

"WE ARE HERE"

# Siamo Qui

ISSUE 549

OCTOBER 2019

THE ITALIAN AMERICAN  
COMMUNITY CENTER PRESENTS  
THE 46TH ANNUAL...



## COLUMBUS DAY GRAND GALA



**Antonio Civitella**  
Italian American of the Year



**Hon. Kathy Sheehan**  
Italian Spirit Award

### DANCE TO THE MUSIC OF GOOD TIMES



Featuring our  
Special Musical Guest  
New York Tenor

## CHRISTOPHER MACCHIO

**Frank Zeoli** | IACC President's Award

**Al Sacca** | Pasquale Tirino Service Award

**Mary Lou Marando** | Cuore d'oro Award

**Cost:**  
**IACC Members**  
**\$55.00**

**Non Members**  
**\$65.00**

⬆️ **Cocktails 5:30PM** ⬆️

⬆️ **Dinner 6:30PM** ⬆️

⬆️ **Show 8:00PM** ⬆️

Please indicate your menu choice:  
• Stuffed Haddock  
• Crispy Skin Chicken Roulade  
• Filet & Shrimp Duet

Please respond no later than October 11, 2019

To register online visit [www.ItalianAmerican.com](http://www.ItalianAmerican.com),  
Call 518-456-4222 or mail check (with this slip) to:  
Italian American Community Center  
257 Washington Ave. Ext., Albany, NY 12205

Dinner includes salad, pasta and dessert.  
Complimentary Beer, Wine and Soda included, Cash Bar

**SATURDAY, OCTOBER 19, 2019**



# COLUMBUS DAY PARADE



Come and enjoy with us the  
**2019 Columbus Day Parade in NYC!**



## NEWS & EVENTS

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# SOCIAL CALENDAR



- 10/1** Member Exclusive: Weekly Co-Ed Bocce - 6:30pm
- 10/2** Member Exclusive: Weekly Co-Ed Poker Game - 12:00pm\*
- 10/2** Member Exclusive: Weekly Men's Poker Game - 5:00pm\*
- 10/7** Fall Chair Yoga - 6:00pm
- 10/7** Elementary Italian Language Class - 7:00pm-9:00pm
- 10/8** Member Exclusive: Weekly Co-Ed Bocce - 6:30pm
- 10/9** Women's League Meeting - 6:30pm
- 10/14** **I.A.C.C. In The Community: NYC Columbus Day Parade**  
**Marching - Bus Trip - 7:00am-8:30pm**
- 10/14** Fall Chair Yoga - 6:00pm
- 10/14** Elementary Italian Language Class - 7:00pm-9:00pm
- 10/19** **Columbus Day Grand Gala - 5:30pm-11:00pm**
- 10/21** Fall Chair Yoga - 6:00pm
- 10/21** Elementary Italian Language Class - 7:00pm-9:00pm
- 10/26** **Halloween Party - 4:00pm-7:00pm**
- 10/28** Fall Chair Yoga - 6:00pm
- 10/28** Elementary Italian Language Class - 7:00pm-9:00pm

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

## UPCOMING EVENTS

- 11/2** **Pavilion Clean Up Day - 10:00 am**
- 11/17** **General Membership Brunch Meeting - Year In Review - 12:00pm**
- 11/30** **Experience Little Italy Christmas: Arthur Ave Bus Trip**
- 12/1** **Annual Christmas Tree Lighting Ceremony**



### 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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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



## President's Message

October and fall are here and bring many splendid days and cool evenings to enjoy along with the beautiful fall foliage. October is also Italian American Heritage month and we will be celebrating in many ways. We will be going to NYC to march in the annual Columbus Day Parade and later to Arthur Avenue for a late lunch. This is free to our members. Please see the ad for more details. Frank Zeoli and I will be quite busy going to many events in the area representing our organization and commemorating local Italian American dignitaries. Our own Columbus Day Grand Gala will be October 19th. Please make sure you come out and support our largest event of the year. Italian language classes are in full swing. There is no better time than now to learn the language of our ancestors. Finally, on October 26th, although not an Italian American celebration, please bring your children and grandchildren to our Annual Family Halloween Party.

October is also Cancer Awareness Month, and particularly, Breast Cancer Awareness Month. I am quite proud of our Foundation for donating the pavilion rental fee for a cancer fundraiser on September 14th back to the fundraiser. Whether it's making blankets for Uncle Shawn's Hugs, providing lunches to veterans at the VA, supporting Father Young and his ministries or supporting cancer research and fundraisers, the Italian American Community Center is, and has always been, about helping others when they need our help the most.

Personally, so many of our IACC family members have been touched recently by this horrible disease and, thank God, all have pulled through. I can think off the top of my head of at least 8 of our best volunteers who in the last 4 years have had to confront and conquer this disease in one form or another, my wife, Nancy, included. The outpouring of support from so many members with prayers, visits and encouragement was overwhelming and made the battle so much easier. That is exactly what community does and that is what we have done for each other as Italians since we hit these shores. We stick together and support each other because we are family and just like family, of course, there are the shouting matches and differences of opinion that seem to be inherently Italian as well. In the end as our ancestors did, we get through life's struggles and thrive through our hard work and perseverance. That Italian Spirit is always to be celebrated.

I urge all members to attend our Columbus Day Gala, pay homage to our honorees and celebrate our 46th Anniversary. In addition, keep in your thoughts and prayers all those, especially our members, who are currently struggling with cancer and come out on October 19th and celebrate life with friends. May God Bless and keep you and yours healthy for many years to come.

**JIM SANO**  
**ITALIAN AMERICAN COMMUNITY CENTER**  
**PRESIDENT**

KICK UP YOUR  
ITALIAN-AMERICAN PRIDE  
**A NOTCH**

**JOIN US**

The Italian American Community  
Center Foundation in cooperation with the  
Grand Lodges of NYS

MARCH IN THE  
**COLUMBUS DAY PARADE**  
NEW YORK CITY

**NYS GRAND LODGE & DISTRICT VI LODGES  
6<sup>th</sup> ANNUAL BUS TRIP TO THE  
NEW YORK CITY  
COLUMBUS DAY PARADE**

Date: Monday, October 14, 2019  
Pickup Location: Gabriele D'Annunzio Lodge #321  
Bus Departure Time: 6:30 AM  
Pickup Location: IACC - Washington Avenue Ext.  
Bus Departure Time: 7:30 AM  
Pickup Location: CDTA Park & Ride - Catskill  
Bus Departure Time: 8:30 AM

Seating Still Available  
Reserve your seat today  
\$10.00 per OSIA Member  
\$15.00 per Non - Member  
includes transportation

RSVP: [albanysonsofitaly@gmail.com](mailto:albanysonsofitaly@gmail.com)

Mail payment by 10/11/19 to  
Roma Intangible Lodge #215  
POB 16211, Albany, NY 12212  
or bring at Bus Departure time



# BOCCE CHAMPIONS



Congratulations to the Sharks for winning the Men's Bocce Championship three years in a row. Pictured is John Simeone, Captain Jim Sano, Tony Vine, and Dave Quadrini.

Women's Bocce League Champions for 2019 was the team L'Espresso. Pictured is Joyce Vine, Barbara Palumbo, Captain Sharon Patrei, Sue Ferrara and Linda Hoffman.



## ITALIAN & IRISH AMERICAN DAY AT THE TRACK



As Part Of NYRA's, "Fan Appreciation Week," at The Saratoga Race Course we are celebrating Italian & Irish American Day! We're Always Working On Developing New & Exciting Events, Activities & Opportunities For Our Members. This Is One Of Our Annual Special Events. If You Couldn't Attend This Year Be Sure To Join In The Fun Next Year!

NEWLY RENOVATED  
✦ PAVILION ✦



IACC Foundation

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

\$150 - MEMBERS

\$300 - NON- MEMBERS

CALL THE MEMBERSHIP OFFICE AT 518-456-4222



**Open  
Through  
October 31**

**PLENTY OF WEEKDAYS AND WEEKENDS  
STILL AVAILABLE**

# LABOR DAY BBQ & POOL CLOSING BBQ

Thank You To All For Another Great Summer At The The Italian American Community Center (I.A.C.C.)! Already looking forward to next year's season!!!

On September 15th, The I.A.C.C. closed out another fantastic "Summer at The Pool!" We had our annual, "Pool Closing BBQ & Community Cleanup," and got everything put away and ready to go for the 2020 season.

Thank You To All Who Celebrated Their Summer Here With Us at The I.A.C.C.!







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

**11/30/19**

**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:** 8:45 am (Depart From Albany) / 4:00pm (Depart From NYC)

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



# Protect What's Precious...

- SAFE FOR
- CHILDREN • FAMILY • PETS
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  - SHRUBS • GARDENS

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## CHAIR YOGA



### Time:

~ 6:00-7:00 pm

### Cost:

~ \$50/Full 8 - Week Session

Drop-ins welcome at \$8 per class

### Dates:

~ Every Monday From 9/16/19 - 11/4/19

### Location:

~ The I.A.C.C. (257 Washington Ave Ext.)  
Caruso Room (2nd Floor)

NEW DAY

### RSVP:

~ Please Call The Office (518-456-4222) To Reserve Your Spot Today!

### Additional Details:

~ This Event Is Open To The Public!

Please Note: Payments Are Not Processed By The Office. Please Be Sure To Bring Your Payment With You.

## What Is Chair Yoga?

Chair yoga is a gentle form of yoga, that is practiced sitting in a chair or standing using the chair for support. This is a great physical activity for individuals who are seeking light workouts due to physical limitations and for individuals who are currently recovering from a recent injury or surgery.

A Halloween-themed poster with a purple background. A large orange pumpkin face is the central focus. Text is overlaid on the pumpkin. The pumpkin is surrounded by various Halloween decorations: yellow and orange jack-o'-lantern balloons, a white ghost balloon, and a large jack-o'-lantern at the bottom filled with colorful candies. The overall style is festive and cartoonish.

# Halloween Costume Party

Saturday October 26, 2019 • 4 p.m. – 7 p.m.  
Children under 12 free, Adults \$10

Italian American Community – Pavilion  
257 Washington Ave Ext, Albany, NY 12205

Food, DJ, games, crafts, parade,  
trick or treating

RSVP – (518) 456-4222 by October 15

# CAMPANIA

The Italy of your wildest dreams may very well be the Campania region. The name Campania is derived from Latin. The Romans knew the region as Campania felix which translates into English as “fertile countryside”. It is nestled in southern Italy along the Tyrrhenian Sea between the Garigliano River (north), the Gulf of Policastro (south), Lazio to the north, Molise and Puglia (Apulia) to the east, and Basilicata to the south. The region comprises the provinces of Avellino, Benevento, Caserta, Napoli, and Salerno.

Campania is a land of contrasts. The mountainous and hilly Neapolitan Apennines and Matese and Picentini Mountains blend into the coastal lowlands of Naples and Salerno. Campania is home to 5,766,810 people and is the 2nd largest region in Italy in terms of population. The most populous cities in Campania are Naples (the regional capital, Population: 959,470), Salerno (Population: 125,797), Torre del Greco (Population: 85,897), Giugliano (Population: 80,269) and Caserta (Population: 72,844).

**History:** Campania was first settled by Greek colonists and by the Etruscans. The Etruscans were displaced by the Samnites, the conquerors of Campania in the late 5th century BC. Eventually, these allies of Rome ceded the region to the Empire where it flourished in a fairly peaceful and stable period until the abrupt eruption in 79 AD of Vesuvius. The eruption caused the complete and total destruction of the cities of Herculaneum and Pompeii.

Once the Roman Empire saw its demise, the region became the battleground of the Byzantines and the Goths, then the Normans, French and, finally, the Spanish. The Spanish ruled the area from 1504 to 1713. Once the Treaty of Blois ceded Sicily and Naples to Spain, southern Italy saw the next two centuries bring about an era that was a time of immense poverty and exploitation. Disease and famine ran rampant as land grabbing by both the Spanish nobles and the Church interrupted agricultural pursuits. It was in 1861 as Garibaldi united Italy that the regions of Campania merged as part of the new Kingdom of Italy. After the Italian unification in the 1860s, this area witnessed serious economic hardships and a tragic cholera epidemic in 1884. These events resulted in a massive exodus of the population to the north of Italy and abroad.

20th Century fascism achieved little success outside the urban area of Naples. This region also paid a heavy toll during World War II. It was heavily bombarded in preparation for the Allied landing when 55,000 Allied troops stormed ashore on September 9, 1943. The bombings that followed and the destruction caused by the desperate resistance of a retreating German army caused innumerable victims among the population. One of the war's most notorious battles, the several-months-long siege of Monte Cassino, left the ancient monastery a heap of rubble. In September 1943, Naples revolted and chased out the occupiers only days before the Allied forces arrived in the city. Other towns' insurrections resulted in horrible massacres. Men and women organized guerrilla groups against the Nazis, hiding out in the mountains and hills and striking mostly at night while the Allies bombarded their towns and cities. After many hard months of fighting, Campania was finally freed in June 1944. In 1946, Campania became part of the newly established Italian Republic.

**Modern Campania:** Campania is considered one of the most important and even ideal agricultural provinces around. The agro-food industry is one of the main pillars of its industry. Thanks to the sun and fertile soil, this region can boast the juiciest and tastiest tomatoes in the world along with peppers, spring onions, potatoes, artichokes, fennel, lemons, and oranges. Campania also produces over 50%



of Italy's nuts. The two most iconic ingredients from Campania are tomato products and mozzarella. Tomatoes, Italy's favorite vegetable, thrive here because of the long hot summers and the volcanic soil. The most famous of the different tomato varieties is the San Marazano (1.5 million tons per year) tomato. The Nostrano variety of lemon is grown here and is considered Italy's best. Animal breeding is widespread, and the milk produced is used to process various products, such as mozzarella. The warm plains of Campania are also home to the rare native buffalo, which are still raised in the provinces of Caserta and Salerno. Campanians have made mozzarella with delicious buffalo milk for centuries and look with disdain on what we all know as mozzarella. The famous buffalo mozzarella is masterfully produced and is sweeter and softer than the cheese made from cows' milk.

However, it is tourism that plays a huge sustaining role in Campania's economy. Campania is one of Italy's most popular holiday destinations, boasting iconic coastal resorts, such as Capri, Sorrento and the Amalfi Coast. With Campania's quality of Italian cuisine, the magical nearby islands and spectacular environment drawing tourists from across the globe, it is perhaps no surprise that this region accounts for a staggering 5.5% of the national economy. Campania successfully earned 10 billion euros in tourism in 2018. As you might imagine, the most thriving tourist areas of Campania are the Italian seaside resorts. The Amalfi Coast, the Cilento Coast, and the Sorrento Peninsula are the top-ranking seaside resorts in Campania. The volume of tourism in these areas has turned these glorious coastal retreats into thriving economies.

One of the tourism highlights is to enjoy not only the natural beauty but to share the native world-renowned foods and drinks of the region. Despite the years of poverty, the Italian enthusiasm for food has remained strong in Campania throughout the centuries. The region's history of invasion, many rulers and poverty prompted the development of an important local characteristic when it comes to food - expediency. Ease, quickness, and making something out of almost nothing were the driving forces behind Campanians coming up with some of the most delicious, yet simplest, concoctions in the history of cuisine.

**Food:** The stars of Campanian cuisine are pasta, pizza, and mozzarella. Famous for the quality of their pasta since the 16th century, the many mills of the Monti Lattari area are considered among the best producers of pasta in the world. The pasta here is still extruded through bronze forms, a procedure that leaves the pasta slightly porous, allowing for better penetration of the sauce for tastier results. This region created the kinds of pasta that we eat today; penne, fusilli, rigatoni and spaghetti. While debated by some, the Neapolitans claim that they invented pizza. The simple combining of wheat, mozzarella and the tomato produced a result that couldn't be anything but a bestseller. Pizza quickly spread from Naples and became popular worldwide. It is known as the “ultimate street food”. It was a Neapolitan pizza maker who invented a tri-color pizza with tomato, mozzarella and basil in honor of Queen Margherita of Savoy. It still survives with the traditional name of “Pizza Margherita”.

# REGIONS OF ITALY

By JIM SANO



In Naples, you can also taste their version of pizza fritta. This wonderful creation is served only in truly old-fashioned places where a double round of pizza dough is filled with ricotta, mozzarella, and ham, and deep-fried in a copper cauldron of scalding olive oil.

While vegetable and meat dishes are plentiful, the cuisine of Naples and most of the Campania coast focuses on seafood and some of the best main courses feature fish. A few of the more popular fish dishes are Risotto Alla Pescatora (classic seafood risotto), Spaghetti con le vongole (clams, olive oil, garlic, and parsley served with spaghetti, Totani e Patate (squid and potatoes and Pesce all' Acqua Pazza (fresh white fish poached with olive oil and simmered in water with garlic, tomatoes, and parsley). Fritto Misto di Mare is a mix of fried seafood usually calamari, shrimp and anchovies. Scialatielli is a fresh, homemade, eggless noodle served with sautéed seafood.

Some popular meat dishes are Coniglio all Ischitana (rabbit with wine and black olives) a delicious creation typical of Ischia, Brasato (beef slowly stewed with wine and vegetables), braciola di maiale (a pork cutlet rolled and filled with prosciutto, pine nuts, and raisins cooked in a tomato sauce, alla pizzaiola (a beef cutlet sautéed in olive oil and cooked with fresh tomatoes and oregano and Polpetta-Naples (meatballs). At the other end of the spectrum is the elaborated sartù which is a typical Neapolitan baked dish made with seasoned rice, baby meatballs, sausages, chicken liver, mozzarella, and mushrooms.

A few popular vegetable dishes are; Parmigiana Melanzane or Eggplant Parmesan. Broccoli rabe and sausage with fennel and Caprese Salad which is made with sun-ripened tomatoes, fresh leaves of basil and a drizzle of olive oil over the region's excellent mozzarella di bufala (buffalo milk cheese). While this salad is now famous throughout Italy, it is named after the island of Capri where it originated.

If Sicilians are famous for having a sweet tooth, Neapolitans come in a close second with many delicious specialties. Naples is famous for its pastiera, a cake traditionally prepared for Easter but so good that it is now offered year-round in most restaurants. Whole-grain wheat is soaked, boiled, and then used to prepare a delicious, creamy filling with ricotta and orange peel in a thick pastry shell. The famous sfogliatelle are flaky pastry pockets filled with sweet ricotta cream. On the Amalfi Coast, sfogliatella Santa Rosa is filled with pastry cream and amarene (candied sour cherries in syrup) instead of ricotta.

**Wine** This land, kissed as it is by sun and sea, naturally boasts its own excellent and internationally appreciated wines. Italy is the largest wine-producing country in the world. While grape cultivation and winemaking are ancient, it wasn't until 1965 that laws were enacted to guarantee consistency in winemaking and to defend specific labels. Winemakers must apply for the right to add "D.O.C." (Denominazione di Origine Controllata) on their labels, and only consistently good wines from specific areas receive this right. Of Campania's



five provinces, Benevento is the one with the largest number of D.O.C. wines (Aglianico del Taburno, Solopaca, Guardiolo, Sannio, Sant'Agata dei Goti, and Taburno). Avellino boasts the Taurasi, the Greco di Tufo, and the Fiano di Avellino. From the volcanic soil of Mount Vesuvius comes the amber colored Lacrima Christi (Tears of Christ), and from the area of Pozzuoli, the D.O.C. Campi Flegrei. For many, the most famous Italian drink is Campari. Bright red in color and flavored with herbs, it has a quinine bitterness to it. It's customary to serve it with ice cubes and soda as an aperitif before dinner. Campania also excels at making Rosolio, a sweet liquor, usually herb or fruit-flavored, prepared according to recipes passed down by families for generations. Italy's second-most popular drink is limoncello. This bright yellow drink is made by infusing pure alcohol with the famous Nostrano lemons from the Amalfi Coast and is served ice cold direct from the deep freeze.

**Weather:** The climate is warm and temperate in Campania. Campania has a significant amount of rainfall during the year. This is true even for the driest month. In the mountain zones despite the abundant winter snowfalls, the climate is temperate. Along the coast, lowlands, and islands, the climate is typically Mediterranean and incredibly mild.

**Conclusion** Few corners of Europe can match Campania's natural beauty, warm and temperate climate and cultural adventures. Campania presents natural and man-made attractions calling tourists to discover it all.



# Beginner Italian

## Fall 2019

Learn the world's most beautiful, romantic, and musical language this fall!

You are invited to join us for a completely different language class in Italian. This class intends to reveal and highlight the NAMES of things....that is to say VOCABULARY.

**Class Dates:** Beginning September 23 and 30, October 7, 14, 21, 28 and November 4 and 11 with a makeup date of the 18th if necessary.

**Class Time:** Monday evenings from 7:00 to 9:00 pm

**Cost:** \$75 I.A.C.C. Members / \$85 Non-Members (Plus \$15 For Materials)  
A textbook will be available to anyone who desires at a cost of \$20 although not required.

**Location:** The Italian American Community Center ~ 2nd Floor  
(257 Washington Avenue Ext, Albany, NY 12205)

**Register:** Call (518) 456-4222 -OR- Visit: [www.IACCFoundationAlbany.org](http://www.IACCFoundationAlbany.org)

**CLASS SIZE IS LIMITED REGISTER TODAY!**

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

# Monday Night *Italian Grand Buffett*

\* Maximum Discount up to a party of 30 people.



ONLY \$21.95 per person

**Treviso**  
BY MALLOZZI'S

Soft Drinks Included. Reservations recommended.  
Enjoy a Bottle of House Wine for ONLY \$14.00 per bottle!

## *Sunday Brunch*

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



Sundays in Albany are a little bit more delicious!  
The Italian American Community Center of Albany  
and the talented chefs at Treviso offer a Sunday  
brunch extravaganza.



Executive Chef Ryan Huneau's menu features a chef's carving station, fresh Belgian Waffles, warm doughnuts, continental breakfast pastries, warm muffins, omelet station and much, much more.

**Brunch runs from 10:30 A.M. - 1:30 P.M.**

\* Maximum Discount of 12 People Per Reservation.

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

# 48th Annual FESTIVAL of NATIONS

Celebrating art and culture in the Capital District since 1972

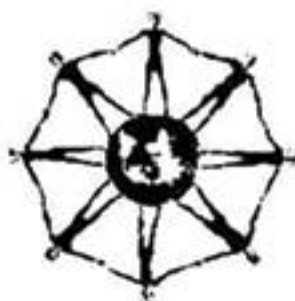


The Festival is presented by ethnic groups from Afghanistan, Argentina, Armenia, Bangladesh, Burma, China, Dominican Republic, Ethiopia, Greece, India, Indonesia, Israel, Italy, Korea, Liberia, Lithuania, Mexico, Morocco, Nepal, Nigeria, Pakistan, Poland, Puerto Rico, Russia, Scotland, Taiwan, Turkey, Ukraine

## Come and Be Part of a Celebration Of Cultural Diversity!

Parade of Nations

Crowning of Miss  
Festival of Nations



Native Dances/Music,  
Tasty Ethnic Foods

Unique Crafts and  
Entertainment from  
Around the World

**Sunday, October 20, 2019 — 12 Noon – 5:00PM**  
**Empire State Plaza Convention Center,**  
**Albany, New York**

**General Admission -- Adults \$5.00; Children (3-12) \$2.00**  
For information call - (518) 371-3737 or  
visit - <http://www.festivalofnations.net>

The American Italian Heritage Museum will be participating in the Festival of Nations representing Italy. This event will be held on Sunday, October 20, 2019 from 12 Noon with a parade of all the Nations. There will be food booths representing all participating nations as well as novelty booths along with entertainment provided by the participating Nations. If interested, the Museum has tickets available to purchase - Adults \$5 - Children \$3. 518 435-1979. Stop by our food or novelty booth and say "Hello".



# WOMEN'S LEAGUE



*H*ello ladies,

It was great to have Dawn Martin with us again this year for **Uncle Shawn's Hugs** and I hope that you enjoyed putting together the beautiful blankets which will be given to children during the holidays. Those who were not able to attend can see a photo in this newsletter of some of the people who worked on these blankets. If you were not able to attend, hopefully you can join us for this great project in 2020.

For our next meeting on October 9, 2019, we will be having our **Halloween Costume Party**. It will be great to see the many different and colorful costumes that everyone comes up with. Prizes will be awarded for costumes in the following categories:



- Best Homemade Costume
- Scariest Costume
- Best Team Costume
- Funniest Costume
- Most Glamorous Costume

Be sure to attend so that you won't miss out on the opportunity to win a prize! The meal choices for the October meeting will be Herbed Pork Loin or Haddock Gremolata. We will have Chocolate Raspberry Cream Cake for dessert. Please make your dinner reservations by calling Marilyn Quadrini at (518) 438-7602 by Sunday, October 6th. The cost for the meal is \$23. The cancellation policy remains in effect and any cancellations must be made no later than October 8, 2019.

As a Community Service Project, the Women's League will be collecting personal care items which will be donated to the boys and girls ages 13 – 17 who are staying at the **Runaway and Homeless Shelter** operated by **St. Anne's Institute**. They are in need of the following items:

1. Hair straightener, wands, heated rollers
2. Toothpaste and toothbrushes
3. Hair brushes for thick natural hair
4. Perfumes/body spray
5. Deodorant for males and females
6. Soap
7. Trial size shampoo, conditioner, soap, hand sanitizer
8. Regular size shampoo and conditioner
9. Body Lotion
10. Feminine wash
11. Male body wash
12. Female body wash
13. Laundry bins
14. Clothing Hangers
15. Washcloths and hand towels
16. Laundry detergent and fabric softener
17. Women's Socks
18. Women's underwear (S, M, L, XL, 2xl, 3xl)
19. Natural Hair Products



Please bring the items you wish to donate to the October Women's League meeting or drop them off at the office. Let's all give what we can to help them out.  
Thanks.

*Gretchen Van Valkenburg*  
President



# ANNUAL YEAR-END GENERAL MEMBERSHIP MEETING

Our annual year-in-review General Membership meeting will be on  
November 10 at 12:00 P.M. in the Ballroom.

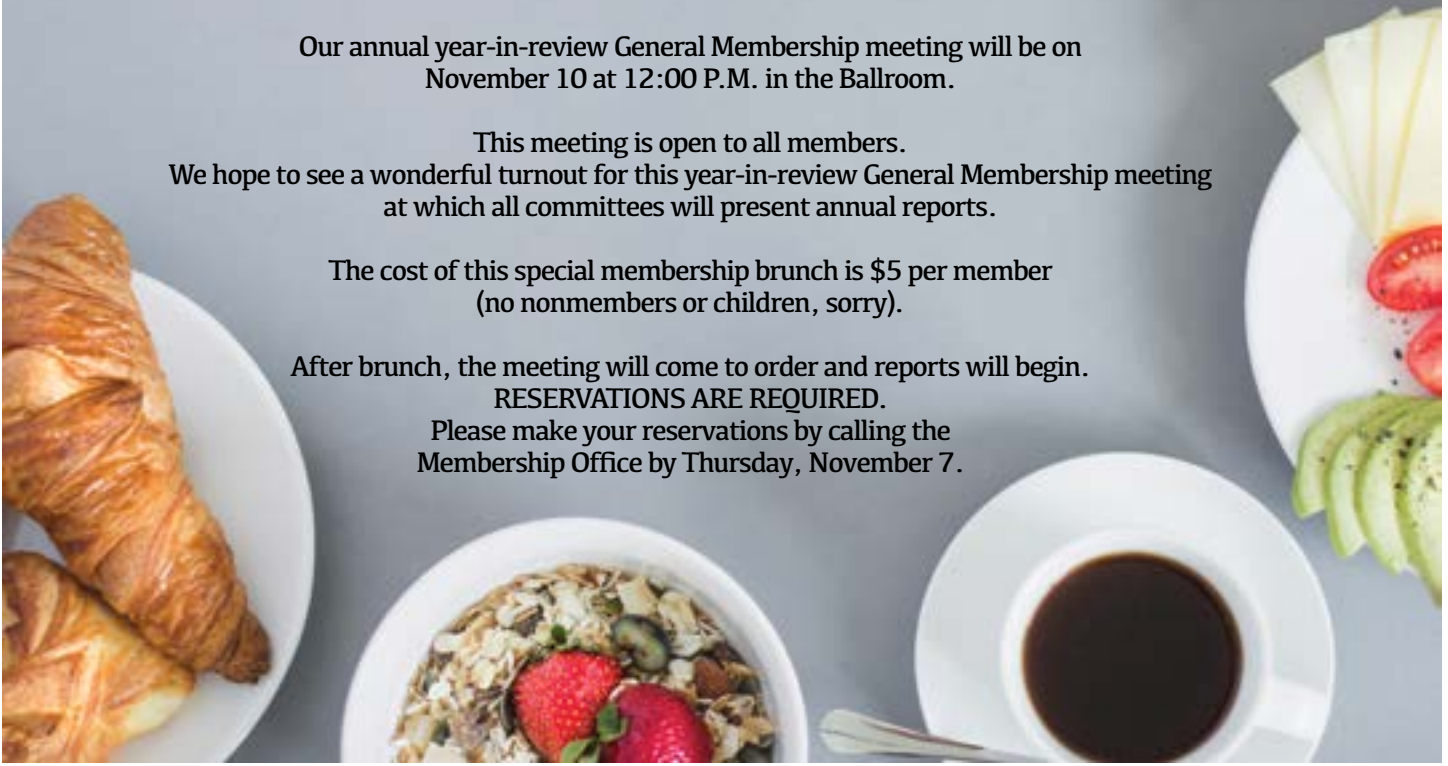
This meeting is open to all members.  
We hope to see a wonderful turnout for this year-in-review General Membership meeting  
at which all committees will present annual reports.

The cost of this special membership brunch is \$5 per member  
(no nonmembers or children, sorry).

After brunch, the meeting will come to order and reports will begin.

**RESERVATIONS ARE REQUIRED.**

Please make your reservations by calling the  
Membership Office by Thursday, November 7.



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- Discover the Beauty and Heritage left by mainly 4 thousand-year-old cultures, Roman, Christian, Jewish and Arab which dominated the southern part of Spain known as, Andalusia
- Marvel at the beauty of the fabled cities of GRANADA, SEVILLE, RONDA, CADIZ, CORDOBA, BAEZ and ALMUCAR ON THE Costa del Sol
- Enjoy the beauty and precision of fabled Andalusian horses as you watch an Equestrian Dressage performance
- Be transported back to another time as you ride through the beautiful countryside in the Border region, discovering the ancient "white villages"
- See and feel the passion of the performers as we attend a live Flamenco performance
- Tastings arranged for Spain's prized Shery wine, its cured Hams and fruits
- Be transported to the world of the Arabian Nights as we marvel at the beauty of
- The ALCAZAR Complex of Seville, LA MEZQUITA of Cordoba, the ALHAMBRA of Granada and much more
- Tour will end in Almunecar, on the fabled Costa Del Sol, staying at the beachside Hotel Helios. As we prepare to leave, we will be taking back with us wonderful memories of the passionate music, people, exotic sites, food and experiences

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# MEDITERRANEAN SPAGHETTI SQUASH



First, roast the spaghetti squash. Wash and dry the outside skin, then poke several holes all over with a knife. Lay the whole squash in a baking dish and bake at 400 degrees for an hour (turn the squash over mid way). Remove the squash from the oven and let it cool. Cut it in half length wise, scoop out and discard the seeds. Pull the squash with a fork to give it a stringy consistency. You could either transfer it out of the skin and into a bowl, or leave it right in there (as pictured).



In a small skillet, heat extra virgin olive oil over med-high heat (2 turns of the pan). Simmer 2 cloves of minced garlic for a minute. Add 1 can of chickpeas (or garbanzo beans), approximately 3 tablespoons of capers, and some pitted kalamata olives. Season with sea salt and cracked black pepper. Simmer for about 5-10 minutes while stirring occasionally. These approximate measurements are for the entire spaghetti squash. If you'd like to save 1/2 of the squash for something else, then only use 1/2 of a can of chickpeas and reduce the other ingredients.



Add the chickpea mixture to the spaghetti squash and toss well, making sure to coat the squash with the "sauce" made by the juices of the chickpeas, capers, olives, and oil. Top with crumbled feta cheese (optional) and serve in a bowl or straight out of the shell!



# CARING & SHARING October BIRTHDAYS



- Salvatore Anastasio
- James Anziano
- Catalina Arango
- Matthew Badalucco
- Rose Barbato
- Michael Basile
- Mark Berghela
- Paul Caputo
- Valerie Caputo
- Robert Casillo
- David Cesari
- Andrea Crisafulli
- Cassandra Curry
- John Dilanni
- Joseph Dilonna
- Nelson Drimalas
- Anthony Fazio
- Roger Fucilli
- Georgeann Greene
- Lisa Juliano
- Rick LaJoy
- Theresa LaJoy
- Robert LaMorte
- Carolina Mancino
- Joseph Massaroni
- John Musacchio
- Elizabeth Nowicki
- Fulvia Pizzitola
- Ann Pratt
- John Rizzo
- Philip Sabatino
- Gianfranco Santaniello
- Jamie Santaniello
- John Schumacher
- John Simeone
- Garry Slyke
- Faye Sperber
- Catherine Stigi
- Wayne Tearno
- Robert Vine
- Lisa Zeoli
- Anna Zumbo

## OUR CONDOLENCES



TO THE TIRINO FAMILY ON THE  
SUDDEN AND UNTIMELY PASSING  
OF PASQUALE JOHN TIRINO.

The I.A.C.C. Foundation was happy to play host and assist in a recent fundraiser for a young lady fighting cancer.



## WELCOME

*new members*

JOSEPH & PATRICIA GORMAN

STEPHEN & LINDA STAPLES

DENNIS & LORRAINE GUYON

DEBBIE SIMONI

DENISE SEVERINO

NICK PICCIRILLO

KARLY & MARC MERRILL

MARISSA LITTLEJOHN &

JOSEPH GIGLIO







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