

"WE ARE HERE"

SIAMO QUI

ISSUE 511

AUGUST 2016

ferragosto 2016

Please join us for our
3rd Annual
FERRAGOSTO
Celebration.

By: FRANK ZEOLI

Our Ferragosto celebration is a recreation of
the biggest holiday of summer in Italy.

You would not want to miss out on this terrific family
event including food, music, swimming, bocce and a
massive bonfire at dusk.

WHEN: Saturday, August 13, 2016

TIME: 3:00pm

WHERE: I.A.C.C. Foundation Pavilion

COST: Members are Free

Guests of Members \$10.00 per person (pay at the door)

Menu to thoroughly enjoy.... Antipasti, Suckling
Pig Roast (Porchetta), Sausage & Peppers,
Eggplant, Pasta, Salad, Bread and Butter,
Dessert, Coffee and Tea included.

Other beverages will be available for purchase.

Reservations are not required.

For more information call the
membership office at (518) 456-4222.



Don't forget to bring your lawn
chairs for the Bonfire.

NEWS & EVENTS



WATER AEROBICS & OTHER WOMEN'S LEAGUE EVENTS.



FLU, PNEUMONIA & SHINGLES CLINIC!



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257 Washington Avenue Ext.
Albany, NY 12205
(518) 456-4222
iacoffice@italianamerican.com

SOCIAL CALENDAR

AUGUST 2016



- 01 ~ Early Morning Lap Swimming 7:30-9:30 am
- 01 ~ Men's Weekly Bocce, Playoffs 6:30-8:30pm
- 02 ~ Women's Weekly Bocce 6:30-8:00pm
- 03 ~ Member Exclusive: Weekly Ladies' Poker Game 12:00pm
- 03 ~ Member Exclusive: Weekly Men's Poker Game 5:00pm
- 04 ~ Member Exclusive: Weekly Co-Ed Pinochle Game 6:30pm
- 05 ~ Friday Nights At The Pavilion 5:00-8:00pm
- 08 ~ Men's Weekly Bocce, Playoffs 6:30-8:30pm
- 09 ~ Women's Weekly Bocce Ends 6:30-8:00pm
- 10 ~ Member Exclusive: Weekly Ladies' Poker Game 12:00pm
- 10 ~ Member Exclusive: Weekly Men's Poker Game 5:00pm
- 10 ~ I.A.C.C. Women's League Meeting 6:30pm
- 10 ~ K-9 Demonstration. 6:30 pm
- 11 ~ Member Exclusive: Weekly Co-Ed Pinochle Game 6:30pm
- 12 ~ Early Morning Lap Swimming Ends 7:30-9:30 am
- 12 ~ Friday Nights At The Pavilion 5:00-8:00pm
- 13 ~ Ferragosto Celebration 2:00-10:00pm
- 15 ~ Men's Weekly Bocce, Playoffs 6:30-8:30pm
- 17 ~ 55+ Club, Saratoga-Italian American Day at the Track-Carousel 11:00am
- 17 ~ I.A.C.C. Board Meeting 6:30pm
- 18 ~ Cigar Night in the Roman Garden 6:00pm
- 19 ~ Friday Nights At The Pavilion 5:00-8:00pm
- 22 ~ Men's Bocce, Semi-Finals 6:30-8:30pm
- 26 ~ Friday Nights At The Pavilion 5:00-8:00pm
- 29 ~ Men's Bocce, Championship Round 6:30-8:30pm

SEPTEMBER 2016

- 02 ~ Friday Nights At The Pavilion 5:00-8:00pm
- 05 ~ Labor Day BBQ-Pool 2:00-5:00pm
- 09 ~ Friday Nights At The Pavilion Ends 5:00-8:00pm
- 10 ~ Italian Comedy Chicks-Comedy Show 6:00-10:00pm
- 16 ~ Giffy's BBQ 4:00-6:00pm
- 18 ~ Pool Closes For The Season 12:00-5:00pm

UPCOMING EVENTS:

10/15 Columbus Day Dinner Gala 6:00-11:00pm



PRESIDENT'S MESSAGE

It is with great pleasure that I inform our membership that we have reached the goal of having membership above the 400 member level for the first time in almost 20 years. We should all be very proud of this accomplishment. In this day and age while many social and fraternal organizations are struggling to keep the doors open we are growing and thriving. Thanks you to all our members, new and old.

I want to thank the Music Business Network, and owner Kathryn Sano, for the last 16 months of managing our social media, public relations, communications, being our creative director and making sure our brand name was always properly presented. During this time period, it has been the top priority of Jim Sano, Frank Zeoli and myself to increase club activities, member participation at events and membership. With those goals in mind, the Music Business Network, worked closely with administration, and crafted a plan that lead to the successful accomplishment of these goals.

This month will be busy with our Friday Nights at the Pavilion, Ferragosto Celebration (free to members), Italian American Day at Saratoga Race Course, and a Cigar Night Fundraiser event, hosted by the Mallozzi Group in our Roman Garden. Upcoming in September we will host a Comedy Night featuring the Italian Chicks, four comedians that I am sure will be quite entertaining. Please join us and support these activities.

I want to welcome our new art director for the Siamo Qui, Catalina Arango. Catalina and her family have been members for a little over a year. She is a professional trained graphic artist and we are so happy to have her lend her time and share her talents with us.

Invite your friends and family to join the party and become an I.A.C.C. member. I know we can reach 500 members by the end of this year. We truly are, "The Capital District's Premier Social Club!"

ITALIAN AMERICAN COMMUNITY CENTER PRESIDENT



I.A.C.C. OFFICERS

PRESIDENT ~ CAIN SCALZO
312-2784
VICE PRESIDENT ~ JIM SANO
438-4631
TREASURER ~ JOAN WALLIS
389-6090
SECRETARY ~ SHARON PATREI
765-3283

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JEANNE WILSON ~ 629-0205
FRANK ZEOLI ~ 463-2106
DONNA ZUMBO ~ 452-2617

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BY-LAWS ~ JEANNE WILSON
GRIEVANCE ~ JEANNE SACCA
SOCIAL ACTIVITIES ~ FRANK ZEOLI
WOMEN'S LEAGUE ~ DONNA ZUMBO
MARKETING/PR
COLUMBUS DAY GALA - MARIA LAMORTE

SIAMO QUI

EDITOR ~ LYNDA SCALZO
CREATIVE DIRECTOR - CATALINA ARANGO
ADVERTISING ~ DOMINIC INDELICATO

55+ CLUB

GREAT EVENTS

Come and join us in all of our events, they are not just for 55+ members. It is open to all members.

If you are interested, please contact Maria Marchio at 438-9067.

Italian Day at The Villa Roma Resort

October 18 - Italian day at The Villa Roma Resort in Calicoon, NY. The cost is \$32.00 per person, for luncheon and entertainment. Departure from the IACC parking lot at 9:30am. For further details contact Maria Marchio.



Entertainment

Broadway and international singer Nicholas King is the ultimate crowd-pleaser. You'll be thrilled with his renditions of your favorite italina songs and standards!

Luncheon Menu: Fruit Cup & Lentil Soup. Eggplant Parmigiana, Cod a la Veleziano, or Chicken Marsala. All served with starch and assorted vegetables.

Dessert: Tiramisu, Canoli or Italian Cheesecake.



Italian-American Day at the Saratoga Race Track

August 17th Italian day at Saratoga Race Track, contact Maria Marchio 438-9067 if you are interested in carpooling or meet at the Saratoga Race Track Carousel at 11:30, look for the reserved I.A.C.C. tables.



Singalong

September 29th we will have a Singalong featuring member Vic Consiglio playing the piano. Anyone interested please contact Maria Marchio at 438-9067 or the membership office 456-4222.

RENOVATED PAVILION



Foundation President Frank Zeoli, joined by Ann Marie Lizzi, Dave Quadrini, Jim Sano and Cain Scalzo does the honors of cutting the ribbon to commemorate the opening of our newly renovated pavilion.

LAKE GEORGE CRUISE



Members that went on our recent Lake George luncheon cruise trip.

CLUB NEWS & EVENTS

NEW POOL CHAISE LOUNGES



Thank you to the Women's League for their generous donation that allowed us to buy new chaise lounge chairs.

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Beginner Italian

Fall 2016

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

An 8 week course for beginners and those who wish to refresh their skills. Learn the basics from numbers and telling time to simple greetings and conversation.

Class Dates: Mondays Starting 9/26/16 & Ending 11/14/16

Class Time: 7:00-9:00pm

Cost: \$75 I.A.C.C. Members / \$85 Non-Members (Plus \$15 For Materials)

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

CLASS SIZE IS LIMITED REGISTER TODAY!

Women's League



Hi Ladies,

We had a great time at our last meeting! It was the largest class yet for water aerobics. The cookout was quite a feast, with lots of desserts to cap off the hot, humid, summer evening.

Mark your calendar for Saturday, August 13, 2016. It is the annual Ferragusto celebration. Remember, this is a free event to members. Also, make sure your calendar includes Friday nights at the Pavilion. Stop by for a fantastic meal with many of your I.A.C.C. friends!

This month our meeting will be held in our newly renovated pavilion. If you haven't seen it yet, come early to look around. You will just love it. We will have another one of our favorite demonstrations – the New York State Police with his K-9 dog! In fact, the same officer wanted to come back to us because he had such a great time last year. Let's give this Trooper a great turnout!

Our dinner will be prepared in the pavilion, so there will only be one meal choice which is roasted ½ chicken with potatoes, vegetables and a salad. We will have some cheese and bread to munch on before dinner.

Of course, saving the best for last, we will have a "make your own sundae bar" for dessert. Cost will be only \$15.00.

Our meeting will be on August 10th at 6:30 p.m. Please call Gail Tarantino, at 355-1316 by Sunday, August 7th to make your reservation.



Donna Zumbo
Women's League President



Finding Our Immigrant Ancestry

ARE YOU MY COUSIN?

By ANGELO F. CONIGLIO

After having my DNA tested by 23andMe, registering with the site on-line, and seeing preliminary results, I invited certain of the other participants to share their genomes (genetic 'blueprints') with me.



My selection of those I invited was based on several factors: were the person's 'haplogroup' codes similar to mine, indicating common ancestors in the distant past? Were the surnames listed in his/her profile familiar, possibly matching surnames in my direct ancestry? Were the ancestral towns listed the same as mine, or near to them geographically? How close was the indicated relationship?

That last criterion bears deeper consideration. The tests run by 23andMe consider that one's total genome is represented by a cumulative length of chromosome segments of 7,440 centiMorgans (cM). The combined length of all the matching segments from another person is compared to 7,440, and an approximate percentage of shared DNA is calculated. In theory, then, my child would have a total

matching length of 3,720 cM, or 50% of my DNA. To give a feel for the degree of relationships found for me so far, one of the 'closest' relatives found has a total of 36 cM in two segments, for a shared DNA percentage of 0.48%. That's less than one-half of one percent! But according to 23andMe, this person is my '3rd to 5th cousin.'

These numbers may seem miniscule, but consider the following: 50% of my DNA should come from my father, 25% from my grandfather, 12.5% from my great-grandfather, and so on. By the time I've counted back seven generations, I have less than one percent of my ggggg-grandfather's DNA. Because of changes in DNA over the generations due to random mutations, the actual percentage retained from each ancestor may be less than the

theoretical amount. So 0.48% shared DNA, from my example above, may mean a relationship as close as '3rd to 5th cousin.'

Many folks who have their DNA tested are reluctant to share their names, or their ancestors' surnames and ancestral towns. There are generally two reasons for this: they are concerned about 'privacy' and possible identity theft; or those who have developed their own 'paper' family trees are reluctant to make those trees available to others, because of 'pride of ownership.' In my view, those who have such concerns shouldn't bother having their DNA tested, since such reluctance effectively suppresses any interaction with potential relatives.

Generally, for genome comparison, I chose to invite folks who

shared ancestral surnames and/or places of origin. My reason is that I feel those people have the greatest chance of having developed a 'paper' genealogy that somewhere 'meshes' with my own, and in that way I hope to find names, dates and records that I have not yet included in my family tree.

For example: my earliest known Coniglio relative is my 4th-great-grandfather Filippo. From a son's marriage record, I know he died after 7 January 1770, and was probably born around 1715. I know his

wife's name, Vincenza Ricotta, and the names of five sons: Pasquale, Gaspare, Angelo, Amadeo and Felice; all from Serradifalco, Sicily. Let's say I find a person, call him Joe, with a very small percentage of matching DNA, but who lists an ancestral town of Serradifalco, with ancestors surnamed Coniglio.

I contact Joe, we share genomes, and in correspondence he tells me he's the descendant of Giuseppe Coniglio, born in 1740, son of Filippo Coniglio and Vincenza Ricotta. He has their baptism and marriage records, and has found that Filippo's father was Pasquale Coniglio,

born in Serradifalco in 1680. So, by having my DNA tested, and comparing it to a distant relative who had his tested, after inspection of sources and corroboration, I've found an extension of my own family tree and the name of my fifth-great-grandfather. DNA testing didn't extend my 'tree', but it gave me the means to do so.

Coniglio is the author of the book *The Lady of the Wheel*, inspired by his Sicilian research. Order the paperback or the Kindle version at <http://bit.ly/SicilianStory>. Coniglio's web page at <http://bit.ly/AFCGen> has helpful hints on genealogical research. If you have genealogy questions, or would like him to lecture to your club or group, e-mail him at genealogytips@aol.com

CHAIR YOGA



Time:

~ 6:30pm

Cost:

~ \$8/Class - OR - \$60/Full 10-Week Session

Dates:

~ Every Thursday From 9/15/16 - 11/17/16

Location:

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

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.

Photo By: Marie@stock.com



The Game Of Throws Is Back!

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

The men's and women's bocce leagues have both started league play, but there is still time to join in the fun! All members are welcome to join either league and play every week or just drop in for a night and be a substitute player. There is no charge for members to play in any of our bocce leagues. Keep checking this page each month for updated standings to see if your favorite team is #1. Everyone (members and non-members alike) are welcome to come check out the competition and cheer on their favorite teams!

AMERICAN DIVISION

WON LOST PCT.

URANUS	9	6	60%
SORBO	8	7	53%
SHARKS	7	8	47%
DESERT FOXES	1	14	7%

NATIONAL DIVISION

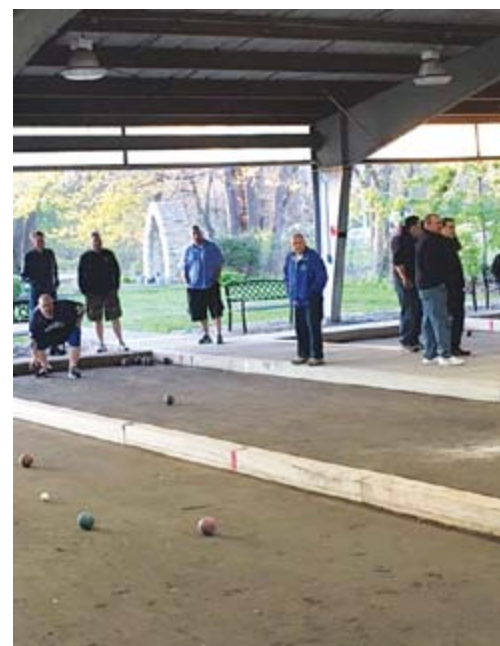
WON LOST PCT.

INTER	11	4	73%
CALABRIA	11	4	73%
DALLAS	7	8	47%
VINNY'S	6	9	40%

WOMEN'S BOCCE SCORES

WON LOST PCT.

PRINCIPESSA	16	2	89%
LE DOLCE	10	8	56%
BOCCE BELLAS	10	8	56%
PRIMADONNE	9	9	50%
L'ESPRESSO	9	9	50%
LEMONCELLE	9	9	50%
DIVAS	8	10	44%
AMICHE	5	13	28%



Danny Aiello presents



ITALIAN CHICKS

A passionate comedy ~ with a little drama!

MARYANN "BOOM BOOM" MAISANO
Headlining

Featuring MARY DIMINO
REGINA DECICCO
GINA SCARDA

September 10th

SHOWTIME
7:30 PM

TICKETS \$35

FOOD / DRINK AVAILABLE
AT 6:00 PM FOR AN ADDITIONAL COST

ITALIAN AMERICAN COMMUNITY CENTER
257 WASHINGTON AVE. EXT
ALBANY, NY

FOR TICKETS CALL 518.456.4222
OR GO TO ITALIANAMERICAN.COM

BENVENUTO

August 18, at 6pm Join us for an Epicurean, Cigar Night!



In The Roman Garden Cost-\$100 Reservations Call 456-4222

Menu

Amuse

Spicy Sausage and Sage Fritter
Smoked Chickpea Puree
Roasted Pepper Jam

First Course

Chilled Seafood Salad
Shrimp, Scallops, Calamari, Jumbo Crab
Meyer Lemon, Kalamata Olive, Caperberry,
Cherry Pepper Micro Herbs

Second Course

Duck Fat Poached Seabass
Steamed Littleneck
Vongole Cream
Crispy Gaufrette
Bacon Shallot Confit
Pepper Drops
Third Course
Makers Mark Braised Pork Belly
Chorizo and Charred Corn
Cherry Reduction

Fourth Course

Brandy Soaked Peaches
Orange Vanilla Essence Chevre
Candied Macadamia Nuts
Arugula Beet Sherry Vinegar Vinaigrette

Fifth Course

Prosciutto Wrapped Veal Tenderloin
Lobster Ragout
Roasted Tarragon Fennel
Cipollini Potato Cake
Port Oyster Mushroom Glace

Sixth Course-Dessert

Plus three Premium Cigars



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CARING & SHARING

WELCOME NEW MEMBERS!

KAREN MAIKELS
NICK MARCHIO
LYNNE ALBRIGHT
PAM DRZEWIECKI
JUDY ECKLER
COLLEEN & BILL LEMMON
BETH & ROB BESHAW
BARBARA & DAN THOMPSON
NANCY NITZBERG
LINDSAY CARSWELL & RYAN YADDOW
BRIDGET & CRAIG CUCCIA
LAURIE & DAN ROMAND
LISA & JEFF JULIANO
ALEXANDRA & BILL NEWCOMB
MARY ELLEN SHEA
GEORGEANN GREENE
DANIEL & CHRISTINE GIGLIO
MEG & BOB LEMERISE

SUSAN & ERIC DRATLER
PAUL & LEA COLLINS
MARIA SERAFINI
PETER HANLEY & PATRICIA MAILLOUX
PAMELA & DAVID HOSGOOD
SAL & GWEN GENOVESI
MELISSA & IVAN ANTONYUK
ELEANOR OLLIER
FAYE SPERBER
JOSHUA SPERBER
JANET SCHOEN
ROBERT & JOYCE VINE
JANICE STANKUS
ALEXANDRA KANN & KRZYSZTOF DRZYMALSKI
KATIE & VINCENT GIGLIO
ANGELA ROBILOTTO
LORRAINE RYAN
TINA KRUGER & JOHN LAPOSTA

AUGUST BIRTHDAYS



- Joseph Anello
 - Jannine Audino
 - Dino Barbato
 - Kathleen Basile
 - Daniel Ciampino
 - Maryanne Coumbes
 - Joseph Cunningham
 - Sally D'Agostino
 - Ronald Deperto
 - Nicholas DeStefano
 - Betty Dodge
 - Michael Elmendorf
 - Thomas Federici
 - Clara Ferracane
 - Susan Ferrara
 - Marie Franke
 - Shelley Friel
 - Mariann Gallagher
- Albert Gentile
 - Angela Groelz Sislowski
 - Kristine Ingemie
 - Kristen Joyce
 - Niko Ladopoulos
 - Maria LaMorte
 - Colleen Lemmon
 - Charlotte Lombardo
 - Joseph Lombardo
 - Giacomo Mancino
 - Carole Mann
 - Richard Mazzaferro, Sr.
 - Caterina Mesiti
 - John Metallo
 - Theresa Nowicki
 - Philip Occhino
 - Eleanor Ollier
 - Jean Padula
- Rose Padula
 - John Pelersi
 - Mike Petilli
 - John Pioggia
 - Elizabeth Richards
 - Dan Romand
 - Carla Rossi
 - Vincent Rossi
 - Kathleen Ryan
 - Phyllis Scafidi
 - Cain Scalzo
 - Diane Simeone
 - Rebecca Tearnio
 - George Urciuoli
 - Alice Wyld
 - Samantha Zazycki
 - Donna Zumbo

Birthday Theme: Designed by Freerick

Flu, Pneumonia & Shingles Clinic!

Protect yourself and get vaccinated. The I.A.C.C. in cooperation with Market 32 Pharmacists will be administering vaccinations to help you stay healthy. Come to the scheduled immunization clinic 10/13/2016 from 10-4 at The Italian American Community Center.

Pharmacists can administer any of the following vaccines at the clinic. Just sign up ahead of time. **For all shots, you must call our membership office at 456-4222 to register. Everyone must pre register and bring their insurance cards with them.**



Flu

- The flu virus can cause symptoms such as fever, cough, sore throat, aches and fatigue.
- The CDC recommends that everyone over 6 months of age to be vaccinated.
- People older than 65, pregnant or that have diabetes or asthma are especially important to vaccinate.
- Price Chopper carries the quadrivalent vaccine, which provides protection against four strains of the flu, instead of just three.
- We also offer a High Dose shot that offers better protection for seniors.
- It is not too late to get your flu shot! Flu season typically peaks in January or February.

Zostavax (Shingles Vaccine)

- Shingles can cause a rash and other symptoms such as fever, headache, chills, and most often, pain.
- Symptoms can last from 2 to 4 weeks.
- The Zostavax vaccine can protect you from shingles, and is indicated for people over 50.

Pneumonia

- Pneumonia is an infection in the lungs that can cause symptoms such as cough, fever, and difficulty breathing.
- There are two pneumonia vaccinations and Market 32 Pharmacists can review your history to determine which is right for you.
- The Pneumonia vaccine is important if you are over 65 years old or have diabetes, asthma, or are a smoker.
- Even if you have received a pneumonia vaccine in the past, you may need a second pneumonia vaccine.

Photo Designed by Freejak

David Laurenzo
Pharmacy Manager
Market32 Pharmacy #028
2080 Western Avenue
Guilford, NY 12084
(518) 456-5115



Summer Chicken Cutlet

This chicken dish screams summer! The cherry tomatoes and avocado add bright, vibrant colors that remind me of summer gardens. The flavors of the crunchy chicken along with soft and sweet tomatoes, sweet balsamic glaze, and avocado go really well together. After trying this chicken you'll want to make it every season, not just summer!

Start off by breading your chicken. Just as I always do when I bread chicken, I set up an assembly line: flour, beaten egg, and bread crumbs. First season the chicken with salt and pepper and then coat each breast with a thin layer of flour, dip into the egg, and finally coat them with bread crumbs. Place the breaded chicken into a baking pan sprayed with non stick spray. Once all of your chicken is breaded and in your pan, drizzle a little olive oil on top and place them in the oven at 400 degrees. Turn them over after 10 minutes and then bake for another 5 minutes or until the chicken is cooked through. Transfer the chicken cutlet to a plate.

Wash one cup of cherry tomatoes and cut them each in half. In a small skillet, heat a tablespoon of extra virgin olive oil on high heat. Add the tomatoes to the skillet and season them with salt and pepper. Cook them only for a couple of minutes until they start to look soft. When their texture begins to change, immediately remove them from heat and top the chicken with tomatoes. Dice 1/4 of an avocado and place on top of the chicken and tomatoes. Drizzle with balsamic glaze.

Buon appetito!



For other great recipes by Nata Paglialonga go to: TheMangiaMom.com

GIFFY'S



BAR-B-Q

September 16, 2016

4:00pm-6:00pm

Italian American Community Center

257 Washington Ave. Extension, Albany, NY. 12205

Pre-Sale Only

1/2 Chicken Dinner-\$12.00

1/2 Baby Back Ribs-\$18.00

ALL DINNERS INCLUDE BAKED POTATO, COLESLAW, ROLL/BUTTER, COOKIE AND BEVERAGE

For information and tickets call (518) 456-4222

OR

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* conditions apply

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The Italian American Community Center

The Italian American Community Center &

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!