

"WE ARE HERE"

Siamo Qui

ISSUE 559

AUGUST 2020

ITALIAN AMERICAN COMMUNITY CENTER

PRESENTS

ferragosto 2020

**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 \$15 per person (pay at the door)
- Food, Dessert, Coffee & Tea included (other beverages available for purchase)
- **Reservations are required.** Due to social distancing guidelines we need to plan seating accordingly. **Reservations must be made by August 12th.** Call the membership office at 518-456-4222.

No admittance at the door without a reservation!

LOCATION:

Our newly renovated Pavilion

DATE:

Saturday,
August 15, 2020

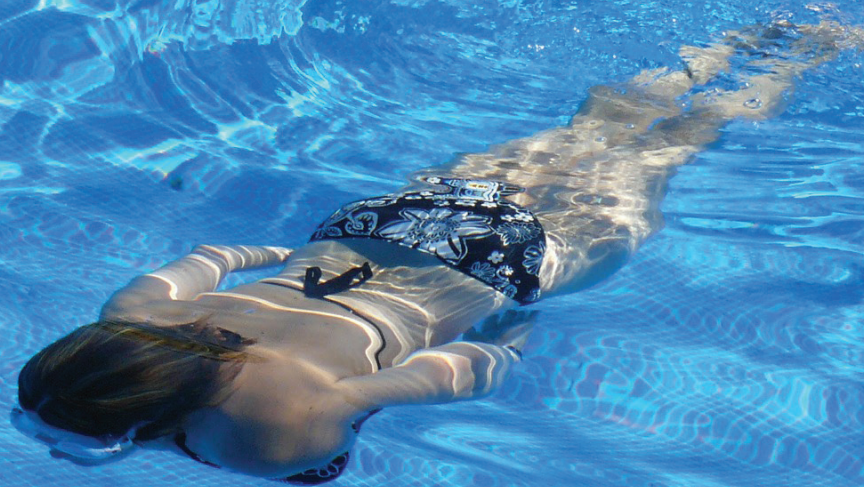
TIME:

2:00 PM

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



Early Morning Lap Swimming



At the I.A.C.C. Pool

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President of the Italian American Community Center
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- 16** MANGIA BENE, VIVA BENE

NEWS & EVENTS



SOCIAL CALENDAR

August's events

- 8/3 ~ At The I.A.C.C. Pool: Early Morning Lap Swimming**
M-F, 7:30 am-9:30am
- 8/3 ~ Men's Bocce League 6:30 pm**
- 8/5 ~ Member Exclusive: Weekly Co-Ed Poker Game Noon ***
- 8/5 ~ Member Exclusive: Weekly Men's Poker Game 5:00 pm ***
- 8/7 ~ FRIDAY NIGHTS AT THE PAVILION**
(Special: Clam Steam (dozen clams, corn & potatoes) 5pm-8pm)
- 8/10 ~ Men's Bocce League 6:30 pm**
- 8/12 ~ Women's League Meeting Pool Area (Water Aerobics) 6:00 pm**
- 8/14~ FRIDAY NIGHTS AT THE PAVILION**
(Special: Stuffed Peppers (Meat & Meatless) 5pm-8pm)
- 8/15~ FERRAGOSTO**
- 8/17 ~ Men's Bocce League 6:30 pm**
- 8/19 ~ Board Meeting/General Membership @ The Pavilion 6:30 pm**
- 8/21~ FRIDAY NIGHTS AT THE PAVILION**
(Special: Cavatelli with Broccoli Rabe) 5pm-8pm)
- 8/24 ~ Men's Bocce League 6:30 pm**
- 8/28 ~ FRIDAY NIGHTS AT THE PAVILION**
(Special: Greens & Beans) 5pm-8pm)
- 8/31 ~ Men's Bocce League 6:30 pm**

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

Upcoming Events

- 9/7 ~ Labor Day BBQ @ The Pool**
Best of the Bronx/Yankee Trip-TBD



PRESIDENT'S MESSAGE



I trust this message finds all in good health and in good spirits. The past months have certainly been unlike anything we have experienced in our lifetime either personally or on the business side for the IACC. Our new tenant, 2Shea Catering, has started service with the Grand Italian Buffett on Monday evenings, Sunday Brunch and Take Out Thursdays. The feedback from patrons has been exactly what we expected. The service and food are first class all the way. The Shea family has taken all possible steps to ensure that dine in service follows all safety procedures in order to ensure a pleasant dining experience. I have eaten twice at the Monday Night Grand Buffett, ate lunch with the "Birthday Boys" and ordered take out on Take Out Thursdays. Each meal was more enjoyable than the one before.

Many patrons have left messages on their Facebook page or our Facebook page and all have raved about the quality of the food and service. The Shea's long-term commitment to the IACC can also be witnessed in this issue with the extensive renovations, (completely at their expense) to the former dining/bar area. You will see from the pictures that this space has been transformed from a dated, dark space into a very modern, inviting, and bright area to host events. I encourage all members to make reservations and experience firsthand the excellent quality and service the Shea family provides to you, our members. If you are not quite ready for dining indoors, inquire about outside dining (weather permitting) or order to go dinners on Thursday Nights. Trust me, the food will be more than enough for a family of four and it will be excellent.

Covid-19 has certainly impacted every aspect of our lives and here at the IACC we have adapted many of our activities to current standards to safeguard your safety. The swimming pool, men's bocce league and our popular Friday Nights at the Pavilion have all been successfully adapted to minimize exposure while still providing a fun experience. I want to thank Frank Zeoli, Maria DeNitto, Dino Barbato, Gail Tarantino, Mary Lou Marando, Joan Wallis, and Michael Zeoli for all their efforts in adapting our Friday Nights at the Pavilion to keep everyone safe while keeping the spirit of community fun alive.

We will be doing our free member Ferragosto celebration on August 15th however this year you must call the office at 518-456-4222 and make a reservation by August 12th so we can plan the seating to conform with social distancing.

God bless and enjoy, safely, what is left of the fleeting summer months.



JIM SANO
ITALIAN AMERICAN COMMUNITY CENTER - PRESIDENT



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COLUMBUS DAY GALA~ FRANK ZEOLI,

SIAMO QUI

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IACC OFFICE

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

THERESA LAJOY- OFFICE MANAGER

PHONE # (518) 456-4222

EMAIL: IACCOFFICE@ITALIANAMERICAN.COM



I.A.C.C.
Members enjoy a
50%
Discount! *



Regina's
BY 2SHEA



Italian Grand
Buffett
starting July 6

**\$25 per
person**

Sunday Brunch
starting July 12



**TAKE OUT
THURSDAYS
Starts**

July 16

Food is our Passion & Hospitality our Pleasure

*Regina's is located at 257 Washington Avenue Extension.
For more information please call the office at 518-456-0292*



Sardinia

-Part One -

By JIM SANO

Sardinia is an island and region of Italy; it is the second-largest island in the Mediterranean Sea after Sicily. It is the third largest region in Italy in terms of land mass (area 9,301 square miles) and in terms of population, it is ranked 11th (1,658,138). It neighbors the mainland of Italy (120 miles east), the French island of Corsica (7.5 miles north), and the African country of Tunisia (120 miles south). The Tyrrhenian Sea portion of the Mediterranean Sea is directly to the east of Sardinia between the Sardinian east coast and the west coast of the Italian mainland peninsula. To the west of Sardinia is the Sea of Sardinia, also part of the Mediterranean Sea. The Strait of Bonifacio is directly north of Sardinia and separates Sardinia from the French island of Corsica.

The region of Sardinia is one of the five in Italy that enjoy some degree of domestic autonomy granted by a specific statute. Its official name is Regione Autonoma della Sardegna (Autonomous Region of Sardinia). It is divided into the four provinces of Nuoro (NU), Oristano (OR), Sassari (SS) and Sud Sardegna and the metropolitan city of Cagliari (CA). Cagliari is the region's capital and its largest city.



Sardinia's indigenous language and the other minority languages (Sassarese, Gallurese, Algherese Catalan and Ligurian Tabarchino) spoken on the island are recognized by the regional law and enjoy "equal dignity" with Italian.

The population is mostly concentrated in Cagliari and the province of Sassari. Until very recent times, the population inhabited the inner areas away from the sea and the economy was based on sheep-raising and connected activities. Much of the island's arable land is devoted to wheat cultivation and fruit growing.

The region is noted for its blend of rugged mountains called Limbara, Supramonte, Ogliastra, Gennargentu, Iglesiente and Sulcis and the golden beaches, dramatic volcanic scenery, delicious food and relaxed pace of life. With a 1,149-mile-long coastline, the island makes up nearly a quarter of the total length of the main Italian coastline. It is the only region of Italy to not have an expressway. A great indication of the island's relaxed pace of life, driving around is surprisingly stress-free. Designated national parkland and wildlife reserves take up 25% of the island.

Sardinia is covered in natural beauty from coast to coast and has a unique geographical location that makes it much less prone to earthquakes than the rest of Italy. The island itself is very rugged, formed predominantly by rocks and with only a few major rivers. Despite this, the island is incredibly lush thanks to relatively low development.

History

Sardinia was previously known as Ichnusa dating back from around 1500 BC. Ichnusa is believed to be a combination of the word 'nusa' (meaning island) with 'Hyksos', a tribe who invaded Sardinia. It has also been referred to by Ancient Greeks as Argirofleps and Sandaliotis. The origin of its modern name, written 'Sardegna' in Italian, has a few theories ranging from being named for ancient Greek gods, local mythical heroes or the Sea People.

The island boasts some of the oldest unique archeological remains dating back thousands of years called "Nuraghi". The nuraghe (shown here) are truncated conic structures of huge blocks of basalt taken from extinct volcanoes which were built in prehistoric times without any bonding. They are abundant and found all over the island.

Some 7,000 examples are said to exist. Most Nuraghi are quite small, but a few were obviously fortresses. There is also a Nuraghic village near Dorgali with traces of about 80 buildings identified.

The civilization that built the Nuraghi probably had its roots in the prehistoric population of the island, but its origins and affinities are uncertain. They left no written records. Archaeological evidence from the Nuraghi culture suggests a strongly organized power of tribal states. The working of metal from local mines was presumably the chief source of wealth. However, the presence of Phoenician trade settlements along the Sardinian coasts from the 9th or 8th century BC must have vigorously contributed to Proto-Sardinian prosperity.

Sardinia was rich in coal, silver, lead, zinc and iron and it was not long before the word got around the Mediterranean and outsiders came.

The Phoenicians made their first settlements here around the 9th century B.C. They were followed by the Carthaginians around the 6th century B.C., then the Greeks and finally the Roman conquest in 238 B.C.

In the years that followed the fall of the Roman Empire, Sardinia fell prey to the Vandals of Africa and then Byzantine soldiers. Christianity spread through most of the island, although it struggled to take hold in the more remote mountain areas.

In the 12th century under the influence of the republic of Pisa, the island was divided into four local districts, Gallura, Logudoro, Arborea, and Caralis, called "Iudicati". Each was ruled by a judex whose power little by little became hereditary. In 1241, the King of Sicily, Frederick II, appointed his son, Enzo, king of Sardinia.



In 1323, Jaime II of Aragon formed an alliance with Arborea's king and occupied Cagliari and Gallura. He called these territories the 'Kingdom of Sardinia and Corsica'. Some 50 years later, Pere IV of Aragon gave the kingdom its own parliament. Later, a degree of self-government was added, along with judicial independence.

In the early 15th century, the King of Sicily, who was also the heir to the Aragon throne, conquered the whole island. On his death, ownership of Sardinia was transferred to the Castilians. Thus, Sardinia became a Spanish territory and to defend the island a series of watch towers were built along its coast.

In 1708, at the time of the Spanish War of Succession (1701 to 1714), Sardinia passed into Austrian control by the Treaty of London. Victor Amadeus II, duke of Savoy and sovereign of Piedmont, was forced to yield Sicily to the Austrian Habsburgs and, in exchange, received Sardinia (until then a Spanish possession). Two years later on August 24, 1720, he formally took possession. From that time until 1861, he and his successors were known as kings of Sardinia, though the seat of their power and wealth and their customary residence was in Piedmont.

In March 1848, King Charles Albert promulgated a new constitution for Piedmont-Sardinia, the Statuto Albertino, which became the basis of the constitution of the new kingdom of Italy proclaimed by the first Italian parliament on March 17, 1861. Charles Albert's son, Victor Emmanuel II, became the first king of unified Italy.

During World War Two, Cagliari suffered from heavy Allied bombardment. After the war in 1946, Sardinia became one of 20 different Italian regions.

► *Continue on Page 8*

The Islands of Sardinia

Sardinia has smaller islands, Asinara, the Maddalena group, and the Sulcis Archipelago, off the coast.

Asinara Island, also known as Devils' island, is home to a colony of wild albino donkeys. Asinara is found in the northern part of Sardinia and was closed to the public from 1885 to 1997. The island is virtually uninhabited by humans, and forms part of Italy's national park system as a nature and marine reserve. It has been a health quarantine station, prison camp during World War I and finally maximum-security prison in the 70s, hosting a few Mafia bosses. This isolation enabled Italy to preserve its natural beauty, which is today finally safeguarded as Asinara has been declared a national park and can be visited only with advanced permission.



La Maddalena Archipelago is the most popular Sardinian archipelago, well known around the world for the beauty and singularity of its beaches and waters. The main island of the archipelago is La Maddalena while Caprera Island is popular for having hosted the Italian general and hero, Giuseppe Garibaldi, during his exile and until his death in 1882. Here you can find the museum dedicated to him called the "Hero of two Worlds" for his expeditions both in Europe and South America.

Sulcis Archipelago is in south-western Sardinia. The archipelago has two main islands, Sant'Antioco and San Pietro. San Pietro's unique center, Carloforte, has been listed among "the best Italian municipalities" and has a linguistic and cultural particularity: the island was colonized in 1738 by Ligurian people who introduced their dialect and habits. The language people speak today comes directly from this time.



Asinara Island

Cuisine and Wine

Traditional Sardinian cuisine boasts very ancient roots. Sardinian recipes are the perfect mix of the many different cultures that have left their mark on the Island from age to age. No Sardinian food is more ancient than the bread, Carasau. Lunch or dinner in Sardinia cannot start without a basket of Pane Carasau (translation: music paper bread). Unlike any other bread, this specifically Sardinian food is closer to a crispy taco than bread. This bread is made from yeast, salt, water and wheat flour. It is very flat and crunchy with a cylindrical shape and lasts for a long time. It is one of the oldest types of bread and history says it was created by the Sardinian women to feed their shepherd husbands while tending their flocks.

An economic and popular dish is Pani Frattau in which five or six wafers of Carasau are sandwiched with tomato sauce, sautéed in a pan and topped with a nice poached egg.

Tagliere is the Italian word for meat and cheese platters. They are common in other Italian regions, particularly in Bologna and Emilia Romagna. But the Sardinians take



Carasau Bread



Burridda

it to a whole new level. Not only does every Sardinia restaurant menu include a series of options for Tagliere as starters, but it is also the thing to eat around 7 pm almost every night.

Burridda (shown here) is a Sardinian cold antipasto of fish such as skate, smooth hound shark, dogfish or any firm-fleshed fish. The fish is dressed with a sauce consisting of garlic cooked in olive oil, walnuts or pine nuts, parsley, and vinegar or with tomato sauce instead of nuts and vinegar.

Sardinian Octopus salad is also another popular starter. The main ingredient of this dish is obviously local octopus which is smaller than a normal octopus and consequently more delicate. It is usually served with boiled potatoes, celery and is dressed with garlic, parsley, olive oil and lemon.

Malloreddus alla Campidanese is a kind of pasta made from semolina and saffron that is native to Sardinia. Its ridged conch shape allows the pasta to catch the sauce and grated pecorino cheese. This pasta is usually served in a tomato sauce with sausage. Sardinia is home to the rarest pasta in the world, Su Filindeu (God's Strings). 10 residents of the small town of Nuoro are the last to engage in the complex process of making this pasta that involves intricately weaving dough into a fine cylindrical net of noodles that are dried and then bathed in a broth with grated cheese. This Sardinian culinary tradition has existed for 300 years but the skills required have nearly vanished.

Fregola are tiny pearls of pasta, like cous, but it's got a much softer texture and consistency more akin to rice. Fregola, which means breadcrumbs, is a typical Sardinian pasta made of semolina and rolled into small balls. There are plenty of recipes for cooking fregola but the most common is a seafood fregola with clams and prawns which is served with some saffron broth and a loaf of crunchy bread.

*This article will continue in
our September edition ◀*

THE MUSEUM AND THRIFT SHOP

ARE NOW OPEN

(check website for hours).



You are invited to

"Lunch & Conversation on the Lawn",
Thursday, August 13th at 12:00pm (noon).

Bring your lunch and a lawn chair.

We will provide beverages and dessert. The rain date is Friday, August 14th at noon. Reservations required by August 10th - call 518 435-1979.



The August Monthly Meeting and Cultural Program

will take place outside on our lawn on Thursday,
August 20th at 7:00 pm. Please bring a lawn chair.

We will be following CDC guidelines.

After the meeting, Rafi Topalian, **"The Singing Jeweler"**,
will sing a number of songs for your enjoyment.

Please bring a dessert to be shared for the social to follow.

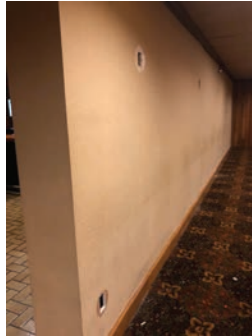
In case of rain, the event will be moved
to the second floor of the museum.

1227 Central Ave. Albany, NY 12205 | 518.435.1979
AMERICANITALIANMUSEUM.ORG

RENOVATIONS BAR/DINING ROOM



After



Before



CONSTRUCTION & REMODELING

Eric Monteiro
Owner

(518) 466-2238

MHConstruction518@outlook.com

All renovations paid for by



All work performed by
M&H Construction and Remodeling



*H*ello Ladies,

Due to a very strong thunderstorm on July 8, 2020, we decided to cancel our barbecue and water aerobics activity for July. I am very pleased to let everyone know that Michele Sano has agreed to lead us in water aerobics on Wednesday, August 12, 2020. We will all be bringing our own food and beverages and we are asking each person who attends to pay the small amount of \$5.00. We will be starting at 6:00 p.m.

In addition, we will be serving hot dogs and hamburgers which you can have along with any food that you bring for yourself.

Please call Lynn Indelicato at 518-479-3714 or email her at lynn.indelicato@yahoo.com on or before Sunday, August 9, 2020 to let her know if you are planning to attend.

I am looking forward to seeing all of you and I hope that you and your families have been staying safe during these challenging times. It will be nice to see everyone again.

Be Safe and Stay Well!

Gretchen VanValkenburg
President



Images Designed by Freepik

2020 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 | |
|------|----|----|----|----|----|----|--|-----------|----|----|----|----|----|----|---|
| June | | | | | | | | August | | | | | | | 1 |
| | 1 | 2 | 3 | 4 | 5 | 6 | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 | | 9 | 10 | 11 | 12 | 13 | 14 | 15 | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | | 16 | 17 | 18 | 19 | 20 | 21 | 22 | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 | |
| 28 | 29 | 30 | | | | | | 30 | 31 | | | | | | |
| July | | | | | | | | September | | | | | | | |
| | | | 1 | 2 | 3 | 4 | | | | 1 | 2 | 3 | 4 | 5 | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 | | 13 | 14 | 15 | 16 | 17 | 18 | 19 | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 | | 20 | 21 | 22 | 23 | 24 | 25 | 26 | |
| 26 | 27 | 28 | 29 | 30 | 31 | | | 27 | | | | | | | |

Noon – 8:00 p.m.

10:00 a.m. – 8:00 p.m.

Noon – 5:00 p.m.

IACC 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.
- NO radios, cassettes, or CD players in the 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.**

Limoncello

Limoncello (Italian pronunciation: [limon 'tʃɛl:o]) is an Italian lemon liqueur mainly produced in Southern Italy, especially in the region around the Gulf of Naples, the Sorrentine Peninsula and the coast of Amalfi, and islands of Procida, Ischia, and Capri.

Limoncello originated in Italy over a century ago and, although it is most often produced in the southern part of the country, today it is made around the world.

Limoncello is made by steeping lemon zest in a grain alcohol that is like vodka. This process extracts the oils and infuses the lemon flavor into the liquor. Sorrento lemons are common in Italian limoncello while American-made versions tend to use California lemons. Since lemon peels are used, organic fruit is often preferred to avoid possible contamination from pesticides and other chemicals. Once infused, the liquor is then blended with simple syrup to obtain the desired balance of citrus flavor and sweetness. It is also common to clarify limoncello to make it less cloudy, though even this method retains limoncello's signature yellow color. Most limoncello is bottled between 28 percent and 32 percent alcohol by volume (ABV, 56 to 64 proof).

It is possible to produce a homemade version using high-proof neutral grain alcohol (Everclear and vodka are popular choices). The process is amazingly easy, though it does take a considerable amount of time (a month or more) for the flavor to develop. Like commercial versions, simple syrup is added for one's chosen level of sweetness.

THE LIMONCELLO EXPERIENCE

Limoncello is an extremely sweet liqueur with an intense flavor of lemons. It lacks the tartness of lemon juice and is more like a spiked, highly concentrated, citrus-flavored syrup that is very delicious.

It is traditional to serve limoncello well-chilled as an after-dinner drink or digestive aperitif. In parts of Italy, particularly the Amalfi Coast, well-chilled small Capodimonte ceramic cups are the preferred drinking vessels. Limoncello is best stored in the freezer and makes a delicious topping for ice cream.



In cocktails, it is used as a sweetener that adds a bright citrus flavor to the mix.

Italy offers the largest selection of limoncello and it is a favorite purchase for travelers to the country. You can also find limoncello in many liquor stores, particularly those that have a diverse stock of imports. Shopping online will increase your limoncello options, though shipping regulations vary greatly by country and state so that is not a viable option for everyone. For the most part, limoncello is affordably priced like other liqueurs and bottles of wine. You will find some luxury options, too.

August BIRTHDAYS

CARING & SHARING

- Jannine Audino
- Dino Barbato
- Kathleen Basile
- Daniel Ciampino
- Michael Connelly
- Maryanne Coumbes
- John Criscione
- Joseph Cunningham
- Egidio Currenti
- Sally D'Agostino
- Shirley Daniels
- Rina D'Aurizio
- LouAnn DeVito Cleary
- Betty Dodge
- Michael Elmendorf
- Thomas Federici
- Clara Ferracane
- Susan Ferrara
- Marissa Fiester
- Albert Gentile
- Angela Groelz Sislowksi
- Hon. Joseph Anthony Grosso
- Dennis Guyon
- Melissa Kivelin
- Kristine Ingemie
- Maria LaMorte
- Colleen Lemmon
- Charlotte Lombardo
- Joseph Lombardo
- Giacomo Mancino
- Carole Mann
- Richard Mazzaferro, Sr.
- Caterina Mesiti
- Theresa Nowicki
- Maria Antonietta Paddock
- Stanley Paddock
- Jean Padula
- Sergio Panunzio
- Mike Petilli
- Elizabeth Richards
- Dayna Riggs
- Carla Rossi
- Vincent Rossi
- Phyllis Scafidi
- Cain Scalzo
- Diane Simeone
- Debbie Simoni
- Mark Snow
- Paul Spadafora
- Rebecca Tearno
- George Urciuoli
- Alice Wyld
- Donna Zumbo



Best Wishes for a speedy recovery to
PROFESSOR PHILIP J. DI NOVO



Welcome
new members

- | | | |
|-------------------------------------|-----------------------------|-------------------------------|
| Colleen & Allan Raney | Debbie Strawbridge | Lowell & Emily Harrison |
| Diane Lombardo-Gabriels & James Fox | Stephanie Aliseo | Virginia Dollar |
| Judy Palmer | Patricia Zapotocki | Patricia Mangini |
| Thomas & Stacey Galvin | Jessica Pigeon-Wyant | Veronica Crowe |
| James & Nicole Cataldo | Ashley Evola & Eric Loy | Laurie & Brian Tollisen |
| Sylvia Giuffre | Lauren Mazzone | Susan Russo |
| Ronald & Leanne Tamburri | Sofeya Lascaris | Rachelle & Fred Luciani |
| Julie Maio | Kerry Twomey & Maria Barnes | William & Susan Hazelton |
| Lisa Armao & Kimberly Fredericks | Nick & Lorrie Mazza | Anne Marie & Joseph Evers III |
| Abigail & Beth Ramsay | Mikhail & Natalia Khaitov | |

The Italian American Community Center Foundation

presents

Friday Nights

AT THE

PAVILION



**EVERY FRIDAY NIGHT FROM
July 3 - September 25, 2020**

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

Follow us on



Tag us #FridayNightsAtThePavilion #TheIACC

Mangia Bene, Viva Bene

By FRANK ZEOLI



Stuffed Peppers



This is another dish I would say is comfort food, for me anyway. My grandmother would make this at least once a month all year round. She used to say it was a way to get your meat, starch, and vegetables all in one bite. It was always one of my favorites.

Prep Time: 25 Minutes
Cook Time: 60 Minutes

Ingredients

- 4 large Green Peppers
- 4 cloves of Garlic
- 2T of Olive Oil
- 1lb of Ground Beef
- 2 cups of White Rice
- 2 cups of Marinara Sauce
- 1/4 cup of Parmesan Cheese
- Salt & Pepper to taste

Instructions

1. Cut the top of the pepper off, remove the stem and clean the pepper out of all the seeds and pith. Take the pepper tops and cut them into a small dice. Set them aside. Mince the garlic.
2. In a sauté pan, add the olive oil, garlic and the diced pepper. Sauté them for about 3 minutes and add the ground beef. Cook for another 4 minutes or until brown.
3. In a large mixing bowl, add the beef mixture, rice, 1 1/2 cups of sauce, parmesan cheese and the salt and pepper.
4. Pre-heat the oven to 375 degrees.

5. Place the peppers in a baking dish and add a drizzle of olive oil in each of them. Stuff the peppers with the beef and rice mixture. Divide the remaining sauce over the top of each pepper. Add some water to the bottom of the dish so it covers the entire bottom.

6. Cover the baking dish with foil and bake in the oven for approximately 45 minutes. Remove the foil and cook for another 10-15 minutes or until you can put a knife into the pepper and it's soft.

7. Remove them from the oven and serve them hot with a little extra parmesan cheese.



Look for more recipes in the next edition of the SIAMO Qui.



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