



ISSUE 558

JULY 2020



ITALIAN AMERICAN
COMMUNITY CENTER



WELCOMES



2SHEA
{ CATERING }



Regina's
BY 2SHEA



& BANQUET
FACILITY





Vectors - Designed by Freepik

NEWS & EVENTS

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SOCIAL CALENDAR



July



7/1 ~ At The I.A.C.C. Pool: Early Morning Lap Swimming Starts 7:30 am-9:30am

7/1 ~ Member Exclusive: Weekly Co-Ed Poker Game Noon *

7/1 ~ Member Exclusive: Weekly Men's Poker Game 5:00 pm *

7/3 ~ Friday Nights At The Pavilion (Special: Cheese Ravioli with Meatballs) 5pm-8pm

7/4 ~ INDEPENDENCE DAY

7/6 ~ Men's Bocce League-6:30 pm

7/8 ~ Women's League Meeting Pool Area (Water Aerobics)

7/10~ Friday Nights At The Pavilion (Special: Chicken Parmigiana with Pasta) 5pm-8pm

7/13 ~ Men's Bocce League-6:30 pm

7/17 ~ Friday Nights At The Pavilion (Special: Linguine & Clams) 5pm-8pm

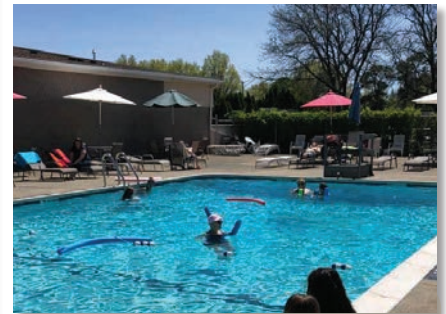
7/20 ~ Men's Bocce League-6:30 pm

7/24 ~ Friday Nights At The Pavilion (Special: Veal & Peppers with Pasta) 5pm-8pm

7/27 ~ Men's Bocce League-6:30 pm

7/31 ~ Friday Nights At The Pavilion (Special: Lasagna) 5pm-8pm

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



Upcoming Events

8/15 ~ FERRAGOSTO 2020

BEST OF THE BRONX/YANKEE TRIP-TBD



PRESIDENT'S MESSAGE



We are back. Not in the way we were pre-Pandemic but, nonetheless, we are open again for building usage, card playing, banquets, the restaurant, pavilion rentals, bocce, Friday Nights at the Pavilion, and the pool. Many things had to change to safely operate these facilities. There are no guarantees in preventing the spread of the Covid 19 virus but if we strictly adhere to established safety protocols, we will succeed in doing our part to prevent the spread of the disease. The simplest thing we can do is; if you feel ill in any way, shape or form, seek medical help and stay at home.

The Monday Night Grand Italian Buffet and Sunday Brunch will resume starting on Monday, July 6th. Both will no longer be self-service; it will be a *servед* all you can eat buffet. Patrons, just as in all other restaurants, must wear a mask entering the dining area. When seated with your party, no masks need to be worn. When getting up from the table, masks must be worn again. Going to the restrooms or buffet line, your mask must be worn. Social distancing while waiting to be served must also be practiced. These rules are universal for now in all areas of the state and these guidelines must be adhered to at the club.

Friday Nights at the Pavilion is very much the same with social distancing and masks required. While at the pool, masks must be worn entering the pool and going to the restrooms due to the unpredictability of being able to practice 6 feet of social distancing. When in the water, masks are never to be worn. On the deck and in the pool, patrons can be in groups of up to 10 but must practice social distancing (6 feet) from other groups of 10. Any substances a swimmer touches such as a table, chair, chaise lounge or bathroom fixtures must be wiped down with the provided disinfectant spray and disposable cloth wipes. So far this has not proven to be a burden to our members who have used the pool.

In this issue, there is a great background story on our new tenants, the Shea Family. Due to space and issue deadlines, we are unable to show you all the great renovations that the Shea's have been busy doing over the past 2 months. I urge all our members to join me on July 6th at the buffet (reservations are a must) for the grand reopening of this space, to meet the Shea's and thank them for their large investment in our building and enjoy ourselves once again, safely.



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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DAVID QUADRINI- IACC FOUNDATION~ 438-7602

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FINANCE~ CAIN SCALZO

MEMBERSHIP~ SHARON PATREI

BY-LAWS/POLICIES & PROCEDURE ~ JIM SANO

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WOMEN'S LEAGUE~ GRETCHEN VANVALKENBURG

COLUMBUS DAY GALA~ FRANK ZEOLI,

SIAMO QUI

EDITOR ~ JOAN WALLIS

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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

WOMEN'S LEAGUE

Hello Ladies,

I would like to start off by welcoming 2Shea Catering to the Italian American Community Center and let them know that we are all looking forward to the many delicious meals that they will be providing for our enjoyment over the coming months and years.

For the next Women's League meeting, which will hopefully be held on July 8, 2020, we will be enjoying some great summer activities: BBQ's and Water Aerobics, led by Michele Sano. Please take some time and think about the delicious food that



you would like to provide for us to share. If possible, I would appreciate it if people would either call me at 518 598-2418 or email me at gretchlxy@gmail.com

and let me know what you are bringing to share at the barbecue. This way, we can be sure to have a variety of wonderful foods to enjoy together.

In the coming months, we will have more exciting evenings and events where we can all get together and have more of the great times that we all enjoy.

Be Happy, Be Safe and Stay Well.

Gretchen Van Valkenburg
President



Bocce *is* Back



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

If you are a novice or experienced player, please consider joining our men's league. It's free, fun and will allow you to meet many of your fellow members. If you cannot commit to playing every week, walk-ons are welcomed. The men's bocce league plays Monday nights at 6:30, starting **July 6th**, (if interested contact the Men's Bocce League President Jim Sano at 438-4631).

We always have a great time!

REGIONS OF ITALY



Puglia

By JIM SANO

Puglia (or Apulia in English) is a region of Italy that comprises the heel of Italy's boot. It is in the southern peninsular section of the country, bordering the Adriatic Sea to the east, the Ionian Sea to the southeast, and the Strait of Otranto and Gulf of Taranto to the south. It has the longest coastline in the Italian peninsula and is bordered by the other Italian regions of Molise to the north, Campania to the west, and Basilicata to the southwest. Its capital city is Bari.

The region is divided into six provinces: Bari, Brindisi, Foggia, Lecce, Taranto and the recently constituted province of Barletta-Andria-Trani. The area around Lecce and the southernmost tip of the 'heel' is called the Salento.

Most of Puglia, and particularly Salento, is geographically flat with only moderate hills. The famed Appian Way starts in Rome and ends in Puglia. Apart from some lower mountains of the Southern Apennine chain, it is the least mountainous Italian region mostly occupied by plains and hills. Half of Puglia's territory is flat and occupied by a wide plain called Tavoliere delle Puglie which is the second largest plain in Italy.

The region comprises 19,345 square kilometers and its population is about four million, ranking it as the 8th most populous region of Italy. Tourism in the summer is a large source of income thanks to over 500 miles of coastline (the longest coastline of any Italian mainland region) and 10 Blue Flag resort beaches.

The climate is typically Mediterranean with hot, dry and sunny summers and mild, rainy winters. Snowfall, especially on the coast, is rare but has occurred as recently as January 2019, March 2018 and January 2017. Apulia is among the hottest and driest regions of Italy in the summer with temperatures sometimes reaching up to and above 40 °C in Lecce and Foggia.

A Quick History Lesson

Puglia's history, like that of so many parts of southern Italy, is a tangled web of conquerors and occupation. Its strategic position and its fertile soil made it an attractive proposition for colonization and all the usual suspects invaded at one time or another. The Greeks, Romans, Turks, Normans, and French have all ruled here. The region was always a strategic area for Mediterranean people and was first colonized by Mycenaean Greeks, who founded the colony of Taranto. In 272 BC, the Romans expanded throughout the territory conquering Taranto. In 216 BC, the city of Cannae was the site of one of the worst Roman defeats of all time, when the Imperial Roman Army was resoundingly crushed by General Hannibal and his forces.

With the fall of the Roman Empire in 476 AD, Puglia's continuous occupations ended with the Byzantines who kept it for nearly two centuries.

In the 10th century, the Eastern Roman Empire defeated the Saracen/Turks and came into control once again only to soon cede their prize to the Normans.

Starting from 1059, the Norman, Robert Guiscard, formed the Duchy of Apulia. Later in the century, the Normans conquered Sicily where they established their power base. Puglia became a provincial outpost under Norman rule. In 1200 AD, Frederick II, Holy Roman Emperor, aka "Stupor Mundi", inherited Puglia where he spent much of his time when absent from Sicily. His enlightened reign saw a flourishing of the arts and a period of relative peace and prosperity. The Normans gave way to the French Angevins (13th century) and Puglia became part of the Kingdom of Naples.

In 1500, Spanish King Ferdinand V took the reins and Otranto, Bari and Taranto were fortified against Turkish invasions. The Spanish rule lasted until 1713, when Naples, Puglia, and Sicily were ceded to the Austrian House of Habsburg. Eventually, in 1759, the Kingdom of Naples returned under Spanish influence with King Ferdinand IV. The French revolution hit the south of Italy in 1799, when a revolutionary French army invaded Naples, expelling Ferdinand and turning the kingdom into a republic.

After the final defeat of Napoleon in 1816, the Kingdom of Naples and the Kingdom of Sicily merged into the new Kingdom of the Two Sicilies. There were modest improvements in the roads and infrastructure during this period but for the most part it was neglected by the French overseers.

In 1860, Puglia joined united Italy during the Risorgimento and Puglia was annexed to the Kingdom of Italy under King Vittorio Emanuele II. In 1922, Mussolini intensified the production of grain, olives and wine through an elaborate irrigation system for the region as Italy attempted to become self-sufficient.

The Allied invasion in 1943 ousted German forces and the ports of Bari, Brindisi and Taranto experienced heavy bombing from both sides. Bari was the scene of the only chemical weapons attack in WW2 when the Germans blew up the US

Liberty Ship John Harvey that was carrying mustard gas. *(On the orders of Allied leaders, Franklin D. Roosevelt, Winston Churchill, and Eisenhower, records were destroyed and the whole affair was kept secret for many years after the war. The U.S. records of the attack were declassified in 1959, but the episode remained obscure until 1967 when writer Glenn B. Infield exposed the story in his book **Disaster at Bari.**)*



USS John Harvey Explodes in Bari Harbor

April 25, 1945 was the day of the liberation of Milan and Turin. The Nazi occupation army surrendered and left Northern Italy after a general partisan insurrection. Since that time, **April 25th is a National holiday in Italy.**

Cuisine and Wine

Puglia's iron rich soil makes it one of the most productive agricultural regions in the country. Durum wheat grows in abundance and is used for making pasta and bread.

The pasta from Puglia is made without eggs as they were once considered to be a luxury. The most famous pasta made in Puglia is orecchiette (meaning little ears) which is still made daily by the elder women in most of the small villages. This type of pasta is round and has a concave shape like an ear. They are typically served with leafy turnip greens called cime di rapa or in a tomato cheese sauce. The



region's original types of homemade pasta, strascinati, mignucchie, fenesecchie, troccoli, sagne 'ncannate and cicatadde are all still made according to historic traditions.

Frisella is one of Puglia's most famous foods. It is this amazing, crunchy, very dry bread normally baked in a stone oven and sometimes has a hole in the middle. These little crunchy breads have been around forever and are best when served, like bruschetta, with tomatoes, basil and some olive oil.

Some describe Puglian cuisine as "poor" because it uses simple ingredients. Its three basic elements are durum wheat, vegetables, and olive oil which are combined with meat and fish to create original dishes with genuine and unmistakable flavors. Puglia offers some unlikely combinations between pasta and vegetables, like strascinati with cabbage and fried bacon or spaghetti with string beans, tomatoes, and cacioricotta cheese.

Some other popular food/dishes from this region are Polenta frita (fried polenta) a popular street food typically enjoyed as a snack in the early evening and Panzerotti (fried calzone) usually filled with tomato and mozzarella cheese. Polpo, a type of octopus available in Puglia which is large and meaty, is simmered in a flavorful tomato onion sauce. Cozze gratinate are mussels baked with a garlicky breadcrumb topping or cozze and patate e riso is a baked casserole of mussels, potatoes and rice in an onion tomato sauce. Ostriche Arrosto is grilled oysters with parsley, garlic, oregano, breadcrumbs, olive oil, and lemon juice.

Cipolla acquaviva is a rare sweet red onion from the Pugliese town of Acquaviva. Unlike a regular red onion, cipolla di acquaviva is sweeter, larger and not as pungent. It's great on pizza or simply baked in the oven as a side dish. Taralli are southern Italy's answer to crackers. They are small and circular and eaten as a snack. You can eat them sweet glazed in sugar or savory with garlic and black or chili pepper.

Pane di Altamura bread in Puglia comes in a variety of shapes and sizes. It is cooked in traditional wood burning bread ovens and some of the villages still have a communal bread oven where the locals go to bake their bread every day.

Altamura bread is particularly special, as it is the only bread in Europe that has Protected Designation of Origin (PDO) status from the European Union. Indeed, the Latin poet Orazio in 37 BC was hailing it as the best bread he had ever eaten. The bread is therefore highly regulated; if bakers want to use the name Pane di Altamura DOP, they



► *Continue on Page 8*

► *Continue from Page 7*

must meet all PDO benchmarks to ensure that they are using traditional methods and ingredients. These requirements include using specific varieties of wheat, a certain specification of water, a consistent production method and a final crust which must be more than three millimeters thick.

While the PDO for Pane di Altamura does not specify a shape, there are generally two traditional ways the loaf is formed. Before being placed into wood-burning brick ovens, bakers will work the dough into a round ball and cut a cross into the top to make u cappidde de prèvete (or priest's hat). Once baked, the bread will split, forming four distinct peaks.

The other common shape is called u skuanète in the Puglian dialect, meaning 'overlapped bread'. This looks like a large, rustic knot which is high and crossed over. What makes this bread so delicious? It all comes down to its inimitable texture and taste; a three-millimeter crust gives Pane di Altamura a crisp, compact shell, which makes for a hearty, crunchy bite. This honey-colored crust conceals a soft, straw-colored crumb with a fluffy, aerated texture. The multitude of small holes are a proud indication of a successful natural leavening, and show off the bread's moist, chewy qualities. The bread's distinctive yellow color comes from the use of semolina which has a 10–15% higher capacity of water absorption than traditional flour. This allows the bread to stay fresh for up to two weeks without any chemical preservatives.

For dessert there is Pasticciotti. These oval-shaped, cream-filled pastries come from the Salento area. There are different flavors of pasticciotti and in the morning they are served warm. Zeppole, also known as "St. Joseph's pastries, is served on Father's Day (March 19th) throughout Italy. The sugar-coated pastry dough can be made fried or baked and then filled with cream.

Puglia has many delicious local cheeses, perhaps the most famous being Burrata which is made by mixing strands of mozzarella cheese with heavy cream. It is unique because it has the outer skin much like fresh buffalo mozzarella, but the inside is filled with cream. The result is a richer, softer cheese that has the best flavor when eaten at room temperature.



Olives and olive oil are the top exports of Puglia. Puglia accounts for 38% of the total land in Italy dedicated to cultivating olives. It all started in the 18th century when a young Charles Bourbon proposed a reduction in taxes to the larger landowners in return for their help in cultivating olives. Today, Puglia is home to over 50 million olive trees which exist from those initial saplings. There are around 240,000 farms operating in the sector. Many of them are centuries old. Puglia is responsible for over 60% of the olive oil produced in Italy and 40 percent of the country's extra virgin olive oil. Olives harvested amount to around 300,000 tons every single year! Puglia needed to enact laws to deter people from other parts of Italy from coming down and digging up those valuable olive trees to bring them back and plant them on their land. It's now illegal to dig up a tree from Puglian soil. (*Editor's Note: Please see an earlier addition of Siamo Qui to follow the tremendous damage done to the 2019-2020 Italian olive industry due to insect infestation*).

Italy is the largest producer of wine in the world and can thank the province of Puglia for that distinction. 17% of the total wine production of Italy comes from this region. Viticulture is deeply rooted in local traditions but until



20 or so years ago, a large proportion of Puglia's grapes were used to add "substance" to wines produced in the rest of Italy and France. This is no longer the case and

Puglia now boasts 25 different DOC licensed areas. The most widely grown grape variety is Negroamaro (literally 'black bitter'). Almost exclusively cultivated in Puglia, Negroamaro is used to produce some of the region's best wines, including Salice Salentino.

Things to See

Puglia is an absolute hub for history and one of Italy's most archaeologically interesting areas. Lecce, one of the region's most prominent cities, is often named 'Florence of the South' due to many Roman ruins including a





The Sanctuary of San Michele Arcangelo

Roman amphitheater, as well as significant examples of Baroque architecture. Lecce is one of the most well-known cities for the craft of Paper-Mâché, second only to Venice in its production.

The Basilica of Saint Nicholas in Bari is named for the saint who is known as Santa Claus. The church holds a tomb that contains his relics.

There are three UNESCO World Heritage Sites in Puglia, the most famous is the Trulli located in the town of Alberobello. The Trulli are ancient huts unique to the region. These stone dwellings date back to the Middle Ages and were once used as homes for peasant farmers. The town of Alberobello is the best place to experience these with streets lined by these unique dwellings! There are also several castles in the area. Many of them were built by the Holy Roman Empire.

The second UNESCO World Heritage Site is the Castel del Monte, located in Andria. It is known for being the world's only eight-sided castle and is pictured on the Italian one-cent Euro. The history and architecture of this building is spectacular with strategic views that extend and monitor the surrounding coastline.

The third UNESCO World Heritage Site is The Sanctuary of San Michele Arcangelo. This cave formerly used for pagan worship is where in 490 A.D. the apparition of San Michele Arcangelo (Michael the Archangel) came to a shepherd. There have been three more reported appearances of the archangel at this site. His intercession caused armies to be defeated, and sickness and plague were abated due to his intercession. The cave-based Sanctuary of San Michele Arcangelo has become a pilgrimage favored destination for pilgrims from around the world that continue to seek blessings.

Did You Know

Puglia has many beautiful small towns in shades of white and gold, with unique architecture like the conical Trulli of Alberobello and the extravagant baroque of Lecce. The region has a remarkable population density

mostly concentrated in cities while the countryside is occupied by large scale agriculture. This is how Puglia became known as the 'breadbasket of Italy'. This is due to the area's large production of pasta and bread, again due mostly to Mussolini's government installing modern irrigation technology in the 1920's.

The region, which is predominantly agricultural, is among the biggest Italian producers of tomatoes, lettuce, carrots, olives, eggplants, artichokes, almonds and citrus fruit like their famous clementines. Wheat, barley, and oats are grown on the plain and in the more fertile parts of the plateaus, while olives, grapes, almonds, figs, and vegetables are mainly grown farther south. Tobacco is a specialty of the Lecce Plain. Salt is produced from seawater at Margherita di Savoia near Foggia. Fishing is a major industry in many ports, particularly those of the Gargano Promontory and in Barletta, Monopoli, and Taranto. Nomadic sheepherding is still extensive, although it has decreased in importance.

Musicians and composers including Matteo Salvatore, Umberto Giordano and Tito Schipa all hail from Puglia, and are celebrated with the annual celebration of Italian folk music called the Pizzica.



PER TUA
INFORMAZIONE
(FOR YOUR INFORMATION)

MEET THE IACC'S NEW CATERERS

2544

{ CATERING }



"BUON CIBO, BUON VINO, BUON AMICI. SALUTE!"

("GOOD FOOD, GOOD WINE, GOOD FRIENDS. CHEERS!")

By JOE SANO

For over 50 years, the Shea family has been serving the Capital District. From their humble beginnings as Shea's Little Bavaria on North Allen Street, they have focused on growing a family business into one of the region's premier caterers.

Dad, Ed Shea, and son, Eddie Shea, lead the 2Shea Catering team as they prepare to assume the in-house caterer role at the IACC. Daughter, Julia Shea, will take on the role of Venue Director leading the sales department for the Italian American Community Center.

The Shea Family traces its Italian roots back to Roccagorga, (Lazio region) Italy. Maternal grandparents, Frank and Assunta Rossi Palombi, settled in the Capital District and raised 5 children here. Mary (Palombi) Shea was Ed's mother and married James Shea. James Shea (Ed's father) along with his brother, Edward F. Shea, opened their famous North Allen Street establishment in 1963 when James retired from the Albany Police Department.

It should also be noted that Regina (Palombi) and Nicholas Chicorelli, founding members of the IACC, were the aunt and uncle and great aunt and uncle respectively to the Sheas.

Ed Shea Sr. has spent a lifetime in the customer service business. He recalls from his early days at Vincentian Institute to today the hard work and the rewards of a family run food service business. His son, Eddie, graduated from CBA in Albany and Siena College (Finance). Julia graduated from Guilderland High School and attended Hudson Valley (Science/Pre-Nursing). Ed's children both have inherited his love for the hospitality business joining alongside him to create 2Shea Catering.

While the Covid pandemic restrictions have curtailed the Sheas from a grand opening at the IACC, it has not stopped them from using this time to revitalize the IACC physical site. They have invested in new restaurant equipment, the

opening-up and redesigning of the bar area into the former restaurant area and new flooring throughout that area. The banquet rooms are being refreshed with new paint and plans for enhanced chandelier lighting and decor are in the works.

The Sheas believe that once the opening go-ahead is given, the IACC will be one of the top banquet sites in the area. As Eddie stated, "The space flexibility and ability to seat 300 for a wedding is something special and the IACC site will give us that opportunity to serve those special events in a fantastic space. Corporate functions appreciate the location and easy parking and arterial access."

(Please see IACC Member Benefits -Conform to Guidelines Update in this edition)

Ed Shea added, "The Roman Garden is just another example of something unique we can offer our prospective clients." He continued, "Amazing food, great service and a friendly atmosphere are the foundation stones of our business. Our sense of shared heritage, of community is alive at the IACC and we wanted to be part of that. Our success is your success and we want to be a vibrant partner and assist in the growth of the IACC."

Eddie added, "Customer service is our passion. We want to make people happy!"

Throughout three generations, the Shea Family has transformed their business model from a neighborhood spot to a prestigious catering company. As Julia Shea stated, "We started the 2Shea Catering business to delight, inspire and be inspired. 2Shea Catering strives each day for a standard of excellence in hospitality and cuisine."



The IACC welcomes 2Shea Catering and looks forward to a long-standing and successful relationship. Members are invited to call Julia at 518-456-0292 or e-mail her at events@2sheacatering.com for your catered events.

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.
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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.**



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

Reservations are required for our Grand Opening on July 6. This evening will sell out, don't miss this event call today at 518-456-0292



**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

CARING & SHARING

July BIRTHDAYS

- John Adair
- Sherri Bellucci
- Theresa Bonanni
- Michael Buckley
- Benedetto Cafaro
- Jaime D'Ambrosio
- Luigi DeNitto
- Linda DiBernardo
- Philip DiNovo
- Gwen Genovesi
- Meredith Giles
- Ben Goitz
- Denise Halton
- Dominic Indelicato
- Joseph Ingemie
- Chris Larrabee
- Ronald Lippiello
- Ann Marie Lizzi
- Pasquale Manzella
- Janet Miller
- Richard Moscheo
- Fortunata Paglialonga
- Ricky Paluck
- Santa Pasquini
- Eddie Person
- Carlo Ricupero
- Denise Severino
- Grazia Simeone
- Joan Wallis
- Reinhard Welker
- Nancy Wideman
- Monica Wilkes

WELCOME

new members

MARLENE BROOKINS

FRANK RUSSO & RUTH WARD

KIM LOMBARDO

LINDSEY MOONEY

SAL FUSCO & SHANNON KASSLER

CHRISTY ALBERTIN

NATALIE & JOHN CRISCIONE

ALICE URBANSKI

FLORENCE WHITNEY



OUR CONDOLENCES

TO THE PLACITO AND
QUADRINI FAMILIES ON THE
PASSING OF
ANDREW PLACITO.

Mangia Bene, Viva Bene

By FRANK ZEOLI

Macaroni & Broccoli

This is a very simple and cheap dish to make. My grandmother was always great at using simple ingredients and making a whole great meal out of them. After eating it, you would think it took her all day but it took no time at all.

Other Italian families would make macaroni and broccoli differently. Some use cavatelli or fusilli pasta and some would use broccoli rabe instead of “American broccoli” as my grandmother would call it. She would always use American broccoli with farfalle bowtie pasta.

This is one of my favorites I hope you enjoy it as much as I did.



Prep Time: 5 Minutes
Cook Time: 20 Minutes

Ingredients

- 1lb of farfalle pasta (bowtie pasta)
- 1lb of fresh broccoli florets (washed & cut into small pieces)
- 1/4 cup of extra virgin olive oil
- 4 large cloves of garlic (cut in half)
- Pinch of salt & pepper

Instructions

1. Bring a medium saucepan full of salted water to a rolling boil. Add the pasta. Let the pasta cook for about a minute and add the broccoli. Continue to cook until pasta and broccoli are cooked about 7 minutes.
2. In a sauté pan, heat olive oil over medium-high heat. Add garlic and cook for 3 minutes until the garlic browns. Do not burn the garlic. Remove the garlic, add the salt and pepper and turn off the gas.
3. Drain the pasta and broccoli reserving about a cup of the pasta water. Return the pasta and broccoli to the pan.

4. Add the garlic oil to the pasta with a little of the pasta water reserve. Taste the pasta to see if you need to adjust the salt and pepper. If it does not have enough of a garlic taste, you can also add some granulated garlic. Be sure to mix it well so all the flavors come together.

If you like a little spice, you can add crushed red peppers flakes. Add them to the pan when sautéing the garlic in olive oil.

Sprinkle some parmesan cheese on the pasta and serve hot.

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



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CONTACT US

PHONE: (518) 456-4222

WEBSITE: WWW.ITALIANAMERICAN.COM

EMAIL: MEMBERSHIP@ITALIANAMERICAN.COM

ADDRESS: 257 WASHINGTON AVENUE EXT, ALBANY NY 12205

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