



"WE ARE HERE"

Siamo Qui

ISSUE 597

NOVEMBER 2023

Happy

THANKSGIVING

from the IACC





NEWS & EVENTS

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SOCIAL CALENDAR

November

11/06/23 - Elementary Italian Language Class - 7:00 pm - 9:00 pm

11/06/23 - Monday Grand Italian Buffet - 5:00 pm - 7:00 pm

11/08/23 - Women's League Meeting - 6:00 pm

11/09/23 - Fall Chair Yoga - 6:00 pm

11/12/23 - Annual General Membership Meeting/Club Elections/
Year In Review - 12:00 pm - 2:00 pm

11/13/23 - Veterans Day Observed - I.A.C.C.
Membership Office Closed

11/13/23 - Elementary Italian Language Class - 7:00 pm - 9:00 pm

11/19/23 - Sunday Brunch - 10:00 am - 12:00 pm

11/23/23 - Thanksgiving Dinner Take Out by Regina's by 2Shea

11/23/23 - Happy Thanksgiving - I.A.C.C. Membership Office Closed

11/24/23 - Black Friday - I.A.C.C. Membership Office Closed

Upcoming Events:

12/03/23 - IACC Christmas Party &
Tree Lighting - 4:00 pm - 7:00 pm

12/09/23 - Christmas in Little Italy: Arthur Ave Bus Trip - 8:45 am



The IACC Remembers Mother Frances Cabrini

Frances Xavier Cabrini was the first Italian-American saint to be canonized and is the patron saint of immigrants. She immigrated to the U.S. from Italy, settling in New York City in 1889. Her mission was to work with the thousands of Italian immigrants living there.

In 35 years, despite many obstacles, Mother Cabrini founded 67 institutions dedicated to caring for the poor, the abandoned, the uneducated, and the sick.

**Mother Frances Xavier Cabrini's feast day
is celebrated on November 13.**

PRESIDENT'S MESSAGE



I want to thank everyone who attended our 50th annual Columbus Day Grand Gala on **October 21st**. I would also like to thank all of our event sponsors, our honorees, and the event committee for all the hard work and determination that went into planning this year's event. With almost 250 in attendance, it surely was a night to remember. For those who could not make it, you missed a great party but don't worry we will do it again next October.

November 12th is our Annual Membership/Year in Review meeting. It will be held downstairs in our newly renovated ballroom at 12 noon. At that meeting, we will hold an election to the board of directors. There are two vacant seats. Please see the information on those running in this newsletter on page 20. We need a quorum to hold the vote, so I encourage all members to attend.

On **December 3rd at 4pm**, we will hold our annual Tree Lighting and Christmas Party. A family style dinner will be served. This is a free event for members and their children. Guests of members are welcome for a fee. Hope everyone can participate in these great events.

I would be remiss if I didn't commend the Shea Family on their recent renovations of the ballroom and the first floor of the building. They have shown their commitment to our club, and we appreciate having them as a partner here at the IACC.

Ciao,

FRANK ZEOLI
ITALIAN AMERICAN COMMUNITY CENTER
PRESIDENT



I.A.C.C. OFFICERS

PRESIDENT ~ FRANK ZEOLI
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VICE PRESIDENT ~ SHARON PATREI
(518) 810-4746
TREASURER ~ PETE SCAVULLO
(518) 869-8234
SECRETARY ~ DONNA ZUMBO
(518) 452-2617

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LINDA HOFFMAN ~ (518) 785-1741
DINO BARBATO ~ (518) 438-8902
TERRY ANDRIANO ~ (518) 364-4873
JIM SANO, IACC FOUNDATION ~ (518) 438-4631
DAVID QUADRINI- IACC FOUNDATION~ (518) 438-7602

I.A.C.C. COMMITTEE CHAIRS

POOL~ JIM SANO
FINANCE~ PETE SCAVULLO
MEMBERSHIP~ SHARON PATREI
BY-LAWS/POLICIES & PROCEDURE ~ JIM SANO
HOUSE~ DAVID QUADRINI
GRIEVANCE ~ JEANNE SACCA
SOCIAL ACTIVITIES~ FRANK ZEOLI
COLUMBUS DAY GALA~ FRANK ZEOLI,

SIAMO QUI

EDITOR ~ JOAN WALLIS
CREATIVE DIRECTOR ~ CATALINA ARANGO
ADVERTISING ~ JIM SANO

I.A.C.C. OFFICE

HOURS: M-F 9:30AM TO 2:30PM
THERESA LAJOY- OFFICE MANAGER
PHONE # (518) 456-4222
EMAIL: IACCOFFICE@ITALIANAMERICAN.COM

\$20 for
Members
after 50%
discount

Regina's
BY 2SHEA

SUNDAY BRUNCH → *November 19th*



November 6th ← GRAND ITALIAN
BUFFET





Orto Botanico of Padua

By JIM SANO

The Orto Botanico of Padua is the world's oldest botanical garden having been in continuous operation since its establishment in 1545 by the University of Padua. In 1997, it was designated a UNESCO World Heritage Site for its significance as the birthplace of science and its impact on the development of numerous scientific fields, including botany, medicine, chemistry, ecology, and pharmacy. According to UNESCO, the Orto Botanico of Padua represents the "original of all botanical gardens worldwide" and "profoundly contributed" to the scientific exchanges and understanding of the relationship between nature and culture.

Padua's Botanical Garden was established to cultivate medicinal plants, constituting most of the "simple" medicines that came directly from nature. Precisely for this reason, the first botanical gardens were called "gardens of the simple" or *Horti simplicium*.

In 1545, the monks of Padua University were already growing medicinal herbs as applications for medical and pharmacological science. Francesco Bonafede, Chair of *Lectura Simplicium* (study of medicinal plants-simple medicines), wanted to lift this primitive science to a new level. Bonafede acknowledged the importance of firsthand observation of nature in educating medical

students about medicinal plants. At that time, classical texts on herbal therapy were frequently misinterpreted, leading to dangerous inaccuracies and frauds that posed a significant threat to public health. This uncertainty about these natural plant cures used in treatment prompted Bonafede to want his students to recognize true medicinal plants and use them correctly.

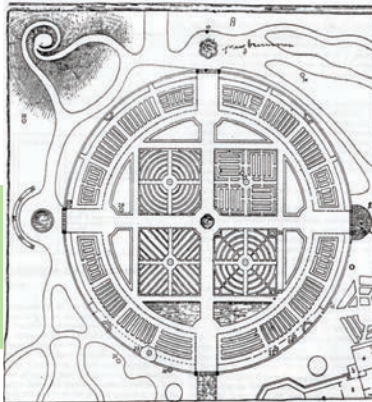
Accordingly, Bonafede approached the university's rector (who taught medical and botanical disciplines), requesting that a public garden be opened for the cultivation and study of medicinal plants and herbs, the so-called '*semplici*' (*medicamentum simplex*). The request came before the Senate of the Venetian Republic, which on June 29, 1545, decreed that a suitable plot of land should be purchased and ordered the construction of an herbarium and botanical garden to assist in researching the relationship between nature and science. These were the origins of Padua's Botanical Garden, the oldest university garden in the world.

The Padua Botanical Garden retains its original design, featuring a circular central plot symbolizing the world surrounded by a ring of water representing the ocean. The layout consists of a perfectly circular central plot, with a large inscribed square divided into four sections by

paths oriented towards the cardinal directions. To prevent frequent night thefts of its valuable and rare plants, a circular wall was built in 1552. In 1704, the entrances were redesigned and adorned with wrought-iron gates, acroteria, and pillar-mounted plant motifs. The 250-meter circular wall was completed with a railing in the first half of the 18th century.

The Garden hosts over 6,000 specimens and 3,500 species of medicinal plants spread across its 3.5-hectare grounds. The plants are arranged based on systematic, useful, and ecological-environmental criteria and housed within five distinct environments: the Mediterranean maquis, succulents, tropical greenhouse, freshwater pools fed by a thermal spring, and alpine rockery. The botanical collection is constantly growing with the addition of plants from around the world.

The Padua Botanical Garden is home to two other cultural institutions: a renowned scientific library with over 50,000 volumes and manuscripts of historical and bibliographic significance and the second-largest herbarium in Italy. The Herbarium Museum, established in 1835, holds 500,000 samples of dried plants, including algae, fungi, mosses, lichens, rare plants, medicinal plants, insectivores, poisonous plants, succulents, aquatic plants, ornamental plants, and historical plants from around the world. Some notable historical specimens include the first potato grown in Europe in 1590 and a palm tree planted by the German poet Goethe during his visit in 1786, which he used as inspiration for his theory on the metamorphosis of plants.





The University of Padua's Botanical Garden has been pivotal in advancing medicine and botanical science for centuries. It has also played a crucial role in fostering international scientific exchange. In addition, it has served as a hub for some of the greatest minds in these fields, including Alberto Magno, the patron saint of natural sciences, and Giacomo Dondi Orologio, known for his expertise in both clock design and medicine.

In 2014, the Garden debuted a new Biodiversity Garden section featuring five eco-friendly greenhouses showcasing the different climates from across the planet. The Biodiversity Garden is home to approximately 1,300 species, each living in environments that mimic the conditions of their natural habitats, ranging from tropical to sub-humid, temperate to desert climates. In addition, these greenhouses showcase the centuries-long relationship between plants and human-kind, offering a fascinating journey through botany and anthropology. □





ELECTION OF BOARD MEMBERS

According to our By-Laws, election to the Board of Directors will be held in November. Two seats will be available for a 4-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.”

2023 Board of Directors Candidates:
~ Maria DeNitto
~ Tony Fazio

If you have any 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 12 from 12:00 p.m. to 2:00 pm.

ANNUAL YEAR-END GENERAL MEMBERSHIP MEETING

Our annual year-in-review General Membership meeting will be on November 12th at 12:00 P.M. in our renovated ballroom. This meeting is open to all members. Pizza will be served





COLUMBUS DAY GRAND GALA





Saturday, October 21, 2023, the IACC celebrated our 50th Anniversary at our Annual Columbus Day Grand Gala. Almost 250 of our members and guests ate well, drank well, and danced the night away in celebration of our Italian heritage.

We were proud to honor the Honorable Thomas DiNapoli, NYS Comptroller as our Italian American of the Year. We also awarded the Italian Spirit Award to the Honorable Darius Shahinfar. IACC member awards were given to Past President Angelo Tarantino, who was awarded the President's Award; Anthony "Tony" Fazio received the Pasquale Tirino Service Award and Sharon Patrei was given the Heart of Gold Award.

The event was a testament to the Italian spirit being alive and well at the IACC. Plans are already underway for next year's gala on Saturday, October 19, 2024.





IACG MEMBER
CHRISTMAS
PARTY
& TREE LIGHTING

DECEMBER 3, 2023
4:00PM TO 7:00PM

**ENJOY A FAMILY -STYLE DINNER, DESSERT,
CHRISTMAS MUSIC AND HOLIDAY FUN!**

FREE FOR MEMBERS

GUESTS OF MEMBERS ARE WELCOME

CHILDREN | \$15.00 ❄️ ADULTS | \$25.00

MEMBER
EXCLUSIVE

254EA
{ CATERING }

2023 THANKSGIVING TAKE-OUT DINNER MENU

SERVES 10 TO 12 PEOPLE

Whole 18lb Roasted Turkey

Maple Butternut Squash

Fresh Green Beans

Candied Yams

Cornbread Sage Stuffing

Mashed Potatoes

Homemade Turkey Gravy

Cranberry Sauce

Dinner Rolls & Butter

One Apple Pie & One Pumpkin Pie

Whipped Cream

* Food Preparation Will Come With Instructions Attached

PICK UP BETWEEN 10 AM - 12 PM
THURSDAY, NOVEMBER 23RD

254EA
{ CATERING }

Price \$350 + 8% SALES TAX Orders
Due By Friday, November 17th

PICK UP: DUO AT THE DUNES
LOCATED AT 257 WASHINGTON AVE
EXT ALBANY, NY 12205

TELEGRAMMI ...



SOPHIA LOREN RECOVERING AFTER BREAKING HER HIP AND LEG

The 89-year-old icon is convalescing after a successful surgery following a serious fall in her Swiss villa. Italian silver screen legend Sophia Loren is recovering after a major fall in her Switzerland home landed her in the hospital for emergency surgery on Sunday (24 September). Loren sustained several fractures to her hip and a serious fracture to her femur, after taking a bad fall in her bathroom, according to her agent.

Andrea Giusti said in an email that the operation "went very well and now we only need to wait." The actress and icon, who celebrated her 89th birthday last week, was meant to inaugurate her fourth eponymous restaurant in the southern Italian city of Bari on Tuesday. Sophia Loren Restaurants announced Loren would not be able to attend the Bari location's opening as she is convalescing after her surgery.

SOPHIA LOREN IN RECUPERO DOPO LA ROTTURA DELL'ANCA E DELLA GAMBA

L'icona 89enne è in convalescenza dopo un intervento chirurgico riuscito in seguito ad una grave caduta nella sua villa svizzera. La leggenda italiana del grande schermo Sophia Loren si sta riprendendo dopo che una grave caduta nella sua casa in Svizzera l'ha portata in ospedale per un intervento chirurgico d'urgenza domenica (24 settembre). La Loren ha riportato diverse fratture all'anca e una grave frattura al femore, dopo essere caduta in bagno, secondo il suo agente. L'agente Andrea Giusti ha spiegato in una mail che l'operazione "è andata molto bene e ora non ci resta che aspettare". L'attrice e icona, che ha festeggiato il suo 89esimo compleanno la scorsa settimana, avrebbe dovuto inaugurare martedì il suo quarto ristorante omonimo nella città di Bari, nel sud dell'Italia. Sophia Loren Ristoranti ha annunciato che Loren non potrà partecipare all'inaugurazione della sede di Bari poiché è convalescente dopo l'intervento chirurgico.

ITALY AND EUROPE PAY TRIBUTE TO FORMER ITALIAN PRESIDENT, GIORGIO NAPOLITANO

Italy's former President, Giorgio Napolitano, will lie in state in the Italian Senate until Monday evening, before receiving a secular state funeral in the Chamber of Deputies on Tuesday. Italy's senior leaders paid their respects on Sunday, as the coffin of former President Giorgio Napolitano was placed in the Palazzo Madama for the lying-in-state period. Napolitano, the first former Communist to rise to Italy's presidency and the first person to be elected twice to the mostly ceremonial post, died on Friday at the age of 98. His coffin was carried by the Corazzieri. It was followed by his wife, Clio, and their two sons, Giovanni and Giulio. Giorgia Meloni, leader of the far-right Fratelli d'Italia party and Italy's current Prime Minister offered her office's "deepest condolences" to the former president's family.

L'ITALIA E L'EUROPA RENDONO OMAGGIO ALL'EX PRESIDENTE ITALIANO GIORGIO NAPOLITANO

L'ex presidente italiano Giorgio Napolitano resterà al Senato italiano fino a lunedì sera, prima di ricevere martedì i funerali di stato alla Camera dei Deputati. Domenica gli alti dirigenti italiani hanno reso omaggio alla bara dell'ex presidente Giorgio Napolitano che è stata collocata a Palazzo Madama per il periodo di deposizione. Napolitano, il primo ex comunista a salire alla presidenza della Repubblica italiana e la prima persona ad essere eletto due volte alla carica più cerimoniale, è morto venerdì all'età di 98 anni. La sua bara è stata trasportata dai Corazzieri. Seguirono la moglie Clio e i due figli Giovanni e Giulio. Giorgia Meloni, leader del partito di estrema destra Fratelli d'Italia e attuale primo ministro italiano, ha espresso le "più sentite condoglianze" del suo ufficio alla famiglia dell'ex presidente.



ITALY'S NUMBER ONE FUGITIVE: MAFIA BOSS MATTEO MESSINA DENARO HAS DIED

"I could fill a cemetery with the people I've killed myself," the gun enthusiast once said. He committed his first homicide at the age of 18. Sicilian Mafia boss, Matteo Messina Denaro, died in prison on Monday at the age of 61. Messina Denaro was being treated for colon cancer while in jail. However, he'd recently been transferred to the hospital due to his worsening condition. Born on 26 April 1962 in Castelvetro, south-west Sicily, Matteo was immersed in organized crime from an early age. His father, Don Ciccio, was the leader of the local clan, much loved by the 'capo dei capi' Salvatore Riina (1930-2017). Nicknamed Diabolik, after the criminal protagonist of a famous Italian comic strip of which he was a fan, he was the undisputed leader of Cosa Nostra in the province of Trapani, in western Sicily, although his power extended as far as Palermo, the island's capital.

IL NUMERO UNO DELLA MAFIA IN ITALIA: E' MORTO IL BOSS MATTEO MESSINA DENARO

"Potrei riempire un cimitero con le persone che ho ucciso io stesso", disse una volta l'appassionato di armi. Ha commesso il suo primo omicidio all'età di 18 anni. Il boss mafioso siciliano Matteo Messina Denaro è morto in carcere lunedì, all'età di 61 anni. Messina Denaro era in cura per un cancro al colon mentre era in carcere. Tuttavia, era stato recentemente trasferito in ospedale a causa del peggioramento delle sue condizioni. Nato il 26 aprile 1962 a Castelvetro, nella Sicilia sud-occidentale, Matteo è stato immerso nella criminalità organizzata fin dalla tenera età. Suo padre, Don Ciccio, era il capo del clan locale, molto amato dal 'capo dei capi' Salvatore Riina (1930-2017). Soprannominato Diabolik, dal nome del criminale protagonista di un famoso fumetto italiano di cui era fan, era il leader indiscusso di Cosa Nostra nella provincia di Trapani, nella Sicilia occidentale. Anche se il suo potere si estendeva fino a Palermo, capitale dell'isola.

ITALIAN PM GIORGIA MELONI POPS UP TO HONOR NYC'S CHRISTOPHER COLUMBUS STATUE AS 'WOKE' POLS MULL TAKING IT DOWN

Christopher Columbus received some powerful Old World backing in Manhattan on Tuesday as New York City pols weighed whether to yank statues of him and other now-controversial historical figures. Italian Prime Minister Giorgia Meloni pointedly visited the borough's famed Columbus Circle to participate in a wreath-laying ceremony honoring Columbus just hours after the City Council held a hearing on

proposed legislation targeting monuments and other artwork featuring the explorer, as well as people such as George Washington and Thomas Jefferson. "Prime Minister, Giorgia Meloni, placed a wreath of flowers on the statue located at the center of Columbus Circle, one of the most famous in the US depicting Christopher Columbus," said a statement from the office of Meloni, who is in the city for the United Nations' annual General Assembly. "Through this important reaffirmation of identity, the President celebrated a symbol of the cultural and moral history of the American people."

IL PRIMO MINISTRO ITALIANO GIORGIA MELONI SI PRESENTA PER ONORARE LA STATUA DI CRISTOFORO COLOMBO A NYC MENTRE I POLS MULL HANNO "WOKE" LA ABBANDONANO

Martedì Cristoforo Colombo ha ricevuto un potente sostegno dal Vecchio Mondo a Manhattan, mentre i pol di New York valutano se strappare le sue statue e quelle di altre figure storiche ormai controverse. Il primo ministro italiano Giorgia Meloni ha visitato il famoso Columbus Circle del quartiere per partecipare a una cerimonia di deposizione di corone in onore di Cristoforo Colombo, poche ore dopo che il Consiglio comunale aveva tenuto un'audizione sulla proposta di legge riguardante monumenti e altre opere d'arte raffiguranti l'esploratore, nonché persone come George Washington e Thomas Jefferson. "Il primo ministro Giorgia Meloni ha deposto una corona di fiori sulla statua situata al centro del Columbus Circle, una delle più famose negli Usa raffigurante Cristoforo Colombo", si legge in una nota dell'ufficio della Meloni, che si trova in città. per l'Assemblea Generale annuale delle Nazioni Unite. "Attraverso questa importante riaffermazione identitaria, il Presidente ha celebrato un simbolo della storia culturale e morale del popolo americano".





Despite claims that there is a French or Portuguese beginning to our story this article will dwell on the Italian roots of ESPRESSO. Now let's remember that in Italy it is usually referred to as *caffè*. Note that there is no "x" in the true Italian spelling but somehow Webster's Dictionary includes "expresso" as an acceptable spelling. Let's all forgive them for their "error" which I will not mention again..

For millions across the globe, a morning espresso is the beginning of a beautiful day. Of course, a shot or shots of espresso during the day is equally enjoyable. So where and how did this concoction evolve?

It's the early 20th century and Luigi Bezzerra wanted a really vibrant, strong coffee. He experimented with a coffee machine invented by Angelo Moriondo by using different blends and grinds and water temperatures and finally came upon a process where he devised a machine that would push piping hot water and steam through a puck of coffee directly into a cup better than the Moriondo machine. Unfortunately, his first device easily and usually scalded the device operator. It was a chance meeting with Desiderio Pavoni that solved this issue resulting in a safer and scald-less model. It was Pavoni's marketing expertise that prevailed, and it



was he who ended up buying Bezzerra's patents with his namesake company still producing machines today.

After it was unveiled at the 1906 Milan Fair the (Bezzerra)-Pavoni espresso machine's popularity swept the Italian Republic and Europe. Let's be honest, this was not a drop a pod in a machine and push a button device. The La Pavoni machine as it became known, did require training and attention, but the results were magnifico!



Now many of you, like me, have used or at least have seen the “moka” stove top espresso pot. These two-chambered pots operate on the same principle: water is heated in a lower chamber. Vapor pressure pushes the water up through ground coffee in a filter, which collects in the upper chamber as liquid coffee. Yet the true

believers consider this to be an OK but not a real espresso since a machine’s pressure and compressed steam cannot be equaled by a stove top pot.

Still many thought that this machine espresso had a burnt, bitter taste. It was Achille Gaggia that took up this challenge and created the device that could increase the water pressure five times the then current machine’s pressure. This phrase of “pulling” an espresso shot originated from the Gaggia lever espresso machines, with which a barista pulls down a handle attached to a spring-loaded piston, which forces hot water through the coffee at high pressure. Then, the machine would begin to pour the espresso, without a burnt, bitter taste that was such an issue with previous models. Most machines today use an electric pump to “pull” a shot of espresso.

WARNING! Coffee culture in Italy is serious business. You’ll find your espresso at a coffee bar or *caffè*. You have the option of standing at the bar (*al banco*), getting it to go or sitting at a table (*al tavolo*), if available. A shot of espresso at a bar is usually around one Euro but the price fluctuates in tourist areas and there’s always a surcharge at a table. The custom of standing at the bar for your *caffè* stems from the WWII/ Mussolini days. Coffee was rationed/taxed but there was little to no surcharge if you got a cup “at the bar”. Of course, today



you will be quickly identified as a tourist if you order a cappuccino after 11 am or any milky *caffè* after a meal.

Traditional espresso is usually thicker than coffee, with a texture like that of warmed honey because of the concentrated, suspended and dissolved solids, and the crema on top (a foam with a creamy consistency). Espresso contains more caffeine per volume than most coffee beverages, **but** as its usual serving size of 25–30 ml (1 US oz) is much smaller than for other coffee drinks, the overall caffeine content of a single serving of espresso *is generally lower* than that of other coffees.

While the exact caffeine content of any coffee drink will vary, a typical 1 US fluid ounce serving of espresso contains approximately 65 milligrams of caffeine, but a typical eight (8) US fluid ounces serving of drip coffee contains between 150 and 200 mg of caffeine.

It is the oil droplets dispersed throughout the espresso that give it the creamy and aromatic texture and taste.

Espresso is served on its own, and is also used as the base for various other coffee drinks, including the following:



Espresso	The basic drink from which other milk and non-milk coffee drinks are based.
Espresso Macchiato	Macchiato means spot or stain in Italian. According to the classic Italian method, a spoonful of milk foam is added to the espresso, according to the modern method, it is filled to the edge of the cup with microfoam.
Lungo	Espresso topped up with hot water in a ratio of 1:1.
Americano	Espresso topped up with hot water in a ratio of 1:5.
Cappuccino	It is prepared as an espresso with a large amount of milk and milk foam. Latté art technique is often painted into the drink.
Flat White	Originally an Australian drink, compared to cappuccino it contains more coffee (double espresso) and less milk with foam.
Caffè Latte	At least 210 g of lightly whipped milk with foam at a temperature of 58–70 °C is poured into the espresso.
Latte Macchiato	Milk and milk foam are poured into a tall glass, which is left to stand for at least half a minute, then one shot of espresso is poured into it, creating three colored layers.



Size and length matters when we are talking espresso shots. The size can be a single/solo, double/doppio, or triple/triplo, and sometimes even more. The single shot is the traditional shot size based on the original pull lever machines, but many new espresso concoctions call for numerous “pulls”. Length refers to the amount of water ratio that is pushed through the various levels of ground coffee—from ristretto/reduced, normal/normale to long/lungo. It is the grind used that determines how much caffè’ is produced from a very fine grind for ristretto increasing in coarseness to produce a lungo. Obviously, not a job for a stove top attempt.

The popularity of all espresso drinks has been spread worldwide by such chains as Starbucks, Dunkin’, local coffee shops and many Italian restaurants.

The creation of elaborate lattes with the addition of syrups and art work onto the foam is credited to an Italian American- Lino Meiorin of Caffe Mediterraneo in Berkeley, California.

There is even some evidence that drinking espresso can have many health benefits. Improving long term memory, improving concentration, adding antioxidants to your diet, using it as a boost to physical activity, improving digestion, reducing a risk of stroke in women and improving one’s mood are just a few of these reported pluses. The IRS will probably question your \$4000 espresso machine purchase as a necessary medical expenditure, but you might better opt to purchase a small household machine which can be found for a reasonable price. While commercial outlets offering numerous options for your drinking pleasure are everywhere, you can always pull out the old “moka” pot from your cupboard or cellar and make espresso the real old school way. Either way - Enjoy! ☐



WOMEN'S LEAGUE



My time as the President of the Women's League will be finished at the end of December. I have enjoyed my time with all of the wonderful ladies of the League. There will be a new group of leaders for next year. Our Women's League committee leadership will include Terri Fazio, Lynn Indelicato, Gail Tarantino, Gretchen Van Valkenburg and Joan Wallis. The committee Chair & Co-Chair will be determined at a future date.

The Women's League met last month in the Caruso room and had a delicious dinner

from Luigi's Deli/Fiorello Importing and Halloween candy treats from Gail Tarantino. In typical fashion, we had more than enough food. My co-workers in the AMC NICU were very happy with the extra food the next day for lunch. The 50-50 was won by Maria DeNittio and Caroline Mancini won the limoncello cake.

Our next meeting will be held on November 8th at 6:00 pm. We will be celebrating "Friendgiving". Our dinner will consist of homemade French Onion soup and all attending are being asked to bring a small dish/appetizer, dessert or beverage to share. If you are planning on attending, please contact Donna Zumbo at (518) 424-7463 or dzumbo13@hotmail.com by Monday November 6th and let her know what you will be bringing

to avoid duplicates (Darlene will be enjoying a wonderful vacation-I hope she has enough room in her suitcase for me).

At our December 13th meeting, we are asking for all the women to bake 3 dozen cookies and bring them that evening and we will be assembling trays to deliver to our "local heroes". We will be doing this instead of a "grab bag" gift exchange this year.

As the winter months will soon be here, we will continue to collect for the Capital City Rescue Mission. Their biggest request is for hats, gloves, sweaters & coats. So, if you're cleaning out your closets and find that you have clothes that don't fit you or your family members, I'll be happy to bring them to the Mission. Please feel free to contact me and we can arrange pick up of items. These items can be new or gently used.

I would like to extend our deepest and heartfelt condolences to Marie Coluccio and her family on the recent loss of their beloved mother, Frances. May the choirs of angels come to greet her and speed her to paradise and may she find eternal life.

On a happier note, there's only 54 days till Christmas!! Get that shopping done!!

I wish everyone a happy, healthy and blessed Thanksgiving!!

Georgianne Greene
PRESIDENT



Elementary Italian Fall 2023

Eight weeks starting 9/25, 7 PM-9 PM. Call 518-456-4222 to Register or online at www.italianamerican.com

Dates are Sept 25, Oct 2, 9, 16, 23, 30, Nov 6 and 13.

Cost stays the same and the registration deadline is 9/22. You can buy the textbook for \$20 at the 1st class.

CARING & SHARING

Olga Anton

Lisa Armao

Diane Biernacki

John Bonnano

Rachel Cameron

Karen Campbell

Mark Cataldo

Guy Criscione

Susan Cunningham

Violetta DeRosa

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Noelle Dommasch

Lynsey Durant

Ann Engel

Carlene Garrow

Pat Hamill

Dorothy Holt

Nick Hrimatopoulos

Maria Iannucci

Lynn Indelicato

Kirsten Ippolito

Sofeya Lascaris

Natalina Latina

Rosali Lungreen

Mary Lou Marando

Nancy Massaroni

Sharon McCoach

Theresa Meglino-Healey

Ronald Milkins

Lindsey Mooney

Sean Murphy

Linda Padula

Angela Pauley

Virginia Pezzula

Nancy Piaggione

Rocky Piaggione

Theresa Portelli

Gail Richmond

Scott Roberts

John Rowen

Angelo Rossi

Mary Rozak

Catherine Stack

Kathy Stellrecht

Mariann Stelmaszyk

Barbara Trimarchi

Suzanne Wall

November Birthdays

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!



DATE CORRECTION ⇨

CHAIR YOGA

A new session has begun

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.

The new dates are October 5th through November 30th.

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.



Sausage & Mushroom Risotto

This recipe takes longer to make and needs constant attention, but it is worth it in the end. Sausage and mushroom risotto can be served as a side dish or a main course. Risotto can be made in many ways and using almost any ingredient. This recipe is one of my favorite risottos; I often use it as a main course.



PREP TIME: 15 MINUTES | COOK TIME: 40 MINUTES

INGREDIENTS

- 1 large sized onion (white or yellow)
- 1 tablespoon of fresh garlic
- 10 oz of baby bella mushrooms
- 1 lb. of sausage meat (out of casings)
- 3 cups of Arborio rice
- ½ cup of white wine
- 8 cups of beef broth
- 5 tablespoons of extra virgin olive oil
- 5 tablespoons of unsalted butter
- ½ cup of grated Parmigiano cheese
- 1 tablespoon of fresh parsley
- Salt (to taste)
- pepper (to taste)

INSTRUCTIONS

1. Chop the onions and garlic, slice the mushrooms and put aside. On medium-high heat, in a large sauté pan, add two tablespoons of olive oil and the sliced mushrooms and sauté until they are soft (about 5 minutes). Remove them from the pan.
2. Add another two tablespoons of olive oil, the chopped garlic, and the onions, cooking until they are translucent, but don't let them brown (about 2 minutes). Add the sausage meat, breaking it apart using a wooden spoon. Cook the onion, garlic, and sausage until the sausage is cooked (about 6 minutes). Remove the mixture and set aside.
3. In the same pan, still on medium-high heat, add one tablespoonful of olive oil and two tablespoons of butter. Once the butter is melted, add the rice, stirring it constantly so it doesn't stick. Let it brown, but don't let it burn (about 1 minute).
4. Add wine and stir constantly until it evaporates.
5. Start adding a ladle full of hot beef broth (keep on a low flame on the burner next to the pan) at a time, stirring so the rice doesn't stick and until it is absorbed. Continue adding the broth to the rice, continuously stirring. The rice will continue to grow as you add the broth.
6. Return the other ingredients to the pan once most of the broth has been added.
7. Stir thoroughly and continue to cook until the rice is al dente (total time about 20 minutes)
8. Add the grated Parmigiano cheese and the rest of the butter. Stir until the butter and cheese are no longer visible, and the rice is creamy.
9. Remove the pan from the heat and taste for salt and pepper and adjust as needed. Cover the risotto for 5 minutes, and then remove the cover and serve hot.



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



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