



ISSUE 560

SEPTEMBER 2020

Summer 2.0

POOL



Friday Nights AT THE PAVILION

Every Friday from July 3rd - Sept. 25th

| | |
|--|---------|
| 8-CUT Cheese Pizza | \$12.00 |
| White Pizza with Broccoli | \$13.00 |
| each topping add | \$1.00 |
| <small>Toppings available: Anchovies, Sausage, Pepperoni, Broccoli, Olives, Peppers, Mushrooms, Onions</small> | |
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| Sausage & Pepper Sub | \$7.00 |
| Meatball Sub | \$7.00 |
| Eggplant Parm Sub | \$7.00 |
| Fried Calamari | \$7.00 |
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| Tossed Salad | \$5.00 |
| Fried Dough | \$5.00 |

To learn more about the Italian American Community Center Foundation, please visit:
www.iaccfoundationalbany.org
 518-456-IACC (4222)
 257 Washington Avenue Ext. Albany, NY 12205

CRREDIT CARDS ACCEPTED



Pictures Pages 2, 3 and cover: "Designed by Freepik"

Labor Day BBQ AT THE POOL

September 7, 2020

NEWS & EVENTS

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SOCIAL CALENDAR

September



9/2~ Member Exclusive: Weekly Co-Ed Poker Game Noon *

9/2 ~ Member Exclusive: Weekly Men's Poker Game 5:00 pm *

9/4~ Friday Nights At The Pavilion
(Special: Frutti de Mare over Pasta) 5pm-8pm

9/7~ LABOR DAY BBQ AT THE POOL

9/9~ Women's League Meeting (Uncle Shawn's Hugs) 6:00 pm

9/11~ Friday Nights At The Pavilion
(Special: Chicken Parmesan with Pasta) 5pm-8pm

9/16~ I.A.C.C. Board Meeting

9/18~ Friday Nights At The Pavilion
(Special: Roast Beef/Mashed Potatoes/Vegetables) 5pm-8pm

9/25~I.A.C.C. Pool Lap Swimming Ends

9/25~ Friday Nights At The Pavilion
(Special: Chicken Cacciatore with Pasta) 5pm-8pm

9/27~I.A.C.C. POOL CLOSING BBQ

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



UPCOMING EVENTS

**11/29 ~TREE LIGHTING
CEREMONY**

**12/13 ~ FAMILY
CHRISTMAS PARTY**



PRESIDENT'S MESSAGE



Summer 2.0 or Summer Part 2 is the continuation of our summer activities through late September. Our heated pool will continue with regular hours as well as morning lap swimming and our Friday Nights at the Pavilion. This has been quite a hot summer and thankfully restrictions were lifted to allow for pools and pavilion usage. Hopefully In the near future, as NYS infection rate numbers continue to stay low, the restrictions on large gatherings will be relaxed or lifted to allow for weddings and similar parties to occur. Our new tenant, 2Shea Catering, continues to offer our Monday Night Grand Italian Buffet and Sunday Brunch with the utmost safety in mind. They offer dining both inside and outside in addition to the Thursday Night Take out dinners that will change monthly. I encourage all members to check our Facebook page for the latest news and updates as well as to come out and support our tenant through your patronage.

Anyone who has ever staged an event or planned a party knows how much time and preparation goes into events long before they occur. It is with great sadness I must inform the membership of the latest activities/events that must be postponed: the mixed bocce league, Halloween Party, and our signature event of the year, The Columbus Day Grand Gala. The decision to postpone our annual Columbus Gala was not made lightly and was reached after much deliberation. Current regulations which allow for only gatherings of 50 people made this event unfeasible at this time. The IACC has held this event every year since its inception but the safety and enjoyment of our members comes first. The 2020 honorees were selected and are on board for an even bigger and better celebration on October 16, 2021! Please be sure to mark the date on your calendar so you can join the celebration.

I would like to thank and congratulate the Pavilion crew that helped reimagine and stage our annual Ferragosto celebration. All proper protocols were followed by offering a variety of prepackaged lunch and dinner options to attendees. This event did much to lift the spirits of our membership and provide a sense of normalcy in our lives! Bravo and thank you to all our great volunteers for this event. May we all enjoy the last few weeks of warm weather and continue to stay safe.



JIM SANO
ITALIAN AMERICAN COMMUNITY CENTER - PRESIDENT



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Sardinia

- Part Two -

By JIM SANO

Continuation from
our August edition ▶

Cuisine and Wine

Not everyone knows that Sardinia is a major saffron producer in Italy. This wonderful and very precious spice of intense red color is used in many typical Sardinian dishes and is often called “red gold of Sardinia”. Sardinian saffron (shown here) is coveted for its quality due to the bulbs having been cultivated for more than a century.

Culurgiones is a unique Sardinian pasta that looks like ravioli but are stuffed with potatoes and mint. It is commonly served with tomato sauce, basil and a sprinkle of pecorino or with butter and sage.

You have probably tasted pecorino cheese before, but did you know that most of it is produced in Sardinia? It is also one of Italy’s oldest cheeses. Distinctly Sardinian, Pecorino Sardo DOP is the king of Sardinian cheese and is famous worldwide. It is made with pasteurized



Saffron

Sardinian sheep’s milk with a technique that dates right back to 1700. It comes in many variations, but European legislation of PDO dictates that the authentic cheese must only be made with Sardinian sheep’s milk. It takes an average of six months to mature, by which time it presents a dark yellow or brownish crust. The flavor becomes stronger the longer the cheese is aged.

This author loves cheese BUT I will pass on this one! Infested with maggots, Sardinia’s Casu Marzu (shown here) is a ‘special’ kind of cheese. Considered one of the most extravagant earthly delicacies, it is a delight for lovers of strong cheese. It is a traditional Sardinian sheep milk cheese with insect larvae (maggots). A fly deposit the eggs and the larvae in the cheese which creates a high



level of fermentation inside of the cheese. This makes the cheese softer like cheese paste. This cheese is now considered illegal, for health and safety reasons, but can still be purchased on the black market in Sardinia.

As stated from previous regions, the “poor cuisine” is prevalent in Sardinia as well with all parts of animals used as food. It is not uncommon to see on a menu items such as cow and lamb brain, tripe, cow tongue and entrails.

This is probably the most famous Sardinian dish. The suckling pig or “Porcheddu” must weigh from 4 to a maximum of 6 kilograms and should be entirely cooked with myrtle leaves. The spit-roasted suckling pig takes some master practice to be well-cooked/done. It is roasted on a spit over a log fire for about 3 hours or cooked “Incarrazadu” which means in a large hole under the fire. If you want to add a touch of style, leave it to infuse myrtle leaves and serve on a rustic cork tray. (shown here)



Prosciutto di Pecorinois, a Sardinian cured meat made from mutton, is produced from the legs of the best breed of Sardinian sheep. Lamb prosciutto has an intense and fragrant aroma complimented with the full-bodied taste of traditional Sardinian herbs.

Zuppa Gallurese is a typical dish of Gallura. The word “zuppa” means soup, but this dish is not a liquid dish although broth is used to prepare it. The consistency is like that of lasagna. It is a mix of slices of bread (different types of bread can be used), cheese and lamb broth baked in the oven.

Spaghetti with sea urchin is only available from November till April when sea urchins are in season. It is forbidden to take the sea urchins at other times of the year and it is possible to collect only a limited number of sea urchins per fisherman to protect these species.

Bottarga is one of the most famous and tasteful delicacies of Sardinia. Bottarga is obtained from the salting and air drying of mullet roe. This dried mullet roe can

be eaten raw in thin slices as a starter or can be grated as a condiment either with antipasto or to dress pasta, usually spaghetti or linguine. Bottarga di Muggine is sold both whole or ground in a jar.

Lamb with artichokes is a traditional Sardinian plate often cooked during Easter. It is rather easy to find genuine lamb meat in Sardinia.



Compared to a standard artichoke, the Sardinian prickly artichoke (shown here) is distinguished by its compact conical head and shades of purple. The taste is full bodied with a sweet edge and is best served with salad and lamb.



► *Continue on Page 8*

► *Continue from Page 7*

Unique to Sardinia is the Pompia tree. It looks like an orange tree, but with strange fruit which is as large as or larger than a grapefruit, bright yellow in color and with a thick, ribbed, wrinkled skin. Some botanists say it is a hybrid between citron and lemon, while others consider it as a hybrid between citron and grapefruit. Pompia trees grow wild in the scrub and in citrus groves only in Sardinia where they have been grown for at least two centuries. It is an essential ingredient in some traditional sweets, like Sa Pompia Intrea, a traditional wedding dessert that requires lengthy preparation in order to candy the pith in honey. The rind is also used to flavor spirits.

Sardinia is also well known for its sweets and pastries such as Seadas, a traditional Sardinian dessert made of fried pastry filled with delicate lemon-scented pecorino cheese and topped with local Abbamele honey.

Pane Cocci, decorated bread made from durum wheat and semolina, was once just prepared for special events like weddings, although now it is easy to find it year-round. It is often baked in a round shape.

Sardinia's wines have little in common with those produced in the rest of Italy. Sardinia's remote Mediterranean location, as well as the historic influence from other cultures, gives its wines a unique character that might be considered to have more in common with Spanish than Italian wines. Among the best-known wines are Bovale, Monica, Vermentino, Malvasia, Nasco and Moscato.

Moscato wines are sweet and often sparkling, while Malvasia may be either dry or sweet. Some others worthy of mention are Cannonau, a red with high alcohol content, Nuragus, dry and with a slightly acid note, Carignano del Sulcis (DOC), a red with a dry lingering flavor and Malvasia, a sweet dessert wine.

Perhaps Sardinia's most unique wine, the amber colored Vernaccia di Oristano, is based in the province of Oristano. Varieties include both dry and sweet wines as well as fortified "sherry-like" wines. The grape has a long history with Sardinians with many claiming that consuming ample quantities of this wine being responsible for low instances of malaria on the island.

Sardinia's Blue Zone or How One Lives to be 100

Is it genetics, environment or a combination? Antonio Todde, who lived in a village in the mountains of central Sardinia, was the first man in the world to live to 110. Sardinia's male population is said to have one of the best life expectancies in the world. The island has an above



average life expectancy of 81 years and has the highest rate of centenarians in the world. In 2004, a research team set off to investigate a rare genetic quirk carried by these inhabitants. The M26 DNA marker is linked to this area's exceptional longevity, and due to geographic isolation, the genes of the residents in this area of Sardinia have remained mostly undiluted.

This isolation has helped preserve a very traditional, healthy lifestyle in which food is locally grown. Sardinians still hunt, fish and harvest the food they eat. The people in this area eat a very classic Sardinian diet consisting of a lean, plant-based diet accented with meat, whole-grain bread, beans, garden vegetables, fruits, and,



in some parts of the island, mastic oil. Meat is largely reserved for Sundays and special occasions. Sardinians also traditionally eat pecorino cheese made from grass-fed sheep; whose cheese is high in omega-3 fatty acids. Goat's milk, another staple, contains components that might help protect against inflammatory diseases of aging such as heart disease and Alzheimer's disease. Moderate consumption of locally made Cannonau wine, which has two to three times the level of artery-scrubbing flavonoids as other wines, may help explain the lower levels of stress among men.

Physical activity is a part of each day. By keeping active, many men stay healthy longer. For centuries shepherding offered the best profession. Walking five miles or more a day, Sardinian shepherds received cardiovascular benefits and a positive effect on muscle and bone metabolism without the joint pounding of running. Sardinia's strong family values help assure that every member of the family is cared for. People who live in strong, healthy families suffer lower rates of depression, suicide, and stress. Elders are celebrated and family is revered. Grandparents can provide love, childcare, financial help, wisdom, and expectations and motivation to perpetuate traditions and push children to succeed in their lives. The benefit to elders is that they feel a sense of belonging in their families and communi-

ties. They live at home, where they are likely to receive better care and remain more engaged than they would in a nursing home or assisted-living facility.

Laughter reduces stress, which can lower one's risk of cardiovascular disease. Men in this Blue Zone region are famous for their sardonic sense of humor. They gather in the street each afternoon to laugh with and at each other. Given all these factors, it becomes easy to see how people from this area live such long lives.



Due to current New York State regulations surrounding COVID-19, we will not be holding our Columbus Day Grand Gala this year.

The IACC has held this event every year since its inception so this was not an easy decision. However for the safety and enjoyment of our members, we feel it's the best decision for everyone.

Please save the date for our 2021 Columbus Day Grand Gala, October 16, 2021, which promises to be a great event as we emerge healthy, strong and ready to party in celebration of our Italian heritage.

Thank you for your understanding and your support of the Italian American Community Center.

PROPOSED BY-LAWS ADDITION



THE FOLLOWING IS A PROPOSED ADDITION TO THE BYLAWS TO ALLOW FOR THE FOLLOWING. IN ACCORDANCE WITH THE BYLAWS IT MUST BE PUBLISHED IN THE SIAMO QUI.

Participation in Meeting by Teleconference

Members of the Board may participate in a meeting, to include the casting of votes on motions and elections before the Board, through the use of a telephonic conference service or other electronic communications equipment.

Action Without a Meeting

Any action, excluding an amendment to these By-Laws or the election of a Board Member or officers, which is required or permitted to be taken at

a meeting of the Board of Directors or any action required or permitted to be taken by any committee may be taken at a meeting of the Board of Directors, or any action required or permitted to be taken by any committee, may be taken via e-mail without a meeting if two thirds (2/3) of the members of the Board or committee consent to taking the action without a meeting and to approving the specific action. Such consents shall have the same force and effect as an actual meeting and vote of the Board or of the committee as the case may be.

PINEVIEW PRE-SCHOOL PARTNERSHIP



The Pineview Pre-School & Kindergarten has been using and enjoying our facilities for the last 10 years. It has been a wonderful partnership over that period of time. We have been able to bring in additional revenue during normally closed times (9:30am-11:30am). For Pineview Pre-School, it has offered their children a chance to learn how to swim and enjoy pools safely. In addition from this collaboration, many of our members have sent their children to preschool at Pineview. Here's to many more years of having fun and working together!



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WOMEN'S LEAGUE

*H*ello Ladies,

Welcome to our September 2020 article in this longer summer season. Hopefully, we will be lucky and continue to have some beautiful weather for our upcoming events.

We had our barbeque and water aerobics on Wednesday, August 12, 2020 and even though we did not have a large group attending, everyone seemed to have a fun time in the pool. Many thanks go out to Michele Sano for her great leadership in this event and an additional thank you to Tony Fazio for cooking for us.

For our Women's League meeting this month which will be held on Wednesday, September 9, 2020 at 6:00 p.m., we will be joined by one of our favorite guests, Dawn Martin, as we spend our evening completing the many beautiful Uncle Shawn's Hugs blanket kits that Dawn brings to us every year. This is an evening when you may want

to plan to get here early so that you can choose a blanket and get started putting them together before we have our dinner. I plan to get there early as well. The earlier we get started on our blankets, the more we can work on.

For our meal choices tonight, we will be having Chicken Francaise or Mushroom Ravioli. The cost for dinner will be \$25. Please be sure to either call Lynn Indelicato at 518- 479-3714 or email her at lynn.indelicato@yahoo.com on or before Sunday, September 6, 2020. The cancellation policy remains in effect and any cancellations must be made no later than September 8th.

I am looking forward to seeing everyone on Wednesday, September 9, 2020 to socialize and work on our blankets together.

Be Safe,

Gretchen Van Valkenburg
President



Buon Ferragosto



2020 IACC SWIMMING POOL SCHEDULE

POOL PHONE 518-380-2066 (to check conditions)

Members MUST have their membership card available while at the pool

| Su | Mo | Tu | We | Th | Fr | Sa | | Su | Mo | Tu | We | Th | Fr | Sa | |
|------|----|----|----|----|----|----|--|-----------|----|----|----|----|----|----|---|
| June | | | | | | | | August | | | | | | | 1 |
| | 1 | 2 | 3 | 4 | 5 | 6 | | 2 | 3 | 4 | 5 | 6 | 7 | 8 | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 | | 9 | 10 | 11 | 12 | 13 | 14 | 15 | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | | 16 | 17 | 18 | 19 | 20 | 21 | 22 | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | | 23 | 24 | 25 | 26 | 27 | 28 | 29 | |
| 28 | 29 | 30 | | | | | | 30 | 31 | | | | | | |
| July | | | | | | | | September | | | | | | | |
| | | | 1 | 2 | 3 | 4 | | | | 1 | 2 | 3 | 4 | 5 | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 | | 6 | 7 | 8 | 9 | 10 | 11 | 12 | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 | | 13 | 14 | 15 | 16 | 17 | 18 | 19 | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 | | 20 | 21 | 22 | 23 | 24 | 25 | 26 | |
| 26 | 27 | 28 | 29 | 30 | 31 | | | 27 | | | | | | | |

Noon – 8:00 p.m.

10:00 a.m. – 8:00 p.m.

Noon – 5:00 p.m.

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.**

A SURPRISE MUSICAL GUEST A DAY WITH "THE DILLZ"

On 8/7/2020, at Friday Night's At The Pavilion & at the pool we had a special guest (Kosha Dillz a.k.a. Rami Matan Even-Esh) visit us from NYC. He performed and was able to join us in celebrating the value and importance of being a part of unified, strong communities.



He has been on a variety of community, "front lines," throughout this pandemic to lift the spirits of many and we are very happy he stopped up to share some of his fun-loving, playful joy and cheer here!

Kosha Dillz (a.k.a. Rami Matan Even-Esh) is a 20+ year music industry veteran Hip-Hop artist who has worked with all kinds of artists (spanning the globe ranging from major artists to local and international artists of all different genres). Even-Esh is also an active voice throughout the world community as an advocate and supporter of a variety of health and wellness causes some of which are: promoting sustainable farming, education in under-served communities, helping homeless veterans, working with individuals and organizations involved in mental health and rehabilitation communities, along with generating and spreading awareness about manifold world endeavors.

If you'd like to check out some of his works be sure to Google, "**Kosha Dillz.**" From there you'll be able to check out his TEDx Talk, Wikipedia Page, SoundCloud Music Page, Spotify Channel, YouTube Channel, Instagram and Twitter Profiles, Facebook Page, along with a variety of Articles (About DIY Musicianship, Business and much more). Feel free to email him with any community focused business inquiries at: RapperFriends@gmail.com. He's always happy to lend a helping hand when he can.



CARING & SHARING

September BIRTHDAYS

- Rosanna Aiuppa
- John Articolo
- Michael Barone
- Adrienne Bonilla
- Marlene Brookins
- Monica Buckley
- Mario Chiarello
- Andrew Chouffi
- Lea Collins
- Christine Di Ionna
- Louis Donadio
- Dawn Dorsey
- William Fluty
- James Fox
- Vincent Forte

- Michael Franchini
- Terasa Genovese
- Jerry Giunta
- Rose Marie Guastamacchia
- Angelina Jackson
- Margaret Kirwin
- Zoey Knapik
- Michael Macri
- Nick Mancini
- Maria Marchio
- Frank Mesiti
- Rosalie Nappi
- Kristen Padilla
- Francesco Pecoraro
- Abigail Ramsay

- Diane Riley
- Lynne Rizzo
- Mario Rizzo
- Hiedi Ruth
- Jeanne Sacca
- Susan Saddlemire
- Jim Sano
- Ralph Savage
- Janice Stankus
- Ronald Tamburri
- Jayne Tinker
- Josephine Tirino
- Brian Turner
- Linda Zeoli



Welcome

new members

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Jasmine & Dominic Romani
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Sarah Washburn
Lyn & Tom Tobin
Ginger & Steven Evans
Susan Esposito
Angelina Jackson
Michael & Stacey Bucci
Joan Goodman
Michael Keegan & Eileen Foster
Shay Allen
Mark Cataldo
Rami Matan Even-Esh



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Mangia Bene, Viva Bene

By FRANK ZEOLI

Giambotta



I used to love spending this time of year with my grandmother. We had a long-standing tradition of visiting a farm or farm stand on several Sunday's during the months of August and September. After picking up various vegetables, we would go home to her house and make an all-vegetable dinner. Giambotta was one our favorites because it was a lot of vegetables all in one dish. There was nothing like it. I can still smell the vegetables simmering in the big cast iron pot on her stove on a warm, sunny Sunday afternoon. Boy, I sure miss those days.

Prep Time: 25 Minutes
Cook Time: 65 Minutes

Ingredients

- 2oz of olive oil
- 1 large onion, diced
- 3 cloves of garlic, minced
- 1 medium zucchini, diced
- 1 medium yellow squash, diced
- 1 green pepper, diced
- 1/2 lb. of green beans, cut in half
- 4 large tomatoes, cored, skinned, and diced
- 4 large potatoes, peeled, diced
- 10 large fresh basil leaves, chopped
- 1T of fresh oregano, chopped
- 2T of fresh parsley, chopped
- Salt and pepper to taste

Instructions

1. Dice the onion, garlic, zucchini, squash, pepper, and potatoes. Chop the basil, parsley, and oregano.
2. In a large Dutch oven pan add the olive oil, garlic, and onion and sauté until the onions are translucent. Add the peppers, zucchini and squash and cook for about 15 minutes.
3. Add the diced potatoes, green beans, tomatoes, basil, oregano, and parsley to the mixture in the pan. Add a lid to the pan and let simmer, stirring frequently, for another 30-45 minutes until the potatoes and vegetables are tender. Season with salt and pepper.
4. Ladle some of the Giambotta into a bowl, add some parmesan cheese and serve with some crusty Italian bread.



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



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