



ISSUE 595

SEPTEMBER 2023



ITALIAN AMERICAN COMMUNITY CENTER

1973 **50 YEARS** 2023

CONGRATULATIONS ON FIFTY YEARS OF
UNFORGETTABLE MOMENTS.
MAY THE NEXT 50 BE EVEN BETTER!

THANK YOU FOR A GREAT SUMMER

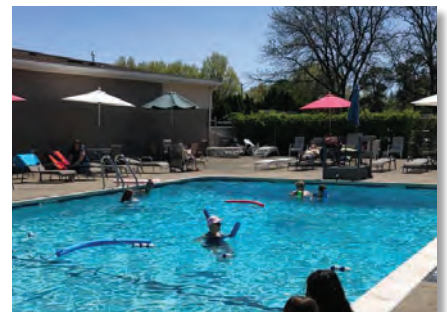


NEWS & EVENTS

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SOCIAL CALENDAR

September



- 01~ Friday Nights At The Pavilion
(Chicken Parmesan with Pasta) 5:00 – 8:00 pm**
- 04~ Labor Day BBQ - Pool Party - 2:00 - 4:00 pm**
- 05~ Mixed Weekly Bocce - 6:00 pm**
- 08~ Friday Nights At The Pavilion
(Cheese Ravioli with Meatballs) 5:00 – 8:00 pm**
- 11~ Monday Grand Italian Buffet - 5:00 - 7:00 pm**
- 12~ Mixed Weekly Bocce - 6:30 pm**
- 13~ I.A.C.C. Women's League Meeting - 6:00 pm**
- 15~ Friday Nights At The Pavilion Final Night
(Roast Beef with Potato & Vegetable) 5:00–8:00pm**
- 17~ Pool Closes For The Season and BBQ - 12:00-5:00 pm**
- 19~ Mixed Weekly Bocce - 6:30 pm**
- 21~ Chair Yoga Starts - 6:00 pm**
- 24~ Sunday Brunch - 10:00 am-12 pm**
- 25~ Elementary Italian Classes Start - 7:00–9:00 pm**
- 26~ Mixed Weekly Bocce - 6:30 pm**
- 28~ Chair Yoga - 6:00 pm**

Upcoming Events:

10/21~ Columbus Day Grand Gala 50th Anniversary - 5:30 – 11:30 pm

PRESIDENT'S MESSAGE



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COLUMBUS DAY GALA~ FRANK ZEOLI,

SIAMO QUI

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HOURS: M-F 9:30AM TO 2:30PM

THERESA LAJOY- OFFICE MANAGER

PHONE # (518) 456-4222

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We had a great summer here at the IACC. On August 12th, we held our annual **Ferragosto**, which celebrates one of the most important holidays in Italy. This event also serves as our member picnic. It is always a great way to meet new members, reminisce with long-standing members, and, most importantly, eat.

The day was filled with a barbeque lunch, dinner, and a glorious bonfire at dusk. With almost 200 in attendance, we could not have asked for a better day. It was even more special than usual because this year is our 50th Anniversary. No worries if you weren't there; we will do it again next year. **Ferragosto 2024** is on August 10th, so save the date.

Our Golden Jubilee Columbus Day Grand Gala is October 21st, and we are proud to be honoring the highest-ranking Italian American in state government, Honorable Thomas DiNapoli, our New York State Comptroller, as our **Italian American of the Year**. The Honorable Darius Shahinfar, the City of Albany Treasurer, will receive our **Italian Spirit Award**.

We will also honor three members for their commitment and service to our club. I am proud to award the **President's Award** to Past President Angelo Tarantino, the **Pasquale Tirino Service Award** to Tony Fazio, and the **Cuore d'oro Award** to Sharon Patrei. I hope everyone can make the Gala this year. It is sure not to disappoint.

The renovations on the club's first floor are nearly complete, and I can't begin to describe how wonderful it looks. It will be exciting to hold our Golden Jubilee in a newly renovated ballroom.

Saying goodbye to summer is always hard, especially at the IACC. However, it's not over yet. Friday Nights in the Pavilion and hours at the pool are ongoing through September 15th and 17th, respectively. I hope to see you at the pool or the Pavilion.

Ciao,

FRANK ZEOLI
ITALIAN AMERICAN COMMUNITY CENTER
PRESIDENT

The Italian American Community Center Foundation

presents

Friday Nights

AT THE

PAVILION



**EVERY FRIDAY NIGHT FROM
May 26th - September 15th**

5:00PM - 8:00PM

**Eat, drink, listen to music,
play bocce or just hang-out at this
"open-to-the-public" event!**

**257 WASHINGTON AVE. EXT.
THE I.A.C.C. PAVILION**

**DON'T
MISS IT!**

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

Follow us on

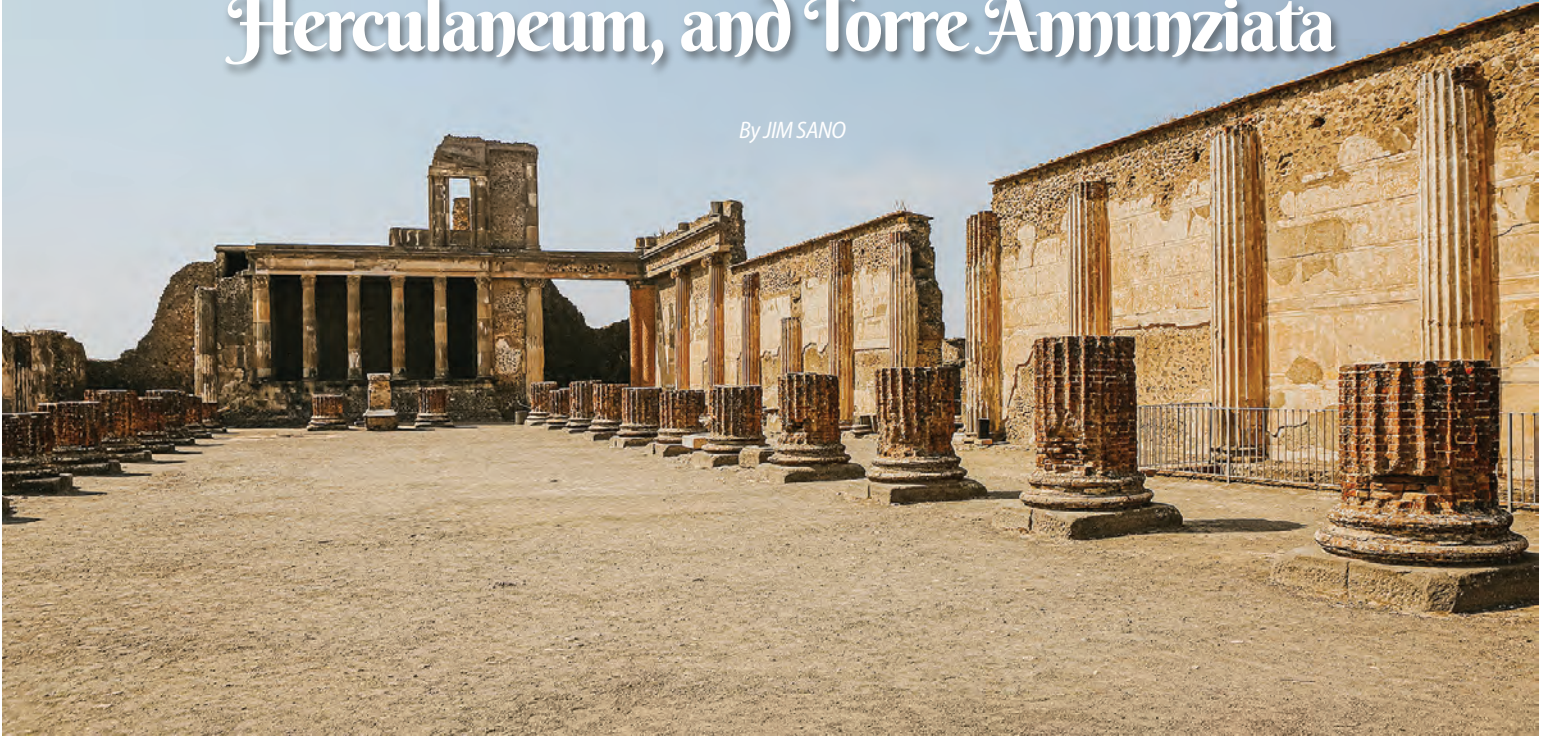


Tag us #FridayNightsAtThePavilion #TheIACC



The Archaeological Areas of Pompei, Herculaneum, and Torre Annunziata

By JIM SANO



The Archaeological Areas of Pompei, Herculaneum, and Torre Annunziata are a collective property recognized as one of Italy's UNESCO World Heritage Cultural Sites. This archaeological site is considered of significant cultural value because they provide a rare and fascinating glimpse into the everyday life of ancient Rome, frozen in time by the eruption of Mount Vesuvius in 79 A.D. Although Herculaneum and Pompei belong to the same archaeological site listed by UNESCO for the same phenomenon, the vast array of fine houses in Herculaneum exhibits that this town was wealthier than Pompei. Pompeii is the largest and most famous of the three cities, while Herculaneum and Torre Annunziata also offer rich history and valuable finds. Visiting these cities provides a unique opportunity to discover some of Italy's priceless treasures, with each site offering unique qualities.

Pompeii, Herculaneum, and nearby towns were settled by descendants of Campania's (Oscans) Neolithic inhabitants. The Greeks initially influenced Pompeii in the 8th century B.C. and later it was ruled by various civilizations such as the Etruscans, Greeks, Samnites, and Romans. Finally, Pompeii became a part of the Roman confederation and was Romanized in culture, language, and institutions. In 79 A.D., the city was buried by the

eruption of Mount Vesuvius, preserving its structures and history. The volcano released ash to a height of 21 miles and molten rock and pulverized pumice at a rate of 1.5 million tons per second, producing a hundred thousand times the thermal energy of the Hiroshima bombing. Pompeii was buried in 25 hours by volcanic ash and lava flows and was preserved until a couple of centuries ago when archaeologists began excavating the site. Pompeii consists of 44 hectares of streets, buildings, temples, a theater, a gymnasium, and shops that display a unique window into daily life in the Roman Empire. The city was home to around 25,000 people at the time of the eruption and was self-sufficient with its own water system and port. The site was rediscovered in the 16th century and thoroughly explored in 1748, revealing numerous artifacts. Today, Pompeii is one of Italy's most visited tourist attractions, with 2.5 million visitors annually.

The ancient name Herculaneum comes from the legendary founding of the city by Hercules, who was captivated by its beauty. Herculaneum was a smaller, wealthier, and more sophisticated city known for its luxurious villas, serene gardens, and thermal baths, attracting visitors across the Roman Empire in contrast to Pompeii, a bustling commercial hub. Herculaneum was



also destroyed by the 79 A.D. eruption of Mount Vesuvius but was buried in mud and pumice, resulting in a remarkable state of preservation. Unlike in other cities, wooden and organic-based objects were preserved during the eruption. The conservation of Herculaneum is far better than that of its larger, more renowned neighbor, Pompeii. During the site excavation, 300 skeletons were uncovered together with objects like roofs, doors, beds, and food items. This discovery proved that some inhabitants were trapped in the town during the explosion. Researchers previously had thought the cities near the volcano, specifically Herculaneum, had been evacuated. Part of the ancient city remains submerged beneath the modern-day Herculaneum, which can be explored through tunnels and underground passages dating back to the 18th century. The standout feature is the theatre, one of the first discoveries at the site, which visitors can reach by descending 20 meters under the lava layer and walking down historic Bourbon-era stairs. It was built during the early first century A.D. and is one of the many

examples of ancient Roman architecture and engineering that still exists today. The theater was used for musical and theatrical performances, gladiatorial games, and other public spectacles. As a result, the site is considered one of the best-preserved ancient theaters in the world, providing a unique glimpse into ancient Roman culture and daily life.

The Herculaneum archaeological park is a prime example of an open-air museum showcasing expertly reconstructed buildings and original artifacts. Visitors can marvel at the stunning paintings and brightly colored mosaics, as well as the nearly intact textiles, furniture, jewelry, and papyri.

The Herculaneum Papyri are a collection of ancient Greek and Roman texts. The texts, written on papyri (a type of ancient paper made from the papyrus plant), were preserved by volcanic ash and mud. The texts include philosophical treatises, letters, and literary works by famous authors such as Philodemus, Epicurus, and Lucretius, among others. The discovery of the Herculaneum Papyri was a significant event in classical studies, as it provided new insights into ancient Rome and Greece's

intellectual and cultural life. The papyri are housed in the National Library of Naples and are considered one of the world's most valuable collections of ancient texts.



Pompeii



Herculaneum Archeological Park

TORRE ANNUNZIATA

The site of Oplontis in Torre Annunziata was a wealthy suburb of Pompeii famous for its glassware and ceramics production and patrician villas, two of which still exist today. Unfortunately, Oplontis was also buried in ash during the eruption of Mount Vesuvius in 79 A.D. However, the explosion was even more forceful at Oplontis, causing roof collapses, broken walls and columns, and sideways movements of debris. Of the two villas, the Villa of Poppaea is the only one open to the public and showcases a luxurious seaside villa. Emperor Nero's second wife once owned this villa.



Today's visitors can only see part of this grand structure, which features a spa complex, a 60-meter pool, elegant winter gardens, and rooms adorned with stunning statues, fountains, mosaics, and paintings. The other villa, The Villa of Lucius Crassus Tertius, is a rural dwelling with commercial spaces. These structures provide a glimpse into the lavish lifestyle of the wealthy during ancient times.





Villa Poppaea



VILLA POPPAEA

The Villa Poppaea was discovered in the 16th century and partially excavated in the 19th century. Comprehensive excavations started in 1964 but were disorganized, and official records were not kept until 1971, leading to the loss of valuable information and frescoes. The excavations continued until the mid-1980s and uncovered about 60% of the site. No human remains were found, suggesting the residents fled before the eruption of Mount Vesuvius. The layers of material found in the swimming pool have helped reconstruct the sequence of events after the blast and showed the pool was filled with water at the time.

The Villa Poppaea was a luxurious Roman villa built in the 1st century A.D. and named after Poppaea Sabina, Emperor Nero's second wife. The estate occupied about 10,000 sq. meters and was built in two phases, with the original part constructed around the atrium with later additions of a large pool, more rooms, and gardens. It features a central courtyard, peristyle, pool, dining, sleeping, and relaxation rooms, with lavish decorations indicating its wealthy owner. The dining room has a mosaic floor, considered one of Italy's most important examples of Roman mosaic art.



THE VILLA OF LUCIUS CRASSIUS TERTIUS

Lucius Crassius Tertius' villa was also built in the 1st century A.D. The villa was discovered by chance in 1974 while constructing a school about 250m east of the Villa of Poppaea. The estate is believed to have been owned by Lucius Crassius Tertius, a wealthy Roman citizen, since a bronze seal bearing the name of Lucius Crassius

Tertius was found at the site. The villa covers approximately 5,000 square meters and has several sections, including a courtyard, peristyle, pool, and rooms for dining, sleeping, and relaxation. This two-story structure is smaller and more rustic than the highly decorated Villa Poppaea, with many rooms left unplastered with tamped earth floors.



The storehouses on the lower floor contained materials such as wine amphorae and were used for storing local farm produce and trading locally produced wine. The remains of 54 people who perished in the Vesuvius eruption were found in one of the storehouses. The upper floor of the southern side was probably the owner's living quarters, and some rooms were decorated with paintings. The northern side had small two-story structures, likely small shops with living quarters on the upper floor. The property was probably devoted to producing wine, oil, and agricultural goods, as indicated by the discovery of over 400 amphorae and weights.

In conclusion, these three sites of Pompeii, Herculaneum, and Torre Annunziata have provided valuable information about ancient Roman architecture, art, and society. Furthermore, these excavations draw millions of visitors each year to marvel at these ancient ruins and significantly benefit the local economies. □



COLUMBUS DAY

← →

GRAND GALA

CELEBRATING 50 YEARS OF TRADITION



ITALIAN AMERICAN
COMMUNITY CENTER



2023 HONOREES

HONORABLE THOMAS DINAPOLI
New York State Comptroller
Italian American of the Year

HONORABLE DARIUS SHAHINFAR
the City of Albany Treasurer
Italian Spirit Award

ANGELO TARANTINO
IACC Presidents Award

ANTHONY FAZIO
Pasquale Tirino Service Award

SHARON PATREI
Cuore d'oro Award

OCTOBER 21, 2023 - 5:30 PM

TIME
5:30 COCKTAIL HOUR
7:00 DINNER
8:00 DANCING

PRICE
\$55.00 IACC MEMBERS
\$75.00 NON-MEMBERS

FOR MORE INFORMATION OR TO MAKE A
RESERVATION VISIT OUR WEBSITE AT
ITALIANAMERICAN.COM

❖ PAVILION RENTAL ❖



I.A.C.C. FOUNDATION

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

MEMBERS: \$250 - (SUN.-FRI.), \$350 (SAT.)

NON- MEMBERS: \$400 (SUN.-FRI.), \$500 (SAT.)

CALL THE MEMBERSHIP OFFICE AT 518-456-4222



PLENTY OF WEEKDAYS AND WEEKENDS
STILL AVAILABLE
FOR YOUR PARTY THROUGH OCTOBER

TELEGRAMMI ...



ITALY, SPAIN, GREECE HIT BY SCORCHING CHARON HEATWAVE

As Europe faces record temperatures, almost half of the EU is also battling severe drought. Southern and eastern Europe are bracing for record breaking temperatures as a searing heatwave sets in. Parts of Italy could see highs of 48°C in the coming days stoking fears of an increase in heat-related deaths. On Tuesday (11 July), a road sign worker collapsed and died near Milan as temperatures hit 40°C. Greece, too, has seen highs of over 40°C, forcing the Acropolis in Athens to close during the hottest part of the day to protect visitors.

ITALIA, SPAGNA, GRECIA COLPITE DA UN'ONDATA DI CALORE TORRENTE DI CARONTE

Mentre l'Europa affronta temperature record, quasi la metà dell'UE sta anche combattendo una grave siccità. L'Europa meridionale e orientale si sta preparando a temperature da record con l'arrivo di un'ondata di caldo torrido. Alcune parti d'Italia potrebbero vedere massime di 48°C nei prossimi giorni, alimentando i timori di un aumento delle morti legate al caldo. Martedì (11 luglio), un operaio della segnaletica stradale è crollato ed è morto vicino a Milano quando la temperatura ha raggiunto i 40°C. Anche la Grecia ha registrato massime di oltre 40°C, costringendo l'Acropoli di Atene a chiudere durante la parte più calda della giornata per proteggere i visitatori.

ITALIAN HOSPITALS REPORT SHARP RISE IN EMERGENCY CASES AS ROME HITS 41.8C (107F)

Capital breaks its temperature record and a Naples A&E has its busiest day since height of Covid. Hospitals across Italy have seen a sharp rise in the number of people seeking emergency care for heat-related illnesses as a heatwave continues to grip the country, with temperatures in Rome setting a new record. Some hospitals reported a 20-25% increase in the numbers arriving at emergency units suffering from dehydration or other illnesses caused by overexposure to the heat. Temperatures in Rome hit 41.8C(107F) on Tuesday, breaking the previous record of 40.7C (105F) set in June 2022. Sicily reached about 41C(106F) and there were highs of 45C (113F) in Sardinia. In

the southern city of Naples, the Cardarelli hospital said 231 patients had accessed emergency care there within the last 24 hours – the equivalent of one patient every six minutes and the highest daily number since the coronavirus pandemic in 2020. Most of the patients were elderly, some of them from residential homes. However, people of all ages, including tourists, have been seeking care.

GLI OSPEDALI ITALIANI RIFERISCONO UN FORTE AUMENTO DEI CASI DI EMERGENZA MENTRE ROMA TOCCA I 41,8 C (107 F)

La capitale batte il record di temperatura e un pronto soccorso di Napoli ha il suo giorno più impegnativo dall'altezza del Covid. Gli ospedali di tutta Italia hanno visto un forte aumento del numero di persone in cerca di cure di emergenza per malattie legate al caldo mentre un'ondata di caldo continua ad attanagliare il paese, con temperature a Roma che stabiliscono un nuovo record. Alcuni ospedali hanno segnalato un aumento del 20-25% del numero di arrivi in unità di emergenza affetti da disidratazione o altre malattie causate dalla sovraesposizione al caldo. Le temperature a Roma hanno toccato i 41,8°C (107F) martedì, battendo il precedente record di 40,7°C (105F) stabilito nel giugno 2022. La Sicilia ha raggiunto circa 41°C (106F) e ci sono state massime di 45°C (113F) in Sardegna. Nella città meridionale di Napoli, l'ospedale Cardarelli ha dichiarato che 231 pazienti hanno avuto accesso alle cure di emergenza nelle ultime 24 ore, l'equivalente di un paziente ogni sei minuti e il numero giornaliero più alto dalla pandemia di coronavirus nel 2020. La maggior parte dei pazienti erano anziani, alcuni dei quali provenienti da case residenziali. Tuttavia, persone di tutte le età, compresi i turisti, hanno cercato assistenza.

ITALIAN AMERICAN WOMAN TO LEAD U.S. NAVY

President Joe Biden broke the glass ceiling on Friday when he nominated Admiral Lisa Franchetti as the Navy's top officer. If confirmed, she would be the first woman in U.S. Navy history to hold the job, and the first woman appointed to the Joint Chiefs of Staff. Franchetti, who is currently serving as the vice chief of naval operations (the Navy's no. 2 post), joined the Armed Forces in 1985 and has served as the Commander of U.S. Naval Forces Korea, Deputy Chief of Naval Operations for Warfighting Development, and director for Strategy, Plans, and Policy of the Joint Staff. She has also commanded two carrier strike groups.



UNA DONNA ITALOAMERICANA ALLA GUIDA DELLA MARINA USA

Il presidente Joe Biden ha rotto il soffitto di vetro venerdì quando ha nominato l'ammiraglio Lisa Franchetti alto ufficiale della Marina. Se confermata, sarebbe la prima donna nella storia della Marina degli Stati Uniti a ricoprire l'incarico e la prima donna nominata al Joint Chiefs of Staff. Franchetti, che attualmente presta servizio come vice capo delle operazioni navali (posto n. 2 della Marina), è entrato a far parte delle forze armate nel 1985 ed è stato comandante delle forze navali statunitensi in Corea, vice capo delle operazioni navali per lo sviluppo dei combattimenti e direttore per la strategia, i piani e la politica dello stato maggiore congiunto. Ha anche comandato due gruppi d'attacco di portaerei.

ITALIANS IN TEARS AFTER SHOCKING LOSS KNOCKS THEM OUT OF WOMEN'S WORLD CUP

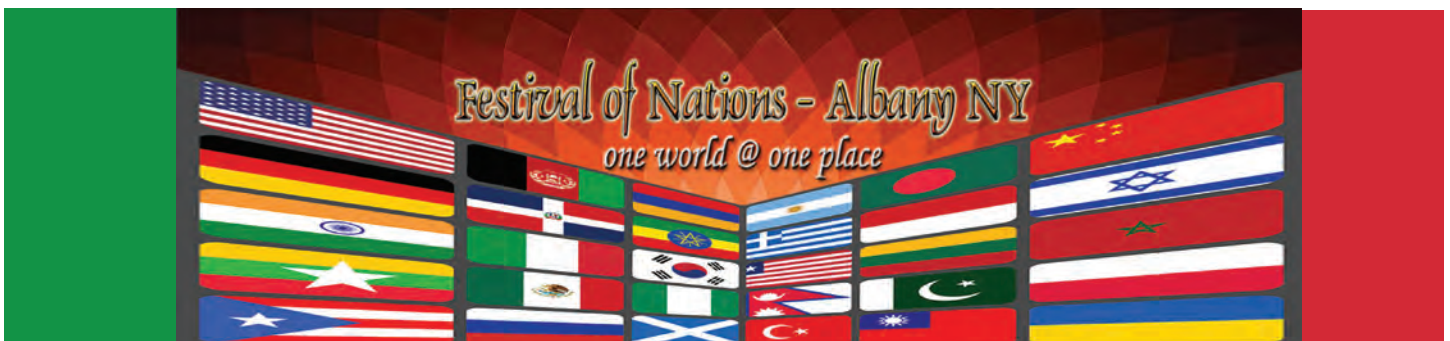
Italy's players dropped to their knees, buried their faces and tearfully wondered how their tournament had suddenly ended following a shocking upset to South Africa in the Women's World Cup. The 54th-ranked team in the world stunned Italy, ranked 16th by FIFA, with a 3-2 victory over the Italians in Wednesday's Group G finale. South Africa won with a stoppage-time goal by Thembi Kgatlang. South Africa was ecstatic as players screamed and danced and said thankful prayers in the hallway leading to their locker room. "I really don't know,"



goalkeeper Francesca Durante said after the match. "I don't know what didn't work." Nearly every player took the blame for the early elimination, even Arianna Caruso, who scored both of Italy's goals. "I don't think I can find the right words in this moment," Caruso said. "I am not happy because we scored two goals and we didn't do anything." Italy's problems against South Africa began before Wednesday night's game: a brutal 4-0 loss to Sweden was perhaps too difficult to overcome, even with a spot in the round of 16 at stake.

ITALIANE IN LACRIME PER LA SCONFITTA SCONVOLGENTE CHE LE HA ELIMINATE DAL MONDIALE FEMMINILE

Le giocatrici dell'Italia si sono inginocchiate, hanno seppellito il viso e si sono chieste in lacrime come fosse finito improvvisamente il loro torneo dopo una sconvolgente sconfitta contro il Sudafrica ai Mondiali femminili. La 54esima squadra al mondo ha sbalordito l'Italia, 16esima classificata dalla FIFA, con una vittoria per 3-2 sugli italiani nella finale del Gruppo G di mercoledì. Il Sudafrica ha vinto con un gol a tempo di recupero di Thembi Kgatlang. Il Sudafrica era estasiato mentre i giocatori urlavano, ballavano e recitavano preghiere di gratitudine nel corridoio che conduceva ai loro spogliatoi. "Non lo so davvero", ha detto il portiere Francesca Durante dopo la partita. "Non so cosa non ha funzionato." Quasi tutti i giocatori si sono presi la colpa dell'eliminazione anticipata, anche Arianna Caruso, che ha segnato entrambi i gol dell'Italia. "Non credo di poter trovare le parole giuste in questo momento", ha detto Caruso. "Non sono contento perché abbiamo fatto due gol e non abbiamo fatto niente". I problemi dell'Italia contro il Sudafrica sono iniziati prima della partita di mercoledì sera: una brutale sconfitta per 4-0 contro la Svezia era forse troppo difficile da superare, anche con in palio un posto agli ottavi.



CALLING ALL YOUNG LADIES BETWEEN THE AGES OF 14 - 18 THAT POSSESS A POLISHED, SPUNKY, "I'M ITALIAN" ATTITUDE TO REPRESENT MISS ITALY AT THE FESTIVAL OF NATIONS ON NOVEMBER 5TH.

Thank you all in advance in helping us stay represented as a country and community.

The committee will be making their selection very soon!!!

If interested contact Deb Tutay at the following email Djt01mc3@gmail.com.

LA VITA SOCIALE



On August 20th, many of our club members gathered in the pavilion to celebrate Dino Barbato's 80th birthday. For anyone who doesn't know Dino Barbato, he is a long-time member of the IACC who works tirelessly on Friday Nights in the Pavilion, cooking in the kitchen. His dedication to this 17-week event and others like the Columbus Day Grand Gala, Carnevale, and countless other cultural activities we sponsor here at the IACC is unparalleled. Dino currently serves on the IACC Board of Directors and has served on the Foundation board in the past. In 2017, Dino received the inaugural IACC President's Award for his commitment and passion for our club. Please join us in wishing Dino Barbato a very Happy 80th Birthday.

Although the Saratoga Race Track no longer designates Italian American Day as an official event, we continue to celebrate our cherished tradition with our yearly gathering at the iconic Saratoga Race Course. Congratulations to Diane Biernacki, who emerged as the big-money winner of the day's festivities. Let's give her a round of applause! It's never too early to start planning to attend next year's event at Saratoga. The day promises to be one of the most vibrant and enjoyable days at the Saratoga Race Course. Mark your calendars for the Thursday before Travers Day and join us next year!



Chair Yoga is a gentle form of yoga that is practiced sitting in a chair or standing using the chair for support. Remember to wear loose comfortable clothing!



CHAIR YOGA IS BEGINNING A NEW 8 WEEK SESSION

This class is enjoyed by so many and is returning for an 8-week fall session. Classes will be on Thursdays at 6:00 p.m. They begin on September 21st and run through November 9th. The class is held upstairs in the Caruso Room. Classes are open to men and women.

Please call the membership office at 456-IACC (4222) to sign up.

The price is for 8 weeks is \$60.00 or \$10.00 per class to walk in.

2023 IACC SWIMMING POOL SCHEDULE

POOL PHONE (518) 250-4511 (TO CHECK CONDITIONS)

MEMBERS MUST HAVE THEIR MEMBERSHIP CARD AVAILABLE WHILE AT THE POOL

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

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

Noon – 8:00 p.m.	10:00 a.m. – 8:00 p.m.	Noon – 5:00 p.m.	Noon – 8:00 p.m. Lap Swimming 7:30-9:30 AM
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Bocce Champions

Another year of Women's Bocce has come to an end and a great time was had by all! Congratulations to all the ladies and a big "thank you" for coming out and making this a fun evening.

1. Congratulations to the **1st place team, LE DOLCE**, with Fran Franke as the Captain and her teammates Nancy Sano, Josephine Tirino, Rose Barbato and Lena Cafara.
2. Congratulations to the **2nd place team, PRICIPESSE**, with Gail Tarantino as the Captain and her teammates Donna Zumbo, Rachel Cameron and Georgeann Greene.
3. And finally, congratulations to the **3rd place team, L'ESPRESSO**, with Sharon Patrei as the Captain and her teammates Joyce Vine, Barbara Palumbo, Sue Ferrara and Linda Hoffman.

Congratulations to these teams and to everyone because we are all winners!!



Bocce will resume next May. Remember bocce is open to all ladies in the club. If you would like to give it a try, please call one of the names listed below. We always need subs. Remember no special talent is necessary and we always have a great time!

Donna Zumbo (518-424-7463)]
Maria LaMorte (518-378-1687)
Women's Bocce Co-chairs

PER TUA
INFORMAZIONE
(FOR YOUR INFORMATION)

Take the Choo Choo to Catania

By JOE SANO



I'm taking the train to Sicily. Hmmmm! What? Does it float? Yes that's right. In a nation known for its expansive rail network there is one trip in this author's opinion that takes the grand prize. While direct trains run all day long between the boot and this largest island in the Mediterranean the trip itself is unforgettable.

You have a choice to take either the "Trenitalia-InterCity" which is the daytime train or the "Trenitalia- InterCity Notte" the nighttime train. Of course, it's your choice for a mainland departure city. Whether you choose Milan, Naples or Rome you are setting sail for the trip of a lifetime. You can sit back or sleep and enjoy a direct air-conditioned Intercity train to Sicily from Rome or Naples or connect in these cities from across Italy. It's a 9-hour journey from Naples to Palermo, or 11.5 hours from Rome.



The train is moved onto the ferry at Villa San Giovanni station (shown above) and then once it is situated the ferry sets sail across the Strait of Messina and offloads at the Port of Messina. Depending on which train you booked from the mainland you will be either heading along the northern coast to Palermo or the southeast route to Siracusa.

These trains can indeed run on time, surprisingly - but they can also run late, sometimes an hour or two. Don't stress, this is southern Italy where an hour or two doesn't matter. Just bear this in mind when arranging connections. Moving a train onto a ferry and off again is quite a chore and it takes time. One must remember that when planning further travel once in Sicily and for the return trip the same caution applies.

While reservations are optional unless it is an overnight train. Notte trains require reservations but in the summer it is wise to obtain a reservation for the day trains since they can get crowded. Reservations can be made at ticket desks or self-service machines in the stations or online and the cheapest ticket is only 3.5 Euros.

InterCity trains and time-effective sleeper trains link Rome & Naples with Messina, Palermo, Catania & Siracuse on Sicily from as little as €19.90 using this ferry route. The price will vary based on the type of accommodation you choose.



On the daytime Intercity trains, 2nd class (shown here) is fine for most travelers, there's no need to go 1st class unless you don't mind the extra cost. But see what prices you get because with current pricing 1st class often costs only a little more. 1st class means more leg and elbow room and usually a quieter environment. 1st class also gets you solo seats and tables-for-two on one side of the aisle, as seats are arranged 2+1 across the car width rather than 2+2 as in 2nd class.

Take a picnic and a bottle of wine or some beer. This is the most important tip, as none of these trains have a restaurant or buffet car, though you'll find coffee & snacks available from vending machines in one car of the Intercity trains with payment by contactless bank card.

The Intercity Notte (ICN) trains have sleeping-cars and 4-berth couchettes. There are no ordinary seats. The equipment on the night trains varies and the "Excelsior" suites have a private shower and toilet. Since the pandemic, Trenitalia no longer allows solo travelers to book 1 bed in shared sleeper compartments which was the least expensive overnight. Only the entire 1, 2 or 3 bedrooms (cabina intera) can be booked in the sleeper category.. The 4-bed couchette (shown here) is the most economical choice for 4 but if you want a couchette as a single or couple you may very well be sharing and making new friends. Apparently there are no post COVID restrictions in a couchette. Trenitalia will try to match up like genders in shared spaces but there is no guarantee.



The Notte trains offer a simple room service menu. The sleeper attendant can serve you tea, coffee, beer, wine, sandwiches and even maybe a hot dish such as lasagna, but it's a good idea to take snacks and maybe a bottle of wine with you. In the morning the sleeper attendant serves you complimentary tea, coffee or juice.

The coastal scenery is on the right-hand side going south from Rome, left hand side going north from Sicily, although you cannot specify which side you sit on as the reservation system doesn't know which way the car will be. If going to Catania or Siracuse from Messina, the sea views will be on the left when going south, with views of Mt Etna to the right.

Once in Sicily you can continue to use the rail system to explore the island or rent a car at the station or nearby rental sites. Visiting Sicily is wonderful on its own but getting there by the ferry-train is something unique and it is the only one left in Europe. □





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Condolences

With a heavy heart, we inform our membership of the passing of Mr. Salvatore Anastasio, a charter member of the organization. Salvatore Anastasio was born in Lascari, Italy, the son of the late Benedetto and Maria Cesare Anastasio. He spent his entire career as a celebrated chef in Capital District restaurants, including the well-known Keeler's Restaurant in downtown Albany, Marelllo's Restaurant, and Alden-Waterbury Quad SUNY. In retirement, he could often be found at his son's deli, Pellegrino's, where he prepared some of his best dishes.

Salvatore was a founding member of the Italian American Community Center and a longtime member. He enjoyed spending time at the IACC playing cards and bocce, watching the New York Yankees and horse racing, and following all things soccer. He was the husband of the late Joanne Ricupero Anastasio and Angelina D'Agostino

Anastasio; beloved father of Benny Anastasio (Deborah), Anna Raby (Chris), and Marco Anastasio (Stephanie); cherished grandfather of Giovanni, Bianca, and Luccio; brother of Joe Anastasio (Helen) and Lorenzo Anastasio (Antoni-etta); son-in-law of Giovannina D'Agostino; and brother-in-law of Maria D'Agostino.



We are all blessed to have the opportunity to be a part of the IACC community that charter members such as Sal played a significant role in creating. As we mourn the loss of Sal, let us not forget the legacy he has left behind. His dedication and unwavering support for the IACC inspire us all. Our deepest condolences to the families.

WOMEN'S LEAGUE

Hello ladies,

Back to school time is here!! Where did the time go? It seems like only yesterday the pool was being opened and bocce was starting. Men's and Women's bocce are done and the mixed bocce league will be starting this week. The pool will be closing later this month. That is always a sad day for me!! A big special thanks to Jim Sano and his group of lifeguards for keeping us all safe this summer.

The Women's League did not meet in August due to vacation schedules, but we will resume our gatherings starting this month on Wednesday, September 13th. We will meet in the pavilion at 6pm for one last time before the colder weather descends upon us. Our dinner theme will be all things Mexican/Street Tacos. Everyone is asked to bring a dish, salad, dessert or drinks to share. If you are planning on attending, please contact Darlene Carino at (315) 266-7726 or e-mail her at darlenecarino27@gmail.com by Monday, September 11th. Please call ahead; this will help us avoid duplicate dishes and allow us to plan accordingly. The cost will be \$5 per person if you bring something to share or \$10 if you don't.

Over the past couple of months, we collected many bags of back-to-school supplies for the Backpacks for Kids program at the Capital City Rescue Mission. Last month,

I was able to visit the center and deliver all the items we collected. I had the pleasure of meeting with Hope, the head of the volunteers, and Chef Max, who is in charge of feeding many mouths every day. He and his staff serve a total of 6 meals per day including breakfast, 2 lunches, dinner and 2 snacks every day!! Throughout my medical career, I have met and cared for people from all walks of life, but this visit was truly an enlightening moment for me. As I left the Mission, I could only think of the phrase 'there but for the grace of God go I'. Both the staff and I are grateful for your generous donations.

As the winter months will soon be here, we will continue to collect for the Mission. Their biggest request is for hats, gloves, sweaters and coats for men, women and children. These items can be new or gently used. If you have any of these items, please bring them to the pavilion for the next few Fridays and place them in the box we will have there. After the pavilion closes for the season, feel free to contact me and we can arrange pick up of your items.

Please enjoy the very last bit of summer weather that's left and remember it's only 115 days till Christmas!!

Georgeann Greene
PRESIDENT



*Thank you Women's League of the Italian American Community Center for your generous donation to bless our little ones and families!
All to the Glory of God,
Hope
Volunteer Coordinator
Capital City Rescue Mission*



(Above) A small group filling the backpacks. (Left) This picture shows finished backpacks from the Mission. The brightly colored backpacks are for children in Pre-K to 2nd grade and the others are for children in 3rd - 6th grade.

CARING & SHARING

Rosanna Aiuppa

John Articolo

Monica Buckley

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Margie Castellana

Andrew Chouffi

Lea Collins

Joseph Coppola

Steven Doellefeld

JoAnne Dolan

Louis Donadio

Dawn Dorsey

William Fluty

Vincent Forte

Michael Franchini

Rose Marie Guastamacchia

Sue Herlands

Margaret Kirwin

Darci Kurzynski

Nick Mancini

Maria Marchio

Kristen Padilla

Mary Patelos

Abigail Ramsay

Ricja Rice-Ghyll

Diane Riley

Hiedi Ruth

Jeanne Sacca

Jim Sano

Marcia Siver

Jayne Tinker

September Birthdays

Pool Expansion



Thank you so much to all those who offered their assistance or suggestions in helping us improve the pool deck area expansion. Although it took longer than anticipated, we firmly believe that great things take time and are well worth the wait. With this additional space, our members will have plenty of room to relax even on our busiest days.

ITALIAN AMERICAN
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Welcome

new members

Thomas & Carol Tommell

Get Well Soon
TO
SUE GREENE



Italian Potato Salad with Green Beans



This is a great dish to make, especially when the green beans are fresh in the summer. I have always been a fan of American potato salad made with hardboiled eggs and mayonnaise, but occasionally, my grandmother would make it this way instead. She had a couple of variations on Italian potato salad. This was just one of them.

Prep Time: 15 minutes | Cook Time: 30 minutes

INGREDIENTS

- 1 lb. of fresh green beans
- 1 ½ lb. of Yukon yellow or red potatoes (about 4-6 potatoes)
- 2 oz of vegetable oil
- 1 oz of red wine vinegar
- ½ teaspoon of granulated garlic
- 1 tablespoon of fresh Italian parsley (chopped)
- 1 teaspoon of fresh oregano (chopped)
- salt to taste



INSTRUCTIONS

1. Clean and cook the green beans. Be careful not to overcook them so they are mushy. If you want a little crunch, you can also steam them if you like. Let them fully cool.
2. In a medium saucepan with water, add the potatoes with the skin on. Bring the water to a boil and continue cooking until the potatoes are soft. Drain the potatoes and let cool. Once they are cool, peel the skin from the potatoes. On a cutting board, cut the potatoes into a large dice.
3. Place the cut potatoes in a mixing bowl along with the green beans.
4. Add the vinegar, parsley, granulated garlic, oregano, and salt in a smaller mixing bowl. Slowly whisk in the oil until it forms a vinaigrette.
5. Add the vinaigrette to the potato and green beans. Mix it thoroughly until all the potatoes and beans are fully coated.
6. Put the salad into the refrigerator for about an hour. You want to serve the salad cold.



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



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