



"WE ARE HERE"

Siamo Qui



ISSUE 567

MAY 2021



PAVILION - POOL
Outdoor Fun is Back





HAPPY MOTHER'S DAY

NEWS & EVENTS

- 1** PAVILION - POOL OUTDOOR FUN IS BACK
- 4** PRESIDENT'S MESSAGE
A special message from Frank Zeoli
President of the Italian American Community Center
- 5** ITALIAN NIGHTS - EVERY MONDAY IN MAY
- 6** REGIONS OF ITALY: TUSCANY
- 11** MOTHER'S DAY BRUNCH
- 12** SAINT ANTHONY'S MASS
- 13** PER TUA INFORMAZIONE:
IT IS A DAM GOOD PLACE TO "MANGIA"!
- 14** PAVILION RENTAL
- 15** BOCCE IS BACK
- 16** MANGIA BENE, VIVA BENE
- 17** FRIDAY NIGHTS AT THE PAVILION
- 18** CARING & SHARING
- 18** WOMEN'S LEAGUE
- 19** FLAGS
- 20** POOL SCHEDULE

SOCIAL CALENDAR

May



5/01 ~ Pavilion Cleanup - 10:00 am

5/03 ~ Chair Yoga - 6:00 pm

5/05 ~ Member Exclusive: Weekly Co-Ed Poker Game - Noon *

5/05 ~ Member Exclusive: Weekly Men's Poker Game - 5:00 pm *

5/10 ~ Chair Yoga - 6:00 pm

5/17 ~ Men's Bocce League - 6:30 pm

5/17 ~ Chair Yoga - 6:00 pm

5/18 ~ Women's Bocce League - 6:00 pm

5/24 ~ Men's Bocce League - 6:30 pm

5/24 ~ Chair Yoga - 6:00 pm

5/25 ~ Women's Bocce League - 6:30 pm

5/28 ~ Pool Opening - 12 noon

5/28 ~ Friday Nights At The Pavilion (Opening Night) 5pm-8pm

5/31 ~ Memorial Day BBQ at The Pool - 12 noon

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

Upcoming Events

6/13 ~ St. Anthony's
Mass/Lunch



PRESIDENT'S MESSAGE



I am happy to announce the IACC is re-starting! This month is filled with so many great starts. Regina's by 2Shea will begin their new Italian Nights on Monday, May 3rd, with Chicken or Eggplant Parmesan. To make a reservation, call 518-456-(IACC) 4222.

Our bocce leagues are starting up too. The men start Monday, May 17th, at 6:30 pm and the women start on Tuesday, May 18th, at 6:00 pm. If you have not signed up to play, no problem, just show up.

Friday Nights in the Pavilion will return on May 28th and the pool will open for the season on the same day. We are so excited for this year's summer season to begin.

Finally, we will be celebrating St. Anthony with our annual mass and luncheon. This year's mass will be celebrated by Father Chiaramonte on June 13th at 12:00 noon in front of St. Anthony's Shrine.

Information on all of these great events is featured in this month's Siamo Qui. It has been a long road however it looks like we are nearing the end. Let us enjoy the summer season as only we know how to do here at the IACC. I hope to see all of you very soon.

Ciao,

FRANK ZEOLI
ITALIAN AMERICAN COMMUNITY CENTER - PRESIDENT



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518-598-6278

OUR SPECIALTY
ARE TIGHT SPOTS
BECAUSE WE CLIMB.



WE HAVE ALL THE HEAVY EQUIPMENT, TO GET THE JOB
DONE RIGHT, FAST AND FOR LESS THAN OTHERS.

ITALIAN NIGHTS

**EVERY MONDAY IN MAY
IN HOUSE OR TAKE OUT!**

*All Meals Are Served With a Salad, Dinner Roll, & Dessert
(Soft Drinks Are Sold Separately)*

PARM NIGHT

Monday, May 3rd

Choice of Chicken Parmesan or Eggplant Parmesan
Served With Penne Pasta

LASAGNA NIGHT

Monday, May 10th

Choice of Traditional Lasagna or Vegetable Lasagna
Served With Rigatoni

PARM NIGHT

Monday, May 17th

Choice of Chicken Parmesan or Eggplant Parmesan
Served With Penne Pasta

ALL YOU CAN EAT PASTA

Monday, May 24th

Choice of Penne, Rigatoni, Linguini or Angel Hair
Choice of Sauce: Marinara, Vodka, or Alfredo
Side of 4 Meatballs Per Person

PARM NIGHT

Monday, May 31st

Choice of Chicken Parmesan or Eggplant Parmesan
Served With Penne Pasta

Reservations:

Reservations Are Welcomed

Every Monday in May From 5:00pm to 7:00pm

In House Price: \$13 Members / \$18 Non Members

Take Out: Price: \$14 Members / \$19 Non Members

Call: (518) 456-4222 Ex. 1

Or

Email: Julia@2sheacatering.com



**No member discount without membership card!
Absolutely no exceptions!**

**Grand Buffet and Brunch will return once all
COVID restrictions are lifted.**

TUSCANY

By JIM SANO

Tuscany is a triangular-shaped region in the heart of Italy. Tuscany borders Liguria and Emilia in the north, Marche and Umbria in the east and Lazio to the south. The long stretch of coastline to the west borders the Tyrrhenian Sea and contains the Tuscan Archipelago National Park with Elba being its largest island. The Apuan Alps and Apennines can be found in the northern and eastern parts of Tuscany. Tuscany is the 5th largest in terms of area with 8,877 square miles and ninth most populous region out of the twenty regions with 3,692,828 inhabitants. It is also 5th in economy with a GDP of 106,013 million euros. Tuscany is divided into 10 provinces: Massa Carrara, Lucca, Pistoia, Prato, Firenze, Pisa, Grosseto, Arezzo, Siena and Livorno. Florence is the main city and capital of the region.

Tuscany is known for its landscapes, history, artistic legacy and its influence on high culture. It is regarded as the birthplace of the Italian Renaissance. Tuscany is a popular destination in Italy; the main tourist spots are Florence, Pisa, Lucca, Siena, Versilia, Maremma, and Chianti. The village of Castiglione della Pescaia is the most visited seaside destination in the region with seaside tourism accounting for approximately 40% of tourists.

Tuscany is one of the most prosperous agricultural regions in Italy, specializing in cereals (especially wheat), olives, olive oil and wines, notably those of the Chianti district near Siena. Vegetables and fruit are also grown and cattle, horses, pigs, and poultry are extensively raised.

The mineral resources in the region are iron ore, lead, zinc, antimony, mercury, copper and the marble of

Carrara which is world famous. Tourism is important at the coastal resorts and the historical centers of the region. Increasingly, Tuscany is also a retirement center of choice for well-to-do people from around the world.

Tuscany is a special land, an almost open-air museum unlike anywhere else in the world. There are more UNESCO World Heritage sites in Tuscany than in Australia or South Africa. UNESCO has declared 7 places in Tuscany as World Heritage sites. They are the historic center of Florence, the Cathedral square of Pisa, the historical center of San Gimignano (City of the 100 Towers), the historical center of Siena, the historical center of Pienza, the Val d'Orcia, and the Medici Villas and Gardens. Tuscany has over 120 protected nature reserves making Tuscany and its capital, Florence, popular tourist destinations that attract millions of tourists every year.

A Brief History

Inhabited in prehistoric times mostly around the lakes and rivers which were far from the marshes of the coast, the region was occupied in the 11th century BC by the Etruscans, who originally occupied a great part of central Italy including Tuscany, Umbria and Marche. The Etruscans were artisans and merchants who established an organized civilization in the region, founding cities like Chiusi, Volterra, Cortona, Arezzo and Fiesole.

Like the Greeks, their political organization was based on federations of independent cities united by national and religious identity. Even though this was the source of their rich culture, it was also the reason for their

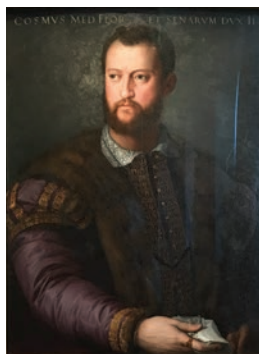


defeat by less civilized but better militarily organized people like the Romans. By the 3rd century BC, Romans occupied the region which was still called Etruria and included Umbria. Later as the Septima Regio of the Empire, it came to be called Tuscia and its capital city became Florentia.

After the fall of the Roman Empire, the region was occupied by the Lombards who established the Tuscia Dukedom in the early 7th century AD and then by the Franks who founded the marquisdom of Toscana with its capital, Lucca. In 1115, Countess Matilde left all of her possessions to the Church, which was at the origin of the conflicts with the Empire and the rise of the two parties, Guelphs (followers of the Pope) and Ghibellines (followers of the Emperor). Wars were fought between the Tuscan cities until the Guelphs, at whose head was Florence, finally prevailed.

In Florence, wealth and independence gave rise to culture, art and the supremacy of the Tuscan dialect which centuries later would become the model for the Italian language and, therefore, to strong feelings of national identity for Italy though it would remain politically divided until 1860 and beyond.

Tuscany was the starting point of the Revival of Learning and the Renaissance, long before the conventional date of the end of the Middle Ages in 1492. The Tuscan cities, that for centuries had enjoyed independence, economic wealth and freedom, were gradually suppressed first under the Medici rule and then in 1569 when Cosimo I Medici was appointed by the Pope as Grand Duke of Tuscany. Once the Medici dynasty died out, the region passed in 1718 to the Spaniards and then in 1737 to the Habsburgs of Austria. Apart from the Napoleonic period, the restoration of Grand Duke Leopoldo II marked a



period of liberalism and tolerance and Tuscany was united to the Italian Kingdom through a referendum in 1860.

The late 19th century through the early 20th century marks a period of social unrest due to social inequities such as poverty, high taxes, no universal voting rights, strikes, unemployment, food shortages, etc. Tuscany was not spared any of these woes which combined with the WWI deaths (Italy was on the Allies side) ushered in Benito Mussolini. In the 1930's, Mussolini hastily agreed to an economic and military alliance with Germany. Contrary to the bold claims of Mussolini's propaganda machine, Tuscany and the rest of Italy was ill-prepared for the war it entered in 1940. Following the fall of Mussolini and the armistice of September 8, 1943, Tuscany became part of the Nazi-controlled Italian Social Republic and was conquered almost totally by the Anglo-American forces during the summer of 1944.

Today Tuscany is a major cultural center with museums, galleries, and churches full of great sculptures, paintings, and frescoes and magnificent monuments built by the greatest masters of all time. Tuscany attracts millions of tourists each year.

Cuisine and Wine

Wine runs deep in Tuscany, woven deep into the cultural identity of this central Italian region. The medieval poet, Dante, sang the praises of the white wine, Vernaccia of San Gimignano. Sangiovese is the main red grape of Tuscany and it appears throughout the region in everything from 100% Sangiovese wines to minor roles supporting modern-styled wines made of Merlot and Cabernet Sauvignon.

Tuscany is home to some of the world's most notable wine regions. Located in the central region of Tuscany, the Chianti zone is Tuscany's largest classified wine region and produces over eight million cases a year. The Chianti zone was established in 1932 and there are now eight sub-zones: Classico (generally regarded as the best), Rufina, Colli Fiorentini, Colli Senesi, Colline Pisane, Colli Aretini, Montalbano and Montespertoli.



Photo by Steven Depoto@Flickr.com

Chianti (which must contain at least 70% Sangiovese), Brunello di Montalcino and Vino Nobile di Montepulciano are primarily made with Sangiovese grape whereas the Vernaccia grape is the basis of the white Vernaccia di San Gimignano. Tuscany is also known for the dessert wine, Vin Santo, made from a variety of the region's grapes. While Tuscany is not the only Italian region to make the passito dessert wine, Vin Santo (meaning "holy wine"), the Tuscan versions of the wine are well regarded and sought for by wine consumers. It was in Tuscany that the first DOC and DOCG zones establishing criteria for quality wines, like the French appellation system, were established. Tuscany has forty-one Denominazioni di origine controllata (DOC) and eleven Denominazioni di Origine Controllata e Garantita (DOCG). In the 1970's, a new class of wines known in the trade as "Super Tuscans" emerged. These wines were made outside DOC/DOCG regulations but were considered of high quality and commanded high prices. Many of these wines became cult wines.

Tuscan people worship their bread, their olive oil and the traditional bruschetta which in Tuscany is known as fettunta. Torta di ceci is a type of thin, unleavened pancake or crêpe made from chickpea flour, crisp on the outside with a soft inside. It is naturally vegan and gluten-free. Eat the torta with a good sprinkling of black pepper or add grilled eggplant for a delicious meal.

Ribollita is a recipe to use up stale bread. "Ribollita" (shown here) means "reboiled" and was traditionally made by re-boiling left-over minestrone. It is a hearty, filling soup containing different kinds of cabbage, beans, onions, and carrots. A perfect mix to face the cold season.



Photo by Joy@Flickr.com

Acquacotta, which means cooked water, is a vegetable soup enriched with a poached egg.

Pappa al Pomodoro is another thick bread-based soup prepared with tomato and basil among other seasonal vegetables. It is often served as a warm winter-time comfort food. But since it can also be served room temperature or chilled, it is a popular choice for buffets and appetizers!

In addition to spinach and ricotta filled ravioli, another typical recipe for fresh filled pasta is potato tortelli which is usually served with a hearty game meat sauce.

Pappardelle al Cinghiale is a long, wide, flat pasta that is usually paired with a heavy ragu like sauce. This dish has a few variations regarding the type of meat in the ragu. Cinghiale is wild boar (traditionally wild, but now usually made with farmed free-range boars) but the sauce can also be made with wild hare, goose, or rabbit.

If you are keen on trying quirky street food, do not miss Lampredotto which is a sandwich made with thinly sliced tripe (intestines) that's been boiled in broth, seasoned, and served either on a plate or in a sandwich. You can order it with spicy red sauce or herbal green sauce from outdoor markets or street vendors.

Crostini Toscani is bread, like a baguette, where chopped chicken liver sauce is spread. The pate is typically prepared with butter, anchovies, capers, onion, and broth and the crostini are served as an appetizer or snack. Something similar for a starter is an Antipasto Toscano which is a cutting board full of the meats and cheeses of the region.



Acquacotta



Pappardelle al Cinghiale



Lampredotto

Since Tuscan bread goes stale within a few days if not eaten, Panzanella is yet another way to make use of this leftover. The bread is soaked in water and vinegar, squeezed dry and mixed with fresh chopped cucumber, onion, tomato and basil. It is perfect for summertime since it does not need any cooking and is served refreshingly chilled.

Lardo di Colonnata is cured pork lard (which has been awarded the IGP quality certification).

Florence's most famous dish, Bistecca alla Fiorentina or Florentine T-bone steak is taken from the loin of the young steer (vitellone) and has a "T" shaped bone with the fillet on one side and the sirloin on the other. T-Bone steak is served exceedingly rare, or "al sangue". True to the Tuscan tradition of simplicity, it is typically enjoyed with just a bit of olive oil and salt to let the natural flavor shine.

The most classic of desserts comes from Florence. Cantucci are known all over the world simply as biscotti, but in Italian, this is the generic word for cookies. These small almond cookies can be found anywhere and have modern variations including being made with hazelnuts or pistachios in place of almonds. As a dessert, the classic almond cookies are served with a type of thick amber-colored dessert wine called Vin Santo. Tuscans say you must soak the cookies into the wine to soften them, then enjoy.



Cantucci

Schiacciata Fiorentina is a spongy, rectangular, one-layer flat yellow cake that is covered in powdered sugar and is easily identified by the large fleur-de-lys stenciled in cocoa powder on top. Traditionally eaten more around the time of Carnevale, this cake can be found in just about every Tuscan bakery at any given time of year and it has become a staple of Tuscan desserts.

Castagnaccio is a traditional cake made with chestnut flour. It can be eaten all year round because it is good both warm and cold.

Truffles are a specialty in Tuscany because they are much more attainable here than they are in other parts of the world. Truffles cannot be cultivated so they must be hunted for in the woods using a dog or pig to sniff them out. Truffles can be saved and used year-round but October and November provide the perfect truffle-friendly climate making them a traditional autumn ingredient. They are perfect with fresh handmade pappardelle. A must-see event in November is the White Truffle Festival in San Miniato!

(Note: There will be a more in-depth article regarding truffles in further editions of the Siamo Qui.)

Did you know?

Tuscany was the trendsetter for paved roads in Europe. In 1339, Tuscany decided to pave their roads and this innovative measure expanded throughout Europe making the cities more accessible and bringing an exciting new level of prestige to Europe.

Tuscany is where the Italian language was born. The official Italian language spoken today is based on the Tuscan dialect that dates back to the Renaissance period.

The Leaning Tower of Pisa is not the only leaning tower. The Leaning Tower of Pisa leans because it was built on unstable marshland and it weighs almost 15,000 tons. However, there are other towers that lean in the area including the bell towers at the Church of St. Nicola and the Church of St. Michele dei Scalzi.

Some of the most precious artwork ever created came from Tuscany with many housed here. Botticelli's famous painting, "The Birth of Venus", is housed in the Uffizi Gallery and Michelangelo's David can be found in Florence. Also, you can find many amazing frescos, sculptures, paintings and much more in the churches and cathedrals around the region.

This region was the birthplace of the western musical tradition. In Florence in the mid-16th century, the Florentine Camerata, a group of poets, musicians and intellectuals, got together and started experimenting with putting ancient Greek myths to music on the stage. This was the origin of the very first operas which lead to early classical forms such as the symphony.

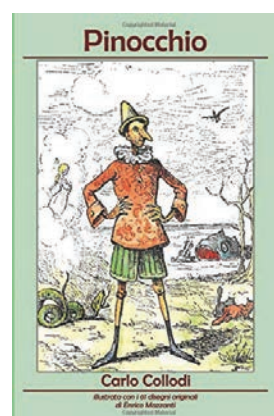


Many celebrities live in Tuscany. Some of the famous people who own property here include the musician, Sting, fashion designer, Giorgio Armani, author, Francis Mayes, actor, Richard Gere and actor, Antonio Banderas.

One of the greatest Italian singers/songwriters of all time, Andrea Bocelli, is from Lajatico, Tuscany and is famous the world over for his incredible voice. Blinded

at age twelve following a football accident, he continues to surpass the sale of over 100 million records worldwide.

Pinocchio hails from Tuscany. Most people associate Pinocchio with the 1940 Disney film but the original story was written in 1826 by Carlo Collodi who hailed from Florence.

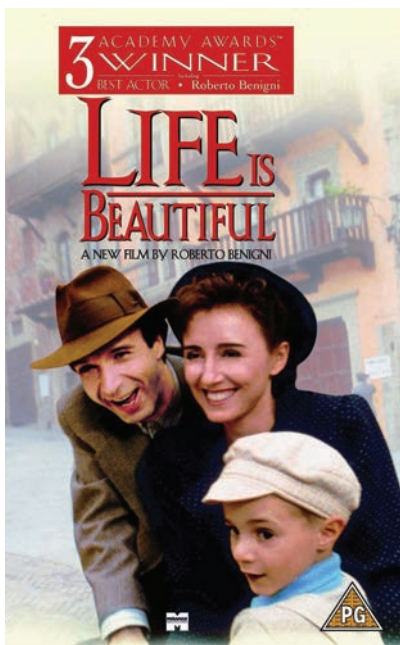


REGIONS OF ITALY

The Grand Duchy of Tuscany was the first state in the whole world to abolish the death penalty. It happened in 1786 during the Lorena rule.

The Arthurian legend of the sword in the stone meets Medieval spirituality in the Montesiopi Chapel near Chiusdino which is dedicated to San Galgano. This is where the knight-turned saint, Galgano Guidotti, thrust his sword into the stone to renounce violence and embrace God. Today we can still see it and it reminds us that the Medieval past is never far away in Tuscany.

Arguably one of the most famous Tuscan/Italian actors (that I adore), Roberto Benigni, is best known for his 1997 film 'La Vita E' Bella' or 'Life is Beautiful'. A beautiful story about an Italian Jewish man who tried to protect his son's innocence using humor and wit in the most horrible of places, a Nazi concentration camp. He won the Oscar for his role and has a star dedicated to him in Palm Springs, California on the Walk of Stars.



Dante Alighieri (depicted here) was born in the year 1265 in Florence. He was a poet, writer and political thinker – his poetic trilogy, The Divine Comedy changed the world with its tale of a human trip through purgatory, heaven, and hell, and p.s. it is considered the greatest work in Italian literature. I also should mention he is known for being the father of the Italian language.



Florence was the birthplace of Catherine de Medici, daughter of the famous Lorenzo de Medici, who later became Queen of France and mother to three kings.

Everyone knows the name Leonard DaVinci but not many know that he was born on April 15, 1452, an illegitimate son whose last name was simply the town where he was born-Vinci, Tuscany.

Galileo Galilei, the father of modern astronomy, was born in Pisa in 1564 and is buried in Santa Croce Church in Florence.

Niccolo Machiavelli, born in 1469, was responsible for the famous handbook for power-hungry politicians, The Prince. His work inspired the term "Machiavellian" (using clever lies and tricks to get or achieve something). He is known to be the "father of modern political theory."

The city of Florence is a blend of the modern and the ancient. Narrow streets, Renaissance-era churches merge with modern architecture, designer outlets, fantastic open squares, museums, and so many sites to see, it will earn a future article that will just hint at its singular beauty and value.

The Palio di Siena, Tuscany is a horse race that is held twice each year, on July 2nd and August 16th, in Siena, Italy. Ten horses and riders, bareback and dressed in the appropriate colors, represent ten of the seventeen contrade/city wards. Huge communal dinners are held before the race days and the winning contrade gets bragging rights and their colors displayed throughout the next year. The opening scene of the James Bond film, Quantum of Solace, begins with the Siena Palio festival.





Join us for **MOTHER'S DAY BRUNCH**

ITALIAN AMERICAN COMMUNITY CENTER, SUNDAY, MAY 9TH

RESERVATION TIMES: 11:00AM - 2:00PM

BEVERAGES

Assorted Juices

Freshly Brewed Coffee &
Tea

Mimosa's (\$5 Each)

Bloody Mary's (\$5 Each)

STARTERS

Fresh Fruit Selection

Deluxe Salad Bar

Mediterranean Pasta Salad

Mozzarella & Tomato Salad

STATIONS

Carving of Turkey Breast &
Beef Tenderloin

Chef Attended Pasta Station

DESSERT

Fresh Baked Cookies

Assorted Cakes & Pies

Dessert Pastries

BUFFET

Assorted Breakfast Pastries

Bagels & Lox

Scrambled Eggs

Applewood Smoked Bacon

Breakfast Sausage

Shredded Au Gratin Potatoes With
Vermont Cheddar

Bananas Foster French Toast

Pinot Grigio Chicken Stuffed With Sweet
Sausage & Spinach

Grilled Swordfish With Stewed Tomato,
Lemon, Oregano, & White Beans

Crab & Roasted Mushroom Lasagna

Smashed Red Potatoes

Roasted Carrots, Haricot Verts &
Caramelized Shallots

Eggplant Parmesan

RESERVATIONS

Required by Thursday, May 6th

Call (518) 456-4222 Ex.1 or

Email: Julia@2sheacatering.com

Adults: \$35.95 +

Children Ages 3 to 11 : \$17.95

Children Under 3 Are Free

ITALIAN AMERICAN COMMUNITY CENTER FOUNDATION
PRESENTS A MASS & LUNCH...

in honor of
**St. Anthony
of Padua**



When:

Sunday, June 13, 2021

Time:

Mass at 12:00pm celebrated
by Father Anthony Chiamonte.
Lunch at 1:30 in the Pavilion.

Location:

257 Washington Avenue Ext
Albany, New York

Cost:

\$15 includes...
Pasta, meatballs, eggplant, salad,
rolls, dessert & coffee.

For more information:

www.iaccfoundationalbany.org
or call 518 456-4222

**NO
Reservations
Required**

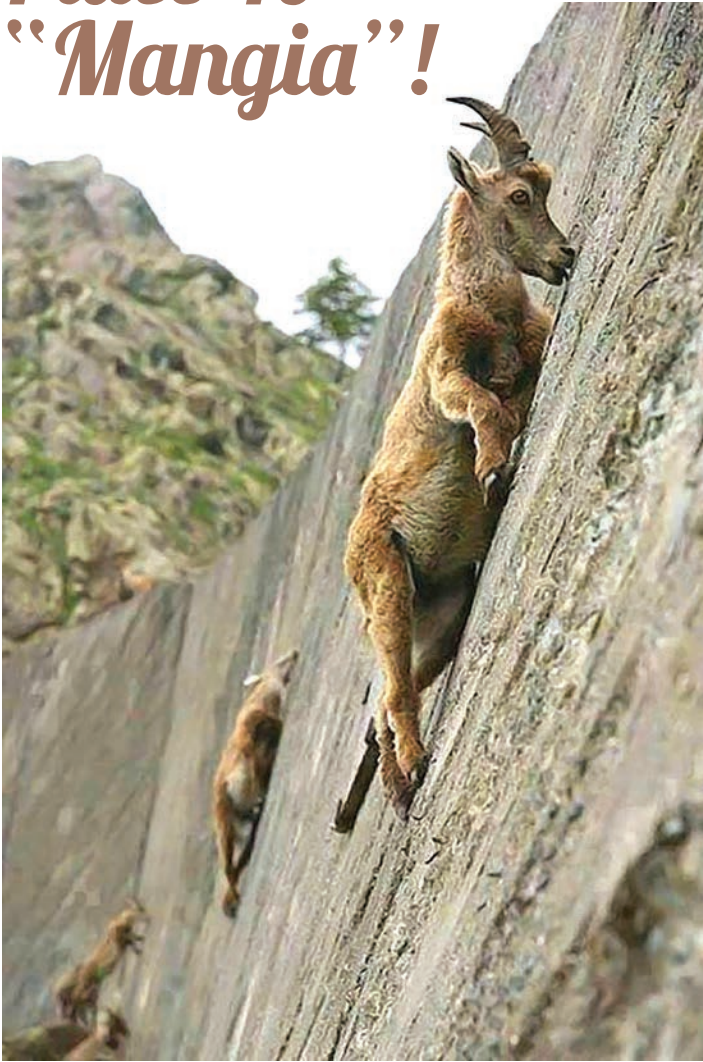


I.A.C.C. FOUNDATION

PER TUA INFORMAZIONE (FOR YOUR INFORMATION)

By JOE SANO

It is a Dam Good Place To “Mangia”!



It is truly amazing to see these Alpine Ibex goats doing their daily dance with death. The nearly vertical (80 degrees) Cingino Dam in northern Italy’s Gran Paradiso National Park (Antrona Valley of the Piedmont region) is the site for a truly amazing sight. The female and young male goats climb these walls in search of minerals and salts oozing from the rock of the dam’s walls. The larger male goats averaging over 200 lbs. cannot sustain the dangerous footing needed. This species is growing as part of a successful repopulation effort by the Italian government.

Appearing to be nonchalant about the epic feat, they will often even fight each other for better spots. Each day these Alpine Ibex goats, which typically live in very steep and rocky terrain at altitudes of up to 4,600 meters, climb the sheer drop dam like it's nothing, just to lick saltpeter and other minerals off the walls.

The goats can climb like this thanks to their rubbery split hooves and large inner ears that help them balance. The parabolic shape of the hoof gives strength while the soft inner pad provides traction and forms to the terrain. The goats can also spread their split hooves to gain more contact with the surface.

The goats usually number about 15-25 at a time on the dam wall. This breed are not very good runners so when they are on the wall they are safe from predators. The lichens and tufts of grass coupled with the natural release of salts from the stones of the dam provide a “safe” nutritious snack.

The dam walls are near-vertical but that will not stop the goats from getting a meal.

From this angle it looks like a straight drop to the bottom. The dam is about 50 meters high and according to locals, the gradient is closer to 90 degrees - almost vertical. Biologists state that they do occasionally lose their balance and fall to their death but that is very rare. They stand a better chance on the side of the dam than they do on flat terrain.

While these still pictures are amazing you must visit “YOU TUBE “or “GOOGLE” for videos of these incredible, remarkable animals.

❖ PAVILION RENTAL ❖



I.A.C.C. FOUNDATION

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

\$250 - MEMBERS

\$400 - NON- MEMBERS

CALL THE MEMBERSHIP OFFICE AT 518-456-4222



**PLENTY OF WEEKDAYS AND WEEKENDS
STILL AVAILABLE**

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 one of our leagues. They are 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 PM**, starting **May 17th**, (if interested just show up that evening at 6:30 PM).

Women's Bocce is coming back after our Covid hiatus. The 2021 season will begin on Tuesday, **May 18th, at 6:00 PM**. Women's Bocce is every Tuesday for 14 weeks, ending on August 24th. Team captains have been asked to call their team members to be ready to play. Schedules and hand-outs will be given out on our first night.

We are certain all will be glad to be safely playing outdoors once again. The current guidelines allow for bocce to be played with the **following rules**: try to maintain a 6 feet distance where possible, all must wear a mask, and clean your hands and equipment when done.

Women's Bocce is open to all ladies in the club. If you would like to give it a try, please call one of the names listed below. We are in need of players! Remember no special talent is necessary and we always have a great time!

**Maria LaMorte (518-378-1687) and
Donna Zumbo (518-424-7463)
Women's Bocce Co-chairs**

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 BEGINNING A NEW 8 WEEK SESSION



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!

This class is enjoyed by so many and is returning for an 8-week spring session on **Monday nights at 6:00 pm beginning April 5th through May 24th, 2021**. The class will be held upstairs in the Caruso Room. Classes are open to men and women. Please call the membership office at 456-IACC (4222) to sign up.

We will maintain social distance and masks will be required.

The price for 8 weeks is \$50.00



Mangia Bene, Viva Bene

By FRANK ZEOLI



Roasted Brussel Sprouts

As I have said in many recipes, vegetables were a big part of the meals my grandmother would make. She almost never served dinner without at least one vegetable and a salad. Every vegetable dish had a small flare to it, something that made it different or more appealing to us kids, so we would eat it. The next few recipes will be some of my grandmother's favorite vegetable and salad recipes. I want to start with her Roasted Brussel Sprouts.

I hope you enjoy them.

Prep Time: 10 Minutes

Cook Time: 30 Minutes

Ingredients

- 1 lb. of fresh brussel sprouts (stems cut off, cut in half)
- 8 cloves of garlic (minced)
- 1 stick of salted butter, 4 oz. (melted)
- 2 oz. of olive oil
- ¼ cup of parmesan cheese
- ½ teaspoon of salt
- ¼ teaspoon of pepper



Instructions

1. Preheat the oven to 375°.
2. Clean and remove the ends of the brussel sprouts and cut them in half. Put them in a mixing bowl.
3. Add the minced garlic, salt and pepper to the mixing bowl and give it a good mix.
4. Add the melted butter and olive oil and mix until all of the brussel sprouts are fully coated.
5. Place the brussel sprouts face down on a baking sheet. Bake for about 25 minutes until they are soft when you put a fork in them.



6. Take them out of the oven, sprinkle the parmesan cheese on them and return them to the oven for another 5 minutes.
7. Remove them from the pan and serve them hot.

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



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To learn more about the Italian American
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- Monica Barnes
- Miriam Castellanos
- James Cataldo
- John Chiaramonte
- Patricia Corsi
- John Derbogossian
- Mykel Dorsey
- Michael Doyle
- Susan Dratler
- Anne Marie Evers
- Charles Ferrara
- Michael Fondacaro
- Michelina Forte
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- Brenda Gausby
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- William Rucinski
- Mary Ryan
- Regina Sacca
- Robin Sacco
- Lynn Venditti
- Raphael Vitillo
- Gerard Werner
- Nancy Zeoli



OUR CONDOLENCES

Condolences to the Colbert
family on the passing of
long time member,
Maria Colbert



Hello Ladies,

May is fast approaching and that means nicer weather, planting gardens, the return of Bocce, and the opening of the pool. I, for one, cannot wait and I'm sure the rest of you can't either!!

The officers will be meeting in the next week or so to plan our future meetings. We hope to resume our Women's League gatherings starting in June.

If anyone has any suggestions for dinner lecture topics, please feel free to contact me via email at wddgreene@aol.com.

Can't wait to see you all very soon.

Georjeann Greene
PRESIDENT



Flags

Peter Scavullo has been diligently maintaining the flags in front of our building for quite some time. Recently, high winds caused damage to them. Our flags were in rough shape and the pulley on the American flag was stuck. Peter had no means of repairing it. Using a ladder would have been much too dangerous. The repair required a lift.

We asked around for weeks and none of the usual construction buddies that come to our aid had the proper equipment. During a meeting, it became a topic of discussion and, simultaneously, someone at an event was mentioning that our flags were in disrepair. I went into the event to explain our situation to the gentleman. I said if you have a lift, we have the flags ready to be installed. Well, as luck would have it, Clint Fluegge, the owner of Colby Auto Body and proud Marine, did have one. We are now proudly flying our flags again thanks to Clint and his efforts! Thank you and God Bless America!



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

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.**



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