

"WE ARE HERE"

Siamo Qui

ISSUE 546

JULY 2019

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





HAPPY
★
4TH OF JULY
★
INDEPENDENCE DAY

NEWS & EVENTS

- 1** ST. ANTHONY'S FEAST IN BOSTON'S HISTORIC NORTH END
- 4** PRESIDENT'S MESSAGE
A special message from Jim Sano
President of the Italian American Community Center
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- 8** MY ITALIAN SECRET - ONE-TIME SCREENING
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ALBANY'S SOUTH END
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STATE LEGISLATORS
- 11** MEMORIAL DAY POOL BBQ
- 13** I KNOW THIS IS "CHEESY" ... BUT HAVE A "GRATE" DAY!
- 14** POOL SCHEDULE
- 15** 4TH OF JULY POOL PARTY BBQ
- 16** BOCCE SCORES
- 17** ST. ANTHONY'S MASS & LUNCH
- 17** MANGIA MOM
- 18** CARING & SHARING
- 19** WOMEN'S LEAGUE

SOCIAL CALENDAR



- 7/1 ~ At The I.A.C.C. Pool: Early Morning Lap Swimming Starts 7:30 am-9:30am**
- 7/1 ~ Men's Bocce League-6:30 pm**
- 7/2 ~ Women's Bocce League-6:30 pm**
- 7/3 ~ Member Exclusive: Weekly Co-Ed Poker Game Noon ***
- 7/3 ~ Member Exclusive: Weekly Men's Poker Game 5:00 pm ***
- 7/4 ~ Independence Day / 4th of July BBQ At The Pool- 12:00 pm**
- 7/5 ~ Friday Nights At The Pavilion (Frutti de Mare over Pasta) 5pm-8pm**
- 7/8 ~ Men's Bocce League-6:30 pm**
- 7/9 ~ Women's Bocce League-6:30 pm**
- 7/10 ~ Women's League meeting Pool Area (Water Aerobics)**
- 7/12~ Friday Nights At The Pavilion (Greens and Beans) 5pm-8pm**
- 7/15 ~ Men's Bocce League-6:30 pm**
- 7/16 ~ Women's Bocce League-6:30 pm**
- 7/19 ~ Friday Nights At The Pavilion (Clam Steam) 5pm-8pm**
- 7/22 ~ Men's Bocce League-6:30 pm**
- 7/23 ~ Women's Bocce League-6:30 pm**
- 7/26 ~ Friday Nights At The Pavilion (Cheese Ravioli with Meatballs) 5pm-8pm**
- 7/29 ~ Men's Bocce League-6:30 pm**
- 7/30 ~ Women's Bocce League-6:30 pm**

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

Upcoming Events

8/10 ~ Ferragosto 2019

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



President's Message

Thank God, summer is here! I wish we could hit reset on the cold rainy spring weather we had but it has been wonderful for the garden plants and flowers. While on the topic of plants and flowers, I want to thank Sharon Patrei for her donation of the lovely flowers planted inside the pool area. I want to also thank Tony Fazio and Joe Guastamacchia for installing brackets and hanging flower baskets on the pool fences and entrances to the pavilion. They have been a welcomed addition to making the pool and pavilion areas sparkle. Regardless of the weather, the club's activities are in full swing and booming. The pool is at its full operational hours, bocce leagues are in full swing and our Friday Nights at the Pavilion continue to expand, improve and grow in popularity.

We recently successfully had our annual Best of the Bronx bus trip and trolley tour of the old neighborhood of Albany's South End (both sold out) and have only a few rooms left for our overnight trip to Boston for the 100th anniversary of the North End's Saint Anthony Feast. This is the longest running Italian festival in the United States and the organizers have scheduled many great performances, demonstrations and activities.

Please join us on July 25th along with Vincent Marmorale, the producer of the documentary film "My Italian Secret". This movie tells the story of brave Italians who defied the Nazis and Fascists to hide, rescue, and protect thousands of Jewish people and other innocents during the Holocaust.

I hope you have enjoyed reading my Regions of Italy articles as much as I have enjoyed learning and writing about the various regions. If you would like to write about a specific region your family is from or you have extensive knowledge about, please contact me. I welcome your expertise. We, the editorial staff, also want to continue with our member profile articles. If you would like to be featured in one of our upcoming member profile articles, please contact me to make plans for an interview and photos.

Please join us as we celebrate and honor this great country of ours with the "Granddaddy of All BBQ'S", our annual July 4th covered dish, pool BBQ. This has grown to be quite the event over the years and is very well attended. Please bring a dish to share and most likely your own chair, yes it gets that crowded. I guarantee the weather will be outstanding that day! God bless all of you, our members, and God Bless America!

JIM SANO
ITALIAN AMERICAN COMMUNITY CENTER
PRESIDENT



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WOMEN'S LEAGUE~ GRETCHEN VANVALKENBURG

COLUMBUS DAY GALA~ FRANK ZEOLI,

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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



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)**

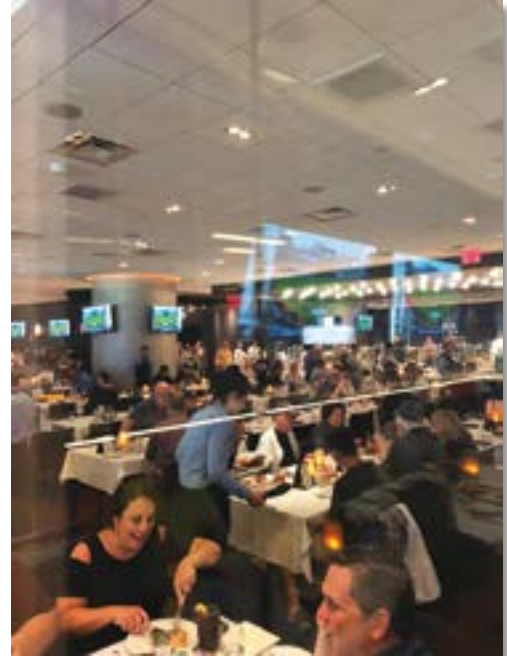




BEST OF THE BRONX DAY



Some scenes inside Yankee Stadium. The food in the 5-star restaurant looked outstanding. People were eating steak and lobster at the ballpark! Seriously, how much more expensive could it be than a hot dog and beer?





A better day weather wise we could have had but a better game we could not have had! The rain stayed away long enough for the Yankees to trounce Tampa Bay 12-1 extending their winning streak to six in a row and tightening their grip on first place in the AL East. The only thing as good as a Yankee victory is celebrating with a good dinner followed by a nice dessert and coffee on Arthur Avenue, the "Real Little Italy in the Bronx".

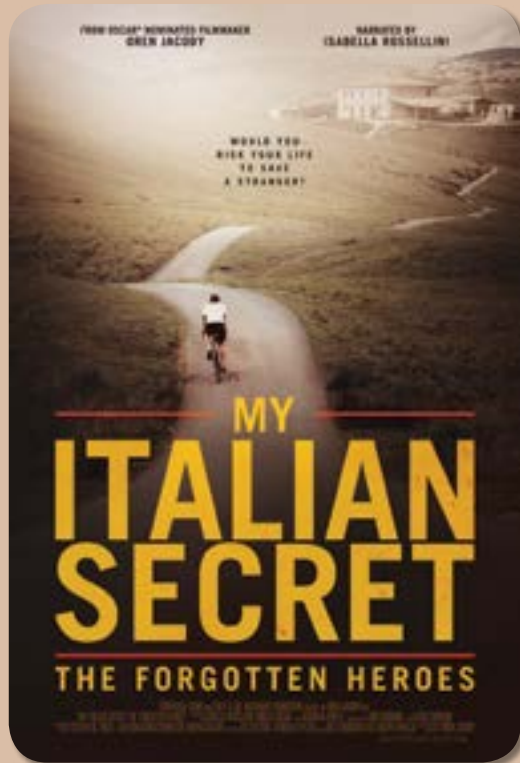


Last stop on our Best of The Bronx trip, The Real Little Italy in the Bronx, Arthur Ave. Great dinner and some pastries/cookies to bring back home! Perfect end to a perfect day!



ONE-TIME SCREENING

Thursday, July 25, 2019 at 7:00 PM
at the I.A.C.C.



The Italian American Community Center Foundation in cooperation with the Albany Sons and Daughters of Italy Roma Intangible Lodge is pleased to present the documentary film,

My Italian Secret: The Forgotten Heroes

Please join us and the producer Vincent Marmorale of this documentary film that tells the story of brave Italians who defied the Nazis and Fascists to hide, rescue, and protect thousands of Jewish people and other innocents during the Holocaust. Italian resistance figures spotlighted are: Tourde France cycling champion Gino Bartali and Dr. Giovanni Borromeo, who invented a fictitious disease to defend the Rome hospital where he was hiding Jews as well as other courageous Italians who carried out ingenious schemes to rescue Jews, artisans, and refugees from Nazi-occupied Italy. These inspiring acts are recounted by descendants of rescuers and survivors, as well as those who escaped the concentration camps as children.

**To reserve your seat, call the office at
(518) 456-4222**

Italian American Community Center
257 Washington Ave. Ext., Albany, NY 12205

TROLLEY TOUR OF THE ITALIAN NEIGHBORHOOD ALBANY'S SOUTH END



Albany City Historian, Tony Opalka has the attention of our sold-out crowd that attended the trolley tour of the Old Italian Neighborhood, Albany's south end on June 13.





**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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Your Graduation Party Take Out Order
518-355-0340**

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Catering

**TWO CONVENIENT PICK UP LOCATIONS:
MALLOZZI'S 1930 CURRY RD. IN ROTTERDAM
TREVISO BY MALLOZZI'S 257 WASHINGTON AVE. EXT. IN ALBANY**



NEW YORK CONFERENCE OF ITALIAN-AMERICAN STATE LEGISLATORS



On June 3, 2019, Governor Andrew M. Cuomo hosted the New York Conference of Italian-American State Legislators at the Executive Mansion. The I.A.C.C. & I.A.C.C. Foundation were honored to be invited and included in this amazing annual event honoring Italian-Americans.



I.A.C.C. & I.A.C.C. Foundation Presidents Jim Sano and Frank Zeoli, with legendary musician Ricky Byrd. Ricky Byrd is first and foremost - a man living in long term recovery. He also happen to be part of rock 'n roll royalty. He is a well-recognized musician who was inducted into the Rock and Roll Hall of Fame as the lead guitarist and former original member of Joan Jett and The Blackhearts.

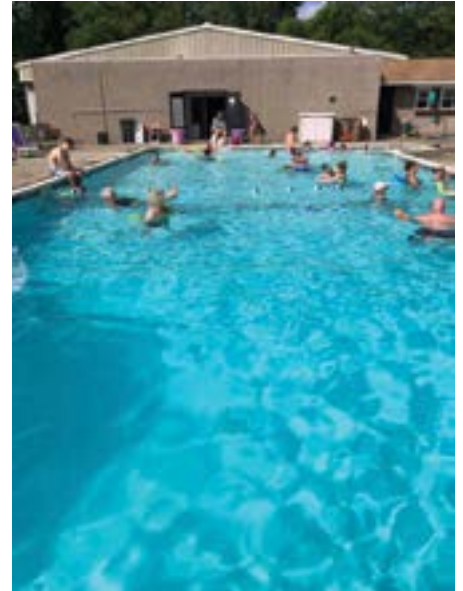




Memorial Day Pool BBQ

On May 27th, The I.A.C.C. hosted its annual Memorial Day Pool BBQ Potluck! The pool season is officially underway and we are looking forward to another fantastic summer at The Club.

Flag: Designed by Freepik



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



Pecorino Romano

Pecorino Romano traces its roots back to ancient Rome. Pecora means “sheep” in Italian and thus lends its name to this cheese made from 100% sheep’s (ewe’s) milk. The Latium area of Rome—the left bank area of the Tiber River—is seen as the birthplace of the cheese and thus the label -” Romano”. The legions of Caesar often dined on a diet of fava beans and Pecorino-Romano. Its long-term stability made it an ideal staple for the well-traveled Roman army. Today Tuscany, Lazio and Sardinia are the chief producing areas of this cheese. Sardinia now claims over 97% of the Italian production. The Locattelli Brand/Ambriola Company is the leading Italian producer and exporter of Pecorino-Romano cheese and the American sales leader for the pre-grated variety.

This cheese is usually aged 5-8 months and shaped into wheels weighing around 45-77 lbs. Usually it has a mottled black rind, embossed with the sheep’s head logo, but sometimes it has a natural yellowish rind. One interesting note is that few cheeses can be deemed to be vegetarian since their production depends on rennet (enzymes squeezed from the stomach and intestines of slaughtered animals). Lamb rennet is used to create the curds that eventually become a wheel of Pecorino-Romano. Since it is made from lamb rennet and sheep’s milk it is more easily digested by those who are lactose intolerant.

There are other popular variations such as Caprino Romano—made from goat’s milk and Vacchino Romano—made from cow’s milk but their production and sales are dwarfed by sales of Pecorino Romano cheese. To protect the integrity and tradition of the product and the public from buying fakes, the DOC (Denominazione di Origine Controllata) prints

Let’s talk cheese. Specifically, Italian grana or cheeses used by many for grating. First, I apologize if I’m not naming your favorite, but I’m concentrating on the 2 most popular Italian grating cheeses (as judged by pounds sold). These sales figures tell us that the Italian central and southern regions prefer Pecorino Romano slightly over the Parmigiano Reggiano, the “King of Cheese” preferred by the rest of Italy. Join me as we enjoy a bite of each.

a sheep’s head logo somewhere on the cheese container (grated) or on the rind itself of a cheese wheel.

Parmigiano-Reggiano

Let’s now journey North to Parma. Here we find the licensed daily production of Parmigiano-Reggiano cheese centered in the Parma, Reggio-Emilia areas and to a lesser degree in Modena, Bologna and Mantua. A total of only 350 of the 3000 Italian dairies can produce this cows’ milk cheese. Strict regulations dictate that the cows can be fed—only hay from the region/ no corn or silage. Tradition dictates that the evening milk must sit so that the cream can be skimmed off the next morning by the cheesemaker who mixes this skimmed milk with the morning’s first milking. The natural bacteria in the milk from the cows’ regulated diet react with the rennet and whey in copper vats where the mixture is slowly stirred as heat is applied. Huge balls of curd are then created and squeezed of excess water and put into forms under the watchful guidance of a master cheesemaker. A typical wheel of Parmigiano-Reggiano



weighs around 84 lbs., is 9 inches high and 16-18 inches around. Typically, the cheese is aged for around 2 years but varieties like—“stravecchio” aged for 3 years and “stravecchiones”—aged 4 years or more, are highly prized. The “del Consozio del Formaggio Parmigiano Reggiano” regulates the 350 producers and protects the integrity of the cheese on the world-wide market. It has a golden ring that is embossed

with stencils pressed into the cheese rind during the molding process. The stencil continuously repeats that it is Parmigiano-Reggiano and adds a production date, the dairy, and the cheesemaker. It is inspected and once ok’d given a heat-branded stamp onto the rind stating that it is the “King of Cheese”—Parmigiano-Reggiano. These DOC marks again protect the public from imitations and recognize that true cheesemaking is an art. Within the European Union of nations, strict compliance with the name is mandatory. Larry Olmstead in his book Real Food-Fake Food stated “...Parmigiano-Reggiano is allowed to contain only three very simple ingredients: milk (produced in the Parma/Reggio region and less than 20 hours from cow to cheese), salt, and rennet (a natural enzyme from calf intestine). Three other ingredients, Cellulose Powder, Potassium Sorbate, and Cheese Cultures are not allowed and will not be found in Parmigiano-Reggiano. They are completely illegal in its production. If these ingredients are in your cheese it is not the real deal...” Here lies the opportunity to educate oneself and read the label on grated “Parmesan” cheeses. They often contain vegetable, yeast, mold or mushroom rennet and/or the ingredients listed above. Make your own judgement if such ingredients are a bad thing. They’re just not in the real thing. In the hustle and bustle of today’s world, we find ourselves often using pre-grated cheese. To the connoisseur, grated cheese happens only one way. You get a fresh wedge cut from the wheel and then immediately grate it and use it. So, treat yourself. When and if you can, avoid the mass-produced, pretend cheese and visit an Italian import or cheese store. Go get a chunk of one of the cheeses described here or your favorite. Just remember, real Italian craft cheese can be costly but the aroma in the store is free.

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

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.

COME TO OUR ANNUAL

4TH
JULY

POOL PARTY *BBQ*



Grilling from 12:00 to 3:00 pm. Please bring a covered dish to share.

Bocce Is Back



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

WOMENS BOCCE LEAGUE

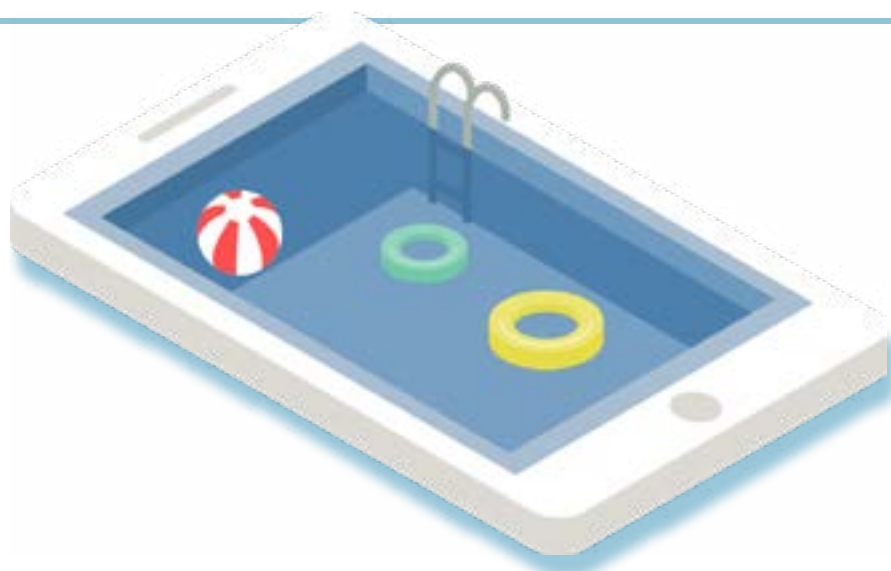
TEAM	WON	LOST	PCT.
LE DOLCE	6	2	75%
ESPRESSO	6	2	75%
DIVAS	5	3	63%
PRINCIPESSA	4	4	50%
AMICHE	3	5	38%
PRIMADONNE	3	5	38%
LEMONCELLE	3	5	38%
BOCCE BELLAS	1	7	13%

MENS BOCCE LEAGUE

AMERICAN DIVISION			
TEAM	WON	LOST	PCT.
SHARKS	6	0	100%
YANKEES	3	3	50%
ANGELS	2	4	33%
DESERT FOXES	2	4	33%
NATIONAL DIVISION			
TEAM	WON	LOST	PCT.
GLADIATORS	5	1	83%
DALLAS	3	3	50%
INTER	2	4	33%
FAZOOLS	1	5	17%

The men's and women's bocce leagues have both started league play but there is still time to join in the fun!

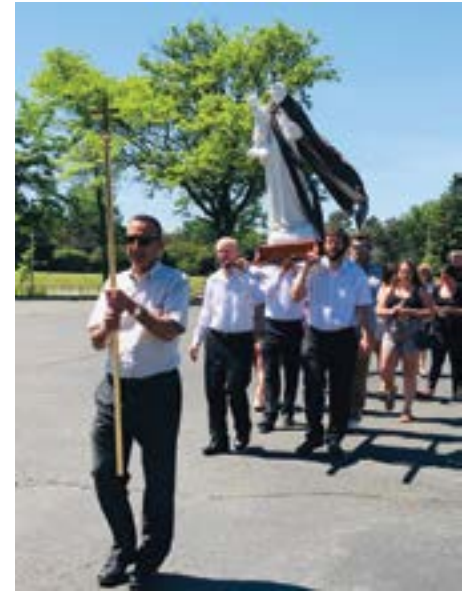
All members are welcome to join either league and play every week or just drop in for a night and be a substitute player. There is no charge for members to play in any of our bocce leagues. Keep checking this page each month for updated standings to see if your favorite team is #1. Everyone (members and non-members alike) are welcome to come check out the competition and cheer on their favorite teams!



PLEASE NOTE
New Pool Phone Number
518-380-2066



St. Anthony's MASS & LUNCH



Our 2019 St Anthony's Mass was held on June 9th in the Roman Garden. After the mass a procession was led throughout the IACC grounds to the St. Anthony's Shrine & the IACC Pavilion for an authentic Sunday dinner. A special thanks to everyone who worked so hard to make this annual event possible.

KALE GREENS & BEANS *with Pancetta*

My twist on an old classic! I grew up eating greens & beans, or Minestra as it was called in my house. My mom makes it with escarole and soaks chunks of homemade bread into it. It's always been one of my favorite meals. My version includes pancetta (Italian bacon) for extra flavor and I use kale as the greens.

This is a one pot meal, which is always a bonus! Simple and less cleanup!

In a medium saucepan, heat extra virgin olive oil on med-high heat and add approximately 1 tablespoon of diced pancetta. Simmer until the pancetta starts to brown and then add 2 cloves of minced garlic. Simmer for one minute, then add approximately 4 cups of chopped and washed kale, salt and pepper. Cover the pan and simmer until the kale is wilted. Add one rinsed can of Cannellini beans and 1 cup of water. Bring everything to a boil, cover and turn the heat down to med-low. Let it simmer for 15 minutes and adjust salt and pepper if needed.



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

July

CARING & SHARING BIRTHDAYS



- Sherri Bellucci
- Theresa Bonanni
- Michael Buckley
- Benedetto Cafaro
- William Copeland
- Charles Crisafulli
- Luigi DeNitto
- Linda DiBernardo
- Philip DiNovo
- Concetta Dominski
- Tony Ferri
- Gwen Genovesi
- Meredith Giles
- Mark Graydon
- John Henet
- Dominic Indelicato
- Joseph Ingemie
- Chris Larrabee
- Bill Lemmon
- Ronald Lippiello
- Ann Marie Lizzi
- Jacqueline Maclutsky
- Pasquale Manzella
- Janet Miller
- Richard Moscheo
- Fortunata Paglialonga

- Ricky Paluck
- Santa Pasquini
- Alan Perlin
- Eddie Person
- Carl Ricupero
- Susan Rizzo
- Grazia Simeone
- Joan Wallis
- Reinhard Welker
- Nancy Wideman
- Monica Wilkes

Background: Designed by iPhoto / Freepik

OUR CONDOLENCES TO:



THE MURRAY FAMILY AND MURRAY GROUP ON THE PASSING OF THEIR SON AND GOOD FRIEND OF THE IACC, RYAN MURRAY.



THE FRANKE FAMILY ON THE LOSS OF STEVE FRANKES SISTER, MARY ANGELA "MIMI" FRANKE.



KAREN BROOKST ON THE PASSING OF HER MOTHER, CHRIS ORO.



DONNA ZUMBO ON THE PASSING OF HER AUNT AND I.A.C.C. MEMBER, MARIAN NEIL.



THE RICHARDS FAMILY ON THE LOSS OF RON'S BROTHER RICHARD.

WELCOME

new members

- RINA D'AURIZIO
- JAMES & MAUREEN SPLONSKOWSKI
- DAVID SOWALSKY
- JOHN & LISA HENNET
- ADRIENNE & ELLIOTT HAASE
- PATRICIA & LARRY ZIMBLER
- SUSAN ANDREWS
- EMILY SOWEK
- TARA & LUIGI BENINCASA
- NICHOLAS BABIE & ERIN COFFEY
- JOSEPH & JOANNE MARCHESI
- GIULIA & TONY FERRI
- LINDSEY & MATT SAVOIE
- ONNIE & ROSALIE NAPPI
- NANCY E. ZEOLI
- LISA ZEOLI

Ladies, I hope that you are all enjoying this spring and summer. At our June meeting, we were joined by Cindy Justice who shared information about Tupperware products with us. Many of us were able to purchase items and bring them home or order them for future delivery. If you ordered for future delivery, the items will be mailed to my house and I will bring them to you upon receipt.



WOMEN'S LEAGUE

The July 10, 2019 meeting will be a BBQ at the pool with a Water Aerobics class taught by Michele Sano. Michele is a great instructor and we always have a great time doing the class. If you have not joined us in the past for this, you should definitely give it a try. The dinner for this meeting is hot dogs and hamburgers for \$5.00 per person. In addition to these delicious hot dogs and burgers, members are asked to contribute a covered dish, hors d'oeuvres, a dessert or beverages. Please bring enough for 8 to 10 people. If you did not sign up at our June meeting, please contact Marilyn Quadrini to make your reservation and let her know what you plan to bring. Please call her at 518-438-7602 no later than Sunday, July 7th, so she can add your name and what you will be bringing to the list.

As of now, we have the following items on our list: potato salad, eggplant parmesan, baked beans, Chi-Chi bean salad, two or three bags of chips, onion dip, brownies, Drunken Strawberry Pie, regular and sugar free soda and iced tea, margaritas and macaroni salad.

We hope to see you there.

Gretchen Van Valkenburg
President



TRAVEL & TOURS BY ROSANNA



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