 6.00
Large, 2 lb. \$ 7.75
- Guanti (ewonds)** (1 lb. ctn) \$12.50

Friday, April 19th
12 noon - 4 PM
&
Saturday, April 20th
11 AM - 3 PM.

Deadline to order: Friday, April 12, 2019 - 3pm (additional baked goods will be available for sale on pick up dates)

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Green Beans Vinaigrette,
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Truffle Mushroom Barley Salad, Roasted Garlic Hummus,
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Top Round of Beef Au' poivre

FISH MARKET STATION

Haddock Gremolata

(Parsley, Breadcrumbs, Horseradish, Garlic & Lemon)

Peel & Eat Shrimp with Zesty Cocktail Sauce,

Seafood Gumbo, Fresh Seafood Salad

Risotto Mare Nostrum

(Shrimp, Scallops & Calamari in a Light Spicy Marinara)

ENTRÉE STATION

Pinot Noir Braised Beef Short Ribs

(Roasted Shallots & Mushrooms)

Crispy Potatoes, Parsley, Garlic Butter & Parmesan

Neapolitan Eggplant

(Ricotta, Tomatoes, Mozzarella & Roasted Peppers)

Spring Chicken Roulade

(Sausage, Asparagus, Rice & White Cheddar)

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An intimate evening with Savio De Martino

Savio De Martino graced us for three hours with his musical stylings on the evening of March 9th. He sang all the classics in addition to all the modern Italian favorites and wowed us with his vocal skills and showmanship. Thank you to Frank Zeoli, Maria DeNitto and Dino Barbato for organizing and planning this event. A very special thanks to Angelina Civitella Donadio for discovering and bringing the great musical talents of International Recording Artist Savio De Martino to the I.A.C.C. He will return in the near future in case you missed your opportunity to hear him this time.



On Sunday, March 17th, we were honored to have Father Chiaramonte as the celebrant for our annual St. Patrick and St. Joseph Mass and Brunch. This truly was a blessed day and a marvelous event. Our large banquet room was bursting at the seams once again with over 100 people in attendance. I want to personally thank each and everyone who attended this event and helped make it



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Valle d'Aosta Flag



Valle d'Aosta

Valle d'Aosta (Aosta Valley) is the smallest, most mountainous, least populated and one of the wealthiest regions in Italy. The name Valle d'Aosta literally means "Valley of Augustus". It is situated in the northwest corner of Italy bordered by France to the west, Switzerland to the north and the region of Piedmont to the south and east.

Valle d'Aosta is enclosed on the north, west, and south by the Alps. Included in this region is the Italian area of the famous Mont Blanc and the Matterhorn mountains. The territory is very mountainous and known for its breathtaking landscapes that include snowy mountain peaks, crystal clear lakes, incredible wildlife and some of the best ski resorts in Europe. Valle d'Aosta is home to the highest peaks in the Alps such as Cervino, Monte Rosa, Gran Paradiso and, the king of them all, Mont Blanc which at 15,781 feet is the highest mountain in Europe.

The Aosta Valley is also home to Italy's oldest national park, the Gran Paradiso. The Gran Paradiso National Park is 173,000 acres of snowcapped mountains and is home to chamois, marmots, foxes, golden eagles and the famous ibex. In summer, this region offers a wide range of climbing and hiking options. In winter, it is at the heart of the Italian skiing experience with such famous areas as Courmayeur located here.

The region has many picturesque mountain villages, small rural churches, castles, and Baroque art. The region's mixed heritage makes it culturally fascinating and politically interesting. It is the only region in Italy which has not been divided into separate provinces and is one of the country's five legislatively and administratively autonomous regions.

History

Valle d'Aosta's first inhabitants were from the nearby region of Rodano (France) by way of the Gran San Bernardo pass. The Salassi (Celticized Italic or Ligurian tribe) later came here by the same route. The Salassi were a warlike people and fought the Romans over gold in nearby mines. Rome easily defeated the Salassi, and in 25 B.C. founded the colony of Augusta Praetoria Salassorum. The Romans organized the land, built roads, and connected the Little and Gran San Bernardo passes. Aosta's location had considerable military strategic importance. After the Romans, Valle d'Aosta was loosely held in turns by the Goths and Burgundians in the 5th century followed by the Franks. Under Charlemagne, Aosta acquired importance as an outpost on the Via Romea Francigena (the road to Rome from France). This was the route for those wishing to visit the Vatican and the tombs of the apostles Peter and Paul. In 888 A.D., Aosta was annexed as part of the renewed Kingdom of Italy. In the 10th century, Aosta became part of the Kingdom of Burgundy.

During the Middle Ages, the region remained strongly feudal. Many grandiose castles were built that still stand today. In the 12th and 13th centuries, the region was part of Savoy lands. Then between 1800 and 1814, Aosta was ruled by the First

French Empire. Aosta later became part of the Kingdom of Sardinia and joined the new Kingdom of Italy in 1861. The province of Aosta was disbanded at the end of World War II and the autonomous region of Valle d'Aosta was created in 1945 in recognition of the special French linguistic and cultural orientation of the area.

Culture

Valle d'Aosta boasts a wealth of cultural sites displaying art and history dating back to Roman through medieval times. The Roman Amphitheatre and Augustus' Arch in the town of Aosta are some of the more noteworthy archaeological excavations. The Bard Fortress and Fénis Castle are well known for their strategic position and lavish historical interiors. The Gamba Castle in Châtillon houses the new Valle d'Aosta Museum of Modern and Contemporary Art.

One of the most original carnivals in this region is certainly that of the Gran San Bernardo Valley called Coumba Frèide due to its reputation as a freezing area. The carnival features people dressed in traditional costumes or uniforms worn by Napoleon's forces and was established in commemoration of the march through the Gran San Bernardo Pass by Napoleon and his 40,000 soldiers in May 1800.

A more imaginative account of the carnival's origin begins when two elderly simpletons got married in the town. The townspeople decided to participate in the celebration as was the custom at the time. They felt a little embarrassed at the idea of going to church in their Sunday best and decided to wear unusual clothes instead.



The Landzette is a regional term for a typical carnival costume. Participants' costumes consist of expensive handmade clothes and hats decorated with beads and sequins, up to 30,000 per costume. Their waists are adorned with belts and bells as well as small mirrors which

reflect the light and symbolically ward off evil spirits. They also wear masks and carry and shake a horse or mule tail to represent the banishing of Coumba Frèide, the cold winter breezes. There are people also dressed in bear costumes to represent the coming out of hibernation and arrival of Spring. The bright red color of the costumes symbolizes vigor and strength and is believed to have the power to dispel dark spirits, ill omens and misfortune. During the parade, the carnival characters enter the homes of local families, dance along the streets and in the squares and eat and drink what they are given.



Climate

Aosta Valley is a complex region. There is no one type of consistent climate. Instead there are varied microclimates dependent on the different terrains. The classifications range from oceanic climate, warm humid continental climate, subarctic climate, and tundra climate. The climate overall is considered continental with a significant amount of rainfall and prone to rapid temperature changes.

Language

Valle d'Aosta is defined as the least Italian region of Italy and is bilingual with both Italian and French taught in school and both languages commonly used at home. The Aosta government was the first to adopt Modern French as its official language in 1536, three years before France. The spread of the Italian language began and reached its peak during the 20 years of Fascism which banned the use and teaching of French and saw the systematic translation of places into Italian. In addition, some municipalities in the Lys valley speak the German-based dialects, Titsch and Toitschu.

Food and Wines

The food in this region can best be described as the best of traditional Italian food with a healthy dose of mountain flavors and ingredients influenced by neighboring France and Switzerland. The people in Valle d'Aosta are skilled hunters and farmers thus the abundance of game meats in their food products.



Traditional methods of production are strictly adhered to regarding wines, pork products (renowned local salamis, made from beef, deer or alpine ibex) and cheese such as the famous Fontina which originated here. Some other local products are honey, apples, chestnuts, medicinal herbs and génepy (used to make Génepy Alpine Liqueur).

Local popular dishes include Polenta Alla Rascard (cornmeal mush chilled and sliced, layered with a thick beef and sausage ragout with fontina cheese), Vapele-mentse Soup (cabbage soup topped with Fontina cheese and rye bread), Carbonada (beef stew made with onions and red wine and served with polenta), Valdostana Ribs (veal ribs stuffed with ham and fontina cheese) and Civet di Camosci (venison stewed with vegetables in an herb-flavored cream and grappa sauce).

The two most popular wines from this area are Nus Rouge and Petite Arvine. Nus Rouge is a dry, velvety wine with a slight hint of herbs and an intense red color. It



has an alcohol content of 11 % and goes well with pasta and minestrone soups. Petite Arvine has an extremely fruity taste and a greenish yellow color. It has an alcohol content as high as 13% and is ideal as an aperitif with fish.

Desserts and Coffee

Valle d'Aosta has two very distinctive desserts, the Renette Apple dessert and Valdostan Sweet Tegole. Renette Apple dessert consists of triangles of buttered bread baked in the sweet apple sauce from the Renette apple and served with powdered sugar. Valdostan Sweet Tegole are small cakes made with very finely chopped almonds and hazelnuts that give these biscuits a soft and delicate taste.

Every Italian meal must finish with a good coffee. The Valle d'Aosta has perhaps the most delicious and peculiar tradition known as the Coppa dell'amicizia, the Friendship Cup. The Friendship Cup is an after-dinner tradition in the Italian Alps. It comes from the Soldiers of the Snow who acted as guides to travelers in this rough terrain. They needed extra energy to survive in the cold. A Coppa dell'amicizia is a traditional Lombardic round container made of turned wood that is often finely carved. It has a cover and spouts, varying in number according to the capacity of the cup, from which people drink. The drink consists of Valdostana coffee, usually the herbal liqueur Génepy or fruit grappa, cognac, Cointreau, red wine or rum, sugar and spices. Sometimes people add butter and orange peels.

After dinner, you gather your friends having at least one more person than the number of spouts on the cup. Why? You end up sharing and drinking from a different spout as the cup gets passed around the table. People don't worry about the germs for two reasons. First, it's your friends. Second, what they put in the cup is strong enough that it could probably be classified as some sort of disinfectant. The cup is passed around counterclockwise. People drink from the different spouts of the cup and don't set it down until it's empty. The atmosphere warms up and friendship is reinforced after the cup makes a few turns around the table.

Conclusion

The Aosta Valley has always been viewed as a point of contact between Italy and France since ancient times due to its strategic military location at the crossroads of the Western Alps. The great modern tunnels of Gran San Bernardo connect Italy with Switzerland and the Mont Blanc tunnel connects Italy with France. These extraordinary engineering masterpieces highlight even more clearly the fact that this area was and still is the gateway between Italy and the rest of Europe.

Good afternoon ladies,

For our April 10th meeting, I am pleased to announce that we will be joined by Sharon Horton from the American Heart Association. Sharon will be speaking to us about Life's Simple 7 to help us learn about the seven risk factors that people can improve by making some lifestyle changes which will help us to lower our risk of heart disease and stroke.

Our meal choices for our April meeting are Baked Ham or White Fish Puttanesca with a Red Sauce. This will be served with a Mixed Green Salad with House Dressing, Rolls and Butter and Coffee or Tea. The dessert will be Carrot Cake. Please call Marilyn Quadrini at 518-438-7602 by April 5, 2019 with your meal choice. The cancellation policy remains in effect and any cancellations must be made by April 8th. The cost for our dinner will be \$23.00.

Please be sure to put Sunday, May 19, 2019, on your calendars so that you will not miss out on the opportunity to join us for one of our fun yearly events – the Mother-Daughter Luncheon and Fashion Show. Our theme this year will be Fashions in Bloom. This is the largest fundraiser of the year for the Women's League. It would be wonderful if we could have a large group of ladies in attendance to enjoy the afternoon of food and friends with your daughters or granddaughters.

WOMEN'S LEAGUE



I am working on coming up with the letter that we will send out to businesses who provide donations for our event.

I will be looking for volunteers to model some of the beautiful fashions along with your daughters or granddaughters. This year the fashions for the children will be provided to us by Justice at Colonie Center and the fashions for the adults will be provided by The Loft at Stuyvesant Plaza. As of Saturday, March 9, 2019, we have four models for the Fashion Show – one adult and three children ages 6, 8 and 10. Hopefully, some of you will choose to model for us this year. Please call me at 518-598-2418 if you are interested in being one of our models and I will add your name to the list.

Even if you choose not to be a model for this event, I hope you will come to join us for a wonderful afternoon luncheon and check out the beautiful fashions.

Thank you

Gretchen VanValkenburg
President



Cream Cheese & Scallion Wontons



You will need:

- **wonton wrappers (usually sold in Asian specialty markets)**
- **one 8oz package of cream cheese, softened**
- **chopped scallions, about 1/2 cup**
- **egg whites of one egg, beaten**
- **salt**
- **pepper**

Mix the cream cheese, scallions, salt, and pepper together in a bowl.

Peel apart each layer of wonton wrappers and lay each one down on a flat surface. Spoon 1-2 teaspoons of the mixture in the middle of the wrapper.

Dab raw egg whites along the edges of the wrapper to "glue" them together so that the mixture doesn't escape while cooking. Fold

and pinch two opposite corners together (diagonal from each other), then fold and pinch the other two corners to form a pocket. Seal all of the edges.

Place wontons on a greased baking sheet and bake at 350 degrees for only a few minutes until the wontons are golden and crispy.

These can be enjoyed with sweet & sour sauce for dipping or alone as is!



Mother daughter photo. Designed by Freepik. Opposite page. Vectors. Designed by Freepik

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

Mother & Daughter

LUNCHEON & FASHION SHOW

fashion
in
Bloom



Date: May 19, 2019

Time: 12:00 noon

Location:

Italian American Community Center
257 Washington Extension
Albany, NY 12205

Price: \$25.00

(Children under 12 are free)

There will be raffles

Fashions provided by:

Children: Justice (Colonie Center)

Adult fashion store: Loft

Justice

LOFT

**To make a reservation call the I.A.C.C.
Membership Office at (518) 456-4222
or visit www.italianamerican.com**

*Reservations need to be paid in advance: no payment at door.
Deadline for reservations is May 16th.*

Menu: Penne Marinara
Tossed Salad

Adults Choice of Mimosa

Chicken Francaise
Steak Amalfi
Eggplant Parmigiana
Potato and Vegetable

**Children Choice of Shirley
Temple**

Chicken Fingers
Macaroni and Cheese
French Fries, mixed vegetables

Rolls & Butter

Dessert, Coffee, Tea and soda

CARING & SHARING

April BIRTHDAYS



- Lynne Albright
- Edward Cahill
- Kimberly Campbell
- Toni Case
- Tom Collura
- Gloria Consiglio
- Ennio Corsi
- Giovanna DeFilippo
- Meghan DeNitto
- Cristene Derboghossian
- Rosemary DeRusso
- Steve Dupra
- Ann Federici
- Thomas Federici
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- Patricia Fluty
- Tom Frazier
- Louise Giuliano
- Deborah Gouvis
- Linda Hoffman
- Rev. Dominic Ingemie
- Debra Kinney
- Carl Konopka
- Laurie Mazone
- Robert Michel
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- Salvatore Monaco
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- Jaime Peck
- Paul Petersen
- Virginia Pioggia
- Bridget Place
- Theresa Planck
- John Portelli
- David Quadrini
- Mary Lou Ritz
- Theresa Russo
- Agatina Simeone
- Sally Simeone
- James Sims
- Colleen Stockert
- Paul Stockert
- Teresa Swanson
- Carmine Tebano
- Charles Trimarchi
- Craig VanDecar
- Nadine Vine
- Lynne Warner
- Nancy Wells
- Gloria Yacono
- Linda Yetto

WELCOME

new members

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BARBARA & TOM COLLURA

KRISTINE & TONY ZACCARDO

GERARD WERNER

LINDA & MARTIN MULLER



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Brunch runs from 10:30 A.M. - 1:30 P.M.
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For more information please call the
Treviso office at 518-456-0292

This course is great for people wanting to reclaim healthy movement, build strength and joint mobility, and regain your best body regardless of your age and fitness level!



Chair Yoga is a gentle form of yoga that is practiced sitting in a chair or standing using the chair for support. Remember to wear loose comfortable clothing!

CHAIR YOGA IS RETURNING TO THE IACC

This class is enjoyed by so many and is returning for an 6-week spring session on Thursday evenings, March 7, 2018 through April 18, 2019 (no class on March 21st). The class will be held upstairs in the IACC Boardroom and begin at 6:30 pm for 1 hour. Classes are open to men and women. Please call the membership office at 456-IACC (4222) to sign up.

The price will be \$50.00 for the session or \$8.00 a class to “drop-in.”



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