



ISSUE 573

NOVEMBER 2021

Happy

THANKSGIVING

from the IACC





Happy Thanksgiving Day

NEWS & EVENTS

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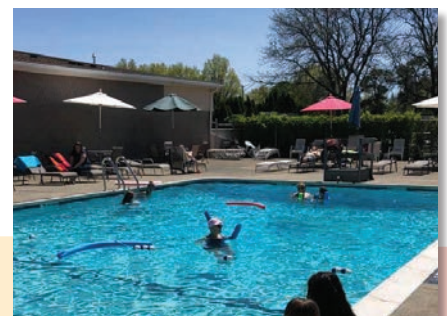
SOCIAL CALENDAR



- 11/1/21 Beginner Italian Classes 7:00 to 9:00 pm**
- 11/4/21 Fall Chair Yoga Ends 6:30 pm**
- 11/8/21 Beginner Italian Classes 7:00 to 9:00 pm**
- 11/10/21 Women's League Meeting 6:00 pm**
- 11/11/21 Veterans Day Observed - I.A.C.C. Membership Office Closed**
- 11/14/21 General Membership Meeting - Year In Review Noon to 2:00 pm**
- 11/15/21 Beginner Italian Classes 7:00 to 9:00 pm**
- 11/22/21 Beginner Italian Classes End 7:00 to 9:00 pm**
- 11/25/21 Happy Thanksgiving - I.A.C.C. Membership Office Closed**
- 11/26/21 Black Friday - I.A.C.C. Membership Office Closed**

Upcoming Events

- 12/4/21 Experience Little Italy Christmas: Arthur Ave Bus Trip**
- 12/5/21 Annual Christmas Tree Lighting Ceremony**



PRESIDENT'S MESSAGE



I want to thank everyone who attended our 48th annual Columbus Day Grand Gala on **October 16th**. After taking last year off, it was great to see so many people coming out to celebrate our Italian heritage. I would also like to thank all of our event sponsors, our honorees, and the event committee for making this a night to remember. I would especially like to thank Regina's by 2Shea for all they did to make this event a success. As you know this was their first time catering this event for us and they did not disappoint. For those who could not make it, you missed a great party but don't worry we will do it again next October.

November 14th is our *Annual Membership/Year in Review meeting*. It will be held in the second floor Caruso room at 12 Noon. All members are invited to attend. On **December 4th**, we will sponsor our Christmas in Little Italy: Arthur Avenue Bus Trip and on **December 5th**, we will hold our annual *Tree Lighting event*. The holidays are a special time here at the IACC and after last year, we are due a little holiday cheer. I hope to see many of you at one or all of these great events.

Ciao,

FRANK ZEOLI
ITALIAN AMERICAN COMMUNITY CENTER - PRESIDENT



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SOCIAL ACTIVITIES~ FRANK ZEOLI
WOMEN'S LEAGUE~ GEORGEANN GREENE
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



EXPERIENCE NEW YORK CITY'S "REAL LITTLE ITALY"
Join Us On Our Annual Bus Trip To Arthur Avenue!

12/04/21

Cost: \$40 I.A.C.C. Members / \$45 Non-Members

Location: The Italian American Community Center ~ Parking Lot
(257 Washington Avenue Ext, Albany, NY 12205)

Time: 8:00 am (Depart From Albany) / 4:00pm (Depart From NYC)

RSVP: Call the Membership Office at (518) 456-4222





ISLANDS OF BASILICATA, CALABRIA & EMILIA-ROMAGNA

By JIM SANO

While two of the largest islands in the Mediterranean Sea belong to Italy, there are numerous additional islands totaling 1/6 of the nation's land mass.

So exactly how many islands does Italy have altogether? The total number of Italian islands is over 450, with about 350 sea islands (including 13 archipelagos), about 100 lagoon and lake islands, and a few river islands like the Isola Tiberina on the Tiber in Rome. Venice alone has 32 inhabited lagoon islands.

Nearly every region of Italy has its islands, except three: Abruzzo, Molise, and Marche, even though the sea borders them. Umbria, which has no coastline, still has islands, though these are river islands. Only about 1/10 of the total population lives on Italy's islands.

Isola Santo Janni

(Aka Santo Ianni) is an island in Basilicata located in the Gulf of Policastro northwest of Marina di Maratea. The island of Santo Janni is 200 meters long, and at the point of maximum width reaches 80 meters. The highest rocky outcrop measures 18 meters above sea level. The islet owes its name to an ancient chapel dedicated to St. John, located near its highest rocky outcrop. The island of Santo Janni, together with the



Isola Santo Janni

smaller island called La Matrella and the surrounding rocks, constitutes the so-called archipelago of the Italian islands of Maratea.

In the waters around Santo Janni, the largest reservoir of anchors and Roman era jars in the Mediterranean Sea was discovered. On the rocky spurs of the islet, there have also been found numerous tanks intended for the production of garum, fermented fish sauce which

was used as a condiment in the cuisines of Phoenicia, ancient Greece, Rome, Carthage, and later Byzantium.

The history of the island is above all linked to the story of Saint Blaise's relics and the transfer of ownership of these sacred relics to Maratea. It was here in 732 that the crew of the ship carrying the relics of the saint and heading for Rome, handed them over to the inhabitants of Maratea.

Around Santo Janni's islet, the seabed preserves one of the richest deposits of amphorae and relics of the Roman Age. Many of these relics are on exhibit at the Palazzo De Lieto in Maratea.

Due to the significant exposure to sunlight, the flora of the island is weak. What is of great interest is the so-called Dragon of Santo Janni, a zoological phenomenon. The blue-brown lizard, confined to the rocky ravines of this islet, is considered an endangered species.

Cirella Island

Cirella Island is located on the northwestern coast of the Tyrrhenian Sea in Calabria, opposite the village of Cirella and the city of Diamante in the province of Cosenza. It has an area of 0.12 km² and reaches a maximum height of about 40 meters. The island's limestone rocks, subjected to sea erosion, gave rise to many caves and bays. The flora is typical of the Mediterranean scrub, enriched by groves of lemons.

At the top are the ruins of a military fortification called the Tower of the island of Cirella. The Tower, with sides 10 meters long and walls three or four meters wide, was built in 1562 to prevent the Turkish pirates from attacking Cirella.

Around the island are some archaeological finds dating back to the Greco-Roman period. The seabed of the east side of the island is rich in marine vegetation (*Posidonia Oceanica*), and there are also specimens of *Pinna Nobilis*, the largest clam in the Mediterranean.



Cirella island

Periodically World War II bombs are found only a short distance from the island's east coast. The Coast Guard routinely detonates these projectiles with the most recent event being on December 22, 2020.

Isola di Dino

Isola di Dino is the larger of the two small islands in the Tyrrhenian Sea off Calabria's coast near Praia a Mare. The island's name derives from the Italian *aedina*, a temple, or Greek *dino*, a vortex or storm. The island covers an area of 120 acres and has a maximum altitude of 330 ft. The vegetation is Mediterranean scrub with many migratory birds, gulls that nest on cliffs, and some birds of prey. There are also small rodents and several species of reptiles. Water erosion has given rise to many caves, including Monaco, Sardine, Cascade, and Leone. Grotta Azzura (the Blue Grotto) is the largest cave, while Grotta Gargiulo is almost entirely submerged and reaches 59 ft below sea level. The island

was frequented by Muslim ships in their military expeditions to Italy in the ninth, tenth, and eleventh centuries. The Turks invaded in the summer of 1600. Citizens resisted the attack until they were all captured and killed. In 1806, the island became the base of operations of the English fleet under Admiral Sidney Smith, who tried to oppose Calabria's invasion by Napoleon.

In 1928, the island became the autonomous property of the municipality of Praia a Mare. In 1956, the island was given a concession for 99 years, and in



Isola di Dino



Comacchio



1962 it was sold for 50 million lire to Gianni Agnelli to develop the island for elite international tourists. Development included constructing a new 1,700-meter road from the pier inland, new housing, and other facilities. On June 13, 2014, a court annulled the contract.

Comacchio

(Comacchiese) is in Italy's Emilia-Romagna region, specifically within Ferrara's province. Comacchio's structures are over two thousand years old, with foundations attributed to the Etruscan. This small village, where the Po River and the sea intersect, is often called 'the small Venice'. It forms the union of thirteen small islands joined by bridges. Comacchio was built to financially exploit the river's advantages. The remnant is an extensive maze of canals, with small bridges connecting the various corners of the town and pastel-colored terraced houses that characterize the inner streets. The channels are genuinely magnificent and can be explored on gondolas, boats or by walking alongside the waterways to see the best that Comacchio has to offer.

Comacchio is not known as Little Venice for any old reason, but because this is a town whose canals' beauty can rival the famous water-based city to the north. For many centuries, Comacchio was a flourishing port city that rivaled Venice for power and influence in the region. Ultimately though, Venice became the maritime power, and Comacchio fell into relative obscurity in comparison. For thousands of years, the economy was based on fishing and the salt trade, which has given way to remarkable tourist development. Comacchio's beaches, these 7 Lidos or seaside resorts, are set away from the town and the canals and offer a pleasant escape along the coast. The more than 20 km of fine golden sand combined with a tranquil and shallow sea have earned top Blue Flag beach designations for years, making this the ideal destination for family holidays.



Po Delta Regional Park

From the Etruscans to the Byzantines to the Lombards to Charlemagne and to the church, the political control of Comacchio mimics the history of many other Italian provinces. Land was the prize over which much blood was spilled. The booming salt trade and rivalry with Venice ended with a Venetian victory and the destruction of Comacchio. It was slowly rebuilt over centuries and once again came under Papal control until the arrival of Garibaldi and his troops and the resulting unified Italy. After Italy's unity, large drainage projects took place, reclaiming land for agriculture and, more recently, tourist development.

Comacchio has ancient origins and is still a lagoon city whose historical center still retains its most famous monuments, such as the Trepponti bridge, with its majestic staircases, the seventeenth-century Cathedral of San Cassiano, the elegant Bellini Palace, and the distinctive Manifattura dei Marinati. In this old factory, eels were cooked and marinated. Tours on the traditional *butane* (small flat-keeled boats), which were the usual means of transport for the inhabitants until a few decades ago, should not be missed.

Just as impressive as the vast network of canals that crisscross through the town, many bridges span the waterways, connecting one side to another. Many of these bridges are impressive works of architecture in themselves, and they offer visitors great photographic opportunities and great views along the canals. The most famous bridge is Trepponti, which dates to the early 17th



Comacchio Eel Festival

century; the bridge was designed not just as a crossing but also as a defensive structure. This bridge consists of five elegant staircases built at the confluence of five canals and surmounted by two small towers; the bridge allowed for the waters of the internal channels to flow into the sea and, at the same time, it constituted a defense gate at the main entrance to the town. For many centuries it served as a significant deterrent to pirates and would-be invaders looking to pillage Comacchio's wealth. On the square opposite Trepponti is the Pescheria, which dates to the 17th century, and is still a huge fish market. The Palazzo Bellini is another of

Comacchio's impressive, historic buildings. It is home to a beautiful collection of the old and the new from Giacomo Balla, Filippo de Pisis, Lucio Fontana to Andy Warhol.

In addition to the historical structures, this area is an extraordinary naturalistic attraction, especially regarding birdwatching activities. The Po Delta Regional Park is a UNESCO World Heritage Site that protects an incredible wetland ecosystem along the coast. Po Delta Regional Park is the largest area of protected wetlands in Italy and is teeming with wildlife. Comacchio has over 320 bird species. The most valuable are Grebe, the Shelduck, the Curlew, the Egret, various Heron types and more than 400 fabulous pink flamingos.

Comacchio has been famous for its local eels for centuries. Locals have made a living from the wetlands by fishing for these slippery creatures amongst the lagoons' reeds and marshes. The Po Valley's humid atmosphere is the perfect natural habitat for the eel which became the main economic and food livelihood for the local fishermen over the centuries. There are 48 different eel dishes nowadays, ranging from the very delicate risotto to the brodetto (soup), from the sweet and sour steaks to the marinated fillets right up to the grilled eel. This long culinary tradition is celebrated every October when the locals hold the Comacchio Eel Festival at the start of the month.

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 **Thursday nights at 6:30 pm beginning September 16th through November 4th, 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 \$60.00 or \$10 per class walk-in.

WOMEN'S LEAGUE

The cooler weather is definitely in the air. The pumpkins and cornstalk decorations are out and before we know it the holidays will be here. I'd also like to take a moment to congratulate Joan Wallis on receiving the Cuore d'Oro award at last month's Columbus Day Grand Gala. Brava Joan, well deserved.



For our October meeting, we enjoyed a lovely dinner provided by 2 Shea Catering. We had great attendance and our guest speaker was David E. Jacobsen, Psy. D., the CEO of Ronald McDonald House Charities Albany. He spoke about the Ronald McDonald House located on S. Lake Ave. in Albany and the 2 family rooms located within the 4th floor NICU and on the 7th floor pedi-

atric units at Albany Med. Also in July 2021, RMHC-CR opened a family vacation cottage located in the heart of Lake George village. Due to Covid, RHMC has lost many of its volunteers and monetary supporters. Dr. Jacobsen shared with us the attached wish list of items that are needed for both locations. I am asking for our November and December meetings if you would take a look at the Wish List and bring some of these requested items to the meeting. I will take care of delivering them to the RMH. I am also interested in organizing a small group of ladies to go the RMH and cook dinner for the families. Currently due to Covid restrictions, only 4 volunteers will be allowed.

Our next meeting will be November 10th at 6pm. Dinner choices will be Roast Turkey with the fixings or Eggplant Parmigiana with pasta and will include salad and dessert. The cost will be \$27/pp. Reservations can be made by contacting Lynn Indelicato at 518-469-1284 or lynn.indelicato@yahoo.com. The cancellation policy also remains in effect. Please remember that all reservations/cancellations need to be in no later than Monday, November 8th.



139 S. Lake Avenue, Albany, NY 12208
(518) 438-2655

Wish List

Gift Cards

Hannaford	Panera	Dunkin'	Home Depot
Price Chopper	Subway	Starbucks	Gas Cards

Family Needs/Activities

★ Gift cards for Lake George restaurants and activities ★

Laundry Detergent	Card Games
Dental Floss	Travel Games
Chapstick	Activity Books

Individually Packed Snacks & Beverages

Mini Muffin Packs
Individual Peanut Butter
Packets
Individual Cream Cheese
Packets
Nutrigrain Cereal Bars
Crackers & Cheese Packs
Crackers & Peanut Butter
Packs
Individual Cereal Cups
Pop-Tarts
Individual Chips, Pretzels,

Popcorn
Individual Nut Packs
Individual Raisin Packs
Rice Krispie Treats
Individual Cookie Packs
100% Juice Boxes
Keurig K-Cup Flavor
Bottled Water
Microwave Pasta Cups
Microwave Soup Cups
Individual Easy Mac Cups
Microwave Oatmeal Cups

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For children to engage
in educational and play
activities, and interact
with loved ones who
cannot be with them

Love Is Served Meal Sponsors

Contact Julia Geisel, House Manager
for more information on providing
meals at
jgeisel@rmhcofalbany.org

2022 Event Planning Committees Forming Now!

January 21-22, 2022; Radiothon - our biggest fundraiser of the year!
June 30: 40 Years of Love - An anniversary gala celebration
September: RMHC Golf Tournament
November: Holding Hands, Holding Hearts Celebration
Contact Sue Nlgra for more details at snlgra@rmhcofalbany.org

Wishing everyone and their families a Happy and Healthy Thanksgiving.

Take care and stay safe,

Georgeann Greene
PRESIDENT



I.A.C.C Foundation

1st Annual

Cash

Raffle

Proceeds to benefit I.A.C.C. Foundation!

Drawing will be held at Carnevale on February 26th, 2022

\$100 a Ticket Only 200 Sold-Grand Prize \$5,000 + 10 \$500 Prizes

We are holding a cash raffle giveaway and your odds of winning are great! We are only selling 200 tickets for \$100 each. Go in partners with friends and family or buy them for Christmas presents. The tickets will be available at the Monday Night Buffet as well as by calling the office at 518-456-4222.

The raffle is open to all not just members. The drawing will be held at our annual Carnevale celebration on February 26th, so come to Carnevale, party and go home with some cash!



Mangia Bene, Viva Bene

By FRANK ZEOLI

Since Thanksgiving is this month, I thought I would share my grandmother's stuffing recipe. In our house, we always loved a good "Stove Top" however at Thanksgiving my grandmother would make her Bread Stuffing with Sausage and we loved it. This recipe was actually passed down from my great grandmother to my grandmother and I still use it today so you can say it's lasted 4 generations. I hope you enjoy it.

Bread Stuffing with Sausage

Prep Time: 20 Minutes

Cook Time: 60 Minutes

Ingredients

- 1-2 large loaves of Italian bread (2 days old, approx. 1.5 lbs.)
- 1 lb. of sweet sausage (loose without the casings)
- 1 medium onion
- 4 stalks of celery (small dice, approx. 10 oz)
- 4 cloves of fresh garlic
- 48 oz of turkey or chicken broth
- 2 eggs (beaten)
- 4 oz of extra virgin olive oil
- 4 oz of butter (1 stick)
- 2 teaspoons of Bell Seasoning
- 1 teaspoon of granulated garlic
- 1T of dried parsley
- 1 teaspoon of salt
- ½ teaspoon of black pepper

Instructions

1. Preheat the oven to 350 degrees.
2. Cut the bread into cubes. The bread is best hard but not too hard or it will be tough to cut it into cubes. Two-to-three-day old bread works best. Dice the onions, celery, and garlic.
3. Add the broth to a saucepan and warm it.
4. In a frying pan, fry the sausage with about 1 oz of the olive oil until cooked. Remove the sausage with a slotted spoon and set aside. Add the butter and remaining olive oil to the pan. Add the celery, onions and garlic and sauté for about 10 minutes until the onions are translucent and the celery is cooked through.
5. Add the bread cubes to a large metal or glass mixing bowl. Add the



sausage and the cooked vegetable mixture, including the butter/oil mixture. Add the bell seasoning, granulated garlic, parsley, salt, and pepper. Add the warm broth to the bread, mixing it together so the bread gets soft. Add the eggs and stir again.

6. Add the stuffing mixture to a baking dish and add a few pats of butter to the top and bake in the oven for about 1 hour. Serve hot.

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



DINNERS To Go

Date: Every Thursday Night In November

Time: Between 4:00pm to 6:00pm

Place: Italian American Community Center

Reservations

Are Required by Wednesday

Please Call (518) 456-4222

Or

Email: Julia@2Sheacatering.com



November 4th

House Salad & Dinner Rolls

Chicken or Eggplant Parmesan
Accompanied by Penne Pasta

Tortellini Alfredo

Tortellini Tossed in Alfredo Sauce With Chicken and Broccoli

Chicken Francaise

Chicken Sautéed in Lemon Butter With Mushrooms in a White Wine Sauce. Accompanied by Chef's Choice of Vegetable & Starch

November 11th

Caesar Salad & Dinner Rolls

Chicken or Eggplant Parmesan
Accompanied by Penne Pasta

Parmesan Encrusted Chicken

Encrusted Chicken Breast with Artichokes, Mushrooms, & Roasted Red Peppers in a Rich Demi Glaze. Accompanied by Chef's Choice of Vegetable & Starch

Traditional Bolognese

Ground Pork, Veal, Beef and Sausage, Rigatoni Pasta



DINNERS To Go...

November 18th

Caesar Salad & Dinner Rolls

Chicken or Eggplant Parmesan
Accompanied by Penne Pasta

Chicken Corleone

Sautéed Chicken With Sun-Dried Tomatoes, Spinach, & Roasted Garlic Sauce. Accompanied by Chef's Choice of Vegetable & Starch

Mushroom Ravioli

Pesto Cream Sauce



DINNERS To Go

All Dinners Feed Up to 4

\$45 per Order + 8% Sales Tax



November 25

Happy Thanksgiving!!!

Thanksgiving Dinner To Go That Feeds 10 To 12 Guests!

Pick Up Time Will Be Between 10:00am to 12:00pm.

Please Place all Orders by Friday, November 19th.

Thank You for Your Continued Support!

We Look Forward to Seeing You Every Thursday!!

CHRISTMAS
AT THE
ITALIAN AMERICAN
COMMUNITY CENTER

JOIN US AS WE KICK
OFF THE CHRISTMAS
SEASON, LIGHT
THE TREE AND
SING ITALIAN
CHRISTMAS
CAROLS!

SUNDAY
DECEMBER 5TH
IACC PARKING LOT
AT 5:30PM

REFRESHMENTS
WILL BE SERVED
AFTER THE
TREE LIGHTING



On Saturday, October 16th the IACC held our 48th Annual Columbus Day Grand Gala. After taking a year off, our members and guests were ready to party in celebration of our Italian heritage. The event featured distinguished members of the Italian American community, great food with a big thank you to Regina's by 2Shea, plenty to drink and, of course, dancing.



This year we honored Richard Rosetti as our Italian American of the Year. We also awarded the Italian Spirit Award to the Honorable Daniel P. McCoy. IACC member awards were given to Carlo Ricupero who was awarded the President's Award, Joe Guastamacchia who received the Pasquale Tirino Service Award and Joan Wallis who was given the Heart of Gold Award.



The event was a testament to the Italian spirit being alive and well at the IACC. Plans are already underway for next year's gala on Saturday, October 15, 2022. Mark your calendars you won't want to miss it.





THANKSGIVING DINNERS TO GO

PICK UP BETWEEN 10:00AM & 12:00PM
THURSDAY, NOVEMBER 25TH

DINNER MENU

SERVES 10 TO 12 PEOPLE

Whole 18lb Roasted Turkey

Maple Butternut Squash

Fresh Green Beans

Candied Yams

Cornbread Sage Stuffing

Mashed Potatoes

Homemade Turkey Gravy

Cranberry Sauce

Dinner Rolls & Butter

One Apple Pie & One Pumpkin Pie

Whipped Cream

* Food Preparation Will Come With Instructions Attached

\$275 + 8% SALES TAX

PICK UP: ITALIAN AMERICAN COMMUNITY CENTER

257 WASHINGTON AVE EXT ALBANY, NY 12205

ORDERS DUE BY : FRIDAY, NOVEMBER 19TH

CONTACT US: (518) 456-4222 EXT.1 OR

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* A CREDIT CARD MUST BE PROVIDED AT THE TIME OF
RESERVATION TO HOLD YOUR ORDER



CARING & SHARING

November Birthdays



- Olga Anton
- Lisa Armao
- Diane Biernacki
- John Bonnano
- Rachel Cameron
- Karen Campbell
- Mark Cataldo
- Nicole Cataldo
- Sandra Cote
- Guy Criscione
- Violetta DeRosa
- Donna Dolan
- Pat Hamill
- Richard Hasenbein
- Nick Hrimatopoulos
- Maria Iannucci
- Lynn Indelicato
- Kirsten Ippolito
- Sofeya Lascaris
- Joseph Marando
- Mary Lou Marando
- Nancy Massaroni
- Ronald Milkins
- Lindsey Mooney
- Sean Murphy
- Doris Olsiewski
- Linda Padula
- Angela Pauley
- Virginia Pezzula
- Nancy Piaggione
- Rocky Piaggione
- Theresa Portelli
- Mary Rozak
- Maria Schollenberger
- Catherine Stack
- Mariann Stelmaszyk
- Teresa Tricomi
- Barbara Trimarchi
- Suzanne Wall



Welcome

new members

Frank Musso
&
Cristina Paguirigan



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ITALIAN AMERICAN
COMMUNITY CENTER



I.A.C.C. FOUNDATION

THE ITALIAN AMERICAN COMMUNITY CENTER
AND THE I.A.C.C. FOUNDATION NEWSLETTER

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FORWARDING SERVICE REQUESTED

Join The Italian American Community Center ** The Capital District's Premier Social Club **



The Italian American Community Center, founded in 1971, is an organization dedicated to serving anyone and everyone who love all things Italian!

As a member of The I.A.C.C., you receive exclusive access to a wide variety of events and activities, special discounts and promotional opportunities, along with the most up to date news about the Italian American culture and community.

(Call (518) 456-4222 To Join Today!