

"WE ARE HERE"

Siamo Qui

ISSUE 513

OCTOBER 2016

THE
ITALIAN AMERICAN
COMMUNITY CENTER
presents

Featuring
Singer - Songwriter
Composer - Musician

ALFIO

Australian Italian
Tenor



COLUMBUS DAY

← GRAND GALA →

HONORING



Anthony Sabatino

LAGG ITALIAN AMERICAN
OF THE YEAR

SATURDAY
OCTOBER 15, 2016



Father Peter Young

ITALIAN SPIRIT AWARD

WHEN: 5:30 Cocktails | 6:30 Dinner | 8:30 Show
Dance to the music of TS ENSEMBLE

WHERE: 257 Washington Avenue Ext., Albany, NY 12205

To make reservations call the Italian American Community Center
at (518) 456-4222



**HALLOWEEN COSTUME PARTY!!
SARURDAY OCTOBER 22ND**

COLUMBUS DAY GRAND GALA



FEATURING
AUSTRALIAN
ITALIAN
TENOR ALFIO



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FOUNDATION



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

OCTOBER 2016



- 03 ~ Beginner Italian Classes 7:00-9:00pm
 - 04 ~ Mixed Weekly Bocce 6:30-8:00pm
 - 05 ~ Member Exclusive: Weekly Ladies' Poker Game 12:00pm
 - 05 ~ Member Exclusive: Weekly Men's Poker Game 5:00pm
 - 06 ~ Member Exclusive: Weekly Co-Ed Pinochle Game 6:30pm
 - 06 ~ Chair Yoga 6:30pm
 - 07 ~ Mixed Bowling 6:00 pm at Westlawn Lanes
 - 10 ~ Bus Trip NYC-Columbus Parade March 7:00am-8:30pm
 - 10 ~ Beginner Italian Classes 7:00-9:00pm
 - 11 ~ Mixed Weekly Bocce 6:30-8:00pm
 - 12 ~ Member Exclusive: Weekly Ladies' Poker Game 12:00pm
 - 12 ~ Member Exclusive: Weekly Men's Poker Game 5:00pm
 - 12 ~ I.A.C.C. Women's League Meeting 6:30pm
 - 13 ~ Immunization Clinic-10am-4pm
 - 13 ~ Chair Yoga 6:30pm
 - 13 ~ Member Exclusive: Weekly Co-Ed Pinochle Game 6:30pm
 - 14 ~ Mixed Bowling 6:00 pm at Westlawn Lanes
 - 15 ~ Columbus Day Dinner Gala 6:00-11:00pm
 - 17 ~ Beginner Italian Classes 7:00-9:00pm
 - 18 ~ Italian Day at The Villa Roma Resort 8am-6pm
 - 19 ~ Member Exclusive: Weekly Ladies' Poker Game 12:00pm
 - 19 ~ Member Exclusive: Weekly Men's Poker Game 5:00pm
 - 19 ~ I.A.C.C. Board Meeting 6:30pm
 - 20 ~ Member Exclusive: Weekly Co-Ed Pinochle Game 6:30pm
 - 20 ~ Chair Yoga 6:30pm
 - 21 ~ Mixed Bowling 6:00 pm at Westlawn Lanes
 - 22 ~ Halloween Party 4:00-7:00 pm.
 - 24 ~ Beginner Italian Classes 7:00-9:00pm
 - 26 ~ Member Exclusive: Weekly Ladies' Poker Game 12:00pm
 - 26 ~ Member Exclusive: Weekly Men's Poker Game 5:00pm
 - 27 ~ Member Exclusive: Weekly Co-Ed Pinochle Game 6:30pm
 - 27 ~ Chair Yoga 6:30pm
 - 28 ~ Mixed Bowling 6:00 pm at Westlawn Lanes
 - 31 ~ Beginner Italian Classes 7:00-9:00pm
- Upcoming Events:**
11/13 ~ Annual General Membership Brunch/Elections Noon-2PM



PRESIDENT'S MESSAGE

October is a special month for all Italian Americans. There will be many ways to remember and celebrate all the great contributions that Italian Americans have made to this great country. We will feature a different Italian American of significance on our sign display and Facebook page everyday throughout the month.

The highlight of October is our signature Gala of the year our annual Columbus Dinner/Dance celebration. This year will be extra special because we will be honoring Father Peter Young with our Italian Spirit Award. Father Young's lifetime of dedicated to those in need around New York State is legendary. We will also be honoring Anthony "Tony" Sabatino with our Italian American of the Year Award. Tony has been a leader in the business community and commercial real estate area for more than 40 years. To properly honor these two great individuals, we have been lucky enough to have recent Emmy nominee and International star singer, Alfio to perform that evening with the TS Ensemble. This promises to be an extraordinary event and a night to remember. I strongly advise you to purchase your tickets early, this event will sell out.

On Saturday, October 22nd, we will once again hold our annual Halloween Party at the Pavilion. Please see the ad in this issue for more details. Also, please RSVP with the number of adults and children so we can have enough treats for everyone.

Maria LaMorte's Italian Language classes have started, as well as Chair Yoga and bowling leagues. All of these events allow for individuals to just drop in for an evening if they cannot commit to every week.

In conjunction with Roma Intangible Lodge, the IACC we be offering our members and friends to march in the New York City Columbus Day parade this year. After working up an appetite marching through Manhattan, the bus will head up to Arthur Ave, in the Bronx for a late-lunch, early-dinner stop.

Our 55+ Club will be traveling to Villa Roma in the Catskills for a day trip that will feature Italian musical performances and lunch. Transportation will be provided.

Please see other sections of our newsletter for additional information on all of the above mentioned events. Many good things are happening here at the I.A.C.C. and I urge all our members to attend and support these events.

CAIN SCALZO
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

I.A.C.C. BOARD OF DIRECTORS

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MARIA DENITTO ~ 456-2216
PETE SCAVULLO ~ 869-8234
JOSEPHINE TIRINO ~ 466-0088
JEANNE WILSON ~ 629-0205
FRANK ZEOLI ~ 463-2106
DONNA ZUMBO ~ 452-2617

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FINANCE ~ JOAN WALLIS
MEMBERSHIP ~ JIM SANO
HOUSE ~ DAVID QUADRINI
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

Labor Day Pool BBQ

CLUB
NEWS &
EVENTS



Thank you to everyone for a memorable 2016 pool season. Stay warm, safe and sound this winter and see you all in May 2017.

55+

CLUB

GREAT EVENTS

MIXED BOCCE LEAGUE ON TUESDAY EVENINGS

Starting at 6:30 PM, come join in the fun of our Mixed Bocce League! Thank you to Josephine Tirino and Donna Zumbo for organizing and planning these fun evenings. If you have not yet come out to play, please join us for the last two nights on October 4 and 11.



OCTOBER 18: ITALIAN DAY AT THE VILLA ROMA RESORT

in Calicoon, NY, Cost is \$45.00 for transportation, luncheon and entertainment, departure from the IACC parking lot at 9:00am. For further details contact Maria Marchio at 438-9067.

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Hi Ladies,

Now that we have turned the corner into autumn, the Women's League meetings return inside for our annual "Uncle Shawn's Hugs" blanket party. This is a favorite of many of our women and one of our most successful charitable events. Please make every effort to come and help us make these blankets and if you could come a few minutes early, say 6:15 p.m., we can get started with tying up the blankets. They will be cherished gifts to many children this Christmas.

There are some great upcoming events we should all know about. The children's Halloween Party will be held in the pavilion on October 22, 2016 from 4:00 pm to 7:00 pm. More details are in the Siamo Qui. By now all members should have received their invitation to the annual Columbus Day Dinner Dance. It will be on Saturday, October 15th and it sounds like this will be a fabulous event, from the two deserving honorees to the show featuring Australian Italian tenor Alfio. Please make your reservation early so you are not left out. Finally, the Women's League will be hosting the annual "Family Christmas Party" on Sunday, December 11th.

Women's League

Save the date for now and look for details next month. Women's League is looking for donations of toiletries for our Veteran's. We plan on bringing them to the VA Hospital in November as part of our "Honor our Veteran's" event for Veteran's Day. Please bring in soap, shampoo, razors, combs, toothbrushes and toothpaste, deodorant and any other toiletries you can think of.

Our dinner choices this month are Chicken Caprese, Stout Short Ribs or Eggplant Rollatini, served with seasonal vegetables and salad. We will have Chocolate Mousse for dessert. Please call you reservations in to Gail Tarantino at 355-1316 by Sunday, October 9th. Cancellations by Monday, October 10th. Our price remains at \$20.00. Please remember our cancellation policy remains in effect.

See you all on Wednesday, October 12th at 6:30 p.m. .



Donna Zumbo
Women's League President



Happy Halloween

"Stop in for a Spell"
Halloween Costume Party,
Saturday, October 22th
4 PM - 7 PM
IACC Pavilion
Adults \$10 Children under 12 free

 Fly in for a good time!
Young & old are welcome

RSVP by October 15
And To Volunteer Call
IACC Office 456-4222

THE ITALIAN AMERICAN COMMUNITY CENTER AND I.A.C.C. FOUNDATION'S EARTHQUAKE RELIEF FUND



On 8/24/16 at 3:36 a.m. (CEST), a 6.2 magnitude earthquake hit central Italy. Towns in 3 regions (Umbria, Lazio and Marche) of Italy have been devastated by this earthquake. It has been said that the quake and subsequent aftershocks could be felt as far away as Bologna (in the North) and Naples (in the South). Over 250 people have perished from this earthquake and recovery efforts are still underway.

As a show of solidarity, we are raising money to aid and support Italy and all those affected by this catastrophic event. All donations received from this campaign will be sent directly to The National Italian American Relief Fund.

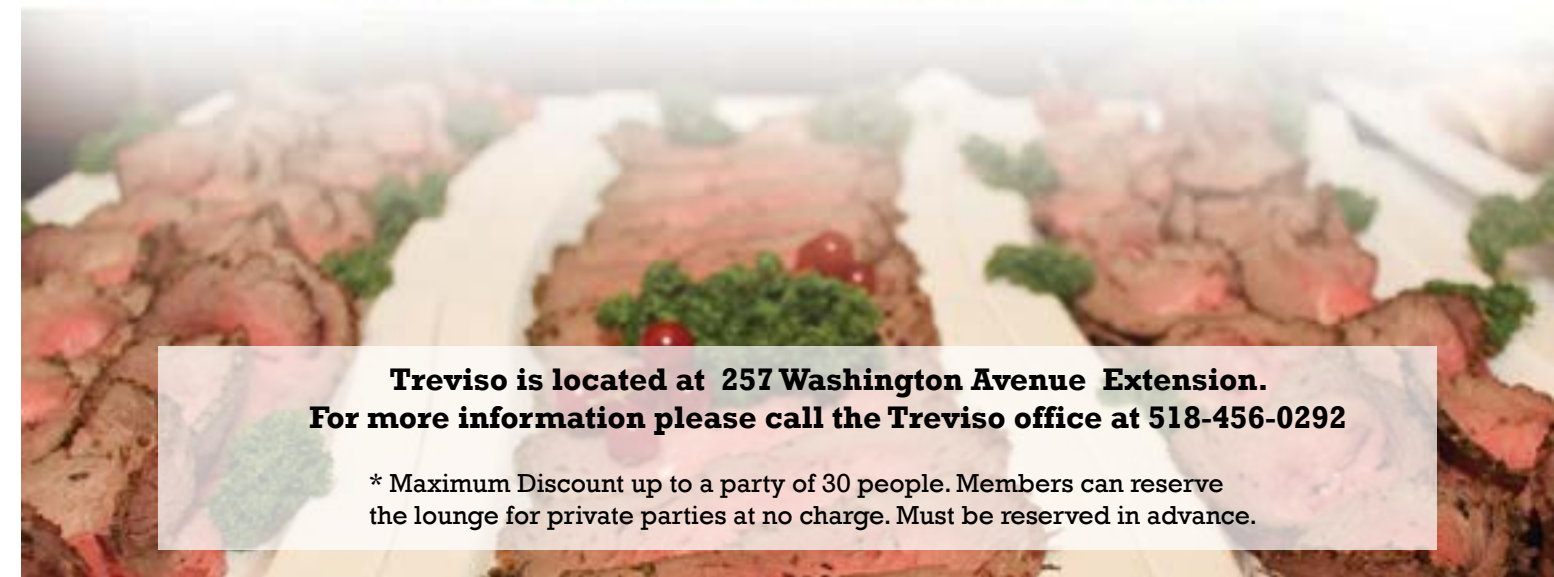
**If you would like to donate call the Membership office at 456-4222.
Thank you to all that have donated to date.**

- | | |
|--|---|
| <ul style="list-style-type: none"> • Alice Wyld • Anne Pennock • Belinda Mex Moreno • Donna Di Nova Colby • James & Monica Barnes • Joe Mirabile • John Metallo • Luciana Caranfa • Maureen Cavanagh • Peggy & Chuck Kowalski • Sal Genovesi • Thomas Federici • Albert and Jeanne Sacca • Bob Penna • Joann Viglucci | <ul style="list-style-type: none"> • Members-Labor Day Pool BBQ • I.A.C.C. Foundation Friday Nights At The Pavilion Attendees • Ann Marie Truppi • Anonymous • Carol Myers • Eugene Silvano • Jim & Nancy Sano • John & Josie Paolucci • Linda Govednik • Marie Franke • Paul Caputo • Roman Jewels • Steve & Fran Franke • Treviso Monday Night Buffet Attendees |
|--|---|



Monday Night *Italian Grand Buffett*

ONLY \$21.95 per person
Soft Drinks Included. Reservations recommended.
Enjoy a Bottle of House Wine for ONLY \$14.00 per bottle!



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

* Maximum Discount up to a party of 30 people. Members can reserve the lounge for private parties at no charge. Must be reserved in advance.

FAMILY TREES VS. DNA TESTING



I usually encourage genealogy researchers to share their family trees on-line, in order to make connections with others who may be researching similar information. Some folks are hesitant to do so, often because of privacy issues, but even more often because it strikes a sour note for them to have worked hard and long to develop and verify all the records, collect images of documents, photos, family stories, etc, and then to post all that on-line, for others to simply copy and use.

I argue that most folks develop a family tree not only to find ancestors, but where possible to identify living relatives who have some of the same ancestors; to broaden their own and others' knowledge of blood relations. Posting a tree on-line can attract

others who are researching the same surnames and towns, and correspondence between you and them may benefit both parties.

To those who complain that others may take 'your tree' and incorrectly use it to show spurious or unsourced information, I say "You can keep your tree accurate and documented. If someone else uses your information and mistakenly adds something to their tree, that's their problem, and does not reflect on you." Such concerns, I believe, are minor when compared to the great gains that can be made when you find a distant cousin who has dozens of well-documented folks in his tree, who are your previously unknown relatives, and you have 'connected' because he or she saw your family tree on-line.

That being said, why, then, did I hesitate to upload my tree to a DNA testing site? Simple skepticism. I do have a family tree on-line, at www.rootsweb.com, not connected to any DNA testing site. And after contacting someone identified as a relative by 23andMe, GEDmatch, or AncestryDNA I have no problem exchanging my off-line genealogical database or my on-line rootsweb information with that person. This lets us compare names and possibly find relatives or common ancestors we didn't already know about.

But I resisted letting the information that I found be merged on a DNA site, concerned that it would go into some 'world tree' that could contain errors, or unsourced and uncorrobo-

Finding Our Immigrant Ancestry

rated information. Added to that was my concern that the software which analyzed my genome could, by 'circular reasoning', access my 'tree' and then report results 'confirming' the information in the tree, when really, it was information that I myself entered.

I may have been too much of a 'doubter', who wanted to separate the DNA analyses from the 'paper genealogy', and infer connections only after I had considered each separately. I have since set aside my concerns and find that having my tree available through a DNA venue, and viewing others' trees there can help establish 'paper' connections with my 'DNA relatives'.

In summarizing my opinion of DNA testing, I feel that the \$100 I paid to have my genetic material (saliva) tested by 23andMe (and later by AncestryDNA) was money well spent, even though it has not yet allowed me to identify a relative who has more information about my ancestry than I've already accumulated. It has introduced me to several '2nd to 6th cousins' who share 'significant' portions of their genome (biological 'blueprint') with me, as well as newly-identified grandniece and a grand-

nephew whose many DNA matches with mine confirm our relationship. We all are making strides to connect our 'paper genealogies', a feat that will hopefully identify common ancestors and enlarge that group of souls, living and deceased, that make up our combined families.

By ANGELO F. CONIGLIO

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 genealogic research. If you have genealogy questions, or would like him to lecture to your club or group, e-mail him at genealogytips@aol.com

I would recommend genealogical DNA testing for anyone who has more than a passing interest in their genealogy and 'personal ancestry'. With the proper approach to it (recognizing its capabilities and limitations) you can expand the broad, and even more detailed, knowledge of your roots, and combined with conventional research, it can even put leaves on the branches of your 'tree', introducing you to previously unknown living relatives.

Photo: iStock.com

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 Freepix



1:

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



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!



JOIN THE CIRCLE OF FRIENDS!

If you have not done so yet, please make your donation today to our Circle of Friends Capital Campaign. Don't miss your chance to remember a loved one by making a dedication in their name, to be placed in our pavilion. Please call the membership office for any questions or further details at 456-4222.

THANK YOU

Below are all of the donors to our Circle of Friends Capital Campaign for the pavilion restoration and upkeep, as of press time. This list will be updated every month. All donations are fully tax deductible.

Albert and Jeanne Sacca
 Ambrose & Theresa Rinaldi
 Anonymous
 Armand & Mary Lou Marando
 Arnie Prindle
 Bryan Goldberger
 Carlo & Susan Figliomeni
 Congressman Paul D. Tonko
 Dianne and Rick Hasenbein
 Dr. Thomas Federici and Family
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*WELCOME
new members*

CATHERINE CARDIS
 ARIS & EDWARD DENIGRIS



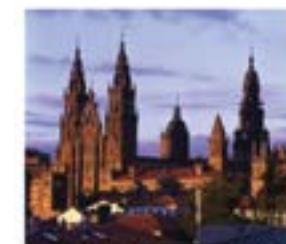
"Save The Date"

**Family Christmas Party on
 Sunday December 11, 2016
 From noon to 4pm**



CONDOLENCES

Our condolences to Past President Joseph Anello on the passing of his wife, Evelyn Anello. Evelyn was very active in the Womens League for many years and was a regular at the Ladies Poker Club



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OCTOBER 1 - 12, 2017

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 Single traveler please add \$581.**



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DISTRICT VI

Order Sons of Italy *in America*
DBA as the Order Sons and Daughters of Italy in America

In conjunction with the OSIA Grand Lodge of New York
Sponsors 3rd Annual Upstate trip to the

Columbus Day Parade in New York City

Monday, October 10, 2016



Order Sons of Italy in America - District VI invites anyone interested in marching together in the Columbus Day Parade as we celebrate **Italian - American** heritage and culture
\$15 per person includes transportation

Come join us in this historic & exciting event!

Bus Departs 1492 Cental Avenue, Colonie, NY 12205 at 7:00 AM
(Corner of Tanglewood Rd. & Central Ave. Parking Available in Rear of building)

“Seating Still Available, reserve your seat today”

RSVP: SOIAlbany215@outlook.com with attendee name(s)

Payments can be made at time of departure or Mail payment to Roma Intangible Lodge #215; POB 16211; Albany, NY 12212 by Friday October 8, 2016

For more information, call Biagio J. Isgro Jr. @ (518) 365-7409
or Frank Pecoraro @ (518) 365-1003



CARING & SHARING

OCTOBER BIRTHDAYS



- Salvatore Anastasio
- James Anziano
- Marilyn Aragosa
- Catalina Arango
- Lisa Audi
- Matthew Badalucco
- Dianne Baldwin
- Rose Barbato
- Michael Basile
- Dianne Beer
- Duane Beer
- Patricia Cahill
- Susan Calabro
- Paul Caputo
- Valerie Caputo
- Robert Casillo
- David Cesari
- Helen Crisafulli
- Andrea Crisafulli-Russo
- Cassandra Curry
- William Davis
- Joseph Di Ionna
- John DiIanni
- Nelson Drimalas
- Anthony Fazio
- Richard Frank
- Renato Friello
- Brittany George
- Rebecca Grant
- Joanne Gray
- John Green
- Georgeann Greene
- Lisa Juliano
- Alexandra Kann
- Rick LaJoy
- Theresa LaJoy
- Robert LaMorte
- Jane Lee
- Janice Lindemann
- Carolina Mancino
- Fulvia Pizzitola
- John Rizzo
- Philip Sabatino
- John Schumacher
- Mary Ellen Shea
- John Simeone
- Faye Sperber
- Catherine Stigi
- Wayne Tearnio
- Robert Vine
- Anna Zumbo

BirthDay Theme: Designed by Freepik



WEDDING

Mr. and Mrs. Chris and Catherine Kollias are proud to announce the engagement of their daughter Alexandra Kollias to John Sica.

Election of Board Members

According to our By-Laws, election to the Board of Directors will be held in **November**. Five seats will be available for a 3-year term. Please contact the Membership office as soon as possible.

If you are interested in applying for one of these vacancies and can satisfy all of the following requisites, please submit your brief resume to the IACC Office.

IACC By-Laws state that "each candidate for director shall satisfy the following requisites:

- Be at least 21 years of age
- Be a United States Citizen
- Be a voting member of the corporation in good standing
- Have at least one year as a member immediately preceding the election
- Never have been convicted of a felony
- Not be a full-time employee of the IACC

No director, including the past president, may be elected to serve two consecutive terms.

Directors shall not be eligible for re-election or appointment to the board for one year after they complete their term on the board.

Husbands and wives may not serve on the Board of Directors simultaneously."

If you have questions about the duties of being a Board member, feel free to contact Jim Sano at 438-4631 or jsano15@aol.com.

The election will be held at the
**General Membership Meeting on
Sunday, November 13 at 12:30 P.M.**



Spicy Pumpkin with walnuts



I have always been a fan of actually eating pumpkin, not just using it as a fall decoration or carving one for Halloween. It is food, after all! And a delicious one, in my opinion! In this recipe, the garlicky and spicy pumpkin pairs well with the crunchy walnuts - toss it with some pasta and you've got yourself a delicious fall meal!

First, I roast the pumpkin. I don't ever dare try to cut the pumpkin before I roast it and soften it up - I like my fingers too much to risk losing them. I just wash the outside of the pumpkin, dry it, and poke holes all over with a knife. Preheat the oven to 400 degrees and bake the whole pumpkin in a baking dish for one hour (turning over half way through). Remove it from the oven and let it cool. Cut it in half and remove the seeds and "guts", cut out and cube the "meat" of the pumpkin and transfer it to a bowl.

In a large skillet, heat some extra virgin olive oil (about 2 turns of the pan). Simmer 2 cloves of minced garlic and sprinkle some crushed red pepper - how much depends on how spicy you like things. You can start with a little and add more later if you'd like. Infuse the oil with the garlic and red pepper for a minute, then add the pumpkin and 1/2 cup of chopped walnuts. Season with salt, cracked black pepper, and nutmeg. Add 1/4 cup of chicken or vegetable stock, cover the skillet, and simmer on low for about 15 minutes. Stir occasionally.

In a separate pot, bring salted water to a boil and cook rigatoni according to box instructions. Save a ladle of cooking water before draining the pasta. Toss the drained pasta together with the pumpkin mixture and the reserved pasta water (the starchy water will help bring the two together).

Serve topped with additional chopped walnuts and grated Parmigiano Reggiano cheese.

Buon appetito!

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



ABOUT THE I.A.C.C. FOUNDATION

WHAT IS THE I.A.C.C. FOUNDATION?

The I.A.C.C. Foundation is a 501c3, nonprofit organization that works closely with the Italian American Community Center (I.A.C.C.). We focus on advancing, celebrating and preserving the Italian culture and heritage while helping families rediscover the great strength to be found in these traditions.

WHAT DOES THE FOUNDATION DO?

The Foundation's fundraising efforts have aided us in sponsoring numerous events and programs, such as Italian language classes, Venetian Carnevale, The Saint Patrick's and Saint Joseph's Mass, Ferragosto, and other traditional Italian celebrations and festivities. Through our many annual cultural programs and events, we are connecting a new generation of Italian Americans with traditions and an ethnicity which has been all but lost in today's world.

With your ongoing support, The Foundation can continue to do this good work for generations to come.

I.A.C.C. FOUNDATION OFFICERS

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463-2106
VICE PRESIDENT ~ ANN MARIE LIZZI
472-0224
TREASURER ~ DAVE QUADRINI
438-7602
SECRETARY ~ DONNA ZUMBO
452-2617

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CONNECT WITH THE FOUNDATION

WEBSITE:

IACCFoundationALBANY.ORG

FACEBOOK:

FACEBOOK.COM/IACCFoundationALBANY



Sunday Brunch at

Treviso
BY MALLOZZI'S

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

* Maximum Discount of 12 People Per Reservation.



Jacqueline C. Fontaine, Associate Broker, GRI
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The real estate market has had its ups and downs over the past few years and we are very happy to say that we had a significant increase in business over the prior year. This was the result of hard work and taking care of our clients and their referrals by our Awesome Team. As a way of saying "Thank You", I want to offer you a cash reward of up to \$500* when buying or selling a home.



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Contact Jacquie at 518-339-0163
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Italian American Genealogy

Saturday

Oct. 22, 10:30-11:30 am

Guilderland Public Library Webinar

Rhonda McClure, expert genealogist from the New England Historic Genealogical Society (NEHGS) in Boston will lead a *webinar* on the basics of Italian American genealogy.

You may come to the Guilderland Public Library where the webinar will be presented on our big screen, or you may register to take the webinar at your own computer *at home*.



Either way, call us at 456-2400 ext 2 or register online at <http://guilpl.evanced.info/> by going to **October 22** on the calendar.

Guilderland Public Library ~ 2228 Western Avenue
Guilderland, NY 12084



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The Italian American Community Center

**The Italian American Community Center &
I.A.C.C. Foundation Newsletter**

CONTACT US

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CONNECT WITH US

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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!